

# Homemade Chicken Fingers

## Time

15-20 mins

## Ingredients

- Chicken breast or thighs
- Bread crumbs - PANKO
- Eggs
- Milk

## Instructions

- Preheat air fryer at 385F
- Mix some eggs and milk in a wide bowl (2 eggs, 1/4 cup milk)
- Add bread crumbs to wide bowl
- Cut chicken into "fingers"
- Coat chicken in egg wash
- Coat chicken in bread crumbs and set aside
- Add chicken fingers to air fryer and cook for 5 mins. Repeat as necessary.

## Honey Mustard Sauce

- mix together equal amounts of honey, mustard and mayo.

## Review

- Not great.
- Chicken breast can be a bit dry.
- Panko breadcrumbs are not ideal
- Need to attempt this with chicken thighs and different coating
- Sauce could be made a bit spicy.