



Air Fryer Potato Cheese Balls

Description

Looking for an easy side that your kids will love? Then try these delicious gluten free air fryer potato cheese balls! Made with just a handful of simple ingredients, including boiled potatoes, mozzarella cheese, and a blend of flavorful spices, these crispy, cheesy bites make dinner time fun. Prep Time:15 minutes Cook Time:30 minutes Total Time:45 minutes

Ingredients:

- 1 pound potatoes boiled
- 3 tablespoon rice flour
- 2 teaspoon garlic powder
- 2 teaspoon chili flakes
- 1 teaspoon salt
- 1 teaspoon black pepper
- 1 teaspoon Italian seasoning
- 225 grams mozzarella cheese shredded
- 4 tablespoon corn flour
- ¼ cup water
- 1 cup Panko bread crumbs.
- Oil for brushing

Instructions

- Remove the skin of the boiled potatoes and mash them until smooth.
- Add rice flour, garlic powder, chili flakes, salt, pepper and Italian seasoning. Mix together until smooth and form into a ball to see how the mixture feels, you don't want the balls to be too dry or too wet.
- Roll out 20 balls in total using your hands.
- Flatten a ball between two hands and stuff 2 teaspoons of shredded mozzarella in the center and fold it over to form a ball again.

- In a bowl pour cornflour and water to make a slurry paste. In another bowl add the cup of panko bread crumbs.
- Dip the balls in the slurry paste and then roll them in the bread crumbs, ensuring theyâ??re coating with the Panko.
- Preheat the air fryer for 5 minutes at 350 degrees F / 180 degrees C.
- Brush the basket with little oil and gently add the potato cheese balls. You donâ??t want to crowd the basket so you may have to do this in a couple batches.
- Brush a little oil over top of each ball. Cook for 7 minutes on one side then turn and cook for another 5-6 minutes or until golden brown. Repeat with the rest of the balls.
- Serve hot with marinara.

Notes

You can store the potato cheese balls in an airtight container for 3 days in the refrigerator or for around 3 months in the freeze

Nutrition

Serving: 1ballCalories: 74kcalCarbohydrates: 9gProtein: 4gFat: 3gSaturated Fat: 2gPolyunsaturated Fat: 0.2gMonounsaturated Fat: 1gCholesterol: 9mgSodium: 214mgPotassium: 125mgFiber: 1gSugar: 1gVitamin A: 138IUVitamin C: 4mgCalcium: 70mgIron: 0.5mg

Category

1. Air Fryer Recipes

Date Created

28/12/2024

Author

rauf