

Air Fryer Chicken Strips

Ingredients

1 cup all-purpose flour	½ teaspoon ground black pepper
1 tablespoon paprika	1 large egg
1 tablespoon parsley flakes	1 ½ pounds chicken tenderloins
1 teaspoon seasoned salt	cooking spray

Instructions

Preheat an air fryer to 400 degrees F (200 degrees C) according to manufacturer's instructions.

Combine flour, paprika, parsley, seasoned salt, and pepper in a large bowl. Beat egg in a separate bowl.

Dredge each chicken strip first in the seasoned flour, then in beaten egg, then back in the seasoned flour.

Place as many strips in the basket as you can without overcrowding. Lightly mist the tops of the strips with cooking spray. Cook for 8 minutes. Flip strips over and lightly mist the tops with more cooking spray. Cook for 8 minutes more. Repeat with any remaining strips.