



Perfect Turkey Breast Roast in the Air Fryer

Savannah · 30/09/2024



Prep Time

1 day 8 hrs 35 mins

Difficult

Medium

Servings

1 day 9 hrs 40 mins

Description

Perfectly cooked turkey breast roast in an air fryer Comes out juicy flavorful and tender

Ingredients

- - 1 (3 pound) frozen turkey breast roast - 2 cups water - ? cup kosher salt - ? cup brown sugar - ground black pepper to taste - 2 tablespoons butter
- or as needed - 1 pinch seasoned salt
- or to taste (such as Texas Roadhouse®)

Instructions

1. Thaw frozen turkey breast in the refrigerator for about 24 hours. Bring water to a boil and stir in kosher salt
2. brown sugar
3. and pepper. Remove brine from heat and let cool completely
4. about 30 minutes. Remove turkey breast from wrapper and leave netting in place if possible. Place turkey into a container and cover with cooled brine; add more water if necessary to completely cover
5. stirring to ensure brine is mixed with water. Let turkey brine for 8 hours
6. or overnight
7. in the refrigerator. Preheat an air fryer to 390 degrees F (200 degrees C) according to manufacturer's instructions. Remove turkey and discard the brine. Pat turkey dry. Rub with butter and coat with seasoned salt and pepper. Cook turkey in the preheated air fryer for 15 minutes; turn
8. remove netting
9. and season once more. Reduce temperature to 360 degrees F (182 degrees C). Continue to cook for 20 minutes
10. turning after 15 minutes. Increase temperature to 390 degrees F (200 degrees C)
11. turn
12. and cook until no longer pink in the center
13. about 15 minutes more. Remove turkey and let rest for about 5 minutes before cutting and serving. Recipe Tips Any seasoning you like will work for this. Spray the turkey a couple of times during cooking with a butter or oil cooking spray — this will help keep the seasoning on the turkey.