

# Air Fryer Gluten-Free Chicken Tenders

**Servings:** 4

**Prep time:** 15 minutes

**Cook time:** 8 – 10 minutes

## Ingredients:

- 1 lb boneless, skinless chicken breasts, cut into 1-inch strips
- 1 cup gluten-free breadcrumbs (panko style works well)
- 1/4 cup all-purpose gluten-free flour
- 1 teaspoon garlic powder
- 1/2 teaspoon onion powder
- 1/4 teaspoon paprika
- 1/4 teaspoon salt
- 1/8 teaspoon black pepper
- 1 large egg, beaten
- 2 tablespoons milk (any kind)
- 1 tablespoon olive oil

## Directions:

### *Step 1*

**Prepare the Breading:** In a shallow dish, combine gluten-free breadcrumbs, gluten-free flour, garlic powder, onion powder, paprika, salt, and pepper.

### *Step 2*

**Prepare the Egg Wash:** In a separate shallow dish, whisk together the egg and milk.

### *Step 3*

**Bread the Chicken:** Dip each chicken strip into the egg wash, then coat thoroughly in the breadcrumb mixture.

### *Step 4*

#### **Air Fry:**

- Preheat air fryer to 400°F (200°C).
- Arrange the breaded chicken strips in a single layer in the air fryer basket.
- Cook for 8-10 minutes, flipping halfway through, until golden brown and cooked through.

### *Step 5*

**Serve:** Serve immediately with your favorite dipping sauce (like honey/maple mustard, barbecue sauce, or ranch).

## *Tips and Variations*

- **Spice it up:** Add a pinch of red pepper flakes or cayenne pepper to the breadcrumb mixture for some heat.
- **Add-ins:** Stir in some grated Parmesan cheese or chopped herbs (like parsley or thyme) to the breadcrumb mixture.
- **Double Breading:** For extra crispy chicken, dip the chicken in the egg wash, then the breadcrumb mixture, then back in the egg wash, and finally back in the breadcrumb mixture.