



**DOWSON
FITNESS**
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CHICKEN MILANESE WITH SPAGHETTI

Ingredients:

- 2 cloves of garlic
- ½ a bunch of fresh basil
- olive oil
- 1 x 400 g tin of plum tomatoes
- 2 x 150 g skinless free-range chicken breasts
- 100 g plain flour
- 2 large free-range eggs
- 100 g breadcrumbs
- 30 g Parmesan cheese
- 150 g dried spaghetti

Method:



1. Peel and finely slice the garlic. Pick the basil leaves, then finely chop the stalks.
2. Heat a splash of oil in a medium saucepan over a medium heat. Add the garlic and basil stalks and cook for 2 minutes, or until golden.
3. Tip the tinned tomatoes into the pan and squash them down with the back of a spoon. Fill the empty tomato tin with water and pour this in too. Season and simmer for 30 minutes, or until reduced, glossy and thick.
4. Place the chicken breasts on a board and cover with a double layer of clingfilm. Bash with a saucepan to flatten them to 5mm thick.
5. Tip the flour into one bowl, then crack and beat the eggs in a second bowl. Add the breadcrumbs to a third, finely grate in half of the Parmesan, then shake to combine.
6. Coat the chicken in the flour, then the egg and finally in the cheesy breadcrumbs, until thoroughly coated.
7. Heat a lug of oil in a large frying pan over a medium heat and cook the chicken for 3 to 4 mins on each side, or until golden and the meat is cooked through.
8. Cook the spaghetti according to the packet instructions, then drain and add to the tomato sauce, loosening with a little of the cooking water if needed.
9. Serve the pasta alongside the crispy chicken, with the remaining Parmesan and basil leaves scattered over.