



# AF Carrots

Author: Bob and Robin Young

Categories: Captain's Shack, Side Dish - Air Fryer

Servings: 2

Description: An awesome way to make "French Fries" with carrots. Easy and fun to do. Different!

Preparation Time: 5 minutes

Start to Finish Time: 19 minutes

## Ingredients

3 lg Carrots

1/4 c Olive Oil or  
Avocado Oil

1/2 T Oregano

Celtic Sea Salt and fresh  
ground Tellicherry Black

Pepper to taste

fresh Parsley chopped  
for garnish

## Directions

- 1) Slice your carrots lengthwise so that they are like French fries. Try to make them all about the same size for even cooking.
- 2) In a bowl, combine the olive oil, oregano, salt and pepper. Mix well. Place your carrot "fries" in the mixture for 10 minutes, making sure the carrots are well basted.
- 3) Pre-heat the air fryer to 360° F.
- 4) Place the carrots in the air fryer basket. Do not crowd. Cook for 12 minutes.
- 5) Give the basket a good shake and baste with some of the seasoned oil and cook for 2 minutes more at 400° F. Plate and sprinkle with fresh parsley. Enjoy!