

australian
bush spices



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White Meat Blend

White Spiced Chicken Schnitzel

4 chicken breast fillets
1 cup dry breadcrumbs
2 tablespoons WHITE Australian Bush Spice
oil, for shallow frying

1. Place the chicken breast fillets between two pieces of plastic wrap, and pound until flat.
2. Combine the breadcrumbs and WHITE and spread out onto a plate.
3. Dip the chicken into the beaten egg and press to coat both sides in the spiced breadcrumb mixture.
4. Heat the oil in a large frypan, add the chicken and cook over a medium heat for 5 minutes each side or until heated through.
5. Drain on absorbent paper and serve with fresh salad greens.

Serves 4

* This recipe works also with veal or fish