

AIR FRYER LEMON ASPARAGUS



SERVING SIZE

1



INGREDIENTS

ITEM

Bunch Asparagus, Woody Ends Trimmed
Extra-virgin Olive Oil, For Drizzling
Sea Salt and Freshly Ground Black Pepper
Lemon Wedges, For Squeezing

QUANTITY

2 Cups
To Taste



PREPARATION

- Preheat your air fryer to 400°F (200°C)
- Wash and trim the woody ends of the asparagus spears. You can snap off the tough ends or cut them with a knife to ensure they are tender.
- Place the trimmed asparagus in a mixing bowl. Drizzle with a generous amount of extra-virgin olive oil. Toss the asparagus to ensure it's evenly coated with the oil.
- Sprinkle the asparagus with sea salt and freshly ground black pepper to taste. Toss again to evenly distribute the seasonings.
- Arrange the seasoned asparagus in a single layer in the air fryer basket. Consider cooking in smaller batches to avoid overcrowding.
- Air fry at 400°F for about 5-8 minutes, or until the asparagus is tender and slightly crispy.
- Remove the asparagus from the air fryer and transfer it to a serving platter.
- Squeeze fresh lemon wedges over the asparagus to add a zesty citrus flavor.
- Enjoy!