

- Prep Time: 5 Minutes
 - Cook Time: 12-15 Minutes
 - Total Time: 20 Minutes
 - Intensity Level: Easy / Beginner
 - Yield: 4 Servings (Side Dish)
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Ingredients

To make the best roasted tomatoes, you need very few ingredients. The key is starting with decent tomatoes and a good quality olive oil.

- 1 lb (450g) Cherry or Grape Tomatoes: You can also use Campari tomatoes cut in half. Cherry tomatoes work best because they hold their shape and have natural sweetness.
 - 2 tbsp Extra Virgin Olive Oil: Do not skimp on the oil; it conducts heat and helps the skins blister.
 - 3 cloves Garlic: Thinly sliced or minced. Garlic burns easily in an air fryer, so keeping the slices large helps prevent burning.
 - 1 tsp Dried Oregano: Or Italian seasoning blend.
 - ½ tsp Sea Salt: Kosher or sea salt is preferred over table salt.
 - ¼ tsp Black Pepper: Freshly cracked.
 - Optional: A pinch of red pepper flakes for heat, or a sprinkle of parmesan cheese at the end.
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Equipment Needed

- Air Fryer: Any brand (Ninja, Cosori, Philips, etc.). Basket style is easier for shaking than oven-style.
 - Mixing Bowl: Medium size.
 - Tongs or Spoon: For tossing.
 - Aluminum Foil (Optional): For easier cleanup, though not necessary if your basket is non-stick.
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Instructions

Step 1: Prepare the Tomatoes

Start by washing your tomatoes and drying them thoroughly. Excess water will steam the tomatoes rather than roast them. If you are using cherry or grape tomatoes, leave them whole. If you are using larger tomatoes (like Roma or Campari), cut them in half lengthwise or quarter them.

Tip: If you want to avoid the tomatoes bursting and creating a mess, you can pierce each whole cherry tomato once with a paring knife. This allows steam to escape while keeping the juices inside the skin.

Step 2: Season the Mix

In a medium mixing bowl, combine the tomatoes, olive oil, sliced garlic, oregano, salt, and pepper. Toss gently with a spoon or your hands until every tomato is glistening with oil and coated in herbs.

Step 3: Preheat the Air Fryer (Crucial Step)

Preheat your air fryer to 390°F (200°C) for 3 minutes. Preheating is vital for air fryer vegetables. If you put tomatoes into a cold air fryer, they will slowly heat up and release their juices before they have a chance to blister, resulting in a soggy texture rather than a roasted one.

Step 4: Arrange the Basket

Carefully place the seasoned tomatoes into the air fryer basket. Arrange them in a single layer. Do not overcrowd the basket.

- If you overcrowd: The air cannot circulate, and the tomatoes will steam.
- Work in batches: If you have a small air fryer, roast half the tomatoes at a time.

Step 5: The Roast (Time & Intensity)

Set your air fryer to 390°F (200°C) .

- Intensity: High Heat / Rapid Air Circulation.
- Time: Set the timer for 10 minutes.

After 10 minutes, pull the basket out and shake it gently to toss the tomatoes. This ensures even blistering. At this point, the tomatoes should be starting to wrinkle and split.

Return the basket to the air fryer and cook for another 2 to 5 minutes.

- For Blistered Tomatoes: 2–3 additional minutes.
- For Jammy, Collapsed Tomatoes: 4–5 additional minutes.

Total Cook Time: Approximately 12–15 minutes.

Step 6: The “Last of the Recipe” (Finishing Touches)

Once the tomatoes are done, they will be soft, glossy, and fragrant. This is the “last of the recipe” stage, where you add the final flavors that don’t need cooking.

1. Remove: Carefully remove the basket from the air fryer. Be cautious of hot steam escaping.
2. Rest: Let the tomatoes sit in the basket for 2 minutes. They will continue to soften slightly.
3. Finish: Transfer to a serving bowl. Spoon any garlicky oil from the bottom of the basket over the top.
4. Garnish: Add a drizzle of fresh extra virgin olive oil (uncooked) and a sprinkle of fresh basil or parsley if desired.

Nutrition Facts

Disclaimer: The following nutrition information is provided as a courtesy and is calculated using standard ingredients. It should not be considered a substitute for professional medical advice. Values may vary based on specific brands and exact quantities used.

Serving Size: 1/4 of the recipe (approx. 1 cup)

Calories: 85 kcal

Total Fat: 7g

Saturated Fat: 1g

Sodium: 300mg

Total Carbohydrates: 6g

Dietary Fiber: 2g

Total Sugars: 4g

Protein: 1g

Vitamin C: 25% DV

Vitamin A: 15% DV

Iron: 4% DV