



NAME **AIR FRYER HONEY GINGER CHICKEN**

AIR FRYER INSTRUCTIONS:

- Thaw freezer meal overnight in the fridge. Dump out the marinade into a bowl with a strainer. Leave the chicken in the bag then cover the marinade, place both the bag and the bowl back in the refrigerator until you are ready to cook. Preheat the air fryer to 400°F for 5 minutes.
- Transfer half of the meal to the air-fryer. cook for 10-15 minutes at 380 °F, flipping halfway through. Repeat the process for the remaining half of the meal. If your air fryer has enough room to cook everything in one batch, go for it! Just don't overcrowd the air fryer basket).
- Optional, cook off the marinade in a small saucepan (mix together 3 tbsp cornstarch + 3 tbsp of water for thicker sauce). Use this to drizzle over the top of the chicken.

USE-BY-DATE

FREEZER FIT

NAME **AIR FRYER HONEY GINGER CHICKEN**

AIR FRYER INSTRUCTIONS:

- Thaw freezer meal overnight in the fridge. Dump out the marinade into a bowl with a strainer. Leave the chicken in the bag then cover the marinade, place both the bag and the bowl back in the refrigerator until you are ready to cook. Preheat the air fryer to 400°F for 5 minutes.
- Transfer half of the meal to the air-fryer. cook for 10-15 minutes at 380 °F, flipping halfway through. Repeat the process for the remaining half of the meal. If your air fryer has enough room to cook everything in one batch, go for it! Just don't overcrowd the air fryer basket).
- Optional, cook off the marinade in a small saucepan (mix together 3 tbsp cornstarch + 3 tbsp of water for thicker sauce). Use this to drizzle over the top of the chicken.

USE-BY-DATE

FREEZER FIT

NAME **AIR FRYER HONEY GINGER CHICKEN**

AIR FRYER INSTRUCTIONS:

- Thaw freezer meal overnight in the fridge. Dump out the marinade into a bowl with a strainer. Leave the chicken in the bag then cover the marinade, place both the bag and the bowl back in the refrigerator until you are ready to cook. Preheat the air fryer to 400°F for 5 minutes.
- Transfer half of the meal to the air-fryer. cook for 10-15 minutes at 380 °F, flipping halfway through. Repeat the process for the remaining half of the meal. If your air fryer has enough room to cook everything in one batch, go for it! Just don't overcrowd the air fryer basket).
- Optional, cook off the marinade in a small saucepan (mix together 3 tbsp cornstarch + 3 tbsp of water for thicker sauce). Use this to drizzle over the top of the chicken.

USE-BY-DATE

FREEZER FIT

NAME **AIR FRYER HONEY GINGER CHICKEN**

AIR FRYER INSTRUCTIONS:

- Thaw freezer meal overnight in the fridge. Dump out the marinade into a bowl with a strainer. Leave the chicken in the bag then cover the marinade, place both the bag and the bowl back in the refrigerator until you are ready to cook. Preheat the air fryer to 400°F for 5 minutes.
- Transfer half of the meal to the air-fryer. cook for 10-15 minutes at 380 °F, flipping halfway through. Repeat the process for the remaining half of the meal. If your air fryer has enough room to cook everything in one batch, go for it! Just don't overcrowd the air fryer basket).
- Optional, cook off the marinade in a small saucepan (mix together 3 tbsp cornstarch + 3 tbsp of water for thicker sauce). Use this to drizzle over the top of the chicken.

USE-BY-DATE

FREEZER FIT

