

**SECRET KITCHEN CLUB • STARTER PACK**

# ***AIR FRYER CHICKEN STARTER PACK***



5 no-fail recipes, a time + temp chart, crispy checklist, mistakes to avoid, and 2 quick sauces

Olivia Windrow • Secret Kitchen Club

## **WELCOME**

# ***How to Use This Starter Pack***

This starter pack was created to make air fryer chicken easier, crispier, and more reliable – especially if you're tired of dry chicken breast, pale wings, or guessing the right cooking time.

Inside you'll find 5 practical chicken recipes, a quick time + temp chart, a crispy checklist, common mistakes to avoid, and two easy sauces to finish your chicken like a pro.

Use this guide as a quick kitchen reference. Start with the recipe that looks best to you, use the chart when you need fast timing, and come back to the checklist whenever you want better texture and more consistent results.

The goal of this starter pack is simple: to give you practical techniques and reliable shortcuts that make air fryer chicken easier – and better – every time..

*Enjoy Cooking,  
Olivia Windrow*

# ***What's Inside***

- I**      5 No-Fail Chicken Recipes
  
- II**     Official Time + Temp Chart
  
- III**    Crispy Checklist + Common Fixes
  
- IV**    2 Quick Finishing Sauces

# Crispy Air Fryer Chicken Wings (No-Fail)

TEMP	TIME	FLIP	INTERNAL TEMP	SERVINGS
400°F	18–22 min	Yes (at 10 min)	175–185°F (crispy + tender)	2–3

## Ingredients:

- 2 lb (900 g) chicken wings (drumettes + flats)
- 1 tsp kosher salt
- 1 tsp garlic powder
- 1 tsp paprika (smoked or sweet)
- 1/2 tsp black pepper
- 1 tbsp baking powder (aluminum-free)
- 1 tsp oil (optional) (skip if wings look moist)

## NO-FAIL NOTE:

If your wings look pale at the end, don't add time first—add heat: run 425°F for 2–4 minutes. (Air fryers vary.)

## Instructions:

- 1** Dry wings very well (paper towels). Optional: air-dry 30–60 min in the fridge.
- 2** In a bowl, mix salt, garlic powder, paprika, pepper, and baking powder.
- 3** Add wings and toss until evenly coated. (If using oil, add it after seasoning — it helps the coating stick.)
- 4** Preheat air fryer to 400°F for 3 minutes.
- 5** Arrange wings in a single layer (no stacking). Cook 10 minutes.
- 6** Flip wings, then cook 8–12 minutes more until deep golden and crisp.
- 7** For extra crunch: increase to 425°F for the last 2 minutes.
- 8** Rest wings 3–5 minutes (no cover). Serve as-is or toss in sauce after cooking.

---

**PRO TIP** Baking powder is the crisp switch. It raises pH and dries the skin faster—crispy like restaurant wings without flour.

---

## OIL RULE (Save This!)

Skin-on chicken (wings / skin-on thighs): Season first → oil last (or skip oil) for max crisp.

Skinless chicken (breast / tenders): Oil first → season last so spices stick evenly.

**Quick tip:** If you're using baking powder for crisp, keep oil minimal—too much oil softens the skin.

# Juicy Air Fryer Chicken Breast (No-Dry Method)

TEMP	TIME	FLIP	INTERNAL TEMP	SERVINGS
380°F	16–20 min	Yes (at 10 min)	165°F (pull at 160–162°F, rest to 165°F)	2

## Ingredients:

- 2 boneless, skinless chicken breasts (about 8–10 oz / 225–285 g each)
- 1 tbsp olive oil (or avocado oil)
- 1 tsp kosher salt
- 1 tsp paprika
- 1 tsp garlic powder
- 1/2 tsp black pepper
- 1 tsp cornstarch (optional — “restaurant” texture)
- 1 tsp lemon juice (optional — bright finish)

## NO-FAIL NOTE:

Dry chicken is usually overcooked by just a few degrees. Use a thermometer and pull at 160–162°F, then rest.

