

Air Fried Taiwanese Black Pepper Chicken

These little chunks of chicken are so tasty and totally addictive...they all come with lots of flavors and are a favorite in Taiwanese cafes...



I love this chicken, and with the help of the air-fryer I am

not worry about of the fat that come with it...the original recipe calls for deep fry, since I have been avoiding deep frying at home I would only get this chicken when eating out. Well, no more of ordering this chicken now that I can use the air-fryer and get the same crispy chicken. I like to use chicken thighs for this recipe since it has a bit more of fat therefore more flavor.

This chicken is very often found in Taiwanese cafes and are sort of appetizer/snack...finger food. I usually serve as appetizer or accompanied by a big bowl of salad if I want to use as a main dish. So here is how I make...

Ingredients:

- 1lb chicken thighs, no skin and bone
- $\frac{1}{4}$ to $\frac{1}{2}$ teaspoon Chinese 5 spice powder
- Pinch sugar
- $\frac{1}{2}$ tablespoon sesame oil
- 1 tablespoon cooking wine
- $\frac{1}{2}$ tablespoon soy sauce
- Salt
- Black pepper (freshly ground) as much as you like
- All-purpose flour for coating



Method:

Cut the chicken into small pieces of approximately 1 $\frac{1}{2}$ in.

In a medium bowl, place the chicken and add the salt, sugar, sesame oil, Chinese 5 spice, cooking wine, soy sauce and the black pepper. Marinate for at least 30 minutes.

In a deep plate place the all-purpose flour and coat each piece of chicken. Make sure that each piece of chicken is well coated with the flour.

In the meantime set the air-fryer to 350F. Once the temperature is reached, add the chicken to the basket and set it to cook for approximately 10 minutes. Shake the basket in between the cooking time.

Remove the chicken from the air-fryer and serve hot.





I hope you enjoy this simple recipe for the very popular Taiwanese black pepper chicken adapted for air fryer.



amount of fiber?

Did you know that $\frac{1}{2}$ cup of dry black-eyed peas are low in fat and provide more than 20% of the daily recommended

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a colorful day!