

Choco Fever Dream

Air Fryer Chicken Breasts – Quick & Juicy Recipe

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

Ingredients

Main Ingredients

- [ ] 4 boneless, skinless chicken breasts (about 1.5 lbs)
- [ ] 2 tbsp olive oil
- [ ] 1 tsp paprika
- [ ] 1 tsp garlic powder
- [ ] ½ tsp salt
- [ ] ¼ tsp black pepper
- [ ] 1 tbsp lemon juice

Optional Glaze

- [ ] 1 tsp honey
- [ ] 1 tsp Dijon mustard

Instructions

1. Pat the chicken breasts dry with paper towels; this helps the oil and spices cling.
2. In a small bowl, combine olive oil, paprika, garlic powder, salt, and pepper. Brush the mixture over both sides of each breast.
3. Preheat the air-fryer to 380°F (193°C) for 3 minutes.
4. Place the chicken in a single layer in the basket. Cook for 10 minutes, then flip.
5. Cook another 10 minutes, or until the internal temperature hits 165°F. Drizzle lemon juice (and optional honey-mustard glaze) over the hot chicken, let rest 4 minutes, then serve.

Nutrition per serving

280 kcal	38 g	5 g	9 g
Calories	Protein	Carbs	Fat

Tips & notes

- If using a larger air-fryer, you may need to cook in batches to avoid crowding.
- A quick splash of lemon juice at the end lifts the whole dish.
- Feel free to add a pinch of dried thyme for an herbal nuance.