

## Air Fryer Garlic Parmesan Chicken

## Ingredients:

- 4 chicken thighs, boneless/skinless, cut into chunks
- Salt & Pepper
- 1 cup panko bread crumbs (gluten free ok)
- 1 tsp garlic powder
- 1 tsp Italian seasoning
- ⅔ cup grated parmesan
- 2 eggs
- Spray oil

## **Directions:**

- 1. Spray the air fryer basket/tray with spray oil. Preheat the air fryer to 360F.
- 2. Season the chicken chunks with salt and pepper.
- 3. Add the eggs to a shallow bowl and beat well.
- 4. In another bowl, mix together the garlic powder, italian seasoning, parmesan, and panko.
- 5. Drench chicken pieces in egg then coat with dry ingredients and set onto the prepared air fryer basket/tray.
- 6. Spray your chicken lightly with spray oil.
- 7. Cook in a preheated air fryer at 360F for 12-16 minutes or until the internal temp of your chicken reaches the 165F.

Original recipe from Blazant Flare T12 Cookbook.