

# Baked Chicken Parmesan

Easy Baked Chicken Parmesan recipe with crispy coating and melted cheese. Healthier than fried version, ready in 35 minutes. Perfect family dinner!

10 min

PREP

25 min

COOK

35 min

TOTAL

4

SERVINGS

Easy

DIFFICULTY

## Baked Chicken Parmesan

## Ingredients

- 2 chicken meat
- 2 tbsp olive oil
- 1 cup breadcrumb
- 1 cup parmesan cheese
- 1 tsp garlic powder
- 1 tsp oregano
- 1 egg
- 1 tsp salt
- 1 cup marinara sauce
- 1 cup mozzarella cheese

## Instructions

- 1 Prepare the oven and workspace**

Preheat the oven to 425°F (220°C). Grease a 9x13-inch baking dish with 2 tablespoons of olive oil.
- 2 Prepare the chicken**

Place 2 chicken breasts between plastic wrap and pound to an even ¾-inch thickness using a meat mallet or rolling pin. Cut each breast in half lengthwise to create 4 portions.
- 3 Set up breading station**

Beat 1 egg in a shallow bowl until smooth. In a separate shallow dish, combine 1 cup panko breadcrumbs, 1 cup grated Parmesan cheese, 1 teaspoon garlic powder, 1 teaspoon oregano, 1 teaspoon salt, and 1 teaspoon black pepper.
- 4 Dip each chicken piece first in the beaten egg, coating both sides completely. Press into the breadcrumb mixture, turning to coat both sides thoroughly and pressing gently to help the coating stick.**
- 5 Arrange the breaded chicken pieces in the prepared baking dish, leaving space between each piece. Bake for 15 minutes until the coating is golden and the chicken feels firm when pressed lightly.**
- 6 Remove from oven and flip each chicken piece carefully with a spatula. Spoon 1 cup marinara sauce evenly over the chicken pieces, then sprinkle 1 cup mozzarella cheese on top.**

- 7 Return to oven and bake for 8-10 minutes until the cheese is melted and bubbly and the chicken reaches an internal temperature of 165°F (74°C) when checked with a meat thermometer.
- 8 Turn the oven to broil and broil for 2-3 minutes until the cheese is golden brown on top. Remove from oven and let rest for 5 minutes before serving.

## Tips

---

Pound chicken breasts to an even thickness (about  $\frac{3}{4}$  inch) using the smooth side of a meat mallet. This ensures uniform cooking and prevents dry spots.

Use the two-hand method when breading: keep one hand for wet ingredients (egg) and one for dry (breadcrumbs) to avoid creating a gloppy mess on your fingers.

Let the breaded chicken rest for 10-15 minutes before baking. This helps the coating adhere better and creates a crispier result.

Don't skip flipping the chicken halfway through baking. This ensures both sides develop a golden, crispy crust.

For extra crispy coating, lightly spray or brush the breaded chicken with olive oil before baking.

Use a wire rack set over the baking sheet to allow air circulation around the chicken, preventing soggy bottoms.

Don't overload the chicken with sauce – too much will make the coating soggy. A thin layer is sufficient since you can always serve extra sauce on the side.

Let the finished chicken rest for 5 minutes after broiling to allow the cheese to set slightly before serving.