



Garden Fresh Farm Recipes

Air Fryer Chicken Parmesan

Air Fryer Chicken Parmesan is a tasty and easy to prepare meal made healthier in the air fryer. Breaded and seasoned chicken is air fried until golden and crispy, then topped with melted mozzarella cheese and your favorite marinara. It tastes great served over spaghetti.

Ingredients:

2 large skinless, boneless chicken breasts
salt
black pepper
1/3 cup all purpose flour
2 large eggs
1 cup panko bread crumbs
1/4 cup freshly grated Parmesan
1 tsp dried oregano
1/2 tsp crushed red pepper flakes
1/2 tsp garlic powder
2 cup marinara
1 cup shredded mozzarella
Cooked spaghetti noodles
Freshly chopped basil, for garnish

Directions:

Carefully butterfly chicken by cutting in half widthwise all the way through to create 4 thin pieces of chicken; season both sides with salt and black pepper.

Place flour in a shallow bowl. In the second shallow bowl, beat eggs to blend. In the third shallow bowl, combine panko, Parmesan, oregano, red pepper flakes, and garlic powder.

Working one at a time, coat chicken in flour, shaking off any excess. Dip into eggs, letting excess drip off, then finally dip into panko mixture, gently pressing to adhere and ensuring both sides of chicken are coated well.

Arrange chicken in a single layer in an air-fryer basket. Cook at 400° for 11 minutes, turning half-way through cooking.



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In a large skillet heat the the marinara. When chicken has completed cooking in the air fryer, place on the hot marinara in the skillet, place mozzarella on chicken pieces. Cover skillet until cheese has melted, about 3 minutes.

Serve chicken and marinara over spaghetti. Garnish with basil.