

These Air Fryer Honey Butter Garlic Chicken Tenders Are My Weeknight Dinner Hero

Air Fryer Honey Butter Garlic Chicken Tenders



OVEN
375°F

TIME
25 min

TEMP
165°F

METHOD
Air fryer

INGREDIENTS

- 1 lb chicken tenders
- ... cup honey
- 2 tbsp unsalted butter, melted
- 1 tsp garlic powder
- $\frac{1}{2}$ tsp salt
- $\frac{1}{2}$ tsp black pepper
- $\frac{1}{2}$ cup panko breadcrumbs
- $\frac{1}{2}$ tsp paprika
- 1 tbsp olive oil (for spraying or brushing)

DIRECTIONS

- 1.** Preheat the Air Fryer: I set my air fryer to 375°F (190°C) so it's ready to go by the time the tenders are breaded.
- 2.** Mix the Honey Butter Garlic Glaze: In a small bowl, I stir together the honey, melted butter, and garlic powder. I set it aside so the flavors can mingle while the chicken cooks.
- 3.** Season and Bread the Chicken: I season the chicken tenders with salt, pepper, and paprika. Then I roll them in panko breadcrumbs, pressing slightly so the coating sticks well.
- 4.** Air Fry to Crispy Perfection: I lightly spray the breaded chicken with olive oil, then place them in the air fryer basket in a single layer. No crowding-give them space to crisp!
- 5.** Air fry for 10-12 minutes, flipping halfway through, until golden brown and cooked through. (I usually check with a meat thermometer-internal temp should hit 165°F.)
- 6.** Toss in Honey Butter Goodness: Once the tenders are hot and crispy, I toss them gently in the honey butter garlic glaze until coated and glossy. A quick toss is all it takes-they soak it right up.

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