



Crispy White Tuna Balls in the Air Fryer

Description

If you're not a fan of cold tuna but love its flavor, these **Air Fryer White Tuna Balls** are about to become your new favorite snack, lunch, or even dinner idea. Crispy on the outside, cheesy and tender on the inside, they're simple to throw together and perfect for picky eaters or busy weeknights. No breadcrumbs, no complicated steps—just straight-up flavor and golden air-fried goodness.

Why You'll Love These Hot Tuna Balls

- **No cold tuna** — great if you're not a fan of chilled tuna salads or sandwiches
- **Air fryer magic** — crispy outside without deep frying
- **Cheesy comfort food** — Colby and Parmesan melt into the perfect savory combo
- **Quick & easy** — pantry-friendly ingredients, ready in about 20 minutes

Ingredients You'll Need

- **1 can white tuna**, drained
- **1 egg**, for binding
- **1 cup shredded cheese** (Colby works great, but you can sub cheddar or a blend)
- **1/4 cup Parmesan cheese** (grated or the kind in a shaker bottle)
- **Seasonings to taste:**
 - Salt
 - Pepper
 - Garlic powder
 - Onion powder
 - Optional: finely chopped onions for extra flavor

Optional Add-Ins

- **Chopped parsley** or chives for freshness
- **Crushed red pepper flakes** for a spicy kick

- **Breadcrumbs or almond flour** for added texture if desired

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½ Instructions How to Make White Tuna Balls in the Air Fryer

1. **Preheat** your air fryer to 400°F (200°C).
2. **Mix it all together:**
In a medium bowl, combine drained white tuna, egg, shredded Colby cheese, Parmesan cheese, and your choice of seasonings. If using chopped onions, mix those in now too.
3. **Shape into balls:**
Use your hands or a small cookie scoop to form bite-sized balls. Roll each ball lightly in additional Parmesan cheese for an extra-crispy coating.
4. **Place in the air fryer:**
Arrange the tuna balls in a single layer in the basket. Avoid overcrowding—work in batches if needed.
5. **Cook:**
Air fry for **10 minutes total at 400°F**, flipping halfway through (at the 5-minute mark). Depending on your air fryer model and the size of your tuna balls, you might want to cook each side for 7–10 minutes for a deeper golden crust.

§ Tips for Best Results

- **Drain the tuna well** to avoid soggy balls.
- **Cheese matters:** Colby gives a nice melt and mild taste, but you can experiment with cheddar, Monterey Jack, or even mozzarella.
- **Add texture:** If the mixture feels too soft, you can mix in a tablespoon of breadcrumbs or oats to firm it up.
- **Flip gently:** Use tongs or a spatula so the cheese coating doesn't stick or fall apart when flipping.

✓ Serving Suggestions

Serve these warm straight out of the fryer with your favorite dip. Some top pairing ideas:

- Ranch dressing
- Spicy mayo
- Garlic aioli
- Marinara sauce
- Greek yogurt mixed with herbs

They're also great over a salad, tucked in a pita, or served with steamed veggies and rice for a full meal.

• Storage & Reheating

- **Store** leftovers in an airtight container in the fridge for up to **3 days**.

- **Reheat** in the air fryer at 350°F for 3-4 minutes or until warm and crispy again.

FAQ You Might Be Wondering!

Can I use another type of tuna?

Yes! Chunk light tuna or albacore works too. Just be sure it's drained well.

Can I make them ahead?

Absolutely. Mix and shape the balls, refrigerate them uncooked for up to 24 hours, and pop them in the air fryer when ready.

Can I freeze them?

Yes! Freeze cooked tuna balls in a single layer, then store in a bag or container. Reheat from frozen in the air fryer at 375°F for 5-7 minutes.

Final Thoughts

These **Air Fryer White Tuna Balls** are the perfect solution if you're looking for a **hot, protein-packed snack** that's anything but boring. They come together in a flash, use minimal ingredients, and deliver on both flavor and texture. Whether you're low-carb, gluten-free, or just craving something warm and cheesy, this tuna recipe is a keeper.

Try them once and you'll never want to eat cold tuna again. ðŸŒŸðŸŒŸ

Category

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Author

rauf