

# Air Fryer Mixed Vegetables

*quick, crunchy, bulk ready side*



This air fried vegetable mix gives you four times your daily vegetable allowance in one flavourful prep session. By seasoning and air frying, you create a crunchy, healthy, and versatile accompaniment to any meal. Perfect for bulk cooking, these veggies stay delicious and retain their texture, making it easy to prepare ahead and enjoy throughout the week.

Prep Time: 10 minutes. Cook Time: 15-20 minutes.

## Ingredients:

- 120g broccoli florets
- 120g baby marrow (zucchini), sliced
- 120g cauliflower, small florets
- 120g brussels sprouts, halved
- 120g eggplant (brinjal), diced
- 120g asparagus, cut into pieces
- 120g fennel, sliced
- 2 tsp salt
- 1 tsp black pepper
- 1/2 tsp chilli powder (optional for heat)

- 1 tsp mixed dried herbs (oregano, thyme, rosemary)
- Spray and cook

## Method:

1. Preheat your air fryer to 180°C.
2. In a large bowl, mix all the vegetables with salt, pepper, chilli powder, and mixed herbs and spray and cook.
3. Add the seasoned vegetables to the basket, ensuring they are spread ►

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out evenly. Air fry for 15-20 minutes, shaking the basket halfway through to ensure even cooking.

4. Once done, the veggies should be slightly under-roasted if bulk cooking. Allow them to cool, then store them in an airtight container for later use.
5. For serving, reheat in the air fryer for 5 minutes to cook through and retain that crunch.

## Chef's Tip

### ***Bulk Cooking & Serving***

Use as many root vegetables as possible to maximize flavour and nutrition. Add

chilli flakes or a fresh herb dressing just before serving to elevate the taste.

### **Storage:**

- In the Fridge: Store air-fried vegetables in an airtight container for 3-4 days.

### **Reheating:**

- Air Fryer: Reheat for 5 minutes to maintain that signature crunch and ensure the veggies are cooked through.