



Choco Fever Dream

Crispy Air Fryer Chicken Thighs

10 min

Prep time

4

Servings

20 min

Cook time

Easy

Difficulty

30 min

Total time

American

Cuisine

Ingredients

Main Ingredients

- ☐ 8 bone-in, skin-on chicken thighs (about 1.5 lbs)
- ☐ 1 tbsp unsalted butter (optional, for extra crispness)

Seasoning Mix

- ☐ 2 tbsp olive oil
- ☐ 1 tsp paprika

- ☐ 1 tsp garlic powder
- ☐ 1 tsp onion powder
- ☐ 1 tsp sea salt
- ☐ ½ tsp freshly ground black pepper
- ☐ 1 tbsp lemon juice
- ☐ 1 tsp dried thyme

Instructions

- 1** Go ahead and preheat your air fryer to 400°F (204°C) for about 3 minutes. It just helps everything start off on the right foot.
- 2** Now, take a few paper towels and pat those chicken thighs dry. Honestly, moisture is the enemy of crispness, so don't skip this part!
- 3** In a mixing bowl, whisk together the olive oil, paprika, garlic powder, onion powder, sea salt, freshly ground black pepper, lemon juice, and dried thyme. If you're using that optional unsalted butter, melt it first and whisk it right in.
- 4** Coat each thigh thoroughly in your seasoning mixture. Give them a good turn to make sure every inch is covered; we want all that flavor.
- 5** Place the thighs skin-side down in the air fryer basket. Well, just make sure you leave a little gap between each piece so the air can flow around them.
- 6** Let them cook for 12 minutes. You'll start to see the skin bubble and develop a lovely color.
- 7** Carefully flip the thighs with your tongs so they're skin-side up. Cook for another 8–10 minutes until they're golden brown and the internal temperature hits 165°F (74°C).
- 8** Remove them from the air fryer and let them rest for 3 minutes. I know it's hard to wait, but this allows the juices to redistribute so the meat stays tender.

- 9 If you're feeling fancy, use those leftover pan juices to make a quick glaze. Just simmer a splash of honey or BBQ sauce for about a minute.
- 10 Serve them up immediately, drizzled with your glaze and garnished with some fresh parsley or cilantro. Enjoy!

Nutrition per serving

320 kcal

Calories

26 g

Protein

4 g

Carbs

22 g

Fat

Tips & notes

- Resting the meat is key to keeping it juicy.
- Leaving gaps in the basket ensures a better crunch.
- Patting the skin dry is the secret to that perfect skin.