

Air-Fried Chicken Legs with Garlic Butter Potatoes



Servings: 4

For the Chicken Legs:

4 chicken legs

1 tablespoon avocado oil

1 tablespoon Italian seasoning

salt and pepper, to taste

For the Garlic Butter Potatoes:

1 bulb garlic

1 pound fingerling potatoes

3 tablespoons avocado oil

1/2 teaspoon salt

1/4 teaspoon black pepper

1/2 cup unsalted butter, softened

2 tablespoons fresh parsley, chopped

For the Chicken Legs:

Coat both sides of each chicken leg with avocado oil. Season with Italian seasoning, salt, and pepper.

Place the chicken legs into the air-fryer and cook at 390°F for 22-28 minutes or until the chicken legs are fully cooked.

For the Garlic Butter Potatoes:

Preheat oven to 350°F.

Slice the top off the garlic bulb to expose the cloves. Drizzle with avocado oil and wrap completely in aluminum foil.

Make very thin slices along the potatoes ensuring you don't go all the way down so they stay intact. (A good trick for this is to cut your potatoes between 2 wooden spoons.)

Place the potatoes into a mixing bowl and toss with avocado oil, salt, and pepper.

Place the potatoes cut side up on a baking tray lined with aluminum foil.

Add the garlic bulb to the baking tray and bake in the oven for 50 minutes. Allow to cool slightly.

Squeeze your roasted garlic into a bowl with unsalted butter, fresh parsley, salt, and pepper. Spread the mixture over the potatoes generously.

Per Serving (excluding unknown items): 1060 Calories; 91g Fat (78.1% calories from fat); 57g Protein; 1g Carbohydrate; trace Dietary Fiber; 381mg Cholesterol; 583mg Sodium; trace Total Sugars; trace Vitamin D; 43mg Calcium; 3mg Iron; 721mg Potassium; 542mg Phosphorus. Exchanges: .

Place back into a 350°F oven for 15-20 minutes or until the butter is melted and the potatoes are hot.

Serve the garlic butter potatoes on a plate along with the air-fried chicken legs.

Enjoy!