

# AIR FRYER POBLANO RINGS



## SERVING SIZE

2



## INGREDIENTS

### ITEM

Poblano Peppers  
Kojac Flour  
Salt and Pepper,  
Eggs Beaten  
IP Croutons, Crushed

### QUANTITY

3  
1 Cup  
To Taste  
2  
1



## PREPARATION

- Preheat your air fryer to 375°F (190°C).
- Wash the poblano peppers. Slice them into 1/2-inch rings, and remove the seeds and membranes.
- Arrange three bowls for the breading process. In the first bowl, place the kojac flour seasoned with salt and pepper.
- In the second bowl, place the beaten eggs. In the third bowl, place the crushed croutons.
- Dip each poblano ring first in the flour mixture, ensuring it's lightly coated. Then, dip it into the beaten eggs, and finally, coat it with the crushed croutons. Make sure each ring is well-coated at each stage for the best results.
- Place the breaded poblano rings in a single layer in the air fryer basket.
- Cook for about 6-8 minutes, or until the rings are golden brown on both sides and crispy.
- Enjoy!