

Easy 4-Ingredient Parmesan Crusted Pork Chops (Oven Baked)

There is a lot to love about this specific method of cooking pork:



OVEN
350°F

TIME
5-10 min

TEMP
145°F

METHOD
Air fryer

INGREDIENTS

The Protein: 4 boneless pork chops, about 1/2-inch thick.

The Binder: 1 Tbsp olive oil (this helps the crust stick and encourages browning).

The Crust: 1 cup Parmesan cheese (grated) and 1 cup Italian breadcrumbs.

The Seasoning: 1 tsp black pepper and 1 tsp garlic powder.

DIRECTIONS

- 1. Prepare the Coating:** On a large plate or in a shallow bowl, combine the Parmesan cheese, Italian breadcrumbs, black pepper, and garlic powder. Use a fork to whisk them together until the garlic powder is evenly distributed.
- 2. Oil and Dredge:** Rub each pork chop thoroughly with olive oil. This acts as the "glue" for our breading. One at a time, dip the chops into the cheese mixture. **Pro-Tip:** Don't just toss them; use the palms of your hands to firmly press the breading into the meat. You want a thick, even coating on both sides and the edges.
- 3. Prep the Pan:** Line a baking sheet with tin foil (for easy cleanup!) and spray it generously with non-stick cooking spray. This prevents the bottom of the cheesy crust from sticking to the foil.
- 4. Bake to Golden Perfection:** Place the pork chops on the prepared pan, ensuring they aren't touching each other. Bake at 350°F (180°C) for 45-50 minutes. You are looking for the internal temperature to reach 145°F and the outside to be a beautiful golden brown.
- 5. Rest Before Serving:** Let the pork chops rest on the pan for about 3-5 minutes after removing them from the oven. This allows the juices to redistribute so that the first bite is just as juicy as the last.

SWAPS & NOTES

The Pork: I recommend using center-cut boneless chops.

If you use bone-in chops, they will be even juicier, but you

may need to add 5-10 minutes to the baking time.

The Cheese: While the green canister Parmesan works in a pinch, using freshly grated Parmesan (the kind that looks like small

shards) will give you a much more complex flavor and a better melt.

The Breadcrumbs: If you want an even lighter, "airier" crunch, you can swap the Italian breadcrumbs for Panko.

TIPS FOR SUCCESS

Don't Overcrowd: Give the chops space on the pan.

If they are too close together, they will steam instead of crisping up.

Check the Temp: Use a meat thermometer!

Taking it out the moment it hits that mark is the only way to guarantee it won't be dry.

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

Original recipe: <https://chefmaniac.com/easy-4-ingredient-parmesan-crust-pork-chops-oven-baked/>