



**LET'S MAKE**

# Panko Chicken

## MASH & ASIAN SALAD

### Ingredients

- 2 Chicken breasts - sliced
- 2 cups Panko breadcrumbs
- 1 ½ cups flour
- 4 Eggs - lightly whisked
- Olive Oil
- 2 Potatoes - cut in quarters

- 2 tspns Minced garlic
- 2 tspns Butter
- Dash of Milk
- Salt & pepper to taste
- Asian Style Salad kit - Woolworths

### Method

1. Slice chicken breast
2. Peel potatoes and cut into quarters. Cook in saucepan of boiling water for 20 minutes until very tender
3. Set up station of flour, whisked eggs and panko breadcrumbs
4. Coat chicken pieces with flour, then egg wash and finally panko breadcrumbs, making sure chicken piece is completely coated. Repeat steps with all chicken pieces
5. Add oil to frying pan place over medium-high heat
6. Cook crumbed chicken for three minutes each side then remove and place on paper towel.
7. Prepare Asian style salad kit as directed on package
8. Once potatoes are tender remove from heat and strain
9. Place potatoes in a bowl then mash. Add garlic, butter, salt & pepper and milk and mix all together
10. Plate up, chicken, garlic mash potato and Asian salad... and enjoy!



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