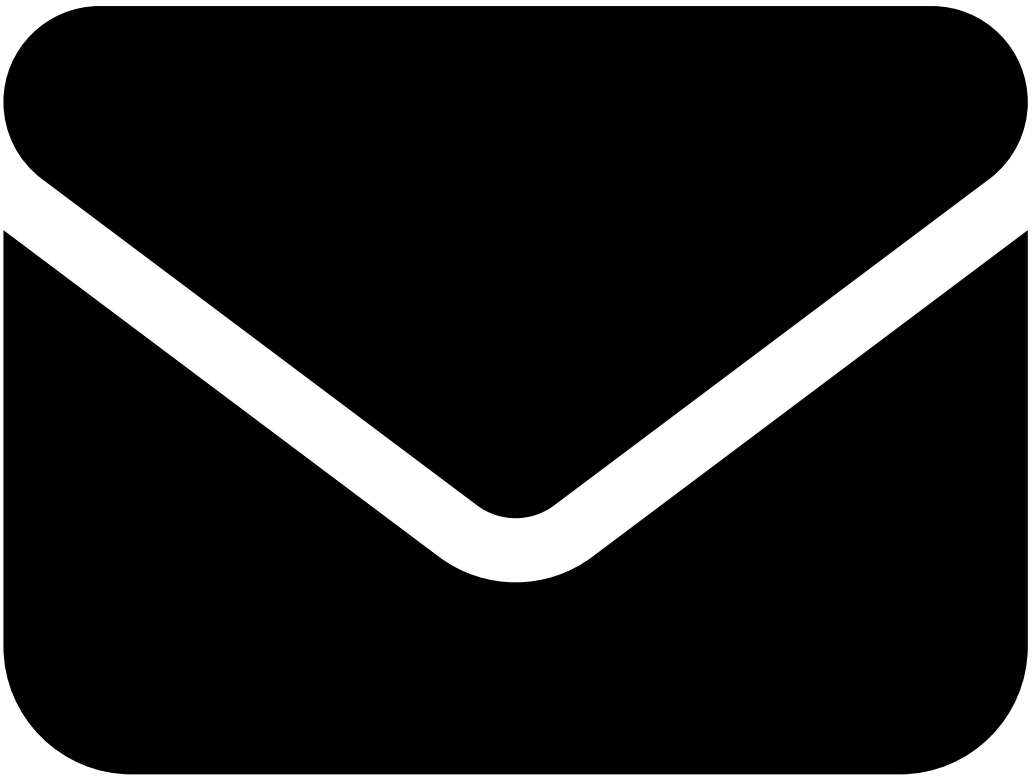
Air Fried Chicken Parmesan

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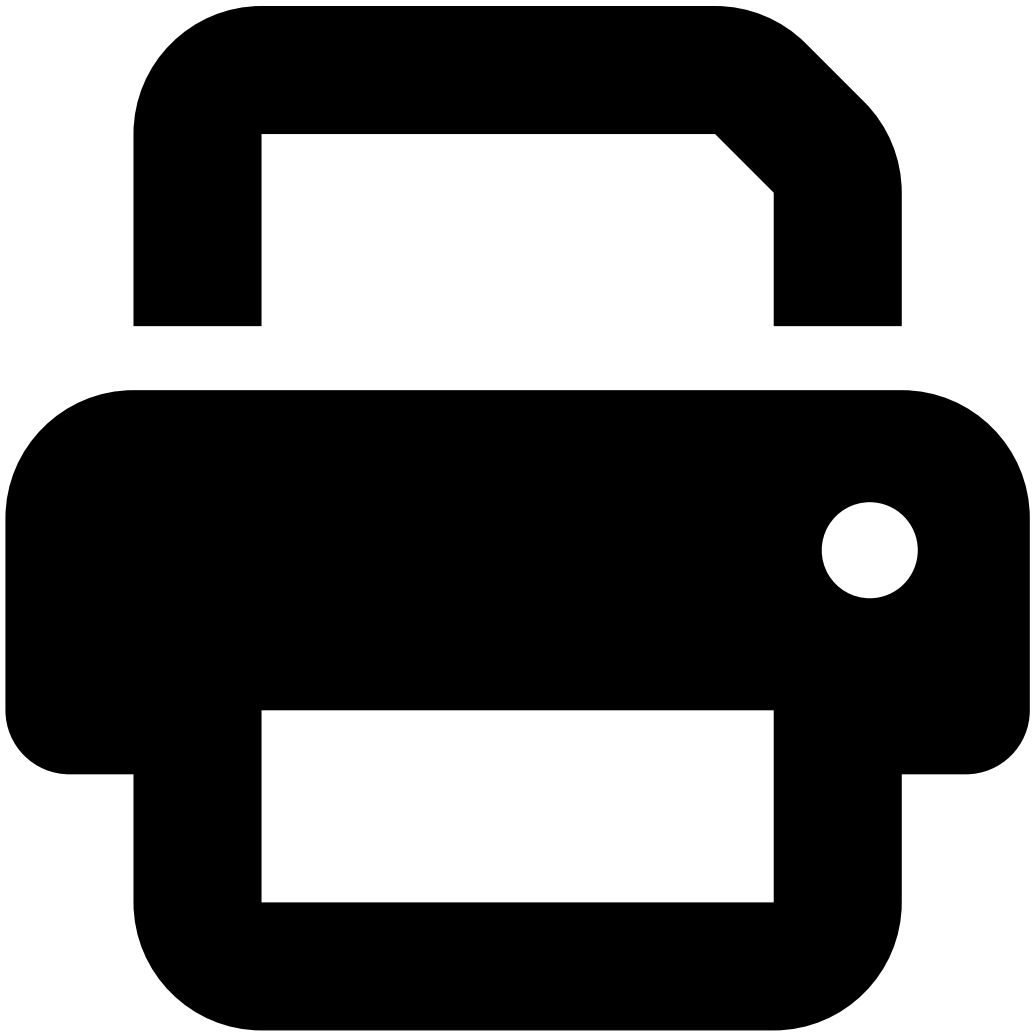
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SMS



