

## Honey Sesame Chicken Tenders: Crispy Delight in Every Bite

Honey Sesame Chicken Tenders



**OVEN**  
**380°F**

**TIME**  
**15 min**

**TEMP**  
**165°F**

**METHOD**  
**Air fryer**

### INGREDIENTS

- 1 pound chicken tenders
- 1/2 cup honey
- 1/4 cup soy sauce
- 1 tablespoon sesame oil
- 2 teaspoons garlic powder
- 1 teaspoon ginger powder
- 1/4 cup sesame seeds
- Salt and pepper, to taste
- Cooking spray

### DIRECTIONS

- 1.** Prepare the Marinade: In a medium bowl, whisk together the honey, soy sauce, sesame oil, garlic powder, ginger powder, salt, and pepper. The aroma from this mix will already have your mouth watering!
- 2.** Marinate the Chicken: Add the chicken tenders to the marinade and toss to coat. Let them soak for at least 15 minutes, or up to an hour if you have the time. This gives the chicken a rich, flavorful base before cooking.
- 3.** Preheat the Air Fryer: Set your air fryer to 380°F (190°C) and let it preheat for about 5 minutes while the chicken marinates.
- 4.** Coat the Chicken with Sesame Seeds: Remove the chicken tenders from the marinade, allowing the excess to drip off. Sprinkle sesame seeds on both sides of each tender, pressing them lightly so they stick.
- 5.** Arrange in the Air Fryer: Place the coated chicken tenders in a single layer in the air fryer basket. Avoid overcrowding so they cook evenly. Lightly spray the tops with cooking spray to help them crisp up.
- 6.** Cook Until Crispy: Air fry for 10-12 minutes, flipping halfway through, until the tenders are golden brown and cooked through. The internal temperature should reach 165°F (74°C) for perfectly juicy chicken.
- 7.** Serve and Enjoy: Remove from the air fryer and, if you like, drizzle with any leftover marinade that you've heated to a simmer on the stovetop for safety. Serve immediately and enjoy the sticky, crispy goodness!

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

Original recipe: <https://chefmaniac.com/honey-sesame-chicken-tenders-crispy-delight-in-every-bite/>