

Buffalo Cheddar Crispy Chicken in the Air Fryer



Everyone loves crispy chicken fillets! This recipe allows you to please everyone without compromising the nutritional quality of the meal. No frying, the same great taste and a little cheesiness to distinguish them even more from commercial frozen nuggets.

Preparation 10 min

Cooking 12 min

Servings 6

Nutrition Facts (per serving)

Calories 190

Fat 5

Carbohydrates 16

Fibre 1

Protein 24

Ingredients

- 80 ml (? cup) quick-cooking rolled oats
- 15 ml (1 tbsp) cornstarch
- 2.5 ml (½ tsp) garlic powder
- 5 ml (1 tsp) paprika
- 54 (90 g - about 2 cups) cheese crackers (Bold N Baked Crackers Extra Exquisite Nacho Cheese - Dare Foods)

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- 1 egg
- 60 ml (¼ cup) Buffalo hot sauce
- 454 g (1 lb) boneless, skinless chicken breasts, cut into large cubes or strips

Preparation

1. In a blender, finely grind rolled oats with cornstarch, garlic powder and paprika. Set aside in a shallow bowl.
2. In the same blender, finely grind the crackers and set aside in a second shallow bowl.
3. In a third bowl, whisk together egg whites, egg and hot sauce with a fork.
4. Coat chicken, one piece at a time, in oatmeal mixture. Shake off excess. Dip pieces into egg mixture. Coat the chicken with powdered crackers.
5. Preheat hot air fryer to 400°F (200°C).
6. Spray the grid of the air fryer with oil and place the chicken pieces, without overlapping, in the air fryer basket.
7. Spray the top of the chicken with a little oil. Cook for 12 minutes, turning the pieces halfway through cooking and spraying with oil again.

Note: Depending on the size of your air fryer basket, you may need to repeat steps 6 and 7 to ensure all chicken pieces are cooked.

Notes

Can be kept for 4 days in the refrigerator.



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