



Air Fried Chicken Tenders

Who said you have to give up fried chicken to lose weight? Well, we set out to bust that myth by creating some finger-licking air fried chicken!

Ingredients:

- 25g or 1/4 cup of coconut flour
- 1/2 tsp salt
- 1/4 tsp freshly ground black pepper
- 2 large eggs
- 55g or 1 cup of crushed pork rinds/pork scratchings
- 1 tsp smoked paprika
- 1/2 tsp garlic powder (optional)
- 6 chicken drumsticks, thighs, breast or 500g or 1lb of chicken tender (We used tenders for this recipe)

Directions:

- To make the coating mix the coconut flour with the salt and pepper in a medium shallow bowl, mixing well.
- Beat the eggs in a second shallow bowl.
- Mix the crushed pork rinds/pork scratchings in a third bowl with the paprika and garlic powder if used.
- To coat the chicken, dredge each piece in the flour mixture, dip into the egg, shake off any excess, then press lightly into the pork rind mixture to coat on all sides. Set aside until you are ready to cook.
- To cook, preheat the air fryer to 200 C/400 F for 5 minutes. Arrange the coated chicken in the air fryer basket in a single layer and cook for about 15-30 minutes until thoroughly cooked and crispy. See details above about cooking times according to size and how to cook in the conventional oven. Cook in batches if necessary and keep those cooked first warm in a low oven or under tented foil.
- Serve immediately with your chosen accompaniments, or allow to cool, then serve as part of a lunch box meal if liked.
- Enjoy.

“You have what it takes to achieve your goal weight!”

