

Air Fryer Parmesan Chicken Wraps That Are Crispy, Cheesy & Irresistible

Ready to level up your lunch game? These



OVEN
400°F

TIME
10 min

METHOD
Air fryer

PRINT
Recipe Card

INGREDIENTS

- 2 boneless, skinless chicken breasts
- 1/2 cup grated Parmesan cheese
- 1/4 cup melted butter
- 2 cloves garlic, minced
- 1 teaspoon Italian seasoning
- Salt and pepper, to taste
- 4 large flour tortillas
- 1 cup shredded mozzarella cheese
- 1 cup shredded lettuce
- 1/2 cup diced tomatoes
- Ranch dressing, for serving

DIRECTIONS

1. Preheat the Air Fryer: Set your air fryer to 400°F (200°C).
2. Make the Garlic Butter Mixture: In a small bowl, stir together melted butter, minced garlic, Italian seasoning, salt, and pepper.
3. Coat the Chicken: Slice chicken into strips and toss them in the garlic butter mixture until fully coated.
4. Dredge in Parmesan: Press each strip into grated Parmesan to coat it generously on all sides.
5. Air Fry the Chicken: Place chicken in a single layer in the air fryer basket (don't overcrowd). Air fry for 8-10 minutes, flipping halfway through, until golden and crispy.
6. Prep the Wraps: Lay out each tortilla. Sprinkle a layer of mozzarella cheese first. Add shredded lettuce and diced tomatoes.
7. Assemble: Place a few pieces of crispy chicken over the veggies. Drizzle with ranch dressing.
8. Roll It Up: Fold in the sides and roll each wrap tightly.
9. Air Fry Again: Return the wraps to the air fryer for 2-3 minutes to melt the cheese and crisp the tortilla slightly.
10. Serve: Slice in half and serve hot with extra ranch on the side. Boom-crispy, melty wrap magic.

SWAPS & NOTES

Chicken: Chicken tenders or thighs work great too.

Cheese: Try provolone or a mozzarella-cheddar mix for more punch.

Tortillas: Swap with spinach wraps, whole wheat, or low-carb

alternatives.

Ranch dressing: Use Caesar, chipotle mayo, or hot honey drizzle for a twist.

TIPS FOR SUCCESS

Use parchment or oil spray in the air fryer to prevent sticking.

Cook in batches if needed-airflow is key for crispy chicken.

Don't skip the second air fry if you want that perfect toasted finish on your wraps.

Serve immediately for the best texture.

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

Original recipe: <https://chefmaniac.com/air-fryer-parmesan-chicken-wraps-that-are-crispy-cheesy-irresistible/>