

Crispy Walnut and Parmesan Chicken - Oven-Finished & Flavor-Packed

Walnut-Crusted Chicken - Crispy, Golden & Unbelievably Good



OVEN
375°F

TIME
30 min

TEMP
165°F

PRINT
Recipe Card

INGREDIENTS

- 4 boneless, skinless chicken breasts
- 1 cup (120g) walnuts, finely chopped
- $\frac{1}{2}$ cup (50g) breadcrumbs (panko preferred)
- 2 tbsp grated Parmesan cheese
- 1 tsp garlic powder
- 1 tsp onion powder
- $\frac{1}{2}$ tsp dried thyme
- 1 tsp salt
- $\frac{1}{2}$ tsp black pepper
- 1 large egg, beaten
- 2 tbsp Dijon mustard
- 2 tbsp olive oil (for pan-searing)

DIRECTIONS

- 1.** Preheat the Oven: Preheat your oven to 375°F (190°C). Line a baking sheet with parchment paper for easy cleanup.
- 2.** Make the Coating: In a medium bowl, mix together:
- 3.** Chopped walnuts
- 4.** Breadcrumbs
- 5.** Parmesan
- 6.** Garlic powder
- 7.** Onion powder
- 8.** Thyme
- 9.** Salt & pepper
- 10.** Set aside.
- 11.** Prepare the Dipping Station: In another shallow bowl, whisk together the egg and Dijon mustard until smooth.
- 12.** Coat the Chicken: Dip each chicken breast in the egg-Dijon mixture, coating all sides. Then press firmly into the walnut coating, ensuring each side is well covered.
- 13.** Pan-Sear the Chicken: Heat olive oil in a skillet over medium-high heat. Sear the coated chicken for 3-4 minutes per side, or until golden brown. You're not cooking it through—just building that golden crust!
- 14.** Bake to Finish: Transfer the chicken to the prepared baking sheet. Bake for 15-20 minutes, or until the internal temperature reaches 165°F (74°C). Rest 5 minutes before slicing.

SWAPS & NOTES

Add a pinch of smoked paprika or cayenne for a spicy kick.

More recipes: [ChefManiac.com](https://chefmaniac.com)

Original recipe: <https://chefmaniac.com/crispy-walnut-and-parmesan-chicken-oven-finished-flavor-packed/>