

AIR FRYER COOKBOOK

*127 TASTY AIR FRYER RECIPES
FOR HEALTHY MEALS*



JAN MORGAN

Air Fryer Cookbook

127 Tasty Air Fryer Recipes for Healthy Meals

Jan Morgan

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INTRODUCTION

What Is An Air Fryer?

An air fryer is a modern kitchen appliance that cooks food by circulating very hot air around it instead of using oil. It offers a low-fat version of foods that would traditionally be cooked in a deep fryer. Consequently, generally unhealthy foods such as French fries, fried chicken, and onion rings are cooked with no oil or up to 80 percent less fat content compared to conventional cooking methods. The Air Fryer provides healthier fried foods and meals, enabling you to be rid of the calories that come with eating fried foods while still giving you that crunchiness, texture and quality that you desire.

This household appliance works by circulating very hot air (up to 400°F) evenly and quickly around a food ingredient that is placed in an enclosed space. The heat makes the food ingredient crispy and dry on the outside but soft and moist on the inside. The airfryer can be used on pretty much everything. Besides frying, you can grill, bake and roast. Its variety of cooking options makes it easier to prepare any kind of meal at any time of the day.



Why Use It

Low-Fat Meals: Unarguably, the most essential benefit of the air fryer is its use of hot-air circulation to cook food ingredients from all angles, thereby eliminating the need for oil usage. This makes it possible for people on low fat diet to comfortably prepare delightfully healthy meals.

Healthier Foods& Environment:: Airfryers are designed to function without fattening oils and to produce healthier foods with up to 80 percent less fat. This makes it easier to lose weight because you can still eat your fried dishes while conserving the calories and saturated fat. Making that switch to a healthier life is more achievable by using this appliance. Your home is also rid of the aroma that comes with deep fried foods that often stays around the atmosphere even several hours after deep frying.

Multipurpose Use: The airfryer enables you to multitask as it can prepare multiple dishes at once. It is your all-in-one appliance that can grill, bake, fry and roast those dishes that you love! You no longer need multiple appliances for various jobs. It is capable of doing other jobs separate appliances will do. It can grill meat, roast veggies and bake pastries. It serves as an effective substitution for your oven, deep fryer and stovetop.

Extremely Safe: Remember how extra careful you have to be when throwing chicken or some other ingredients into the deep fryer? You want to ensure that the hot oil does not spill and burn your skin since it's always very hot. With your airfryer, you wouldn't need to worry about burnt skin from hot oil spillage. It does all the frying and is completely safe. Nevertheless, use cooking gloves while repositioning your fryer to avoid hazards from the heat. Additionally, keep your air fryer out of children's reach.

Easy Clean Up: The Air Fryer leaves no grease and therefore no mess. Clean-up time is enjoyable since there oils spills to clean on walls and floors, and no scrapping or scrubbing of pans. There is no need to spend time ensuring that everything is squeaky clean. The Air fryer parts are made of non-stick material which prevents food from sticking to surfaces, thereby making it hard to clean. These parts are easy to clean and maintain. They are removable and dishwasher-safe as well.

Save Valuable Time: People who are on tight schedules can make use of the speediness of the air fryer to make delicious meals. For instances, you can

make French fries in less than 15 minutes and bake a cake within 25 minutes. Within minutes too, you can enjoy crispy chicken tenders or golden fries. If you are always on the go, the air fryer is just right for you because you will spend less time in the kitchen. It enables you to manage your hectic and busy daily life, making your day more manageable.

Basic Parts, Accessories & Their Importance

Prepare your ingredients and put it into the basket and then set your timer. The hot air goes to work and when its work is complete, the timer goes off with a ding sound, indicating that that your food is done. You may even check your food to see how it's progressing without disrupting the set time. Once you pull out the pan, the fryer will pause; when you place back the pan, heating will resume.

The Airfryer is a straightforward appliance, with no assembling required and no complications. It consist of three main items; the cooking basket, the pan and the main fryer unit.

The Cooking Basket is where you put your food. It has a basket handle where you place your hand when handling the appliance and cooked food to prevent burns or injuries when the airfryer is turned on. The basket fits perfectly into the pan. The Pan collects the food remnants and excess oil and fits perfectly into the airfryer& then we have The Main Fryer Unit which consists of many parts. There are other handy parts that include rack, double grill layer, basket and food separators that make it possible to prepare multiple dishes at once.

