

Air Fried Chicken Tenders

4 servings



Ingredients

- 1 tsp paprika
- ½ tsp garlic powder
- ½ tsp salt, divided
- ¼ tsp pepper
- 1 ½ cup panko bread crumbs
- 1/3 cup buttermilk
- 2 egg whites
- 8 chicken tenders
(about 1 ¼ lbs)

Utensils

- Air Fryer
- Mixing bowls
- Whisk
- Tongs



Recipe Instructions

Step 1: Prep Air Fryer

Preheat Air Fryer to 390°

breaded or not breaded

Step 2: Dry Ingredients

Whisk paprika, garlic powder, ¼ tsp salt, and black pepper in a small bowl. Set aside.

Place breadcrumbs in a separate bowl. Set aside.

Step 3: Wet Ingredients

Whisk buttermilk and egg whites in a separate bowl.

Step 4: 3 Step Batter

Place each tender in the buttermilk mixture, then into the breadcrumb mixture, and lastly sprinkle with the paprika and seasonings mixture.

Step 5: Air Fry

Air Fry at 390° for 10-12 minutes or until chicken is golden brown and crispy and no longer pink in the center.

Chicken should be cooked to an internal temperature of 165°

Step 6: Finish and Enjoy!

Remove chicken from air fryer with tongs and sprinkle with remaining salt.

Serve with your favorite dipping sauce, or over a salad and enjoy!



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Kitchen Safety & Sanitation Tips:

Let anyone around you know that you will be using the Air Fryer.

Only use one hand for dipping in the egg mixture. We want to prevent any cross contamination after touching raw egg!