AMERICAN · DINNER · LUNCH

Juicy Air Fryer Chicken Breasts

20 min · Serves 2 · 289 kcal a serve · Video 4:58 · Downshiftology

Paleo · Gluten-free ingredients · No dairy listed · No nuts listed

46 g protein and almost no carbs a serve, rich in selenium and vitamin B6: chicken breast rubbed with paprika, garlic and herbs and air-fried in about 10 minutes. Paleo as written; on its own it's over the DASH salt line and short of vegetables, so serve it with veg.

Diet notes: Low carb (0.4 g net carbs) but not keto: 31% of the energy is from fat, and keto meals get about 60% or more; Low saturated fat (2.1 g, 7% of the energy).

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Ingredients 6 · SERVES 2

- [ ] 2 **boneless**, skinless chicken breasts, about 200 g each
- [ ] **Olive oil**: 2 tsp extra-virgin olive oil or avocado oil
- [ ] ½ tsp **paprika**
- [ ] ¼ tsp **garlic powder**
- [ ] ¼ tsp **dried thyme**, oregano or other herbs
- [ ] **Salt**: ½ tsp kosher salt and ⅛ tsp black pepper

Amounts in metric units, converted from the cook's and rounded — the video has the originals.

Allergens found in the listed ingredients: none. Worked out from the ingredient list, not tested. Stock, sauces, spice mixes and other packaged foods can contain allergens, so always read the labels on what you buy. If you have a food allergy, don't rely on this.

Method TIMES = THE MOMENT IN THE VIDEO

1. Choose two chicken breasts of the same size so they cook evenly, and lightly pound the thick end to flatten it a little (not too thin, or it dries out). 0:37
2. Drizzle the olive oil over the chicken and rub it in so the seasoning sticks. 1:22
3. Stir together the paprika, garlic powder, herbs, salt and pepper. 1:52
4. Sprinkle the seasoning over both sides and rub it in. 2:02
5. Air fry smooth side down at 190°C for 7 minutes, flip and cook about 3 minutes more, until it reads 71°C inside. 2:31
6. Rest a couple of minutes (it carries on to 74°C), then slice and serve with vegetable sides. 3:15

> **Tip** If one breast is much bigger than the other, it will cook unevenly: match the sizes.

The method is a summary in our words — the video shows every step.

One serve gives you 1 OF 2 · ESTIMATE

ENERGY	PROTEIN	CARBOHYDRATE	FIBRE	FAT	SODIUM
289 kcal 1,210 kJ	46 g 93% of a day	0.7 g 0.4 g net · 0.1 g sugars 0% of a day	0.3 g 1% of a day	10 g 2.1 g saturated 13% of a day	690 mg 30% of a day

Energy from net carbs 1% · protein 66% · fat 33% — very low carb (under 10% of the energy from carbs)

High in (20%+ of a day) Selenium 75% · Vitamin B6 54% · Vitamin B12 21%

Source of (10–19%) Zinc 14% · Magnesium 11% · Iron 10%

Recipe and video: Downshiftology on YouTube — youtube.com/watch?v=LHvUkNf6myc. All credit for the recipe goes to the cook; please watch and support their channel.

By Notbroken: the method summary, the unit conversions, the diet notes and the nutrition estimate — worked out from the ingredient list with USDA FoodData Central values; % of a day compares one serve with the US FDA daily values on food labels (2,000 kcal). Brands, portions and cooking change the real numbers.

General information about food, not medical or dietary advice. Free, no sign-up: notbroken.io/eat/downshiftology-air-fryer-chicken-breasts