

Choco Fever Dream

Crispy Chicken Parmesan Recipe

15 min Prep time	**20 min** Cook time	**35 min** Total time
4 Servings	**Medium** Difficulty	**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	35 g	30 g	18 g
Calories	Protein	Carbs	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.