- Prep Time: 10 minutes
- Cook Time: 12–15 minutes
- Total Time: 25 minutes
- Yield: 4 servings (approx. 12–14 tenders)
- Intensity Level: Easy / Beginner-Friendly
- Equipment: Air Fryer (3.5 QT or larger recommended)

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Why You’ll Love This Recipe

These chicken tenders strike the perfect balance between crispy and saucy. The air fryer gives them a golden, crunchy exterior without deep frying, while the honey butter garlic glaze adds a rich, sticky finish that clings to every bite. It’s a kid-friendly dinner that adults will devour too—and it’s on the table in under 30 minutes.

Ingredients

For the Chicken Tenders

- 1.5 lbs (680 g) chicken tenderloins (or boneless, skinless chicken breasts cut into 1-inch strips)
- 2 large eggs
- 1 cup Panko breadcrumbs
- ½ cup grated Parmesan cheese
- 1 tsp garlic powder

- 1 tsp smoked paprika
- ½ tsp onion powder
- ½ tsp salt
- ¼ tsp black pepper
- Olive oil spray (or avocado oil spray)

For the Honey Butter Garlic Glaze

- 4 tbsp unsalted butter
- 3 cloves garlic, minced (about 1 tbsp)
- 3 tbsp honey
- 1 tbsp soy sauce (or tamari for gluten-free)
- ½ tsp red pepper flakes (optional, for heat)
- 1 tbsp fresh parsley, chopped (for garnish)

Instructions

Step 1: Prep the Chicken (5 minutes)

Pat the chicken tenderloins dry with paper towels. If using chicken breasts, slice them into 1-inch thick strips. Season lightly with a pinch of salt and pepper.

Step 2: Set Up the Breading Station (3 minutes)

In a shallow bowl, whisk the eggs. In a separate shallow dish, combine the Panko breadcrumbs, grated Parmesan, garlic powder, smoked paprika, onion powder, salt, and black pepper. Mix well.

Step 3: Bread the Tenders (5 minutes)

Working one at a time, dip each chicken tender into the egg, allowing excess to drip off. Then press it firmly into the breadcrumb mixture, coating all sides. Place the breaded tenders on a plate or wire rack. Do not overcrowd the air fryer basket—cook in batches if necessary.

Step 4: Air Fry the Chicken (12–15 minutes)

Preheat the air fryer to 400°F (200°C) for 3 minutes. Lightly spray the air fryer basket with oil. Arrange the breaded tenders in a single layer, leaving a little space between each. Spray the tops lightly with oil. Air fry at 400°F (200°C) for 10–12 minutes, flipping halfway through, until golden brown and the internal temperature reaches 165°F (74°C) . *Intensity: Medium-high heat.*

Step 5: Make the Honey Butter Garlic Glaze (3 minutes)

While the chicken cooks, melt the butter in a small saucepan over medium heat. Add the minced garlic and sauté for 30–60 seconds until fragrant—do not brown. Stir in the honey,

soy sauce, and red pepper flakes (if using). Simmer for 1–2 minutes until slightly thickened. Remove from heat.

Step 6: Toss and Serve (2 minutes)

Transfer the cooked tenders to a large bowl. Pour the honey butter garlic glaze over the top and toss gently to coat. Garnish with fresh parsley. Serve immediately with rice, roasted vegetables, or a dipping sauce of your choice.

Recipe Intensity & Timing Summary

Phase	Time	Intensity/Heat
Prep & Breading	10 min	Low
Air Fry (Batch 1)	10–12 min	400°F (200°C)
Glaze	3 min	Medium stovetop
Toss & Serve	2 min	Low
Total	~25 min	Easy

Pro Tip: For extra crispy tenders, spray the breaded chicken lightly with oil before air frying. This helps the Panko brown evenly without drying out.

Nutrition Information (Per Serving)

Based on 4 servings. Values are estimates and will vary by brand and exact measurements.

- Calories: 420 kcal

- Total Fat: 18 g
- Saturated Fat: 9 g
- Cholesterol: 185 mg
- Sodium: 680 mg
- Total Carbohydrates: 26 g
- Dietary Fiber: 1 g
- Total Sugars: 14 g
- Protein: 38 g