

Chicken Parmesan

To serve 4 people, you will need the following ingredients:



OVEN
375°F

TIME
20 min

TEMP
165°F

PRINT
Recipe Card

INGREDIENTS

- 4 boneless, skinless chicken breasts
- 1 cup all-purpose flour
- 2 large eggs
- 2 cups breadcrumbs (preferably Italian-style)
- 1 cup marinara sauce
- 1 cup shredded mozzarella cheese
- 1/2 cup grated Parmesan cheese
- Salt and pepper to taste
- Fresh basil for garnish (optional)

DIRECTIONS

- 1. Preheat the : Oven:** Preheat your oven to 375°F (190°C). This ensures that your Chicken Parmesan cooks evenly and the cheese melts perfectly.
- 2. Prepare the : Chicken:** Season the chicken breasts with salt and pepper. This step is crucial as it enhances the flavor of the chicken.
- 3. Breading : Station:** Set up a breading station with three shallow dishes: one for flour, one for beaten eggs, and one for breadcrumbs. Dredge each chicken breast in flour, dip it in the egg, and then coat it with breadcrumbs.
- 4. Fry the : Chicken:** In a large skillet, heat olive oil over medium heat. Fry the breaded chicken for about 4-5 minutes on each side until golden brown. This step adds a delicious crunch to the dish.
- 5. Assemble the : Dish:** In a baking dish, spread a layer of marinara sauce, place the fried chicken on top, and cover each piece with more marinara sauce. Sprinkle mozzarella and Parmesan cheese generously over the top.
- 6. Bake:** Bake in the preheated oven for 20-25 minutes, or until the cheese is bubbly and golden. This is the moment when your kitchen will smell heavenly!
- 7. Garnish and : Serve:** Once out of the oven, let it rest for a few minutes. Garnish with fresh basil before serving. This adds a pop of color and freshness to the dish.

TIPS FOR SUCCESS

Use Panko Breadcrumbs: For an extra crispy texture, consider using panko breadcrumbs instead of regular breadcrumbs.

Marinate the Chicken: For added flavor, marinate the chicken in Italian seasoning or lemon juice for a few hours before breading.

Add Vegetables: Incorporate sautéed spinach or mushrooms into the marinara sauce for a nutritious twist.

Make it Gluten-Free: Substitute regular flour and breadcrumbs with gluten-free alternatives to cater to dietary restrictions.

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

Original recipe: <https://chefmaniac.com/chicken-parmesan/>