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## Meat & Poultry Air Fryer Cook Times

These **air fryer meat and chicken cook times** are based on fresh (not frozen) cuts. Always check the internal temperature and adjust by 1–2 minutes if your air fryer runs hotter or cooler.

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Food	Temperature	Cook Time	Notes
Chicken wings	400°F	18–20 minutes	Flip halfway; cook until crispy and 165°F inside.
Chicken breast (about 8 oz)	360°F	18–20 minutes	Cook until 165°F; rest 5 minutes before slicing.
Chicken thighs, boneless	360°F	15–17 minutes	Great with a light oil and seasoning rub.
Chicken drumsticks	380°F	20–22 minutes	Flip once; cook until juices run clear.
Chicken tenders	400°F	10–12 minutes	Perfect for breaded or marinated strips.
Whole chicken (about 4 lb)	380°F	40–45 minutes	Check inner thigh for 165°F; let rest 10 minutes.
Pork chops, boneless (about 6 oz)	400°F	10–12 minutes	Cook to 145°F, then rest 3–5 minutes.

Food	Temperature	Cook Time	Notes
Pork chops, bone-in (1.25–1.5" thick)	400°F	12–15 minutes	Flip halfway for even browning.
Pork tenderloin (about 1.5 lb)	400°F	18–20 minutes	Cook to 145°F and rest before slicing.
Baby back ribs (cut into sections)	360°F	25–30 minutes	Brush with sauce in the last 5 minutes.
Bacon, regular thickness	400°F	8–10 minutes	Check early for extra-crispy or thinner slices.
Beef burgers (¼ lb patties)	360°F	10–12 minutes	Cook to at least 160°F for ground beef.
Meatballs (1.5–2" each)	400°F	10–12 minutes	Works for beef, pork, or turkey meatballs.
Sirloin steak (about 1" thick)	400°F	9–12 minutes	Adjust time for preferred doneness.
Ribeye steak (8–10 oz)	400°F	9–12 minutes	Let rest 5 minutes before slicing.
Flank steak (about 2 lb)	400°F	10–12 minutes	Slice thinly against the grain.
Steak bites (½" cubes)	400°F	8–9 minutes	Toss in butter or sauce after cooking.

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