



AIR FRYER SESAME CHICKEN

Description

Simple Recipe for Air Fryer Sesame Chicken

Prep Time: 10 minutes

Cook Time: 20 minutes

Total Time: 30 minutes

Servings: 6 servings

Calories: 376 kcal per serving

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Ingredients:

For the Chicken:

- 1 ½ pounds boneless skinless chicken thighs (cut into bite-sized pieces)
- 2 tbsp rice vinegar
- 1 tbsp soy sauce
- 2 tsp minced fresh ginger
- 1 garlic clove (minced)
- ¾ tsp kosher salt
- ½ tsp freshly ground black pepper
- 2 large eggs (beaten)
- 1 cup cornstarch

For the Sauce:

- ¼ cup soy sauce
- 2 tbsp rice vinegar
- 1/3 cup brown sugar

- ¼ cup water
- 1 tbsp cornstarch
- 2 tsp sesame oil
- 2 tbsp vegetable oil
- 2 garlic cloves (minced)
- 1-2 tsp chile paste (optional)
- 1 tbsp toasted sesame seeds

Instructions:

1. Preheat the air fryer to 400°F and line the basket with parchment paper.
2. In a bowl, marinate chicken with soy sauce, vinegar, ginger, garlic, salt, and pepper. Marinate for 20 minutes or overnight.
3. Beat eggs in a small bowl and place cornstarch in another shallow dish.
4. Coat the marinated chicken pieces in egg, then cornstarch, and arrange them in a single layer in the air fryer basket. Lightly spray or brush with oil.
5. Air fry at 400°F for 8-10 minutes. Flip the pieces, add more oil, and cook another 7 minutes until crispy.
6. Meanwhile, heat oil in a skillet. Sauté garlic, then stir in soy sauce, vinegar, brown sugar, cornstarch, water, and sesame oil. Cook until thickened.
7. Toss the crispy chicken in the sauce, garnish with sesame seeds, and serve.

Nutrition (Per Serving):

- **Calories:** 376 kcal
- **Carbohydrates:** 35g
- **Protein:** 29g
- **Fat:** 13g
- **Sodium:** 1081mg
- **Fiber:** 1g
- **Sugar:** 12g

Category

1. Air Fryer Recipes

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