

Chicken Cutlets

If you want a delicious meal for your family without the hassle of standing over the stove for hours, then try this thirty-minute meal full of flavor for you. Chicken Cutlets are known for their flavors, adding a splash of sunflower seeds mixed with paprika, parsley, cumin, cayenne, and pepper mixture in there; will make it a delicious blend, which makes your mouth water before the first bite.

This delightful blend of spices and herbs wrapped around a beautiful source of protein will provide you with a full and happy stomach. The rest of the family will be delighted at the taste and healthy choice. Chicken is known for assisting with vitamin B intake and assistance in energy control and even help with control over insulin levels.

Chicken is also good for helping with enhancing metabolism. Just add a little lemon or perhaps a little lime to help enhance the flavor. So enjoy the thirty-minute meal that is good for the whole family. Be prepared for compliments to the chef and a happy stomach at the end.



Serves 4

Ingredients

- 8 chicken breasts
- $\frac{1}{2}$ cup sunflower seeds
- $\frac{1}{4}$ teaspoon of cumin
- $\frac{1}{2}$ teaspoon of paprika
- 4 tablespoons parsley
- $\frac{1}{4}$ teaspoon cayenne pepper
- 2 eggs, beaten
- 1-1/2 cup whole wheat flour
- Pinch of black pepper
- Lemons cut in half
- Olive oil, for frying

Preparation

- Preheat oven at 365 degrees F.
- First, you need to pound the chicken breast pieces until $\frac{1}{2}$ inches flat.
- Cut the pieces in half.
- Take a blender and place sunflower seeds, cumin, paprika, cayenne pepper, parsley, and black pepper.

- Once combined, pour it into a large flat plate.
- Whisk the eggs in shallow bowl.
- Mix the seed mixture with eggs.
- Whisk until combined well.
- Now place the mixtures plates in order like egg plate, then flour plate.
- Dip the chicken breast pieces first in egg mixture, then in flour mixture.
- Heat the oil in a pan and cook the Patties on both sides until brown.
- Serve with the lemon slice for a tangy taste.