



## *Avocado Chicken Parmigianino*



### **Ingredients:**

- 2 Chicken breast fillets, halved lengthways
- ½ Cup plain flour
- 2 Tablespoons fresh milk
- 2 Eggs
- 1 ½ Cups Panko
- 2 Tablespoons olive oil/cooking spray
- ½ Cup tomato pasta sauce
- 2 Avocado, sliced
- ½ Cup grated mozzarella cheese
- Salad green, to serve

### **Method:**

1. Place chicken breast in a clear plastic bag, and pound until 1/4" thick.
2. Place flour and breadcrumbs on two separate plates and lightly whisk milk and egg together in a shallow bowl.
3. Coat 1 piece of chicken breast in flour, dip in egg mixture, and then coat in breadcrumbs using your fingertips pressing on to secure.
4. Place on prepared baking tray lay with foil or baking paper; repeat the same process with the remaining chicken breast with flour, egg and etc.
5. Lightly spray or brush the prepared chicken with oil, bake for 8 minutes (turning after 4 minutes to have evenly colors on the breadcrumbs) in preheated 400°F fan-forced oven.
6. Remove from oven and spread each chicken breast with 1-heaped tablespoon of pasta sauce. Arrange avocado slices over sauce and sprinkle with decent amount of mozzarella cheese.
7. Return to oven and bake for another 5 - 7 minutes or until golden and chicken is cooked through.
8. Serve with either garden salad or use it as a main topping on cooked pasta.