

Plate Dream

Parmesan Crusted Chicken Sheet Pan Dinner

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

Ingredients

Main Ingredients

- [ ] 4 boneless skinless chicken breasts, pounded to 1/2-inch thickness
- [ ] 1 cup freshly grated Parmesan cheese
- [ ] 1 cup panko breadcrumbs
- [ ] 2 tbsp olive oil
- [ ] 1 tsp dried oregano
- [ ] 1 tsp dried thyme
- [ ] 1/2 tsp garlic powder
- [ ] Salt and black pepper to taste
- [ ] 2 cups broccoli florets
- [ ] 1 cup baby potatoes, halved
- [ ] 1 large carrot, sliced into thin rounds
- [ ] 1 lemon, zested and juiced

Optional Garnish

- [ ] Fresh parsley, chopped
- [ ] Extra grated Parmesan for serving

Instructions

1. Preheat the oven to 425°F (220°C). Line a large sheet pan with parchment paper.
2. In a shallow dish, combine the grated Parmesan, panko, oregano, thyme, garlic powder, salt and pepper. Drizzle the olive oil into the mixture and stir until lightly moistened.
3. Pat the chicken dry, then press each piece into the cheese-breadcrumb mixture, ensuring an even coat on all sides.
4. Arrange the coated chicken on the sheet pan, leaving space. Scatter the broccoli, potatoes, and carrot around the chicken, tossing them with a little olive oil, salt, and pepper.
5. Bake for 20-22 minutes, or until the chicken reaches an internal temperature of 165°F and the crust is golden brown.
6. Remove from the oven, immediately drizzle lemon juice over the chicken and vegetables, then sprinkle lemon zest and optional parsley.
7. Serve hot, perhaps alongside a side of garlic pasta or a simple green salad.

Nutrition per serving

420 kcal	35 g	25 g	18 g
Calories	Protein	Carbs	Fat

Tips & notes

- If the coating starts to brown too quickly, cover the pan loosely with foil.
- For extra crispness, bake the chicken on a wire rack set over the pan.
- Adjust seasoning after baking; a pinch of extra salt can brighten the flavors.