Mayo Parmesan Chicken

Crumb-free mayo Parmesan chicken with a browned cheese top

Prep 10 min | Cook 22 min | Total 32 min | Serves 4 | Easy

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
- 1/4 cup (60 g) mayonnaise
- 2/3 cup (60 g) vegetarian Parmesan-style hard cheese, finely grated
- 1 tsp (3 g) garlic powder
- 1 tsp (2 g) finely grated lemon zest
- 1 tsp (5 ml) olive oil
- 2 tbsp (8 g) chopped fresh parsley



Cook chicken to 165°F (74°C).

Check the thickest center with a food thermometer.

METHOD

1. Heat the oven to 425°F (220°C). Brush a shallow baking dish with oil and pound cutlets to 1/2 inch (1.3 cm).
2. Season chicken with salt and pepper. Mix mayonnaise, grated hard cheese, garlic powder and lemon zest.
3. Place cutlets in the dish without overlap. Spread the topping thinly over the upper surfaces; no breadcrumbs are used.
4. Bake for about 18 to 22 minutes until each thickest part reaches 165°F (74°C). Loosely cover if the cheese browns before the centers cook.
5. Remove to plates and scatter parsley over the chicken. Serve while the topping is set and warm.

TIP

A fine grater makes the hard cheese blend evenly into the mayonnaise.

STORE & REHEAT

Refrigerate in shallow containers within 2 hours (1 hour above 90°F / 32°C). Keep at 40°F (4°C) or below for 3 to 4 days. Reheat on a baking tray at 350°F (175°C) until chicken reaches 165°F (74°C); shield the cheese if it browns early. Freeze airtight up to 3 months for best quality; thaw in the refrigerator.