

# Easy Air Fryer Chicken Bites

## INGREDIENTS:

- 1.5lb chicken thighs
- ½ teaspoon sea salt
- ½ teaspoon black pepper
- ½ teaspoon smoked paprika
- ¼ teaspoon garlic powder
- 1 tablespoon avocado oil (or olive oil)

## PROCESS:

1. Preheat the air fryer to 400 degrees.
2. Cut the chicken thighs into 1.5 inch pieces.
3. In a small bowl, mix together the salt, pepper, smoked paprika & garlic powder.
4. Transfer the chicken pieces into the air fryer basket. Pour the oil over the chicken & sprinkle the spice mixture onto the chicken until evenly coated.
5. Cook for 8-10 minutes, flipping halfway until the chicken is fully cooked & ENJOY!

From: Stem + Spoon

