

Parmesan Chicken Strips

Prep Time	Cook Time	Total Time
10 mins	30 mins	40 mins

These Parmesan Chicken Strips with Ranch Dressing are extra crispy and super delicious. Say goodbye to restaurant chicken strips and make these at home. They're insanely delicious and they'll disappear from the table in no time!

Course: Appetizer, Main Course

Cuisine: American

Servings: 4

Calories: 575 kcal

Author: Joanna Cismaru

Ingredients

- 1 cup [Parmesan cheese](#) grated
- 1 cup breadcrumbs (I used Panko)
- 1/4 cup parsley chopped
- 2 lb chicken breasts boneless and skinless, cut into long strips
- 3 eggs
- 1 cup all-purpose flour
- 1/2 tsp [cayenne pepper](#)
- salt and pepper to taste
- vegetable oil for frying
- 1/2 cup ranch dressing

Instructions

1. In a bowl combine the Parmesan cheese, breadcrumbs and parsley.
2. In another bowl combine the flour, cayenne pepper, salt and pepper.
3. Whisk the eggs in a third bowl.
4. Add vegetable oil to a large skillet, enough so that it's about 1/2 inch deep and heat it.
5. While the oil is heating up, take chicken pieces and dip them first in egg, then flour mixture, through the egg again and then in the Parmesan mixture.
6. Fry the chicken on both sides until golden brown and chicken is cooked inside, should take about 2 to 3 min per side.
7. Repeat with remaining chicken. If oil gets too dirty between batches, clean out the skillet and start with fresh oil. Place fried chicken strips on paper towels to soak up some of the oil.
8. Serve warm with ranch dressing.

Recipe Notes

To bake these, preheat the oven to 400 F degrees. Line a baking sheet with parchment paper. Place the coated chicken pieces on the prepared baking sheet and bake for about 30 minutes until the chicken starts to brown and the chicken is cooked through.

Please keep in mind that nutritional information is a rough estimate and can vary greatly based on products used.



