

Prep Time	20 minutes
Cook Time	30 minutes
Total Time	50 minutes
Servings	4
Difficulty	Intermediate
Cuisine	Italian-American
Course	Main Dish

Table of Contents

- ◆
 - [Ingredients](#)
 - [For the Chicken](#)
 - [For the Topping](#)
 - [Optional Garnish](#)
 - [Equipment Needed](#)
 - [Instructions](#)
 - [Step 1: Prepare the Chicken \(Time: 10 minutes | Intensity: Low\)](#)
 - [Step 2: Set Up the Breeding Station \(Time: 5 minutes | Intensity: Low\)](#)
 - [Step 3: Bread the Chicken \(Time: 8 minutes | Intensity: Medium\)](#)
 - [Step 4: Preheat Oven and Fry \(Time: 8 minutes | Intensity: High\)](#)
 - [Step 5: Assemble the Dish \(Time: 4 minutes | Intensity: Low\)](#)
 - [Step 6: Bake and Broil \(Time: 12 minutes | Intensity: Medium\)](#)
 - [Step 7: Rest and Serve \(Time: 3 minutes | Intensity: Low\)](#)
 - [Time & Intensity Summary](#)
 - [Nutrition Information \(Per Serving\)](#)

Ingredients

For the Chicken

- 4 boneless, skinless chicken breasts (about 6 oz each)
- 1 cup all-purpose flour
- 2 large eggs, beaten
- 2 tablespoons milk
- 2 cups Italian-style breadcrumbs (Panko works beautifully)
- ½ cup grated Parmesan cheese
- 1 teaspoon garlic powder
- 1 teaspoon dried oregano
- ½ teaspoon salt
- ½ teaspoon black pepper
- ½ cup vegetable oil (for frying)

For the Topping

- 2 cups marinara sauce (homemade or high-quality jarred)
- 8 oz fresh mozzarella cheese, sliced
- ¼ cup fresh basil leaves, torn
- 2 tablespoons grated Parmesan cheese (for finishing)

Optional Garnish

- Fresh parsley, chopped
- Red pepper flakes

Equipment Needed

- Meat mallet
- Three shallow bowls (for breading station)

- Large skillet
 - Baking sheet
 - Wire rack
 - Instant-read thermometer (recommended)
-

Instructions

Step 1: Prepare the Chicken (Time: 10 minutes | Intensity: Low)

Place each chicken breast between two sheets of plastic wrap. Using a meat mallet, pound each breast to an even $\frac{1}{4}$ -inch thickness. This ensures quick, uniform cooking. Pat the chicken dry with paper towels—moisture prevents proper breading adhesion.

Step 2: Set Up the Breading Station (Time: 5 minutes | Intensity: Low)

Arrange three shallow bowls in a row:

1. Flour bowl: Combine flour, salt, and pepper.
2. Egg bowl: Whisk eggs with milk until smooth.

3. Breadcrumb bowl: Mix breadcrumbs, Parmesan, garlic powder, and oregano.

Step 3: Bread the Chicken (Time: 8 minutes | Intensity: Medium)

Working one piece at a time, dredge chicken in flour (shake off excess), dip into egg mixture, then press firmly into breadcrumbs. Coat both sides evenly. Place breaded cutlets on a wire rack and rest for 5 minutes—this helps the coating set and prevents it from falling off during frying.

Step 4: Preheat Oven and Fry (Time: 8 minutes | Intensity: High)

Preheat oven to 425°F (220°C). Heat vegetable oil in a large skillet over medium-high heat until it reaches 350°F (175°C). Fry cutlets 2-3 minutes per side until golden brown and crispy. Work in batches to avoid overcrowding. Transfer to a paper towel-lined plate.

Step 5: Assemble the Dish (Time: 4 minutes | Intensity: Low)

Spread 1 cup marinara sauce across the bottom of a baking sheet or oven-safe dish. Arrange chicken cutlets on top. Spoon remaining sauce over each cutlet, then top generously with sliced mozzarella and a sprinkle of Parmesan.

Step 6: Bake and Broil (Time: 12 minutes | Intensity: Medium)

Bake at 425°F for 10 minutes until cheese is melted and bubbly. For a golden finish, switch to broil on high for 1-2 minutes—watch carefully to prevent burning. The internal temperature of the chicken should reach 165°F (74°C) .

Step 7: Rest and Serve (Time: 3 minutes | Intensity: Low)

Remove from oven and rest 3 minutes. Garnish with fresh basil and parsley. Serve immediately alongside spaghetti, a green salad, or crusty garlic bread.

Time & Intensity Summary

Phase	Time	Intensity
Preparation	10 min	Low
Breading Setup	5 min	Low
Breading Chicken	8 min	Medium
Frying	8 min	High
Assembly	4 min	Low
Baking/Broiling	12 min	Medium
Resting & Serving	3 min	Low
Total	50 min	Medium-High

Nutrition Information (Per Serving)

Based on 4 servings. Values are estimates and vary by brand and portion size.

Nutrient	Amount
Calories	620 kcal
Total Fat	30 g
Saturated Fat	11 g
Cholesterol	175 mg
Sodium	1,180 mg
Total Carbohydrates	38 g

	Nutrient	Amount
Dietary Fiber		3 g
Sugars		6 g
Protein		48 g