

Air Fryer Japanese Karaage Meal Set

(Reduced Sodium Version)

*Karaage, Curry Sesame Cabbage,
Mediterranean Garlic Yogurt Sauce*

Air Fryer

Serves 2



Ingredients

- 400 g chicken thigh, boneless, skin-on
- 12 g low-sodium soy sauce
- 15 g sake
- 6 g grated ginger
- 6 g grated garlic
- 1 g sugar (optional)
- 1 g salt
- 0.4 g MSG
- 30 g potato starch
- 5 g canola oil spray

Preparation – Cutting Guide

1. Trim large excess fat; keep most skin attached.
2. Lay thigh flat, skin side down.
3. Cut into irregular 4–5 cm pieces (30–40 g each).
4. Slight uneven edges improve crisp texture.

Instructions

1. Combine **soy sauce, sake, ginger, garlic, sugar, salt, and MSG**.
2. Marinate **chicken 30–60 minutes**.
3. **Preheat air fryer to 190°C** for **4 minutes**.
4. Lift chicken pieces out of the marinade and let excess drip off. Do not pat dry.
5. Put the **potato starch** in a clean bowl and add the **chicken** pieces 2-3 at a time. Toss and press lightly. Shake off excess then place on a plate.
6. Once all pieces are coated and resting, spray a light oil mist on the top side only. Flip the pieces and pray another light mist. The goal is a fine coating – not shiny wet.
7. After coating, let the pieces **rest 5-10 minutes** before air frying. (The starch absorbs surface moisture and forms a slightly pasty layer.
 - Don't toss coated chicken again after spraying.
 - Don't stack pieces
 - Don't drench with oil
 - Don't air fry immediately if starch looks powdery — let it hydrate
8. **Air fry 8 minutes. Flip.**
9. **Cook 5–7 minutes more** until 75°C internal temperature.

Japan-Specific Thickness Adjustment

If pieces exceed 2.5 cm thick: reduce to 185°C and extend 2 minutes.

If thinner than 1.5 cm: reduce second stage by 1–2 minutes.

Nutrition (Per Serving)

Kcal: 440 | Protein: 38 g | Fat: 28 g | Carbs: 12 g | Sodium: ~550 mg | Omega-3: 0.3 g

Savory Curry Sesame Cabbage – Serves 2

Ingredients

- 150 g finely shredded cabbage
- 5 g canola oil
- 1 g salt
- 0.4 g MSG
- 1 g curry powder
- 2 g honey
- 2 g toasted sesame seeds

Instructions

1. Warm **oil** in small pan over **low heat**.
2. Add **curry powder** and **bloom 20 seconds**.
3. Toss **cabbage** with **salt** and **MSG** lightly.
4. Add warm **curry oil**, **honey**, and **sesame seeds**.
5. Toss and **rest 10 minutes** before serving.

Nutrition (Per Serving)

Kcal: 90 | Protein: 2 g | Fat: 6 g | Carbs: 8 g | Sodium: ~250 mg | Omega-3: 0.1 g



Mediterranean Garlic Yogurt Sauce – Serves 2

Ingredients

- 120 g plain nonfat Greek yogurt
- 6 g lemon juice
- 3 g olive oil
- 2 g grated garlic
- 0.8 g salt
- 0.2 g MSG
- Optional: 0.5 g dried oregano



Instructions

1. Stir all ingredients together.
2. **Rest 15 minutes** before serving.

Nutrition (Per Serving)

Kcal: 70 | Protein: 6 g | Fat: 3 g | Carbs: 3 g | Sodium: ~150 mg | Omega-3: 0.05 g

Complete Balanced Meal Plate – Serves 2

Plate Composition (Per Person)

Karaage (200 g cooked portion)

Savory Curry Cabbage (75 g)

Garlic Yogurt Sauce (60 g)

150 g steamed Japanese rice

100 g lightly steamed broccoli

Estimated Total Nutrition Per Serving

Kcal: ~720 | Protein: 48 g | Fat: 31 g | Carbs: 70 g | Sodium: ~950 mg | Omega-3: 0.5 g