



Air Fryer Stuffed Chicken Breasts

Description

Juicy chicken breasts are stuffed with a broccoli and cheese mixture and air fried until perfection! These Air Fryer stuffed chicken breasts are so flavorful, easy, and done in 15 minutes.

- **Prep Time:** 5 minutes
- **Cook Time:** 20 minutes
- **Total Time:** 25 minutes
- **Yield:** 2 1x

- 2 chicken breasts boneless, skinless
- 1 tablespoon olive oil
- 1 teaspoon paprika
- 1 teaspoon garlic powder
- ¼ teaspoon salt
- ¼ teaspoon black pepper

FILLING

- ½ cup chopped broccoli
- 2 oz cream cheese softened
- ½ cup shredded cheese cheddar and mozzarella
- ¾ teaspoon ranch seasoning

Instructions

1. Pat the chicken breast dry with a paper towel. Slightly flatten each breast with a mallet. Butterfly the chicken breast with a sharp knife.
2. In a small bowl, mix paprika, garlic powder, black pepper, and salt with oil and rub on the outside of the chicken breast.

3. In another bowl, mix the chopped broccoli with softened cream cheese, shredded cheese and ranch seasoning.
4. Stuff each chicken breast with the broccoli cheese filling. Seal the chicken breast with toothpicks so the filling won't spill out. Some melted cheese will ooze out during cooking but it's normal.
5. Preheat Air fryer to 375°F. Place the stuffed chicken breast in the Air fryer and air fry for 15 minutes. Check the doneness using a meat thermometer. The internal temperature of the chicken should reach 165°F.
6. Carefully remove the chicken from the Air fryer and serve with a side dish.

Notes

- To cook frozen stuffed chicken, Air fry at 380°F for 20 minutes or more.
- Store leftovers in an airtight container in the fridge for 3 to 4 days.
- Reheat in the Air fryer until warm through.
- Freeze raw stuffed chicken breast individually wrapped in a cling film in the freezer for 3 months.
- To freeze cooked chicken breast, place them in a freezer bag and freeze for 3 months.

Category

1. Air Fryer Recipes

Date

09/05/2024

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