

Air Fryer Chicken Parmesan

Ingredients

- 2 boneless skinless chicken breasts, or 4 pieces thinly sliced chicken breast
- 1 cup bread crumbs (panko recommended)
- ½ cup shredded Parmesan cheese, divided
- 2 teaspoons Italian seasoning
- 1 teaspoon garlic powder
- ½ teaspoon kosher salt
- 2 large eggs
- ½ cup marinara sauce, plus more for serving
- ½ cup shredded mozzarella cheese

Instructions

- Preheat your air fryer to 350 degrees.
- Cut the chicken breasts in half horizontally, pounding them to even thickness as needed; set aside. Skip this step if using thinly sliced chicken breast.
- In a shallow bowl, combine bread crumbs, all but 2 tablespoons of Parmesan, Italian seasoning, garlic powder and salt. In a second bowl, whisk the eggs.
- Dip each piece of chicken in the egg, and let the excess egg drip off. Press the chicken pieces into the breadcrumb mixture, coating evenly.
- Place the chicken in a single layer in the air fryer. Spray the top of the chicken with cooking spray.
- Air fry for 8-11 minutes, flipping halfway, until the chicken is golden and mostly cooked through. Carefully spread 2 tablespoons of marinara sauce over each breast, then sprinkle with mozzarella. Continue cooking for 2-3 minutes, until the cheese is melted and the chicken is cooked through to 165 degrees F. Thinly sliced chicken breast may require less time.
- Serve with pasta and remaining sauce, if desired.