

AIR FRY HONEY BUTTER GARLIC CHICKEN TENDERS



4 SERVINGS



PREP TIME:
15 MIN



COOK TIME:
12 MIN

INGREDIENTS

500g Chicken Tenders
1/3 cup Honey
4 tbsp Butter
4 Cloves Garlic (Minced)
1/2 tsp Salt
1/4 tsp Black Pepper
1/4 tsp Paprika
1/4 tsp Dried Thyme

DIRECTIONS

- In a small saucepan, melt the butter over medium heat. Add the minced garlic and sauté until fragrant.
- Stir in the honey, salt, pepper, paprika, and thyme. Cook for about 2 minutes, then remove from heat.
- Preheat the air fryer to 400°F (200°C).
- Dip each chicken tender into the honey butter garlic sauce, coating evenly.
- Place the chicken tenders in the air fryer basket in a single layer.
- Air fry at 400°F (200°C) for 10-12 minutes, flipping halfway through, until the chicken is cooked through and crispy.
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