

Pesto Topped Cheesy Chicken (Airfryer)

Ingredients

- Chicken breast
- Breadcrumbs
- Egg
- Flour
- Pesto (or any topping sauce)
- Grated Cheese
- Cauliflower
- Olive oil
- Paprika or spice of your choice



Method

Fillet the chicken breast to make 2 or 3 thin slices (see photo to give you an idea).

Chop cauliflower into small bite size florets. Toss in olive oil and sprinkle on the spice or herb of your choice. I like paprika.

Preheat air fryer to 180

Dip chicken in beaten egg, then flour and then breadcrumbs. I often add some herbs and seasoning to the breadcrumbs.

Gently place the chicken breast on one side of the air fryer and the cauliflower at the other side.

Air fry for 10-12 minutes. Then spoon pesto or other sauce (even tomato puree) on top of chicken (just while still in the basket) and sprinkle cheese on top.



At this stage you may want to turn the florets (maybe even a bit earlier).

Air fry for another 3-5 minutes to suit the way you like your melted cheese.

Serve with salad or extra veg.



Pro Tips

I often do this with just the plain chicken filleted and don't bother the egg, flour and breadcrumb and it's just as tasty.

I also do this with salmon (no batter) and pesto and breadcrumb on top of the pesto. Timings are similar, perhaps a bit longer as the salmon may be thicker.