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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