

Helergon Kitchen

Crispy Chicken Parmesan (Restaurant Style)

15 min Prep time	**25 min** Cook time	**40 min** Total time
4 Servings	**Medium** Difficulty	**Italian** Cuisine

Ingredients

The Chicken

- [ ] 4 boneless skinless chicken breasts
- [ ] 1 cup all-purpose flour
- [ ] 2 large eggs, beaten
- [ ] 1 1/2 cups panko breadcrumbs
- [ ] 1/4 cup grated Parmesan cheese
- [ ] 1 tsp garlic powder
- [ ] 1 tsp Italian seasoning
- [ ] Salt and black pepper to taste
- [ ] 1/4 cup olive oil, for frying

The Topping

- [ ] 2 cups marinara sauce
- [ ] 1 cup shredded mozzarella cheese

Garnish

- [ ] 2 tbsp fresh basil, chopped (optional garnish)

Instructions

1. First, we need to get the chicken just right. Trim those 4 boneless skinless chicken breasts and slice each into two equal cutlets. Or, if you prefer, you can pound them with a meat mallet until they're about 1/2-inch thickness. I honestly love using the parchment-paper-wrapped method; it keeps the meat moist and makes everything uniform.

2. Now, let's set up a little breading station to keep things tidy. Put your 1 cup all-purpose flour in Bowl A and those 2 large eggs, beaten, in Bowl B. In Bowl C, mix together your 1 1/2 cups panko breadcrumbs, 1/4 cup grated Parmesan cheese, 1 tsp garlic powder, 1 tsp Italian seasoning, and a bit of salt and black pepper to taste.

3. Season each cutlet with salt and black pepper. Now for the dance: dredge the chicken in flour (just tap off the extra), dip it into the eggs—letting the excess run off—and finally, coat it evenly with the breadcrumb mixture. I like to press gently just to make sure it all sticks.

4. Heat up 1/4 cup olive oil in a large skillet over medium-high heat. Once it's hot—about 350°F if you're using a thermometer—add 2-3 cutlets. Fry them until they're a beautiful golden brown and crisp, usually about 3-4 minutes per side. Well, just move them to paper towels to drain off the oil.

5. Preheat your oven broiler to high. Arrange those fried cutlets on a baking sheet. Spoon about 1/4 cup marinara sauce over each one, then sprinkle with 1/2 cup mozzarella and a little pinch of extra Parmesan. It looks so good already.

6. Slide the pan under the broiler for 2-3 minutes. Wow, you have to watch these closely! You're looking for that cheese to be bubbly and slightly browned, with the sauce just a bit caramelized around the edges.

7. Remove them from the oven and let them rest for just 1 minute. If you have it, garnish with 2 tbsp fresh basil, chopped, and serve them while they're hot.

Nutrition per serving

550 kcal	35 g	35 g	15 g
Calories	Protein	Carbs	Fat

Tips & notes

- Let the breaded chicken rest on a rack for 5 minutes before frying to keep the coating from getting soggy.
- Using a broiler pan helps the heat circulate, which means a more even melt without any hot spots.
- For a different flavor, try adding a slice of provolone under the mozzarella.