- Prep Time: 10 minutes
- Cook Time: 12–15 minutes
- Total Time: 25 minutes
- Servings: 2 large chicken breasts
- Intensity Level: Low (Easy)
- Equipment: Air Fryer, Meat Mallet, Three Shallow Bowls, Tongs

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Ingredients

For the Chicken:

- 2 large boneless, skinless chicken breasts (approx. 8 oz each)
- 1/2 cup mayonnaise (Full-fat is recommended for best results, though light mayo works)
- 1 tablespoon Dijon mustard (Optional, for tang)
- 1 cup Panko breadcrumbs (Japanese-style breadcrumbs are key for maximum crunch)
- 1/2 teaspoon garlic powder
- 1/2 teaspoon onion powder
- 1/2 teaspoon smoked paprika (adds a beautiful color and depth)
- 1/4 teaspoon salt
- 1/4 teaspoon black pepper
- Olive oil spray (or avocado oil spray)

Optional Garnish:

- Fresh parsley, chopped
- Lemon wedges

Step-by-Step Instructions

Phase 1: Preparation (Intensity: Low)

1. Prepare the Chicken:
Start by patting your chicken breasts dry with a paper towel. Moisture is the enemy of a crispy crust; if the chicken is wet, the breading will steam rather than fry, resulting in a soggy texture.

Place the chicken breasts between two sheets of plastic wrap or parchment paper. Using a meat mallet or the bottom of a heavy skillet, gently pound the chicken to an even thickness of about 3/4 inch. This ensures even cooking—preventing the thin ends from drying out before the thick center is cooked through.

2. Set Up Your Breading Station:
Get three shallow bowls or plates ready.

- Bowl 1: Mix the mayonnaise and Dijon mustard (if using) until smooth.
- Bowl 2: Mix the Panko breadcrumbs, garlic powder, onion powder, smoked paprika, salt, and pepper.

- Bowl 3: Leave empty (this is for the finished breaded chicken).

Phase 2: The Breading Process (Intensity: Low)

3. The Mayo Coating:
Using a brush or your hands (gloves are handy here), coat each chicken breast generously with the mayo mixture. Ensure the entire surface is covered. The mayo acts as the glue and the fat source for crisping.

4. The Panko Press:
Transfer the coated chicken into the Panko mixture. Here is the critical technique: Press the breadcrumbs firmly onto the chicken. Don’t just sprinkle them. Use your hands to press the crumbs into the surface and edges. Turn the chicken over and repeat. You want a thick, complete layer of crumbs. If you see any bare spots, pat more crumbs on.

5. Rest the Breading:
Place the breaded chicken on a plate and let it rest for 5-10 minutes while you preheat the air fryer. This short rest helps the mayo set slightly, ensuring the breading stays locked on during the air frying process.

Phase 3: The Air Frying (Intensity: Medium)

6. Preheat:
Preheat your air fryer to 400°F (200°C) for 3-5 minutes. Preheating is crucial for that immediate “sear” on the crust.

7. Arrange:
Lightly spray the air fryer basket with oil. Place the chicken breasts in a single layer. Do not overcrowd. If your air fryer is small, cook the chicken in batches. Overcrowding blocks airflow, which results in soggy breading.

8. Spray the Top:

Lightly spray the top of the breaded chicken with oil. This helps the Panko brown nicely. Be careful not to use too much, or it will burn the crumbs.

9. Cook – First Round:
Cook at 400°F (200°C) for 8 minutes.
Intensity Note: This is the high-heat phase. The air fryer is blasting hot air to set the crust.

10. Flip:
Open the basket and flip the chicken breasts using tongs. Be gentle. Spray the new top side lightly with oil.

11. Cook – Second Round:
Return the basket to the air fryer and cook for another 4–6 minutes at 400°F (200°C) . The total cook time is 12-15 minutes, depending on the thickness of your chicken.

Phase 4: The Check & Rest (Intensity: Low)

12. The Safety Check:
The chicken is done when the internal temperature reaches 165°F (74°C) . You cannot eyeball chicken safety; use a meat thermometer. The juices should run clear, and the crust should be a deep golden brown.

13. Rest:
Transfer the chicken to a cutting board or plate and let it rest for 2-3 minutes. This allows the juices to redistribute. If you cut into it immediately, you will lose the moisture to the cutting board.

The Last of the Recipe: Serving & Storage

Serving Suggestions

This chicken is versatile. Serve it as a main protein with a side of roasted asparagus, mashed cauliflower, or a fresh green salad. It also makes a fantastic sandwich—place it on a brioche bun with lettuce, tomato, and a spicy aioli. For a low-carb option, slice it over a bed of mixed greens with a vinaigrette.

Storing & Reheating

If you have leftovers (unlikely, but possible!), store them in an airtight container in the refrigerator for up to 3 days.

How to Reheat: Do not microwave this chicken. The microwave will steam the crust, turning it rubbery. To restore the crunch, place the chicken back in the air fryer at 350°F (175°C) for 2-3 minutes until hot.

Nutrition Information

Note: The following nutritional information is an estimate based on the ingredients used in this specific recipe. Calculations may vary based on specific brands (e.g., mayo fat content) and exact portion sizes.

Serving Size: 1 Large Chicken Breast
Yield: 2 Servings

Nutrient	Amount per Serving
Calories	420 kcal
Total Fat	18g
Saturated Fat	3g
Trans Fat	0g
Cholesterol	125mg

Nutrient	Amount per Serving
Sodium	520mg
Total Carbohydrates	14g
Dietary Fiber	1g
Total Sugars	1g
Protein	45g