# Baked Parmesan Crusted Chicken

Toast panko lightly, mix it with grated hard cheese and coat thin chicken cutlets. Bake on a rack for a Parmesan crust and serve with lemon instead of a tomato topping.

| SERVES 4 | PREP 20 min | COOK 25 min | EXTRA 0 min |
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## Ingredients

- 1 1/2 lb (680 g) boneless skinless chicken breast, sliced into 4 cutlets
- 1/2 tsp (3 g) fine salt
- 1/4 tsp (0.5 g) black pepper
- 1/3 cup (40 g) all-purpose flour
- 2 large eggs (100 g), beaten
- 1 1/4 cups (75 g) panko breadcrumbs
- 2 tbsp (30 ml) olive oil, divided
- 1/3 cup (30 g) vegetarian Parmesan-style hard cheese, finely grated
- 1 tsp (1 g) dried oregano
- 2 tbsp (4 g) torn fresh basil
- 1 lemon (120 g), cut into wedges

## Method

1. Heat oven to 425°F (220°C). Toss panko with 1 tbsp oil in a skillet and toast over medium-low heat for 3 to 4 minutes, stirring until pale golden. Transfer to a shallow dish and let cool briefly.
2. Pound cutlets to 1/2 inch (1.3 cm), season with salt and pepper and put flour and eggs in separate dishes. Mix cooled panko with grated hard cheese and oregano.
3. Brush an oven-safe rack over a rimmed sheet with the remaining oil. Coat chicken in flour, egg and the crumb mixture in that order, pressing gently. Discard contaminated leftovers.
4. Arrange coated chicken on the prepared rack. Bake for 15 to 20 minutes, turning once, until every thickest center reaches 165°F (74°C). Shield the crumbs loosely if they brown early.
5. Serve the cooked cutlets with lemon wedges, keeping the crust facing up. Scatter the measured basil over the chicken.

## Doneness & safe handling

Check every thickest chicken center reaches at least 165°F (74°C), inserting the thermometer from the side of thin portions. Browning and cooking time are guides, not substitutes for a temperature check.

## Cook’s notes

Toast the panko only until pale gold; it browns further in the oven.

## Common mistake

A deep layer of crumbs falls off. Press on a thin, even coating.

## Variations

Add 1 tsp dried Italian herbs to the crumb mixture for a herb crust.

## Serving

Divide into 4 portions and serve promptly. Prepare any optional bread, pasta or vegetables not included in the ingredient list separately.

## Storage

Refrigerate in shallow covered containers within 2 hours, or 1 hour when above 90°F (32°C). Keep at 40°F (4°C) or colder and use within 3 to 4 days.

## Freezing

Freeze promptly cooled portions airtight at 0°F (-18°C) for up to 3 months for best quality. Thaw in the refrigerator; coatings may soften.

## Reheating

Reheat in an oven at 350°F (175°C) until the thickest chicken reaches 165°F (74°C). Loosely cover toppings if they brown too quickly. Check multiple portions rather than relying on time alone.

## Quick questions

**Is this chicken Parmesan with marinara?** No. This version is a baked Parmesan crust with lemon wedges.

**Can I use fine crumbs?** Yes, use the same volume and monitor the thinner coating closely.

**Recipe references:** RecipeTin Eats: breading and topping technique • https://www.recipetineats.com/chicken-parmigiana/
USDA FSIS: poultry temperatures and safe handling • https://www.fsis.usda.gov/food-safety/safe-food-handling-and-preparation/food-safety-basics/steps-keep-food-safe
USDA FSIS: leftover storage and reheating • https://www.fsis.usda.gov/food-safety/safe-food-handling-and-preparation/food-safety-basics/leftovers-and-food-safety