

Chicken Parmesan Recipe: Crispy, Cheesy, and Perfect for Family Dinner

Here is what you need to make Chicken Parmesan:



OVEN
375°F

TIME
3 to 4 min

METHOD
Air fryer

PRINT
Recipe Card

INGREDIENTS

- 4 boneless, skinless chicken breasts
- 1 cup all-purpose flour
- 2 large eggs, beaten
- 1 1/2 cups Italian-style breadcrumbs
- 1/2 cup grated Parmesan cheese
- 1 teaspoon garlic powder
- 1/2 teaspoon paprika
- Salt and pepper, to taste
- 2 tablespoons olive oil
- 2 cups marinara sauce
- 2 cups shredded mozzarella cheese
- 1/4 cup fresh basil or parsley, chopped, optional

DIRECTIONS

- 1.** Preheat the oven: Preheat your oven to 375°F (190°C). Lightly grease a baking dish and set it aside.
- 2.** Prepare the chicken: Pound the chicken breasts to an even thickness so they cook evenly. Season them with salt, pepper, garlic powder, and paprika.
- 3.** Bread the chicken: Set up a breading station with flour in one bowl, beaten eggs in another, and a mixture of Italian breadcrumbs and Parmesan in a third. Dredge each chicken breast in the flour, dip it into the eggs, and then coat it thoroughly in the breadcrumb mixture.
- 4.** Pan-fry until golden: Heat the olive oil in a skillet over medium heat. Cook the chicken for 3 to 4 minutes per side, just until golden brown. The chicken does not need to be fully cooked yet, since it will finish in the oven.
- 5.** Assemble the dish: Place the browned chicken breasts in the prepared baking dish. Spoon marinara sauce over each piece, then top with shredded mozzarella and a little extra Parmesan if desired.
- 6.** Bake: Bake uncovered for about 35 minutes, or until the chicken is fully cooked and the cheese is melted, bubbly, and lightly golden.
- 7.** Garnish and serve: Sprinkle with chopped fresh basil or parsley if using, and serve hot.

SWAPS & NOTES

This recipe is easy to adapt depending on what you have on

hand.

Chicken breasts: Pounding them to an even thickness helps them cook more evenly and stay tender.

Italian breadcrumbs: These add built-in seasoning, but plain

breadcrumbs can work if you add extra herbs.

Mozzarella: Freshly shredded mozzarella melts beautifully and gives the best texture.

TIPS FOR SUCCESS

Pounding the chicken evenly is one of the most important steps in the recipe.

It helps every piece cook at the same rate and keeps thinner areas from drying out.

That quick pan-fry gives the chicken its golden crust and keeps the coating from feeling soft or soggy after baking.

Try not to drown the chicken in sauce.

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

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