



# Bread Crumps Chicken Tenderloins

## Ingredients & Equipments

- 1 large egg
- ½ cup dry bread crumbs
- 2 tbsp vegetable oil (*or melted butter as an alternative*)
- 8 chicken tenderloins

## Instructions

- **Preheat Air Fryer:**  
Set your air fryer to **350°F (175°C)** and let it preheat.
- **Prepare the Coating:**  
In one bowl, whisk the egg.  
In another bowl, mix the bread crumbs with the vegetable oil until the mixture becomes loose and crumbly.
- **Bread the Chicken:**  
Dip each chicken tenderloin into the egg, allowing any excess to drip off.  
Then coat the tenderloin in the bread crumb mixture, pressing gently to ensure even coverage.
- **Air Fry the Chicken:**  
Arrange the coated tenderloins in a single layer in the air fryer basket, making sure they don't overlap.  
Cook for **12 minutes**, or until the chicken is golden brown and fully cooked through.  
Internal temperature should reach **165°F (74°C)**.
- **Serve:**  
Serve hot, with your favorite dipping sauce or alongside a fresh salad or fries.