



Air Fryer Parmesan Asparagus with Scallops & Purple Potatoes

2 servings

25 minutes

Ingredients

- 1 1/2 cups Mini Potatoes (Choose Purple, Sweet or Russet Potatoes)
- 1 1/2 tbsps Butter (melted, divided)
- 3 cups Asparagus (Trimmed)
- 12 ozs Scallops (defrosted)
- Sea Salt & Black Pepper (to taste)
- 1/4 cup Parmigiano Reggiano

Nutrition

Amount per serving	
Calories	376
Fat	14g
Carbs	33g
Fiber	7g
Sugar	5g
Protein	32g
Cholesterol	76mg
Sodium	768mg
Potassium	1235mg
Vitamin C	33mg
Calcium	224mg
Iron	6mg
Vitamin D	2IU
Folate	149µg
Vitamin B12	2.4µg
Magnesium	92mg
Zinc	3mg

Directions

- 1 Preheat the air fryer to 380°F (195°C).
- 2 Toss the potatoes in half of the butter and cook in the air fryer for five minutes.
- 3 Meanwhile, toss the asparagus in the remaining butter. Add them to the basket with the potatoes and cook for another seven minutes.
- 4 Add the scallops and cook for seven more minutes or until the potatoes and asparagus are browned and fork-tender. Some overlap in the basket is ok.
- 5 Season everything with salt and pepper and top with parmesan cheese. Enjoy!

Notes

Leftovers: Refrigerate in an airtight container for up to three days.

Serving Size: One serving is equal to approximately 3/4 cup of potatoes, one cup of asparagus, and 1/2 cup of scallops.