SARANELLO'S®
RISTORANTE ITALIANO

CHICKEN PARMESAN

YIELD: 1 SERVING



INGREDIENTS

1 chicken breast, pounded to ¼ inch thickness

½ cup all-purpose flour

fresh ground black pepper to taste

kosher salt to taste

3 eggs

1 cup Italian bread crumbs

½ cup canola oil

½ cup marinara sauce

½ cup shredded mozzarella cheese

2 Tbsp. grated parmesan

METHOD

1. Preheat oven to 425°.
2. Set up three bowls to create a dredging station. In the first bowl combine flour, salt, and pepper in a bowl In the second bowl add the eggs and beat well. Add the breadcrumbs into the third bowl.
3. Fully coat chicken breast in the seasoned flour. Dust off excess flour and dip chicken into the eggs. Finally, bread the chicken, pat to make sure the breadcrumbs adhere to the chicken.
4. Heat oil in a heavy bottomed 12 inch pan over medium-high heat.
5. Carefully add the breaded chicken breast to the pan and cook for 1 minute or until golden brown then carefully flip and repeat on the other side.
6. Remove chicken from the pan and pat with a paper towel to remove excess oil.
7. Place chicken in a baking pan and cover with marinara sauce, spreading it evenly over the chicken, top with mozzarella and sprinkle grated parmesan to finish.
8. Bake in the oven for 5-7 minutes until the chicken is fully cooked and the cheese melts and begins to brown.
9. Let cool slightly and serve.

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