

Air Fryer Chicken N Dumplings

Ingredients:

- 1 tablespoon olive oil
- 1 cup frozen carrots, diced
- 1 cup frozen peas
- ½ onion, diced
- 3 tablespoons flour
- 2 cups chicken stock
- 2 cups shredded cooked chicken
- ½ teaspoon salt and pepper
- 1 cup flour
- 2 tablespoons baking powder
- ½ teaspoon salt
- 1 egg
- ⅓ cup milk

Directions:

1. Preheat your air fryer to **350°F (175°C)**. Place the carrots, peas, and onion in a heat-safe dish that fits inside your air fryer basket (ceramic or metal works well). Drizzle with olive oil, toss, and air fry for **8 minutes**, stirring halfway, until onions begin to soften.
2. Remove the dish and sprinkle the 3 tablespoons flour evenly over the vegetables. Stir to coat. Slowly pour in the chicken stock, stirring well. Return dish to the air fryer and cook at **for 6–7 minutes**, pausing to stir once, until the mixture thickens slightly.
3. Stir in the shredded chicken, salt, and pepper. Smooth the top of the mixture in the dish.
4. In a bowl, whisk together flour, baking powder, & salt. Add the egg & milk, stirring until a thick dough forms.
5. Drop spoonfuls of the dough evenly over the chicken mixture. Lightly press them down so they're half-submerged.
6. Lower the air fryer temperature to **320°F (160°C)**. Cook for **12–15 minutes**, until dumplings are puffed, golden on top, and cooked through when a toothpick is inserted.