



Air Fryer Honey Butter Garlic Chicken Tenders

Crispy and flavorful chicken tenders coated in a delicious honey butter garlic sauce - a perfect easy meal for any day!

Ingredients:

- 1 lb chicken tenders
- 1/3 cup honey
- 4 tbsp butter
- 4 cloves garlic, minced
- 1/2 tsp salt
- 1/4 tsp black pepper
- 1/4 tsp paprika
- 1/4 tsp dried thyme

Directions:

1. In a small saucepan, melt the butter over medium heat. Add the minced garlic and sauté until fragrant.
2. Stir in the honey, salt, pepper, paprika, and thyme. Cook for about 2 minutes, then remove from heat.
3. Preheat the air fryer to 400°F (200°C).
4. Dip each chicken tender into the honey butter garlic sauce, coating evenly.
5. Place the chicken tenders in the air fryer basket in a single layer.
6. Air fry at 400°F (200°C) for 10-12 minutes, flipping halfway through, until the chicken is cooked through and crispy.
7. Serve hot and enjoy!

Prep Time: 15 minutes | Cooking Time: 12 minutes | Total Time: 27 minutes | Kcal: 320 | Servings: 4