

Plate Dream

Crispy Parmesan Chicken with Garlic Sauce

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

Ingredients

Main Ingredients

- [ ] 4 boneless, skinless chicken breasts, pounded to even thickness
- [ ] 1 cup grated Parmesan cheese
- [ ] 1 cup panko breadcrumbs
- [ ] 1 tsp garlic powder
- [ ] 1/2 tsp smoked paprika
- [ ] Salt and pepper to taste
- [ ] 2 tbsp olive oil

Garlic Sauce

- [ ] 3 tbsp unsalted butter
- [ ] 4 cloves garlic, minced
- [ ] 2 tbsp lemon juice
- [ ] 1/4 cup chicken broth
- [ ] Fresh parsley, chopped (optional)

Instructions

1. Season the chicken with salt, pepper, and garlic powder. In a shallow dish, combine grated Parmesan, panko, and smoked paprika.
2. Dredge each piece of chicken in the cheese-breadcrumb mixture, pressing gently to adhere. Let rest 5 minutes.
3. Heat olive oil in a large skillet over medium-high heat. Add the chicken and cook 4-5 minutes per side, until the coating turns golden and crisp.
4. Remove chicken and set aside. Reduce heat to medium, add butter to the same pan, then stir in minced garlic; sauté until fragrant, about 1 minute.
5. Deglaze with chicken broth and lemon juice, stirring to create a silky sauce. Return chicken to the pan, coat with sauce, and finish with chopped parsley before serving.

Nutrition per serving

420 kcal	38 g	15 g	22 g
Calories	Protein	Carbs	Fat

Tips & notes

- If the coating seems dry, mist the chicken lightly with water before dredging.
- For extra crispness, bake coated chicken on a wire rack at 425°F for 12-15 minutes.
- A dash of red-pepper flakes can add subtle heat.