



Broccoli Cheddar Chicken

Description

Ingredients

- 4 boneless, skinless chicken breasts, skinless chicken breasts
- 1 teaspoon Kosher salt, to taste
- 1/2 teaspoon black pepper, to taste
- 1 cup broccoli florets, steamed and finely chopped
- 1 cup cheddar cheese, shredded
- 1/2 cup mayonnaise
- 2 cloves garlic, minced
- 1/2 cup panko breadcrumbs
- 2 tbsp melted butter
- 1 tsp dried parsley
- Cooking spray, for greasing

Instructions

- Preheat the air fryer to 375°F. Lightly spray the air fryer basket with cooking spray.
- Season both sides of the chicken breasts with salt and pepper.
- In a mixing bowl, combine chopped broccoli, shredded cheddar, mayonnaise, and minced garlic. Mix until well combined.
- Divide the broccoli cheddar mixture among the chicken breasts, spreading it on top evenly.
- In a separate bowl, mix panko breadcrumbs with melted butter and dried parsley. Sprinkle this mixture over the broccoli cheddar topped chicken breasts, pressing down slightly to adhere.
- Place the chicken breasts in the air fryer basket in a single layer. Cook for 15-20 minutes, or until the chicken reaches an internal temperature of 165°F and the topping is golden brown.
- Once cooked, carefully remove the chicken from the air fryer and let it rest for a few minutes.

Serve hot with your favorite sides.

Equipment

- Air Fryer
- Cooking Spray
- Parchment Paper, optional

Notes

- Ensure chicken breasts are of even thickness for uniform cooking. If they are particularly thick, consider butterflying or pounding them for even thickness.
- Freshly shredded cheese is recommended as it melts better than pre-packaged shredded cheese.
- Leftovers can be stored in an airtight container in the refrigerator for up to 3 days. Reheat in the air fryer at 300°F for the best texture.

Nutrition

Serving: 1 Serving Calories: 525kcal Carbohydrates: 8g Protein: 33g Fat: 40g Saturated Fat: 13g Polyunsaturated Fat: 14g Monounsaturated Fat: 9g Trans Fat: 0.3g Cholesterol: 127mg Sodium: 1183mg Potassium: 544mg Fiber: 1g Sugar: 1g Vitamin A: 654IU Vitamin C: 22mg Calcium: 238mg Iron: 1mg

Category

1. Air Fryer Recipes

Date

20/09/2024