

Tony's Air Fryer Chicken Wings

Ingredients

Spudshed/The Mad Butcher Chicken Wing Nibbles Value Pack

G-Fresh Sea Salt & Pepper, (to taste)

Millers Plain Flour, ½ cup

Prochef Extra Virgin Olive Oil Spray, (for air fryer basket)

Spice Mix

Chilli Powder, 2 tbsp

Smoked Paprika, 2 tbsp

Garlic Powder, 1 tbsp

Onion Powder, 1 tbsp

Cayenne Pepper, 1 tbsp (or 1 tsp for less spice)

Seasonal Salad

Fresh Lemon, (juiced)

Wescobee 100% Pure Australian Honey, 1 tbsp

MasterFoods Dijon Mustard, 1 tbsp

G-Fresh Sea Salt & Pepper

Red Onion, (sliced)

Fresh Radish, (sliced)

Spudshed Tomatoes, (sliced)

Fresh Iceberg Lettuce

Method

Step 1

Pat the chicken wing nibbles dry with some paper towel & place into a large mixing bowl.

Step 2

In the large mixing bowl, toss the chicken wings with the flour and salt & pepper. Add in the spice mix and coat the chicken wings evenly. Spray the air fryer basket with an even coat of olive oil & transfer the wings to the air-fryer basket.

Step 3

Cook at 180 °C for approximately 15-20 minutes, or until golden, shaking the basket halfway through the cooking time. Increase the temperature to 200°C and cook for another 5 minutes or longer until the skin is crispy and browned.

Whilst cooking, prepare the seasonal salad.

Step 4

Add the fresh lemon juice, honey, mustard, and salt & pepper into a large mixing bowl. Whisk to combine. Add in all the fresh, sliced vegetables & lettuce into the bowl and mix with the dressing until coated evenly.

Step 5

Once the chicken wings are ready, serve immediately alongside the seasonal salad, or your choice of side/s. ***Bon appetit!***



Pic for illustration purposes only. Recipe may vary in appearance to pic.