

Air Fried Quails With Five Spice & Butter

(Chim Cut Nuong Air Fryer | Ngu Vi Huong Bo)

Serves 4-6

INGREDIENTS

Quails

- 6 whole quails (cut the backbone so quails lay flat; rinse and pat dry)
- 1 heaping tablespoon oyster sauce
- 2 teaspoons granulated sugar
- ½ teaspoon Chinese Five Spice Powder
- 2 teaspoons Shaoxing cooking wine
- ½ teaspoon ground black pepper
- ½ teaspoon garlic powder
- ½ teaspoon onion powder
- 4 tablespoons unsalted butter (melted)

Equipment Needed

- Air Fryer

Lemon Salt Pepper Dipping Sauce (optional)

- 2 tablespoons lemon juice
- 1 teaspoon sea salt
- ½ ground black or white pepper

Vegetables (optional)

- Lettuce
- Vietnamese coriander/mint (rau ram)

INSTRUCTIONS

1. In a small bowl, combine the oyster sauce, sugar, Chinese five spice, cooking wine, ground black pepper, garlic powder and onion powder. Mix well.
2. Marinate quails with the mixture for at least one hour or overnight in the fridge for better results.
3. Right before air frying, coat marinated quails in melted butter.
4. Prep your air fryer by spraying it with a good layer of cooking oil to prevent sticking. Place the marinated quails into the air fryer basket and air fry for 20-30 minutes at 400°F. Flip half way through.
5. Optional: Transfer quails onto a bed of lettuce or Vietnamese coriander/mint with the side of lemon salt and pepper dipping sauce (optional).