

Air fryer Teriyaki Chicken Thighs

Description

Teriyaki Chicken in Air fryer is an absolutely delicious dinner made in under 30 minutes. Made with an easy homemade teriyaki sauce, it is so much better than takeout!

This is hands down a flavorful chicken and it is made without any bottled sauces and yet it tastes just as good! Plus, it's such a flavorful sauce and it tastes almost like the one from Panda Express.

About Time

- **Prep Time** 10 mins
- **Cook Time** 18 mins
- **Total Time** 28 mins

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Ingredients

- ½ cup sugar white granulated
- ¼ cup soy sauce
- 2 garlic cloves grated
- 1 teaspoon grated ginger
- ½ teaspoon ground black pepper

Additional ingredients

- 4 boneless skinless chicken thigh
- 1 teaspoon cornstarch

Instructions

1. Stir all teriyaki sauce ingredients together in a bowl or measuring cup, for 1 to 2 minutes, or until most of the sugar is dissolved.
2. Pat the chicken thighs dry with paper towels and place in a medium bowl. Add about half the teriyaki sauce and toss to coat thoroughly. Let it marinate for about 30 minutes, if possible or cook after 5 minutes.
3. In the meantime, add the remaining sauce into a small sauce pan along with cornstarch (stir to dissolve) and bring to a boil over low heat. Let cook for 30 to 40 seconds and remove from heat. The sauce will continue to thicken as it cools.
4. Preheat air fryer to 400°F for 7 minutes. When hot, place chicken thighs (smooth side down) into the air fryer basket and cook.

5. When cooking time is done, open the air fryer, brush some teriyaki sauce all over the chicken, turn them over (using tongs), and brush the other side with sauce.
6. Continue cooking for an additional 6 to 7 minutes, at the same temperature.
7. When cooking time is done. brush additional sauce on the top side again and serve with white rice / brown rice / fried rice and steamed broccoli or green beans.

Amount Per Serving

CALORIES: 37

- TOTAL FAT: 3g
- SATURATED FAT: 0g
- TRANS FAT: 0g
- UNSATURATED FAT: 1g
- CHOLESTEROL: 0mg
- SODIUM: 26mg
- CARBOHYDRATES: 3g
- FIBER: 0g
- SUGAR: 1g
- PROTEIN: 0g

Category

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