

MasterFoodsTM

PROFESSIONAL

Herb and Panko Crusted Chicken Breast
RECIPE

Herb and Panko Crusted Chicken Breast



<?xml version="1.0"?>

TIME

10-15 mins

INGREDIENTS

9 items

MAKES

2 servings

Using the dressing as a coating for a crust is so versatile across so many dishes. Think of a classic schnitzel, without the deep-frying. Simply coating meat and vegetables with the Dijon mustard brings another level of flavour and complexity.

SHARE

- [Pinterest \(opens in new window\)](#)
- [Facebook \(opens in new window\)](#)
- [Twitter \(opens in new window\)](#)
- [Download \(opens in new window\)](#)
- [Print \(opens in same window\)](#)

INGREDIENTS

- 1 medium size chicken breast, evenly sliced in half
- 2 tbsp. olive oil
- ½ cup panko breadcrumbs
- 1 tbsp. MasterFoods™ Professional Italian Herbs
- 2 tbsp. finely grated parmesan
- 1 lemon zest
- 2 tbsp. MasterFoods™ Professional Dijon Mustard
- Salt and pepper, to taste

PRODUCTS USED



MasterFoods Professional Dijon Mustard 2.5 kg

[SEE DETAILS](#)

INSTRUCTIONS

1. 1
Heat a pan over medium heat and add olive oil.
2. 2
Add panko breadcrumbs, Italian herbs, and parmesan cheese and stir until golden brown, around 3-5 minutes, remove from heat and stir in lemon zest.
3. 3
Season the chicken fillets and pan fry 10-12 minutes or until cooked through. Remove from the pan and leave to rest.
4. 4
Coat the rested chicken evenly in Dijon mustard and sprinkle the panko crumb mixture generously over the top so that both pieces are coated.
5. 5
Serve pieces whole or carefully slice and serve with charred pineapple wedges and pickled red onion and jalapeno.

Tips:

1. 1
Replace chicken with sliced pan fried eggplant for a vegetarian option.
2. 2
For ease of sharing, cut chicken breast into large cubes for nuggets or replace with tenderloins.

More Recipes Like This



[Choc-Berry Bircher Muesli](#)

Cooking time

10 min

Ingredients

11 items

[SEE DETAILS](#)



[Shredded Barbecue Chicken Pancakes](#)

Cooking time

60 MINS

Ingredients

8 items

[SEE DETAILS](#)



[Gua Bao Buns](#)

Cooking time

10 min

Ingredients

11 items

[SEE DETAILS](#)



New York Inspired Tagliatelle Pasta

Cooking time

15 minutes

Ingredients

9 items

[SEE DETAILS](#)

Source URL:

<https://www.masterfoodspromotional.com.au/recipes/herb-and-panko-crusted-chicken-breast>