# Parmesan Crusted Chicken Air Fryer

Crisp Parmesan chicken with lemon wedges

**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
- 1/2 cup (45 g) vegetarian Parmesan-style hard cheese, finely grated
- 1 tsp (3 g) garlic powder
- 1 tsp (1 g) dried oregano
- 1 tbsp (15 ml) olive oil
- 1 lemon (120 g), cut into wedges



**Cook chicken to 165°F (74°C).**

Check the thickest center with a thermometer.

## METHOD

1. Preheat the air fryer to 375°F (190°C) according to its manual. Flatten cutlets to 1/2 inch (1.3 cm) and season with salt and pepper.

2. Mix panko, grated cheese, garlic powder and oregano. Dip chicken in egg and press into the crumbs. Discard contaminated leftovers.

3. Brush the basket with a little measured oil. Arrange chicken in one layer with gaps; work in two batches if necessary. Brush remaining oil over the coating.

4. Air-fry each batch for 10 to 14 minutes, turning carefully halfway, until the thickest part of every cutlet reaches 165°F (74°C). Check earlier for very thin portions.

5. Serve promptly with lemon wedges. Keep cooked cutlets on a rack rather than stacking them while the next batch cooks.

### TIP

A little oil helps crumbs brown evenly in circulating air.

### STORE & REHEAT

Refrigerate in shallow covered containers within 2 hours, or 1 hour when above 90°F (32°C). Keep at 40°F (4°C) or colder and use within 3 to 4 days. Reheat in an oven at 350°F (175°C) until the thickest chicken reaches 165°F (74°C). Loosely cover toppings if they brown too quickly. Check multiple portions rather than relying on time alone. Freeze promptly cooled portions airtight at 0°F (-18°C) for up to 3 months for best quality. Thaw in the refrigerator; coatings may soften.