

Quick Baked Chicken Parmesan

September 23, 2016



SAVE RECIPE

Active Time 22 minutes

Total Time 22 minutes

Ingredients

4 servings

2 large eggs

1½ cups breadcrumbs or panko (Japanese breadcrumbs)

¾ cup finely grated Parmesan (about 2 ounces)

5 tablespoons olive oil, divided, plus more for brushing

3½ teaspoons dried oregano, divided

¾ teaspoon kosher salt, divided

¾ teaspoon freshly ground black pepper, divided

4 (6-ounce) chicken cutlets, pounded ½" thick

6 ounces coarsely grated mozzarella (about 1 cup)

½ medium onion, chopped

2 garlic cloves, pressed or finely chopped

1 (24-ounce) jar marinara sauce

¼ teaspoon crushed red pepper flakes (optional)

¼ cup (packed) basil leaves, torn if large, plus more for serving

Step 1

Arrange racks in top and bottom of oven and place a rimmed baking sheet on bottom rack; preheat to 450°F.

Step 2

Beat eggs in a large shallow bowl. Using a fork or your fingertips, mix breadcrumbs, Parmesan, 3 Tbsp. oil, 3 tsp. oregano, ½ tsp. salt, and ½ tsp. pepper in another large shallow bowl or plate.

Step 3

Working with 1 cutlet at a time, dip in egg, allowing excess to drip back into bowl. Dredge in breadcrumb mixture, shaking off excess, then pressing to adhere. Transfer chicken to a baking sheet.

Step 4

Carefully remove preheated baking sheet from oven and generously brush with oil. Transfer chicken to baking sheet and return to bottom rack. Roast 6 minutes, then carefully flip (use a spatula to scrape under cutlets) and sprinkle with mozzarella. Place baking sheet on top rack and continue to roast until juices run clear, mozzarella is melted, and an instant-read thermometer inserted into the center of cutlet registers 165°F, about 4 minutes more.

Step 5

Meanwhile, heat remaining 2 Tbsp. oil in a large skillet over medium-high. Cook onion, stirring, until softened, 3–4 minutes. Add garlic and cook until fragrant, about 1 minute more. Add marinara sauce, red pepper flakes (if using), ¼ cup basil, and remaining ½ tsp. oregano, ¼ tsp. salt, and ¼ tsp. pepper. Cook, stirring, until sauce starts to bubble. Reduce heat to medium and simmer until chicken is ready, stirring occasionally, at least 5 minutes.

Step 6

Divide sauce among 4 plates. Top with chicken and torn basil.

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