

AIR FRYER CHICKEN CUTLETS

INGREDIENTS

- 4 chicken breast cutlets
- 1/2 cup Ideal Protein Croutons
- 1/4 cup Konjac flour
- 1 large egg
- 1/2 tsp. garlic powder
- 1/2 tsp. black pepper
- 1/2 tsp. salt
- Cooking spray

PREPARATION

1. In a shallow plate, mix the croutons with garlic powder until well combined and gets a breadcrumb texture.
2. In another shallow plate, beat the egg with black pepper and salt.
3. Add Konjac flour into another shallow plate.
4. Dip the chicken cutlet into the flour, then egg mixture, then crouton mixture.
5. Shake off excess breading and repeat for the remaining chicken.
6. Preheat the air fryer to 390°F and generously spray the basket with cooking spray.
7. Transfer chicken cutlets to the air fryer basket in batches. Spray the top of the chicken with cooking spray as well.
8. Place the chicken in the basket of the air fryer without overcrowding the pan.
9. Cook for 5 minutes on one side then turn it. Spray with cooking spray again and cook for another 5 minutes or until golden and cooked through. Cook time will vary depending on the size and thickness.
10. Serve and Enjoy!

