



Crispy parmesan chicken

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Ingredients

For 2:

2 chicken fillets

3 tbsp grated parmesan

1 egg, beaten

steamed rice and broccoli to serve

Instructions

1. Spread the parmesan out on a plate.
2. Dip each fillet into the egg before rolling in the parmesan.
3. Grill on each side for about 5 minutes until it looks toasty and crisp.
4. Serve with steamed rice and broccoli.