

# Air Fryer Perfect Chicken Breast

This Air Fryer Perfect Chicken Breast is unbelievably moist, juicy, and tender every time. From prep to plate in less than 15 minutes, pounding it to an even thickness and cooking it quickly at high heat locks in natural juices while creating a lightly seasoned, flavorful exterior. It cuts like butter and stays succulent from the first bite to the last, simple, clean, and absolutely delicious.

## Ingredients:

- 1 boneless, skinless chicken breast
- 1–2 teaspoons extra virgin olive oil
- ½ teaspoon garlic powder (or to taste)
- ½ teaspoon sea salt (or to taste)
- ½ teaspoon black pepper (or to taste)
- Optional: paprika, onion powder, Italian seasoning, or your favorite spice blend

## Method:

1. **Prep the Chicken.** Place the chicken breast between two sheets of parchment paper or plastic wrap. Pound to approximately ½-inch thickness for even cooking.
2. **Oil the Surface.** Rub both sides lightly with extra virgin olive oil.
3. **Tenderize.** Use a fork to poke holes in both sides of the chicken. This helps the seasoning absorb and keeps the meat tender.
4. **Season Generously.** Season both sides evenly with garlic powder, salt, pepper, and any additional spices you prefer.
5. **Air Fry.** Set the air fryer to 400°F and cook for 5 minutes per side.
6. **Rest & Serve.** No need to let it rest as it's ready for slicing. Or, let rest for 3–5 minutes before slicing. This keeps it juicy and tender.

**Approximate nutritional analysis per serving (1 boneless, skinless chicken breast, about 4 oz cooked, lightly coated with olive oil):** 205–270 calories (30–35 grams of protein, 0 grams of carbohydrates, 7–14 grams of fat, 0 grams of fiber).