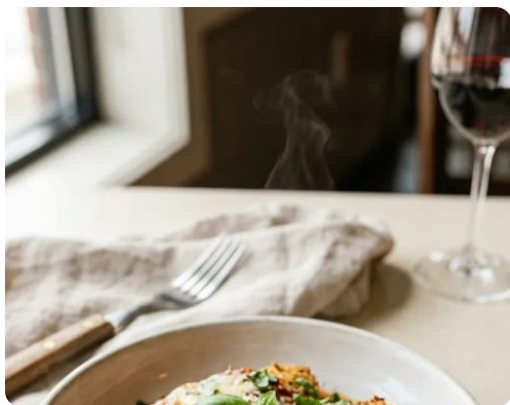




Choco Fever Dream

Parmesan Crusted Chicken – Copycat Longhorn Recipe

15 min

Prep time

4

Servings

20 min

Cook time

Easy

Difficulty

35 min

Total time

American

Cuisine

Ingredients

The Chicken and Crust

- ☐ 4 boneless, skinless chicken breasts (about 6-8 oz each)
- ☐ 1 cup finely grated Parmesan cheese
- ☐ 1 cup seasoned breadcrumbs (mixed with 1 tsp Italian seasoning)
- ☐ 1/2 cup all-purpose flour
- ☐ 2 large eggs

- ☐ 1 tsp garlic powder
- ☐ 1 tsp dried oregano
- ☐ Salt and freshly ground black pepper, to taste
- ☐ 2 tbsp olive oil, plus extra for brushing

The Topping

- ☐ 1 cup marinara sauce, heated
- ☐ 1 cup shredded mozzarella cheese
- ☐ 2 tbsp chopped fresh basil, plus more for garnish

Instructions

- 1** First things first, let's get that oven warming up to 425°F (220°C). While it's heating, just lightly grease a baking sheet with a little oil so nothing sticks.
- 2** Now, to make sure the chicken cooks evenly, place each breast between two sheets of plastic wrap. Gently pound them to about 1/2 inch thickness using a meat mallet or even a rolling pin if that's all you have.
- 3** Go ahead and season the flesh side of each breast with your salt, pepper, garlic powder, and dried oregano. It's those little details that really make the flavor pop.
- 4** Set up three shallow bowls for a little assembly line: one with flour, one with beaten eggs, and one with that lovely breadcrumb--Parmesan mixture. Dredge each piece in flour (shake off the extra!), dip into the eggs, and then coat them thoroughly in the breadcrumbs.
- 5** Heat 2 tbsp of olive oil in a large skillet over medium--high heat. Cook the breaded chicken for about 2-3 minutes per side until they're golden brown and crispy. Then, just move them over to your prepared baking sheet.
- 6** Pour your warmed marinara sauce right over the chicken, spooning it just slightly over the tops, and then sprinkle that shredded mozzarella evenly across all the pieces.

- 7 Pop them in the oven for about 12-15 minutes. You're looking for the cheese to be bubbly and golden, and the internal temperature to reach 165°F (74°C).
- 8 Once they're done, let them rest for 5 minutes—I know it's hard to wait, but it's worth it. Sprinkle some fresh basil on top and serve it up while it's hot.

Nutrition per serving

480 kcal

Calories

38 g

Protein

28 g

Carbs

24 g

Fat

Tips & notes

- Using a meat thermometer is honestly the only way to be sure the chicken stays juicy.
- Pounding the chicken to an even thickness is key so the edges don't dry out before the center is done.
- Letting the chicken rest for 5 minutes keeps all those delicious juices inside.