

Crispy Air Fryer Chicken Parmesan in Just 20 Minutes

Say goodbye to greasy stovetops and long bake times-this



OVEN
380°F

TIME
20 min

METHOD
Air fryer

PRINT
Recipe Card

INGREDIENTS

- 4 boneless, skinless chicken breasts
- 1/2 cup all-purpose flour
- 2 large eggs, beaten
- 1 cup breadcrumbs (preferably panko for extra crunch)
- 1/2 cup grated Parmesan cheese
- 1 tsp garlic powder
- 1 tsp Italian seasoning
- 1/2 tsp salt
- ... tsp black pepper
- 1 cup marinara sauce
- 1 1/2 cups shredded mozzarella cheese
- 1 tbsp olive oil spray
- Fresh basil for garnish (optional)

DIRECTIONS

1. Step 1: Preheat the Air Fryer: Preheat your air fryer to 380°F (190°C) while you prep your chicken.
2. Step 2: Set Up the Breading Station: Place flour in one shallow bowl.
3. In a second bowl, beat the eggs.
4. In a third bowl, combine breadcrumbs, : Parmesan, garlic powder, Italian seasoning, salt, and pepper.
5. Step 3: Bread the Chicken: Dredge each chicken breast in flour, then dip into egg, and finally coat in the breadcrumb mixture, pressing firmly to adhere.
6. Step 4: Air Fry the Chicken: Spray your air fryer basket with olive oil spray.
7. Arrange breaded chicken breasts in a single layer.
8. Air fry at 380°F for 10 minutes, flipping halfway through, until golden and crispy.
9. Step 5: Add Sauce & Cheese: Carefully spoon marinara sauce over each chicken breast.
10. Top with shredded mozzarella and return to air fryer.
11. Cook for another 3-5 minutes, or until cheese is melted and bubbly.
12. Step 6: Garnish and Serve: Garnish with fresh basil if desired.
13. Serve hot with your favorite pasta, roasted veggies, or over a fresh salad.

TIPS FOR SUCCESS

Pound chicken breasts to an even thickness for quicker and more even cooking .

Use low-moisture mozzarella to avoid soggy results.

Add a pinch of crushed red pepper flakes to the breadcrumb mix.

For a low-carb version, use almond flour and crushed pork rinds in place of breadcrumbs.

More recipes: [ChefManiac.com](https://chefmaniac.com)

Original recipe: <https://chefmaniac.com/crispy-air-fryer-chicken-parmesan-in-just-20-minutes/>