

# Coconut Parmesan Schnitzel



Serving 1

## Ingredients

2 chicken tenderloins  
½ cup parmesan cheese (grated)  
½ cup shredded coconut  
1 cup roquette  
1 egg

1 tomato  
1 lebanese cucumber  
1 tsp crumbled feta  
1 tsp balsamic vinegar  
¼ cup alfalfa sprouts

## Instructions

*Pre-heat sandwich press (or hot plate). Set aside a bowl with the coconut and parmesan in it. In another bowl crack egg and whisk, dip chicken tenderloins into the egg wash then coat in the parmesan and coconut mix. Place chicken on the sandwich press lid down for 4-5 minutes until cooked or heat in a non-stick pan for a good 5 minutes on each side. Serve with salad.*

