Zucchini Bread Recipes

Crispy Parmesan Chicken With Garlic Sauce

15 min Prep time	**20 min** Cook time	**35 min** Total time
4 Servings	**Easy** Difficulty	**Italian** Cuisine

Ingredients

Main Ingredients

- [ ] 4 boneless, skinless chicken breasts, pounded to ½-inch thickness
- [ ] 1 cup grated parmesan cheese
- [ ] 1 cup panko breadcrumbs
- [ ] 1 tsp dried oregano
- [ ] 1 tsp garlic powder
- [ ] Salt and pepper to taste
- [ ] 2 tbsp olive oil

Garlic Sauce

- [ ] 4 cloves garlic, minced
- [ ] ¼ cup chicken broth
- [ ] 2 tbsp honey
- [ ] 1 tbsp lemon juice
- [ ] 1 tsp butter
- [ ] Fresh parsley, chopped (optional)

Instructions

1. Pat the chicken dry, season with salt, pepper, and garlic powder.

2. In a shallow dish, combine grated parmesan, panko, and oregano; press each chicken piece into the mixture, coating both sides.

3. Heat olive oil in a large skillet over medium-high heat. Add the coated chicken and sear until golden, about 3-4 minutes per side.

4. Remove chicken, set aside. In the same pan, lower heat and add minced garlic; sauté until fragrant, about 30 seconds.

5. Stir in chicken broth, honey, and lemon juice; simmer gently until slightly thickened, then whisk in butter for shine.

6. Return chicken to the pan, spoon sauce over, and heat for another minute to meld flavors.

7. Serve immediately, garnished with fresh parsley if desired.

Nutrition per serving

420 kcal	35 g	28 g	18 g
Calories	Protein	Carbs	Fat

Tips & notes

- If the coating looks dry, mist with a little water before breading.
- For extra flavor, add a pinch of smoked paprika to the breadcrumb mix.
- Allow the chicken to rest a minute after cooking to keep juices inside.