

Buttermilk marinated quail breast with spiced panko crumbs

Ingredients:

750g Brisbane Valley Farm Quail breast
Packet of spiced Panko crumbs
2 eggs, beaten lightly
Olive oil

Method:

Remove quail breast from buttermilk marinade and pat dry. Dip into egg before tossing in spiced Panko crumbs.
Shallow fry in heavy based pan with olive oil for approx 4-5 minutes each side.

Serve with lemon slice and salt and pepper for taste.

PS goes great with a salad!

Enjoy!

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QUAIL

Created by award winning chef

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