

FRIED CHICKEN SANDWICH

With miso spring onion mayo

from *Life Kitchen*

Ingredients (serves 2)

2 x chicken breasts
50ml milk
1 x 85g sage and onion stuffing mix
2 tbsp vegetable oil
3tbsp mayonnaise
1 tsp miso
1 spring onion, finely chopped
2 slices of white bread
4 lettuce leaves.

Method

Place the chicken breasts between 2 sheets of baking paper and bash them flat with a rolling pin.

Dip the flattened chicken breasts in milk until fully coated.

Sprinkle the sage and onion stuffing mix on a tray or plate, then press the chicken breasts into the stuffing mix until evenly coated on all sides.

Heat the oil in a medium pan over a medium heat and shallow fry the prepared chicken for 3-4 mins each side until golden brown and cooked all the way through.

Remove from the pan and leave to rest for 3 minutes, then slice into 1 - 2 cm strips.

Meanwhile, in a bowl combine the mayonnaise, miso and spring onion.

Spread the mayo mixture on two slices of the bread, top with lettuce leaves, the cooked chicken and a second slice of bread.

Enjoy!

