

5g ⌚ 25 m | Easy

Air fryer stuffed chicken breasts with herb cream cheese

If you're looking for dinner inspiration, you can stop scrolling! These air fryer chicken breasts will likely become regulars at your table. We stuffed them with a combination of garlicky herb cream cheese and sun-dried tomatoes for extra "oomph." Enjoy succulent, flavorful chicken in a jiffy and serve it with your favorite veggies to make this a complete higher-satiety meal.



2 Servings

Ingredients

1 lb (2) chicken breasts
4 oz. (½ cup) garlic & herb cream cheese
2 tbsp sun-dried tomatoes, chopped
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 garlic and herb cream cheese and chopped sun-dried tomatoes.
- 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

Serve with your favorite veggies to make this a complete higher-satiety meal. Try sautéed spinach, air fryer broccoli, or Brussels sprouts!

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

We used Boursin cheese in this recipe, but any garlic & herb cream cheese will work. Feel free to experiment with other flavors, or try our Italian stuffed chicken breasts.

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.