

Baked chicken schnitzel

Food Foundations • another NAQ Nutrition program

Ingredients

Serves: 6

- 500g chicken breast
- 3 eggs
- 2 cups breadcrumbs
- Olive oil spray



Method:

1. Preheat oven to 220 degrees and line a baking tray with paper.
2. Lightly beat eggs in a bowl.
3. Place breadcrumbs onto a large plate or tray.
4. Slice chicken breast through the centre. Place sliced chicken breast between 2 pieces of baking paper and flatten using a rolling pin or meat mallet until they are approximately 1cm thin.
5. Coat chicken in egg and then in breadcrumbs.
6. Lay out on a baking tray and spray with olive oil.
7. Bake for 15 minutes or until cooked through, turning half way through cooking.
8. Serve with a salad and baked potato wedges, or slice and add to a salad wrap.

Note:

- *This is a healthier alternative to chicken schnitzel which is usually fried in oil.*
- *Add extra flavour to your breadcrumb mixture with parmesan cheese or chopped fresh or dried herbs.*

Food Group	Serves provided per portion
Grain foods	0.8
Lean meat and alternatives	1