



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)

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