Chicken Parm Sandwich

A chicken parm sandwich puts a cooked breaded cutlet, marinara and melted mozzarella in a toasted roll. Keep sauce portions moderate and assemble immediately before serving.



Prep	Cook	Additional	Total	Servings
20 min	25 min	0 min	45 min	4

Ingredients

- 1 pound chicken breast / 450 g, in 4 thin cutlets
- 1/4 cup flour / 30 g
- 1 egg, beaten
- 3/4 cup plain breadcrumbs / 75 g
- 1/3 cup finely grated vegetarian hard cheese / 30 g
- 1/2 teaspoon salt
- 1/4 teaspoon black pepper
- 2 tablespoons olive oil / 30 ml
- 1 cup marinara sauce / 240 ml
- 3/4 cup shredded mozzarella / 85 g
- 4 sandwich rolls / about 320 g

Instructions

1. Heat oven to 400°F (200°C). Flatten cutlets to 1/4 inch and season with salt and pepper.

2. Coat in flour, egg, then breadcrumbs mixed with hard cheese. Pan-fry in oil over medium heat in batches to 165°F (74°C), about 3 to 4 minutes per side.

3. Place cooked cutlets in an oven-safe pan. Top each with 1/4 cup marinara and a share of mozzarella; bake 4 to 6 minutes until cheese melts.

4. Split rolls and toast briefly in the oven without letting them burn.

5. Transfer one cooked cutlet into each roll and serve immediately.

Time, Temperature & Doneness

Cook every chicken portion to at least 165°F (74°C), measuring in the thickest meat without touching bone. Check several large pieces for diced chicken or wings. Reheated chicken mixtures and casseroles must reach 165°F (74°C) in the center. Color and stated times are not reliable safety substitutes.

Ingredient Notes & Substitutions

Rolls: Choose sturdy bread that holds the cutlet.

Sauce: Too much makes bread soggy.

Cheese: Check rennet labels where relevant.

Tips for Success

Toast rolls.

Heat sauce before topping if very cold.

Assemble at serving time.

Common Mistakes to Avoid

Storing an assembled hot sandwich.

Adding excess sauce.

Melting cheese without checking chicken first.

Recipe Variations

Bread: Use ciabatta rolls.

Spicy: Add chili flakes to marinara.

Serving Suggestions

Serve one hot assembled sandwich per person. Keep extra marinara separate to protect the roll.

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. When starting with cooked chicken or rice, use the oldest ingredient’s original storage deadline; reheating does not restart it. Store bread, sauce and chicken separately.

Freezing

Freeze promptly cooled 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 but texture declines.

Reheating

Reheat the cutlet at 350°F (175°C) to 165°F (74°C), warm sauce separately, toast the roll and assemble immediately before eating.

Frequently Asked Questions

Can I make ahead?
Store cutlets and bread separately and assemble after reheating.

Can I use baked cutlets?
Yes, cook them safely before topping.

What causes soggy bread?
Wet sauce and long standing after assembly.

Recipe & Sources

View the recipe on HowToCookChickenRecipes.com

Well Plated - baked cutlet and cheese-topping reference

FoodSafety.gov - poultry and leftover temperature guidance

FoodSafety.gov - refrigerated food storage limits

FoodSafety.gov - clean, separate, cook and chill