

Crispy Lemon Butter Chicken with Parmesan Crust: The Ultimate 35-Minute Dinner

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TIME
3 min

METHOD
Air fryer

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INGREDIENTS

The Chicken:

1 pound (500 grams) chicken breasts: 2 large breasts, sliced horizontally into 4 thin fillets.

2 tablespoons olive oil: For searing.

Salt and pepper: To season the meat directly.

The Egg Wash:

2 large eggs: The "glue" for our crust.

1 teaspoon minced garlic: One fresh clove makes a world of difference.

1 teaspoon Italian seasoning: A blend of oregano, basil, and thyme.

$\frac{1}{8}$ teaspoon ground black pepper: For a little bite.

Salt: To taste.

The Coating:

1 cup fresh grated Parmesan cheese: Use the real stuff for the best melt and flavor.

4 tablespoons all-purpose flour: Helps bind the cheese into a crust.

Lemon Butter Sauce:

6 tablespoons unsalted butter: The base of our silky sauce.

2 rosemary sprigs: Adds an earthy, aromatic depth.

3 garlic cloves, minced: Because you can never have too much garlic.

... cup lemon juice: Freshly squeezed is a must!

$\frac{1}{3}$ cup chicken broth: To deglaze the pan and create volume.

Salt and pepper: To taste.

To Garnish:

2 tablespoons chopped fresh parsley

6-7 lemon slices

DIRECTIONS

- 1.** Prep the : Chicken: Cut each chicken breast in half horizontally to create 4 thinner fillets. This ensures the chicken cooks quickly and evenly. Season both sides with a pinch of salt and pepper.
- 2.** Create : Your Coating Stations: In one large bowl, whisk together the egg wash ingredients (eggs, garlic, Italian seasoning, salt, and pepper). In a separate shallow bowl, mix the flour and grated Parmesan.
- 3.** Dredge the : Fillets: Dip each chicken fillet into the egg wash, ensuring it's fully coated. Then, move it to the Parmesan mixture. Press the coating onto the chicken to make sure it sticks, then gently shake off the excess.
- 4.** Sear to : Perfection: Heat olive oil in a large skillet over medium-high heat. Once shimmering, add the chicken. Cook for about 5 minutes per side. You're looking for a deep golden-brown crust and an internal temperature of 165°F (73°C). Remove chicken and set aside.
- 5.** Make the : Sauce: In the same skillet, melt the butter over medium heat. Add the minced garlic and rosemary sprigs. SautØ for about 40 seconds until the aroma fills the room.
- 6.** Deglaze: Pour in the chicken broth and lemon juice. Season with salt and pepper. Let it simmer for 1-2 minutes to slightly thicken.
- 7.** Combine: Return the chicken to the skillet. Spoon the sauce over the fillets and cook for just 1 more minute to warm everything through.
- 8.** Garnish and : Serve: Top with fresh parsley and lemon slices.

SWAPS & NOTES

The Protein: If you don't have chicken breasts, chicken thighs work beautifully, though they may require an extra 2-3 minutes of cooking time.

Gluten-Free: You can easily swap the all-purpose flour for a 1:1 gluten-free flour blend or even almond flour for a lower-carb option.

The Herbs: If you aren't a fan of rosemary, fresh thyme or sage are excellent substitutes in the butter sauce.

Step-by-Step Instructions Prep the Chicken: Cut each chicken breast in half horizontally to create 4 thinner fillets.

TIPS FOR SUCCESS

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

Overcrowding leads to steaming rather than searing, and we want that crunch!

Use a Meat Thermometer: Chicken can go from juicy to dry in a matter of seconds.

Using a digital thermometer ensures you hit that perfect 165°F mark.

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

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