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by ewfood

Parmigiana Chicken

Ingredients

For the tomato sauce: 1oz. olive oil
1 small onion, finely diced
2 cloves of garlic, minced
28 oz. diced tomatoes
1/2 tsp. dried Italian herb mix
¼ tsp. sugar
Salt and pepper to taste
For the chicken: 16oz. Pasta
4 chicken breasts or thighs
salt and pepper for seasoning
1.5 oz. flour
1 egg, beaten
6oz. breadcrumbs
3oz. mozzarella cheese grated
1 oz. parmesan cheese, grated
1 oz. fresh basil leaves, shredded

Preparation

1. For the sauce: in a large pan heat the olive oil and sauté the onions until translucent, add the garlic and cook until fragrant
2. Add the remaining ingredients and simmer until the sauce has thickened, season to taste and set aside, keep it warm
3. For the chicken: Prepare two plates, one for the flour and one for the breadcrumbs, also prepare the egg
4. Season the chicken well with salt and pepper
5. Lightly dredge them in flour, then dip them in the egg and finally coat both sides in the breadcrumbs
6. Preheat the oven to 200°C and boil the pasta according to the instructions on the box
7. Heat the oil on a skillet and pan fry each piece of chicken until both sides are golden brown
8. Transfer the chicken onto a wire rack and top with both the cheeses
9. Broil under the heat source until the cheese is Melted and spotted with brown
10. Meanwhile drain the pasta, stir the basil into the pasta sauce
11. Transfer the pasta and chicken onto plates, spoon the sauce on top and serve hot.

Cooks Note