



Air Fryer Orange Chicken

Makes: 4 servings

Prep Time: 20 minutes Cook Time: 20 minutes

Total Time: 40 minutes

Ingredients

Chicken:

- 1 pound chicken breast, cut into 1 inch cubes
- 1 tbsp low-sodium soy sauce
- 1 tbsp cornstarch
- 3 tbsp plain breadcrumbs or panko

Sauce:

- 2 cloves garlic, minced
- 2 tsp fresh grated ginger
- 1 tbsp vegetable oil
- 1 cup orange juice
- 1 tbsp orange zest
- 1/4 cup honey (see Chef's Notes)
- 1/4 cup low-sodium soy sauce
- 1 tbsp rice vinegar
- 2-3 tsp sriracha or to taste
- 1 tbsp cornstarch
- 2 tbsp water

Instructions

Add cubed chicken breast to a bowl and toss with the soy sauce. Set aside to marinate for about 15 minutes.

Preheat air fryer to 380°F. Toss the chicken with the cornstarch and breadcrumbs. The breadcrumbs stick a bit more easily if you add them at the same time as the cornstarch.

Add to air fryer in a single layer. Cook for 10-14 minutes, tossing halfway. How long you need to cook it for just depends on how thick your chicken breasts were. It's done when the internal temperature reaches 165°F.

While the chicken is cooking, add the minced garlic and ginger to a pot with the oil. Sauté until lightly golden brown. Add all remaining ingredients aside from the water and starch and bring to a low simmer.

Whisk together the cornstarch and water and add to the pot with the sauce. Whisk together and let simmer until thick. Remove from the heat and let cool which will help it thicken further.

When the chicken is done (be sure to cut into the largest piece to ensure it is cooked all the way through) add to a bowl and cool for just a couple of minutes.

Pour half of the sauce on top and toss to combine. This recipe makes quite a bit of sauce, I like to add probably 2/3 of it to the chicken, then reserve the rest for serving. Serve immediately with steamed broccoli, rice or enjoy as is!

Chef's Notes:

If you don't have an air fryer, you can easily make this orange chicken in the oven. Follow all of the steps as usual, then bake at 400°F for 20-25 minutes or until completely cooked through and the internal temperature reaches 165°F. I suggest flipping halfway to ensure all sides get crispy like it would in the air fryer.

If you're using full strength soy sauce, you'll want to cut it back to about 2-3 tablespoons so it isn't too strong.

You can substitute the honey with any other sweetener of choice. This recipe is not as sweet as traditional orange chicken from a restaurant, so feel free to add more sweetener to taste as needed.

Recipe by Eat with Clarity