

Crispy Air Fryer Chicken Thighs

Crispy skin, juicy meat, done in under 25 minutes.

PREP 10 min	COOK 22-25 min	TOTAL 35 min	SERVES 4
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TIMING REFERENCE

Cut	Temp	Total	Flip At	Pull Temp
Bone-in, skin-on	400°F	22-25 min	12 min	185°F
Boneless, skinless	380°F	18-20 min	10 min	165°F

INGREDIENTS

- 4 bone-in, skin-on chicken thighs (~2 lbs)
- 1 tbsp olive oil
- 1 tsp kosher salt
- 1/2 tsp black pepper
- 1 tsp smoked paprika
- 1 tsp garlic powder
- 1/2 tsp onion powder

Optional: 1/2 tsp baking powder mixed with salt, skin side only.

Boneless sub: 380°F, 18-20 min. Thaw completely first.

3 MARINADES

Garlic Herb

2 tbsp olive oil, 4 cloves garlic (minced), 2 tbsp lemon juice, 1 tsp oregano, salt & pepper

Honey Soy

3 tbsp soy sauce, 2 tbsp honey, 3 cloves garlic (minced), 1 tsp sesame oil, 1/2 tsp black pepper

Smoky Paprika Dry Rub

1 tsp smoked paprika, 1 tsp garlic powder, 1/2 tsp cumin, 1/2 tsp onion powder, 1 tsp salt, 1 tbsp olive oil

STORAGE

Refrigerate up to 4 days. Reheat in air fryer at 350°F for 4-5 min. Skip the microwave.

INSTRUCTIONS

1. Preheat the air fryer to 400°F and let it run empty for 5 minutes.
2. Pat chicken thighs completely dry on both sides and in every fold. The skin should look matte before anything else goes on.
3. Drizzle olive oil over thighs. Add all seasonings. If using baking powder, mix with salt first. Press seasoning firmly into the skin.
4. Place thighs skin-side down in a single layer. Leave at least 1/2 inch of space between each piece.
5. Cook at 400°F for 12 minutes. Underside should show early browning; fat may pool in drip tray. Flip skin-side up.
6. Cook skin-side up 10-13 more minutes until skin is deep amber-brown and thermometer reads 185°F away from the bone.
7. Rest on a plate for 5 minutes before serving. Cutting immediately pushes the juices out.

4 FIXES FOR SOGGY SKIN

Pat dry first: Wet skin steams before it crisps. Dry before oil or seasoning.

Preheat: A cold basket delays fat rendering. Always preheat 3-5 min.

Single layer: Overcrowding traps moisture. Space each piece visibly apart.

Pull at 185°F: 165°F is safe. 185°F is the quality target for thighs.