Tips For Usage

Keep It Dry: Pat dry foods before cooking, especially marinated foods. Doing this will prevent excess smoke and splattering. Foods that contain high fat content such as chicken breast and wings usually deposit fat when cooking. Consequently, make sure you empty the deposited fat from the bottom of the airfryer once in a while.

Space Your Foods: Overcrowding is a no- no with the airfryer. If you want your foods to cook well, give it plenty of space so that air can circulate well. You want to enjoy the crispiness of your meals, right? Overcrowding prevents air from circulating over the foods. So be sure to space foods out.

Shake Foods Around: Open the Air Fryer every few minutes of cooking and shake around foods in the basket. Chips, French fries and other smaller foods can compress but shaking around prevents that. Rotate foods every 5 to 10 minutes to enable them cook and shape well.

Spray Foods. You will need your cooking spray when using your airfryer as it helps to prevent foods from sticking to the basket. Spray foods lightly or you could just add a little bit of oil.

Cook in Batches: The airfryer has small cooking capacity. If you are cooking for a large number of people, you will have to cook in batches.

Preheat air fryer when it has not been used for a while. Preheat for 3-5 minutes to allow it heat up properly.

Now you can use your air fryer to prepare the carefully selected healthy and tasty recipes below. Simply follow the instructions and enjoy well-balanced meals for you and your family.



BREAKFAST RECIPES



Quick N Easy AirFried Scrambled Egg

Preparation: 2 minutes

Cooking time: 20 minutes

Servings: 2

Ingredients:

2 eggs

¾ tablespoon unsalted butter

Pepper and salt to taste

Tomatoes, mushroom or cheese (optional)

Directions:

1. Whisk eggs into a bowl. Preheat airfryer at 140°F for about 5 minutes.
2. Melt the butter in the preheated airfryer, tilting pan to spread out evenly.
3. Now, pour the egg into the airfryer at 140°F for 10 minutes. Add your other ingredients such as tomatoes, mushroom and cheese, if using.
4. Whisk continuously every few minutes until fluffy and yellow.
5. Serve egg, topped on toast and enjoyed with milk.

Extra Crunchy Breakfast Casserole

Preparation: 2 minutes

Cooking time: 30 minutes

Servings: 3-4

Ingredients:

4 eggs

6 ounces of raw sweet sausage, remove from the casings

½ cup bread crumbs

1 cup shredded cheddar cheese

Pinch salt and pepper

Directions:

1. Preheat the airfryer to 350°F. Cook the raw sausage for 10 minutes on medium-to-high heat, breaking it up with a wooden spoon to prevent clumping. Remove and set aside.

2. Beat the eggs in a mixing bowl, until light and fluffy. Stir in half of the bread crumbs, half of the cheese, the cooked sausage meat, salt and pepper. Pour into a baking dish and sprinkle the remaining bread crumbs and shredded cheese on top.

3. Place the baking dish in the air-fryer basket, set the timer for 20 minutes. Remove, serve and enjoy!

Parmesan & Pesto Twists

Preparation: 10 minutes

Cooking time: 25 minutes

Servings: 4

Ingredients:

12 ounces of packed butter puff pastry

1.8 ounces of cream cheese

3 teaspoons of flour

¼ cup of basil pesto

1 egg, whisked

1.8 ounces of grated Parmesan cheese

Directions:

1. Preheat your airfryer to 460°F.
2. Spread flour on a surface lightly and roll the butter puff pastry into a rectangular shape.
3. Divide into 2 from the middle and spread the pesto and cream cheese on one half and place the other half on top.
4. Cut the sandwich into 2 from the middle, then cut each rectangular piece into 0.4" thick strips.
5. Twist the strips, pull slightly to make longer. Using a pastry brush, coat the twists with the egg and sprinkle with parmesan cheese.
6. Put into Airfryer until it is risen and golden for about 25 minutes.

Air Fried French Toast

Preparation: 4 minutes

Cooking time: 6 minutes

Servings: 4

Ingredients:

2 slices of sourdough bread

3 eggs

1 tablespoon of butter

1 teaspoon of liquid vanilla

3 teaspoons of honey

2 tablespoons of Greek yogurt

Berries

Directions:

1. Preheat the air fryer to 356°F.
2. Pour the vanilla in the eggs and whisk to mix. Spread the butter on all sides of the bread and soak in the eggs to absorb.
3. Put the bread into the airfryer basket and cook for 3 minutes Turn the bread over and cook for another 3 minutes.
4. Transfer to a plate, top with yogurt and berries with a sprinkle of honey.

