

## Air Fryer Chile Crisp Chicken Cutlets チリクリスピー・チキンカツ

Serves: 2 | **Air Fryer:**

Temperature: 200°C

### Ingredients

#### Chicken:

- 250–300 g chicken tenders or thin chicken breast cutlets (鶏ささみ / 鶏むね肉)

#### Marinade:

- 1 T chili crisp
- 1 T low-sodium soy sauce 醤油
- 1 T rice vinegar 米酢
- 1 tsp honey or sugar
- ¼ tsp salt + pinch MSG 塩+MSG

#### Breading:

- 40 g all-purpose flour 薄力粉
- 1 egg (M サイズ)
- 50–60 g panko パン粉

#### Oil:

- Canola oil spray キャノーラ油スプレー

#### Optional Potato Wedges:

- 250 g potatoes (じゃがいも)
- 1 tsp canola oil
- ¼ tsp salt + pinch MSG
- Black pepper

### Instructions

1. Combine **chili crisp, soy sauce, vinegar, honey, salt + MSG** in a bowl.
2. Add **chicken** and coat thoroughly.
  - **Marinate 15–30 minutes.**
3. Prepare breading stations:
  - Bowl 1: **flour**
  - Bowl 2: **egg** mixed into **leftover marinade**
  - Bowl 3: **panko**
4. Coat chicken:
  - Flour → egg mixture → panko
  - Press panko firmly onto surface.
5. Place breaded chicken on rack or tray.
  - **Refrigerate uncovered 30–60 minutes.**
  - This improves adhesion and crispness.
6. If making potato wedges:
  - Cut potatoes into wedges.
  - Toss with **oil, salt + MSG, and pepper**
7. **Preheat** air fryer to **200°C** for **3–4 minutes.**
8. Spray all chicken surfaces lightly but thoroughly with oil.



- Avoid dry flour or panko spots.
9. Arrange **chicken** on the upper rack.
    - Place **potato wedges** on the lower rack
    - Leave space around all pieces for airflow.
  10. Air fry **8 minutes** at **200°C**.
  11. Flip chicken and potatoes carefully.
    - Spray lightly again if needed.
  12. Continue cooking **4–6 minutes more** until:
    - Chicken is deep golden and reaches 74°C internally.
    - Potatoes are browned and crisp.

### Notes

- Thin chicken or tenders work best in the air fryer.
- Refrigerating breaded chicken before cooking is extremely important for crispness.
- Chile crisp already contains oil, so heavy spraying is unnecessary.
- If potatoes brown too quickly, move them to lower rack.
- Wilted spinach or cabbage slaw pair especially well.

### Nutrition

**Per serving (including potato wedges):** Kcal: 430 | Protein: 31 g | Fat: 16 g | Sat Fat: 3 g | Carbs: 36 g | Sugars: 4 g | Fiber: 3 g | Sodium: 620 mg | Omega-3: 0.2 g

**Total dish:** Kcal: 860 | Protein: 62 g | Fat: 32 g | Sat Fat: 6 g | Carbs: 72 g | Sugars: 8 g | Fiber: 6 g | Sodium: 1240 mg | Omega-3: 0.4 g