

INGREDIENTS

- 1 x small whole chicken
- 2 tbsp oil
- Salt and pepper to taste
- 1 tsp garlic powder
- 1 tsp smoked paprika
- ½ tsp basil
- ½ tsp oregano
- ½ tsp thyme

INSTRUCTIONS

- 1) Pat the chicken dry.
- 2) Combine all of the seasonings with the oil to make a paste.
- 3) Spread half of the seasoning all over the breast side of the chicken.
- 4) Butterfly chicken,
- 5) Air fry at 180c for 50 minutes.
- 6) Flip the chicken and cook for an additional 10 minutes.
- 7) Check to make sure the internal temperature of your chicken breast meat has a temperature of 75 degrees, using an instant read thermometer.
- 8) Remove to a cutting board and let rest for 5-10 minutes before serving



Roast Chicken

 2 servings  65 Minutes

This juicy roast chicken is great served with a zesty corn salad—flavour-packed and ready to impress!

INGREDIENTS

2 x fresh corn cobs, (husked)

Olive oil

2 tbsp mayo

1 x garlic clove (minced)

1 x lime, zest and juice

2x spring onions (chopped)

¼ cup feta cheese (crumbled)

1x tomato, (diced)

Small bunch fresh coriander

¼ tsp smoked paprika

1 x jalapeño pepper, (diced)

Salt and pepper to taste

INSTRUCTIONS

1) Preheat air fryer to medium-high heat.

2) Brush the corn with olive oil and air fry for 6 minutes.

3) Remove and set aside.

4) Combine the mayo, garlic, and lime zest and juice.

5) Slice the kernels off the corn and add to the bowl along with the spring onions.

⁝ Add the feta, coriander, smoked paprika, tomato and jalapeño.

Mexican Style Corn Salad



2 servings



15 Minutes