## Instructions:

- 1** Pound for even cooking. Place chicken between paper/parchment and gently pound to an even 3/4-inch thickness.
- 2** Brush with oil first, then season with salt, paprika, garlic powder, pepper. (Optional: add cornstarch for a light “crisp” edge.)
- 3** Preheat air fryer to 380°F for 3 minutes.
- 4** Air fry 10 minutes.
- 5** Flip, then cook 6–10 minutes more.
- 6** Pull chicken at 160–162°F, then rest 5 minutes (uncovered). It will rise to 165°F and stay juicy.
- 7** Slice against the grain. Optional: finish with a few drops of lemon juice.

---

**PRO TIP** Even thickness + resting = juicy every time. Don’t chase color—chase internal temp.

---

## REST RULE (Save This!) CORNSTARCH EDGE:

Add 1 tsp cornstarch to your dry seasonings for a light, crisp “restaurant” edge—without breading.

# Crispy Air Fryer Chicken Thighs (Juicy, Skin-On)

TEMP	TIME	FLIP	INTERNAL TEMP	SERVINGS
400°F	20–26 min	Yes (at 12 min)	175–185°F (best texture for thighs)	2–3

## Ingredients:

- 6 bone-in, skin-on chicken thighs (or 4 large)
- 1 tsp kosher salt
- 1 tsp garlic powder
- 1 tsp paprika (smoked or sweet)
- 1/2 tsp black pepper
- 1 tsp onion powder (optional but great)
- 1 tsp cornstarch (optional — “extra crackly” skin)
- 1 tsp oil (optional — only if skin looks dry)

## NO-FAIL NOTE:

Thighs are best at 175–185°F—they get more tender (not dry). Don't stop at 165°F.

## Instructions:

- 1** Dry the skin. Pat thighs very dry. Optional: air-dry uncovered 30–60 min in the fridge.
- 2** Season thighs with salt, garlic powder, paprika, pepper (and onion powder if using).
- 3** Optional “crackle skin”: sprinkle 1 tsp cornstarch over the skin side and rub lightly.
- 4** Preheat air fryer to 400°F for 3 minutes.
- 5** Place thighs skin-side down in a single layer. Cook 12 minutes.
- 6** Flip (skin-side up) and cook 8–14 minutes more until the skin is deeply golden and crisp.
- 7** If needed, finish with 425°F for 2 minutes for extra crisp.
- 8** Rest 5 minutes (uncovered). Serve.

---

**PRO TIP** Start skin-side down, finish skin-side up—it renders fat first, then crisps like crazy.

---

**SKIN RULE (Save This!):** If the skin isn't crisp, don't add lots of time—add heat: 425°F for 2–4 min.

# Crispy Air Fryer Chicken Tenders (2-Ingredient Crunch Trick)

**TEMP**  
400°F

**TIME**  
10–14 min

**FLIP**  
Yes (at 6–7 min)

**INTERNAL TEMP**  
165°F

**SERVINGS**  
2–3

## Ingredients:

- 1.5 lb (680 g) chicken tenders
- 1 tbsp olive oil
- 1 tsp kosher salt
- 1 tsp garlic powder
- 1 tsp paprika (smoked or sweet)
- 1/2 tsp black pepper

## 2-Ingredient Crunch Coating:

- 1/2 cup plain Greek yogurt
  - 3/4 cup crushed cornflakes (medium crumbs)
- Optional: 1 tbsp grated parmesan

## NO-FAIL NOTE:

If coating looks pale but chicken is done, increase to 425°F for the last 1–2 minutes.

## Instructions:

- 1 Pat chicken tenders very dry with paper towels.
- 2 In a small bowl, mix salt, garlic powder, paprika, and pepper.
- 3 Toss tenders with olive oil first, then coat evenly with seasoning.
- 4 Spread a thin layer of Greek yogurt over each tender (do not overcoat).
- 5 Press each piece into crushed cornflakes until evenly covered.
- 6 Preheat air fryer to 400°F for 3 minutes.
- 7 Place tenders in a single layer (no stacking).
- 8 Cook 6–7 minutes. Flip.
- 9 Cook another 4–7 minutes until golden and internal temp reaches 165°F.
- 10 Rest 3–5 minutes before serving.

