Chicken Parmasean

These Parmesan-crusted chicken cutlets bake with a crisp crumb coating. Thin, even pieces help the coating brown before the chicken dries out.

PREP 15 min | COOK 25 min | TOTAL 45 min | SERVES 4 | EASY



Ingredients

- 1 1/2 lb (680 g) boneless skinless chicken breast
- 1 tbsp (15 ml) olive oil
- 3/4 tsp (4 g) salt
- 1/4 tsp ground black pepper
- 1/3 cup (40 g) flour
- 2 eggs (100 g), beaten
- 3/4 cup (75 g) breadcrumbs
- 1/3 cup (30 g) vegetarian Parmesan-style hard cheese, finely grated
- 1/2 tsp (1 g) garlic powder
- 1/2 tsp (0.5 g) dried oregano
- 1 lemon, cut into wedges

Ingredient note: Choose finely grated vegetarian Parmesan-style cheese. Avoid thick piles of crumbs, which may remain dry rather than forming an even crust.

Method

1. Heat oven to 425°F (220°C). Brush a lined tray with half the oil.
2. Slice chicken horizontally into four cutlets about 1/2 inch (1.3 cm) thick. Season with salt and pepper.
3. Set flour and beaten eggs in separate shallow bowls. Combine breadcrumbs, cheese, garlic powder and oregano in a third.
4. Coat cutlets in flour, egg and then the crumb mixture, pressing lightly.
5. Arrange on the tray and drizzle remaining oil over the coating. Bake 18-25 minutes, turning carefully halfway, until golden and 165°F (74°C) at the center.
6. Rest 5 minutes and serve with lemon wedges.

Serving and storage

Serve: Serve with a green salad and roasted potatoes.

Refrigerate: Refrigerate promptly in shallow covered containers within 2 hours, or 1 hour above 90°F (32°C). Keep at 40°F (4°C) or below and use within 3-4 days, counting any earlier storage of cooked chicken used in the recipe.

Freeze: Freeze in airtight portions for up to 2 months for best quality. Thaw in the refrigerator.

Reheat: Reheat on a tray in a 375°F (190°C) oven to 165°F (74°C); keep sauce separate to protect the coating.

Cook safely

Check the thickest chicken with a food thermometer, avoiding bone or the pan. It must reach at least 165°F (74°C). For filled pastries, croquettes, pies or stuffed chicken, check the center filling also reaches 165°F (74°C).

Helpful tips
Choose finely grated vegetarian Parmesan-style cheese. Avoid thick piles of crumbs, which may remain dry rather than forming an even crust.
Measure ingredients before starting and keep raw-poultry utensils separate from cooked food.
Use the thermometer target in the instructions rather than relying only on color.