

Crunchy Garlic Chicken

1 clove of garlic
1 lemon
6 Jacob's cream crackers
25g butter
Salt & pepper
2 heaped tablespoon plain flour
1 large egg
2 skinless chicken breasts

Peel the garlic, zest the lemon and put in food processor with butter, crackers, butter, parsley and pepper. Whizz mixture until it is very fine, then pour onto a plate.

Sprinkle flour on to a second plate. Crack eggs into a bowl and whisk with a fork.

Lightly score the underside of the chicken breast, lightly oil the chicken breast and cover with clingfilm and bash with the bottom of a pan until the breast flattens out a bit.

Dip the chicken breast in flour to coat completely, then dip in egg and finally into the crumbs. Push the crumbs on to the chicken breasts so they stick.

Bake in the oven at the highest temperature for 15 minutes.