

AIR FRYER CHICKEN BITES

INGREDIENTS

- 1 tbsp. olive oil
- 1 tbsp. apple cider vinegar
- 1 tsp. salt
- 1 tsp. garlic powder
- 1 tsp. paprika
- 1/2 tsp. dried thyme
- 1.25 lb. boneless - skinless chicken



PREPARATION

1. Take a large bowl and combine the olive oil, apple cider vinegar, salt, garlic powder, paprika and dried thyme in it.
2. Cut the chicken into 1-1.5 inch cubes.
3. Add the chicken in the spice mix bowl.
4. Coat the chicken well.
5. Add the chicken cubes to the air fryer basket and cook at 375°F for 10 minutes.
6. After 7 minutes, flip the chicken.
7. Continue to cook for 3 more minutes.
8. Serve warm with Ideal Protein BBQ Sauce and enjoy!

