Prep Time	15 minutes
Cook Time	12–14 minutes
Total Time	27–29 minutes
Servings	4 (about 16–18 strips)
Skill Level	Easy
Equipment	Air fryer (4-quart or larger), 3 shallow bowls, wire rack, meat thermometer

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Ingredients

For the Chicken

- 1½ lbs (680 g) boneless, skinless chicken breasts (about 3 medium breasts), cut into 1-inch-wide strips
- 1 tsp kosher salt
- ½ tsp black pepper
- ½ tsp garlic powder
- ¼ tsp smoked paprika

For the Breading Station

- Bowl 1 (Flour): ½ cup (60 g) white rice flour (or gluten-free all-purpose flour blend)
- Bowl 2 (Egg Wash): 2 large eggs + 1 tbsp milk (or water), beaten until smooth
- Bowl 3 (Crumb Coating): 1 cup (100 g) gluten-free panko breadcrumbs + ½ cup (60 g) grated Parmesan + 1 tsp garlic powder + ½ tsp onion powder + ½ tsp paprika + ½ tsp kosher salt

For the Air Fryer

- 2 tbsp avocado oil or olive oil, for spraying/drizzling
- Cooking spray (gluten-free certified)

Optional Serving Suggestions

- Gluten-free dipping sauces: honey mustard, ranch, buffalo, marinara
- Lemon wedges, chopped parsley

Instructions

Step 1: Prep the Chicken (5 minutes | Intensity: Light)

Pat the chicken strips completely dry with paper towels—this is essential for a coating that sticks and crisps. In a bowl, toss the strips with salt, pepper, garlic powder, and smoked paprika. Let them sit for 5 minutes while you set up the breading station. Intensity: Light.

Step 2: Set Up the Breading Station (5 minutes | Intensity: Light)

Arrange three shallow bowls in a row. In Bowl 1, whisk the rice flour. In Bowl 2, beat the eggs with milk until smooth. In Bowl 3, combine gluten-free panko, Parmesan, garlic powder, onion

powder, paprika, and salt. Mix well. Intensity: Light.

Step 3: Bread the Strips (8 minutes | Intensity: Moderate)

Working one strip at a time, dredge in rice flour (shake off excess), dip in egg wash (let excess drip off), then press firmly into the panko mixture, coating all sides. Place breaded strips on a wire rack and let rest 5 minutes so the coating adheres. Intensity: Moderate (repetitive handwork).

Step 4: Preheat the Air Fryer (3 minutes | Intensity: Light)

Preheat to 400°F (200°C) for 3 minutes. Lightly spray the basket with cooking spray. Intensity: Light.

Step 5: First Air Fry (6 minutes | Intensity: Light)

Place half the strips in a single layer, leaving space between them—do not overcrowd. Spray generously with oil. Air fry at 400°F (200°C) for 6 minutes. Intensity: Light.

Step 6: Flip and Finish (5–6 minutes | Intensity: Light)

Flip the strips, spray again, and air fry at 400°F (200°C) for 5–6 minutes more, until golden brown and the internal temperature reaches 165°F (74°C) on a meat thermometer. Intensity: Light.

Step 7: Repeat and Rest (6 minutes | Intensity: Light)

Repeat with the remaining strips. Let all strips rest on a wire rack for 3 minutes before serving—this keeps the coating crisp. Intensity: Light.

Timing & Intensity Summary

Phase	Time	Air Fryer Temp	Intensity
Chicken prep & seasoning	5 min	—	Light
Breading station setup	5 min	—	Light
Breading the strips	8 min	—	Moderate
Preheating	3 min	400°F (200°C)	Light
First air fry (batch 1)	6 min	400°F (200°C)	Light
Flip & finish (batch 1)	5–6 min	400°F (200°C)	Light
Batch 2 (repeat)	11–12 min	400°F (200°C)	Light
Resting	3 min	—	Light

Total Active Time: ~18 minutes | Total Cook Time: ~12–14 minutes per batch

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Tips for Perfect Results

1. Dry chicken = crispy chicken. Moisture is the enemy of crunch.

2. Don’t skip the rest. Letting breaded strips sit 5 minutes helps the coating set.

3. Single layer only. Overcrowding steams the coating instead of crisping it.

4. Spray, don’t soak. A light, even coat of oil is all you need for browning.

5. Thermometer over timer. 165°F guarantees juicy, safe chicken.

6. Reheat at 350°F for 3–4 minutes—never microwave, or they’ll go soggy.

Nutrition Information (Per Serving)

Based on 4 servings (approximately 4 strips per serving). Values are estimates and will vary by brand and exact quantities.

Nutrient	Amount per Serving
Calories	~340 kcal
Total Fat	12 g
Saturated Fat	3 g
Trans Fat	0 g
Cholesterol	145 mg
Sodium	620 mg
Total Carbohydrates	18 g
Dietary Fiber	1 g
Total Sugars	1 g
Protein	38 g
Vitamin D	0.2 mcg
Calcium	95 mg
Iron	1.2 mg
Potassium	420 mg