



NAME **AIR FRYER BRUSSELS SPROUTS**

AIR FRYER INSTRUCTIONS:

- Thaw freezer meal overnight in the fridge.
- Preheat the air fryer to 390°F for 5 minutes.
- Transfer half of the freezer meal to the air-fryer. Cook for 18-20 minutes at 390 °F, tossing halfway through. Cook until the outside leaves are crisp and slightly charred. Time may vary depending on the model of air fryer you use.
- 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 Brussels with parmesan cheese and drizzle with more hot honey.

USE-BY-DATE

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