

Air Fryer Chicken Parmesan

Ingredients:

- 4 boneless skinless chicken thighs (or 2 chicken breast cut horizontally)
- 1 tsp. salt
- 1/2 tsp. black pepper
- 1/3 cup all-purpose flour
- 2 tsp. garlic powder
- 2 large eggs
- 1/2 cup breadcrumbs
- 1/2 cup ground parmesan cheese
- 1 Tbsp. Italian seasoning
- 1 cup marinara sauce
- 1 cup of shredded mozzarella cheese
- Fresh basil for garnish

Directions:

1. Preheat your air fryer to 390 degrees. Spray your basket/tray of the air fryer with oil.
2. Mix together the bread crumbs, parmesan cheese, and seasonings. (if you are using italian style bread crumbs, adjust your seasonings accordingly (usually you can leave them out all together). Set aside.
3. Beat your eggs together in another bowl.
4. Dip each flattened chicken piece egg, shaking off any excess, then dip into the bread crumbs. Shake off any excess before placing it on your airfryer basket/tray.
5. Spray your coated chicken with an oil spray.
6. Cook in the air fryer at 390 degrees for 7 minutes.
7. Turn the chicken and spray with more oil. Cook for an additional 7 minutes or until internal temperature reaches 165.
8. Cook your noodles and warm your marinara sauce.
9. Place noodles on your serving plates, top with chicken. Spread warm marinara over the top and sprinkle with mozzarella and parsley.