Baked Chicken Cutlet Recipes

Baked Chicken Cutlet Recipes uses oven-crisp panko cutlets. Cook chicken to 165°F (74°C); times are estimates and depend on thickness and equipment.



Prep	Cook	Additional	Total	Servings
20 min	18 min	3 min	41 min	4

Ingredients

1 1/4 pounds chicken breast cutlets / 570 g

1/4 cup flour / 30 g

2 eggs, beaten

1 cup panko / 60 g

1 tablespoon olive oil / 15 ml

1/2 teaspoon salt

1/4 teaspoon black pepper

1/2 teaspoon garlic powder

Instructions

1. Heat oven to 425°F (220°C). Set an oven-safe rack over a rimmed metal pan.

2. Flatten chicken to 1/4 inch and season with salt and pepper.

3. Set out flour, eggs and panko mixed with garlic powder and oil; coat chicken in that order.

4. Place spaced on the rack and bake about 12 to 18 minutes, checking from 10 minutes for 165°F (74°C) in each cutlet.

5. Rest 3 minutes; discard breading ingredients that touched raw chicken.

Time, Temperature & Doneness

Use a thermometer to check every chicken portion for 165°F (74°C) in its thickest center, avoiding bone. For stuffed chicken, check the filling center too. Exterior color, browning and clear juices are not reliable safety tests. Listed times vary with thickness and equipment.

Ingredient Notes & Substitutions

Rack: Use one rated for oven heat.

Crumbs: Oil helps panko color without deep frying.

Tips for Success

Flatten evenly.

Press crumbs lightly.

Check thin centers early.

Common Mistakes to Avoid

Using a non-oven-safe rack.

Stacking cutlets.

Eating contaminated crumb leftovers.

Recipe Variations

Herb: Add dried thyme to crumbs.

Spicy: Add chili flakes.

Gluten-free: Use suitable flour and crumbs and verify labels.

Serving Suggestions

Divide into the stated servings and serve with the recipe’s included components. Any additional rice, salad, bread or other side is separate from these ingredient quantities.

Storage

Refrigerate promptly in shallow containers within 2 hours, or within 1 hour above 90°F (32°C). Keep at 40°F (4°C) or below and use within 3 to 4 days. Follow the oldest ingredient’s original deadline; mixing or reheating does not restart the storage clock.

Freezing

Freeze promptly cooled cooked portions airtight at 0°F (-18°C) or below for up to 3 months for best quality. Thaw in the refrigerator. Continuous freezing preserves safety longer, although quality declines.

Reheating

Reheat breaded chicken on an oven-safe rack at 350°F (175°C) until its center reaches 165°F (74°C). Microwaving softens the coating; crispness is not a safety test.

Frequently Asked Questions

Do baked cutlets need oil?

The listed oil helps crumbs color; this recipe bakes instead of deep-frying.

What ingredient detail matters most?

Use one rated for oven heat.

Can I make it ahead?

Prepare ingredients in the refrigerator; chill cooked leftovers promptly and follow the oldest ingredient’s storage deadline.

How do I check doneness?

Measure 165°F (74°C) in each thickest chicken center; avoid bone and check stuffed filling centers too.

Recipe & Sources

https://howtocookchickenrecipes.com/baked-chicken-cutlet-recipes/

Budget Bytes — breaded cutlet technique

FoodSafety.gov — safe poultry and leftover temperatures

FoodSafety.gov — cold food storage chart

USDA FSIS — leftovers and food safety