

FOMO-Worthy Air Fryer Chicken Poppers with Creamy Garlic Dip

If you've ever had that moment of food envy scrolling through social media, these



OVEN
400°F

TIME
10 min

TEMP
165°F

METHOD
Air fryer

INGREDIENTS

- 1.5 lbs boneless skinless chicken breasts
- 1 cup flour
- 2 eggs
- 1 cup bread crumbs
- 1 teaspoon salt
- 1/2 teaspoon black pepper
- 1/2 teaspoon paprika
- 1/2 teaspoon garlic powder
- 1/4 teaspoon cayenne pepper
- Cooking spray
- 1 cup mayonnaise
- 2 cloves garlic, minced
- 2 tablespoons lemon juice
- 1/2 teaspoon salt
- 1/4 teaspoon black pepper

DIRECTIONS

1. Cut chicken into bite-sized pieces.
2. Set up three shallow dishes: one with flour and all dry seasonings, one with beaten eggs, and one with bread crumbs.
3. Dredge each chicken piece in flour, dip in egg, then coat in bread crumbs.
4. Preheat your air fryer to 400°F. Spray the basket lightly with cooking spray.
5. Place chicken in a single layer in the basket-don't overcrowd.
6. Cook for 10 minutes. Flip and cook another 5-7 minutes until golden and cooked through.
7. Meanwhile, whisk all garlic dip ingredients in a small bowl until smooth.
8. Serve poppers hot with garlic dip on the side-or drizzle it on top if you're feeling wild.

SWAPS & NOTES

& Swaps Chicken: Chicken thighs work too for a juicier bite.

Bread crumbs: Use panko for extra crunch or gluten-free crumbs if needed.

Mayo in dip: Substitute with Greek yogurt or sour cream for a tangier, lighter option.

Spice it up: Add more cayenne or a dash of hot sauce to the dip if you like heat.

TIPS FOR SUCCESS

Don't skip the preheat-starting hot makes for crispier poppers.

Work in batches if needed; crowded baskets lead to soggy bites.

Double the dip-you'll thank yourself later.

Use a meat thermometer if unsure; chicken should reach 165°F inside.

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

Original recipe: <https://chefmaniac.com/fomo-worthy-air-fryer-chicken-poppers-with-creamy-garlic-dip/>