

Air Fryer Honey Crunch Chicken

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Recipe from everythingerica on Instagram

Makes 4 servings, 1 serving 5 FSP

- 4 boneless, skinless chicken cutlets
- egg
- 2/3 cup flour
- 2 Tbsp garlic powder
- 2 Tbsp onion powder
- 1 Tbsp ground ginger
- salt and pepper
- 1/4 cup soy sauce
- 3 cloves crushed garlic
- 1 Tbsp honey

1. In a shallow bowl or pie plate, beat egg. Set aside
2. In another shallow bowl or pie plate, mix flour, garlic powder, onion powder, ginger and salt and pepper.
3. Dredge chicken in flour mixture. Then dip in egg mixture and then dip in flour mixture again
4. Spray chicken with olive oil spray on both sides. Air fry at 400 for 12 minutes.
5. After 12 minutes, paint your glaze mixture on both sides of the chicken. Air fry an additional 4 minutes.

