

Lemon Zest & Parmesan Chicken Thighs: A Crispy, Flavor-Packed Family Dinner

Crispy Baked Lemon Parmesan Chicken Thighs: Your New Favorite One-Pan Dinner



TIME
20-25 min

METHOD
Air fryer

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INGREDIENTS

2 lbs boneless, skinless chicken thighs
1 tsp salt
1/2 tsp black pepper
1 tsp garlic powder
1 tsp onion powder
1 tsp paprika
1/2 cup all-purpose flour
2 large eggs, beaten
1 cup Panko breadcrumbs
1/4 cup grated Parmesan cheese (freshly grated is best!)
1/4 cup fresh lemon juice (from about 2 lemons)
1 tbsp lemon zest
1/4 cup olive oil
Fresh parsley, chopped (for garnish)

DIRECTIONS

1. Prep the : Oven and Pan: Preheat your oven to 425°F (220°C). Line a baking sheet with parchment paper or lightly grease it with cooking spray.
2. Season the : Chicken: In a large bowl, toss the chicken thighs with salt, pepper, garlic powder, onion powder, and paprika. Mix well to ensure the chicken is coated evenly.
3. Set : Up the Breading Station: You will need three shallow dishes: Dish 1: All-purpose flour.
4. Dish 2: Beaten eggs.
5. Dish 3: Panko breadcrumbs combined with the grated Parmesan cheese.
6. Dredge and : Coat: Take one chicken thigh at a time and follow the breading process: Dredge in flour, shaking off any excess.
7. Dip in egg, letting the excess drip away.
8. Coat thoroughly in the : Panko-Parmesan mixture, gently pressing the crumbs onto the chicken to help them adhere.
9. Bake: Place the breaded chicken thighs on the prepared baking sheet. Drizzle olive oil over the top of each piece. Bake in the preheated oven for 35-40 minutes, or until the chicken is golden brown and reaches an internal temperature of 165°F (74°C).
10. Create the : Lemon Glaze: While the chicken is finishing, combine the fresh lemon juice and lemon zest in a small bowl.
11. Finish and : Serve: As soon as the chicken comes out of the oven, drizzle the lemon juice and zest mixture over the hot chicken. Garnish generously with fresh chopped parsley before serving.

SWAPS & NOTES

For a Leaner Option: You can absolutely substitute the thighs with boneless, skinless chicken breasts .

The flavor profile will be the same, but you will need to reduce the baking time to about 20-25 minutes, or until an internal temperature of 165°F (74°C) is reached, to prevent drying out.

Spice It Up: Add 1/2 teaspoon of red pepper flakes to the Panko mixture for a little kick of heat.

Cheese Swap: If you're out of Parmesan, a finely grated Asiago or Grana Padano will work well.

TIPS FOR SUCCESS

Panko is Key: Do not substitute regular breadcrumbs for Panko.

Panko absorbs less oil and delivers a much lighter, crispier texture.

Pat the Chicken Dry: Before you begin seasoning, pat the chicken thighs completely dry with paper towels.

This helps the seasoning stick and prevents the breading from becoming soggy.

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

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