

Cauliflower Crumbed Chicken

Serves: 6 (makes 12 tenderloins)

Prep time: 15 minutes

Cook time: 20-25 minutes



1 serve per portion

Ingredients

¼ cauliflower head, trimmed, finely grated
10 sage leaves, finely chopped
10 mint leaves, finely chopped
60g Dutch, edam or gouda cheese, grated
1 egg, lightly beaten
12 skinless chicken tenderloins
2 cups garden salad

Method

PREHEAT the oven to 180°C. Line tray with baking paper.

COMBINE the cauliflower, sage, mint and cheese in a medium sized bowl, it should resemble a fine crumb.

POUR the beaten egg into a shallow dish, coat each tenderloin in egg before coating with the cauliflower and herb crumb.

PLACE each piece of crumbed chicken on the baking tray and bake for 10 minutes, turning and return to oven for further 10-15 minutes. Test a piece in the thickest part of the chicken, when cooked the flesh is white and juice is clear.

SERVE with garden salad.



Everyday Food

Recipe Courtesy of Fiona McKenzie, Brisbane City Nights Branch