

A-ROD'S HOMESTYLE CHICHARRÓN DE POLLO (FRIED CHICKEN BITES)

INGREDIENTS

- 2 LB OF CHICKEN THIGHS
- 1 CUP OF ALL-PURPOSE FLOUR
- 2 TABLESPOONS OF SALT
- 2 TABLESPOONS OF PEPPER
- 2 TABLESPOONS OF OREGANO
- 2 TABLESPOONS OF GARLIC SALT
- 2 LIMES CUT INTO WEDGES

INSTRUCTIONS

1. Remove meat from bones. Cut chicken into small pieces that you could eat in one or two bites. Leave the skin on the chicken.
2. Combine flour, salt, pepper, oregano, and garlic powder. Mix well. Coat the chicken strips with this mixture. Shake excess off.
3. Set your LG oven's Air Fry mode to 325°F. Place chicken strips evenly in single layer on to the Air Fry tray*, flipping over about halfway through, for 25 minutes total, or until golden brown.

*If you do not have an Air Fry tray, place food on a wire rack inside a foil-lined cookie pan.



A-ROD'S HOMESTYLE BRUSSELS SPROUTS

INGREDIENTS

- 1 POUND BRUSSELS SPROUTS
- 1 TABLESPOON OLIVE OIL
- 1/2 TEASPOON KOSHER SALT
- 1 MEDIUM SHALLOT
- 2 TABLESPOONS UNSALTED BUTTER
- 1 TEASPOON RED WINE VINEGAR

INSTRUCTIONS

1. Trim 1 pound Brussels sprouts and halve any that are larger than an inch wide. Transfer to a medium bowl, add 1 tablespoon olive oil and 1/2 teaspoon kosher salt, and toss to combine.
2. Set your LG oven's Air Fry mode to 375°F. Place brussels sprouts evenly in a single layer on to Air Fry tray*, flipping over about halfway through, for 15 minutes total. Meanwhile, prepare the shallot butter.
3. Finely chop 1 medium shallot. Place 2 tablespoons unsalted butter in a medium microwave-safe bowl and melt in the microwave. (Alternatively, melt in a medium saucepan over low heat, then remove from the heat.) Add the shallots and 1 teaspoon red wine vinegar and stir to combine.
4. When the Brussels sprouts are ready, transfer into the bowl or saucepan with the shallot butter and toss to combine. Serve immediately.

*If you do not have an air fry tray, place food on a wire rack inside a foil-lined cookie pan.

