

Cooking spray

Corn flake 6 tbsp corn flake cereal

Chicken breasts

Air Fryer Buttermilk Fried Chicken

boneless, skinless chicken breasts (cut in half lengthwise to make 4 equal portions) | lbs

Cornmeal

3 tablespoons stone-ground cornmeal

Red hot-pepper sauce

1/4 teaspoon red hot-pepper sauce

Ingredients

Salt





Directions

Air Fryer Buttermilk Fried Chicken





In a small, deep bowl, stir together the buttermilk & hot sauce.





Place the chicken in the buttermilk mixture. Allow to stand 15 minutes.





> Place the cornflakes into bowl Add the cornmeal, garlic powder paprika, salt & pepper & pulse until evenly mixed. Pour the crumbs into a shallow bowl.





Coat the chicken pieces evenly in the cornflake mixture.





Place the coated chicken pieces on a wire rack.







> Place the chicken in the air fryer basket. Spray with nonstick cooking spray for 2 seconds (cook in batches if all the chicken doesn't fit).



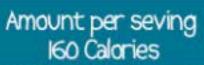




> Set the temperature to 375°F & air fry for 7 minutes. Turn the chicken pieces.

150*

Directions



357

(7) MIN

