



# Chicken Parmesan

Makes: 4 servings

Prep Time: 10 minutes Cook Time: 20 minutes

Total Time: 30 minutes

- 1 (24-ounce) jar of your favorite tomato-based pasta sauce
- 4 boneless skinless chicken breasts, pounded thin to about 1/2 inch
- 1/2 cup all-purpose flour
- 3 eggs, beaten with 2 tablespoons water and seasoned with salt and pepper
- 1 cup Italian seasoned panko breadcrumbs
- 1/4 cup olive oil
- 1 pound fresh mozzarella thinly sliced
- 1/2 cup freshly grated parmesan
- Kosher salt and freshly cracked black pepper to taste
- Pasta or Salad on the side to serve

Preheat oven to 400°F. Season chicken on both sides with salt and pepper. Dredge each breast in the flour and tap off any excess flour, then dip in the egg mixture and let excess drip off, then dredge on both sides in the bread crumbs.

Heat oil in a large cast iron pan and heat over high heat until almost smoking. Add 1 or 2 chicken breasts to the pan, however many will fit and cook until golden brown on both sides, about 2 minutes per side. Transfer to a plate and repeat with the remaining chicken breasts.

Once the chicken is cooked, let the pan sit for 10 minutes to cool off and then carefully wipe out the excess oil and brown bits from the cast iron skillet. Add 1/2 of the pasta sauce in the bottom of the cast-iron skillet. Place the pan-fried breaded breasts on top of the sauce in the pan, and spoon the rest of the sauce over the chicken along with a few slices of the fresh mozzarella, salt and pepper, and equal amounts of the freshly grated parmesan. (If the skillet doesn't fit all the chicken breasts, use a large baking dish instead.)

Transfer to the pre-heated oven and bake until the chicken is cooked through and the cheese is melted, about 8-10 minutes. Remove from the oven and garnish with basil. Serve over a bowl of pasta.

*Recipe by Gaby Dalkin*