



Country Chicken Steak Recipe

Preparation Time	15
Cooking Time	70
Serving Size	10

Ingredients:

FOR THE CHICKEN

- 1 kg chicken, thigh fillet
- 1 pack DEL MONTE Quick 'n Easy Breading Mix (75g)
- 2 pc egg
- 2 cup breadcrumbs
- 2 cup oil, for deep-frying

FOR THE FRIES

- 250 g potato, sliced to wedges

FOR THE GRAVY

- 1 pack DEL MONTE Quick 'n Easy Gravy Mix (30g), reserve 1 teaspoon to season fries
- 1 cup milk, fresh
- 1 tsp black pepper, cracked
- 1 tsp rosemary, dried

Preparation:

1. For the Chicken: Pound chicken thigh fillet to flatten. Dip the chicken in DEL MONTE Quick 'n Easy Breading Mix. Dip in beaten eggs then in bread crumbs. Deep-fry in hot oil. Drain in paper towels.
2. For the fries: Fry potato wedges until cooked. Drain in paper towels then cool. Fry again until crispy and golden brown. Season with reserved 1 teaspoon of DEL MONTE Quick 'n Easy Gravy Mix.
3. Dissolve the DEL MONTE Quick 'n Easy Gravy Mix in fresh milk. Cook until thick, stirring occasionally, then season with cracked pepper and ground rosemary.

Chef's Tip

To flatten the chicken without damaging the meat, place the chicken breast in between 2 sheets of plastic or plastic wrap then pound the meat from the center going out to the edges using a rolling pin or mallet.

Lusog Notes

This Country Chicken Steak recipe provides iron which is needed for the functioning of enzymes that remove unwanted substances from the body.

Cooking Skills Needed

- Pounding
- Draining

- Deep Frying

Cooking Tools

- Mallet
- Sauce Pot
- Whisk

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