

# Turkey Milanese



**Serves 4**   **Prep 20 mins**

**Cooking 5 mins**

**Easy**

## Ingredients

4 turkey fillets or escalopes, about 75g each  
75g breadcrumbs  
zest of 1/2 lemon  
4 tbsp chopped parsley  
25g flour  
1 egg, beaten  
1 tbsp vegetable oil  
15g butter

1. Combine the fresh breadcrumbs, the finely grated zest of 1/2 lemon and the parsley and season. Dip the turkey steaks in the flour and shake off the excess, then dip them into 1 large beaten egg and finally into the breadcrumbs to coat evenly.
2. Heat the vegetable oil and the butter in a non-stick frying pan and cook the steaks over a medium-high heat for 2-3 mins each side until crisp and golden. Keep warm while you cook the other two in the same way. Serve with steamed broccoli and wedges of lemon