



Garlic Chicken Fried Chicken

Oscar · 28/09/2024



Prep Time

35 mins

Difficult

Medium

Servings

4

Description

This actually uses my breading for Chicken Fried Steakmy husband suggested we try it with chicken breasts and it was delicious

Ingredients

- - 2 teaspoons garlic powder
- or to taste - 1 teaspoon ground black pepper - 1 teaspoon salt - 1 teaspoon paprika - ½ cup seasoned bread crumbs - 1 cup all-purpose flour - ½ cup milk - 1 egg - 4 skinless
- boneless chicken breast halves - pounded thin - 1 cup oil for frying
- or as needed

Instructions

1. In a shallow dish
2. mix together the garlic powder
3. pepper
4. salt
5. paprika
6. bread crumbs and flour. In a separate dish
7. whisk together the milk and egg. Heat the oil in an electric skillet set to 350 degrees F (175 degrees C). Dip the chicken into the egg and milk
8. then dredge in the dry ingredients until evenly coated. Fry chicken in the hot oil for about 5 minutes per side
9. or until the chicken is cooked through and juices run clear. Remove from the oil with a slotted spatula
10. and serve. Tacita "Lady_T" Beautiful Editor's Note We have determined the nutritional value of oil for frying based on a retention value of 10% after cooking. The exact amount may vary depending on cook time and temperature
11. ingredient density
12. and the specific type of oil used.