

Air fried chicken thighs in panko breadcrumbs



Ingredients:

5 chicken thighs

2 eggs

1 cup seasoned flour

Panko breadcrumbs

Method:

I started by dipping each thigh into a bowl of seasoned flour, then coated in egg wash and finally into the panko breadcrumbs. I then cooked in my Air Fryer for 35 minutes on 180c.

Always make sure your chicken is cooked throughout before serving, as each thigh is a different size, you may

need to adjust the times a little.
So crispy and delicious