Air Fryer Chicken Parmesan

Air-fried breaded cutlets with marinara and mozzarella

Prep 15 min | Cook 28 min | Total 43 min | Serves 4 | Easy

INGREDIENTS

- 1 1/2 lb (680 g) boneless skinless chicken breast, sliced into 4 cutlets
- 1/2 tsp (3 g) fine salt
- 1/4 tsp (0.5 g) black pepper
- 1 large egg (50 g), beaten
- 3/4 cup (45 g) panko breadcrumbs
- 1/3 cup (30 g) vegetarian Parmesan-style hard cheese, finely grated
- 1 tsp (3 g) garlic powder
- 1 tbsp (15 ml) olive oil
- 3/4 cup (180 ml) thick marinara sauce
- 3/4 cup (85 g) shredded mozzarella made with microbial or vegetarian rennet



Cook chicken to 165°F (74°C).

Check the thickest center with a food thermometer.

METHOD

1. Flatten cutlets to an even 1/2 inch (1.3 cm). Season with salt and pepper. Preheat the air fryer to 375°F (190°C), following its instructions.

2. Mix panko, grated hard cheese and garlic powder. Dip cutlets into egg, allow excess to drip off and press both sides into the crumbs. Discard any leftover egg and coating that touched raw chicken.

3. Brush the basket lightly with part of the oil. Arrange cutlets in one layer with gaps and brush remaining oil over their tops. Cook in 2 batches if necessary, allowing about 28 minutes total for two batches including the cheese finish.

4. Air-fry each batch for about 8 to 12 minutes, turning halfway. Check the thickest part of every cutlet reaches 165°F (74°C), extending time as needed.

5. Spread the marinara over the centers, divide mozzarella on top and air-fry another 1 to 2 minutes until melted. Remove carefully and serve immediately.

TIP

Keep the hot-air path open around each cutlet and use a thermometer from the side of thin pieces.

STORE & REHEAT

Refrigerate in shallow containers within 2 hours (1 hour above 90°F / 32°C). Keep at 40°F (4°C) or below for 3 to 4 days. Reheat at 350°F (175°C) until chicken reaches 165°F (74°C). Freeze airtight up to 3 months for best quality; thaw in the refrigerator.