



### POPCORN CHICKEN (AIR FRYER)

Quick, easy and healthier way to cook popcorn chicken. Accompany with roasted corn and garden salad.

 10 minutes

 20 minutes

 1 portion

## INGREDIENTS

- 1 teaspoon of olive oil (for the coating)
- 25 grams of cornflour (for the coating)
- 1 teaspoon of sweet and smoky paprika or half a teaspoon of sweet and smoky paprika and half a teaspoon of hot paprika (for the coating)
- 1 teaspoon of salt (for the coating)
- 1 teaspoon of black pepper (for the coating)
- 4 oz of chicken thighs, skinless, boneless (113 g) **or** 4 oz of chicken breast, skinless, boneless (113 g)

## COOKING METHOD

- 1º Place your popcorn pieces of chicken thigh into a tupperware container (the container will need a secure lid).
- 2º Pour your coating ingredients over the top of the chicken pieces, secure the tupperware lid, and shake well.
- 3º Place the coated chicken pieces evenly into your air fryer and air fry at 200C for 10 minutes, flipping the pieces half way through cook time.

## NUTRITIONAL INFORMATION

	PER 100 g	PER PORTION (151 g)	% DRI
ENERGY	167 kcal	252 kcal	13 %
FAT	5 g	7 g	11 %
FATTY ACIDS, TOTAL SATURATED	1 g	1 g	7 %
CHOLESTEROL	62 mg	94 mg	31 %
SODIUM	1357 mg	2049 mg	85 %
CARBOHYDRATE	15 g	23 g	8 %
SUGARS	0 g	0 g	—
FIBER	1 g	2 g	6 %
PROTEIN	16 g	25 g	—