



**ZEKE LIFE**

## Easy Crispy Chicken

### What you need:

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|---|--|
| <input type="checkbox"/> 1 chicken breast     | <input type="checkbox"/> Garlic powder             |
| <input type="checkbox"/> 1 egg, beaten        | <input type="checkbox"/> Lawry's Seasoned Salt     |
| <input type="checkbox"/> Flour                | <input type="checkbox"/> Parmesan cheese           |
| <input type="checkbox"/> Corn Flakes, blended | <input type="checkbox"/> Oil, any light frying oil |

### Steps:

1. Heat oil in pan to temp
2. Slice chicken breast into smaller pieces
3. Mix blended corn flakes, seasoning (garlic powder and seasoned salt), and Parmesan cheese together
4. Cover chicken with flour, then coat with egg, and bread with corn flake mixture
5. Add chicken to pan on med-high heat
6. Cook both sides until done, ~5 min depending on heat level
7. Enjoy with dipping sauces and sides

### Estimated Time:

Prep Time ~10 minutes, Cook Time ~8 minutes.

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