

Chicken Parmesan



Serves 2 Prep 15 mins

Cooking 15mins

Easy

Ingredients

75g dried breadcrumbs
30g parmesan or grana padano, finely grated plus 1 tbsp to finish
2 skinless chicken breasts
1 tbsp plain flour, well seasoned
1 egg, beaten
olive oil
4 tbsp tomato pasta sauce
a few leaves of basil
1 ball mozzarella, sliced
50g lettuce leaves
balsamic vinegar

1. Heat the oven to 200C/ Fan 180C/ Gas 6. Mix the breadcrumbs and grated parmesan and season.
2. Cut the chicken breasts through the middle and open up like book but keep the two sides connected. Put between sheets of cling film and bash them with a rolling pin until 1/2 cm thick. Dust the escalopes in the flour, dip in the beaten egg, then coat them in the parmesan breadcrumbs.
3. Heat a splash of oil in a non-stick pan. Cook the chicken for 2-3 mins on each side until crisp and golden.
4. Lift the chicken onto a baking sheet. Spoon over the tomato sauce, add some basil, then top with the mozzarella and more parmesan. Bake for 15 mins, until the cheese is melted and bubbling. Serve with the salad leaves dressed with 1 tsp each of the balsamic and olive oil.