

Air Fryer Chicken Tenders

Chicken Marinade

- * 1 lb chicken tenders
- * 1/4 cup mayonnaise
- * 1 Tbsp Dijon mustard
- * 1 garlic clove

Breading mixture

- * 1/2 tsp salt
- * 1/8 tsp pepper
- * 1/2 cup Panko bread crumbs
- * 1/2 cup plain bread crumbs
- * 1/4 cup grated Parmesan cheese

1. For the chicken marinade, add 1/4 cup mayonnaise, 1 tablespoon Dijon mustard, and 1 pressed garlic clove in a large bowl, and give it a good mix using a whisk.
2. Toss the chicken into the marinade. Then use tongs to evenly coat the chicken in the marinade. Set the chicken aside for a few minutes or you can even let it marinate in the fridge overnight for more flavor.
3. In a medium sized bowl, add 1/2 cup plain bread crumbs, 1/2 cup panko style breadcrumbs, and 1/4 cup grated Parmesan cheese. You'll also want to add 3/4 teaspoon salt and 1/8 teaspoon black pepper. Now grab a clean whisk and mix that all together.
4. Preheat your air fryer to 400 degrees Fahrenheit.
5. Now generously coat chicken tenders in the breading mixture one at a time. Press the crumbs into the chicken as much as possible to really get the most crispness out of these tenders. As you work in batches, place the breaded chicken tenders onto a baking sheet lined with parchment paper.
6. Coat the bottom of your air fryer basket with a quick spray of avocado oil. Add as many tenders that will fit onto the Basket, and spray with another light coat of avocado oil.
7. Cook in the air fryer at 400 degrees Fahrenheit for about 4-5 minutes per side.

Chick-fil-a sauce:

Add 1/2 tablespoon of boiling water to 1 tablespoon of granulated sugar. And stir until the sugar is almost completely dissolved. Then set it aside.

In a small bowl add 1 cup Mayonnaise, 1/4 cup barbecue sauce, 1 1/2 tablespoons yellow mustard, and 1/4 teaspoon liquid smoke (optional). Then add the sugar syrup and whisk everything together until it is well combined.

For a buttermilk ranch recipe click here-- <https://simplyhomecooked.com/ranch-dressing/>

Recipe from YouTube – Simply Home Cooked

<https://www.youtube.com/watch?v=k6hjZQNQeiE>