

Treasure Barrel

Air Fryer Chicken Breast – Juicy Quick Dinner

10 min Prep time	**12 min** Cook time	**22 min** Total time
4 Servings	**Easy** Difficulty	**American** Cuisine

Ingredients

Main Ingredients

- [ ] 4 boneless, skin-free chicken breast halves (about 7 oz each)
- [ ] 2 tbsp olive oil

Seasoning Paste

- [ ] 1 tsp garlic powder
- [ ] 1 tsp smoked paprika
- [ ] 1/2 tsp salt
- [ ] 1/4 tsp black pepper
- [ ] 1 tsp dried oregano
- [ ] 2 tbsp grated Parmesan cheese (optional)
- [ ] Zest of 1 lemon (optional)

Instructions

1. First things first, let's get that air fryer warmed up. Preheat it to 375°F (190°C) for about 3 minutes. It just helps the basket get hot and makes sure any little bits of moisture on the chicken don't slow down the crisping.
2. Now, take a moment to pat those chicken breasts dry with some paper towels. Honestly, it seems like a small thing, but it's the secret to getting the oil and seasonings to really bind and crisp up nicely.
3. In a small bowl, whisk together your olive oil, garlic powder, smoked paprika, salt, pepper, and oregano. If you're feeling it, go ahead and stir in that Parmesan and lemon zest. It turns into a lovely little coating paste.
4. Brush the seasoning paste onto both sides of each chicken breast. Press it in gently so it really sticks. Now, place them in the air fryer basket in a single layer—just make sure to leave a little gap between them so the air can move.
5. Cook them for 10 minutes. When you hit the halfway mark—around 5 minutes in—use your tongs to flip the breasts. We want them to brown evenly on both sides, yeah?
6. Let them cook for another 3–5 minutes. I always check with a meat thermometer here; you're looking for an internal temperature of 165°F (74°C).
7. Carefully move the chicken to a cutting board and let them rest for 5 minutes. I know it's hard to wait, but resting keeps those juices locked inside so the meat stays moist.

8. You can slice them up now or serve them whole. If you have a lemon handy, a little fresh squeeze over the top adds such a nice brightness.

9. Arrange your chicken on a platter with whatever sides you've picked. If you're in a rush, just let the plate rest for a second while you finish the sides.

10. Serve it up immediately! Wow, that contrast between the crisp exterior and the juicy inside is just wonderful.

Nutrition per serving

320 kcal	42 g	4 g	14 g
Calories	Protein	Carbs	Fat

Tips & notes

- Resting the meat for 5 minutes is non-negotiable for juiciness.
- Ensure chicken is patted completely dry before oiling.
- Avoid overcrowding the basket to ensure proper air circulation.