

Air Fryer Frozen Vegetables



Discover a quick and easy way to turn frozen vegetables into a crispy, flavourful side dish with your air fryer. Perfect for busy evenings or to add a nutritious touch to your meals. This method is highly customizable—choose your favourite frozen vegetable mix and adjust the seasonings to your taste.

This recipe uses an Asian-style frozen vegetable mix, but most frozen vegetable blends will work.

Preparation 2 min

Cooking 25 min

Servings 4

Nutrition Facts (per serving)

Calories 60

Fat 1

Carbohydrates 11

Fibre 4

Protein 1

Sodium 180

Ingredients

- 1 bag (675 g) of frozen vegetable mix
- Salt and pepper, to taste

- Cooking spray
- Grated Parmesan, optional

Preparation

1. Preheat the air fryer to 400°F (200°C).
2. Place the frozen vegetables in the air fryer basket. Spray with olive oil or drizzle lightly. Season to taste.
3. Toss the vegetables in the container to evenly coat them with oil and seasonings.
4. Cook the vegetables for 20 to 25 minutes at 400°F (200°C). Adjust according to the desired texture and the size of the vegetables.
5. Stir the vegetables once or twice during cooking to ensure even cooking.
6. Serve immediately. For a gourmet touch, sprinkle with grated Parmesan before serving, if desired.

Notes

Store in an airtight container in the refrigerator for up to 5 days.

Cooking times are estimates and may vary depending on your air fryer, the amount of vegetables and their size. Monitor cooking from 15 minutes onwards, stirring as needed for even cooking. Adjust the time according to your preferred texture.



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