

Southern Air Fried Chicken

Ingredients for seasoning:

- 2 TSP of Sea Salt
- 1 TSP of Black Pepper
- 1 TSP of Smoked Paprika
- 1 TSP of Garlic Powder
- 1 TSP of Onion Powder

Ingredients

- 2lbs Chicken
- 1 cup self-rising flour
- 2 eggs
- 2 Tablespoons of milk
- ¼ cup of water

Other needs:

- Spray oil

Directions:

1. Preheat your air fryer for 15 minutes at 400F.
2. Mix seasoning ingredients in a bowl. Use 1 tablespoon of the seasoning rub to season your chicken. Set aside.
3. Place your 1 cup of flour in a shallow dish and add remaining rub.
4. Dredge your chicken into the flour, shaking off any excess. Allow the chicken to rest covered in flour for 5 minutes.
5. In another shallow dish, beat your eggs with the milk and water.
6. Dredge your chicken carefully in the egg mixture, then shake off any excess.
7. Next, move your chicken to the flour mixture and coat well. Shake off excess before moving your chicken to another plate (do not allow chicken pieces to touch)
8. Allow chicken to rest for several minutes before
9. Cook the chicken at 400 for 15-20 minutes flipping over in the middle. Chicken is done when internal temp reads 165.