



Air Fryer Chicken Patties: Crispy, Juicy, and Packed with Flavor

Description

If you're searching for a quick, healthy, and delicious meal idea, look no further than **Air Fryer Chicken Patties**. These homemade patties are packed with lean protein, flavorful spices, and come together with simple pantry staples. What makes them truly special is the air fryer—this magic kitchen appliance gives them a crispy golden crust without the need for deep frying or excess oil.

Whether you're prepping lunches for the week, looking for a new family dinner recipe, or craving a protein-rich snack, these chicken patties are versatile enough to meet all your needs. Let's dive into everything you need to know to make the perfect Air Fryer Chicken Patties.

Why You'll Love These Chicken Patties

There are many reasons to fall in love with this recipe:

- **Quick Cooking Time:** Ready in under 30 minutes.
- **Healthier Alternative:** No deep frying needed—just a light spritz of oil.
- **Customizable:** Easily swap spices, add vegetables, or adjust to taste.
- **Meal-Prep Friendly:** Make a batch ahead of time and store them in the fridge or freezer.

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Ingredients Breakdown

Let's take a closer look at each ingredient and its role in the recipe:

- **1 lb ground chicken:** Lean and full of protein, ground chicken serves as the base for our patties. Choose 93% lean if you want a bit more moisture, or 99% lean for a lower-fat option.
- **½ cup panko breadcrumbs:** Panko gives the patties structure and a slightly crunchy texture.
- **2 tablespoons full-fat mayonnaise:** Adds richness and helps keep the patties moist.
- **1½ tablespoon garlic paste:** Infuses deep, savory flavor. You can substitute with minced fresh garlic or garlic powder.

- **½ tablespoon onion powder:** Enhances the overall flavor with a hint of sweetness.
- **1 teaspoon smoked paprika:** Brings warmth and a subtle smoky taste.
- **½ teaspoon red pepper flakes:** Optional, but great for a slight kick.
- **2 tablespoons fresh parsley (chopped):** Adds color and freshness.
- **Salt and pepper to taste:** Essential for balancing flavors.
- **Olive oil or cooking spray:** For greasing the air fryer basket and helping crisp the patties.

Step-by-Step Instructions

1. Prepare the Mixture

In a large mixing bowl, combine all ingredients: ground chicken, panko breadcrumbs, mayo, garlic paste, onion powder, paprika, red pepper flakes, parsley, salt, and pepper.

Use your hands to gently mix the ingredients until just combined. Be careful not to overmix, as this can make the patties tough.

2. Shape the Patties

Divide the mixture into 6 to 8 equal portions depending on your preferred patty size. Form each into a flat round shape, about 1 cm thick. Use your thumb to press a shallow dent into the center of each patty—this helps them cook evenly and prevents puffing in the air fryer.

3. Preheat and Prep the Air Fryer

Preheat your air fryer to **390°F (185°C)** for about 3-5 minutes. Lightly grease the air fryer basket with olive oil or cooking spray to prevent sticking.

4. Air Fry the Patties

Place the patties in the basket in a single layer with the dent side facing up. Cook for **8 to 12 minutes**, flipping halfway through. Cook until golden brown and the internal temperature reaches **165°F (74°C)**. Cooking times may vary depending on your air fryer model and the size of your patties.

5. Rest and Serve

Remove the patties and let them rest for 2 minutes. This short resting period allows the juices to redistribute, ensuring each bite is moist and flavorful.

Tips for Success

- **Use cold chicken mixture:** This helps the patties hold their shape better when cooking.
- **Don't overcrowd the basket:** Cook in batches if needed so each patty crisps up evenly.
- **Adjust seasoning to taste:** Feel free to add herbs like thyme or cilantro, or swap paprika for cumin or chili powder for a different flavor profile.

- **Check internal temp:** Always use a meat thermometer to ensure doneness (165°F is the safe internal temperature for poultry).

Serving Ideas

These Air Fryer Chicken Patties are incredibly versatile and can be served in various ways:

As a Burger

Serve in a toasted bun with lettuce, tomato, pickles, and your favorite sauce like sriracha mayo, honey mustard, or garlic aioli.

With a Salad

Top a bed of greens with sliced patties, cucumbers, cherry tomatoes, and a light vinaigrette for a low-carb, high-protein meal.

As a Main Dish

Serve with mashed potatoes, roasted veggies, or even rice and gravy for a classic comfort-food plate.

In a Wrap or Pita

Add sliced patties to a wrap with tzatziki, cucumbers, and shredded lettuce for a Mediterranean twist.

Storing and Reheating

- **Refrigerator:** Store leftovers in an airtight container for up to 4 days.
- **Freezer:** Let patties cool completely, then freeze in a single layer before transferring to a freezer-safe bag. They'll keep well for up to 2 months.
- **To Reheat:**
 - In the **air fryer:** 350°F for 4-6 minutes.
 - In the **microwave:** 1-2 minutes, flipping halfway.
 - On the **stovetop:** Lightly pan-sear for a crispy finish.

Variations and Add-Ins

Want to change it up? Try these fun and flavorful variations:

- **Cheesy Chicken Patties:** Add ¼ cup shredded mozzarella or cheddar to the mix.
- **Zesty Lemon Herb:** Add 1 teaspoon lemon zest and swap parsley for fresh dill.
- **Spicy Jalapeño:** Dice a fresh jalapeño and mix it in for a bold kick.
- **Asian-Inspired:** Add a dash of soy sauce, ginger, and green onions to the mix.

Nutritional Overview (Per Patty - Approximation)

- **Calories:** 160-200
- **Protein:** 18-22g
- **Carbs:** 3-5g
- **Fat:** 8-12g

(Exact values will depend on patty size and exact ingredients used.)

Why Use the Air Fryer?

The air fryer offers several advantages over traditional cooking methods:

- **Less Oil:** Enjoy crispy, golden patties without deep frying.
- **Faster Cooking:** Cuts down time compared to baking or pan-frying.
- **Consistent Results:** Even cooking and browning every time.
- **Easy Cleanup:** Minimal mess compared to oil splatter from a stovetop.

Final Thoughts

Air Fryer Chicken Patties are the ultimate easy, tasty, and healthy go-to recipe for any day of the week. Whether you're meal-prepping, feeding the family, or just want something satisfying without turning on the oven, this recipe delivers every time.

What makes these patties shine is the balance of flavors—the smoky paprika, the aromatic garlic and onion, the freshness of parsley, and the juicy texture from the mayo and lean ground chicken. With just a few steps and ingredients, you can enjoy restaurant-quality patties right from your kitchen.

So, grab your air fryer and give this recipe a try—you'll be hooked from the first bite!

Category

1. Air Fryer Recipes

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