

Air Fryer Garlic Parmesan Chicken Thighs

Serves: 3–4

Crispy skin, juicy meat, and loaded with garlic and Parmesan. This is one of those recipes that tastes like you worked way harder than you did.

Ingredients

- ✓ 6 large chicken thighs (bone-in, skin-on)
- ✓ 4–6 garlic cloves, minced
- ✓ 1 teaspoon granulated garlic
- ✓ 1 teaspoon paprika
- ✓ ½ teaspoon chili pepper flakes
- ✓ ½ teaspoon dried thyme
- ✓ ½ teaspoon dried oregano
- ✓ ½ teaspoon black pepper
- ✓ 1 teaspoon salt
- ✓ 1 cup grated Parmesan cheese
- ✓ Melted butter (for brushing)
- ✓ Scallion greens, chopped (optional garnish)
- ✓ 1–2 teaspoons oil (if needed, to make paste)

Instructions

1. Prep the chicken

Pat the chicken thighs **very dry** with paper towels. This is key for crispy skin.

2. Make the garlic spice paste

In a bowl, mix:

- minced garlic
- all spices

If the mixture feels dry, add a little oil to form a **spreadable paste**.

3. Season

Rub the paste all over the chicken thighs, coating both sides well.

Air Fryer Method

4. Preheat

Preheat air fryer to **380°F (193°C)** for 5 minutes.

5. First cook

Place chicken **skin-side down**.

Cook for **10 minutes**.

6. Flip + cheese

Flip the chicken.

Top each thigh generously with **Parmesan cheese**.

Cook for another **10 minutes**, or until:

- skin is crispy
- internal temp reaches 165°F (74°C)

7. Finish

Remove from air fryer.

Brush lightly with **melted butter**.

Garnish with scallions if using.

Oven Method

1. Preheat

Preheat oven to **400°F (200°C)**.

2. Bake (first stage)

Place chicken on a rack over a baking sheet (or directly on a lined tray).
Bake **skin-side up** for **25 minutes**.

3. Add cheese

Remove from oven.
Top with **Parmesan cheese**.

4. Finish baking

Return to oven and bake another **15–20 minutes**, until:

- skin is crispy
- chicken is fully cooked

👉 Optional: Broil 2–3 minutes at the end for extra crisp.

5. Finish

Brush with melted butter and garnish with scallions.