

Helergon Kitchen

Parmesan Crusted Chicken Sheet Pan Dinner

15 min Prep time	**25 min** Cook time	**40 min** Total time
4 Servings	**Easy** Difficulty	**Italian-American** Cuisine

Ingredients

Main Ingredients

- [ ] 4 boneless, skinless chicken breasts (about 1½ lbs)
- [ ] 1 cup panko breadcrumbs
- [ ] ½ cup grated Parmesan cheese
- [ ] 2 tbsp olive oil
- [ ] 1 tsp garlic powder
- [ ] ½ tsp smoked paprika
- [ ] Salt and freshly ground black pepper to taste
- [ ] 2 cups mixed vegetables (broccoli florets, sliced carrots, bell pepper strips)
- [ ] 1 tbsp lemon juice
- [ ] 1 tsp honey

Instructions

1. Preheat oven to 425°F (220°C). Line a sheet pan with parchment paper and place a wire rack on top.
2. Pat the chicken dry, then season both sides with salt, pepper, garlic powder, and smoked paprika.
3. In a shallow bowl, combine panko and grated Parmesan. Drizzle the chicken with olive oil, then press each piece into the breadcrumb mixture, coating all sides.
4. Arrange the coated chicken on the rack. Toss the mixed vegetables with a little olive oil, salt, and pepper, then spread them around the chicken.
5. Roast for 20-25 minutes, flipping the chicken halfway, until the crust is golden and the internal temperature reaches 165°F (74°C).
6. Meanwhile, whisk lemon juice with honey; drizzle over the chicken during the last 3 minutes of cooking for a bright glaze.
7. Remove from oven, let rest 5 minutes, then serve hot with the roasted vegetables.

Nutrition per serving

420 kcal	38 g	30 g	15 g
Calories	Protein	Carbs	Fat

Tips & notes

- For extra crunch, toast the panko lightly before mixing with cheese.
- If you prefer a little heat, sprinkle a pinch of red pepper flakes over the vegetables.
- A quick squeeze of fresh lemon just before serving lifts the whole dish.