

Air Fryer Sticky Ginger Chicken

Yields: 4 servings	Prep Time: 10 minutes	Cook Time: 15 minutes	Total Time: 25 minutes

Ingredients:

- 1 lb boneless skinless chicken breast, cut into bite-sized pieces
- ½ tsp salt
- ½ tsp black pepper
- 1/3 c cornstarch
- 1 tbsp vegetable oil
- 1/3 c red onion, chopped
- 3 garlic cloves, minced
- 1 small red chili pepper
- 1 medium red bell pepper

- 1 c green beans, 1-inch pieces

Sauce:

- ¼ c light soy sauce
- ¼ c honey
- ¼ c sweet chili sauce
- 2 tbsp ketchup
- 1 tbsp rice wine vinegar
- 1 tbsp minced fresh ginger
- 2 tsp red chili flakes
- Green onions, thinly sliced
- Sesame seeds



Instructions:

1. In a large bowl, season the chicken with salt and pepper. Add the cornstarch and toss so all the pieces are coated.
2. Preheat the air fryer for 5 minutes at 350F.
3. Spray the air fryer basket with olive oil spray and place the chicken into the basket, not touching, in a single layer. You will have to cook in batches.
4. Spray the chicken pieces generously with olive oil spray. Air-fry chicken for 3 minutes on one side, then flip the pieces over and cook for another 3 minutes or until golden brown and an internal temperature reaches 160F. Place them on a plate and repeat with other chicken pieces.
5. Whisk together the light soy sauce, chili sauce, ketchup, rice wine vinegar, ginger, and red pepper flakes to make the sauce in a small bowl.
6. Add the chopped onions, garlic, and red chili to a large skillet over medium heat. Cook until fragrant, about 30 seconds, stirring constantly.
7. Add the bell peppers and green beans. Stir-fry it for 2-3 minutes until the vegetables become tender.
8. Next, add the crispy chicken, pour the sauce, and simmer for 5 minutes; mix all the ingredients until the chicken is evenly coated and the sauce thickens. Stir frequently.
9. Serve hot over rice or your desired side with a sprinkle of sesame seeds and green onions.