

CopyCat Burger King Chicken Fries

Ingredients

1 pound ground chicken
1/2 tsp Kosher Salt
1/4 tsp Ground Black Pepper
2/3 cup Superfine Almond Flour
1/4 cup powdered Parmesan cheese
1/2 tsp Garlic Powder
1/2 tsp Onion Powder
1/2 tsp Paprika
1 Eggs
Cooking Spray

Directions

In a large bowl, combine the ground chicken, breadcrumbs, parmesan cheese, garlic powder, onion powder, paprika, salt, and black pepper. Mix until well combined.

Take a handful of the ground chicken mixture and shape it into a long, thin stick, similar to the shape of a French fry. Place them on a baking sheet and place them in the freezer for 20 minutes to help them firm up.

Whisk the eggs in a shallow bowl. Dip the chilled chicken fry into the beaten eggs, making sure to coat it well.

Roll the chicken fry in the flour mixture, pressing it onto the chicken to ensure they stick.

Place the chicken fries in a single layer in the air fryer basket, making sure they are not touching.

Lightly spray the chicken fries with cooking spray.

Cook the chicken fries in the air fryer for 10-12 minutes, or until they are golden brown and cooked through, flipping them over halfway through cooking and spraying with additional cooking spray.