

Polenta and Parmesan Schnitzel



SERVES 2

Ingredients

1 cup polenta
¾ cup parmesan
Salt and pepper to taste

1 chicken breast cut in half
1 egg
Sandwich press

Instructions

Combine polenta, parmesan, salt and pepper in a bowl. Then whisk up the egg in a separate bowl.

Place chicken in egg wash then coat chicken in polenta mix. Place chicken into hot sandwich press lid down for around 2-3 minutes until the polenta has colour and the chicken is cooked.

