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## Speedy Air-Fried Root & Aubergine Medley

### Ingredients (for 2-3 people):

- 2 medium potatoes
- 1 medium aubergine (eggplant)
- 2 medium carrots
- 1 tablespoon olive oil
- Salt to taste
- Black pepper to taste

### Preparation Method:

1. Wash and peel the potatoes and carrots. Wash the aubergine.
2. Dice the potatoes into small, uniform cubes (approx. 1 cm). Dice the aubergine into similar-sized cubes. Julienne or finely dice the carrots. Uniformity in size ensures even cooking.
3. In a bowl, toss the diced vegetables with olive oil, salt, and black pepper. Ensure all vegetables are lightly coated.
4. Preheat the air fryer to 200°C (400°F) for 2-3 minutes.
5. Place the seasoned vegetables in the air fryer basket in a single layer, if possible, to avoid overcrowding. Cook for 10-12 minutes, shaking the basket halfway through, until the vegetables are tender-crisp and lightly browned.
6. Serve immediately as a vibrant side dish or a light meal.

### Prep Time

Less than 5 minutes

### Cooking Time

10-12 minutes

### Serves

Serves 2-3 people

## Diet

Vegetarian, Vegan, Gluten-free, Dairy-free, Nut-free

*Tip:* For an extra layer of flavor, a pinch of smoked paprika or dried rosemary can be added to the seasoning mix before air frying. A squeeze of fresh lemon juice after cooking will brighten the flavors.

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