Chicken



Serves

Ingredients

2 large chicken breasts, chopped into bite-size pieces 80g breadcrumbs (buy ready-made or grate some bread) 1 small tub of natural yoghurt

Method

- 1. Put the breadcrumbs in a bowl.
- 2. Put the yoghurt in a separate bowl.
- 3. Dip the raw chicken pieces into the yoghurt then coat in the breadcrumbs
- 4. Shallow fry in oil (try rapeseed/sunflower oil) for about 5 minutes each side, but keep an eye on them to make sure they don't start to burn!



Nutritional Information (per portion)	
Energy (kcal)	182
Protein (g)	21.3
Potassium (mg/mmol)	358/9.0
Phosphorus (mg/mmol)	272/8.7
Sodium (mg/mmol)	728/31.3



added flavour

Serve these with polenta chips or chopped up into hot pasta with a knob of garlic butter.