

Parmesan Crusted Chicken with Creamy Garlic Sauce for an Easy Comfort Dinner

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OVEN
400°F

TIME
10 min

METHOD
Air fryer

PRINT
Recipe Card

INGREDIENTS

For the Chicken:

- 2 boneless, skinless chicken breasts
- 1/2 cup all-purpose flour
- 1/4 cup grated Parmesan cheese
- 1 teaspoon garlic powder
- 1/2 teaspoon onion powder
- 1/4 teaspoon salt
- 1/8 teaspoon black pepper

For the Creamy Garlic Sauce:

- 1/2 cup butter
- 1/4 cup heavy cream
- 2 cloves garlic, minced

DIRECTIONS

1. Preheat the oven: Preheat your oven to 400°F. Line a baking sheet with parchment paper.
2. Prepare the coating: In a shallow dish, combine the flour, grated Parmesan cheese, garlic powder, onion powder, salt, and black pepper.
3. Coat the chicken: Dip each chicken breast into the Parmesan-flour mixture, turning to coat evenly on all sides.
4. Bake the chicken: Place the coated chicken breasts on the prepared baking sheet. Bake for 15 to 20 minutes, or until the chicken is cooked through and the outside is lightly golden.
5. Make the creamy garlic sauce: While the chicken bakes, melt the butter in a saucepan over medium heat. Whisk in the heavy cream, minced garlic, salt, and black pepper. Cook, stirring often, until the sauce is smooth and slightly thickened.
6. Serve: Arrange the baked chicken on plates and drizzle generously with the creamy garlic sauce just before serving.

SWAPS & NOTES

Boneless, skinless chicken breasts work perfectly here, but chicken cutlets are also a great option if you want a quicker cooking time.

If your chicken breasts are especially thick, you can pound them to an even thickness so they bake more evenly and stay tender.

Freshly grated Parmesan will give you the best flavor and texture in the crust.

The flour helps the coating cling to the chicken, while the garlic powder and onion powder build in that savory base flavor.

TIPS FOR SUCCESS

If you want the chicken to cook evenly, make sure both breasts are close to the same thickness.

A quick pound with a meat mallet or rolling pin can help with that and also keeps the texture tender.

Giving the chicken a little space helps the coating bake up better instead of steaming.

For the sauce, keep the heat at medium or lower so the butter and cream stay smooth and don't separate.

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

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