

## **Panko Crumb Chicken with Wasabi Pesto**

Serves: 2 Preparation Time: 20 minutes Cooking Time: 25-30 minutes

### **The pesto**

25g walnuts  
½ clove garlic  
crushed 75g watercress  
2 tbsp extra virgin olive oil  
1 tbsp finely grated parmesan  
4 tsp freshly grated wasabi  
Juice of ½ a lemon  
Salt & freshly ground black pepper

Blitz all the ingredients together in a food processor and pour into a dipping bowl

### **The chicken**

2 chicken breasts, cut into strips  
1 tbsp flour  
seasoned with a little salt  
1 egg lightly beaten  
50g panko breadcrumbs  
Vegetable oil for shallow frying

Flour the chicken strips in the seasoned flour, dust off then dip in the egg mix. Now roll in the breadcrumbs. Fry the chicken in a frying pan over a medium heat for a couple of minutes each side. Serve with the wasabi pesto.