

- Prep Time: 20 Minutes
 - Cook Time: 20–25 Minutes
 - Total Time: 45 Minutes
 - Yield: Serves 4 (Approx. 1.5 lbs of chicken)
 - Intensity Level: Medium (Requires attention to breading and flipping)
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□ Ingredients

The Chicken

- 1.5 lbs (680g) Chicken: You can use bone-in, skin-on thighs and drumsticks, or boneless, skinless breasts/tenders. *Note: Cooking times vary based on thickness; see the “Time & Intensity” section below.*
- 1 tbsp Olive Oil or Avocado Oil Spray: (Essential for browning)

The Dry Brine (Optional but Recommended)

- 1 tsp Kosher Salt
- 1/2 tsp Black Pepper

The Breading Station

- 1/2 cup All-Purpose Flour
- 1 tsp Smoked Paprika
- 1 tsp Garlic Powder
- 1 tsp Onion Powder

- 1/2 tsp Dried Oregano
- 1/2 tsp Cayenne Pepper (Adjust to taste)
- 1/2 tsp Kosher Salt
- 1/4 tsp Black Pepper

The Wet Dip

- 2 Large Eggs
- 1 tbsp Hot Sauce (e.g., Frank's RedHot)
- 1 tbsp Milk or Buttermilk

The Crunch Coating

- 1 cup Panko Breadcrumbs: *Do not substitute with standard breadcrumbs.* Panko is the secret to the “shatter” texture.
- 1/4 cup Grated Parmesan Cheese (Optional, adds umami and helps browning)
- 1 tbsp Olive Oil (Mixed into the crumbs—this is the secret to avoiding dry flour spots).

□ Instructions: Time & Intensity

Here is the step-by-step process, detailing the *Intensity* (the heat/action) and *Time* for each stage.

Step 1: Preparation & Drying (Time: 5 Minutes | Intensity: Low)

1. Remove chicken from packaging and pat it completely dry with paper towels. Moisture is the enemy of crispy skin.
2. If using bone-in chicken, trim excess fat. If using breasts, pound them to an even thickness (about $\frac{3}{4}$ inch) so they cook evenly.
3. Season the chicken directly with salt and pepper.

Step 2: The Breading Station (Time: 10 Minutes | Intensity: Medium)

Set up three shallow bowls or plates.

- Bowl 1: Whisk together the flour, paprika, garlic powder, onion powder, oregano, cayenne, salt, and pepper.
- Bowl 2: Whisk the eggs, hot sauce, and milk until frothy.

- Bowl 3: Mix the Panko breadcrumbs, Parmesan cheese, and 1 tbsp of olive oil. *Intensity*
Note: Rubbing the oil into the crumbs with your fingers creates a “sand” texture that fries up golden in the air fryer.

The Dredge:

1. Coat chicken in the flour mixture (shake off excess).
2. Dip into the egg mixture (allow excess to drip off).
3. Press firmly into the Panko mixture. Intensity: High – Really press the crumbs into the meat so they adhere.
4. Rest: Place breaded chicken on a wire rack and let it rest for 5–10 minutes. This allows the coating to hydrate and stick, preventing it from blowing off in the air fryer.

Step 3: The Air Fry (Time: 15-25 Minutes | Intensity: High)

1. Preheat: Preheat your air fryer to 400°F (200°C) for 3 minutes. *Intensity: High. A hot basket is crucial for immediate crisping.*
2. Oil: Lightly spray the air fryer basket with oil. Place the chicken in a single layer. Do not overcrowd. Spray the top of the chicken generously with oil spray.
3. Cook Times (Based on Cut):

- Boneless Tenders/Breasts: 400°F for 12–15 minutes.

- Bone-in Thighs/Drumsticks: 380°F for 22–25 minutes.

4. The Flip: At the halfway mark (approx. 7 minutes for tenders, 12 minutes for bone-in), flip the chicken. Spray the new top side with oil.

5. Intensity Check: If the crust is browning too fast, lower the temp to 375°F. If it looks pale, increase to 400°F.

Step 4: The Rest (Time: 5 Minutes | Intensity: None)

1. Once the internal temperature reaches 165°F (74°C) , remove the chicken.
2. Crucial Step: Let it rest on a wire rack (not a plate) for 5 minutes. This prevents the bottom from steaming and getting soggy.

☐ Nutrition Facts

Disclaimer: Nutritional information is calculated using 1.5 lbs of boneless, skinless chicken breast and the full breading recipe. Values are estimates and will vary based on specific brands used.

- Servings: 4

- Calories: 380 kcal
- Total Fat: 10g
- Saturated Fat: 2.5g
- Cholesterol: 160mg
- Sodium: 680mg
- Total Carbohydrates: 28g
- Dietary Fiber: 2g
- Sugars: 2g
- Protein: 42g