

Oatmeal Breaded Chicken

A delicious and healthy main dish featuring crispy oatmeal breaded chicken.



Main Dish

30 min

Total time

Easy

Difficulty

350

kcal / serving

Ingredients

- 1 chicken breast
- 1/4 cup oatmeal
- 1/4 cup bread crumbs
- 1/4 teaspoon salt
- 1/4 teaspoon black pepper
- 1/4 teaspoon paprika
- 1/4 teaspoon garlic powder
- 1/4 teaspoon onion powder
- 1 egg, beaten
- 2 tablespoons olive oil

Steps

- 1 Preheat the oven to 400°F (200°C).
- 2 Pound the chicken breast to an even thickness.
- 3 In a shallow bowl, mix the oatmeal, bread crumbs, salt, pepper, paprika, garlic powder, and onion powder.
- 4 Dip the chicken breast into the beaten egg, then coat it with the oatmeal mixture.
- 5 Heat the olive oil in an oven-safe skillet over medium heat.
- 6 Add the breaded chicken breast to the skillet and cook until golden brown on both sides.
- 7 Transfer the skillet to the preheated oven and bake for about 15 minutes, or until the chicken is cooked through.
- 8 Remove from the oven and let the chicken rest for a few minutes before serving.