

# RECIPE OF THE WEEK

## Air Fryer Chicken and Broccoli

### Ingredients

1 lb boneless skinless chicken breast or thighs – cut into 1 inch bite-sized pieces  
½ lb broccoli – cut into bite-sized pieces  
2 garlic cloves – finely minced  
Salt – to taste  
Black pepper – to taste

Lemon wedges  
3 tbsp. vegetable oil  
3 cloves garlic – minced or 1 tsp. garlic powder  
1 tbsp. low-sodium soy sauce  
1 tsp. sesame seed oil  
2 tsp. white vinegar  
2 tsp. hot sauce



### Preparation

1. Making marinade: Take a large bowl and whisk together the oil, garlic or garlic powder, soy sauce, sesame seed oil, white vinegar, and optional hot sauce.
2. Add the chicken and broccoli into the bowl with the marinade.
3. Toss ingredients together to evenly coat with the marinade. Make sure that the chicken and broccoli can absorb the marinade.
4. Place the marinated chicken & veggies into the air fryer basket.
5. Air fry at 380°F for 16-20 minutes. Shake and gently toss a couple of times while cooking. Make sure to toss well so that everything cooks evenly.
6. Check the chicken in between to make sure it is cooked through (cook time depends on the size of the pieces). If needed, cook for additional 2-5 minutes.
7. Add additional salt and pepper to taste. Squeeze fresh lemon juice on top and serve warm. Enjoy!
8. Don't overcrowd the air fryer basket.

