

Easy Chicken Parmesan: Crispy, Cheesy & Delicious Weeknight Classic

, from the pickiest eaters to the most discerning foodies. It feels incredibly



OVEN
375°F

TIME
3-5 min

TEMP
165°F

METHOD
Air fryer

INGREDIENTS

- 4 boneless, skinless chicken breasts (about 1.5 - 2 pounds total)
- 1 teaspoon salt
- 1/2 teaspoon black pepper
- 1/2 cup all-purpose flour
- 2 large eggs, lightly beaten
- 1 1/2 cups plain breadcrumbs
- 1/2 cup grated Parmesan cheese (plus more for serving)
- 1 tablespoon dried Italian seasoning
- 1/4 teaspoon garlic powder
- 1/4 cup olive oil, plus more if needed for frying
- 1 (24-ounce) jar marinara sauce (your favorite brand)
- 1.5 cups shredded mozzarella cheese
- Fresh basil, chopped, for garnish (optional)
- Cooked spaghetti or other pasta, for serving (optional)

DIRECTIONS

- Prepare : Chicken:** If chicken breasts are thick, place them between two pieces of plastic wrap and pound lightly with a meat mallet or rolling pin to an even 1/2 to 3/4-inch thickness. Season both sides of the chicken with 1/2 teaspoon salt and 1/4 teaspoon black pepper.
- Set : Up Breeding Station:** Set up three shallow dishes: Dish 1: All-purpose flour.
- Dish 2:** Lightly beaten eggs.
- Dish 3:** Combine breadcrumbs, 1/2 cup grated Parmesan cheese, dried Italian seasoning, garlic powder, remaining 1/2 teaspoon salt, and 1/4 teaspoon black pepper. Stir well.
- Bread : Chicken:** Dredge each chicken breast first in the flour, shaking off excess. Then dip in the egg, letting excess drip off. Finally, coat thoroughly in the breadcrumb mixture, pressing gently to ensure a good coating.
- Fry : Chicken:** In a large skillet (cast iron or heavy-bottomed pan works best), heat 1/4 cup olive oil over medium-high heat until shimmering. Carefully place 1-2 breaded chicken breasts in the hot oil (do not overcrowd the pan; cook in batches if necessary). Fry for 3-5 minutes per side, until golden brown and cooked through (internal temperature reaches 165°F or 74°C). Remove chicken to a plate lined with paper towels to drain excess oil.
- Assemble & : Bake:** Preheat oven to 375°F (190°C). Pour about 1/2 cup of marinara sauce into the bottom of a 9x13 inch baking dish. Arrange the fried chicken breasts in a single layer over the sauce. Spoon more marinara sauce evenly over each chicken breast. Top

generously with shredded mozzarella cheese and a sprinkle of extra Parmesan cheese.

8. **Bake:** Bake for 15-20 minutes, or until the cheese is melted, bubbly, and lightly golden, and the sauce is heated through. If you like a browner cheese, you can briefly place it under the broiler for the last minute or two (watch carefully to prevent burning).
9. **Serve:** Remove from oven. Garnish with fresh chopped basil if desired. Serve hot, either on its own or over cooked spaghetti.

SWAPS & NOTES

Chicken: Boneless, skinless chicken breasts are ideal here.

If they are very thick, pound them lightly to an even 1/2 to 3/4-inch thickness for quicker and more even cooking.

Chicken cutlets are also a great option.

Breadcrumbs: Plain breadcrumbs give you control over seasoning.

TIPS FOR SUCCESS

Even Thickness: Pounding the chicken ensures it cooks evenly and quickly, preventing dry spots.

Pat Chicken Dry: Dry chicken breasts allow the breading to adhere better and get crispier.

Don't Overcrowd the Pan: Fry in batches if necessary to maintain oil temperature and ensure crispy chicken.

Freshly Grated Parmesan: For the best flavor and melt in the breading, always use freshly grated Parmesan.

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

Original recipe: <https://chefmaniac.com/easy-chicken-parmesan-crispy-cheesy-delicious-weeknight-classic/>