

Air Fryer Chicken & Mediterranean Vegetables

Serves 2

Ingredients

- 2 boneless chicken thighs (≈300 g total)

鶏もも肉 (骨なし)

- 1½ T olive oil (20 g)

オリーブオイル

- ½ tsp garlic powder

ガーリックパウダー

- ½ tsp dried rosemary

乾燥ローズマリー

- ½ tsp dried basil

乾燥バジル

- ¼ tsp smoked paprika

スモークパプリカ

- ¼ tsp dried thyme

乾燥タイム

- ¼ tsp salt + pinch MSG (optional)

塩

- black pepper to taste

黒こしょう

- 120 g red bell pepper, sliced

赤パプリカ

- 120 g green or yellow bell pepper, sliced

ピーマン / 黄パプリカ

- 80 g carrot, diced

にんじん

- 80 g red onion, sliced

赤玉ねぎ

- 60 g mushrooms, sliced

マッシュルーム

Also add 120g zucchini if available)



Feta Yogurt Sauce

- 50 g Greek yogurt

ギリシャヨーグルト

- 50 g feta cheese, crumbled

フェタチーズ

- 1 tsp olive oil

オリーブオイル

- 1 T lemon juice (15 g)

レモン汁

- ½ small garlic clove, minced

にんにく

Substitutes for Feta that work surprisingly well.

Best substitute

Cream cheese + yogurt

Mix:

- 30 g cream cheese

- 20 g yogurt

- ½ tsp lemon juice

Result: close to feta creaminess.

Also good

Ricotta + pinch salt + lemon

Surprisingly good Japanese option

Kiri cream cheese

It actually works extremely well in this sauce.

Instructions

1. Mix **olive oil**, **garlic powder**, **rosemary**, **basil**, **paprika**, **thyme**, **salt** and **pepper** to make the marinade.
2. Toss **chicken** and **vegetables** with the marinade and refrigerate for **20–30 minutes**.
3. **Preheat air fryer to 190°C** for **3 minutes**.
4. Place **chicken** in the basket and cook at **190°C** for **5 minutes**.
5. Add **vegetables** around the chicken and cook at **180°C** for **12–15 minutes**, stirring vegetables once halfway.
6. Chicken should reach about 75°C internal temperature.
7. Mix all **feta sauce ingredients** in a bowl until creamy.
8. Plate chicken and vegetables and add spoonfuls of feta yogurt sauce.
9. Finish the dish by tossing everything with a light drizzle of aged **balsamic vinegar** (about ½–1 tsp Giusti balsamic) over the vegetables.

Nutrition (per serving, with sauce)

Calories: 460 kcal | Protein: 41 g | Fat: 27 g | Sat Fat: 7 g | Carbs: 14 g | Sugars: 6 g | Fiber: 4 g | Sodium: ~760 mg | Omega-3: ~0.2 g