

Extracted from - <https://airfrywithme.com/breaded-parmesan-chicken/>

BREADED PARMESAN CHICKEN



Are you craving for fried chicken but don't like greasiness? Crispy on the outside, juicy and tender on the inside, these flavorful breaded parmesan chicken thighs are just mouthwatering and so easy to make. You will never want to go back to "fried" chicken again!

Breaded Parmesan Chicken

Prep Time 10 mins

Cook Time 15 mins

Equipment

- Air Fryer

Ingredients

- 4 boneless skinless chicken thighs
- 1 egg
- 2 Tablespoon milk
- Salt and pepper to taste
- 3/4 cups Italian breadcrumbs. If using regular breadcrumbs, add 2 teaspoon of Italian seasoning to the bread crumbs.
- 1/3 cup freshly grated Parmesan cheese
- 1 1/2 teaspoon garlic powder
- Olive oil in a spritzer

Instructions

1. Mix egg and milk in a shallow dish and season with salt and pepper.
2. In a shallow dish, mix bread crumbs, Parmesan cheese, and garlic powder.
3. Dab dry the chicken thighs with paper towels. Dip chicken thighs in the egg mixture and dredge both sides with bread crumbs mix.
4. Place thighs inside the fryer basket without stacking and spray some olive oil on chicken thighs.
5. Air fry at 380F (190C) for 10-12 minutes until the thighs are fully cooked through when the internal temperature exceeds 165F (74C).