

BaconWrapped Stuffed Chicken Breasts in the Air Fryer

Savannah · 28/09/2024



Prep Time

45 mins

Difficult

Medium

Servings

3

Description

Easy baconwrapped chicken in the air fryer Amp up the flavor of your boneless skinless chicken breast with this recipe The breasts are butterflied which you can either do yourself or ask your butcher to do it for you You can then stuff them with cheese and asparagus wrap them up in a bacon blanket and airfry While they cook toss a green salad add a veggie or potato and some bread and youll be enjoying your dinner in no time

Ingredients

- - 3 skinless
- boneless chicken breasts - 1 teaspoon lemon-pepper seasoning
- or to taste - 3 slices Monterey Jack cheese - 6 spears fresh asparagus - 9 slices bacon - 12 wooden toothpicks

Instructions

1. Preheat the air fryer to 350 degrees F (175 degrees C) according to manufacturer's instructions. Pat chicken pieces dry with paper towels. To butterfly
2. slice breasts horizontally through the middle using a sharp knife
3. beginning at the thickest part
4. being careful not to cut all the way through to the other side. Open the two sides and spread them out like an open book. Season both sides with lemon-pepper seasoning. Place 1 slice cheese on each chicken breast. Cut asparagus spears in half and place 4 halves on top of cheese. Roll chicken up and over the cheese and asparagus
5. keeping the stuffing inside each roll. Wrap each chicken breast with 3 pieces of bacon
6. using wooden toothpicks to secure the bacon
7. where it overlaps. Place each bacon-wrapped breast in the air fryer basket and air-fry for 15 minutes. Turn and cook for 15 minutes more. Test chicken for doneness; an instant-read thermometer inserted into the center should reach 165 degrees F (74 degrees C). Recipe Tips You may substitute garlic-lime pepper or seasoned salt for lemon-pepper seasoning. Air fryers differ by brand in size and performance. This recipe was prepared in a 5.8-quart air fryer. A smaller capacity machine may require two batches.