

## My Favorite Garlic Parmesan Chicken Meatloaves for a Quick Dinner

### Garlic Parmesan Chicken Meatloaves



**OVEN**  
**350°F**

**TIME**  
**30 min**

**TEMP**  
**165°F**

**PRINT**  
**Recipe Card**

#### INGREDIENTS

500g (about 1 lb) ground chicken  
4 cloves garlic, minced  
1 small onion, finely chopped  
1/2 cup grated Parmesan cheese  
1 egg  
1/2 cup breadcrumbs  
2 tbsp fresh parsley, chopped  
Salt & pepper, to taste  
1 tbsp olive oil  
1/2 cup marinara sauce (optional topping)

#### DIRECTIONS

- 1.** Preheat the : Oven: Preheat your oven to 180°C (350°F). Line a baking tray with parchment paper for easy cleanup.
- 2.** Combine : Ingredients: In a large bowl, combine the ground chicken, minced garlic, finely chopped onion, grated Parmesan cheese, egg, breadcrumbs, chopped parsley, and a generous pinch of salt and pepper.
- 3.** Mix and : Shape: Mix everything thoroughly with your hands until all the ingredients are well-incorporated. Divide the mixture into four equal portions and shape each into a small, loaf-like shape. Place them on the prepared baking tray.
- 4.** Bake: Brush the tops of the meatloaves with the olive oil. Bake for 25-30 minutes, or until they are cooked through and the internal temperature reaches 165°F (74°C).
- 5.** Add the : Sauce (Optional): If you're using marinara sauce, spread a thin layer on top of each meatloaf during the last 5 minutes of baking. This will warm the sauce and make it adhere to the meatloaves.
- 6.** Serve: Let the meatloaves rest for a few minutes before serving to lock in the juices.

#### SWAPS & NOTES

**Ground Meat:** You can easily swap the ground chicken for ground turkey or even lean ground beef if you prefer.

**Breadcrumbs:** Regular breadcrumbs work perfectly, but for a little extra crunch, you could use panko breadcrumbs.

**Cheese:** While Parmesan is classic, you can use other hard, salty cheeses like Pecorino Romano for a sharper flavor.

**Herbs:** Fresh parsley is my go-to, but fresh basil or oregano would also be delicious.

## TIPS FOR SUCCESS

**Don't Over-mix:** Mix the meatloaf ingredients until they are just combined.

Over-mixing can result in a tough, dense meatloaf.

**Keep It Moist:** The egg and breadcrumbs are key binders, but adding a little marinara sauce on top helps keep the meatloaves from drying out while baking.

**Use a Meat Thermometer:** The easiest way to know if your meatloaves are cooked through is to use a meat thermometer.

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

Original recipe: <https://chefmaniac.com/my-favorite-garlic-parmesan-chicken-meatloaves-for-a-quick-dinner/>