

AirFryer Asparagus Fries

Savannah · 29/09/2024



Prep Time

20 mins

Difficult

Medium

Servings

6

Description

Enjoy a unique side dish of cheesy crunchy asparagus fries without the guilt of deep frying by using an air fryer

Ingredients

- - 1 large egg - 1 teaspoon honey - 1 cup panko bread crumbs - ½ cup grated Parmesan cheese - 12 asparagus spears
- trimmed - ¼ cup stone-ground mustard - ¼ cup Greek yogurt - 1 pinch cayenne pepper (Optional)

Instructions

1. Preheat an air fryer to 400 degrees F (200 degrees C). Combine egg and honey in a long narrow dish and beat together. Combine panko and Parmesan cheese in a separate plate. Coat each asparagus stalk in egg mixture and roll in panko mix to coat. Place 6 spears in the air fryer and cook to desired brownness
3. 4 to 6 minutes. Repeat with remaining spears. Combine mustard
4. yogurt
5. and cayenne pepper in a small bowl. Serve dipping sauce alongside asparagus spears.