



Chicken cutlet

Serving: 1

Veg

Ingredients

- 150 grams Chicken breasts , minced
- 1 Onion , finely chopped
- 2 Green Chillies , finely chopped
- 1 teaspoon Fennel seeds (Saunf) , coarsely pounded
- 2 teaspoons Garam masala powder
- 1/2 teaspoon Turmeric powder (Haldi)
- 1 teaspoon Red Chilli powder , optional
- 1/4 cup Coriander (Dhania) Leaves , finely chopped
- Salt , to taste
- Oil , for shallow frying
- For coating : 1 Whole Eggs beaten and 1/4 cup Whole Wheat Bread crumbs

Preparation Method

- To begin making the quick and easy Chicken Cutlet recipe, first mince the chicken using the food processor.
- In a large mixing bowl, add the chicken, onion, green chillies and all the remaining ingredients except the bread crumbs and the egg. Combine well, ensure the salt and spiced are according to your taste.
- Divide the chicken cutlet mixture into equal sized portions and shape them into round discs. Whisk the egg in a bowl and keep aside.
- Heat a pan/skillet over medium heat. Dip the chicken cutlet in the beaten egg mixture and then roll it over bread crumbs so the chicken cutlets gets well coated with bread crumbs
- Place the bread crumb coated chicken cutlet on the heated skillet, drizzle oil and cook the chicken on low to medium heat for about 8-10 minutes until browned and crisp. Ensure you keep pressing and flipping to cook the cutlet, so it gets cooked evenly from the inside.
- Serve the Quick And Easy Chicken Cutlet with Tomato Ketchup and serve it for your parties or a healthy high protein snack. Serve it as an Indian evening snack along with slices of bread and Green Chutney Recipe