

Chicken Parmesan Recipe for an Easy Italian-Inspired Dinner

Use a marinara sauce you enjoy, because it brings a lot of the final flavor to the dish.



OVEN
375°F

TIME
2 to 3 min

METHOD
Air fryer

PRINT
Recipe Card

INGREDIENTS

- 2 chicken breasts
- Salt, to taste
- Black pepper, to taste
- Garlic powder, to taste
- Oregano, to taste
- Flour, for dredging
- Eggs, beaten
- Breadcrumbs
- Parmesan cheese
- Olive oil
- Marinara sauce
- Shredded mozzarella cheese
- Fresh basil, for garnish

DIRECTIONS

1. Preheat the oven: Preheat your oven to 375°F (190°C).
2. Prepare the chicken: Place the chicken breasts between two sheets of plastic wrap and pound them to an even thickness.
3. Season the chicken with salt, black pepper, garlic powder, and oregano.
4. Set up the breading station: Prepare three bowls:
5. One with flour
6. One with beaten eggs
7. One with breadcrumbs mixed with : Parmesan cheese
8. Bread the chicken: Dredge each chicken breast in flour.
9. Dip it into the beaten eggs.
10. Coat it well in the breadcrumb and : Parmesan mixture.
11. Brown the chicken: Heat olive oil in a large skillet over medium-high heat.
12. Fry the chicken for 2 to 3 minutes per side, until golden brown.
13. Add sauce and cheese: Transfer the browned chicken to a baking dish.
14. Spoon marinara sauce over each piece.
15. Sprinkle with shredded mozzarella.
16. Bake: Bake for 15 to 20 minutes, until the cheese is bubbly and slightly golden and the chicken is fully cooked through.
17. Garnish and serve: Top with fresh basil and serve hot.

SWAPS & NOTES

Pounding the chicken to an even thickness is one of the most important steps here.

It helps the chicken cook evenly and keeps it tender.

The Parmesan mixed into the breadcrumbs adds extra flavor and helps create that classic Chicken Parmesan crust.

A quick skillet fry before baking gives the chicken its golden exterior, so by the time it goes into the oven, most of the work is already done.

TIPS FOR SUCCESS

Even thickness makes a big difference in both texture and cooking time.

A quick fry is enough before baking.

You are just building color and crust, not fully finishing the chicken in the skillet.

Try not to overload the chicken with too much sauce before baking, or the crust can soften too much.

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

Original recipe: <https://chefmaniac.com/chicken-parmesan-recipe-for-an-easy-italian-inspired-dinner/>