---

**PRO TIP** Crush cornflakes into medium crumbs — not powder, not large flakes. Even crumbs = even crisp.

---

**CRUNCH RULE (Save This!):** Thin yogurt layer = crispy coating.  
Too much yogurt = soft crust.

# Sticky Honey Garlic Air Fryer Chicken Bites (Restaurant-Style Glaze — No Breading)

TEMP	TIME	FLIP	INTERNAL TEMP	SERVINGS
390°F	12–16 min	Shake at 8 min	165°F	2–3

## Ingredients:

- 1.5 lb (680 g) boneless skinless chicken thighs (cut into bite-size pieces)
  - 1 tbsp olive oil
  - 1 tsp kosher salt
  - 1 tsp garlic powder
  - 1/2 tsp black pepper
  - 1/2 tsp paprika
- Sticky Honey Garlic Glaze:
- 1/4 cup honey
  - 2 tbsp soy sauce
  - 3 cloves garlic, minced
  - 1 tbsp butter
  - 1 tsp apple cider vinegar (or lemon juice)
- Optional: red pepper flakes (heat)

## Instructions:

- 1** Pat chicken dry. Toss with oil first, then salt, garlic powder, pepper, paprika.
  - 2** Preheat air fryer to 390°F for 3 minutes.
  - 3** Arrange chicken in a single layer (small gaps help browning).
  - 4** Cook 8 minutes. Shake basket.
  - 5** Cook another 4–8 minutes until lightly browned and 165°F inside.
- Meanwhile:
- 6** In a small pan, melt butter. Add garlic and cook 30 seconds (don't brown).
  - 7** Add honey, soy sauce, and vinegar. Simmer 1–2 minutes until slightly thickened.
  - 8** Toss hot chicken in glaze until coated.
  - 9** Return to air fryer for 2 minutes to caramelize.
- Serve immediately.

**NO-FAIL NOTE:** Do not add glaze before air frying.  
Sugar burns fast — glaze goes on at the end.

**PRO TIP** Small gaps between pieces = better browning.  
Crowded basket = steamed chicken.

**GLAZE RULE (Save This!):** Glaze → toss → return to heat 2 minutes.  
That last blast creates sticky, glossy coating.

# Chicken Recipe

## PREVIEW



**1** Crispy Air Fryer Chicken Wings  
(No-Fail)



**2** Juicy Air Fryer Chicken Breast  
(No-Dry Method)



**3** Crispy Air Fryer Chicken Thighs  
(Juicy, Skin-On)



**4** Crispy Air Fryer Chicken Tenders  
(2-Ingredient Crunch Trick)



**5** Sticky Honey Garlic Air Fryer Chicken Bites (Restaurant-Style Glaze – No Breading)

Simple chicken recipes for crispy, juicy, everyday air fryer cooking.

# OFFICIAL TIME + TEMP CHART

(NO-GUESS AIR FRYER CHICKEN)

CHICKEN TYPE	TEMP	TIME	FLIP / SHAKE	WOW MICRO-HACK
<b>Wings (fresh)</b> drumettes + flats	400°F	18–22 min	Flip @ 10 min	<b>FINISH 425°F</b> last 2 min for extra crackle
<b>Wings (frozen)</b> add time, not oil	380°F	24–28 min	Flip @ 12–14 min	Preheat basket 3 min (less soggy)
<b>Breast (½-inch)</b> pounded to ½-inch	380°F	16–20 min	Flip @ 10 min	<b>PULL</b> at <b>160–162°F</b> , <b>REST 5 min</b>
<b>Tenders</b> single layer	400°F	10–14 min	Flip @ 6–7 min	<b>PALE? 425°F</b> last 1–2 min
<b>Thighs (skin-on)</b> bone-in best	400°F	20–26 min	Flip @ 12 min	<b>START</b> skin-down <b>FINISH</b> skin-up
<b>Thighs (boneless)</b> bite-size chunks	390°F	12–16 min	Shake @ 8 min	<b>SAUCE</b> only <b>AFTER</b> cooking
<b>Drumsticks</b> medium	380°F	22–28 min	Flip @ 12–14 min	<b>Sauce</b> only after cooking
<b>Nuggets (frozen)</b>	400°F	8–12 min	Shake @ 6 min	<b>Preheat 3 min</b> (crisps faster)
<b>Chicken patties</b> frozen	400°F	10–14 min	Flip @ 7 min	<b>TOAST</b> bun 1 min in basket
<b>Chicken sausage</b> precooked	370°F	8–10 min	Shake @ 5 min	Slice ends for better browning

