

Easy Chicken Parm Grilled Cheese Sandwich (Perfect Use for Leftovers)

Chicken Parmesan Grilled Cheese Sandwich



OVEN
350°F

TIME
4 min

TEMP
165°F

METHOD
Air fryer

INGREDIENTS

The Bread: 2 slices of sturdy bread (Sourdough or a thick Italian loaf is highly recommended).

The Protein: 1 cup cooked chicken breast (shredded or sliced).

The Sauce: 1/2 cup of your favorite marinara sauce.

The Cheesy Duo: 1/2 cup grated Parmesan cheese and 1/2 cup shredded mozzarella cheese.

The Golden Crust: 2 tablespoons olive oil or butter.

Aromatic Boost: 1/2 teaspoon dried basil and 1/2 teaspoon garlic powder (optional).

DIRECTIONS

- 1. Prepare the Chicken:** If your chicken isn't already cooked, sear a breast in a pan with salt and pepper until it reaches 165°F. Once cooled slightly, shred or slice it thin. Using small pieces ensures they stay tucked inside the sandwich rather than falling out when you take a bite.
- 2. Assemble the Layers:** Spread a thin layer of marinara sauce on one side of each bread slice. On one slice, pile on the chicken. Follow this with a generous mountain of both Parmesan and mozzarella. Sprinkle your dried basil and garlic powder over the cheese to infuse that "garlic bread" aroma into the heart of the sandwich. Top with the second slice of bread, sauce-side down.
- 3. The Perfect Grill:** Heat a skillet over medium heat and melt your butter (or heat the olive oil). Once it's shimmering, place the sandwich in the skillet. **Pro-Tip:** Use a heavy spatula to press down gently on the sandwich. This ensures the heat penetrates the center to melt the cheese while creating a perfectly even, golden-brown crust.
- 4. Golden and Goopy:** Cook for about 3-4 minutes per side. You are looking for a deep amber color on the bread and a visible melt from the cheese edges.
- 5. Rest and Serve:** Remove the sandwich from the skillet and let it sit for just one minute. This allows the cheese to "set" slightly so it doesn't all slide out when you cut it. Slice on a diagonal and serve while hot.

SWAPS & NOTES

The Bread: If you don't have sourdough, a thick-cut Texas toast or even a ciabatta roll can work beautifully.

Just avoid thin, soft white bread, as it can get soggy from the marinara.

The Chicken: While shredded chicken is easiest to layer, you can use sliced chicken cutlets or even chopped-up chicken tenders for an extra crunch.

The Sauce: If you want a bit of heat, try using an Arrabbiata sauce instead of standard marinara.

TIPS FOR SUCCESS

Low and Slow: If your heat is too high, the bread will burn before the mozzarella in the middle has a chance to melt.

Keep it at a steady medium or medium-low.

Sauce Control: Don't over-apply the marinara.

A thin, even layer provides the flavor without making the bread mushy.

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

Original recipe: <https://chefmaniac.com/easy-chicken-parm-grilled-cheese-sandwich-perfect-use-for-leftovers/>