



Air Fryer Stuffed Chicken Rolls

Description

Looking for a dinner that's bursting with flavor, gooey cheese, and a satisfying crunch—all made easy in the air fryer? These **Stuffed Chicken Rolls** are filled with creamy, cheesy goodness, wrapped in juicy chicken, and air fried to crispy perfection. This recipe brings together the bold flavors of green chilis, Mexican cheese, and fresh cilantro for a crowd-pleasing meal with minimal fuss.

One busy weeknight, I had a few chicken breasts and not a clue what to make. I wanted something comforting but not boring, cheesy but not heavy—and that's when inspiration hit. I raided my fridge and pantry, grabbed some cream cheese, chilis, and a handful of shredded cheese and a little magic happened. â"

I rolled everything up in the chicken, coated it like a crispy snack, and popped it in the air fryer. In 20 minutes, I had the *most* satisfying, melty, crunchy dinner I'd made in weeks. Now, it's a weekly favorite in my kitchen.

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Ingredients You'll Need

4 large chicken breasts sliced $\frac{3}{4}$ through and pounded flat
8 slices mozzarella cheese
 $\frac{1}{2}$ cup canned corn, drained
1 tbsp minced garlic
4 oz green chilis
8 oz cream cheese (room temp is best)
1 cup Mexican cheese blend, shredded
 $\frac{1}{4}$ cup chopped cilantro
 $\frac{1}{2}$ tsp salt
 $\frac{1}{2}$ tsp pepper

1 cup all-purpose flour

2 eggs, well beaten

2 cups breadcrumbs

Step-by-Step Instructions

1. Preheat the Air Fryer

Set your air fryer to **375°F (190°C)** and let it heat while you prep the chicken rolls.

2. Make the Creamy Filling

In a mixing bowl, combine:

- Cream cheese
- Minced garlic
- Green chilis
- Mexican cheese blend
- Cilantro
- Salt & pepper

Mix until smooth and well blended. This is your flavor-packed filling!

3. Stuff the Chicken

- Lay each pounded chicken breast flat.
- Place **2 slices of mozzarella** in the center.
- Spoon a generous amount of the cream cheese filling on top.
- Roll tightly and secure with **toothpicks**, if needed.

4. Coat the Rolls

Dredge each roll in this order:

- 1. Flour
- 2. Beaten eggs
- 3. Breadcrumbs (press gently to help it stick)

Make sure the rolls are fully coated for that golden, crispy crust!

5. Air Fry to Perfection

- Arrange the chicken rolls in the air fryer basket **in a single layer** (don't crowd them).
- Air fry for **18-20 minutes**, or until the internal temp reaches **165°F (74°C)**.
- Rolls should be golden brown and crispy on the outside.

6. Serve & Garnish

Carefully remove the toothpicks.
Serve warm and garnish with extra cilantro if youâ??d like a pop of color and freshness! ð??¿ð???

ð?§¼ Nutrition Information (Per Serving â?? Based on 4 Servings)

Nutrient	Amount
Calories	~480
Protein	~40g
Fat	~26g
Carbohydrates	~22g
Fiber	~2g
Sugar	~3g
Sodium	~650mg

â? Final Thoughts

This cheesy, spicy, creamy chicken roll-up is the ultimate comfort food made effortlessly in the air fryer. ð??« Whether youâ??re hosting friends or just spicing up your weeknight dinner, this recipe delivers big flavor with minimal effort.

Category

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