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GF Friendly

Chicken Parmigiana

fried chicken in parmesan breadcrumbs topped with tomatoes

When I first tried this dish I went with a recipe that finished the cooking in the oven on a high heat, and I ended up with what looked like burnt offerings! Following the advice of our friend Lynne, I changed the recipe and method. They worked a treat and it was much easier to control the proceedings; and the final result was tender and tasty.

1 300g chicken breast fillet

2 Tbsps white breadcrumbs

1 Tbsp finely grated Parmesan

1 egg

200g crushed tomatoes

½ tsp Italian herbs or ground oregano

¼ cup grated cheddar or mozzarella cheese

1 Tbsp extra virgin olive oil

2 Tbsps plain flour

Salt and pepper

Trim any fat from the chicken breast, then slice lengthways into two thin 150g steaks. Beat the egg in a bowl. In one shallow dish or plate, mix the breadcrumbs and parmesan; in another put the flour and season lightly. Dip each steak first in the flour to coat both sides. Next, dip them in the egg; and finally turn them in the breadcrumb-mix, ensuring they are evenly coated.

Before beginning the cooking, put two serving plates in the oven to warm. Put the crushed tomatoes and Italian herbs in a sauce pan and heat until just boiling. Turn these off while cooking the chicken. Heat the olive oil in a large, non-stick frypan on a medium heat and cook the steaks for about 3-4 minutes a side until golden brown. Don't overcook as this will dry them out.

Transfer the cooked steaks to the plates, sprinkle each with half of the grated cheese; return to the oven and increase the temperature a little – this is to just melt the cheese, NOT brown it! Reheat the tomatoes and pour over the chicken.

Serves 2 with salad and French fries or vegetables

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