



Crispy garlic chicken

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Ingredients

For 2:

2 chicken fillets

6 crackers
25g butter
garlic clove
parsley
lemon zest

egg
2 tbsp plain flour

olive oil

Instructions

1. Blend the crackers, butter, garlic, parsley and lemon to make breadcrumbs.
2. Beat the egg in a wide bowl and sprinkle flour onto a plate.
3. Score the underside of each fillet and coat first in the flour, egg and lastly the breadcrumbs.
4. Add oil to a pan and fry the fillets for 5 minutes on each side.
5. Serve with steamed rice and dwarf beans.