

City Chicken

The line up of ingredients is

1 pound skinless boneless chicken breast cut into 1" pcs.

Garlic oil

1 tbsp paprika

Salt and pepper to taste

2 eggs

2 cups yad never know bread crumbs

500 ml of chicken stock

Preheat your oven to 350 f

Thread 10 pieces of chicken on a skewer.

Crack eggs into bowl and beat with 3 tbsp of water, salt and pepper.

In another bowl, mix crumbs with paprika, salt and pepper.

Dip chicken into egg then roll in bread crumbs.

Heat fry pan on stovetop add oil and fry chicken skewers to brown on all sides then transfer to a casserole dish, do this in batches.

Pour chicken stock $\frac{1}{2}$ " deep over skewers, cover and bake for 1 hour.

Did You Know

A 4 oz piece of chicken breast has 18 grams of protein.