Dinner

Crispy Buttermilk Air Fryer Chicken

Chicken breasts soak up a tangy low-fat buttermilk and hot sauce bath, then get a crunchy corn flake and cornmeal crust. A quick turn in the air fryer leaves them golden and crisp.



Nut free

40 min	180	10 g	1 g
time	calories	carbs	sugars

Ingredients, 4 servings

- [ ] 1/3 cup low-fat buttermilk
- [ ] 1/4 tsp hot sauce
- [ ] 1 lbs boneless, skinless chicken breasts (cut in half lengthwise to make 4 equal portions)
- [ ] 6 tbsp corn flakes
- [ ] 3 tbsp stone-ground cornmeal
- [ ] 1 tsp garlic powder
- [ ] 1 tsp paprika
- [ ] 1/4 tsp salt
- [ ] 1/4 tsp black pepper
- [ ] 2 sprays, 0.5 grams nonstick cooking spray

Method

- [ ] **1** Whisk the low-fat buttermilk together with the hot sauce in a small deep bowl, then add the boneless, skinless chicken breasts and let them sit in the mixture for 15 minutes.
- [ ] **2** Blitz the corn flakes in a food processor until coarse crumbs form, pulse in the stone-ground cornmeal, garlic powder, paprika, salt, and black pepper until the blend is even, and tip the crumbs into a shallow bowl. No food processor? Crush the corn flakes inside a plastic bag using a rolling pin instead.
- [ ] **3** Lift the chicken out of the liquid so the extra buttermilk drips back into the bowl, press each piece into the corn flake crumbs until coated all over, and rest the coated pieces on a wire rack.
- [ ] **4** Set the chicken in the air fryer basket in a single layer, working in batches if the pieces would crowd, spray the tops with nonstick cooking spray for 2 seconds, and cook at 375°F for 7 minutes.
- [ ] **5** Flip the chicken over and air fry for 7 further minutes, stretching that time to a full 10 minutes if needed, until the chicken is cooked through and a meat thermometer inserted in the center reads 165°F.

Nutrition Facts

Per serving

Calories	**180**
Total fat	4 g
Saturated fat	0.5 g
Sodium	220 mg
Total carbs	10 g
Fiber	1 g
Total sugars	1 g
Protein	27 g

diabic.com/recipes

Scan to open this recipe and its shopping list