

- Prep Time: 15 minutes
- Cook Time: 12 minutes
- Total Time: 27 minutes
- Cooking Method: Air Frying
- Air Fryer Intensity / Temperature: 400°F (200°C) – High Intensity
- Servings: 4 chicken breasts
- Difficulty Level: Easy

Table of Contents



- [Key Equipment Needed](#)
- [Ingredients Checklist](#)
 - [For the Chicken:](#)
 - [Dredging Station Setup:](#)
- [Step-by-Step Cooking Instructions](#)
 - [Step 1: Prep & Pound the Chicken](#)
 - [Step 2: Set Up the 3-Step Dredging Station](#)
 - [Step 3: Bread the Chicken](#)
 - [Step 4: Preheating & Loading the Air Fryer](#)
 - [Step 5: Air Frying Timeline & Intensities](#)

- [The Last of the Recipe: Resting & Serving](#)
- [Chef's Secrets for Perfect Success](#)
- [Nutritional Information](#)

Key Equipment Needed

1. Air Fryer: Basket-style or oven-style air fryer.
2. Standard Dredging Bowls: 3 shallow bowls or pie dishes.
3. Meat Mallet or Rolling Pin: For pounding chicken breasts to an even thickness.
4. Instant-Read Meat Thermometer: Critical for testing ideal internal doneness.
5. Olive Oil Spray / Cooking Spray: Non-aerosol oil spray (avocado or olive oil) to boost golden crispness without damaging the air fryer basket coating.

Ingredients Checklist

For the Chicken:

- Boneless, Skinless Chicken Breasts: 4 medium (about 1.5 to 1.75 lbs total).
- Salt & Black Pepper: 1/2 teaspoon each, to season the raw chicken.

Dredging Station Setup:

- Bowl 1 (Flour Layer):
 - 1/2 cup All-Purpose Flour (or almond flour for a low-carb variation)
 - 1/2 teaspoon Garlic Powder
- Bowl 2 (Egg Wash Layer):
 - 2 Large Eggs
 - 1 tablespoon Water or Milk
- Bowl 3 (Crispy Parmesan Coating):
 - 3/4 cup Panko Breadcrumbs (Japanese breadcrumbs provide maximum crunch)
 - 1/2 cup Parmesan Cheese (freshly grated fine or microplaned for maximum adhesion)
 - 1 teaspoon Italian Seasoning (dried oregano, basil, thyme)
 - 1/2 teaspoon Onion Powder

- 1/4 teaspoon Paprika (smoked or sweet)
- 1/4 teaspoon Freshly Cracked Black Pepper

Step-by-Step Cooking Instructions

Step 1: Prep & Pound the Chicken

1. Lay the chicken breasts between two sheets of plastic wrap or parchment paper.
2. Using a meat mallet, smooth side of a tenderizer, or heavy rolling pin, gently pound the thickest parts of the breasts until each piece is a uniform 1/2-inch thickness. *This step guarantees even cooking and prevents the edges from drying out before the center is cooked through.*
3. Pat the chicken breasts thoroughly dry with paper towels. Season both sides with 1/2 teaspoon salt and 1/2 teaspoon black pepper.

Step 2: Set Up the 3-Step Dredging Station

1. Bowl 1: Whisk together the flour and 1/2 teaspoon garlic powder in a shallow dish.
2. Bowl 2: Beat the eggs and 1 tablespoon water/milk until completely smooth.
3. Bowl 3: Combine the panko breadcrumbs, finely grated Parmesan cheese, Italian

seasoning, onion powder, paprika, and black pepper. Stir well to distribute the Parmesan evenly throughout the breadcrumbs.

Step 3: Bread the Chicken

1. Flour: Dredge one chicken breast in the flour, shaking off any excess.
2. Egg: Dip the chicken into the egg mixture, allowing the excess to drip off completely.
3. Parmesan Crust: Transfer to the Parmesan-panko mixture. Press firmly on both sides so the mixture adheres generously and creates a thick coat.
4. Place the breaded cutlet on a plate and repeat with the remaining chicken breasts.

Step 4: Preheating & Loading the Air Fryer

1. Preheat your air fryer to 400°F (200°C) for 3 to 5 minutes.
2. Lightly spray the air fryer basket with olive oil or avocado oil spray.
3. Place the chicken breasts in the air fryer basket in a single layer. *Be careful not to crowd the basket—leave at least 1/2 inch of space between pieces so heat can circulate evenly. Work in batches if your air fryer basket is smaller.*
4. Lightly spray the tops of the breaded chicken breasts with olive oil spray. This step

helps the panko brown evenly and gives the Parmesan a deep, savory crunch.

Step 5: Air Frying Timeline & Intensities

Cook Segment	Temperature / Heat Intensity	Duration	Action Required
Initial Sear	400°F (200°C) — High Intensity	6 minutes	Air fry undisturbed to set the bottom crust.
Flip & Crisp	400°F (200°C) — High Intensity	5-6 minutes	Flip chicken gently with tongs. Lightly spray top side with oil and cook until golden brown.

Pro Tip: Check the internal temperature at the 11-minute mark using a digital meat thermometer inserted into the thickest section. The chicken is fully cooked when it reaches 165°F (74°C).

The Last of the Recipe: Resting & Serving

Once the chicken reaches an internal temperature of 165°F (74°C) and the Parmesan crust turns a rich golden color:

1. Resting Period: Transfer the chicken from the air fryer basket onto a wire cooling rack. Allow it to rest undisturbed for 3 to 5 minutes. Resting allows the natural juices to redistribute throughout the meat rather than spilling onto the cutting board, ensuring every bite is moist.
2. Garnish: Sprinkle with freshly chopped parsley and a light dusting of extra Parmesan cheese.

3. **Serving Suggestions:** Serve immediately alongside fresh lemon wedges for a squeeze of bright acidity that balances the richness of the cheese. Pair with garlic roasted broccoli, fresh Caesar salad, or over a bed of buttery garlic pasta.

Chef's Secrets for Perfect Success

- **Freshly Grated Cheese is Best:** Pre-shredded or tubed Parmesan contains anti-caking agents that prevent smooth melting. Grating fresh block Parmesan ensures it melts seamlessly into the panko for a superior crust.
- **Oil Spray Selection:** Never use non-stick cooking sprays containing propellants (like Pam) directly on air fryer baskets, as they degrade the non-stick coating over time. Use an oil mister or pump sprayer filled with avocado or olive oil.
- **Low-Carb / Keto Option:** Swap the panko breadcrumbs and all-purpose flour for equal amounts of pork rind crumbs and almond flour.

Nutritional Information

(Estimated values calculated per serving / 1 breaded cutlet based on a 4-serving yield)

Nutritional Parameter	Amount Per Serving
Calories	385 kcal
Total Fat	14 g
<i>Saturated Fat</i>	5 g
<i>Trans Fat</i>	0 g
Cholesterol	165 mg
Sodium	620 mg

Nutritional Parameter	Amount Per Serving
Total Carbohydrate	18 g
<i>Dietary Fiber</i>	1.5 g
<i>Sugars</i>	1 g
Protein	44 g
Vitamin D	0.4 mcg
Calcium	180 mg
Iron	2.1 mg
Potassium	490 mg