



## Air Fryer Chicken Meatballs Recipe

### Description

### Air Fryer Chicken Meatballs Recipe

#### Ingredients:

- 500g (1 lb) ground chicken
- 1/2 cup breadcrumbs
- 1/4 cup grated Parmesan cheese
- 1 small onion, finely chopped
- 2 cloves garlic, minced
- 1 egg
- 2 tablespoons milk
- 1 tablespoon Worcestershire sauce
- 1 tablespoon fresh parsley, chopped
- 1 teaspoon Italian seasoning
- 1/2 teaspoon salt
- 1/4 teaspoon black pepper
- Cooking spray or a light drizzle of olive oil

#### Instructions:

##### 1. Prepare the Mixture:

- In a large mixing bowl, combine the ground chicken, breadcrumbs, Parmesan cheese, chopped onion, minced garlic, egg, and milk.
- Add Worcestershire sauce, parsley, Italian seasoning, salt, and pepper to the mixture.
- Mix all ingredients until they are well combined.

## 2. Shape the Meatballs:

- Using your hands, shape the mixture into small meatballs, about 1 inch in diameter. This should yield approximately 20-24 meatballs.

## 3. Preheat the Air Fryer:

- Preheat your air fryer to 200°C (392°F) for about 5 minutes to ensure even cooking.

## 4. Cook the Meatballs:

- Lightly spray the air fryer basket with cooking spray or a drizzle of olive oil to prevent sticking.
- Place the meatballs in a single layer in the air fryer basket, ensuring they do not touch. You may need to cook them in batches depending on your air fryer's size.
- Cook the meatballs at 200°C (392°F) for 10-12 minutes, flipping them halfway through. They should be golden brown and cooked through.

## 5. Check for Doneness:

- Ensure the internal temperature of the meatballs reaches 75°C (165°F) using a meat thermometer.

## 6. Serve:

- Remove the meatballs from the air fryer and let them rest for a minute before serving.
- Enjoy your air fryer chicken meatballs with pasta, in a sub sandwich, or as an appetizer with your favorite dipping sauce.

## Tips for Best Results:

- If the mixture feels too sticky, add a few more breadcrumbs to help with shaping.
- For a flavor twist, try adding a teaspoon of chili flakes or swap the Italian seasoning for curry powder.
- Serve with marinara sauce or ranch dressing for extra deliciousness.

Enjoy these easy and tasty air fryer chicken meatballs with your family and friends!

## Category

### 1. Air Fryer Recipes

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