

Air Fryer Chicken Parmesan

Description

A delightful twist on the classic Italian Chicken Parmesan, made healthier using an air fryer for a crispy texture without the guilt of deep frying.

Ingredients

2 Chicken Breasts: 2 large, boneless and skinless
1 cup Breadcrumbs: 1 cup, preferably Italian seasoned
1/2 cup Parmesan Cheese: 1/2 cup, grated
1 cup Marinara Sauce: 1 cup
1 cup Mozzarella Cheese: 1 cup, shredded
2 tablespoons Olive Oil: 2 tablespoons
1 teaspoon Italian Seasoning: 1 teaspoon
Salt and Pepper: to taste

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Instructions

1. Preheat the air fryer to 380°F (193°C).
2. Pound the chicken breasts to an even thickness of about 1/2 inch.
3. Prepare the breading station by mixing breadcrumbs, Parmesan cheese, Italian seasoning, salt, and pepper in one dish, and drizzle olive oil over the chicken in another dish.
4. Coat each chicken breast in the breadcrumb mixture, pressing gently to adhere.
5. Place the breaded chicken in the air fryer basket in a single layer and cook for 10-12 minutes, flipping halfway through.
6. Remove the chicken and spoon marinara sauce over each piece, then sprinkle with mozzarella cheese.
7. Return the chicken to the air fryer and cook for an additional 3-5 minutes until the cheese is melted and bubbly.
8. Let the chicken rest for a couple of minutes before serving.

Notes

- Season generously with salt and pepper for enhanced flavor.
- Use fresh breadcrumbs for better texture and flavor.
- Let the chicken rest after cooking for juicier results.
- Experiment with different cheeses for unique flavors.
- Check for doneness with a meat thermometer, aiming for 165°F (74°C).
- Consider meal prepping extra chicken for quick meals throughout the week.

Nutrition

- **Serving Size:** 1 piece
- **Calories:** 450
- **Sugar:** 6g
- **Sodium:** 800mg
- **Fat:** 20g
- **Saturated Fat:** 8g
- **Unsaturated Fat:** 10g
- **Trans Fat:** 0g
- **Carbohydrates:** 30g
- **Fiber:** 2g
- **Protein:** 40g
- **Cholesterol:** 100mg

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Author

rauf

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