



## Crispy Air Fryer Cabbage Fritters

### Description

If youâ??re looking for a delicious way to use up cabbage and carrots, these **Air Fryer Cabbage Fritters** are a must-try. Theyâ??re crispy on the outside, soft on the inside, and loaded with nutritious vegetables. With just a few simple ingredients and minimal oil, this recipe transforms humble veggies into a savory snack, side dish, or light meal.

Whether youâ??re cooking for a family dinner or need a quick appetizer, these fritters are ready in minutes thanks to the air fryer. Plus, theyâ??re healthier than pan-fried versions and packed with fiber and flavor!

### Why These Air Fryer Cabbage Fritters Are a Must-Try

- **Quick and Easy:** Made in under 30 minutes from prep to plate.
- **Healthy Option:** Air-fried with minimal oil for a lighter version of traditional fritters.
- **Great for All Diets:** Easily adaptable to vegetarian or gluten-free with small swaps.
- **Perfect Texture:** Baking soda gives these fritters a light, fluffy inside and a crispy, golden exterior.
- **Versatile Flavor:** Season with your favorite herbs and spices for a custom twist.

### Ingredients Youâ??ll Need

Hereâ??s everything required to make these flavorful fritters:

- **2 cups cabbage**, finely shredded
- **1 medium carrot**, finely chopped or shredded
- **1 large egg**
- **1 tablespoon sour cream** (*plus more for serving if desired*)
- **3 tablespoons all-purpose flour**
- **1/2 teaspoon baking soda** â?? Adds lightness and puffiness to the fritters
- **1 teaspoon salt** (or to taste)

- **1/2 teaspoon ground black pepper** (or to taste)
- **1 teaspoon seasoning blend** â?? Try Mrs. Dash or your favorite no-salt seasoning
- **1 tablespoon olive oil** (for brushing or spraying)

### Optional Add-ins:

- Chopped green onions
- Minced garlic
- Fresh herbs like parsley or dill

## Equipment Needed

- Air fryer
- Mixing bowl
- Spoon or cookie scoop
- Food processor or box grater (for shredding)
- Silicone brush or oil spray

## Step-by-Step Instructions

Follow these steps to make perfect cabbage fritters every time:

### 1. Preheat the Air Fryer

Start by preheating your air fryer to **375Â°F (190Â°C)**. This ensures even cooking and crisping.

### 2. Prep the Vegetables

Remove the outer leaves from the cabbage and finely shred it. You can use a **food processor** for ease and speed. Do the same with the carrot. Aim for small, thin pieces to ensure quick cooking and even texture.

### 3. Mix the Batter

In a large mixing bowl, combine the shredded cabbage, chopped carrot, **salt, pepper, seasoning blend, sour cream, baking soda, egg**, and **flour**. Stir well until everything is thoroughly coated.

### 4. Shape the Fritters

Using your hands or a spoon, scoop about **2 tablespoons** of the mixture and form it into a **ball**. If the mixture sticks to your hands, slightly wet your palms with water.

Place the balls in a **single layer** inside the air fryer basket or on the tray. Gently flatten each ball with a spoon into a **pancake shape**, about **1½-inch thick**.

## 5. Brush or Spray with Oil

Lightly **brush each fritter** with olive oil or use a **cooking spray**. This promotes a golden, crispy finish.

## 6. Air Fry

Air fry the fritters at **375°F (190°C)** for **3-4 minutes per side**, or until the outside is golden brown with **caramelized edges**. Use tongs or a spatula to flip gently halfway through.

## 7. Serve and Enjoy

Let the fritters cool for a few minutes after air frying. Serve warm or at room temperature. Top with a **dollop of sour cream**, or dip them into your favorite sauce like **garlicky chipotle mayo**, ranch dressing, or Greek yogurt dip.

## Delicious Dipping Sauce Ideas

These fritters taste amazing on their own but pair beautifully with a dip! Try one of these:

- **Garlicky Chipotle Mayo** – A smoky, spicy twist that adds kick.
- **Sour Cream and Chive Dip** – Classic and cooling.
- **Honey Mustard Sauce** – Sweet and tangy for balance.
- **Greek Yogurt Dill Dip** – Creamy, light, and refreshing.

## Expert Tips for Success

- **Use fresh cabbage and carrots** for the best texture and flavor.
- **Don't skip the baking soda!** It's what makes the fritters light instead of dense.
- **Customize with herbs and spices.** Add garlic powder, smoked paprika, or even curry powder for a flavor twist.
- **Avoid overcrowding** in the air fryer – cook in batches if needed.
- **Drain excess liquid** from veggies before mixing if your cabbage is too watery.

## Variations and Substitutions

- **Make It Gluten-Free:** Use almond flour or a gluten-free flour blend.
- **Vegan Version:** Swap egg with flaxseed egg and use a dairy-free sour cream.
- **Add Cheese:** Stir in ¼ cup of grated cheese (like cheddar or Parmesan) for extra richness.
- **Spicy Kick:** Add a pinch of red pepper flakes or chopped jalapeño to the mix.

## Storing and Reheating

- **Refrigerate:** Store leftovers in an airtight container in the fridge for up to **3 days**.
- **Reheat:** Pop them back in the air fryer at 350°F for 3-4 minutes to re-crisp.

- **Freeze:** Lay cooled fritters in a single layer and freeze. Once solid, transfer to a zip-top bag. Reheat directly from frozen in the air fryer.

## Serving Suggestions

Serve your cabbage fritters as:

- A light **lunch** or **dinner** with a side salad.
- A savory **appetizer** or **snack** for parties.
- A unique **side dish** for soups or grilled meats.
- A great **vegetarian main** topped with poached eggs or hummus.

## Final Thoughts

**Air Fryer Cabbage Fritters** are the perfect way to turn basic ingredients into something crispy, savory, and satisfying. With simple prep and big flavor, theyâ??re sure to become a staple in your air fryer rotation. Whether served fresh out of the basket or packed in a lunchbox, these veggie-packed fritters are a crowd-pleaser every time.

### Category

1. Uncategorized

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