

Standard Air Fryer Recipe Chicken

万能調理用チキン

Purpose: Neutral, moist, high-protein cooked chicken for use in wraps, salads, casseroles, pasta dishes, soups, rice bowls, and other recipes.

Ingredients

Chicken Breast Version

- 600 g boneless skinless chicken breasts 鶏むね肉

Chicken Thigh Version

- 600 g boneless skinless chicken thighs 鶏もも肉

Seasoning

- 1 tsp / 5 g olive oil オリーブオイル
- ½ tsp salt + pinch MSG / 3 g total 塩+MSG
- ¼ tsp black pepper 黒こしょう



Instructions

1. Pat the chicken dry with paper towels.
2. Trim any visible excess fat.
3. If using very thick chicken breasts, butterfly or pound them to approximately 2 cm thickness.
4. Combine the **chicken** with the **olive oil**, **salt + MSG**, and **black pepper**.
5. Allow the chicken to **rest for 15 minutes before cooking**.
6. **Preheat** the air fryer to **180°C** for **4 minutes**.
7. Arrange the chicken in a single layer in the air fryer basket.
8. Cook at **180°C** for **8 minutes**.
9. Flip the chicken.
10. Continue cooking at **180°C** for **5–8 minutes more**.
11. Breasts generally require 13–15 minutes total cooking time.
12. Thighs generally require 14–16 minutes total cooking time.
13. Remove from the air fryer and tent loosely with foil.
14. Allow the chicken to **rest for at least 10 minutes** before cutting or shredding.

Shredded Chicken Version

After resting:

- Cut into large chunks.
- Shred using two forks, a hand mixer, or a stand mixer with paddle attachment.
- Store in recipe-sized portions.



Cubed Chicken Version

- Cut into 1–1.5 cm cubes.
- Ideal for casseroles, salads, wraps, pasta dishes, and rice bowls.
- Cubed chicken generally freezes better than shredded chicken.



Yield

600 g raw chicken breast typically yields approximately 450–480 g cooked chicken. Useful planning figure: 100 g raw chicken yields approximately 75–80 g cooked chicken.

Freezing Protocol

1. Cool completely before packaging.
2. Portion into 100 g, 150 g, or 200 g packages.
3. Flatten freezer bags before sealing.
4. Label each package with weight and date.
5. Best quality within 2–3 months.

Defrosting

Preferred method: Overnight in the refrigerator.

Quick method: Microwave defrost setting to approximately 30–50%, then finish reheating in the final recipe.

Nutrition Reference

Chicken Breast (Cooked, Skinless)

Per 100 g

Kcal: 165 | Protein: 31 g | Fat: 3.6 g | Sat Fat: 1 g | Carbs: 0 g | Sugars: 0 g |
Fiber: 0 g | Sodium: 75 mg | Omega-3: 0.08 g

Per 1 g

Kcal: 1.65 | Protein: 0.31 g | Fat: 0.036 g | Sat Fat: 0.010 g | Carbs: 0 g | Sugars: 0 g |
Fiber: 0 g | Sodium: 0.75 mg | Omega-3: 0.0008 g

Chicken Thigh (Cooked, Skinless)

Per 100 g

Kcal: 209 | Protein: 26 g | Fat: 11 g | Sat Fat: 3 g | Carbs: 0 g | Sugars: 0 g |
Fiber: 0 g | Sodium: 90 mg | Omega-3: 0.10 g

Per 1 g

Kcal: 2.09 | Protein: 0.26 g | Fat: 0.11 g | Sat Fat: 0.03 g | Carbs: 0 g | Sugars: 0 g |
Fiber: 0 g | Sodium: 0.9 mg | Omega-3: 0.001 g

Notes

- This chicken is intentionally lightly seasoned so it can be used in many different recipes.
- The resting period is essential for maintaining moisture.
- Chicken breast is preferred for maximum protein and lowest calories.
- Chicken thigh provides more flavor and remains slightly juicier after freezing.

Standard Air Fryer Recipe Chicken — Bulk Batch Method

using:

- 1 kg chicken breast in Cosori TurboBlaze air fryer
- staggered cooking
- cooling standard 100 g / 150 g / 200 g freezer portions