

Shanghai-Style Sticky Honey Chicken: Sweet, Savory & Super Easy

Shanghai-Style Sticky Honey Chicken



OVEN
350°F

TIME
30 min

METHOD
Air fryer

PRINT
Recipe Card

INGREDIENTS

1 lb (450g) boneless, skinless chicken thighs, cut into bite-sized pieces
1/2 cup cornstarch
1/4 cup vegetable oil (or other neutral high-heat oil)
1/4 cup soy sauce (low-sodium preferred)
1/4 cup honey
2 tablespoons rice vinegar
2 cloves garlic, minced
1 teaspoon fresh ginger, grated
1/2 teaspoon black pepper
2 green onions, sliced (for garnish)
Sesame seeds (for garnish)

DIRECTIONS

- 1.** Prepare and : Coat Chicken: In a large bowl, place the bite-sized chicken pieces. Add the cornstarch and toss thoroughly until every piece of chicken is well coated.
- 2.** Sear the : Chicken: Heat the vegetable oil in a large skillet or wok over medium-high heat. Once the oil is shimmering and hot, add the chicken pieces in a single layer. Do not overcrowd the pan; cook in batches if necessary. Cook for about 5-7 minutes, turning occasionally, until the chicken is golden brown and crispy on all sides and cooked through. Remove the cooked chicken from the skillet and set aside on a plate lined with paper towels to drain any excess oil.
- 3.** Make the : Sticky Sauce: In the same skillet (no need to clean it, just pour out any remaining excess oil beyond a thin coating), combine the soy sauce, honey, rice vinegar, minced garlic, grated ginger, and black pepper.
- 4.** Simmer and : Thicken Sauce: Bring the mixture to a simmer over medium heat, stirring constantly, for about 2-3 minutes, until the sauce thickens slightly and becomes glossy.
- 5.** Coat : Chicken in Sauce: Return the crispy cooked chicken to the skillet with the thickened sauce. Toss the chicken pieces gently to ensure they are evenly coated in the sticky, luscious sauce. Cook for an additional 2-3 minutes, stirring, until the chicken is heated through and well-glazed.
- 6.** Serve and : Garnish: Remove the skillet from heat. Garnish generously with sliced green onions and a sprinkle of sesame seeds. Serve hot immediately.

SWAPS & NOTES

Chicken: Boneless, skinless chicken thighs are excellent for their tenderness and flavor, but chicken breast cut into bite-sized pieces can also be used.

Just be careful not to overcook them.

Cornstarch: This is crucial for achieving that crispy coating!

Oil: Vegetable oil, canola oil, or peanut oil all work well for frying the chicken.

TIPS FOR SUCCESS

Don't Overcrowd the Pan: When searing the chicken, cook in batches if needed.

Crowding the pan will lower the oil temperature and cause the chicken to steam rather than crisp.

Pat Chicken Dry: Ensure your chicken is as dry as possible before tossing with cornstarch.

This helps create a crispier coating.

More recipes: [ChefManiac.com](https://chefmaniac.com)

Original recipe: <https://chefmaniac.com/shanghai-style-sticky-honey-chicken-sweet-savory-super-easy/>