

Crispy Parmesan Chicken Breast

This Crispy Parmesan Chicken Breast is a delightful dish featuring tender chicken coated in a crunchy Parmesan crust. It's perfect for a quick weeknight dinner or a fancy meal for one.


30 min

Total time

easy

Difficulty

400

kcal / serving

Ingredients

- 1 boneless, skinless chicken breast
- 1/4 cup grated Parmesan cheese
- 1/4 cup breadcrumbs
- 1/2 teaspoon garlic powder
- 1/2 teaspoon paprika
- Salt and pepper to taste
- 1 tablespoon olive oil
- 1 tablespoon chopped fresh parsley (for garnish)

Steps

- 1 Preheat your oven to 400°F (200°C).
- 2 In a shallow bowl, mix together the grated Parmesan cheese, breadcrumbs, garlic powder, paprika, salt, and pepper.
- 3 Dip the chicken breast in the olive oil, ensuring it's well-coated.
- 4 Then, dredge the chicken in the Parmesan mixture, pressing down to ensure it adheres well.
- 5 Place the coated chicken breast on a baking sheet lined with parchment paper.
- 6 Bake in the preheated oven for about 20–25 minutes, or until the chicken is cooked through and the crust is golden brown.
- 7 Remove from the oven and let it rest for a few minutes before slicing.
- 8 Garnish with fresh parsley before serving.