This Air Fryer Cashew Chicken has made a popular Asian Cuisine dish healthier and more affordable. Tender chicken thighs are cooked to crispy goodness is your Air Fryer and then are tossed with my homemade cashew chicken sauce. It’s just like ordering takeout!

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- About Time
- Amount Per Serving

About Time

- Prep Time 10 mins
- Cook Time 10 mins
- Total Time 20 mins

Ingredients

For The Chicken
Chicken
1 lb boneless skinless chicken thighs
1 egg scrambled
1/4 cup corn starch
For The Sauce
1/4 cup water
2 tsp corn starch
1/4 cup cashews
1/3 cup hoisin sauce
1 tbsp rice viniger
1 clove garlic minced
1 tbsp sesame oil
2 tbsp brown sugar
2 tbsp corn starch
2 tbsp water

1/4 cup broccoli cut into small crowns
1/2 bell pepper cut into one inch pieces
2 Green Onions Diced
Sesame Seeds (optional) To Garnish

Instructions

1. Preheat Air Fryer to 375 degrees
2. Cut chicken thighs into 1 inch pieces.
3. Salt and pepper chicken thighs to taste. Dredge in egg and then in corn starch. Make sure fully coat chicken.
4. Spray Air Fryer with cooking spray and cook for 10 minutes, turning over halfway through. Take out when chicken is crispy on the outside and at least 165 degrees inside.
5. Cut Broccoli into small crowns. Cut red bell pepper into one inch pieces.
6. While chicken is cooking, combine brocoli, red bell pepper, water, hoisin sauce, soy sauce, rice vinegar, sesame oil, cashews and brown sugar in a sauce pan. Cook for 5 minutes.
7. After 5 minutes, add garlic, corn starch and water. Lower heat and cook for 5 more minutes.
8. Combine chicken in sauce pan with sauce and vegetables.
9. Serve over white rice, garnish with green onions and sesame seeds if desired.

Amount Per Serving

Calories: kcal

Serving: servings, Carbohydrates: 21.5 g, Protein: 22.5 g, Fat: 3.5 g, Saturated Fat: 1 g, Cholesterol: 69 mg, Sodium: 426.5 mg, Fiber: 1.5 g, Sugar: 1.5 g