

Air Fryer Chicken Breast for Pasta Dishes

パスタ用エアフライヤーチキン

Purpose

This method is designed for precooking chicken breast for pasta dishes while keeping the meat moist and tender.

Chicken

- 320 g chicken breast cut into 4 roughly equal chunks
- Lightly flatten only if some pieces are much thicker than others
- Do not pound thin



Seasoning

- 1 tsp olive oil
- ¼ tsp salt + MSG blend
- Black pepper
- Optional garlic powder or Italian seasoning

Optional Moisture Protection

- Lightly coat chicken with **1 T Greek yogurt** before cooking for additional moisture protection.

Air Fryer Method

- **Preheat** air fryer to **180°C** for **3–4 minutes**.
- Arrange chicken pieces with space between them.
- Air fry at **180°C** for approximately **8–10 minutes total**.
- Flip halfway through cooking.
- Target internal temperature: 68–70°C.
- Remove slightly early rather than fully overcooking.

Resting & Storage

- **Rest chicken 5–10 minutes** after cooking.
- Carryover heat will finish cooking gently.
- Slice only after cooling slightly.
- Store together with accumulated juices if refrigerating.

Notes

- This works especially well for pasta dishes because the chicken will continue cooking slightly in sauce.
- Lower-temperature cooking helps prevent dry texture.
- Slightly undercooked chicken is usually better than overcooked chicken for pasta applications.