

Air Fryer Taco Boats



Preparation time:	60 mins
Serves:	8 people
User Rating:	★★★★☆

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Unfurl your sails and let your air fryer take these Taco Boats on a journey to golden brown perfection.

This vegetarian-friendly dish combines all your favourite veggies into mini boat-sized treats. They're so good the whole family will sink them all in just a few bites!

Keep scrolling for the full recipe. (Standard oven method also available).



Ingredients

- 8 eggs
- 2 tablespoons milk
- 2 teaspoons garlic powder
- 1 bunch broccolini, trimmed and cut into 4cm lengths
- 2 tablespoons olive oil
- 200g button mushrooms, sliced
- 2 cups (240g) grated cheese
- 8 Stand 'n Stuff soft tortilla boats

Method

1. Whisk eggs, milk and garlic powder together in a large bowl.
2. Steam, microwave or boil broccolini until just tender. Cool under cold water to prevent overcooking. Drain and set aside.
3. Heat oil in a frying pan over medium-high heat. Cook mushrooms until golden and softened, about 5 minutes.
4. Sprinkle half the cheese into the base of 8 tortilla boats. Divide mushrooms and broccolini into boats, pour ½ cup of egg mixture into each. Sprinkle with remaining cheese. Place 4 boats into an air fryer basket and cook at 160°C for 20 minutes. Repeat with remaining boats.

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Try [watching this video on www.youtube.com](#), or enable JavaScript if it is disabled in your browser.

Notes

- Oven method: bake in oven 180°C (fan-forced) for 25-30 minutes.
- Store cooked taco boats in the refrigerator for 2 days, or wrap and freeze separately for 1 month. Defrost in the refrigerator overnight. Reheat in the microwave, or in the air fryer on low for 10 minutes.
- Place unused tortilla boats in a sealed container and refrigerate or freeze.
- Other flavour combinations include chicken and corn, pesto and salami or feta and spinach.

Nutritional Information

Serving size	Energy	Protein	Total fat	Saturated fat	Carbs (total)	Carbs (sugar)	Sodium	Vitamin D
167g	1370kJ 327kcal	17.5g	21.6g	9.3g	14.8g	1.6g	380mg	4.7µg

All nutrition values are per serve.