

Air Fryer Hibachi Chicken



PREP TIME

10 mins

COOK TIME

15 mins



SERVINGS

2

CALORIES

314 kcal

Who loves chicken? **This Air Fryer Chicken Hibachi** is about to rock your world! Stop spending hours trying to get that perfect flavoring to your chicken dishes and let your air fryer take over and do it for you. Easy ingredients paired with the cooking perfection of your air fryer create a HUGE flavor and taste!

EQUIPMENT

- Air Fryer, Cosori, 5.8 Qt
- Mixing Bowls
- Tongs

INGREDIENTS

Hibachi

- 1 cup Chicken Breast , cubed
- 1 cup Zucchini , cubed
- 1 cup Squash, cubed
- 1 cup Carrot, sliced

Sauce

- 4 tbsp Soy Sauce
- 1 tbsp Sesame Oil

- 1 tbsp Rice Vinegar
- 1 tbsp Garlic
- 1/2 tsp Ground Ginger
- 2 tbsp Sesame Seeds
- 2 tbsp Brown Sugar, optional

INSTRUCTIONS

- 1 **In a large bowl, add all sauce ingredients to a bowl and whisk together.**
- 2 **Add cubed (raw) chicken and all veggies to the bowl with the sauce and stir to coat evenly.**
- 3 **Using tongs, add coated chicken pieces and veggies to your air fryer in one even layer. (you should be able to cook the entire amount in one batch, depending on the size of your fryer basket)**
- 4 **Cook at 380 degrees for 15-20 minutes, pausing to shake the basket every 5 minutes.**
- 5 **Once cooked fully, sprinkle on sesame seeds.**
- 6 **Serve hot with rice and yum-yum sauce!**

NOTES

Stove Top Version: [full recipe here](#)

Chicken

- 1 lb chicken breasts, cubed into bite-size pieces
- 1 Tablespoon sesame oil
- 1 Tablespoon soy sauce
- 2 teaspoons lemon juice
- 1 clove garlic
- 1/2 teaspoon ginger powder

Mustard Sauce

- 2/3 cup mayonnaise
- 1 Tablespoon dijon mustard
- 1 Tablespoon soy sauce
- 1 Tablespoon honey
- 2 teaspoons rice vinegar
- Splash of sriracha

Vegetables

- 1 Tablespoon olive oil
- 1 Tablespoon soy sauce
- 1 clove garlic
- 1 sweet onion, sliced
- 1 medium zucchini, chopped
- 1 cup mushrooms, halved
- 2 cups sliced carrots
- 2 green onions, sliced
- 2 teaspoons sesame seeds

Rice

- 1 Tablespoon salted butter
- 1 clove garlic
- 2 cups cooked white rice
- 2 Tablespoons soy sauce
- Dash of salt
- Dash of black pepper

Directions:

1. If you don't have rice ready, it is best to cook rice first. You can have the rest of the meal ready by the time you have cooked rice.
2. Mix 1 tbsp sesame oil, 1 tbsp soy sauce, 2 tsp lemon juice, 1 clove of garlic, and ½ tsp ginger powder in a large bowl. Stir in chicken to coat evenly.
3. Heat a large frying pan to medium-high heat. Pour in the chicken mixture and cook chicken until golden brown- no pink visible. (about 10 minutes)
4. While the chicken is cooking, you can make the dipping sauce. Put the mayonnaise, dijon mustard, soy sauce, honey, rice vinegar, and a splash of sriracha into a small bowl and give it a good stir.
5. When the chicken is fully cooked, remove it from the skillet and wipe the skillet out.
6. Next we will create the vegetable mix. Stir together 1 tbsp oil, 1 tbsp soy sauce, garlic, onion, zucchini, mushrooms and bean sprouts. Saute vegetables at medium high heat until they are tender but still firm. (This will take 5-10 minutes.) Remove the vegetables from the skillet. Stir in the green onions and 2 tsp sesame seeds.
7. Heat a large skillet to medium heat. Add 1 tbsp butter and allow it to melt. Then add garlic and stir fry this for 15 to 20 seconds. Add the cooked rice

and soy sauce to the garlic butter. Add salt and pepper to taste. Cook until fully heated through.

8. Serve the cooked chicken, sautéed vegetables, and fried rice with the mustard sauce on the side.

NUTRITION

Serving: 2g	Calories: 314kcal	Carbohydrates: 41g
Protein: 26g	Fat: 7g	Saturated Fat: 1g
Polyunsaturated Fat: 2g	Monounsaturated Fat: 2g	Trans Fat: 0.01g
Cholesterol: 48mg	Sodium: 1299mg	Potassium: 1214mg
Fiber: 8g	Sugar: 16g	Vitamin A: 12322IU
Vitamin C: 47mg	Calcium: 185mg	Iron: 4mg



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