



Air Fryer Chicken Bites with Parmesan Cheese

Jacob · 28/09/2024



Prep Time

28 mins

Difficult

Medium

Servings

4

Description

Crispy chicken bites made simple in the air fryer Serve with marinara for dipping if desired

Ingredients

- - 2 teaspoons olive oil - 2 teaspoons Worcestershire sauce - 1 teaspoon dried Italian seasoning - ½ teaspoon garlic powder - ¼ teaspoon salt - ½ teaspoon freshly ground black pepper - 1 pound skinless
- boneless chicken breast
- cut into 1-inch cubes - 2 tablespoons all-purpose flour - cooking spray - ¼ cup shredded Parmesan cheese
- 2 tablespoons chopped fresh parsley

Instructions

1. Whisk olive oil
2. Worcestershire
3. Italian seasoning
4. garlic powder
5. salt
6. and pepper together in a bowl. Add chicken cubes and stir to coat. Preheat an air fryer to 370 degrees F (185 degrees C) for 10 minutes. Add flour to the chicken mixture and stir to coat until all liquid is absorbed. Place chicken in the basket of the air fryer and cook for 8 minutes. Using tongs
7. flip the pieces over. Spray tops with non-stick cooking spray and cook 8 minutes more. Sprinkle Parmesan cheese and parsley over the chicken. Cook until cheese has started to melt
8. about 2 minutes more. Serve immediately.