Garlic Parmesan Chicken

Garlic Parmesan-style chicken is seared breast cutlets finished with garlic butter and grated hard cheese. Add garlic late so it does not burn during the initial sear.



Prep	Cook	Additional	Total	Servings
10 min	20 min	3 min	33 min	4

Ingredients

- 1 1/4 pounds chicken breast cutlets / 570 g
- 1 tablespoon olive oil / 15 ml
- 1/2 teaspoon salt
- 1/4 teaspoon black pepper
- 2 tablespoons butter / 28 g
- 3 garlic cloves / 9 g, minced
- 1/4 cup low-sodium chicken broth / 60 ml
- 1/3 cup finely grated vegetarian hard cheese / 30 g
- 1 tablespoon chopped parsley

Instructions

1. Pat 1/2-inch cutlets dry and season with salt and pepper.

2. Sear in oil over medium heat for 3 to 5 minutes per side until each reaches 165°F (74°C). Transfer to a clean plate.

3. Lower heat, melt butter and stir garlic for 30 seconds. Add broth and simmer 1 minute.

4. Take off heat and stir in grated cheese. Return cooked cutlets and spoon sauce over.

5. Add parsley and serve without extended simmering.

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

Cheese: Vegetarian hard cheese preserves the chosen ingredient preference.

Garlic: Add late.

Broth: Loosens butter and cheese.

Tips for Success

Lower heat for garlic.

Check every cutlet.

Serve promptly.

Common Mistakes to Avoid

Cooking garlic during the whole sear.

Leaving cheese over high heat.

Using thick breasts with short timing.

Recipe Variations

Lemon: Add 1 teaspoon lemon juice at the end.

Herb: Replace parsley with dill.

Serving Suggestions

Spoon garlic-butter cheese sauce over each cutlet; add separate potatoes or steamed vegetables.

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.

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 covered with a splash of water or broth until the center reaches 165°F (74°C). Stir mixtures and check more than one spot. Avoid heating lean meat longer than necessary.

Frequently Asked Questions

Is the chicken breaded?
No; this is an unbreaded garlic-butter version.

Can I use thighs?
Use boneless thighs with their own timing.

Why is cheese clumped?
Excessive heat or coarse cheese can prevent a smooth finish.

Recipe & Sources

View the recipe on HowToCookChickenRecipes.com

Budget Bytes - cream sauce technique reference

FoodSafety.gov - poultry and leftover temperature guidance

FoodSafety.gov - refrigerated food storage limits

FoodSafety.gov - clean, separate, cook and chill