

Air-Fried Chicken Chunks

WITH HONEY MUSTARD SAUCE

INGREDIENTS

For the Chicken:

- 1-1.5 lbs chicken tenders or boneless chicken breasts, cut into chunks
- 1 cup flour
- 2 eggs, whisked (or sub ¼ cup mayo or Greek yogurt)
- 1 cup panko breadcrumbs (or regular breadcrumbs)
- ¼ cup grated Parmesan cheese
- 1 teaspoon garlic powder
- 1 teaspoon paprika
- ½ teaspoon salt
- ½ teaspoon black pepper
- Olive oil spray or drizzle

For the Honey Mustard Sauce:

- ½ cup mayonnaise
- ¼ cup Dijon mustard
- ¼ cup honey (plus more to taste)
- 1 tablespoon white vinegar (or lemon juice or apple cider vinegar)
- 1 tablespoon yellow mustard

DIRECTIONS

1. Preheat air fryer to 400°F for 3-5 minutes.
2. Set up three shallow bowls: one with flour, one with whisked eggs, and one with a mixture of breadcrumbs, Parmesan, garlic powder, paprika, salt, and pepper.
3. Coat each chicken piece in flour, then dip in egg, and finish in the seasoned breadcrumb mixture.
4. Arrange chicken in a single layer in the air fryer basket. Work in batches if needed—don't overcrowd!
5. Lightly spray the tops with olive oil spray.
6. Air fry at 400°F for 8-10 minutes, flipping halfway through, until golden brown and cooked through (internal temp of 165°F).
7. While the chicken cooks, whisk together all honey mustard ingredients in a small bowl. Taste and adjust honey or vinegar to your liking.
8. Serve the crispy chicken hot with the honey mustard sauce on the side.