

Easy Air Fryer Sticky Ginger Chicken: My Go-To 20-Minute Dinner

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OVEN
400°F

TIME
20 min

METHOD
Air fryer

PRINT
Recipe Card

INGREDIENTS

For the Chicken:

- 1 lb boneless, skinless chicken breasts or thighs, cut into 1-inch cubes
- 1 tablespoon cornstarch
- 1/2 teaspoon salt
- 1/2 teaspoon black pepper

For the Sauce:

- 1/4 cup soy sauce
- 2 tablespoons honey or brown sugar
- 1 tablespoon rice vinegar
- 1 tablespoon fresh ginger, grated
- 2 cloves garlic, minced
- 1/2 teaspoon red pepper flakes (adjust to taste)

For Serving:

- Cooked rice or noodles
- Sliced green onions
- Sesame seeds

Swaps and Notes:

Chicken: Boneless, skinless chicken thighs are my preference here because they stay incredibly juicy and tender. Chicken breasts also work well, but be careful not to overcook them.

Air Fryer: This recipe is designed for the air fryer, which gives the chicken a beautiful crispy texture. You can also pan-fry the chicken, but it may not be as crispy.

Red Pepper Flakes: You can adjust the amount of red pepper flakes to your desired level of heat.

Honey: The honey adds a touch of sweetness and helps to thicken the sauce. You can use brown sugar or maple syrup as a substitute.

Garnish: The green onions and sesame seeds add a wonderful freshness and crunch that should not be skipped.

Step-by-Step Instructions:

Prep the Chicken: In a medium bowl, toss the chicken cubes with the cornstarch, salt, and black pepper until they are evenly coated.

Make the Sauce: In a separate small bowl, whisk together the soy sauce, honey, rice vinegar, grated ginger, minced garlic, and red pepper flakes.

Air Fry the Chicken: Preheat your air fryer to 400°F (200°C). Spray the basket with non-stick cooking spray. Place the chicken in a single layer in the basket and cook for 10-12 minutes, shaking the basket halfway through, until the chicken is golden brown and cooked through.

Glaze the Chicken: While the chicken is cooking, pour the sauce into a small saucepan and bring it to a simmer over medium heat. Cook for 2-3 minutes, stirring occasionally, until the sauce has thickened slightly.

Combine and Serve: Once the chicken is cooked, transfer it to a large bowl. Pour the thickened sauce over the chicken and toss until it is fully coated and sticky. Serve the chicken immediately over a bed of warm rice or noodles. Garnish with sliced green onions and sesame seeds.

Tips for Success:

Don't Overcrowd the Basket: Cook the chicken in a single layer to ensure it gets crispy. If you have too much chicken, cook it in two batches.

Toss the Chicken in Cornstarch: This is a crucial step! The cornstarch is what helps the chicken get that beautiful crispy exterior.

Watch the Sauce: The honey in the sauce can burn easily. Keep a close eye on it during the final glazing step.

Serve Immediately: This dish is best served hot and fresh while the chicken is still crispy and the sauce is sticky.

Serving Suggestions and Pairings:

Nutritional Information (per serving, approximate):

DIRECTIONS

1. **Prep the : Chicken:** In a medium bowl, toss the chicken cubes with the cornstarch, salt, and black pepper until they are evenly coated.
2. **Make the : Sauce:** In a separate small bowl, whisk together the soy sauce, honey, rice vinegar, grated ginger, minced garlic, and red pepper flakes.
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9. **Serve :** Immediately: This dish is best served hot and fresh while the chicken is still crispy and the sauce is sticky.
10. **Serving Suggestions and Pairings:** This Easy Air Fryer Sticky Ginger Chicken is a complete meal on its own. It pairs beautifully with a side of steamed rice or noodles. You could also serve it with some steamed broccoli or a simple side salad to add some freshness. The savory and spicy flavors would also go great with other hearty, comforting meals like this Mexican Chicken and Rice Casserole or a simple A-light, tangy chicken salad.
11. **Nutritional Information (per serving, approximate):**
Calories: 350 kcal
12. **Carbohydrates:** 30g
13. **Protein:** 30g
14. **Fat:** 10g
15. **Saturated :** Fat: 2g
16. **Cholesterol:** 70mg
17. **Sodium:** 900mg
18. **Fiber:** 1g
19. **Sugar:** 15g
20. **Disclaimer:** Nutritional values are estimates and can vary based on specific ingredients and portion sizes.
21. **Storage and Leftover Tips:** Leftovers of this dish are fantastic! Store them in an airtight container in the refrigerator for up to 3 days. To reheat, you can warm them gently in a skillet on the stovetop or in the microwave. The sauce might thicken, so you may need to add a splash of water or broth.
22. **More Recipes You'll Love:** If you enjoy easy, savory, and satisfying meals, you might also like these other recipes:
23. **These :** Chicken Enchiladas are my go-to for cozy, crowd-pleasing dinners
24. **Easy :** Cheesy Chicken Sliders with Marinara Garlic Butter
25. **This :** Cajun Chicken Sausage Gumbo is my favorite bowl of Southern comfort

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