

Romantic

CHICKEN PARMESAN *for 2*

PREP TIME

15 min

COOK TIME

45 min

SERVINGS

2

INGREDIENTS

Marinara Sauce

- 1 T olive oil
- 1 T butter
- 1 medium onion, diced
- 2 cloves garlic, minced
- 1 28oz. can whole, peeled tomatoes, crushed by hand
- 1/2 tsp sugar
- 1/2 tsp dried oregano

**Skip to step 8 if using jarred marinara sauce.*

Chicken

- 2 boneless, skinless chicken breasts
- 1/2 cup AP flour
- 1 1/2 cups panko
- 1/3 cup fresh parmesan, grated
- Canola oil
- 2 T butter
- 1 cup fresh mozzarella, grated
- Fresh basil leaves

INSTRUCTIONS

1. Preheat oven to 400°F.
2. Prepare sauce: In a saucepan over medium heat add olive oil and butter.
3. Add onion and garlic and cook until translucent, stirring constantly for 6 min.
4. Add crushed tomatoes. Bring to a simmer and reduce heat to med-low. Simmer for 20 min.
5. Season with salt, pepper and sugar to taste. Sugar is to offset acidity so it should not be sweet.
6. Once you're happy with the seasoning, add oregano and simmer another 5 min. Remove from heat and let it cool.
7. Once sauce is cooled, blend until it's mostly smooth and return it to the saucepan. Keep it warm over low heat.
8. Prepare chicken: Butterfly the chicken by laying it flat, and cutting horizontally lengthwise from the curved side to the center. Without cutting all the way through, open the chicken breast (it will look like a heart).
9. Cover the chicken with a piece of plastic wrap. Pound the meat until it is about 1/2" thick. Repeat for the other piece of chicken.
10. Set out 3 shallow dishes. In one dish, add the flour and season with salt & pepper. In the 2nd, add two beaten eggs. In the 3rd, add the panko and grated parmesan.
11. Dredge the chicken in the flour mixture, shaking off any excess flour. Dip the chicken in the egg, and then coat the chicken in the panko mix. Set aside.
12. Heat your canola oil and butter in a large pan over medium-high heat. Once hot, place one chicken breast in the pan, cooking for 3-4 min, until golden brown. Flip and cook the other side for the same time. Remove the chicken from the pan and drain while you cook the second breast.
13. Place the cooked chicken breasts in a baking dish. Top each breast with 1/2 cup of the sauce, spreading to cover the surface. Sprinkle a generous amount of mozzarella. Bake for 7-10 min, until the cheese is slightly bubbly.
14. To serve, plate chicken and top with a **Simple Arugula Salad*. Garnish with torn basil and parmesan.
15. Simple Arugula Salad: toss 3 cups arugula, a squeeze of lemon, 1 T olive oil, and a dash of flaky salt.

