

Crispy Air Fryer Fried Chicken



Rediscover the comforting taste of your childhood with this healthy breaded chicken recipe, even more delicious than rotisserie and at a fraction of the cost. A meal that combines health, pleasure, and simplicity!

Preparation 15 min

Cooking 15 min

Servings 4

Nutrition Facts (per serving)

Calories 175

Fat 5

Carbohydrates 13

Fibre 0.5

Protein 20

Sodium 140

Ingredients

- 2 chicken breasts
- 250 ml (1 cup) bran cereal (or corn flakes for a gluten-free option)
- 60 ml (¼ cup) all-purpose flour (or gluten-free flour)
- 2 eggs
- 1 ml (¼ tsp) paprika

- 1 ml (¼ tsp) garlic powder
- 1 ml (¼ tsp) onion powder
- Pepper and salt, to taste

Preparation

1. Slice the chicken breasts into fillets (about 6 per breast).
2. In a shallow dish, lightly beat the eggs. In another shallow dish, place the flour. In a third dish, mix the cereal, which has been roughly crushed by hand, with the seasonings.
3. Coat each chicken fillet in the flour, then in the beaten egg, and finally in the cereal mixture. Place the breaded fillets in the air fryer basket, making sure not to overcrowd it.
4. Cook at 200°C (400°F) for 12 to 15 minutes, or until the chicken is fully cooked, turning them halfway through. Ensure the chicken is no longer pink inside and reaches an internal temperature of 74°C (165°F).
5. Serve with your favourite sauce and vegetables.

Notes

Store in an airtight container in the refrigerator for up to 4 days or freeze for up to 3 months.

If you don't have an air fryer, you can make this recipe in the oven. Follow the same method and place the breaded chicken fillets on a baking sheet lined with parchment paper (or a reusable baking mat). Bake at 220°C (425°F) for 18 to 20 minutes or until the chicken is fully cooked, turning the fillets halfway through.



Elsa Rochette – Nutritionniste Diététiste à Québec | Responsable des services corporatifs et communautaires et créatrice culinaire
Registered Dietitian Nutritionist in Quebec City