

- Prep Time: 10 minutes
- Cook Time: 15-18 minutes
- Total Time: 25-28 minutes
- Servings: 4 servings
- Difficulty: Very Easy
- Cooking Method: Air Fryer

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Cooking Intensities & Temperature Profile

Air frying relies on intense, high-velocity hot air. For roasting tomatoes, setting the right temperature and airflow intensity ensures the skins char and blister without drying out the juicy interiors.

- **Preheating Phase (High Intensity):** Preheat air fryer to 400°F (200°C) for 3-5 minutes. A preheated basket ensures immediate searing when the seasoned tomatoes hit the surface.
- **Roasting Phase (Medium-High Intensity):** Cook at 380°F (190°C) for 12-15 minutes. High convection heat evaporates excess water on the surface, blistering the skins while tenderizing the flesh.
- **Finishing Phase (Low-Medium Intensity):** Reduce temperature to 350°F (175°C) for the final 3 minutes. This gentle heat allows the tomato juices to caramelize and thicken into a natural pan sauce without burning the garlic or delicate herbs.

Ingredients

- **Fresh Tomatoes:** 1.5 lbs (700g) ripe Roma, Plum, or Cherry tomatoes (halved lengthwise; cherry tomatoes left whole or halved)
- **Extra Virgin Olive Oil:** 2 tablespoons (adds richness and promotes browning)

- Garlic: 3 cloves, minced or thinly sliced
- Balsamic Vinegar: 1 tablespoon (enhances sweet-acid balance)
- Italian Seasoning: 1 teaspoon (dried oregano, basil, thyme, and rosemary blend)
- Kosher Salt: $\frac{3}{4}$ teaspoon (adjust to taste)
- Freshly Cracked Black Pepper: $\frac{1}{2}$ teaspoon
- Red Pepper Flakes (Optional): $\frac{1}{4}$ teaspoon for a subtle warmth
- Fresh Basil: 2 tablespoons, chopped (for serving)

Step-by-Step Instructions

Step 1: Prep and Cut

Wash the tomatoes under cool water and pat them completely dry with paper towels. Removing excess surface moisture ensures proper blistering rather than steaming. Halve larger tomatoes (like Roma or Plum) lengthwise. If using small cherry or grape tomatoes, you can keep them whole or slice them in half depending on preference.

Step 2: Season the Tomatoes

In a large mixing bowl, combine the halved tomatoes, minced garlic, extra virgin olive oil, balsamic vinegar, Italian seasoning, kosher salt, black pepper, and optional red pepper

flakes. Toss gently with a spatula or your hands until every tomato piece is evenly coated in the oil and spice mixture.

Step 3: Preheat the Air Fryer

Set your air fryer to 400°F (200°C) and preheat for 3 to 5 minutes.

Step 4: Arrange in Basket

Pour the seasoned tomatoes into the preheated air fryer basket, arranging them skin-side down in a single, even layer where possible. Make sure not to severely overcrowd the basket; cook in batches if using a smaller air fryer. Pour any remaining oil and garlic mixture from the bowl directly over the tomatoes.

Step 5: Air Fry to Perfection

Slide the basket into the air fryer. Set the temperature to 380°F (190°C) and cook for 12 to 15 minutes. There is no strict need to shake the basket vigorously, as shaking can tear the soft tomato skins, but you may check at the 8-minute mark to monitor browning.

Step 6: Final Caramelization

For extra depth of flavor, drop the temperature to 350°F (175°C) for a final 3 minutes. Look for blistered, slightly charred skins and soft, collapsing flesh surrounded by a bubbling sauce.

Step 7: Garnish and Serve

Carefully transfer the roasted tomatoes and all accumulated basket juices to a serving platter using a spoon or silicone tongs. Top generously with fresh chopped basil before serving warm or at room temperature.

Pro Tips for Success

1. **Keep the Juices:** Don't leave behind the liquids that collect at the bottom of the air fryer drawer or basket liner! That oil infused with balsamic, garlic, and tomato essence makes an incredible finishing sauce for pasta or crusty bread.
2. **Use Parchment or Liners:** Air fryer parchment paper or a silicone liner helps retain all the roasted tomato juices and makes clean-up quick and effortless.
3. **Choose the Right Tomatoes:** Roma and Plum tomatoes are ideal because they have a high ratio of flesh to water. If using large heirloom or beefsteak tomatoes, quarter them and scoop out excess seeds to prevent a soggy result.

Serving Suggestions

- **Garlic Toast & Crostini:** Spoon roasted tomatoes over grilled sourdough or toasted baguette spread with ricotta, goat cheese, or fresh mozzarella.
- **Quick Pasta Sauce:** Toss warm roasted tomatoes and their juices directly into cooked penne or spaghetti with extra parmesan and olive oil.
- **Grain Bowls & Salads:** Mix into quinoa, farro, or warm couscous bowls along with cucumber, olives, and feta cheese.
- **Protein Topper:** Serve on top of pan-seared chicken breasts, baked salmon fillets, or grilled pork chops.

Storage, Freezing, & Reheating

- **Refrigerator Storage:** Store cooled roasted tomatoes in an airtight glass container in the fridge for up to 5 days. Cover with a thin layer of olive oil to preserve freshness.
- **Freezing Instructions:** Allow tomatoes to cool completely, then transfer them along with their pan juices into freezer-safe containers or ziplock bags. Freeze for up to 3 months. Thaw overnight in the refrigerator before using in sauces or soups.
- **Reheating:** Warm in the air fryer at 320°F (160°C) for 3–5 minutes, or gently reheat in a skillet over low heat on the stovetop.

Nutrition Information

Servings per recipe: 4 | Serving size: ¼ of recipe (~150g)

Nutritive Parameter	Amount per Serving	% Daily Value*
Calories	85 kcal	—
Total Fat	7.0 g	9%
Saturated Fat	1.0 g	5%
Trans Fat	0.0 g	—
Cholesterol	0 mg	0%
Sodium	440 mg	19%
Total Carbohydrate	6.5 g	2%
Dietary Fiber	1.8 g	6%
Total Sugars	4.2 g	—
<i>(Includes Added Sugars)</i>	<i>(0.0 g)</i>	<i>0%</i>
Protein	1.4 g	3%
Vitamin D	0.0 mcg	0%
Calcium	28 mg	2%

Nutritive Parameter	Amount per Serving	% Daily Value*
Iron	0.8 mg	4%
Potassium	380 mg	8%
Vitamin A	1220 IU	24%
Vitamin C	24 mg	27%