

Breaded Pork Chops (Air Fryer)



380 degrees F.

Cook 6 minutes, flip, cook 6 more minutes.

Allow to rest 3 minutes in fryer before serving

<https://patriciaspatchwork.blogspot.com/2018/11/breaded-pork-chops-air-fryer.html>

Ingredients

- 2 lean center-cut pork chops, ½ inch thick
- 1 egg white
- ¼ cup water
- ½ cup Panko breadcrumbs
- 2 teaspoons paprika
- 1 teaspoon oregano
- ¼ teaspoon garlic powder
- ¼ teaspoon black pepper
- ⅛ teaspoon dry mustard
- ¼ teaspoon salt
- Non-stick cooking spray

Preparation

1. Spray lightly the bottom of basket net with non cooking spray. Replace basket into basket tray.
2. Beat egg white with water. Place in shallow bowl big enough to dip chops in.
3. Combine breadcrumbs and spices in a bowl. Place in a shallow pan like a pie plate.
4. First dip chop in egg white/water mixture and turn to coat both sides.
5. Place chop in crumb mixture and cover both sides and edges to have a nice coating.

6. Place chop in basket and lightly spray with cooking spray.
7. Increase temperature of fryer to 380 degrees F. Set timer for 12 minutes.
8. Turn chops at 6 minutes and lightly spray the chops with cooking spray. Return to fryer and cook 6 more minutes.
9. Allow chops to rest for 3 minutes in fryer before serving.