

Chicken Thighs – Air Fryer

Serves: 4

Ingredient	US	Non-US
Boneless skinless chicken thighs, patted dry	5 – 6	5 - 6
Garlic powder	1 teaspoon	
Smoked paprika	1 teaspoon	
Oregano	½ teaspoon	
Salt	½ teaspoon	
Black pepper	¼ teaspoon	
Nonstick spray/olive oil spray		

Instructions:

Pat chicken thighs dry with a paper towel, then transfer to a bowl.

Combine all the seasonings together in a bowl, then pour them into the bowl with the chicken and use your hands to coat the chicken with the spices.

Preheat your air fryer to 380°. Then, place chicken smooth side down into the air fryer, spray with nonstick spray/olive oil spray, and cook at 380° for 12 minutes.

NOTE: every air fryer is different, so cook times may vary.

Once the air fryer beeps, use kitchen tongs to flip the chicken over, and cook for an additional 6-8 minutes on the second side, or until chicken is cooked through.