

Smashed Potatoes

Air Fryer

Serves 2

Ingredients

- 230 g baby gold potatoes
- 1 T (14 g) unsalted butter, melted (or 1 T / 14 g olive oil)
- ¼ tsp (1.5 g) fine salt
- ⅛ tsp (0.5 g) MSG
- ¼ tsp garlic powder
- ¼ tsp freshly ground black pepper
- 1 tsp olive oil (for basket, optional)
- 1 T fresh parsley, chopped (optional)



Instructions

1. Preheat air fryer to **200°C** for **4 minutes**.
2. Place **whole potatoes** in a microwave-safe bowl. Cover with a single layer paper towel (not plastic wrap) to absorb condensation.
3. Microwave **4–6 minutes** until just fork-tender.
4. Let potatoes sit uncovered **3–5 minutes** to steam off surface moisture.
5. Transfer to tray and gently smash to 1.5–2 cm thick.
6. Brush with melted **butter** or **olive oil**. Season with **salt, MSG, garlic powder,** and **pepper**.
7. Lightly brush basket with **olive oil** (**do not** preheat with oil in basket).
8. **Air fry at 200°C** for **9–12 minutes** until golden and crisp.
9. Garnish with **parsley** and serve immediately.

Nutrition (Per Serving)

Kcal: 165 | Protein: 3 g | Fat: 8 g | Sat Fat: 4 g | Carbs: 22 g | Sugars: 1 g | Fiber: 3 g | Sodium: 330 mg | Omega-3: 0 g

Notes

- Paper towel microwave method reduces surface moisture and improves crisping.
- Letting potatoes steam off uncovered increases texture quality.
- Olive oil is safe at 200°C in this short cook time; use canola for completely neutral flavor.
- Avoid pooling oil or spraying near heating element.

Oil Guidance Summary

- Vegetables at 180–200°C: Olive oil is appropriate.
- High heat above 210°C or long cook times: Prefer canola oil.
- Do not preheat air fryer basket with oil already inside.

- Light brushing is preferable to spraying heavily.