

oven fried lemon chicken cutlets

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These Oven -fried lemon chicken cutlets are crispy, delicious and easy to make. There's something irresistible about a crispy chicken cutlet, golden on the outside , juicy on the inside and packed with flavor. What makes it even better? When it's oven-fried with a zesty lemon, wine sauce. Oven- fried lemon chicken cutlets give you the crunch of traditional frying , without the extra grease. They're a lighter, healthier alternative without sacrificing any of that delicious flavor and texture. Perfect for weeknight family meals or social gatherings.

Things to know about this oven fried lemon chicken cutlet recipe

Oven- frying allows you to achieve the crispy texture we love without deep-frying. By baking the cutlets at a high temperature, you get a crunchy coating that's healthier and less messy than pan- frying. Plus it's easier to cook a large batch of cutlets in the oven, making this the perfect method to feed a crowd or meal prep.

I always make more than I need for one meal these chicken cutlets can be kept in the fridge for 3 days after baking or make them up to frying point and refrigerate for one day. I recommend refrigerating the cutlets before frying this helps the breadcrumb coating adhere to the chicken. These cutlets

are freezer friendly, after breading and before frying or after frying. Spread the cutlets on a cookie sheet covered in the freezer. After frozen they can be stored in zip lock bags until ready to serve.

As always if you make these oven-fried lemon chicken cutlets please leave me a comment on your experience with this recipe. I love hearing from you, and it helps others. THANKS!!!

Ingredients

- 3 skinless boneless chicken breast (2 lbs.)
- 2 eggs slightly beaten
- 2 cups breadcrumbs
- 1 cup grated parmesan
- 2 Tbsp. finely chopped Italian parsley
- 1 Tbsp. each onion, garlic and paprika powder
- 1/2 cup extra virgin olive oil
- 2 lemons sliced
- 1 cup white wine
- 1 cup chicken stock
- salt and pepper to taste

Instructions

1. Preheat your oven to 400-degrees
2. Start by slicing the chicken breast into as thin as possible slices. Then cover with plastic wrap and pound thin with a meat mallet, salt and pepper to taste.
3. Mix the breadcrumbs, parmesan, Italian parsley , onion, garlic, and paprika powder together until well combined. In a separate bowl beat the two eggs slightly.
4. Dip the chicken first in the egg then in the breadcrumb mixture. Use your hands to coat the chicken well.
5. Add the extra virgin olive oil to a 12 x 9 sheet pan place in the preheated oven until smoking hot. about 5 to 10 minutes . remove from the oven.

6. Place the chicken on the sheet pan return to the hot oven and bake until golden brown about 10 minutes. Turn over and cook the other side until golden.
7. Remove the chicken from the pan tent with alumni foil set aside while making the sauce. Add one thinly sliced lemon the white wine and chicken broth, return to the hot oven and cook the sauce for 10 minutes, or until emulsified.
8. Pour the sauce over the chicken serve with the remaining lemon slices. ENJOY!!!