

Austrian Sesame Chicken

Posted on Mar 15, 2011. Revised January 2022



- chicken breasts, boneless, skinless
- flour, seasoned to taste
- 1 egg, beaten
- garlic bread crumbs
- sesame seeds
- coconut oil

Thinly slice the chicken breasts. Pat both sides with fresh seasoned flour. Dip into beaten egg. Pat with sesame seeds and garlic bread crumbs (the stick blender produces perfect crumbs). Press them into the chicken if necessary. Quick fry in a little coconut oil. Serve with a fresh salad, steamed broccoli, & warm dinner roll.

October of 2010, my sister & I ventured over to Italy to greet my newest granddaughter, Ashlynn Loew while Jon & Sarah were stationed over there. We toured into Austria for a day or two. This was our delicious meal that evening!

My next favorite way to quickly fix chicken is to add Montreal Steak Seasoning to the flour & quick fry in coconut oil. So good & so delicious!