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by Mike

Deep Fried Panko Chicken Breast

Ingredients

6 chicken breasts
1 egg, beaten
1 cup all purpose flour
1 cup Panko (Japanese bread crumbs)
1/2 teaspoon salt
1/2 teaspoon pepper
1/2 rosemary, crushed
Sunflower oil
Servings
3
Person
Preparation Time
15
min
Cooking Time
30
min

Preparation

1. Wash the chicken breast for any excess fat. (I pick the fresh chicken instead of the frozen ones in the supermarket)
2. Pat the chicken dry and sprinkle with salt and pepper. Leave for about 10 minutes.
3. Now heat the oil to medium in a pan.
4. In a small bowl, combine the beaten egg, flour, rosemary, and remaining salt and pepper. Set aside.
5. Press the chicken in the mixture coating it thoroughly.
6. Spread the panko into the coated chicken. See if the oil is warm enough. (Tip: Sprinkle a few panko and see if it bubbles to the top)
7. Deep fry the chicken until golden brown. (Approximately 15-20 minutes each side)
8. Serve hot with steamed rice and barbecue sauce. Bon appetit!

Cooks Note

Serves 3 persons

Preparation time: 15 minutes

Cooking time: 30 minutes