



Air Fryer Chicken On A Stick

Description

Here's an easy Chinese chicken on a stick recipe that's perfect for entertaining. These Chinese chicken skewers are quick, and packed full of Asian flavors.

Duration:

PREP TIME: 5 mins
COOK TIME: 15 mins
SERVINGS: 6
CALORIES: 201 kcal

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INGREDIENTS

- 1.3 lbs boneless chicken breasts or thighs
- 2 teaspoon sesame oil
- 1 teaspoon garlic powder
- ½ teaspoon black pepper
- 4 tablespoon Oyster sauce
- 2 Tablespoon Chilli sauce or sriracha sauce
- 2 tablespoon soy sauce

garnish

- 1 Tablespoon sesame seeds
- 2 Tablespoons spring onion

INSTRUCTIONS

- Cut chicken into bite sized cubes about 2 inches
- Mix oil oyster sauce and chili sauce, divide mixture into two and set one part aside for brushing the meat while it cooks
- Add the oil, half of the oyster sauce mix, soy sauce, garlic powder black pepper to the chicken, mix till chicken is well coated.
- Thread coated chicken through skewers
- Place in a parchment lined air Fryer basket or tray and air fry at 400°F / 200°C for 7 mins.
- After 7 mins pull out basket / tray and brush some sauce some sauce in the chicken before flipping them over. Then continue cooking for another 7 mins then brush the last sauce on chicken then cook for another min let it rest for a minute before serving. The internal temperature of the chicken should 165°F / 74°C to be considered fully cooked and safe to eat.
- Serve as is or with your favorite side dishes

NUTRITION

Calories: 201kcal **Carbohydrates:** 3g **Protein:** 22g **Fat:** 11g **Saturated Fat:** 3g **Polyunsaturated Fat:** 3g **Monounsaturated Fat:** 5g **Trans Fat:** 1g **Cholesterol:** 63mg **Sodium:** 726mg **Potassium:** 255mg **Fiber:** 1g **Sugar:** 1g **Calcium:** 31mg **Iron:** 1mg

Category

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