

Air fried strips with sweet n spicy sauce



Serves	Prep Time	Cooking	Total Time	Calories
2 people				382 kcal

Stuff that's in it:

- 2 Slices Of Bread
- 1 Tsp Garlic Powder
- 1 Tsp Paprika
- 1 Tsp Chilli Powder ((Mild))
- Salt And Pepper
- 1 Egg
- 10G Plain Flour
- 2 Tsp Oil
- 300G Chicken Breast (Sliced Into Strips)
- Sauce:
 - 1 Tsp Red Hot Wings Buffalo Sauce
 - 1 Tsp Worcester Sauce (Xxx)
 - 1 Tsp Ketjap Manis Soy Sauce
 - 1 Tbsp 50% Less Sugar Ketchup
 - 1 Tbsp Maple Syrup (Xxx)

What you do:

Blitz the bread crumbs in a food processor until fine. Add the dry spices and seasoning and mix well.

Get 1 bowl and 2 plates, add the flour to a plate, whisk the egg in the bowl and add the bread crumbs to another plate. Roll the chicken in the flour, shake, use a fork to add into the egg bowl and roll all over, then coat in bread crumbs, do this to each strip.

Place in your air frier and spray with a little oil once on each side of the strips. I fried mine on setting number 2 for 17 minutes and they were perfect. If you have an oscillating fryer; you may want to use a basket or remove your paddle if safe to do so. Coat in Sauce.

Nutrition

- Carbs: 30g
- Fat: 10g
- Protein: 41g

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