

Air Fryer Honey Butter Garlic Chicken Tenders: Crispy, Sweet & Savory Perfection

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OVEN
400°F

TIME
1 min

TEMP
165°F

METHOD
Air fryer

INGREDIENTS

- 1 lb chicken tenders
- 1/3 cup honey
- 4 tablespoons unsalted butter
- 4 cloves garlic, minced
- 1/2 teaspoon salt
- 1/4 teaspoon black pepper
- 1/4 teaspoon paprika
- 1/4 teaspoon dried thyme

DIRECTIONS

1. Prepare the : Honey Butter Garlic Sauce: In a small saucepan, melt the butter over medium heat. Add the minced garlic and sauté gently for about 1 minute until fragrant. Be careful not to burn the garlic.
2. Finish the : Sauce: Stir in the honey, salt, black pepper, paprika, and dried thyme. Cook for about 2 minutes, stirring occasionally, allowing the flavors to meld. Remove the saucepan from the heat.
3. Preheat : Air Fryer: Preheat your air fryer to 400°F (200°C) according to your model's instructions.
4. Coat : Chicken Tenders: Dip each chicken tender into the prepared honey butter garlic sauce, ensuring it's evenly coated on all sides. Allow any excess sauce to drip off.
5. Air : Fry: Place the coated chicken tenders in the air fryer basket in a single layer. Do not overcrowd the basket; cook in batches if necessary to ensure even cooking and crispness.
6. Cook & : Flip: Air fry at 400°F (200°C) for 10-12 minutes, flipping the chicken tenders halfway through (around the 5-6 minute mark). Cook until the chicken is cooked through (internal temperature reaches 165°F or 74°C) and the tenders are golden brown and crispy.
7. Serve : Hot: Remove the chicken tenders from the air fryer. If desired, you can brush them with any remaining sauce from the dipping bowl (after they're cooked) for an extra glaze. Serve hot and enjoy immediately!

SWAPS & NOTES

Chicken: Chicken tenders are perfect for this recipe due to their uniform size and quick cooking time.

You can also use boneless, skinless chicken breasts cut into 1-inch strips, but adjust cooking time as needed.

Honey: Any type of honey will work here.

For a slightly different flavor, you could try maple syrup, though the distinct honey taste will change.

TIPS FOR SUCCESS

Don't Overcrowd the Air Fryer: This is crucial for crispiness!

Air needs to circulate around each piece of chicken.

Pat Chicken Dry: Before coating, pat the chicken tenders dry with paper towels.

This helps the sauce adhere better and promotes a crispier finish.

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

Original recipe: <https://chefmaniac.com/air-fryer-honey-butter-garlic-chicken-tenders-crispy-sweet-savory-perfection/>