

# CRUNCHY CHICKEN CUTLETS WITH PAREVE MILK SAUCE

## INGREDIENTS

- 1/4 C Flour (of your choice)
- 1 Egg **OR** 1/4 C egg substitute
- 1 T Water
- 1 C Panko breadcrumbs
- 3 T Parsley (fresh) (chopped)
- 1 T Paprika
- 3/4 t Pepper
- 4 Chicken cutlets (each 5 oz) (pounded thin)
- 1/4 C Healthy oil



## INGREDIENTS FOR SAUCE

- 2 T Margarine
- 2 Shallots (finely chopped)
- 3 T Flour (of your choice)
- 1 C Chicken broth
- 1/2 t Salt (optional)
- 1/4 C Quinoa milk (unsweetened) **OR** Hemp milk (see note below to turn it into pareve 'buttermilk')

## DIRECTIONS

- 1 Place the flour on a sheet of wax paper
- 2 Whisk together the egg & water in a large bowl
- 3 Combine the panko, parsley, paprika & pepper on another sheet of wax paper
- 4 Dip the chicken into the flour, shaking off the excess, then into the egg mix, then the panko mix
- 5 Make sure you're pressing so the crumbs adhere
- 6 Heat the oil in a large skillet over medium-high heat
- 7 Add the chicken & cook until browned on both sides(6 minutes)
- 8 Transfer the chicken to a platter & tent loosely with foil to keep warm
- 9 To make the gravy, melt the margarine in a medium saucepan over medium heat
- 10 Add the shallots & cook, stirring occasionally, until softened (1-2 minutes)
- 11 Stir in the flour & cook for 1 minute
- 12 Whisk in the broth & salt (optional) & bring to a boil
- 13 Reduce the heat & simmer, whisking constantly, until sauce begins to thicken (1 minute)
- 14 Remove the pan from the heat
- 15 Whisk in the 'mock buttermilk' until blended
- 16 Spoon the gravy over the chicken & serve at once

## NOTES

- 1 Serves 4
- 2 To Make 1 C Pareve Buttermilk  
Stir together 1 C Milk & 1 T lemon juice or vinegar  
For this recipe, you'll only need 1/4 C