



General Tso's Air-fryer Chicken Dinner

A favorite takeout dish, filled with tangy, savory-sweet, chili pepper spiced flavors

Ingredients for Chicken:

- 1-pound boneless, skinless chicken thighs, cut into 1-inch chunks
- 1 large egg
- 1/3 cup cornstarch
- 1/4 teaspoon (each) salt; ground white pepper

Cook as desired: rice; steamed fresh broccolini

Ingredients of Sauce:

- 2 teaspoons cornstarch
- 1/2 cup reduced salt chicken stock or broth
- 2 Tablespoons (each) reduced sodium soy sauce; ketchup
- 2 teaspoons (each) granulated sugar; unseasoned rice vinegar
- 2 Tablespoons canola oil
- 3 chiles de arbol, chopped; seeds discarded
- 1 Tablespoon (each) finely chopped fresh ginger; fresh garlic
- 4 fresh green onion, trimmed, slant sliced thinly
- 1/2 Tablespoon sesame oil

1 teaspoon toasted sesame seeds

Prepare Chicken:

1. With paper towels, pat chicken dry.
2. In a large bowl, beat egg; add chicken pieces, toss to coat well.
3. In a separate bowl, combine cornstarch with salt and pepper; toss chicken in cornstarch mixture; coating chicken pieces.
4. Preheat air fryer at 400 degrees F. for 3 to 5 minutes according to the manufacturer's directions, spray air fryer basket with non-stick cooking spray.
5. Place chicken pieces in the air fryer oven racks or basket, separate pieces so they will cook on all sides. Cook for 10 to 14 minutes, turn chicken pieces over midway. Cook chicken in batches. If chicken appears damp, cook for 1 or 2 more minutes.

Prepare Side Dishes: Cook rice according to package directions; steam broccolini.

Prepare Sauce:

1. In small bowl, whisk 2 teaspoons cornstarch with chicken broth, soy sauce, ketchup, sugar, and vinegar; set aside.
2. In a large skillet, cook oil with chilies over medium heat until sizzling; add ginger and garlic; sauté about 40 seconds; add cornstarch mixture; cook until begins to boil; add chicken; toss to coat chicken with thickened sauce.
3. Remove from heat; add green onions and sesame oil.

To Serve:

1. Spoon cooked rice on serving platter; spoon chicken with sauce over rice.
2. Arrange steamed seasoned broccolini on serving platter. Sprinkle dish with toasted sesame seeds as desired. Serves: 4

Cook's Note: Do not overcook the chicken and make sure that you have lots of that delicious sauce on hand to serve with other dishes.

Recipe Inspired by multiple recipes on the Internet.

For a General Tso's Tofu recipe: See Maggie Zhu, *Chinese Homestyle*, p. 66.

About the Recipe: How many times did you wish that you could make that oh, so delicious dish you enjoyed at a restaurant? General Tso's Chicken is one of those recipes and appears on the menu of most Chinese restaurants. We tried to reduce the salt and yet keep the vibrant Chinese flavors and used an air fryer to reduce the fat calories but not the chicken crispiness. For an at-home restaurant treat, enjoy making your own General Tso's Chicken.