

Air Fryer Bang Bang Chicken



Bang Bang chicken is a classic of Asian cuisine. Here, we offer a reinvented version—lighter, yet just as flavourful. This nutritious recipe features a creamy, mildly spicy sauce made with Greek yogurt, which lightens the dish while delivering a smooth texture without compromising on taste. Our dietitians love recommending it for weeknight dinners. It pairs perfectly with our [vegetable rice](#) for a complete meal.

Preparation 10 min

Cooking 15 min

Servings 6

Nutrition Facts (per serving)

Calories 270

Fat 5

Carbohydrates 10

Fibre 0,5

Protein 43

Sodium 280

Ingredients

- 450 g (1 lb) boneless chicken breasts, diced (about 4 breasts)
- 45 ml (3 tbsp) cornstarch
- 30 ml (2 tbsp) nutritional yeast, optional
- Cooking spray

- 60 ml (¼ cup) 2% M.F. plain Greek yogurt
- 45 ml (3 tbsp) chili sauce (or 30 ml / 2 tbsp sambal oelek)
- 22 ml (1½ tbsp) low sodium soy sauce (or tamari)
- 15 ml (1 tbsp) honey
- 7.5 ml (½ tbsp) rice vinegar (or lime juice)
- Hot sauce (such as sriracha), to taste

Preparation

1. Preheat the air fryer to 200°C (400°F), if needed.
2. In a bowl, coat the chicken pieces with cornstarch. Place in the air fryer basket, spray with oil, then season to taste. Cook for 12 to 15 minutes, or until the chicken is golden and the internal temperature reaches 74°C (165°F), stirring halfway through. Set aside.
3. In the same bowl, mix the yogurt, chili sauce, soy sauce, honey, and rice vinegar until smooth. Adjust seasoning with hot sauce to taste.
4. Transfer the cooked chicken to the bowl with the sauce and coat well. Return to the air fryer for 4 to 5 minutes.
5. Garnish with green onions or fresh herbs before serving, if desired.

Notes

Keeps for 5 days in the refrigerator or 3 months in the freezer.

This recipe is also delicious in a plant-based version with diced firm tofu!



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