Wheat &Seed Bread

Preparation: 70 minutes

Cooking time: 18 minutes

Servings: 4

Ingredients:

3½ ounces of flour

1 teaspoon of yeast

1 teaspoon of salt

3½ ounces of wheat flour

¼ cup of pumpkin seeds

Directions:

1. Mix the wheat flour, yeast, salt, seeds and the plain flour together in a large bowl. Stir in ¾ cup of lukewarm water, and keep stirring until dough becomes soft.

2. Knead for another 5 minutes until the dough becomes elastic and smooth. Mold into a ball and cover with a plastic bag. Set aside for 30 minutes for it to rise.

3. Heat your airfryer to 392°F.

4. Transfer the dough into a small pizza pan and place in the airfryer. Bake for 18 minutes until golden. Remove and place on a wire rack to cool.

Croissant With Ham, Mushroom And Egg

Preparation: 5 minutes

Cooking time: 8 minutes

Servings: 1

Ingredients

1 store-bought Croissant

3 slices honey shaved ham

4 honey cherry tomato, halved

4 small button mushroom, quartered

1 Egg

1.8 oz shredded cheddar cheese

Handful salad greens

1/2 Rosemary Sprig, roughly chopped (optional)

Directions:

1. Grease a baking dish lightly with butter.
2. Arrange the ingredients in two layers, placing the cheese in the middle and top layer. Create a space in the centre of the ham mixture, break egg in it.
3. Sprinkle some black pepper, salt and rosemary over the mixture and place on the Airfryer basket along with the croissant.
4. Baked in preheated 325°F temperature for 8 minutes. (Take out the croissant from the airfryer basket after 4 minutes).
5. Serve croissant and cheesy baked egg on plate along with some salad greens.

Oatmeal Muffins

Preparation: 5minutes

Cooking time: 15 minutes

Servings: 2-4

Ingredients

2 Eggs

3½ ounce oats

3 ounce butter, melted

1/2 cup flour

1/4 teaspoon vanilla essence

1/2 cup icing sugar

Pinch baking powder

1 tablespoon raisins

Cooking spray

Directions

1. Combine sugar and butter until soft. Whisk together the eggs and vanilla essence. Add it to the sugar/butter mix until soft peaks forms.

2. Combine flour, raisins, baking powder and oats in a separate bowl. Add it to the mixed ingredients.

3. Grease the muffin molds lightly with cooking spray and fill with the batter mixture. Preheat the AirFryer at 350°F.

4. Place the muffin molds into the airfryer tray. Let it cook for 12 minutes. Cool, serve and enjoy!

French Toast Delight

Preparation: minutes

Cooking time: minutes

Servings: 2

Ingredients

4 bread slices

2 tablespoons butter

1/2 teaspoon cinnamon

2 Eggs

Pinch salt

Pinch ground cloves

Pinch Nutmeg

Icing sugar and maple syrup, to serve

Directions

1. Preheat AirFryer to 350°F. Whisk together eggs, cloves, cinnamon, nutmeg, salt in a bowl. Butter sides of each bread slice and cut into strips.

2. Soak the buttered bread strips in the egg mixture one after the other, and arrange in the tray. (Cook in two batches, if necessary).

3. Cook 2 minutes and then remove the strips. Lightly coat bread strips with cooking spray on both sides. Place back the tray into the airfryer and cook another 4 minutes, checking to ensure they are cooking evenly.

4. Remove bread from AirFryer once it's golden brown. Sprinkle with icing sugar and drizzle with maple syrup.

Milky Semolina Cutlets

Preparation: 45 minutes

Cooking time: 15 minutes

Servings: 2

Ingredients:

3 tablespoons of vegetable oil

1 cup of semolina

12 ounces of mixed vegetables (any of your choice), chopped

2½ pounds of milk

½ teaspoon salt

½ teaspoon black pepper, ground

Directions:

1. Pour the milk into a sauce pan and heat. Add the mixed vegetables and allow it to cook until they are soft for about 3 minutes.

2. Add the pepper and salt and then the semolina. Cook until the mixture thickens; this will take about 10 minutes.

3. Grease a flat plate with oil; spread the semolina mixture on it. Refrigerate for about 4 hours until it is firm.

4. Heat the airfryer to 350°F.

5. Remove from the refrigerator and cut into flat round shapes. Brush the cutlets with oil and place them into the airfryer.

