

Crispy Parmesan Crusted Chicken with Creamy Garlic Sauce (Better Than a Restaurant!)

Parmesan Crusted Chicken with Creamy Garlic Sauce



OVEN
350°F

TIME
5 min

TEMP
165°F

METHOD
Air fryer

INGREDIENTS

For the Chicken:

4 boneless, skinless chicken breasts: Pound them to an even thickness for uniform cooking.

$\frac{1}{2}$ cup grated Parmesan cheese: Freshly grated melts and sticks better than the powdered kind.

$\frac{1}{2}$ cup breadcrumbs: I highly recommend Panko for maximum crunch.

1 tsp garlic powder: Adds a base layer of savory flavor to the crust.

1 tsp paprika: For a hint of warmth and a beautiful golden color.

2 large eggs: These act as the "glue" for your breading.

2 tbsp olive oil: For pan-searing.

For the Creamy Garlic Sauce:

2 tbsp butter: Provides the fat base for the aromatics.

3 garlic cloves, minced: Fresh is a must here!

1 cup heavy cream: Creates that signature silky texture.

$\frac{1}{2}$ cup grated Parmesan cheese: To thicken the sauce and add saltiness.

1 tsp Italian seasoning: A blend of dried herbs to round out the flavor.

1 tsp salt & $\frac{1}{8}$ tsp pepper: Adjust to your preference.

DIRECTIONS

- 1.** Prepare the Chicken: Start by placing your chicken breasts between two sheets of plastic wrap. Using a meat mallet or a heavy rolling pin, pound them until they are about $\frac{1}{4}$ inch thick. This ensures the chicken cooks quickly and remains juicy.
- 2.** The Dredging Station: Set up two shallow bowls. In the first, beat the two eggs until smooth. In the second, combine the Parmesan cheese, Panko breadcrumbs, garlic powder, and paprika. Mix well.
- 3.** Bread the Chicken: Dip each chicken breast into the egg wash, allowing any excess to drip off. Then, press the chicken firmly into the Parmesan-breadcrumb mixture. Ensure every inch is well-coated.
- 4.** Sear to Perfection: Heat the olive oil in a large skillet over medium heat. Once the oil is shimmering, add the chicken. Cook for 4-5 minutes per side. You're looking for a deep, golden-brown crust and an internal temperature of 165°F. Once done, remove the chicken from the skillet and set it aside on a plate.
- 5.** Create the Garlic Sauce: In the same skillet (don't wash it! those brown bits are flavor), melt the butter. Add the minced garlic and sauté for about 1 minute until fragrant. Pour in the heavy cream and whisk in the Italian seasoning, salt, and pepper.
- 6.** Thicken and Combine: Stir in the $\frac{1}{2}$ cup of Parmesan cheese. Let the sauce simmer gently for 3-4 minutes over medium-low heat until it thickens enough to coat the back of a spoon.
- 7.** Final Assembly: Return the crispy chicken to the skillet. Spoon that luscious garlic sauce over the top and let it sit for a minute to warm through.

SWAPS & NOTES

The Breadcrumbs: If you are gluten-free, substitute the Panko with gluten-free breadcrumbs or even crushed pork rinds for a low-carb "Keto" version.

The Protein: This method works beautifully with pork tenderloin medallions or even thick-cut cauliflower steaks for a vegetarian alternative.

The Cream: If you want to lighten things up, you can use half-and-half, but be aware the sauce will be thinner and may take longer to reduce.

The Herbs: If you have fresh basil or parsley on hand, stir them in at the very end for a pop of color and freshness.

TIPS FOR SUCCESS

Don't Crowd the Pan: If your skillet isn't large enough for all four breasts, cook them in two batches.

Overcrowding drops the oil temperature and leads to soggy breading instead of crispy perfection.

Fresh Garlic Matters: Avoid the pre-minced jarred garlic for this recipe.

Since the sauce has so few ingredients, the sharp, sweet flavor of fresh cloves makes a massive difference.

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

Original recipe: <https://chefmaniac.com/crispy-parmesan-crust-chicken-with-creamy-garlic-sauce-better-than-a-restaurant/>