

Crunchy Air Fried Chicken

The Ingredients

5 Chicken thighs
1 egg
1 tbsp Garlic Salt
1 tbsp Celery salt
1/3 tbsp Salt
1 tbsp Black pepper
1 tbsp white pepper
4 tbsp Papparika
1 tbsp Ground Ginger
1/3 tbsp Oregano
1/2 tbsp Basil
1/2 tbsp Thyme
2 cups Plain Flour

Method

- 1 Add all dry ingredients into a bowl and mix well. Store the dry mix in an air tight container
2. Dice Chicken thighs into nugget sized pieces.
3. Crack egg in a bowl and whisk with a fork.
4. Measure 1/2 cup dry ingredients into a bowl
5. Dip chicken into egg and coat with the dry mix.
6. Turn on air fryer. Place chicken thighs into air fryer basket until the bottom is covered.
7. Set air fryer to 170 degrees and timer for 10 minutes
8. Turn thighs and cook for a further 3 minutes or until golden and crispy.

*Serve with either: salad, roast vegetables or chips.

INSPIRED DIETETICS

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