

Bacon-Wrapped Air Fryer Chicken Breasts

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Want the juiciest chicken breasts? Make this easy Air Fryer Bacon-Wrapped Chicken Breast recipe! Just 2 ingredients not counting salt and pepper!

PREP TIME:
5 mins

COOK TIME:
18 mins

TOTAL TIME:
23 mins

YIELD: 4 servings COURSE: Dinner CUISINE: American



Equipment

- Air Fryer

Ingredients

- 4 skinless boneless chicken breasts (8 ounces each)
- 8 slices center cut bacon
- 1/2 teaspoon kosher salt
- freshly ground black pepper (to taste)

Instructions

1. Season the chicken breasts with salt and black pepper.
2. Starting from one end, tightly wrap two strips of bacon over each chicken breast.
3. Transfer the chicken to the air fryer and air fry 380F about 6 minutes on each side, or until the internal temperature of the chicken has reached 160F then increase to 400F for 1 minute to brown the bacon.
4. Remove from the air fryer and transfer to a cutting board, let rest covered with foil for 5 minutes before slicing.

Notes

No Air Fryer? No Problem

To make this in the oven, preheat the oven to 400F.

Heat a large oven safe or cast-iron skillet over medium-high heat. Sear bacon wrapped chicken breasts on both sides for about 2 minutes per side, or until the bacon is crisp, drain excess fat.

Transfer the chicken to the oven and bake about 12 minutes, or until the internal temperature of the chicken has reached 160F. Remove from the oven and transfer to a cutting board, let rest covered with foil for 5 minutes before slicing.

Nutrition

Serving: 1 chicken breast, Calories: 332kcal, Protein: 56g, Fat: 10.5g, Saturated Fat: 3g, Cholesterol: 170.5mg, Sodium: 482mg - WW Points: 6

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