

Air Fryer Fried Green Tomatoes

Oscar · 28/09/2024



Prep Time

45 mins

Difficult

Medium

Servings

6

Description

These air fryer fried green tomatoes are Southern comfort food at its best. An air fryer lets you put a healthier but still totally delicious version on the table. Serve with ranch dressing or sriracha mayo for dipping.

Ingredients

- 2 green tomatoes
- cut into ¼-inch slices - salt and freshly ground black pepper to taste - ½ cup all-purpose flour - ½ cup buttermilk - 2 large eggs
- lightly beaten - 1 cup plain panko bread crumbs - 1 cup yellow cornmeal - 1 teaspoon garlic powder - ½ teaspoon paprika - 1 tablespoon olive oil
- or as needed

Instructions

1. Season tomatoes with salt and pepper. Place flour into a shallow dish. Beat buttermilk and eggs together in a second shallow dish. Mix panko bread crumbs
2. cornmeal
3. garlic powder
4. and paprika together in a third dish. Dredge tomato slices in flour
5. shaking off excess. Dip in egg mixture
6. then press both sides into cornmeal mixture. Preheat the air fryer to 400 degrees F (200 degrees C). Brush the fryer basket with olive oil. Working in batches
7. place breaded tomatoes in the prepared fryer basket
8. ensuring they do not touch each other. Brush the tops of tomatoes with olive oil. Cook in the preheated air fryer for 12 minutes
9. flip tomatoes
10. and brush again with olive oil. Continue cooking until crisp and golden brown
11. 3 to 5 minutes more. Remove tomatoes to a paper towel-lined rack to keep crisp. Repeat with remaining tomatoes. Cook's Note You can use an olive oil mister bottle if preferred. To reheat
12. carefully stack the tomatoes in the air fryer basket
13. then air-fry at 350 degrees F (175 degrees C) for 1 to 2 minutes.