

# Chicken Leg Quarters チキンレッグ

Serves: 2

**Air Fryer: 180°C → 200°C**

Total time: ~30–35 minutes

## Ingredients

- 2 chicken leg quarters (鶏レッグ)

## Seasoning:

- 1 tsp paprika
  - ½ tsp salt + pinch MSG (塩+MSG)
  - ½ tsp black pepper
  - ½ tsp garlic powder
  - ½ tsp onion powder
  - ¼ tsp dry mustard
  - pinch chili flakes (optional)
- 
- 1 T / 14 g olive oil (オリーブオイル)



## Instructions

1. Pat **chicken** completely dry.
2. Rub with **olive oil** and apply **seasoning** evenly.
3. **Optional:** refrigerate uncovered **30–60 minutes** to dry skin.
4. **Preheat** air fryer to **180°C (3–4 minutes)**.
5. Place chicken skin-side up, spaced apart.
6. **Cook 20 minutes** at **180°C**.
7. Increase to **200°C** and **cook 8–10 minutes** until skin is crisp.
8. Target internal temperature: 75–80°C.
9. **Rest 5–10 minutes** before serving.

## Notes

- Do not flip; keep skin side up.
- Dry skin ensures crispness.
- Two-stage cooking improves texture.
- Avoid overcrowding the basket.

## Reheating

- 180°C for 6–8 minutes
- Optional: finish 1–2 minutes at 200°C for crisping

## Nutrition (approx)

Per serving: Kcal: 550 | Protein: 45 g | Fat: 38 g | Carbs: 1 g | Sodium: 550 mg