

Air Fryer Polenta Fries

Jacob · 29/09/2024



Prep Time

35 mins

Difficult

Easy

Servings

4

Description

These polenta fries made in the air fryer are simple crunchy delicious and addictive My first batch was an experiment and they were so good that I ran out and bought another tube Serve with ketchup or your favorite dipping sauce

Ingredients

— - 1 (16 ounce) package prepared polenta - nonstick olive oil cooking spray - salt and ground black pepper to taste

Instructions

1. Preheat an air fryer to 350 degrees F (175 degrees C). Slice polenta into long
2. thin slices resembling french fries. Spray the bottom of the basket with cooking spray. Place 1/2 of the polenta fries in the basket and lightly mist the tops with cooking spray. Season with salt and pepper. Cook in the preheated air fryer for 10 minutes. Flip the fries with a spatula and cook until crispy
3. about 5 minutes longer. Transfer fries to a paper towel-lined plate. Repeat with remaining half of fries.
Recipe Tip You can also cut polenta into wedges to resemble potato wedges. Due to the thickness
4. you will need to add 10 minutes to cook time.