

Air Fryer Eggplant Fries

Air fryer eggplant fries are a fantastic eggplant side dish that you can make in a matter of minutes. Quick, simple and tasty!

Prep Time
5 mins

Cook Time
10 mins



★★★★★
5 from 3 votes

Course: Side Dish Cuisine: American, Mediterranean
Keyword: cumin, eggplant, paprika, vegan Servings: 4
Calories: 61kcal Author: [Tonje](#)

Equipment

- [Air Fryer](#)

Ingredients

- 1 eggplant
- 1/2 teaspoon [garlic powder](#)
- 1/2 teaspoon [paprika](#)
- 1/4 teaspoon [salt](#)
- 1/4 teaspoon [cumin](#)
- 1 tablespoon [olive oil](#)

Instructions

1. Start by preheating your air fryer to 360 °F / 180 °C. Meanwhile, slice your eggplant into sticks as seen below. Try to keep them all at the same thickness to allow them to cook evenly.
2. Add the eggplant sticks to a bowl, and add olive oil and seasoning. Toss to coat evenly.
3. Transfer the eggplant to your air fryer, and air fry for about 8-10 minutes depending on the size of your eggplant. Shake the basket halfway through the cooking time to ensure that it cooks evenly.
4. Serve the eggplant fries immediately, optionally with a sprinkle of fresh parsley and parmesan.

Notes

- Make sure not to overcrowd the air fryer basket. Keep the air flowing to ensure that the eggplant cooks evenly.
- Shake the basket halfway through the cooking time. This is again a big part of ensuring that the pieces cook evenly.
- Cut the eggplant into fries of the same thickness.
- Leftover air fried eggplant can be stored in a sealed container in a refrigerator for up to 3 days.

Nutrition

Calories: 61kcal | Carbohydrates: 7g | Protein: 1g | Fat: 4g | Saturated Fat: 1g | Sodium: 148mg | Potassium: 262mg | Fiber: 3g | Sugar: 4g | Vitamin A: 46IU | Vitamin C: 3mg | Calcium: 10mg | Iron: 1mg