



Ashley's Meal Prep Monday!



Oven-Fried Chicken

INGREDIENTS

- 2 eggs
- 1 cup panko bread crumbs
- ¼ cup all-purpose flour
- 1 TBSP seasoning salt
- 2 TSP paprika
- ½ TSP pepper
- 2 pounds boneless skinless chicken breasts, cut into strips
- ¼ cup unsalted butter

Preheat the oven to 425. In a shallow dish, whisk the eggs. In another shallow dish, combine bread crumbs, flour, seasoning salt, paprika and pepper. Coat each piece of chicken in the egg, then in the bread crumb mixture, pressing firmly to adhere. Place the chicken on a plate and repeat until all is coated.

To a rimmed baking sheet, add the butter and put the pan in the oven to melt the butter - getting the pan hot, but careful to not burn the butter.

Place each piece of chicken on the hot pan, leaving space in between. Bake for 20 minutes, flipping gently halfway through until internal temp reaches at least 165 and the coating is browned. If necessary, add another dab of butter when flipping. Remove from pan and serve immediately.



Recipe: thereciperebel.com

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