

# The Perfect Gluten-Free Air-Fryer Chicken Tenders

Cook Time 15 minutes  
Serves 4



## Ingredients

- 1 pound chicken tenders
- 2 eggs, beaten
- 2 cups arrowroot powder
- 2 TBSP cajun seasoning blend (Look for a seasoning blend with ingredients you recognize.....salt, pepper, garlic, onion powder, cayenne powder etc. Avoid seasoning blends with chemical ingredients and flavor enhancers like MSG)
- Avocado oil spray

## Instructions

1. Preheat air fryer to 400°. Pat the chicken tenders dry and set aside.
2. In a shallow bowl, whisk eggs.
3. In a separate bowl, combine arrowroot powder and cajun seasoning blend.
4. Dredge each chicken tender into egg wash first then transfer to bowl with dry ingredients. Ensure all sides are coated.
5. Place each tender into the air fryer basket. Evenly spaced and in a single layer. Important to all room for air circulation. This recipe will require two rounds of cooking.
6. Spray the top of the chicken tenders with oil, and then set the timer for 15 minutes.
7. After 7 minutes flip over the chicken tenders and spray the other side lightly with the oil.
8. Repeat steps 1-6 for the remaining chicken tenders.

Gluten Free / Paleo / Low Carb / Whole30