Parmesan Chicken Bites

Coat evenly cut chicken pieces with egg, panko and grated hard cheese, then bake until the largest centers reach 165°F (74°C). Serve warm marinara separately for dipping.

SERVES 4	PREP 15 min	COOK 18 min	EXTRA 0 min



Ingredients

- 1 1/2 lb (680 g) boneless skinless chicken breast, cut into 1-inch (2.5-cm) pieces
- 1/2 tsp (3 g) fine salt
- 1/4 tsp (0.5 g) black pepper
- 2 large eggs (100 g), beaten
- 1 cup (60 g) panko breadcrumbs
- 1/2 cup (45 g) vegetarian Parmesan-style hard cheese, finely grated
- 1 tsp (3 g) garlic powder
- 1 tsp (1 g) dried oregano
- 2 tbsp (30 ml) olive oil
- 1 cup (240 ml) marinara sauce

Method

1. Heat the oven to 425°F (220°C). Brush a large rimmed baking sheet with half the oil. Pat the chicken pieces dry and season with salt and pepper.
2. Mix panko, grated hard cheese, garlic powder and oregano in a bowl. Coat chicken in egg, let excess drain and roll in the crumb mixture. Discard contaminated leftovers.
3. Arrange bites with space between them and drizzle the remaining oil over the tops.
4. Bake for about 14 to 18 minutes, turning at halfway, until the largest pieces reach 165°F (74°C) in their centers.
5. Heat marinara separately in a small saucepan until bubbling. Divide bites among 4 plates with individual dipping portions.

Doneness & safe handling

Cook chicken to at least 165°F (74°C). Insert a food thermometer into the thickest center from the side of thin cutlets. Check several large pieces for bites or skewers. Timing, color and clear juices do not replace a temperature check.

Cook’s notes

Turn bites gently once the first side has set; repeated handling knocks off the coating.

Common mistake

Crowding the tray produces steam and soft crumbs.

Variations

For an air fryer, cook in a single layer at 375°F (190°C), turn halfway and start checking at 8 minutes; continue to 165°F (74°C). Batch time varies.

Serving

Divide crisp parmesan chicken bites with warm dipping sauce among 4 plates. Serve promptly; any optional pasta, bread, rice or vegetables not listed in the ingredients are prepared separately.

Storage

Refrigerate promptly in shallow covered 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. Do not wait for a large batch to cool completely on the counter.

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. Cheese and crumb toppings may soften after thawing.

Reheating

Reheat on a baking tray or oven-safe rack at 350°F (175°C) until the thickest chicken reaches 165°F (74°C). Shield crumbs or cheese if they brown early. Timing varies with thickness; toppings soften somewhat after chilling.

Quick questions

Are these the same as Papa Bites? No. These are breaded chicken pieces; dough-filled restaurant snacks use a different method.

Can I use thighs? Yes. Trim boneless thighs and cut evenly; check several pieces reach 165°F (74°C).

Recipe references: Skinnytaste - single-layer air fryer chicken Parmesan technique • https://www.skinnytaste.com/chicken-parmesan-in-the-air-fryer/
USDA FSIS - safe minimum poultry temperature • https://ask.fsis.usda.gov/article/What-is-a-safe-internal-temperature-for-cooking-meat-and-poultry
USDA FSIS - chilling and storage of leftovers • https://ask.fsis.usda.gov/article/How-do-I-handle-leftovers-safely
USDA FSIS - safe food handling and reheating • https://www.fsis.usda.gov/food-safety/safe-food-handling-and-preparation/food-safety-basics/steps-keep-food-safe