



Chicken Breast

Ingredients & Equipments

- 1 frozen boneless, skinless chicken breast (about 6 oz)
- 1 tsp olive oil
- ½ tsp kosher salt
- Freshly ground black pepper, to taste

Instructions

1. Preheat Air Fryer:

Set your 3.5-quart air fryer to **380°F (193°C)** and let it preheat.

2. Season the Chicken:

Drizzle the frozen chicken breast with olive oil.

Sprinkle both sides with salt and freshly ground black pepper.

3. Cook:

Place the chicken breast in the air fryer basket.

Cook at **360°F (182°C)** for **18 to 20 minutes**, or until the internal temperature reaches **165°F (74°C)** when checked with an instant-read thermometer.

4. Rest and Serve:

Let the chicken rest for 2–3 minutes before slicing. Serve as is or slice for salads, sandwiches, or bowls.