



Air Fryer Bubble and Squeak

Description

A crispy, golden brown dish made from leftover mashed potatoes and vegetables, now perfectly cooked in the air fryer.

About Time

- **Prep Time:** 10 mins
- **Cook Time:** 15 mins
- **Total Time:** 25 mins

Ingredients

- **Mashed potatoes:** 2 cups (leftovers work best)
- **Cooked vegetables:** 1 cup (e.g., cabbage, carrots, peas, Brussels sprouts), finely chopped
- **Onion:** 1/2 cup, finely chopped
- **Butter:** 2 tbsp, melted
- **Olive oil:** 2 tbsp
- **Salt and pepper:** To taste

Instructions

Step 1: Prepare the Mixture

1. In a large bowl, combine the mashed potatoes, chopped vegetables, and onion. Mix well until evenly combined.
2. Add melted butter, olive oil, salt, and pepper to the mixture. Stir thoroughly.

Step 2: Shape the Bubble and Squeak

1. Form the mixture into a round patty or divide into smaller patties, depending on your preference.

Step 3: Air Fry

1. Preheat the air fryer to **180°C (350°F)** for 2-3 minutes.
2. Lightly grease the air fryer basket with cooking spray or a little oil to prevent sticking.
3. Place the patty (or patties) in the air fryer basket in a single layer.
4. Air fry for **12-15 minutes**, flipping halfway through, until the outside is crispy and golden brown.

Step 4: Serve

1. Carefully remove the Bubble and Squeak from the air fryer.
2. Serve hot, garnished with fresh herbs or a dollop of sour cream if desired.

Amount Per Serving

- **CALORIES:** 250 (approximate)
- **TOTAL FAT:** 12g
 - **SATURATED FAT:** 4g
 - **TRANS FAT:** 0g
 - **UNSATURATED FAT:** 8g
- **CHOLESTEROL:** 10mg
- **SODIUM:** 200mg
- **CARBOHYDRATES:** 30g
 - **FIBER:** 4g
 - **SUGAR:** 3g
- **PROTEIN:** 5g

Category

1. Air Fryer Recipes

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