

Print and cut out recipe label, then tape onto freezer bag with clear shipping tape.

Honey BBQ Chicken Bites

Date:

Additional Ingredients:

- None

**THAW MEAL BEFORE
COOKING**

Freezer Meal *Prep*

Air Fryer:

- Allow meal to thaw overnight in the fridge.
- Place chicken into an air fryer basket (spacing evenly). Cook in an air fryer at 400F for 8 minutes, flipping halfway until cooked through.

Oven:

- Allow meal to thaw overnight in the fridge.
- Preheat the oven to 400F.
- Place nuggets on a greased baking sheet.
- Bake for 20-25 minutes flipping halfway through. Bake until chicken reaches an internal temperature of 165F.

Additional Instructions:

- While the chicken is cooking, combine BBQ sauce and honey into a small saucepan. Cook over low-medium heat until heated through, stirring occasionally.
- Place cooked chicken in a bowl and pour the BBQ sauce mixture over the chicken. Gently mix until chicken is well coated.
- Serve immediately with your favorite dipping sauce and a side of fresh veggies