



Air Fryer Crispy Honey Chicken

Air fryer fans will love this delectable crispy chicken recipe with honey garlic sauce.

PREP TIME: 15 MIN

COOK TIME: 30 MIN

INGREDIENTS

- 6 boneless chicken thigh, skin off
- 1 cup cornflour
- 1/4 tsp ground ginger
- 1/4 tsp ground nutmeg
- 1/8 tsp ground thyme
- 1/8 tsp ground sage
- 1/8 tsp paprika

SAUCE:

- 2 tbsp olive oil
- 4 cloves garlic, crushed
- 1 cup AB's Ironbark Honey
- 1/4 cup soy sauce
- 1 tsp ground black pepper



DIRECTIONS

1. Cut the chicken into chunks, then toss it in a bowl with cornflour and seasonings. Use enough to coat the chicken evenly.
2. Place in the Air Fryer and cook according to your Air Fryer manual for chicken.

SAUCE:

1. In a medium saucepan, add olive oil and minced garlic. Cook over medium heat to soften the garlic but do not brown.
2. Add the honey, soy sauce, and black pepper. Simmer together for 5-10 minutes, remove from heat and allow to cool slightly.
3. Pour sauce over chicken and enjoy!

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