



# Walnut Crusted Chicken Breast with Mango

Pairs with: Cannery Brewing Apricot Wheat Ale

Recipe submitted by: Patt Dyck

## Ingredients:

- 6 chicken breasts, boneless and skinless
- 2/3 cup of flour
- 1 tsp salt
- ½ tsp black pepper
- 2 large eggs
- 1 cup dry breadcrumbs
- 1 cup chopped walnut pieces
- ½ cup grated parmesan cheese
- Unsalted butter and olive oil for cooking
- 2 ripe mangoes
- ¼ cup finely chopped jalapeno peppers
- 1 19-oz. can of black beans, drained and rinsed
- ¼ cup chopped red onion
- ½ cup chopped fresh cilantro
- 2 tsp. grated lime peel
- 2 tbsp. red wine vinegar
- 2 ½ tbsp. olive oil

## Cooking Directions:

1. With a mallet or rolling pin flatten the chicken breasts between wax paper to ½ inches. Mix flour, salt and pepper together on a plate and dredge the breasts on both sides. In a shallow dish, beat the eggs together. On another plate mix the breadcrumbs, walnuts and cheese together.
2. Dip the chicken in the eggs and then in the crumb/nut mixture, pressing gently to cover the breasts completely. Set aside to “dry” for 15 minutes.
3. Heat a few tbsp. of butter and a few tbsp. of olive oil in a heavy skillet until hot but not smoking. Cook chicken breasts in batches, 3-4 minutes per side until golden brown. Add more oil and butter as needed. Keep warm.
4. Peel and chop mango into small even pieces. Mix together with the rest of the ingredients. Season with lime juice and salt and pepper to taste.
5. Serve the chicken breasts with the mango salsa and a nice cold glass of Cannery Brewing Apricot Wheat Ale!