This air fryer chicken parmesan dinner can be on your table in 30 minutes, if your using prepared marinara sauce.
What do I mean prepared??? Here is Italian restaurant cooking 101. Marinara sauce is used in many Italian recipes, so when I make it, I make more than I need, and freeze it in different size containers for ready made meals.

If you don’t want to make your own marinara you can use store bought. Making your own marinara is so easy you’ll want to make it often.

Here’s how easy it is: Marinara Sauce recipe……In a stock pot in 4 tablespoons of olive oil saute one bunch of chopped Italian parsley, with one chopped onion and 4 tablespoons of chopped garlic saute until limp add in 3 15 oz cans chopped tomatoes and 3 15 oz cans of tomato sauce, and 2 cans of water simmer covered for 2 hours, that’s it restaurant quality marinara sauce made in your kitchen!

What Is An Air fryer

An air fryer is a counter top kitchen appliance that uses convection to circulate hot air around food to cook it. It produces a fried look and taste without the oil.

Hot air rushes down and around food placed in a fryer style basket. This rapid circulation makes the food crisp, much like deep frying. with a lot less guilt.

Let me tell you I was skeptical, until I tried it this Air fry chicken parmesan recipe. Guess what, this recipe made me a believer in air frying. The chicken was crispy and tender

Here’s a few tips:

- Refrigerate the chicken after coating with the bread crumbs it helps the bread crumbs stick to the chicken
- It helps if the chicken is cut in uniform pieces to insure even heating
- Pre heat the air fryer
- Bring chicken to room temperature before frying

You can also make your own Italian flavored bread crumbs. You know that stale bread that’s about to turn a different color? Don’t toss it, put it your food processor add in 1 cup parmesan cheese to every 3 cups of bread crumbs,

add 1 tablespoon each garlic, onion powder, fresh chopped Italian parsley, thyme and oregano.

There you have it, homemade Italian bread crumbs that you can freeze for ready use. the chicken parmesan can be frozen too, for weeknight family meals or

unexpected company is coming, and I need easy, quick and delicious right now!

If you make this recipe please leave me a comment and don’t forget to tag me on Instagram that’s my favorite part!

Air Fried Chicken Parmesan



Crispy Parmesan-crusted chicken is topped with melted mozzarella and served over linguine tossed in rich marinara for a comforting Italian favorite that's easy enough for any night of the week.

- ½ lb linguine
- 4 skinless boneless chicken breast
- 2 cups Italian seasoned bread crumbs
- 1 cup grated Parmesan cheese
- 1 egg
- salt and pepper to taste
- 4 cups prepared marinara sauce
- 2 cups shredded mozzarella cheese

1. Turn air fryer to 4oo degrees
2. Cook pasta according to package directions reserving 1 cup of the pasta water
3. Mean while salt and pepper chicken
4. Mix the Parmesan cheese with the bread crumbs
5. Dip the chicken breast in the slightly beaten egg then the breadcrumbs
6. Air fry the chicken breast for 10 minutes
7. Add shredded mozzarella on top of the chicken breast

8. Air fry 5 minutes longer or until cheese is melted
9. Heat the prepared marinara if sauce is too thick add reserved pasta water
10. Toss pasta with marinara
11. Top each chicken breast with the marinara and additional parmesan.