

My Favorite Air Fryer Chicken Tender Recipe with Honey, Butter, and Garlic Glaze

Let me show you why these chicken tenders are such a hit and how easy they are to make at home.



AIR FRYER HONEY BUTTER GARLIC CHICKEN TENDERS

You Will Need
1 lb chicken tenders
4 tablespoons butter, melted
3 tablespoons honey
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OVEN
400°F

TIME
30 min

METHOD
Air fryer

PRINT
Recipe Card

INGREDIENTS

For the Honey Butter Garlic Glaze: 1/3 cup honey
1/4 cup unsalted butter 3 garlic cloves, minced 1
tablespoon soy sauce Optional garnish: chopped
parsley or sesame seeds How I Make Air Fryer Honey
Butter Garlic Chicken Tenders (:

DIRECTIONS

1. Step-by-: Step)
2. Prep the : Chicken
3. I start by seasoning the chicken tenders with salt, pepper, garlic powder, and paprika.
4. Set : Up the Breading Station
5. I mix the panko breadcrumbs and : Parmesan cheese in one bowl and place the beaten eggs in another.
6. Bread the : Tenders
7. I dip each chicken tender into the egg mixture, then coat it in the panko-Parmesan mixture, pressing gently to help the coating stick.
8. Air : Fry to Crispy Perfection
9. I arrange the breaded tenders in a single layer in my air fryer basket, spraying them lightly with cooking spray. I cook at 400°F for 10-12 minutes, flipping halfway through, until they're golden and crispy.
10. Make the : Glaze
11. While the chicken cooks, I melt the butter in a small saucepan, add the minced garlic, and sautØ for about a minute. Then I stir in the honey and soy sauce, simmering for another minute until everything is combined and glossy.
12. Toss and : Serve
13. Once the tenders are done, I drizzle the honey butter garlic glaze over them or toss gently in a bowl to coat every piece. I garnish with parsley or sesame seeds for a little extra touch.
14. My Favorite : Tips for Perfect Chicken Tenders
15. Don't overcrowd the air fryer basket:

16. Give the tenders space so they crisp up evenly.
17. Use panko for extra crunch:
18. It makes the coating lighter and crispier than regular breadcrumbs.
19. Add the glaze right before serving:
20. This keeps the tenders crispy on the outside and sticky on the inside.
21. For extra heat:
22. Add a pinch of red pepper flakes to the glaze if you like a spicy kick.

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

Original recipe: <https://chefmaniac.com/my-favorite-air-fryer-chicken-tender-recipe-with-honey-butter-and-garlic-glaze/>