Air-Fryer Crispy Parmesan Chicken with Zucchini & Cherry Tomatoes

パルメザンチーズ風味のクリスピーチキンとズッキーニ、ミニトマト



Serves 2 | Air fryer: **190°C** | Mediterranean-inspired

Ingredients — Chicken & Coating

- 300 g boneless, skinless chicken breast, cut into 2 cutlets, each 1–1.5 cm thick
- 35 g panko breadcrumbs
- 15 g whole-wheat flour or all-purpose flour
- 1 egg, beaten (use only as much as needed for coating)
- 15 g finely grated Parmesan cheese
- 5 g extra-virgin olive oil
- ¾ tsp dried oregano
- ½ tsp garlic powder
- ½ tsp finely grated lemon zest
- ⅛ tsp fine salt; freshly ground black pepper
- Small pinch crushed red pepper (optional)

Ingredients — Vegetables & Finish

- 180 g zucchini, halved lengthwise and sliced into 1–1.5 cm half-moons
- 180 g cherry tomatoes, left whole
- 10 g extra-virgin olive oil, divided
- 10 g finely grated Parmesan cheese
- ½ tsp dried oregano; ½ tsp finely grated lemon zest
- Black pepper; small pinch salt (optional)
- Fresh oregano or parsley; lemon wedge for serving

Method

1. Pat chicken dry. Prepare three shallow dishes: **flour**; beaten **egg**; and **panko** mixed with 15 g **Parmesan**, 5 g **olive oil**, ¾ tsp **oregano**, **garlic powder**, ½ tsp **zest**, ⅛ tsp **salt**, **pepper**, and optional **red pepper**.
2. Coat **chicken** lightly with flour, then egg (letting excess drip off), then press into the panko mixture. Discard unused raw-egg coating materials.
3. Preheat air fryer to **190°C**. Toss **zucchini** with 5 g **olive oil**, some of the vegetable **oregano** and **pepper**. **Air-fry for 5 minutes**.
4. Toss **cherry tomatoes** with remaining 5 g **olive oil** and **oregano**. Add to zucchini; **air-fry another 3 minutes**. Remove vegetables to a warm plate.

5. Place chicken cutlets in air fryer in one uncrowded layer. Lightly mist any dry coating patches with cooking spray if needed. **Air-fry at 190°C for 5 minutes**.
6. Turn chicken carefully; **cook another 3–5 minutes**, checking for 74°C in the thickest center. Timing depends on thickness and appliance. Rest chicken 3 minutes.
7. If needed, return vegetables to air fryer for 1–2 minutes to reheat. Toss vegetables with remaining 10 g **Parmesan** and ½ tsp l**emon zest**. Serve with chicken, fresh herbs, and lemon wedge.

Practical Notes

- For a crisp coating, avoid stacking chicken over vegetables; cook in stages as written.
- Parmesan supplies saltiness, so keep added salt light. The reduced oil is deliberate.
- The chicken portion is 150 g raw per person, making this a protein-forward dinner without a separate starch.
- If tomatoes burst, transfer carefully with their juices; keep the chicken separate so its coating stays crisp.

Nutrition — Estimated per serving (½ recipe)

435 Kcal | Protein 44 g | Fat 18 g | Sat. Fat 5 g | Carbs 25 g | Sugars 6 g | Fiber 3.5 g | Sodium ~550 mg | Omega-3 ~0.2 g

Estimates assume roughly half the prepared coating is consumed with each serving; actual values depend on how much flour, egg, and panko adheres, the Parmesan brand, and any extra cooking spray.