

Crispy Bang Bang Chicken Tenders - Sweet, Spicy, and Totally Addictive

Bang Bang Chicken Tenders with Sweet Heat Sauce ???



OVEN
400°F

TIME
30 min

METHOD
Air fryer

PRINT
Recipe Card

INGREDIENTS

Chicken Tenders:

- 1 lb chicken tenders
- $\frac{1}{2}$ cup all-purpose flour
- 2 eggs, beaten
- 1 cup panko breadcrumbs
- Salt and pepper, to taste
- Oil, for frying

Sweet Heat Sauce:

- $\frac{1}{2}$ cup mayonnaise
- 3 tbsp sweet chili sauce
- 1 tbsp honey
- 1 tsp sriracha (or more for extra heat)
- 1 clove garlic, minced

DIRECTIONS

1. Season the Chicken: Sprinkle both sides of the chicken tenders with a generous pinch of salt and pepper.
2. Prep the Breeding Station: Set up 3 shallow bowls:
3. Flour in the first
4. Beaten eggs in the second
5. Panko breadcrumbs in the third
6. Bread the Tenders: Dredge each tender first in flour, then dip in egg, and press into panko, ensuring they're well-coated on all sides.
7. Fry to Perfection: In a skillet, heat $\frac{1}{2}$ inch of oil over medium heat. Fry tenders in batches for about 3 minutes per side, until golden brown and crispy. Transfer to a paper towel-lined plate.
8. Make the Sauce: In a small bowl, whisk together mayonnaise, sweet chili sauce, honey, sriracha, and minced garlic until smooth.
9. Sauce & Serve: Toss the hot chicken tenders in the sauce or serve the sauce on the side for dipping. Plate and garnish with extra sauce or chopped chives if desired.

TIPS FOR SUCCESS

Bake or air fry at 400°F until crispy and cooked through.

Adjust the heat by adding more sriracha or crushed red pepper flakes .

For a fun twist, serve them on slider buns with lettuce and pickles for bang bang sliders .

More recipes: [ChefManiac.com](https://chefmaniac.com)

Original recipe: <https://chefmaniac.com/crispy-bang-bang-chicken-tenders-sweet-spicy-and-totally-addictive/>