Air Fryer Onion Rings

Savannah · 28/09/2024



Prep Time

25 mins

Dificult

Medium

Servings

4

Description

These air fryer onion rings are better for you than their deepfried counterparts Theyre battered and breaded then airfried to crispy perfection

Ingredients

— - ¾ cup all-purpose flour - ½ cup cornstarch - 2 teaspoons baking powder - 1 teaspoon salt - 1 large onion

— cut into rings - 1 cup milk - 1 large egg - 1 cup bread crumbs - cooking spray - 2 pinches garlic powder - 2 pinches paprika

Instructions

1. Stir flour
2. cornstarch
3. baking powder
4. and salt together in a small bowl. Dip onion rings into the flour mixture until coated
5. then place onto a plate. Stir milk and egg into the remaining flour mixture using a fork. Dip the floured rings into the batter to coat. Place onto a wire rack until the batter stops dripping. Place bread crumbs into a shallow dish. Place rings
6. one at a time
7. into bread crumbs
8. scooping crumbs over the top until evenly coated. Give rings a hard tap as you remove them from the crumbs; the coating should cling very well. Heat an air fryer to 400 degrees F (200 degrees C) according to the manufacturer's instructions. Place rings into the air fryer basket so they are side-by-side without overlapping; spray lightly with cooking spray
9. then flip rings. Place the basket into the air fryer and cook until rings are golden brown
10. 2 to 3 minutes
11. flipping once halfway through. Drain on paper towels and sprinkle with garlic powder and paprika.