

# Chicken with mushrooms and vegetables

Total time **31 mins** 5 mins preparation time 16 mins cooking time 10 mins marinating time

Nutritional facts (per portion):  
**1,612 kJ / 385 kcal**

Fat: **10.5 g** Protein: **50 g**  
Carbohydrates: **21 g**

## INGREDIENTS

2 portion(s)

**300 g** chicken breast  
**80 g** mushrooms, halved  
**50 g** shallot, thinly sliced  
**100 g** courgette  
**70 g** red pepper  
**70 g** yellow pepper  
**70 g** green pepper  
**10 g** fresh ginger, finely chopped  
Juice of ½ lemon  
**2** cloves garlic, chopped  
**30 ml** [Kikkoman Naturally Brewed Soy Sauce](#)  
**1 tsp** honey  
Fresh basil, for garnish

## PREPARATION

### Step 1

Dice the chicken breast and mix with the ginger, garlic, honey, lemon juice and Kikkoman Soy Sauce. Set aside for 10 minutes to marinate.

### Step 2

Cut the vegetables into cubes similar in size to the chicken.

### Step 3

Combine the marinated chicken with the vegetables and transfer to the air fryer basket.

### Step 4

Cook at 180 °C for 16 minutes, stirring halfway through. Serve garnished with the fresh basil.