



Better Bega Chicken

Quick and easy recipe ideal for hors d'oeuvres or a healthy snack.

Serves: 4

Ingredients:

- 1.5 cups fresh breadcrumbs
- 1 cup finely grated **Bega Cheddar Block Strong & Bitey Cheese**
- 2 tablespoons chopped parsley
- 1/2 teaspoon dried oregano leaves
- 1 teaspoon paprika
- 4 skinless chicken fillets, cut in half lengthwise
- 1 cup natural yogurt
- steamed vegetables, to serve
- tomato salsa, to serve



Method:

1. Combine breadcrumbs, Bega Cheddar Block Strong & Bitey Cheese, herbs and spices.
2. Dip the chicken fillets in the yogurt to coat and then into the cheesy breadcrumbs.
3. Place onto a paper lined tray and bake at 200°C for 15 minutes or until cooked and golden.
4. Serve with steamed vegetables and tomato salsa.

配料:

1杯半新鲜面包屑；1杯搓碎的必佳浓味切达干酪；2勺切碎的欧芹；1/2杯干燥牛至叶；1勺辣椒粉；4块去皮鸡肉，纵向切成两半；1杯原味酸奶；少许蒸过的蔬菜；番茄酱，备用。

制作方式:

1. 将面包屑，必佳浓味切达干酪，香草和调味香料混合。
2. 再将鸡肉均匀沾上酸奶，然后放入干酪和面包的混合物中。
3. 把混合物用有纹路的纸包裹放入200°C烤箱，烤15分钟直到金黄色即可。
4. 最后装盘，用蒸过的蔬菜加以点缀，再淋上番茄酱。