

Chicken Parmigiana (Australian “Parma”)

Main dish • Serves 4 • ~45 minutes • Sweden-friendly



Photo: courtesy of Lambros — served with salad and bulgur

Ingredients

- 4 chicken breasts (or 6–8 chicken thigh fillets)
- Salt + black pepper
- Plain flour (about 80 g)
- 2 eggs, beaten
- 150–200 g breadcrumbs or panko
- 1 tsp dried oregano (optional)
- Neutral oil for frying (rapeseed)
- **Tomato sauce:** 1 tbsp olive oil, 2 garlic cloves (minced), 1 tbsp tomato purée, 1 × 400 g crushed tomatoes, 1 tsp sugar, 1 tsp dried oregano/basil, salt & pepper
- **Topping:** 150–200 g grated mozzarella (or pizza cheese) + 50 g grated parmesan (optional)
- Optional (pub-style): 4 slices ham

Steps

- 1 **Make sauce:** Sauté garlic in olive oil 30 sec. Stir in tomato purée 30 sec. Add crushed tomatoes, sugar and herbs. Simmer 10–12 min; season.
- 2 **Prep chicken:** Slice breasts horizontally to make thinner cutlets, or pound to ~1 cm thickness. Season.
- 3 **Crumb:** Set up 3 plates: flour → egg → breadcrumbs (mix breadcrumbs with oregano if using). Coat chicken in that order.
- 4 **Fry:** Heat a thin layer of oil in a pan over medium-high. Fry 3–4 min per side until golden and cooked through (work in batches).
- 5 **Top & grill:** Place schnitzels on a tray. Spoon sauce on each, add ham if using, then lots of mozzarella (+ parmesan). Grill/broil 2–4 min until bubbly and browned.
- 6 **Serve:** Rest 2 min, then serve hot.

Serve (Aussie pub style)

- With oven chips (fries) and a simple salad (lettuce + cucumber + tomato)
- Optional: a spoon of mayo or aioli on the side
- Your variation: bulgur works great as an easy weekday side.

Notes & swaps

For an easier weeknight version, bake the crumbed chicken at 220°C for ~18–22 minutes (flip once), then add sauce/cheese and grill to finish. Panko gives the crunchiest 'pub' crust.