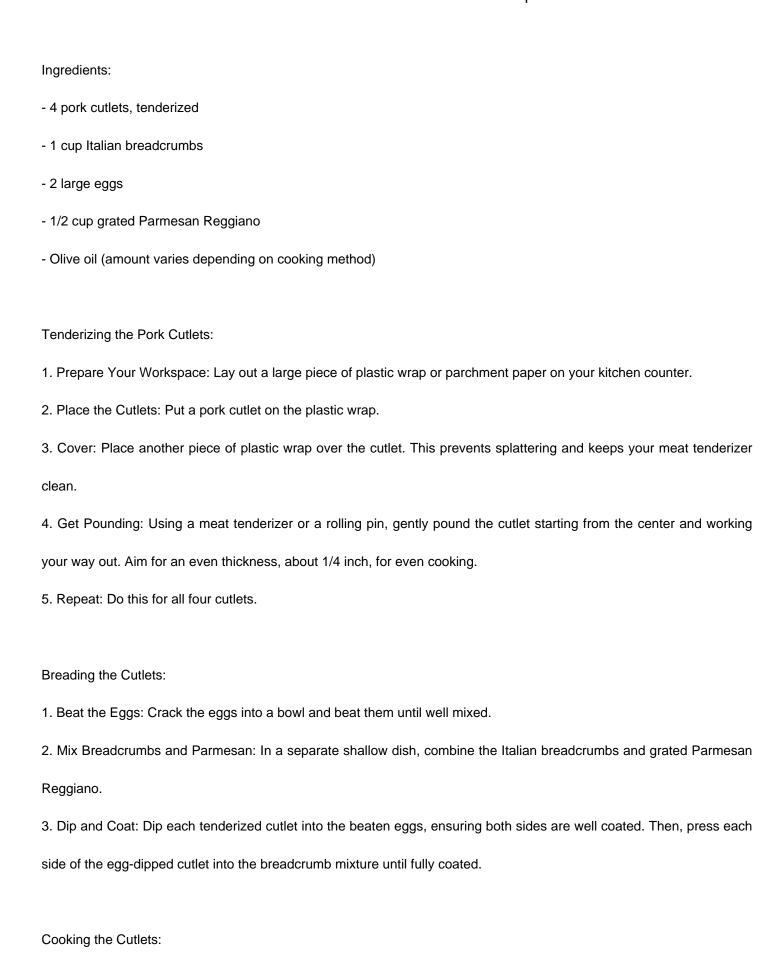
Italian Breaded Pork Cutlets Recipe



Pan-Frying Method:

1. Heat the Oil: Pour enough olive oil into a large frying pan to thinly coat the bottom. Heat over medium heat.

2. Cook the Cutlets: Once the oil is hot, place the breaded cutlets in the pan. Cook for about 4-5 minutes on each side,

or until golden brown and crispy.

3. Check the Temperature: The pork is done when it reaches an internal temperature of 145°F (63°C). Use a meat

thermometer to ensure perfection.

Air Frying Method:

1. Preheat Your Air Fryer: Set your air fryer to 400°F (200°C).

2. Cook the Cutlets: Place the breaded cutlets in the air fryer basket in a single layer. Cook for about 10 minutes, flipping

halfway through, or until golden brown and crispy.

3. Temperature Check: Ensure the cutlets reach an internal temperature of 145°F (63°C) for safe and perfect doneness.

Prep Time: 20 minutes

Cook Time: 10 minutes (Air Fryer Method) / 10 minutes (Pan-Frying Method)