

Honey Cajun Chicken Tenders

Crispy, Sweet, Spicy—and 100% Farm-Fresh

This one's for the flavour lovers. These Honey Cajun Chicken Tenders are everything you want in a bite: crispy, golden, sweet, spicy, and sticky in all the right ways. And the best part? They're made in the air fryer using Nutrafarms' hormone- and antibiotic-free chicken—sourced straight from Ontario farms you can trust.

Perfect for weeknight dinners, family-friendly meals, or game day cravings, these tenders deliver big flavour without any sketchy ingredients. Let's make magic happen with just a few pantry staples and a whole lot of goodness.

▢ Ingredients (Serves 4)

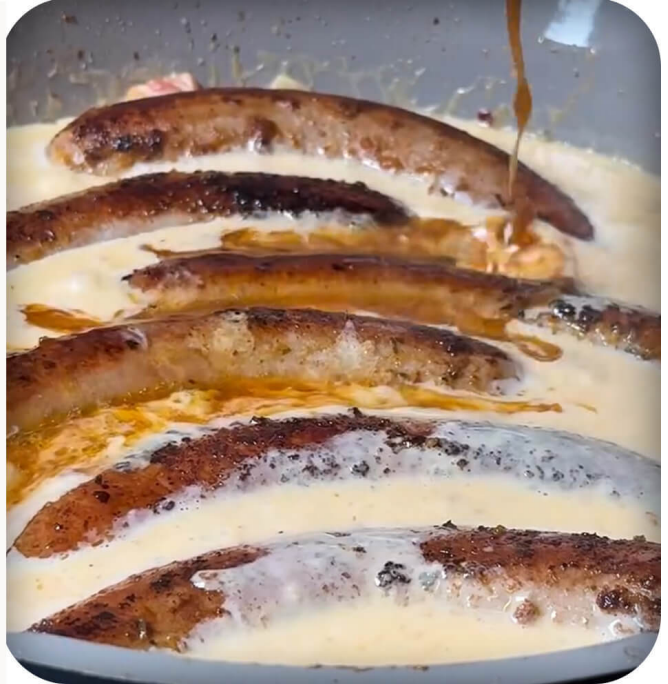
For the Chicken:

- 2 Nutrafarms chicken breasts
- $\frac{1}{2}$ cup flour
- 1 cup Kellogg's Frosted Flakes (crushed)
- 1 egg (beaten)
- 1 tsp Cajun seasoning
- $\frac{1}{2}$ tsp paprika
- Salt & pepper to taste
- Fresh parsley (optional, for garnish)

For the Honey Cajun Sauce:

- $\frac{1}{2}$ cup butter

- $\frac{2}{3}$ cup honey
- 1 tbsp Cajun seasoning
- 1 tbsp applesauce



☐ Instructions

1. Prep the Chicken