

# F?r?nda Parmesanl? Tavuk

Crispy baked chicken parmesan with melted mozzarella and marinara sauce. Healthier oven-baked version of the classic Italian-American dish.

10	25	35	4	Easy
HAZIRLIK DK	PI?IRME DK	TOPLAM DK	PORSIYON	ZORLUK

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## Malzemeler

- 2 chicken meat
- 2 tbsp olive oil
- 1 cup breadcrumb
- 1 cup parmesan cheese
- 1 tsp garlic powder
- 1 tsp oregano
- 1 egg
- 1 tsp salt
- 1 cup marinara sauce
- 1 cup mozzarella cheese

## Yap?l???

- Prepare the oven and workspace**

Preheat oven to 200°C (400°F). Grease a large baking dish with 2 tablespoons olive oil.
- Prepare the chicken**

Pat 2 chicken breasts dry with paper towels. Place between plastic wrap and pound to even ½-inch thickness using a meat mallet or rolling pin.
- Set up breading station**

In one shallow dish, combine 1 cup flour with 1 teaspoon garlic powder and 1 teaspoon salt. In a second dish, beat 1 egg until smooth. In a third dish, mix 1 cup breadcrumbs with 1 cup grated Parmesan cheese.
- Bread the chicken**

Dredge each chicken breast first in seasoned flour, shaking off excess. Dip in beaten egg, coating completely. Press firmly into breadcrumb-Parmesan mixture, ensuring both sides are well coated.
- Initial baking**

Place breaded chicken in prepared baking dish. Bake for 15 minutes until coating is golden brown and chicken feels firm when pressed.
- Add cheese and finish**

Top each chicken breast with 1 cup shredded mozzarella cheese, dividing evenly. Bake for additional 8-10 minutes until cheese is melted and bubbly and internal temperature reaches 74°C (165°F).

7 Let chicken rest for 3 minutes before serving to allow juices to redistribute.

## ?puçlar?

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Choose chicken breasts of similar size to ensure even cooking, and pound them to an even thickness of about ¾ inch for the best results.

Use one hand for the egg wash and the other for the breadcrumb mixture to prevent your fingers from getting completely coated - this keeps the process cleaner and more efficient.

Let the breaded chicken rest for 10-15 minutes before baking to help the coating adhere better and create a crispier crust.

Don't skip the oil on the baking sheet - it helps create a golden, crispy bottom on the chicken while preventing sticking.

Check the internal temperature with a meat thermometer - chicken should reach 165°F for food safety, but avoid overcooking to maintain juiciness.

Add the sauce and cheese only after the chicken is nearly cooked through to prevent the coating from becoming soggy.

For extra flavor, mix some Italian seasoning or dried basil into your breadcrumb mixture along with the garlic powder and thyme.

If your marinara sauce is very thick, thin it slightly with a tablespoon of water or chicken broth for easier spreading.