

Forum: International Dishes

Topic: recipes to share

Subject: Re: recipes to share

Posted by: Annie

Posted on: 2007/6/16 7:28:38

Here is a nice easy recipe, serve with a nice crusty bread.

Attached file: 

65.13 KB crumbed chickensm.JPG (65.13 KB)



Crumbed Chicken Breast with Stir-Fried Greens

INGREDIENTS

- 4 x 150g chicken breast
- Bread Crumbs
- 1 cup of plain flour
- 2 beaten eggs
- 200g mixed garden vegetables
- 1 clove of garlic
- 1 teaspoon of sesame oil
- 1 tablespoon of light soy sauce
- juice of ½ lime
- Oil for frying

METHOD

Dip chicken breasts into plain flour and then into beaten egg. Coat evenly with Tip Top Kitchen Collection Krummies. Gently pan fry in a little oil until golden brown and cooked through the middle. Remove from pan and place on absorbent paper. Heat sesame oil in pan and add garlic, vegetables and soy until cooked: 3-4 minutes. Finally, add the lime juice to the pan and toss. Serve with chicken. Serves 4 people.