

Air Fryer Chicken Tenders

CHICKEN TENDERS (NO THICKER THAN 1/2")
CHRIS'S SPECIAL SEASONING RECIPE BELOW
SALT & PEPPER
ROOM TEMPERATURE BUTTER
WHITE LILY SELF-RISING FLOUR IN A PIE PLATE
1 1/2 CUPS PANKO CRUMBS IN A PIE PLATE
COOKING SPRAY (I USE OLIVE OIL SPRAY)

Sprinkle tenders with chicken seasoning, salt & pepper. Using room temperature butter spread it in your hands and coat each tender well. Wash hands well. Lightly dredge each tender in flour then put in panko. Coat each tender, pressing panko onto chicken so it adheres to flour.

Put in air fryer basket-spray well with cooking spray. Cook on 400 degrees for 10 minutes. Take basket out and carefully turn each tender over. Cook another 10 minutes.

Chris' Special Poultry Seasoning

2 TSP. CAYENNE PEPPER 2 TSP BLACK PEPPER
2 TSP. WHITE PEPPER 4 TSP. PAPRIKA
4 TSP. SALT



Place spices in a small container with a lid and shake well to combine.