Budget Recipes â?? Airfried Zucchini Carrot Balls

Description

Ever since we got an air-fryer, Iâ??ve been trying to experiment with various vegetable recipes in an attempt to eat â??healthilyâ?• while still â??fryingâ?• them. I found a whole bunch of recipes online, mostly from overseas sites, but most of them failed terribly when I tried them out here. Any idea why?



defaultwatermark

Anyway, Iâ??m in really good spirits today now that my latest batch of Zucchini & Carrot Balls have came out perfect! They looked like cream puffs, are super yummy and doesnâ??t even make me feel like Iâ??m eating vegetables at all.

Sharing my recipe below so I can come back to this for future reference!

Ingredients *â?? makes 4 balls*
1/2 yellow zucchini
1/2 carrot
1 egg
30g (or 6 teaspoons) bread crumbs
2 teaspoon salt
1 teaspoon black pepper



Preparation:
1. Wash zucchini, cut off both ends and cut into thin slices together with the skin intact. Sprinkle salt and set aside for 15 minutes.
2. After 15 minutes, squeeze dry the zucchini to remove excess water.
3. Grate carrots and mix with the zucchini, beaten egg, salt, pepper and bread crumbs evenly.
4. Shape mixture into patties.
5.. Place in preheated Airfryer at 180 degrees for 12 minutes.

Prep time: 20 minutes
Cooking time: 12 minutes

Total cost:
$1.70 yellow zucchini
$0.15 carrot
$0.20 egg
$0.40 bread crumbs

default watermark

Cost per serving: $0.60 per ball

If there are extra zucchini chips left, you can even airfry them as they taste just as good as potato chips! I tried slicing them up as well to make zucchini fries and it was super yummy.

Alternatively, if you want to mix this up with a little protein, you can also add minced beef or chicken into the mixture to create both meat + vegetable balls at once. I did this with my remaining mixture together with minced beef and it came out fantastic!

Anyone has other healthy airfryer vegetable recipes to share?

With love,
Budget Babe

Category

1. Family