

Avocado Fries

Crispy avocado fries with golden panko coating. Easy recipe with oven, air fryer, and stovetop methods. Perfect appetizer with dipping sauce!

15 min

PREP

15 min

COOK

30 min

TOTAL

4

SERVINGS

Easy

DIFFICULTY

Ingredients

- 2 avocado
- 2 egg
- 1 cup flour
- 1 cup breadcrumb
- 2 cup olive oil
- 1 fresh lemon juice
- 1 tsp cumin
- 1 tsp paprika
- 1 tsp salt
- 1 tsp black pepper

Instructions

1 Prepare the avocados

Cut 2 ripe but firm avocados in half lengthwise and remove the pits. Peel each half carefully, keeping the flesh intact. Cut each avocado half into 1/2-inch thick wedges lengthwise to create fry-shaped pieces.

2 Set up breading station

Arrange three shallow bowls in a row. In the first bowl, whisk together 1 cup all-purpose flour, 1 tsp cumin, 1 tsp paprika, 1 tsp salt, and 1 tsp black pepper. In the second bowl, beat 1 egg until smooth. In the third bowl, place 2 cups panko breadcrumbs.

3 Heat the oil

Fill a heavy-bottomed saucepan with 2 inches of vegetable oil and heat to 350°F (175°C) over medium-high

heat. Use a thermometer to monitor the temperature and maintain it throughout frying.

- 4 Working with one avocado wedge at a time, dredge it in the seasoned flour mixture, shaking off excess. Dip into the beaten egg, allowing excess to drip off, then roll in panko breadcrumbs, pressing gently so crumbs adhere completely.
- 5 Carefully lower 4-5 breaded avocado wedges into the hot oil using tongs or a slotted spoon. Fry for 1-2 minutes until the bottom is golden brown and crispy.
- 6 Flip each wedge using tongs and fry for another 1-2 minutes until golden brown all over and the coating is crisp. Remove immediately when golden to prevent the avocado from becoming mushy.
- 7 Transfer fried avocado wedges to a paper towel-lined plate to drain excess oil. Season immediately with a pinch of salt while hot and serve within 2-3 minutes for best texture.

Tips

Choose avocados that are firm but ripe – they should yield slightly to gentle pressure but not feel mushy. Overripe avocados will fall apart during breading and cooking.

Set up your breading station efficiently with three shallow dishes in order: seasoned flour, beaten eggs, and panko breadcrumbs. This assembly line approach ensures even coating and prevents mess.

Don't skip the flour step – it helps the egg adhere better to the avocado surface, which in turn helps the breadcrumbs stick and creates a more durable coating.

Use a kitchen thermometer to monitor oil temperature when deep frying. Oil that's too cool will result in greasy, soggy fries, while oil that's too hot will burn the coating before the avocado heats through.

Work in small batches to avoid overcrowding the pan, oven, or air fryer basket. This ensures even cooking and maintains the oil temperature for consistent results.

Pat avocado slices dry with paper towels before breading to remove excess moisture, which can prevent the coating from adhering properly and make the fries less crispy.

Add a squeeze of fresh lemon or lime juice to the cooked fries just before serving to brighten the flavor and help prevent any browning of the avocado.

For extra crispiness, you can double-coat the avocado slices by dipping them in egg and breadcrumbs twice, allowing the first coat to set for a few minutes before applying the second.