



Lemon and Sage Chicken Breasts

Serves 4 people

4 6oz (170 g) chicken breast cutlets
4 oz (115 g) of fine breadcrumbs
2 fl oz (55 ml) of freshly squeezed lemon juice
6 tbsp of vegetable oil
1 tbsp of grated lemon rind
1 tbsp of freshly chopped sage
salt and pepper

PREPARATION

1. Flatten each chicken cutlet with the flat side of a meat mallet or with the base of a saucepan to $\frac{1}{4}$ inch thick. It is best to place the cutlets between two pieces of cling film or grease proof paper.
2. Season the cutlets with salt and pepper after removing them from the paper or cling film.
3. In a small mixing bowl, combine the freshly squeezed lemon juice, two tbsp of the oil, the lemon rind and the sage, stirring thoroughly to mix well.
4. Place the cutlets in a large shallow dish and pour the lemon juice mixture over them, rubbing the mixture into the meat.
5. Sat aside for 20 minutes to marinate.
6. In a large frying pan, heat the remaining vegetable oil until it gets hot.
7. Whilst the oil is heating, roll the cutlets in the breadcrumbs, ensuring an even coating on each cutlet.
8. Once the oil is hot enough, add the coated cutlets and fry for about 3 minutes on each side or until the breadcrumbs turn a crispy light brown color.
9. Remove the cutlets from the frying pan, draining off any excess oil and serve.