Chicken Parma

This chicken parma features pan-crisped chicken schnitzel with tomato sauce and melted mozzarella. The cutlet is fully cooked before the short broiler finish.

PREP 20 min | COOK 25 min | TOTAL 50 min | SERVES 4 | MEDIUM



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
- 1 cup (100 g) panko breadcrumbs
- 2 tbsp (30 ml) additional olive oil
- 1 cup (240 g) thick tomato passata
- 1 garlic clove (3 g), minced
- 1/2 tsp (0.5 g) dried oregano
- 3/4 cup (85 g) vegetarian mozzarella, grated
- 4 basil leaves, torn

Ingredient note: Use an oven-safe metal tray under the broiler and check it continuously. Thick passata makes a topping that stays on the chicken.

Method

1. Slice chicken into four even 1/2-inch cutlets and season with salt and pepper.
2. Coat each cutlet in flour, beaten egg and panko crumbs, pressing gently.
3. Heat the additional oil in a wide skillet over medium heat. Cook cutlets in batches 4-5 minutes per side, adding the measured base oil if the pan dries, until every center reaches 165°F (74°C).
4. Meanwhile simmer passata, garlic and oregano in a small pan for 8 minutes.
5. Transfer cooked cutlets to a broiler-safe tray. Spoon on tomato sauce and sprinkle with mozzarella.
6. Broil briefly, 1-3 minutes, watching continuously until the cheese melts. Rest 5 minutes and scatter basil.

Serving and storage

Serve: Serve with chips or roasted potatoes and a crisp salad.

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 until chicken reaches 165°F (74°C), covering loosely if the cheese darkens.

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
Use an oven-safe metal tray under the broiler and check it continuously. Thick passata makes a topping that stays on the chicken.
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.