



Recipes by Peter

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Air Fried Avocado Tacos

Air fried avocado tacos are, well, delicious! They got started on the west coast and today they are very prominent on taquerias in our area and they are great!

If you like avocados and you like 'crispy textures' you will probably like these and they are very easy to make in any air fryer.



Note: If you like your food to have a texture of being extra crunchy, I suggest you put the breadcrumbs in a bowl with a couple of tablespoons of cooking oil, mix them up and then microwave the breadcrumbs for a couple of minutes, stopping to stir the bread crumbs a few times during the cooking process. You'll know these are ready when they turn a little toasty brown.

You do NOT need a Ninja air fryer to cook these avocado slices, any air fryer will work!

INGREDIENTS

* 2 Ripe Avocados – Medium to Large – Peeled, seed pod removed, sliced in half and then slice each avocado half in 3-4 long slices, depending upon the size of the avocado. I sliced the medium avocados that I used into three long slices per half.

Because I have a gluten issue, I used rice flour and GF breadcrumbs. If you don't have a need for GF food items, you can use regular ap flour and breadcrumbs.

- * 1 Cup of Flour
- * 2 Eggs Scrambled
- * 2 Cups Breadcrumbs
- * 1 Teaspoon of Salt
- * 1 Teaspoon of Taco Seasoning
- * ½ Teaspoon of Pepper

- * 8 Tortillas - Warmed
- * Cooking Spray
- * Salsa of Choice
- * Chopped Romaine Lettuce or Sliced Cabbage
- * Refried Black Beans - warmed (optional)

DIRECTIONS:

Preheat your air fryer to 390 degrees for at least 5 minutes (10 minutes is better.)

Wrap the tortillas in foil and place in a 250 degree oven for 10 minutes so they become pliable.

Prepare your breading station by setting out three medium bowls and then placing the flour in one bowl, two eggs in another bowl (scramble the eggs) and the breadcrumbs in the third bowl.

Place the spices in the flour mixture and stir with a fork to combine.

Dip the avocado slices in the flour, then egg and then the breadcrumbs. Shake off the excess of flour and egg as you go, and make sure the breadcrumbs stick to the avocado very well. You may need to use more breadcrumbs – add as needed.

Spray the breaded avocados well with cooking spray and then place in the preheated air fryer for six minutes, checking halfway through if the avocado slices need to be flipped. Mine did not need to be flipped.

Once the avocados have air fried take them out and place them on a plate. Immediately sprinkle with salt to taste.

Prepare two corn tortillas and if you are using the refried black beans (some don't like them) smear some of the black beans on a tortilla. Add some of the romaine lettuce, salsa and then the air fried avocados (1-2 pieces), add cheese and then add fresh lime juice.

Be ready for multiple taste and textures – these are fantastic!

Enjoy!