THE HEALTHY
EATING HUB

Healthy Chicken Schnitzel

Ingredients (serves 4)

CRUMB MIXTURE
- ½ cup raw almonds
- ½ cup parmesan cheese
- ¼ cup pumpkin seeds
- ¼ cup puffed amaranth (available in most health food stores)
- 1 slice of multigrain bread

SCHNITZEL
- 2 chicken breasts, cut in half lengthways to make them thinner
- 2 eggs, whisked in a bowl
- 1 tbsp. olive oil

Method

- Place the almonds, parmesan cheese, pumpkin seeds, puffed amaranth and bread in a food processor and blitz for approximately 45-60 seconds or until the mixture is completely combined.
- Meanwhile, cover the chicken slices with a piece of baking paper (to ensure the chicken doesn't end up flying around your kitchen).
- Then using either a rolling pin or a meat tenderiser, start to flatten the pieces of chicken until they are approximately 3cm thick.
- Spread the crumb mixture onto a large dinner plate. Get a second plate nearby to place the crumbed pieces of chicken onto.
- Dip a flattened chicken piece into the egg mixture and use a spoon to ensure that the egg covers the whole piece. Then move the piece onto the plate with the crumb mix and again use a spoon to ensure that the crumb mixture covers the entire piece. Then move the piece of chicken onto the spare plate and start the process again with the remaining 3 chicken pieces.
- Once this process is complete, place the oil in the fry pan on medium/high heat for 6-8 minutes on each side, or until cooked through.
- Serve with a green leafy salad and enjoy!

Notes

- For a gluten free alternative, try swapping the slice of multigrain bread for ½ cup of quinoa flakes, which are available in the gluten free aisle of your local supermarket.
- You could also serve these schnitzels with our parsnip chips as a delicious side.