

OREGANO AIR FRYER CHICKEN



SERVING SIZE

4



INGREDIENTS

ITEM

Boneless Chicken Breasts
Lemon Juice
Extra-virgin Olive Oil
Salt

QUANTITY

4
½ Cup
1 Tbsp.
½ Tbsp.

ITEM

Minced Garlic
Black Pepper
Dried Basil
Dried Oregano

QUANTITY

1 Tbsp.
1 Tsp.
1 Tsp.
2 Tsp.



PREPARATION

- In a bowl, whisk together lemon juice, olive oil, salt, garlic, black pepper, basil, and oregano.
- Place chicken breasts in a shallow dish and pour the marinade over them. Toss to coat evenly and let marinate for 15-20 minutes.
- Preheat the air fryer to 375°F (190°C).
- Place chicken in a single layer in the air fryer basket.
- Air fry for 14-18 minutes, flipping halfway through, until chicken is cooked through and reaches an internal temperature of 165°F (73°C).
- Remove from the air fryer and let rest 2-3 minutes before serving.