

Quinoa, parmesan & herb schnitzels

Quinoa flakes are a fantastic and nutritious gluten-free alternative to regular breadcrumbs for coating chicken, fish and veggie burgers. A good source of plant protein they become golden brown and crisp once pan-fried or baked. I like to serve these schnitzels with a home-made tomato salsa (diced tomato, chilli, red wine vinegar and extra virgin olive oil) and a big salad.

Serves 4

Prep: 15 min

Cook: 15 min

110g (1 cup) quinoa flakes
25g (1/4 cup) finely grated parmesan cheese
2 tbs snipped chives
2 tbs chopped parsley or basil
1 tsp finely grated lemon rind
35g (1/4 cup) plain flour (see Tip)
1 egg, whisked
60ml (1/4 cup) milk of choice
8 (about 500g) chicken tenderloins
2 tbs extra-virgin olive oil
Steamed greens or salad, to serve

1 Combine the quinoa flakes, parmesan, herbs and lemon rind in a shallow bowl. Place the flour in a second bowl and season with salt and pepper. Combine the egg and milk in a third bowl.

2 Dust a tenderloin in the flour, then dip in the egg and finally into the quinoa mixture. Place on a tray and repeat with remaining chicken.

3 Heat the oil in a large non-stick frying pan over medium-high heat. Cook chicken (in batches if necessary) for 3 minutes each side or until golden and cooked through.

4 Serve the chicken schnitzels with a large salad (or steamed greens) and tomato salsa.

Tip: To make these schnitzels gluten free ensure you use gluten free plain or rice flour.