



NAME LEMON DIJON CHICKEN AND ASPARAGUS

AIR FRYER INSTRUCTIONS:

- Thaw freezer meal overnight in the fridge.
- Preheat the air fryer to 400°F for 5 minutes.
- Transfer half of the meal to the air-fryer. Spray with a little bit of oil to avoid the meal from drying. Optional, sprinkle salt, pepper, and coriander over the meal for extra flavor. 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).

USE-BY-DATE

FREEZER FIT

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