

Parmesan-crusted Chicken

Ingredients

- 2 slices of day old Sandwich bread
- ½ cup of grated Parmesan cheese
- 2 tbsp. of coarsely chopped fresh Parsley
- ¼ tsp. Salt
- ¼ tsp. Pepper
- 1 large Egg
- 2 boneless skinless Chicken breast
- 2 tbsp. olive oil
- 2 tbsp. fresh lemon juice
- 1 tbsp. Dijon mustard
- 2 tbsp. cold butter (small cubes)

Directions

In a blender, pulse bread, Parmesan cheese, parsley, salt and pepper until you have fine crumbs. Pour the crumbs in a shallow bowl. Crack an egg in another shallow bowl and lightly beat.

Dip each chicken breast into the egg first, letting the excess drip off. Then drop the chicken into the breadcrumbs. Make sure all the sides are evenly coated.

Heat 1 tbsp. of oil in a large skillet over medium-high heat. Cook each side for 2-3 minutes per side or until cooked through.

Remove from heat and wrap in foil paper to keep warm.

For sauce:

Add lemon juice to the skillet we cooked our chicken. Add ¼ cup of water, and cook over low heat for 1 minute, making sure to get all those chicken bits from the bottom of the skillet. Stir in the mustard. Remove the sauce from heat, and add in the butter.

Plate the chicken and pour the sauce on top. Serve alongside the garlic mash potatoes