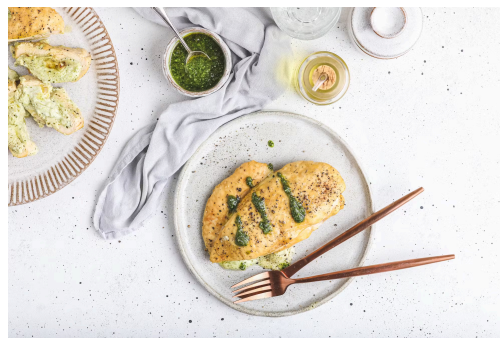


4g ⌚ 25 m | Easy

Air fryer Italian stuffed chicken breasts

Stuffed chicken, but let's make it Italian! Cream cheese, pesto, and Parmesan cheese are combined and packed into chicken breast pockets, giving a wonderfully juicy result. Air frying them makes this quick, easy, and mess-free, but they're just as good baked in the oven. Bring a little bit of Italy to your table tonight!



2 Servings

Ingredients

1 lb (2) chicken breasts
4 oz. (½ cup) cream cheese
2 tbsp green pesto
2 tbsp Parmesan cheese, finely grated
½ tsp avocado oil
¼ tsp sea salt
¼ tsp ground black pepper

Instructions

- 1 Preheat the air fryer to 350°F (180°C).
- 2 Place the chicken breasts flat on a chopping board and slice a pocket into each breast horizontally.
- 3 Combine the cream cheese, pesto, and Parmesan cheese.
- 4 Spoon equal portions of the cheese mixture into the pockets of the chicken breasts. Fold the top of the chicken breast over the filling and secure it with a toothpick.
- 5 Drizzle the avocado oil over the chicken breasts and rub it in. Season on both sides with sea salt and ground black pepper.
- 6 Place the stuffed chicken breasts in the preheated air fryer and cook for 18-20 minutes until golden and cooked through.
- 7 Remove from the air fryer and serve with a green salad or your favorite veggies.

Tips

To boost the flavor further, sprinkle some Italian seasoning on the outside of the chicken breasts after rubbing them with oil.

Smaller chicken breasts will take 16-18 minutes to cook, large ones 20 minutes or more.

Try red pesto or olive tapenade instead of traditional green pesto!

If you like this, we think you'll love our Stuffed chicken breast with herb cream cheese, too!

Oven instructions

Preheat the oven to 375°F (190°C). Proceed with the recipe through Step 5, then bake in the oven 25-30 minutes until cooked through.