



Air Fryer Chicken

Ingredients

For the Chicken:

- ¾ cup buttermilk
- 2 tsp Worcestershire sauce
- ½ tsp paprika
- 1 lb chicken tenders
- 1½ cups panko breadcrumbs
- ¼ cup grated Parmesan cheese
- 1 tbsp olive oil
- Kosher salt, to taste

For the Dipping Sauce:

- ¼ cup mayonnaise
- 3 tbsp yellow mustard
- 2 tbsp honey
- 1 tbsp Dijon mustard

Instructions

Marinate the Chicken

1. In a large resealable plastic bag, combine the buttermilk, Worcestershire sauce, and paprika.
2. Add the chicken tenders, seal the bag, and massage to fully coat the chicken.
3. Place the bag in a bowl (in case of leaks) and let marinate at room temperature for 1 hour.

Prepare the Breading

1. In a shallow dish, mix the panko, Parmesan, olive oil, and 1 tsp kosher salt. Stir well to combine and coat evenly.

Make the Dipping Sauce

1. In a small bowl, whisk together the mayonnaise, yellow mustard, honey, and Dijon mustard. Set aside or refrigerate until serving.

Air Fry the Chicken

1. Preheat your air fryer to 390°F (200°C).

2. Remove each chicken tender from the marinade, letting the excess drip off.
3. Press each piece into the panko mixture, coating both sides well. Shake off any excess crumbs.
4. Place in the air fryer basket in a single layer (about 4 tenders per batch).
5. Air fry for 7 minutes per side, or until golden brown and cooked through.
6. Repeat with the remaining chicken.

Serve

1. Serve warm with the honey mustard dipping sauce.