

Treasure Barrel

Crispy Air Fryer Chicken Thighs

10 min Prep time	**20 min** Cook time	**30 min** Total time
4 Servings	**Easy** Difficulty	**American** Cuisine

Ingredients

Chicken and Rub

- [ ] 4 bone-in, skin-on chicken thighs (approx. 10-oz each)
- [ ] 2 tbsp olive oil
- [ ] 1 tsp paprika
- [ ] 1 tsp garlic powder
- [ ] 1 tsp onion powder
- [ ] 1 tsp sea salt
- [ ] 1/2 tsp black pepper
- [ ] 1 tsp dried thyme

Honey Mustard Glaze

- [ ] 2 tbsp honey
- [ ] 1 tbsp Dijon mustard
- [ ] 1 tbsp unsalted butter, melted

Garnish

- [ ] Optional: chopped fresh parsley for garnish

Instructions

1. First things first, go ahead and preheat your air fryer to 400°F (200°C) for about 3 minutes. It just helps everything get moving.
2. Now, take a few paper towels and gently pat the chicken thighs dry. Honestly, this is the secret to getting that skin really crisp, so don't skip it!
3. In a small bowl, whisk together your 2 tbsp olive oil, 1 tsp paprika, 1 tsp garlic powder, 1 tsp onion powder, 1 tsp sea salt, 1/2 tsp black pepper, and 1 tsp dried thyme until it's all well combined.
4. Brush or spray each thigh generously with that lovely olive oil mixture. I like to make sure every single side is coated so no spot is left plain.
5. Carefully place the seasoned thighs skin-side up in a single layer in your air fryer basket. Look, just make sure you don't overcrowd them—if you have extra, just cook them in batches.
6. Set the timer and cook for 10 minutes at 400°F (200°C).
7. Use your tongs to flip the thighs over and keep cooking for another 10 minutes. You're looking for that skin to be crisp and the internal temperature to hit 165°F (74°C).
8. While the chicken is finishing up, melt 1 tbsp butter in a small saucepan over low heat. Stir in 2 tbsp honey and 1 tbsp Dijon mustard until it's smooth and glossy.

9 As soon as you pull the chicken from the air fryer, brush that glaze over all sides of each thigh. Let it sit for about 1 minute just to set.

10 Serve them up hot! I love a bit of chopped fresh parsley or a little squeeze of lemon on top, along with whatever sides you're feeling today.

Nutrition per serving

420 kcal	32 g	12 g	28 g
Calories	Protein	Carbs	Fat

Tips & notes

- Make sure the chicken is patted dry for the best skin texture.
- Avoid overcrowding the air fryer basket to ensure even air circulation.
- Let the glaze set for a minute after brushing for a better finish.