

Helergon Kitchen

Longhorn Parmesan Crusted Chicken Recipe

15 min Prep time	**20 min** Cook time	**35 min** Total time
4 Servings	**Easy** Difficulty	**American** Cuisine

Ingredients

Chicken Prep

- [ ] 4 boneless, skinless chicken breasts
- [ ] 1/4 cup all-purpose flour
- [ ] 2 large eggs, beaten
- [ ] 2 tablespoons olive oil

Parmesan Coating

- [ ] 1 cup grated Parmesan cheese
- [ ] 1 cup panko breadcrumbs
- [ ] 1 teaspoon dried oregano
- [ ] 1 teaspoon garlic powder
- [ ] 1/2 teaspoon salt
- [ ] 1/4 teaspoon black pepper

Instructions

1. First things first, pat those chicken breasts dry with some paper towels. I've found that if they're too damp, the coating just slips right off. Season them lightly with salt and pepper—just a little touch.
2. In a shallow bowl, go ahead and stir together your all-purpose flour, dried oregano, garlic powder, and a pinch of salt. Gently dredge each breast in the flour, then give them a little shake to get rid of the excess. We want a thin layer, not a cake!
3. Now, whisk your beaten eggs with 1 tablespoon of milk in another bowl. This creates a lovely egg wash that acts like a glue for our cheesy crust.
4. In a third dish, mix your grated Parmesan cheese, panko breadcrumbs, and a dash of black pepper. I like to just let this sit for a moment while I get the chicken ready.
5. Dip each floured chicken breast into that egg wash, then press it firmly into the Parmesan-breadcrumb mixture. Really press it in there until the chicken is well-coated on all sides.
6. Heat your olive oil in a large skillet over medium-high heat. Carefully add the chicken and sear for about 3–4 minutes per side. You're looking for a beautiful, golden brown color.
7. Now, transfer the skillet to a preheated oven at 400°F (or just slide them onto a baking sheet if that's easier). Bake for 8–10 minutes, or until an instant-read thermometer tells you the internal temperature has hit 165°F.

8. Once they're out of the oven, let the chicken rest for 5 minutes. I know it's hard to wait, but this helps keep all those delicious juices inside the meat.

9. Slice them up or serve them whole. I like to garnish with some fresh parsley or a bit more grated Parmesan for that final touch. Serve it up immediately while it's hot.

10. And there you have it! Enjoy your comforting Longhorn Parmesan Crusted Chicken. Honestly, it's just so satisfying.

Nutrition per serving

420 kcal	41 g	22 g	18 g
Calories	Protein	Carbs	Fat

Tips & notes

- Patting the chicken dry is a small step, but it makes a huge difference in the crust's adherence.
- Resting the meat is essential to avoid that dry, overcooked texture.
- Use an instant-read thermometer to ensure the chicken is safe but still juicy.