



Italian Panko Crusted Chicken

Preparation Time: 5 mins

Cooking Time: 30-45 mins

Serves: 4

Difficulty: Easy

INGREDIENTS

4 chicken breasts (no skin)
1 cup mayonnaise
¾ cup parmesan cheese
2 cloves of garlic
1 teaspoon garlic powder
1 pinch of cayenne pepper
Freshly ground black pepper
2 teaspoons sea salt
2 teaspoons Italian seasoning/herbs
¾ cup panko breadcrumbs (Italian)

Note:

Any panko breadcrumbs work

DIRECTIONS

1. Preheat oven to 400f/204c. You should always preheat the oven for 20 mins.
2. Line an oven-proof baking dish with foil.
3. In a medium size bowl, mix the mayonnaise, parmesan, minced garlic, cayenne pepper, garlic powder, Italian seasoning, sea salt, and black pepper together.
4. Pat dry the chicken breasts.
5. Coat the chicken breasts each side in the mayonnaise mix.
6. Place the panko breadcrumbs on a flat plate or surface and coat the chicken in the breadcrumbs. Don't do it too thick as it will burn or become too soggy in the oven.
7. Place the chicken in the baking dish and cook for 30-45 minutes. Cooking time depends on the size of the chicken breasts. Internal temperature should be around 165f/73c.

Serve with:

This dish is perfect with lots of different sides, including salad, mashed potatoes, crisped Brussel sprouts, asparagus, and carrots. Whatever your fancy!

I also serve it with a sauce on the side of either remoulade or aioli sauce. See my sauce recipes to make yourself or purchase at your local store.