

Helergon Kitchen

Crispy Air Fryer Pizza Rolls – Quick Snack Recipe

15 min Prep time	**8 min** Cook time	**23 min** Total time
4 Servings	**Easy** Difficulty	**American** Cuisine

Ingredients

Main Ingredients

- [ ] 1 package pizza dough (about 12 oz)
- [ ] 1 cup shredded mozzarella cheese
- [ ] 12 thin slices pepperoni or turkey pepperoni
- [ ] 1/2 cup marinara sauce
- [ ] 1 tsp Italian seasoning
- [ ] 2 tbsp olive oil

For the Finish

- [ ] 2 tbsp grated Parmesan cheese
- [ ] Optional: red-pepper flakes for heat

Instructions

1. Pre-heat the air fryer to 200°C (400°F) for about 2 minutes while you prepare the dough.
2. On a lightly floured surface, roll the dough into a thin sheet and cut into 4-inch squares.
3. Place a small spoonful of marinara in the center of each square, add a pinch of mozzarella, a slice of pepperoni, then a little more cheese.
4. Fold the dough over to form a triangle or rectangle, pressing the edges firmly with a fork to seal.
5. Brush each roll lightly with olive oil and sprinkle Italian seasoning across the top.
6. Arrange the rolls in a single layer in the air fryer basket, leaving space between them; cook for 6-8 minutes, flipping halfway, until golden brown.
7. Immediately after cooking, sprinkle grated Parmesan and, if desired, a pinch of red-pepper flakes.
8. Serve warm with extra marinara for dipping.

Nutrition per serving

320 kcal	14 g	35 g	12 g
Calories	Protein	Carbs	Fat

Tips & notes

- If the dough feels too sticky, chill it for 10 minutes before rolling.
- For extra crunch, use a light spray of cooking oil instead of brushing.
- Feel free to add a dash of garlic powder for additional aroma.