

Helergon Kitchen

Crispy Air Fryer Chicken Thighs

10 min Prep time	**20 min** Cook time	**30 min** Total time
4 Servings	**Easy** Difficulty	**American** Cuisine

Ingredients

Main Chicken

- [ ] 8 bone-in chicken thighs, skin on

Seasoning Mix

- [ ] 2 tablespoons olive oil
- [ ] 1 tablespoon kosher salt
- [ ] 1 teaspoon freshly ground black pepper
- [ ] 1 teaspoon garlic powder
- [ ] 1 teaspoon smoked paprika
- [ ] ½ teaspoon cayenne pepper (optional)
- [ ] 1 lemon, zest and juice

Instructions

1. First things first, grab your paper towels and pat those chicken thighs really dry. I mean, really dry! It's the only way to get that shatter-crisp skin we're after.
2. In a large bowl, whisk together your olive oil, kosher salt, freshly ground black pepper, garlic powder, smoked paprika, and that optional cayenne pepper. Stir in the lemon zest and just a splash of the lemon juice to make a lovely, fragrant seasoning mix.
3. Toss each thigh into the bowl. Give them a good coat until they're completely covered. Now, well, just let them sit for 2-3 minutes so the flavors can actually meld together.
4. Preheat your air fryer to 400°F (200°C) for about 3 minutes. It's just a quick warm-up, but it makes a difference.
5. Place the thighs in the basket in a single layer, skin side down. Look, just make sure there's a bit of space between each piece so the air can flow around them properly.
6. Cook them for 12 minutes. Then, using your tongs, flip the thighs so the skin side is up. Continue cooking for another 8-10 minutes until that skin is a beautiful golden-brown and the internal temperature hits 165°F (74°C).
7. Now, if you happened to use boneless thighs, oops, the timing changes. Just reduce the total cooking time to 20 minutes, flipping them halfway through.
8. Take the thighs out of the air fryer and let them rest for 5 minutes. I know it's hard to wait, but this allows those juices to redistribute so the meat stays tender.

9 Serve them up immediately. If you're feeling fancy, you can drizzle a bit more lemon juice or a sprinkle of fresh herbs over the top.

10 If you have leftovers, just pop them back in the air fryer at 350°F for 5-7 minutes. That's the secret to getting that crispness back.

Nutrition per serving

420 kcal	34 g	4 g	28 g
Calories	Protein	Carbs	Fat

Tips & notes

- Always use a meat thermometer to ensure the chicken is safe and juicy.
- The lemon zest adds a brightness that really cuts through the richness of the skin.
- Giving the chicken a few minutes to marinate in the bowl really helps the spices stick.