



DELIGHTFUL &  
EASY



4 SANDWICHES



30 MIN

## MEDICATED PARMESAN CRUSTED CHICKEN CAESAR SALAD SUB RECIPE

### INGREDIENTS

- 2 chicken breasts, halved lengthwise
- All-purpose flour
- Seasoned breadcrumbs
- Shredded parmesan cheese
- Salt & pepper/spices to taste
- 2 Eggs, beaten
- Canola/vegetable oil
- 4 T Butter or Ghee -divided (Cannabis-infused)
- Olive Oil (Cannabis-Infused)
- Dried or fresh herbs, to taste
- Romaine lettuce
- Favorite Caesar dressing (homemade or store-bought)
- 4 Sub Rolls

### SUPPLIES

- Baking sheet with wire rack
- Wok or large frying pan
- Silicone basting brush
- 2 Plates and 1 large bowl and 1 small bowl for prepping

### DIRECTIONS

1. Preheat oven to 350°F for your sub rolls.
2. Cut chicken breasts in half lengthwise, and pound them thin.
3. On one plate, add a 50/50 mixture of seasoned breadcrumbs and shredded parmesan cheese.
4. On another plate, add flour.
5. Add seasonings to taste, to your breadcrumbs and flour. --I put medicated zesty ranch seasoning, poultry seasoning, paprika, and lemon pepper, etc.
6. Whisk 2 eggs in a small bowl.
7. Coat your chicken in the flour, then egg, then breadcrumb mixture.
8. Fry with canola/vegetable oil and 2T butter/Ghee. 3-4 min on each side or until crispy and light brown.
9. Rinse and chop romaine lettuce.
10. Add shredded parmesan, lots of freshly ground pepper, and your favorite Caesar dressing
11. Melt butter and add olive oil, black pepper, herbs/spices and parmesan. Brush on the inside and outside of sub rolls. Warm rolls in the oven for 5 minutes, until toasted golden.
12. Build your sub. Add chicken cutlets and top with Caesar salad..
13. Serve and enjoy (:

\*\*Check out our dosage calculator for help in calculating your edible's dosage @:  
<https://www.plant-family.com/thc-dosage-calculator/> \*\*

