

Marie Saba

*from my kitchen to yours*

## Air Fryer Chicken

*Serves 4*

### Ingredients:

#### For the marinade:

- 1/2 cup (125 ml) extra virgin olive oil
- 2 Tablespoons (30 ml) lemon juice
- 1 small clove garlic, minced
- 1/2 teaspoon (3 g) whole-grain mustard
- 1/2 teaspoon (2 g) Kosher salt
- Freshly ground black pepper
- Pinch of dried oregano and parsley

#### For the chicken:

- 1 Tablespoon (20 g) Agave syrup
- 1.3 lbs. (620 g) chicken cutlets\*
- Kosher salt and pepper



### Instructions:

1. In a glass jar, combine olive oil, lemon juice, garlic, mustard, salt, pepper and dried herbs. Whisk with a fork until well-combined.
2. Place chicken, agave, and marinade in a large Ziplock bag. Seal bag and mix chicken around with agave and marinade. Refrigerate for 2 or up to 48 hours.
3. When ready to cook, set Ziplock bag on counter at room temp to let marinade re-liquify. Place 2-3 cutlets in the basket of an air fryer, and season with additional salt and pepper.
4. Set temperature to 400 F (204 C) and cook for 10 minutes, or until chicken is browned on the edges and cooked through – that is, when an instant-read meat thermometer inserted into the thickest part of the meat registers 165 F (75 C). Transfer to a plate to let rest while cooking remaining cutlets. Serve warm.

YouTube: Marie's Kitchen

Website: MarieSaba.com

Email: Marie@MarieSaba.com

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## Notes:

\*Chicken cutlets are simply chicken breasts cut into halves horizontally. My grocery store sells cutlets in packaging next to the chicken breasts and tenders. If you can't find cutlets, you can sub in chicken tenders, or ask your meat counter to cut two breasts into cutlets for you. You can also sub in whole chicken breasts, but will need to increase the cook time by about 5-8 minutes, depending on their size.

**Make-Ahead Tip:** Marinade can be made up to one week in advance. Keep covered and chill. Olive oil will solidify in the refrigerator. Set on the counter at room temp to re-liquify.

**Make-Ahead Tip:** Chicken can be marinated up to two days in advance. Store in a sealed bag or container in the refrigerator. Let sit on counter 10-15 minutes at room temp to re-liquify marinade before cooking.

**Make-Ahead Tip:** If you make a double batch of the dressing, you will have enough to marinate the chicken and also to serve a dressing for a big Greek salad. Here's the recipe for a double batch:

## For the marinade:

- 1 cup (250 ml) extra virgin olive oil
- 1/4 cup (60 ml) lemon juice
- 1 small clove garlic, minced
- 1 teaspoon (5 g) whole-grain mustard
- 1 teaspoon (4 g) Kosher salt
- Freshly ground black pepper
- Pinch of dried oregano and parsley

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