



Parmesan Crusted Chicken with Avocado Salad

This makes a delicious hassle free dinner, so quick and easy to make and so tasty. Serve with wedges of lemon and a chilled glass of white wine.

Ingredients

For the salad

1 ripe avocado, sliced
½ red onion thinly sliced
200g (8oz) baby plum tomatoes halved
1tsp balsamic vinegar
1 tbsp of olive oil
2 tbsp of fresh basil leaves roughly chopped
Salt and freshly ground black pepper

For the chicken

2 chicken breasts
¼ tsp of chilli powder
50g (2oz) parmesan cheese finely grated
50g (2oz) Juvela Gluten Free Loaf made into breadcrumbs
1 medium egg white
1 tbsp of olive oil

Method

1. For the salad combine all the ingredients together and set aside.
2. Slice the chicken breasts in half to give you 4 thin pieces.
3. Mix the parmesan cheese with the breadcrumbs and the chilli powder and place on a plate or a shallow dish.
4. Place the egg white into a shallow dish and lightly whisk.
5. Dip the chicken into the egg white and then coat with the parmesan mixture, thoroughly coating both sides.
6. Heat the oil in a frying pan over a high heat.
7. Cook the chicken for a few minutes each side until cooked through and golden crisp.
8. Serve with the Avocado Salad.