



# Air-Fried Asian Sticky Chicken

## INGREDIENTS

1 lb Hy-Vee True chicken tenders  
 $\frac{2}{3}$  cup Hy-Vee plain panko bread crumbs  
 $\frac{1}{2}$  (32-oz.) pkg. Hy-Vee complete pancake & waffle mix  
1  $\frac{1}{2}$  tbsp Hy-Vee granulated sugar  
2 tsp Hy-Vee paprika  
 $\frac{3}{4}$  tsp Hy-Vee salt  
 $\frac{2}{3}$  cup water, plus 1 to 3 tablespoons, if necessary  
 $\frac{1}{3}$  cup Culinary Tours orange sauce  
2 tbsp Hy-Vee honey  
 $\frac{1}{4}$  tsp orange zest  
 $\frac{1}{4}$  tsp Sriracha sauce  
Sesame seeds, for garnish  
Green onion tops, sliced, for garnish

## PREPARATION

- 1** Preheat air fryer to 375°. Pat chicken tenders dry; cut each crosswise in half, then lengthwise. Combine bread crumbs, pancake & waffle mix, sugar, paprika, and salt in a medium bowl; stir in  $\frac{2}{3}$  cup water. If necessary, add an additional 1 to 3 tablespoons water to make a thick paste-like batter.
- 2** Dust chicken with additional dry pancake mix. Roll each piece in panko mixture to coat. Spray air-fryer basket with Hy-Vee nonstick spray.
- 3** Place coated chicken pieces in a single layer basket; spray with nonstick spray. Air-fry 5 to 6 minutes or until chicken is 165°.
- 4** Meanwhile, combine orange sauce, honey, orange zest, and Sriracha sauce in small saucepan; simmer 2 minutes. Gently toss cooked chicken with sauce. Garnish with sesame seeds and slice green onion tops, if desired.

## NUTRITION FACTS

Calories: 280  
Total Fat: 2g  
Cholesterol: 55mg

Sodium: 760mg  
Carbohydrates: 44g  
Sugar: 17g  
Protein: 22g