



Garden Fresh Farm Recipes

Air Fried Chicken Strips

We have a new favorite way to cook chicken at RizzieFarms. Crispy chicken in just 10 minutes.

Ingredients:

1 pound boneless, skinless chicken breasts
½ teaspoon kosher salt

Spice mix
2 teaspoons paprika
1 teaspoon freshly ground black pepper
1 teaspoon garlic powder
1 teaspoon onion powder
½ teaspoon ground mustard
¼ teaspoon dried basil
¼ teaspoon dried thyme
1/8 teaspoon cayenne pepper

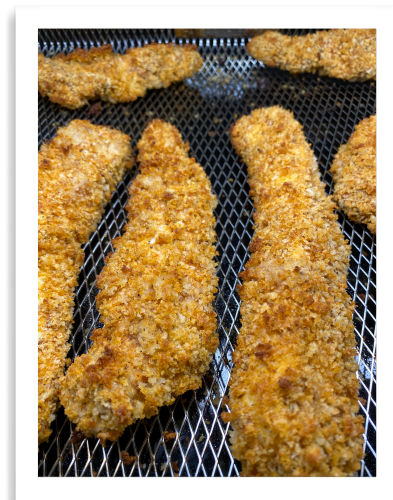
NOTE: We have also substituted the spice mix with 6 teaspoons of zatar spice blend that gives the chicken a Mediterranean - Middle East flavor.

To bread
1½ cups panko breadcrumbs, divided
¾ teaspoon kosher salt
½ teaspoon olive oil
1/3 cup all-purpose flour
1 egg

Directions:

Cut chicken into strips about 1-inch wide. In a medium bowl, toss chicken with ½ teaspoon salt. Cover and refrigerate while preparing breading.

Combine spices in a small bowl and mix well. Reserve.





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Combine $\frac{1}{2}$ cup panko, $\frac{3}{4}$ teaspoon salt and 1 tablespoon spice mix in the bowl of a food processor. Pulse until finely ground, about 10 pulses. Transfer panko mixture to a shallow dish and add olive oil and remaining 1 cup panko. Use fingers to mix, ensuring olive oil is evenly distributed.

Place flour in a second shallow dish and stir in remaining spice mix.

Scramble the egg and 1 tablespoon water in a third shallow dish.

Working in batches, toss chicken strips in flour and shake off any excess. Dip chicken in egg and allow excess to drain off. Dredge chicken in panko mixture, ensuring all sides are well crusted.

Arrange chicken strips in a single layer on the airfry basket, leaving space between each piece.

Select AIRFRY/425°F/SUPER CONVECTION/8 minutes and press START to preheat oven.

Cook in rack position 4 until crisp, about 10 minutes.

Serve immediately with your favorite dipping sauce.

Breville Smart Oven Air Fryer Pro, Countertop Convection Oven, Brushed Stainless Steel

13 smart cooking functions with air fry and dehydrate. The Smart Oven Air with Element IQ is for the cook who desires a countertop oven that can roast for large gatherings, air fry crispy French fries & family and dehydrate a wide range of healthy foods. The super convection setting reduces cooking time by up to 30 percent with great crispness. Capacity: 9 Slice Toaster, 13" Pizza, 9"x 13" baking pan, 12 cup muffin tray , 14 lb Turkey.

