

Chile Crisp Chicken Tenders チリクリस्पチキン

Air Fryer

Serves: 2

Ingredients

Chicken & Marinade

- 300 g chicken tenders (鶏ささみ/テンダー)
- 1 T / 18 g chile crisp (チリクリस्प)
- 1 T / 15 ml low-sodium soy sauce (減塩しょうゆ)
- 1 T / 15 ml rice vinegar + 1 tsp / 5 ml lemon juice (米酢+レモン)
- 1 tsp / 4 g sugar (砂糖)
- ½ tsp salt + ⅛ tsp MSG (塩+MSG)

Breading

- 40 g flour (小麦粉)
- 1 large egg (卵)
- 60 g panko (パン粉)

Oil

- Canola oil spray (キャノーラ油スプレー)

Instructions

1. Marinate **chicken 30–60 minutes** (up to 6 hours).
2. Set up breading: **flour** → **egg** → **panko**.
3. Coat chicken: flour, egg, then panko. Press to adhere.
4. Optional but recommended: **refrigerate breaded chicken 20–30 minutes uncovered** to set coating.
5. **Preheat** air fryer to **180°C (3–4 minutes)**.
6. Arrange in single layer; spray lightly with oil.
7. Cook **180°C** for **6 minutes**; flip, spray again.
8. Cook another **4–6 minutes** until golden and cooked through.

Notes

- Resting improves coating adhesion and crispness, especially useful for consistent results.
- Not essential for air fryer, but recommended when time allows.
- Avoid covering tightly during resting to prevent soggy coating.
- Light oil spray before and after flipping improves browning.

Nutrition (per serving)

Kcal: 420 | Protein: 38 g | Fat: 14 g | Sat Fat: 3 g | Carbs: 32 g | Sugars: 3 g |
Fiber: 2 g | Sodium: 650 mg | Omega-3: 0 g



Dipping Sauces for Chile Crisp Chicken チリクリस्पチキン用ディッピングソース

Light Chile–Soy Dipping Sauce

チリ醤油ソース

- 1 T / 15 ml low-sodium soy sauce (減塩しょうゆ)
- 1 tsp / 5 ml rice vinegar (米酢)
- 1 tsp chile crisp (チリクリस्प)
- 1 tsp water
- Optional: few drops sesame oil

➤ Mix all ingredients until combined.



Creamy Yogurt–Garlic Sauce

ヨーグルトガーリックソース

- 80 g Greek yogurt (ギリシャヨーグルト)
- 1 tsp / 5 ml olive oil (オリーブオイル)
- 1 tsp / 5 ml lemon juice (レモン)
- ½ small garlic clove, grated (にんにく)
- ⅛ tsp salt + pinch MSG (塩+MSG)

➤ Mix until smooth. Optional: drizzle chile crisp on top.

Japanese-Style Ponzu Mayo Sauce

ポン酢マヨソース

- 2 T / 30 g mayonnaise (マヨネーズ)
- 1 T / 15 ml ponzu (ポン酢)
- 1 tsp / 5 ml water
- Optional: pinch shichimi togarashi (七味唐辛子)

➤ Mix until smooth and slightly loosened.

Wasabi Tartar-Style Sauce

わさびタルタルソース

- 3 T / 45 g mayonnaise (マヨネーズ)
- 1 tsp / 5 ml lemon juice (レモン)
- 1 tsp / 5 ml rice vinegar (米酢)
- 1 tsp finely chopped pickles or relish (ピクルス/レリッシュ)
- ½ tsp wasabi (わさび) (to taste)
- ⅛ tsp salt + pinch MSG (塩+MSG)
- Optional: 1 tsp finely chopped onion (玉ねぎ)

➤ Mix well and chill 10–15 minutes before serving for best flavor.