Homemade Chicken Schnitzel

Serves: 4
Preparation time: 15 minutes
Cooking time: 15 minutes

Ingredients

First Poultry
4 chicken breast fillets, skin off
2 eggs

Bakers Delight
Low-GI HI Fibre Loaf (use to create 3 cups of breadcrumbs from this)

Coles
3 cups flour; ¼ cups milk; ½ cup parmesan cheese; 2 tsp garlic powder; 3 tbs dried thyme; salt and pepper; 5 cups vegetable oil for frying; 2 lemons cut into wedges; 1 cup kewpie mayo

Method

Make breadcrumbs by blitzing the crust free Low-GI HI Fibre loaf to a coarse crumb in a food processor. Toast lightly on a tray in a low oven until crisp.
Prepare the chicken by slicing the fillets in half diagonally through the thickest section of the fillet. Use a mallet to bang out the chicken to create an even thickness throughout.
Set out three dishes; one for the eggs and milk (whisk together), one for the bread crumb mix and one for the flour.
Dredge the chicken pieces firstly through the flour, then the egg and milk and finally coat each one in the bread crumb mix.
Heat the oil in a deep fry pan.
Fry the pieces in hot oil until golden brown.
Serve with lemon wedges and mayo.

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