

Breaded Chicken Cutlets

Recipe makes 1 serving

Each serving = 1 protein, 1 grissini (breadstick)

Ingredients

- 100 grams chicken
- 1 grissini (ground into powder)
- 1/2 cup hCG diet approved chicken broth
- 1/4 tsp garlic powder
- 1/4 tsp paprika
- 1/4 tsp poultry seasoning (optional)
- 1/4 tsp cayenne (use less if you want them less spicy)
- sea salt/pepper to taste



Directions

1. Preheat pan over MED heat.
2. In small dish, combine grissini powder, garlic powder, paprika, poultry seasoning, cayenne, and salt/pepper. (You could also use ziplock bag.)
3. Add chicken to seasonings and fully coat.
4. Add half of broth and chicken to pan.
5. Cook for approx. 3-4 mins each side depending on thickness of chicken. Keep adding more broth as it cooks off.
6. Serve immediately.



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