

Treasure Barrel

Copycat Longhorn Parmesan Crusted Chicken

15 min Prep time	**18 min** Cook time	**33 min** Total time
4 Servings	**Easy** Difficulty	**American** Cuisine

Ingredients

Main Ingredients

- [ ] 2 lbs boneless, skinless chicken breasts (about 8 pieces)
- [ ] 1 cup all-purpose flour
- [ ] 1 tsp garlic powder
- [ ] 1 tsp onion powder
- [ ] 1 tsp dried oregano
- [ ] 1 tsp baking powder
- [ ] 1 tsp salt
- [ ] 1 tsp black pepper
- [ ] 1 cup freshly grated Parmesan cheese
- [ ] 2 large eggs
- [ ] 1 tbsp water
- [ ] 2 Tbsp olive oil

Garnish

- [ ] Fresh parsley, chopped (for garnish)

Optional

- [ ] Parchment paper (optional for baking sheet)

Instructions

1. Start by preheating your oven to 400°F (200°C). Now, take those 2 lbs boneless, skinless chicken breasts and pat them dry with paper towels—it really helps the crust stick. I usually place them between two sheets of plastic wrap or parchment paper and use a meat mallet or rolling pin to pound each breast to an even thickness of about ½ inch. Honestly, it just ensures they cook evenly so you don't end up with dry edges.

2. In a large bowl, whisk together the 1 cup all-purpose flour, 1 tsp garlic powder, 1 tsp onion powder, 1 tsp dried oregano, 1 tsp baking powder, 1 tsp salt, 1 tsp black pepper, and 1 cup freshly grated Parmesan cheese. Just stir it all until it's well combined; it smells so wonderful at this stage.

3. Grab a shallow dish and beat the 2 large eggs with 1 tbsp water. Keep going until it's nice and frothy.

4. Now for the fun part. Coat each chicken breast first in the flour-cheese mixture, shaking off any excess. Dip the coated chicken into the egg mixture, then coat it again in the flour-cheese mixture. I like to press the crumbs firmly onto the surface so they stay put. Set them aside on a plate for a moment.

5. Heat the 2 Tbsp olive oil in a cast-iron skillet over medium-high heat. You're looking for it to be shimmering, but not smoking—don't let it get too hot, or it'll burn. Add the coated chicken in a single layer. So, just a tip: don't overcrowd the pan or they won't brown properly.

6. Sear the chicken for 3–4 minutes on one side until a beautiful golden brown crust forms. Flip them carefully with tongs and sear the other side for another 3–4 minutes.

7. Transfer the seared chicken to a parchment-lined baking sheet. If you're feeling fancy, you can lightly drizzle a little more olive oil over the tops for extra crispness.

8. Bake in the preheated oven for 12–15 minutes. Use a digital meat thermometer to check that the internal temperature reaches 165°F (74°C) and the crust is still golden. Now, look, if you prefer a slightly chewier center, you can pull them out at 160°F and let them rest.

9. Let the chicken rest for 5 minutes after baking. It's hard to wait, I know, but this helps the juices redistribute so the meat stays moist.

10. Serve them hot, garnished with that chopped fresh parsley. I usually pair this with a simple salad or roasted vegetables for a balanced meal.

Nutrition per serving

350 kcal	30 g	5 g	20 g
Calories	Protein	Carbs	Fat

Tips & notes

- Pounding the chicken to 1/2 inch is key for even cooking.
- Using a cast-iron skillet helps achieve that signature golden crust.
- Resting the meat for 5 minutes is essential for moisture.