Cheesy Chicken Roll

鶏ささみチーズフライ

● Ingredients (servings 2)

7 pieces Chicken Tenderloin

About 14 Spinach Leaves

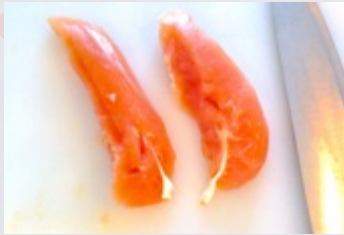Some Shredded Cheese (any kind)
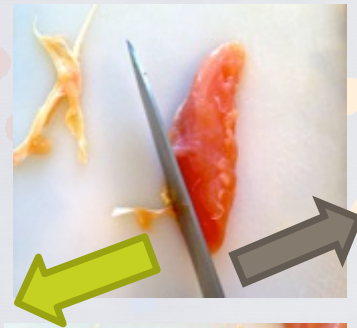
½ cup Flour

2 beaten Eggs

1 cup Bread Crumb

Some Salt

Some Black Pepper

Prepare Chicken Tenderloin

Chicken tenderloin has thick muscle.

Pull the edge of the muscle to the left using your fingers and at the same time push the meat with a knife to the right.

You can take off the muscle without cutting the meat.

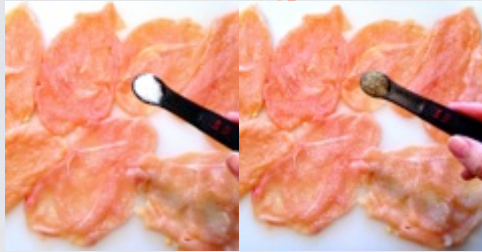Make an incision in the chicken from the side. Don't cut in half completely.

Open up the chicken from the incision.

Cover the chicken with plastic wrap and beat with a rolling pin or tenderizer.

Roll Chicken

Season both sides of the chicken with some salt and black pepper.

Dredge in flour and coat all pieces of chicken well.

Place 1 or 2 spinach leaves onto each of the coated pieces of chicken and put some shredded cheese on the spinach.

Roll the chicken up. If the end of the roll doesn't stick together, attach the chicken with a tooth pick.

Coat the chicken with 2 beaten eggs.

And then roll in bread crumbs.

- Fry

Pour 3 inches of vegetable oil into a skillet and heat the oil over medium heat.

Fry the chicken roll for 3 minutes (Flip halfway) over medium heat until it turns a nice golden brown.

When the chicken roll is evenly golden all over, remove and drain on kitchen towels.

Cut the chicken roll into bite-size piece and serve.