

Crispy Garlic Parmesan Chicken Fingers

SEO Title: Crispy Garlic Parmesan Chicken Fingers (Restaurant Style at Home)

Keyphrase: garlic parmesan chicken fingers

Prep Time	Cook Time	Total Time
20 Minutes	15 Minutes	35 Minutes

Ingredients

- 2 lb chicken breast, cut into strips
- Salt to taste
- 1 tbsp garlic powder
- 1 tsp black pepper
- 2 cups all-purpose flour
- 3 eggs, beaten
- 2 cups panko breadcrumbs
- Oil for frying
- ½ cup butter
- 4–5 cloves garlic, minced
- 1 cup freshly grated Parmesan cheese
- 2 tbsp chopped parsley

Instructions

1. Season chicken strips with salt, garlic powder, and black pepper.
2. Prepare three bowls: flour, beaten eggs, and breadcrumbs.
3. Coat chicken in flour, dip in egg, then coat with breadcrumbs.
4. Heat oil and fry chicken until golden and crispy (5–6 minutes).
5. In a pan, melt butter and sauté garlic until fragrant.
6. Toss fried chicken with garlic butter, Parmesan, and parsley.
7. Serve hot with your favorite dipping sauce.

Nutrition (Approx. per serving)

- Calories: 420 kcal
- Protein: 32 g
- Carbohydrates: 28 g
- Fat: 22 g
- Fiber: 2 g
- Sodium: 680 mg