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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

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