

MILANESA DE POLLO

[chicken milanese]



4 servings



30 minutes

INGREDIENTS

- 4 boneless, skinless chicken breasts
- salt and pepper
- 1 cup flour
- 3 eggs; beaten
- 4 cups panko bread crumbs
- Oil for frying

DIRECTIONS

- Slice the four chicken breasts lengthwise to create thinner pieces, then pound them to achieve a uniform thickness of approximately 1/4 inch.
- Season both sides of the chicken breasts with salt and pepper.
- Use three shallow dishes. In the first, place the flour. In the second, beat the eggs. In the third, spread out the breadcrumbs.
- Dredge each chicken breast first in the flour, ensuring it is completely coated, and shake off any excess. Next, dip it in the egg mixture, allowing any excess to drip off. Finally, coat it with breadcrumbs, pressing gently to ensure they adhere well.
- In a large skillet, heat about 1/2 inch of vegetable oil over medium-high heat. Once the oil is hot, carefully add the breaded chicken breasts. Fry them for about 4-5 minutes on each side, or until they are golden brown and cooked through.
- Remove the chicken from the oil and place it on a plate lined with paper towels to drain any excess oil. Serve hot with lemon wedges on the side for an extra burst of flavor.

Enjoy your homemade milanesa de pollo with a side of scalloped potatoes, rice, or mashed potatoes for a complete meal!