

Helergon Kitchen

Air Fryer Chicken Breast – Juicy Easy Dinner

15 min Prep time	**15 min** Cook time	**30 min** Total time
4 Servings	**Easy** Difficulty	**American** Cuisine

Ingredients

Main Ingredients

- [ ] 4 boneless skinless chicken breasts (6-8 oz each)
- [ ] 2 tbsp olive oil
- [ ] 1 tsp garlic powder
- [ ] 1 tsp paprika
- [ ] 1 tsp salt
- [ ] 1/2 tsp freshly ground black pepper
- [ ] 1 tbsp dried Italian herbs (or thyme, oregano, basil mix)

For the Finish

- [ ] 1 tbsp fresh lemon juice

Instructions

1. First things first, go ahead and preheat your air fryer to 400°F (204°C). While that's getting nice and hot, just pop your 4 boneless skinless chicken breasts into a mixing bowl and drizzle them with 2 tbsp olive oil.
2. Now for the flavor. Sprinkle in the 1 tsp garlic powder, 1 tsp paprika, 1 tsp salt, 1/2 tsp freshly ground black pepper, and 1 tbsp dried Italian herbs (or thyme, oregano, basil mix). Toss them around until they're all evenly coated, then—and this is the secret—let them sit at room temperature for about 10 minutes. It really helps to tenderize the meat, honestly.
3. Carefully place your seasoned chicken breasts into the air fryer basket. Make sure they're in a single layer and not overlapping; they need their own little space to get that golden crust.
4. Set the timer and air fry for 10 minutes. When the timer goes off, use your tongs to flip each breast over, then keep cooking for another 6-8 minutes. You're looking for a beautiful golden brown surface and an internal temperature of 165°F (74°C).
5. Once they're done, take them out and immediately drizzle with 1 tbsp fresh lemon juice. Wow, the smell when that citrus hits the hot chicken is just wonderful.
6. I know it's tempting, but let the chicken rest for 5 minutes. It lets those juices settle back into the meat so it stays moist.
7. Finally, just slice the chicken against the grain to serve, or if you prefer, just serve them whole with whatever sides you've whipped up.

Nutrition per serving

310 kcal	42 g	4 g	12 g
Calories	Protein	Carbs	Fat

Tips & notes

- Pounding the chicken to an even thickness ensures every bite is cooked perfectly.
- A digital thermometer is the only way to be 100% sure they aren't overcooked.
- Resting the meat is non-negotiable if you want it to stay juicy.