

## *Crunchy Coated Chicken With Lemon Mayo*

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**Serves 4**

**Cuisine: British**

Preparation Time: 30 Minutes

Cooking Time: 15 Minutes

### **Ingredients:**

150g Panko breadcrumbs  
25g Parmesan, grated  
1 Lemon, zested, plus extra wedges to serve  
4 Skinless chicken breast fillets, flattened  
1 Egg, beaten  
4 tbsp Mayonnaise  
1 Fennel bulb, finely sliced  
Small bunch radishes  
Flour, for dusting  
Olive oil

### **Method:**

1. Mix the breadcrumbs, Parmesan and lemon zest. Season.
2. Dust the chicken with flour, dip into the egg then the breadcrumb mix
3. Fry the chicken in 4 tbsp oil in batches for 3-4 minutes each side or until cooked through
4. Drain on kitchen paper
5. Mix the mayo with half the lemon juice
6. Toss the fennel and radish in the rest of the lemon juice

### **To Serve:**

Serve chicken fillets with the salad and lemon mayo on the side

### **Chef's Notes:**

Low GI dish – and delicious!