



Air Fryer Chicken with Creamy Bacon Mushroom Sauce

Description

Experience a delightful blend of flavors with this Air Fryer Chicken with Creamy Bacon Mushroom Sauce. Tender chicken breasts are paired with a rich, creamy sauce loaded with bacon, mushrooms, and spinach. Perfect for a hearty meal that's sure to impress!

About Time

- **Prep Time** 15 mins
- **Cook Time** 20 mins
- **Total Time** 35 mins

Ingredients

4 boneless, skinless chicken breasts
Salt and pepper, to taste
1 tbsp olive oil
6 slices bacon, chopped
8 oz mushrooms, sliced
1 cup heavy cream
1/2 cup grated Parmesan cheese
2 cups fresh spinach
1 tsp garlic powder
1 tsp onion powder

Instructions

1. **Prepare the Chicken:**

- Season the chicken breasts with salt and pepper.
- Preheat the air fryer to 200°C (400°F) for about 3 minutes.
- Brush the chicken breasts with olive oil.
- Place the chicken breasts in the air fryer basket and cook for 10-12 minutes, flipping halfway through, until golden and cooked through. The internal temperature should reach 75°C (165°F). Remove from the air fryer and set aside.

2. Cook the Bacon and Mushrooms:

- In a large skillet over medium heat, cook the chopped bacon until crispy. Remove and drain on paper towels.
- Add the sliced mushrooms to the skillet and cook until tender, about 5 minutes.

3. Prepare the Sauce:

- Reduce the skillet heat to low and add the heavy cream and grated Parmesan cheese. Stir until the cheese melts and the sauce thickens.
- Stir in the fresh spinach and cook until wilted.
- Add the garlic powder and onion powder, mixing well.

4. Combine and Serve:

- Return the cooked chicken breasts to the skillet, spooning the creamy sauce over the top.
- Sprinkle with the cooked bacon and simmer for 5 minutes to let the flavors meld together.

Serve and Enjoy:

Serve the chicken breasts topped with the creamy bacon mushroom sauce. Pair with your favorite side dish for a complete meal. Enjoy!

Amount Per Serving

Calories: kcal

Serving: servings, Carbohydrates: 21.5 g, Protein: 22.5 g, Fat: 3.5 g, Saturated Fat: 1 g, Cholesterol: 69 mg, Sodium: 426.5 mg, Fiber: 1.5 g, Sugar: 1.5 g

Category

1. Air Fryer Recipes

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