



NAME

# AIR FRYER ASPARAGUS

## AIR FRYER INSTRUCTIONS:

- Thaw freezer meal overnight in the fridge.
- Preheat the air fryer to 400°F for 5 minutes.
- Place asparagus into the air fryer basket in a single layer and cook for 6-9 minutes, tossing the basket halfway through. (Smaller spears will take closer to 6 minutes to cook while larger spears will take up to 9 minutes.)
- Repeat the process for the remaining half of the meal. If your air fryer has enough room to cook everything in one batch, go for it! Just don't overcrowd the air fryer basket).
- Once everything is done cooking, sprinkle with more salt and pepper.

USE-BY-DATE

**FREEZER** FIT

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