

Air-Fried Herb-Grilled Chicken

This succulent air-fried herb-grilled chicken is bursting with flavor and cooked to perfection. It's a quick and healthy option for a delicious meal, ideal for any busy weeknight.


20 min

Total time

easy

Difficulty

320

kcal / serving

Ingredients

- 1 chicken breast (about 6 oz)
- 1 tablespoon olive oil
- 1 teaspoon garlic powder
- 1 teaspoon dried oregano
- 1 teaspoon paprika
- Salt and pepper to taste
- Lemon wedges for serving

Steps

- 1 Preheat the air fryer to 360°F (182°C).
- 2 In a small bowl, mix olive oil, garlic powder, oregano, paprika, salt, and pepper to create a marinade.
- 3 Coat the chicken breast with the marinade, ensuring it's evenly covered.
- 4 Place the chicken breast in the air fryer basket.
- 5 Cook for 12-15 minutes, flipping halfway through, until the internal temperature reaches 165°F (74°C).
- 6 Let the chicken rest for a few minutes before slicing. Serve with lemon wedges.