



Simply Chicken Schnitzel

SERVES 4

INGREDIENTS

4 x 120g chicken breast, skin and bones removed (females)
4 x 220g chicken breast, skin and bones removed (males)
1 large egg
½-1 cup of Tony Ferguson Fibre
1 teaspoon dried oregano or mixed herbs
½ teaspoon paprika

Salt and pepper
2 tablespoons extra virgin olive oil
500g broccoli, cut into florets
1 large carrot, peeled, cut into ribbons
1 fresh lemon, halved
Freshly cracked black pepper

METHOD

1. Pre-heat oven to 180°C.
2. Place each chicken breast between 2 plastic freezer bags and pound until chicken is 1cm thick. Trim any loose edges.
3. Place the egg in a small bowl and beat lightly with a fork. Set aside. Combine Tony Ferguson Fibre, dried herbs, paprika and salt and pepper in a medium sized bowl and toss to combine.
4. Dip each piece of chicken, first in the egg, then in the dry ingredient's mixture until well coated. Refrigerate for 30 minutes.
5. Heat the oil in a large frying pan over high heat. Pan fry until golden then bake in the oven for 5-10 mins or until cooked.
6. Steam broccoli and carrot until tender. Place in a large stainless-steel bowl and add the juice from half the lemon and some pepper. Toss.
7. Serve chicken schnitzel with a wedge of fresh lemon and the vegetables.
Serving suggestion: For a flavour variation try serving the schnitzel with Notatoes ([see recipe](#)) and your favourite low carb gravy (when using packaged sauces it must be under 5g carbohydrates per serve).

