



Chicken Parmesan Bake

Introduction

Chicken Parmesan is a classic Italian-American dish that combines the flavors of crispy breaded chicken, rich marinara sauce, and gooey melted cheese. It's a family favorite and makes for a perfect weeknight dinner. This recipe is not only simple but guarantees a delicious outcome that everyone will love.

Detailed Ingredients

- 4 boneless, skinless chicken breasts
- 1 cup breadcrumbs
- 1/2 cup grated Parmesan cheese
- 2 large eggs
- 1 cup all-purpose flour
- 2 cups marinara sauce

- 1 1/2 cups shredded mozzarella cheese
- 1/4 cup olive oil
- Fresh basil for garnish (optional)
- Salt and black pepper to taste

Prep Time

Preparation time for this delightful dish is approximately 30 minutes.

Cook Time

The cooking time is around 20 minutes, making the total time for this Chicken Parmesan recipe about 50 minutes.

Total Time, Yield

The total time from start to finish is approximately 50 minutes, and this recipe yields 4 servings.

Whether you're preparing a cozy dinner at home or looking to impress guests, this Chicken Parmesan recipe is sure to satisfy. Serve it alongside pasta or a fresh salad for a complete meal that everyone will enjoy!

Detailed Directions and Instructions

Step 1: Preheat the Oven

Preheat your oven to 375°F (190°C).

Step 2: Prepare the Chicken

Flatten chicken breasts to an even thickness using a meat mallet. This ensures even cooking.

Step 3: Set Up Breading Station

Set up a breading station: place 1 cup of all-purpose flour in one bowl, in the second bowl beat 2 large eggs, and in the third bowl mix 1 cup of breadcrumbs with 1/2 cup of grated Parmesan cheese.

See also [Easy Oatmeal Cake Recipe](#)

Step 4: Bread the Chicken

Dredge each chicken breast in flour, dip into the beaten eggs, and then coat with the breadcrumb and Parmesan mixture. Ensure each piece is well coated.

Step 5: Fry the Chicken

Heat 1/4 cup of olive oil in a large skillet over medium heat. Fry the chicken until golden brown on both sides, which should take about 3-4 minutes per side.

Step 6: Transfer to Baking Dish

Once fried, transfer the chicken to a baking dish. Top each piece with 2 cups of marinara sauce and sprinkle 1 1/2 cups of shredded mozzarella cheese on top.

Step 7: Bake the Chicken

Bake in the preheated oven for 20 minutes or until the cheese is bubbly and the chicken reaches an internal temperature of 165°F (74°C).

Step 8: Garnish and Serve

Garnish with fresh basil before serving to enhance flavor and presentation.

Notes

Cooking Tip

Make sure to properly pound the chicken breasts to ensure they cook evenly and remain juicy.

Serving Suggestion

Serve with a side of pasta or a fresh salad for a complete meal.

Storage

Leftovers can be stored in an airtight container in the refrigerator for up to 3 days. Reheat in the oven for best results.

Cook techniques

Flattening Chicken Breasts

To achieve even cooking, use a meat mallet to flatten chicken breasts to a consistent thickness. This helps ensure that all parts of the chicken cook uniformly.

Breading Technique

Set up three distinct bowls for breading: one for flour, one for beaten eggs, and one for a mixture of breadcrumbs and Parmesan cheese. This creates a smooth coating process that enhances texture.

See also Instant Pot Grape Jelly Meatballs

Frying

Heat olive oil over medium heat before frying. Cook the breaded chicken until golden brown on both sides, which typically takes 3-4 minutes per side. This step adds flavor and a crispy texture.

Baking

After frying, transfer the chicken to a baking dish, top with marinara sauce and shredded mozzarella cheese, and bake at 375°F (190°C) for 20 minutes until the cheese is bubbly and the chicken is cooked through.

FAQ

Can I use chicken thighs instead of chicken breasts?

Yes, chicken thighs can be used as a substitute. They tend to be juicier and have more flavor.

What if I don't have breadcrumbs?

You can make your own breadcrumbs by grinding stale bread in a food processor or use alternatives like crushed crackers or panko.

Is there a gluten-free option for this recipe?

You can use gluten-free breadcrumbs and flour to make this dish suitable for a gluten-free diet.

How can I make the chicken spicier?

To add heat, incorporate red pepper flakes into the breadcrumb mixture or mix in some hot sauce with the marinara sauce.

Can I prepare this dish ahead of time?

Yes, you can bread and fry the chicken in advance. Store it in the refrigerator, then bake with sauce and cheese when ready to serve.

Conclusion

Enjoying Chicken Parmesan is not only about savoring a delicious meal but also about appreciating the harmony of flavors and textures that come together in this classic dish. The crispy, golden chicken pairs perfectly with the gooey mozzarella and rich marinara, making it a favorite for many. This recipe is perfect for family dinners or special occasions, and it can be easily customized to suit your taste preferences.

See also Chocolate Lava Brownie Cookies

More recipes suggestions and combination

Chicken Marsala

This Italian-American dish features chicken breasts simmered in a flavorful Marsala wine sauce, complemented by mushrooms and herbs. Serve it over pasta or mashed potatoes for a hearty meal.

Eggplant Parmesan

For a vegetarian twist, substitute eggplant for chicken. Layer sliced,

breaded, and fried eggplant with marinara sauce and mozzarella cheese for a delicious and satisfying alternative.

Chicken Piccata

Prepare chicken breasts in a lemony caper sauce for a bright and zesty dish. This recipe pairs well with pasta or steamed vegetables.

Lasagna

Layer sheets of pasta with marinara sauce, ricotta cheese, ground meat, and mozzarella for a classic comfort food that pairs well with the flavors of Chicken Parmesan.

Stuffed Peppers

Fill bell peppers with a mixture of ground chicken, rice, marinara sauce, and cheese. Bake until the peppers are tender for a delightful and colorful meal.

Caprese Salad

Enjoy a fresh salad of sliced tomatoes, mozzarella cheese, fresh basil, and a drizzle of balsamic glaze. This dish balances the richness of Chicken Parmesan beautifully.