

## **CHICKEN ESCALOPES WITH A HERB AND PARMESAN CRUMB AND ANCHOVY AND LEMON DRESSING**

- 4 chicken breasts (skinned and flattened)
- Vegetable oil
- 4 eggs (for frying)

### **Ingredients for the Crumb**

- 1 egg (beaten)
- 50ml milk
- 100g breadcrumbs
- 1 cup grated parmesan
- 1 tablespoon chopped parsley
- 120g white flour

### **Ingredients for the anchovy dressing and lemon dressing**

- 100g anchovies
- 2 lemons (peeled and cut into segments)
- 2 tablespoons chopped chives

### **Method for the crumb**

1. Mix the egg and milk together in a shallow bowl.
2. In a separate shallow bowl, mix the breadcrumbs, parmesan and parsley.
3. Season the chicken breast and lightly coat in the flour.
4. Dip the chicken into the egg mixture, then coat with the crumb mixture.

### **To cook the chicken**

Heat some vegetable oil in a frying pan and cook the chicken on both sides until golden brown. (4-5 minutes each side)

### **Method for the anchovy and lemon dressing**

Mix the anchovies, lemon segments and chives.