Air fryers vary. Safe internal temp: **165°F** (breast/tenders)  
| Best texture: **175–185°F** (wings/thighs)

## ***Crispy Checklist***

Use this quick checklist before you start cooking for better texture, better color, and more reliable air fryer chicken every time.

### **Before Cooking**

- Pat the chicken dry well with paper towels
- Add only enough oil to lightly coat
- Season evenly on all sides
- Preheat the air fryer if your model needs it
- Do not overcrowd the basket
- Leave space for hot air to circulate

### **While Cooking**

- Arrange chicken in a single layer
- Flip or turn when needed for even crisping
- Watch the color near the end of cooking
- Use a thermometer for thicker cuts
- Cook to a safe internal temperature

### **For Best Crispiness**

- Use skin-on cuts when you want extra crisp texture
- For breaded chicken, press coating on firmly
- Lightly spray breaded pieces instead of soaking them
- Let excess moisture or marinade drip off before cooking
- Rest for 2–3 minutes before serving to keep the crust set

### **Quick Reminder**

Crispy chicken usually comes from three simple things: dry surface, enough space, and the right cook time.

## 2 Quick Sauces

Two easy sauces that pair well with crispy air fryer chicken.

### 1. Garlic Yogurt Sauce

A cool, creamy sauce for crispy or seasoned chicken.

#### Ingredients

- 1/2 cup plain Greek yogurt
- 1 small garlic clove, grated or finely minced
- 1 teaspoon lemon juice
- 1 tablespoon mayonnaise
- Pinch of salt
- Pinch of black pepper

#### How to Make It

Stir until smooth. Adjust lemon, salt, or garlic to taste.

#### Best With

Chicken tenders, chicken breast, and chicken thighs.

### 1. Honey Mustard Sauce

A sweet-savory sauce that works especially well with crispy chicken.

#### Ingredients

- 2 tablespoons mayonnaise
- 1 tablespoon Dijon mustard
- 1 tablespoon honey
- 1 teaspoon lemon juice or apple cider vinegar
- Small pinch of salt

#### How to Make It

Mix until smooth and glossy. Add a few drops of water if needed.

#### Best With

Chicken wings, tenders, and chicken bites.

**Quick Tip:** Make the sauces first and chill them while the chicken cooks.

# Ready for More Air Fryer Ideas?

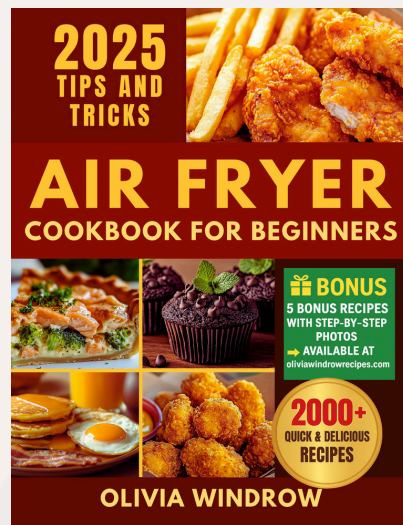
If this Starter Pack helped, here are two easy next steps.



## Super Easy Air Fryer Cookbook for Beginners

- ✓ Quick Meals
- ✓ Step-by-Step Photos
- ✓ Family-Friendly Recipes

[View on Amazon](#)



## Air Fryer Cookbook for Beginners

- ✓ Large Recipe Collection
- ✓ More Variety
- ✓ Everyday Ideas

[View on Amazon](#)

— Keep Cooking with **Secret Kitchen Club** —

More quick meals • More practical recipes • More air fryer confidence