

Air Fried Stuffed Zucchini Flowers: Crispy, Cheesy & Elegant Appetizer

Air Fried Stuffed Zucchini Flowers



OVEN
370°F

TIME
12 min

METHOD
Air fryer

PRINT
Recipe Card

INGREDIENTS

12 zucchini flowers (make sure they are fresh and vibrant)
1/2 cup part skim ricotta cheese
1/4 cup fat-free mozzarella cheese, shredded
1 teaspoon pecorino Romano cheese or Parmesan cheese, grated
2 tablespoons fresh chopped basil
2 tablespoons fresh chopped parsley
1/3 cup egg whites
1/4 cup all-purpose flour
Kosher salt, to taste
Black pepper, to taste
Olive oil spray

DIRECTIONS

- 1. Prepare : Zucchini Flowers:** Gently rinse those beautiful zucchini flowers under cold running water. They are delicate, so be very careful not to tear them.
- 2. Clean : Flowers:** Carefully remove the tough stem at the base and the central stamen/bud from the inside of each flower. These are typically bitter and fibrous. Set the cleaned flowers aside.
- 3. Make : Cheese Filling:** In a medium-sized bowl, mix together the part skim ricotta, fat-free mozzarella, pecorino Romano cheese (or Parmesan), a pinch of salt, and pepper, along with the fresh chopped basil and parsley. Stir until all ingredients are well combined and the mixture is creamy.
- 4. Stuff the : Blossoms:** Using a heaping teaspoon (or a small piping bag for precision), stuff the inside of each zucchini blossom with that creamy cheese mixture. Don't overfill, as you need to be able to seal them.
- 5. Seal : Flowers:** Gently gather and press the petals of the flower together, twisting them lightly at the top to seal the filling in. This creates a neat little packet.
- 6. Prep : All Flowers:** Continue with the rest of the zucchini flowers until all 12 are stuffed and sealed. You're almost there!
- 7. Prepare : Breading Station:** In a shallow dish, combine the all-purpose flour with a pinch of salt and pepper. In another shallow dish, pour the egg whites.
- 8. Coat : Blossoms:** Dip each stuffed blossom into the egg whites, allowing any excess to drip off. Then, gently roll or dredge the blossom into the seasoned flour,

making sure they're nicely and evenly coated.

9. Air : Fryer Setup: Spray the bottom of your air fryer basket with olive oil spray. Carefully place the coated blossoms in the air fryer basket in a single layer. Do not overcrowd them; cook in batches if necessary. Give the tops of the blossoms a light spritz of olive oil spray, too, which helps with browning and crispness.
10. Air : Fry: Air fry at 370°F (185°C) for about 12 minutes. Halfway through the cooking time (around 6 minutes), gently flip them delicately and give them another quick spray of olive oil to ensure even crisping.
11. Serve: Once they're beautifully golden brown and crispy, remove them from the air fryer. Serve these beauties warm with a side of marinara sauce for dipping. Enjoy!

SWAPS & NOTES

Zucchini Flowers: Look for fresh, unblemished flowers, ideally with a bit of zucchini attached (if you're picking them yourself).

They are delicate, so handle with care.

Cheese Filling: Ricotta: Part-skim ricotta keeps it lighter, but full-fat will offer a richer taste.

Mozzarella: Fat-free mozzarella is a good choice for keeping it light, but regular shredded mozzarella works fine.

TIPS FOR SUCCESS

Handle with Care: Zucchini flowers are fragile.

Be very gentle when rinsing, cleaning, and stuffing them to prevent tearing.

Don't Overfill: Overfilling will make it difficult to seal the flowers and can cause the filling to leak out during cooking.

Even Coating: Ensure each blossom is evenly coated in egg white and flour for a consistent crispy crust.

More recipes: [ChefManiac.com](https://chefmaniac.com)

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