



Pan Fried Tuscan Chicken

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The addition of fresh basil, sun-dried tomato and pine nuts turn an ordinary breading into a Tuscan inspired gourmet delicacy. Take special care to gently saute on medium heat so that you do not burn the sun-dried tomato bits. This dish can be served with a tomato pasta sauce, a Creamy Basil sauce or both.

Ingredients

4	each	Chicken Breasts (8 oz. each), skinless, boneless
1	Cup	All Purpose Flour, seasoned with salt and pepper
2	each	Extra Large Eggs
	1 / 2 Cup	Milk
3	Cups	Salvaggio's Seasoned Breadcrumbs
1	Cup	Fresh Basil, finely julienned
	1 / 2 Cup	Sun Dried Tomato, finely julienned
	1 / 2 Cup	Pine Nuts, toasted and chopped
2	Cups	Vegetable or Canola Oil, to fry

Preparation

1. Trim chicken breasts and pound uniformly flat between 2 sheets of waxed paper. Each breast should be approximately 3/8 to 1/2 inch thick.
2. Dredge each breast in flour and shake off excess. Set aside.
3. Have ready in a shallow bowl, an egg wash made from the milk with the eggs beaten in.
4. Have ready in a separate shallow bowl, the coarse, fresh bread crumbs sprinkled on the surface with a little of the fresh julienne basil, sun dried tomato and chopped, toasted pine nuts.
5. Take one of the floured chicken breasts and dunk in the egg wash to entirely coat. Then lift up, draining the excess egg wash off, then pressing down onto the bread crumbs. To bread opposite side, lift breast off of the crumbs RE-APPLY more basil, sun-dried tomato and pine nuts and lay down breast once again to coat.
6. Repeat this process for all of the breasts and set aside on plastic film.
7. Heat oil in a skillet or fry pan until 350 degrees or medium hot. Pan fry breaded chicken on both sides until golden brown and fully cooked through. Remove each cooked breast from the pan once cooked and rest on an absorbent paper towel briefly to absorb any excess oil before plating.

Notes

Serve with [Pesto Creme Sauce](#) .

Preparation time	5 min	Difficulty	very simple
Portions	4 servings	Amount	



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<http://www.ninosalvaggio.com/>

Country/Region		Costs per portion	
Vegetarian	No	Lactose free	No
Dietary	No	Gluten free	No
Calorie		Kilojoules	
Fat		Bread Units	
Protein		Carbohydrates	