

Polenta and Parmesan Schnitzel



Ready in 30 minutes, a perfect midweek dinner for the whole family. The combination of polenta and parmesan give this a tasty crunchy crumb.

Ingredients

4 chicken breasts

100 g polenta

50 g breadcrumbs

50 g parmesan, grated

2 eggs, whisked

1/3 cup flour

2 tsp garlic powder

1 tsp salt

1 tbsp parsley, chopped

lemon wedges, to serve

Method:

1. Slice the breasts in half horizontally to make two thin steaks
2. In a shallow bowl, combine flour, garlic powder and salt. In a second bowl, whisk the eggs. In a third bowl, add the polenta, parsley, breadcrumbs and parmesan.
3. Dip chicken into flour mixture, followed by egg and finally in polenta mix. Set aside on a tray.
4. Heat a large frying pan over medium high heat. Add enough olive oil to coat the base. When the oil is hot, fry the chicken schnitzels in batches until golden brown and cooked through. Transfer to a paper towel lined plate or rack.
5. Serve with [coleslaw](#) and lemon wedges.