

Baked Sesame Chicken Cutlets with Avocado Hummus

Recipe By Esther Deutsch



Cooking and Prep:  6 h

Serves:  4

Contains:    

Preference: Meat

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Difficulty: Easy

Source: Whisk by Ami

Magazine

Ingredients (18)

Main ingredients

- 2 pounds chicken cutlets
- 2 eggs, beaten
- 4 tablespoons **Gefen Worcestershire Sauce** or teriyaki sauce
- 1 teaspoon garlic powder
- 1 teaspoon onion powder
- 1/2 teaspoon paprika
- 3 tablespoons light mayonnaise

- 3 tablespoons Gefen Hot and Spicy Duck Sauce
- 1 tablespoon warm water
- 2 cups Gefen Cornflake Crumbs
- 4 tablespoons sesame seeds

For the Avocado Hummus

- 2 avocados
 - 1 and 1/2 tablespoons fresh lime juice
 - 1 clove garlic, minced (or 1 cube Gefen Frozen Garlic)
 - 1/2 teaspoon Tuscanini Sea Salt
 - 1/2 teaspoon chili pepper, minced (1/2 of a fresh chili pepper or 1/2 frozen chili cube)
 - 1 tablespoon prepared hummus
 - freshly ground black pepper, to taste
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Start Cooking

Marinate

1. Rinse chicken and pat dry. Trim chicken cutlets into three- to four-inch strips. Cutlets should be on the thicker side, not thinned too much.
2. Mix eggs, Worcestershire sauce, garlic powder, onion powder, and paprika until well combined.
3. Place chicken in a Ziploc bag with marinade. Marinate for at least four to five hours in the refrigerator.

Prepare the Cutlets

1. In a medium-sized bowl, mix mayonnaise, duck sauce, and water. In a separate medium-sized bowl, mix together cornflake crumbs and sesame seeds.
- 2.

Preheat oven to 375 degrees Fahrenheit. Lightly grease a wire rack and place it over a cookie sheet.

3. Remove chicken from marinade and coat each cutlet in the mayonnaise duck sauce coating, then dip and coat well in the crumb coating.
4. Arrange chicken in a single layer on the rack and bake for 18 minutes until crispy on the outside and cooked through.

Prepare the Avocado Hummus

1. Mash avocados. Add remaining ingredients and mix until creamy and smooth. Serve alongside chicken cutlets.