

# **Air fryer Parmesan Chicken Spiedini**

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Air fryer parmesan chicken spiedini are Italy's version of skewers or kabobs. In this spiedini recipe boneless, skinless chicken thighs are marinated in a blend of Italian spices, cooked in the air fryer, and basted with a delicious garlic, parmesan butter sauce.

The chicken is so tender and juicy, , and the spiedini can be served as an appetizer or as a main course. You can also cook the chicken skewers in the oven or on a grill, making them perfect all year. No matter how you cook them, they're full of flavor and always a crowd pleaser

If you like easy and delicious chicken recipes, try this oven baked chicken spiedini recipe , that you will love, or one of my personal favorites Easy Italian chicken croquettes

## **Helpful things to know about this air fryer parmesan chicken spiedini recipe**

When using wooden skewers, make sure to soak them in water for at least 30 minutes before making the recipe. This keeps the wood from burning in the air fryer. Typically, I prefer metal skewers.

If you're not in the mood for chicken thighs or prefer chicken

breast this recipe works for both. And if you're not in the mood for chicken at all, this recipe would also be delicious with beef, pork, or shrimp. The cooking times will be different, so you'll need to experiment to get the exact cooking time.

No air fryer ? No problem . These chicken spiedini can be oven-baked or grilled. Either way , you'll still get that delicious juicy inside and lightly crisp outside, perfect for any time of the year.

One of the best things about this recipe is that you can make it ahead of time. Simply assemble the the chicken skewers, cover and refrigerate them up to 1 day or when you're ready to cook. In fact letting them marinate a bit longer enhances the flavor. When you're ready, just pop them in the air fryer, grill or oven. ENJOY!!! If you make this air fryer parmesan spiedini leave me a comment below, I love hearing from you and it helps others. THANKS!!!

## Ingredients For the chicken

- 1 1/2 lbs. boneless skinless chicken thighs
- 2 Tbsp. olive oil
- 1 Tablespoon each garlic, onion, and paprika powder
- 1 Tbsp. Italian seasoning
- Juice and zest from one lemon
- 1/2 cup grated parmesan
- Salt and pepper to taste
- **GARLIC PARMESAN SAUCE**
- 1 stick softened butter
- 2Tbsp. minced garlic
- 2 Tbsp. chopped Italian parsley
- 1/2 cup grated parmesan cheese

# Instructions

1. Add the chicken pieces to a bowl with the oil, parmesan, lemon juice , zest, Italian seasonings, garlic, onion, and paprika powder. Salt and pepper to taste. Mix to coat evenly. Allow the chicken to marinate in the fridge covered for as little as 30 minutes but ideally overnight.
2. In a separate bowl combine the butter, minced garlic, parsley, parmesan, lemon juice, and chili flakes. Mix to create a compound butter.
3. Preheat the air fryer or out door grill I usually air fry the skewers at 400 degrees
4. Thread chicken pieces onto metal or wooden skewers and set aside. Remember, if using wooden skewers soak in water before using.
5. Add the skewers to the air fryer a few at a time, so as not to overcrowd the pan and the chicken cooks evenly. Cook 5-6 minutes, flip and cook an additional 3-4 minutes.
6. The internal temperature of the chicken should be at 150 degrees, at this point baste the chicken skewers with the garlic butter, and cook 1 minute , flip baste the other side and cook 1 more minute.
7. Top with more parmesan and parsley, serve warm with the parmesan sauce. ENJOY!!!!