



Long Livo

Crispy Chicken Parmesan Recipe

15 min

Prep time

4

Servings

20 min

Cook time

Medium

Difficulty

35 min

Total time

Italian

Cuisine

Ingredients

Main Ingredients

- ☐ 4 boneless, skinless chicken breasts, pounded to ½-inch thickness
- ☐ 1 cup panko breadcrumbs
- ☐ ½ cup grated Parmesan cheese
- ☐ 1 cup shredded mozzarella cheese
- ☐ 2 cups marinara sauce, warmed
- ☐ 2 large eggs, beaten
- ☐ ½ cup all-purpose flour
- ☐ ¼ cup olive oil for pan-frying
- ☐ Fresh basil leaves, torn
- ☐ Salt and black pepper to taste

Instructions

- 1 Season the chicken with salt and pepper, then set up three bowls: flour, beaten eggs, and a mix of panko with half the Parmesan.
- 2 Dredge each piece first in flour, shake off excess, dip in egg, then coat thoroughly with the breadcrumb mixture.
- 3 Heat olive oil in a large skillet over medium-high. Once shimmering, add the chicken and fry 3-4 minutes per side until golden and cooked through.
- 4 Transfer chicken to a baking sheet, spoon warm marinara over each piece, sprinkle mozzarella and the remaining Parmesan, then place under a broiler for 2-3 minutes until cheese bubbles.
- 5 Garnish with fresh basil, let rest a minute, and serve immediately.

Nutrition per serving

420 kcal

Calories

35 g

Protein

30 g

Carbs

18 g

Fat

Tips & notes

- If the crust seems too dark, lower the heat slightly on the next batch.
- For extra flavor, add a pinch of garlic powder to the breadcrumb mix.
- A drizzle of extra-virgin olive oil just before serving brightens the dish.