Air Fryer Potatoes and Onions

Description

This air fryer onions and potatoes recipe is a family favorite! Simple and easy to make, these air-fried potatoes and onions can be enjoyed for breakfast, lunch, or as a side dish with different meals. If you like these potatoes, try Air fryer Crispy Potato wedges, or Air-fried caramelized onions!

4.45 from 67 votes

Prep Time5minutes mins

Cook Time15minutes mins

Total Time20minutes mins

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Servings4

Calories106 kcal

Ingredients

- 2 russet potatoes cut into cubes
- 2 medium sweet onions or yellow onions, chopped
- Olive oil or vegetable oil of choice
- Salt and pepper to taste
- Garlic powder
- Seasoning of choice
- 1 TBS Fresh chopped rosemary to taste

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Instructions

- Cut onions and potatoes. Slice them how you prefer. I cut potatoes into approximately 1-inch thick cubes. And slice onions to Â¼ inch thick.
- In a medium bowl add potatoes, onions, oil and seasoning and mix all ingredients.
- Coat the potatoes and onions with the seasoning by tossing them.
- Now preheat the air fryer at 375F/190C.
- Transfer potatoes and onion to the air fryer basket/tray, and lay them in a single layer.
- Air fry them for 12 to 15 minutes (toss them every five minutes so that they will cook evenly from each side)
- Add chopped fresh rosemary, to taste, for the last 5 minutes of cooking
- Fry them until their desired color and crispiness.

Notes

Frequently Asked Questions

What type of potatoes work best in an air fryer?

Yukon Gold, Russet, and baby potatoes are popular choices because they crisp well. Russets provide a crispy outside and fluffy inside, while Yukon Golds have a creamier texture.

Should I preheat the air fryer?

Yes, preheating for 3-5 minutes is recommended. This helps the potatoes and onions start cooking immediately, leading to a crispier texture.

How much oil should I use for air frying potatoes and onions?

A light spray or about 1-2 teaspoons is sufficient for most air fryers. Too much oil can make them soggy rather than crispy.

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Can I use frozen potatoes in the air fryer?

Yes, but increase the cooking time slightly. No need to thaw; just add them directly to the preheated air fryer.

What seasonings work well for air fryer potatoes and onions?

Popular options include salt, pepper, garlic powder, onion powder, paprika, rosemary, thyme, and smoked paprika. Toss seasonings with the potatoes and onions before air frying.

How can I make my potatoes extra crispy in the air fryer?

Soak potato pieces in cold water for 15-30 minutes before air frying. This removes excess starch, resulting in a crispier texture. Dry thoroughly before seasoning and air frying.

Can I cook other vegetables with potatoes and onions in the air fryer?

Yes, but choose vegetables with similar cooking times (like bell peppers or carrots). Add more delicate veggies, like broccoli, later in the cooking process to prevent overcooking.

Nutrition

Calories: 106kcalCarbohydrates: 24gProtein: 3gFat: 0.1gSaturated Fat: 0.1gPolyunsaturated Fat: 0.1gMonounsaturated Fat: 0.01gSodium: 8mgPotassium: 524mgFiber: 2gSugar: 3gVitamin A: 2IUVitamin C: 10mgCalcium: 26mgIron: 1mg

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Date Created

13/08/2025
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