

Green Bean Fries



Ingredients

- ½ cup flour
- Salt and pepper to taste
- 2 eggs
- 1 cup breadcrumbs
- ½ tsp onion powder
- ½ tsp garlic powder
- 8 oz fresh green beans
- Dipping sauce of choice

Utensils

- Large pot with lid
- Colander or strainer
- Air Fryer
- Mixing bowls
- Whisk
- Foil
- Tongs



Recipe Instructions

Step 1: Preheat & Prep

Preheat air fryer to 390°
Bring a large pot of water to a boil.
Cut ends off green beans.
Boil green beans for 4 minutes.
Put into colander and rinse with cold water.

Step 2: Prep

Add flour, salt, and pepper into a mixing bowl and whisk to combine.
Crack eggs into another mixing bowl and whisk to combine.
Add breadcrumbs and remaining seasonings to another bowl and whisk to combine.

Step 3: 3-Step Breading

Start by placing green beans into the bowl of flour and use **one hand** (this will be your dry ingredient hand) to mix around, until they have been completely coated. Shake off any extra flour.
Drop into egg bowl, **do not touch the egg.**

Step 4: Egg

Take your **other hand** and stir green beans until completely coated. Pick up one at a time, let excess egg drip and place into the breadcrumb bowl.

Step 5: Breadcrumbs

Using your **dry hand**, coat green beans in breadcrumbs.

Step 6: Air Fry & Enjoy!

Line air fryer with foil, place breaded green beans inside and air fry at 390° for 5-7 minutes or until golden brown.
Serve with your favorite dipping sauce and enjoy!!



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Kitchen Safety Tips:

- Do not touch the inside of the air fryer once it has been preheated, always use tongs.
- Use only one hand for touching the raw eggs to prevent cross contamination.