

Recipe: Oat Crusted Chicken

Main dish

A crusted chicken with a special sauce served with potatoes and broccoli for a balanced meal.

Preparation time: 15 minutes

Cooking time: 45 minutes

Serves 12 children

Ingredients (Chicken):

- 450 g instant oat*
- 3 eggs, beaten
- 300 g all-purpose flour
- 600 g chicken breast, skin removed
- 3 teaspoons of salt
- 3 teaspoons black pepper

Ingredients (Sauce):

- 300 g tomato puree*
- 300 ml water
- 150 g pineapple
- 60 g corn starch

- 900 g broccoli, blanched
- 600 g potato, cubed and blanched



* Choose products with the Healthier Choice Symbol

**Nutrition Information
(Per serving): 322 g**

Energy 364 kcal
Protein 18.0 g
Total fat 4.8 g
Saturated fat 1.5 g
Carbohydrates 62.3 g
Dietary fibre 10.0 g
Sodium 554.6 mg

Methods

1. Place oats, eggs and flour in 3 separate bowls.
2. Slice the chicken breast into 12 equal pieces of 50g each and marinate with salt and pepper.
3. Coat each marinated chicken with flour then dip into egg and finally into the oats.
4. Heat up pan with oil and pan-fry the chicken for 5 – 10 minutes on both sides until the chicken turn golden brown. Set aside.
5. Heat up another pan and add tomato puree and water into the pan and bring it to a boil.
6. Add diced pineapple and corn starch into the puree to thicken up the puree.
7. Serve oats crusted chicken together with blanched potato and broccoli on a plate as a main course, with tomato pineapple sauce on the side.

Cost Per Serving: \$ 1.40

Tip:

- *Using oats in place of breadcrumbs makes it crispier without having to deep fry.*
- *Instead of broccoli, try other vegetables such as boiled spinach, boiled carrot cubes or steamed long beans for variety.*