

## Chicken Milanese

**Prep:** 30mins **Cook:** 20mins **Serves:** 4

### Ingredients

- 2 large chicken breasts
- 50g plain flour
- 1 egg, beaten
- 75g fresh breadcrumbs
- 10g parmesan – finely grated (optional)
- 6 tbsp sunflower oil
- Lemon wedges to serve

### Method

1. Cut each chicken breast in half lengthways so you have four fillets. Put the fillets on a board, cover with a sheet of baking parchment and bash with a rolling pin until they are the same thickness all over.
2. Put the flour in a shallow dish and season with a little salt. Tip the egg into another dish, then the breadcrumbs and parmesan, if using, into a third dish, stirring to combine.
3. Working with one chicken fillet at a time, coat in the flour.
4. Then dip into the beaten egg.
5. Finally coat in the cheesy breadcrumb mixture. Transfer the fillets to a plate as you go. (Will keep covered and chilled for a day, for frozen, stacked between sheets of baking parchment, for three months).
6. To cook, heat the sunflower oil in a large frying pan over a medium heat and cook the breadcrumb chicken for 3-4 minutes on each side (add an extra 1 minute each side if cooking from frozen) in batches if needed, until golden and crisp.
7. Lift onto the kitchen paper to drain, then serve with lemon wedges on the side, if you like.