BREADED CHICKEN SANDWICHES



INGREDIENTS:

- 4 low-carb burger buns
- 16 oz ground chicken
- 1 egg
- 30g cornflakes
- Onion powder
- Garlic powder
- Paprika
- Salt
- Pepper
- Cayenne (optional)
- Lettuce
- Sauce (1/2 cup greek yogurt, garlic powder, mustard powder, black pepper)



DIRECTIONS:

1. Combine chicken with egg and seasonings and form into 4 burgers.
2. Crush corn flakes and coat patties.
3. Air fry at 400F for ~15 minutes or until internal temp is 165F.
4. Mix sauce and assemble burger. Add whatever toppings you'd like.
5. Enjoy!