

Orange Chicken オレンジチキン

Air Fryer
Serves 2

Ingredients

Chicken

- 300 g chicken thighs 鶏もも肉
- 1 T / 15 g low-sodium soy sauce 減塩しょうゆ
- 1 T / 8 g cornstarch コーンスターチ
- 2 T / 10 g panko パン粉
- 1 tsp / 5 g canola oil キャノーラ油

Orange Sauce

- 120 g orange juice オレンジジュース
- 1 tsp orange zest オレンジの皮
- 1 T / 15 g low-sodium soy sauce 減塩しょうゆ
- 1–2 tsp / 7–14 g honey はちみつ
- 2 tsp / 10 g rice vinegar 米酢
- 1 clove garlic にんにく
- 1 tsp / 5 g ginger 生姜
- 1 tsp / 5 g chili crisp ラー油
- 1 tsp / 3 g cornstarch コーンスターチ
- 1 T / 15 g water



Instructions

1. Marinate
 - Toss chicken with **soy sauce**, **rest 10–15 min**
2. Coat
 - Lightly toss chicken with **cornstarch + panko**, then let sit for **2-3 minutes**
 - Spray and even coating over all pieces. Rotate tray or turn pieces and spray again lightly. There should be a light sheen and no dry flour spots

Air Fryer Method (Primary)

- **180°C** for **10–12 min**
- Turn halfway and give another light oil spray for better browning
- Finish **190°C** for **2–3 min**

Oven Method (Alternative)

- 170°C (adjusted for hot oven)
- Bake 15–18 min on rack + tray
- Optional final 2–3 min higher heat for browning

Stovetop Method (Alternative)

- Medium-high heat
- Cook 8–10 min in pan with 1–2 tsp oil
- Turn frequently for even browning

Sauce

- Cook **garlic + ginger** lightly
- Add **juice, soy, honey, vinegar**
- **Simmer 2–3 min**
- Add **cornstarch slurry**

Finish

- **Rest** chicken **2 min**
- Toss with 1/2–2/3 sauce only

Nutrition:

Total Dish:

Kcal: 840 | Protein: 64 g | Fat: 32 g | Sat. Fat: 6 g | Carbs: 56 g | Sugars: 20 g |
Fiber: 2 g | Sodium: 1,900 mg | Omega-3: 0.4 g

Per Serving (2):

Kcal: 420 | Protein: 32 g | Fat: 16 g | Sat. Fat: 3 g | Carbs: 28 g | Sugars: 10 g |
Fiber: 1 g | Sodium: 950 mg | Omega-3: 0.2 g