Baked Chicken Schnitzel



Ingredients

- 1 tablespoon olive oil, or as desired
- 6 chicken breasts, cut in half lengthwise (butterflied)
- salt and ground black pepper to taste
- 3/4 cup all-purpose flour
- 1 tablespoon paprika
- 2 eggs, beaten
- 2 cups seasoned bread crumbs
- 1 large lemon, zested

Directions

1) Preheat oven to 425 degrees F. Line a large baking sheet with aluminum foil and drizzle olive oil over foil. Place baking sheet in preheated oven.

2) Flaten chicken breasts so they are all about 1/4-inch thick. Season chicken with salt and pepper.

3) Mix flour and paprika together on a large plate. Beat eggs with salt and pepper in a shallow bowl. Mix bread crumbs and lemon zest together on a separate large plate. Dredge each chicken piece in flour mixture, then egg, and then bread crumbs mixture and set aside in 1 layer on a clean plate. Repeat with remaining chicken.

4) Remove baking sheet from oven and arrange chicken in 1 layer on the sheet. Drizzle more olive oil over each piece of coated chicken.

5) Bake in the preheated oven for 5 to 6 minutes. Flip chicken and continue baking until no longer pink in the center and the breading is lightly browned, 5 to 6 minutes more. An instant-read thermometer inserted into the center should read at least 165 degrees F.

Note: You can also use panko or season your own