



Recipe

Simone's Crumbed Chicken Breast

Serves 4

Cooking and prep: 20 minutes

Calories per serve: 250 per serve
(excludes sides)

Ingredients

- 4x 120g chicken breast, sliced into 3 pieces
- 1 cup of corn flakes blended to crumb consistency
- 2 cups of multigrain bread blended to crumb consistency
- 2 eggs
- ½ cup plain flour
- Coconut oil

Method

1. Heat the oven to 180 degrees.
2. Mix the corn flake crumbs and bread crumbs together on a dinner plate and put aside.
3. Put the 2 eggs in a bowl and mix with a fork. Put the flour in a separate bowl.
4. Put the sliced chicken breast in the flour and coat, then submerge the breast in the egg and then roll the breast in the crumbs making sure you coat the whole breast.
5. Heat the coconut oil in the pan and place the breast in cooking on each side for 2 minutes to golden brown and then place in the oven for 10 minutes (until cooked).
6. Serve with a salad or lots of green vegetables.

