



Instant Pot Air Fryer Crispy Chicken Thighs

Active Time: 10 minutes | **Total Time:** 20 minutes | **Serves:** 4

Nutrition Information Per Serving

450.6 calories, 0.84 g carbohydrate, 0.36 g fiber, 0.48 g NET carbs, 32.65 g protein, 34.76 g fat

Ingredients

- 2 Tbsp(s) Primal Kitchen Mayonnaise
- 8 thigh(s) chicken thighs (bone in)
- 1 tsp sea salt
- 1 tsp dried thyme leaves
- 1 tsp smoked paprika
- 1/2 tsp(s) garlic powder
- 1/4 tsp(s) onion powder
- 1/4 tsp(s) black pepper

Preparation

1. In a small bowl, combine the sea salt, herbs and spices. Preheat the air fryer to 400 degrees F. Place the chicken thighs in a large bowl. Add the mayo and mix to coat.
2. Add the seasoning and mix again to coat.
3. Place the chicken thighs in the air fryer basket in a single layer. Do not crowd the air fryer basket – they will not crisp.
4. Cook for 15-20 minutes, turning after 10 minutes, until the internal temperature reaches 165 F.

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