

Ranch Chicken ランチチキン

Serves 2

Air Fryer

Ingredients

Chicken

- 450–500 g boneless skinless chicken thighs OR breast cutlets 鶏もも肉 または 鶏むね肉
- ¼ tsp salt + small pinch MSG / about 1.5 g total 塩+MSG
- Black pepper to taste 黒こしょう

Ranch Marinade

- 120 g nonfat Oikos Greek yogurt オイコス無脂肪ギリシャヨーグルト
- 30 g mayonnaise マヨネーズ
- 1 T / 4 g finely chopped fresh chives OR green onion チャイブ または 青ねぎ
- 1 T / 4 g finely chopped fresh dill OR parsley デイル または パセリ
- ½ tsp garlic powder / 1.5 g ガーリックパウダー
- 1 tsp Dijon mustard / 5 g デイジョンマスタード
- 1 tsp lemon juice / 5 g レモン汁
- ¼ tsp black pepper / 0.5 g 黒こしょう

Optional Finish

- Extra chopped herbs 追加ハーブ
- Lemon wedges レモン
- Extra loosened ranch sauce 追加ランチソース



Instructions

Step 1 — Prepare the Ranch Marinade

1. In a bowl, combine the **Greek yogurt, mayonnaise, chives, dill or parsley, garlic powder, Dijon mustard, lemon juice, and black pepper.**
2. Mix until smooth.
3. Transfer about ⅓ of the mixture to a separate small bowl for serving later.

Step 2 — Prepare the Chicken

1. Pat the **chicken** dry thoroughly.
2. If using thick chicken breasts, pound or butterfly to about 1½–2 cm thickness.
3. Season lightly with the **salt + MSG** and **black pepper.**
4. Add the chicken to the marinade bowl and coat thoroughly.
5. Marinate for **at least 20 minutes or ideally 2–4 hours** refrigerated.
6. Before cooking, let refrigerated chicken **sit about 15 minutes at room temperature.**

Air Fryer Method

1. Preheat the air fryer to **200°C** for **4 minutes.**
2. Lightly oil the basket or crisper plate.
3. Arrange chicken pieces in a single layer.

4. Lightly spray or brush the tops with olive oil.
5. Air fry at **200°C** for **8 minutes**.
6. Flip carefully using tongs or a thin spatula.
7. Cook **another 5–8 minutes** until deeply golden and cooked through.
8. For additional browning, increase to **205°C** for the **final 1–2 minutes**.

Optional Sauce Finish

1. Thin the reserved ranch sauce with 1–2 tsp water or milk.
2. Drizzle lightly over the cooked chicken or serve on the side.
3. Scatter extra herbs over the top before serving.

Good Side Dishes

- Zucchini fritters
- Roasted zucchini & mushrooms
- Potato wedges
- Green salad
- Grilled corn
- Tomato-cucumber salad

Notes

- Chicken thighs work especially well in the air fryer because they stay juicy.
- Chicken breasts should not be overcooked or the yogurt coating may dry out.
- The mayonnaise helps promote browning similarly to skillet cooking.
- Fresh dill gives the most classic ranch flavor.
- A tiny pinch of smoked paprika can be added for slightly deeper color.

Nutrition

Entire Dish:

Kcal total: 760 | Protein: 78 g | Fat: 39 g | Sat Fat: 8 g | Carbs: 14 g | Sugars: 8 g | Fiber: 1 g | Sodium: 1,420 mg | Omega-3: 0.3 g

Per Serving (2 servings):

Kcal total: 380 | Protein: 39 g | Fat: 20 g | Sat Fat: 4 g | Carbs: 7 g | Sugars: 4 g | Fiber: 1 g | Sodium: 710 mg | Omega-3: 0.2 g