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PARMESAN CRUSTED CHICKEN BREASTS

In this recipe, the chicken breasts are brushed with a smear of mustard combined with a little olive oil and seasoning before being topped with grated Parmesan cheese. The flavors from the mustard and the cheese transforms plain chicken into something quite delicious. Best of all when cooked in Convection the chicken remains very juicy, and seasonal vegetables can be cooked with the chicken for an easy oven meal.

Even though the approximate cooking time for this meal is 25 - 30 minutes, I used the Speed cooking option in my Convection microwave to reduce the cooking time to 18 minutes. When you combine Convection with low Microwave power you still get all the benefits of Convection cooking while the microwave speeds up the process.

I was able to use a glass tray that came with my oven to cook this meal, however, if your oven doesn't have an included pan be sure to use an oven-safe pan that is not metal if you plan to use the combination Convection Microwave mode for cooking.

This meal can also be cooked in a standard Convection oven using the Convection Bake or Convection Roast mode.

Ingredients

2 skinless boneless chicken breasts 6 - 8oz each
1 tbsp smooth Dijon mustard
1 tsp olive oil
½ tsp dried oregano
Kosher salt and freshly ground pepper
½ cup grated Parmesan cheese

Preparation

Heat the Convection Microwave oven in the Convection mode 375°F while you prepare the chicken.

Place the chicken on the oven pan and pat dry with paper towels. Combine the mustard olive oil and oregano and smear evenly over the chicken. Season with salt and pepper and press the Parmesan cheese evenly over each breast.

Seasonal vegetables can be tossed with olive oil and added to the pan to cook together with the chicken.

Place the prepared pan in the oven on the second rack position from the top, select the option to add Microwave power, and set the Microwave wattage to 180 watts, set the timer for 15 minutes. When the timer has elapsed change the mode to Convection Broil and increase the oven temperature to 425 degrees and cook for 3 - 4 minutes until the crust is crisp and golden.



If your oven has the option to set a Sequential operation you can program the cooking steps so that the changes in mode and temperature will be automatic.

Serves 2

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