

The Ultimate Crispy Baked Chicken Parmesan Recipe (Dinner is Served!)

If there's one dish that defines classic Italian-American comfort, it has to be



TIME
4 min

METHOD
Air fryer

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INGREDIENTS

Swaps and Notes:

Breadcrumbs: If you want a truly next-level crunch, swap the Italian-style breadcrumbs for Panko breadcrumbs. You may need to add a bit more Italian seasoning to the Panko.

Oil: You can use vegetable oil or canola oil for frying if you prefer, but olive oil adds a nice flavor.

Marinara: I recommend using a high-quality jarred sauce for speed, but if you have the time, a homemade sauce is always worth the effort. Try my recipe for a [Classic Spaghetti Recipe with Homemade Sauce](#) for a perfect match.

Chicken: Chicken cutlets (already thinly sliced) will save you the pounding step.

DIRECTIONS

1. Follow these steps for : Chicken Parmesan perfection.
2. **Step 1: Preheat and Prep Chicken:** Preheat your oven to 375°F (190°C). Lightly grease a 9x3 baking dish.
3. Take your chicken breasts and place them between two pieces of plastic wrap. Using a meat mallet or the bottom of a heavy pan, pound the chicken to an even thickness (about 1/2-inch thick). This ensures fast, even cooking. Season both sides of the pounded chicken with salt, pepper, garlic powder, and paprika.
4. **Step 2: Set Up the Breading Station:** Set up a classic three-step breading station:
5. Shallow dish 1: All-purpose flour.
6. Shallow dish 2: Beaten eggs.
7. Shallow dish 3: Italian-style breadcrumbs mixed with the 1/2 cup of grated Parmesan cheese.
8. **Step 3: Bread the Chicken:** Dredge each breast first in the flour, shaking off any excess. Next, dip it in the beaten eggs, ensuring full coverage. Finally, press the chicken firmly into the breadcrumb and Parmesan mixture, making sure it's completely coated on all sides.
9. **Step 4: Pan-Fry for Golden Color:** Heat the olive oil in a large skillet over medium heat. Once hot, carefully place the breaded chicken pieces in the skillet, ensuring you don't overcrowd the pan (you may need to work in batches).
10. Cook for 3-4 minutes per side until the crust is beautifully golden brown. The chicken will NOT be fully cooked yet—we are just building that crispy exterior.

11. Step 5: Assemble and Bake: Place the golden chicken cutlets in your prepared baking dish.
12. Spoon a generous amount of marinara sauce over each piece, then top with the shredded mozzarella cheese and a sprinkle of extra grated Parmesan.
13. Bake uncovered for 35 minutes, or until the chicken is fully cooked (internal temperature reaches 165°F or 74°C) and the cheese is bubbly, melted, and slightly golden.
14. Step 6: Garnish & Serve: Remove from the oven, let it rest for 5 minutes, and sprinkle with fresh basil or parsley before serving hot.

SWAPS & NOTES

Chicken 4 boneless, skinless chicken breasts Pounding them thin is key.

Flour 1 cup all-purpose flour For the first dredge.

Eggs 2 large eggs, beaten The "glue" for the breadcrumbs.

Breadcrumbs 1 1/2 cups Italian-style breadcrumbs Use panko for an extra-crispy texture.

TIPS FOR SUCCESS

Pounding is Non-Negotiable: Seriously, don't skip pounding the chicken.

Thinner cutlets cook quickly and stay tender.

Uneven chicken breasts will result in some pieces being dry while others are still undercooked.

Oil Temperature: Make sure your oil is hot before you add the chicken.

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

Original recipe: <https://chefmaniac.com/the-ultimate-crispy-baked-chicken-parmesan-recipe-dinner-is-served/>