

Chicken Schnitzel with Cheesy Crusts

Ingredients

4 chicken breast fillets (more if a family of 5+)
2 cups of breadcrumbs
½ cup of parmesan cheese grated/or packet mix
2 eggs beaten
½ olive oil
Teaspoon of butter
Salt and pepper to taste

Instructions

1. You will need 2 bowls, 1 for the eggs beaten and 1 for the breadcrumbs.
2. Combine the breadcrumbs and grated parmesan together.
3. Take the chicken breasts and roll them out flat/you can also buy chicken schnitzels pre rolled in the supermarket. Once flat you can slice them into long strips and then dip them in the egg to coat
* if you are rolling the chicken best to place a sheet of baking paper between the rolling pin and the chicken
4. Then dip them into the breadcrumbs and place them on a backing tray/place baking paper on the tray so they don't stick
5. Once you have completed this step, you are ready to cook them.
6. Heat up the olive oil and put a teaspoon of butter. Fry on both sides until golden brown and cooked through, about 3 minutes on each side depending on thickness, cooking at a moderate heat.
7. You can also top these with napolitaine sauce and a slice of cheese to create Chicken Parmigiana, grilling them for approx. 2 mins under a moderate oven grill so the cheese melts.

If you have a hungry lot you may also make mashed potatoes or through a handful of washed and cut potatoes and a few carrots into a baking tray, season with salt, and olive oil and throw a few sprigs of rosemary of them and pop into a moderate oven at the beginning for about 40 mins.

Salad

Serve with a healthy salad made up of what you have in the fridge.
The kids can be in charge of the salad preparation, setting the table, and dipping the chicken!

Set and Serve

You might get the kids to set an Italian style table – they can be creative!