6. Cook for 10 minutes. Serve while hot with any sauce of your choice.

Rarebit Air-Fried Egg

Preparation: 5 minutes

Cooking time: 5 minutes

Servings: 2-4

Ingredients:

4 Slices Sourdough

4 Eggs

1/3 cup ale

1½ cups cheddar, grated

1 teaspoon mustard powder

1/2 teaspoon paprika

Black Pepper to taste

2 teaspoon Worcestershire Sauce

Directions:

1. Fry eggs, sunny side up and set to one side. Preheat Air Fryer to 350°F.
2. In a bowl, add together the cheddar, ale, paprika, mustard powder, and Worcestershire sauce.
3. Spread just one side of each slice of sourdough with the cheddar mixture. Place the bread slices into the AirFryer tray. Cook for about 3 minutes until slightly browned.
4. Top the rarebits with fried eggs and season with pepper to taste.

Garlic And Cheese Bread Rolls

Preparation: 10 minutes

Cooking time: 5 minutes

Servings: 2

Ingredients:

8 tablespoons of grated cheese

6 teaspoons of melted butter

Garlic bread spice mix

2 bread rolls

Directions:

1. Slice the bread rolls from top in a crisscross pattern but not cut through at the bottom.
2. Put all the cheese into the slits and brush the tops of the bread rolls with melted butter. Sprinkle the garlic mix on the rolls.
3. Heat the air fryer to 350°F. Place the rolls into the basket and cook until cheese is melted for about 5 minutes.

Thai Style Omelette

Preparation: 5minutes

Cooking time: 10 minutes

Servings: 2

Ingredients

3½ oz minced pork

2 Eggs

1 cup onion, chopped

1 tablespoon fish salt

Directions

1. Beat the eggs until it is light and fluffy. Preheat the AirFryer to 280°F.
2. In a bowl, add together all the ingredients. Pour the mixture into the AirFryer tray.
3. Remove after 10 minutes or once omelet is golden brown. Cut and serve.

Breakfast Sandwich

Preparation: 5minutes

Cooking time: 7minutes

Servings: 1

Ingredients:

2 Bacon Slices

1 Egg

1 English muffin

Salt& Pepper to taste

Directions:

1. Beat the egg into a soufflé cup and add salt and pepper to taste.
2. Heat the airfryer to 390°F and place the soufflé cup, English muffin and bacon into the tray.
3. Cook all the ingredients for 6-10 minutes. Assemble sandwich and enjoy.

Apple-Cinnamon Empanadas

Preparation: 15 minutes

Cooking time: 30 minutes

Servings: 2-4

Ingredients:

2-3 baking apples, peeled & chopped

2 teaspoons of cinnamon

1/4 cup white sugar

1 tablespoon brown sugar

1 tablespoon of water

½ tablespoon cornstarch

¼ teaspoon of vanilla extract

2 tablespoons of margarine or butter

4 pre-made empanada dough shells (Goya)

Directions

1. In a bowl, add together white sugar, brown sugar, cornstarch and cinnamon; set aside. Put the chopped apples in a pot and place on a stovetop.

2. Add the combined dry ingredients to the apples, then add the water, vanilla extract, and butter; stirring well to mix.

3. Cover pot and cook on high heat. Once it starts boiling, lower heat and simmer, until the apples are soft. Remove from the heat and cool.

3. Lay the empanada shells on a clean counter. Ladle the apple mixture into each of the shells, being careful to prevent spillage over the edges. Fold shells to fully cover apple mixture, seal edges with water, pressing down to secure with a fork.

4. Cover the air fryer basket with tin foil but leave the edges uncovered so that air can circulate through the basket. Place the empanadas shells in the foil-lined air fryer basket, set temperature at 350°F and timer for 15 minutes.

5. Halfway through, slide the frying basket out and flip the empanadas using a spatula. Remove when golden, and serve directly from the basket onto plates. Eat up while they're hot, and enjoy!

Baked Eggs

Preparation: 2 minutes

Cooking time: 15-20 minutes

Servings: 4

Ingredients

7 Ozs leg ham

4 eggs

4 teaspoons full cream milk

Butter

1 lb baby spinach

1 tablespoon olive oil

Salt and Pepper to taste

Directions

1. Preheat the Air Fryer to 350°F. Layer four ramekins with butter.
2. Equally divide the spinach and ham into the four ramekins. Break 1 egg into each and add a teaspoon of milk. Season with salt and pepper.
3. Place into Air Fryer for about 15-20 minutes. For a runny yolk, cook for 15 minutes, for fully cooked; 20 minutes.

Light Blueberry Muffins

Preparation: 15 minutes

Cooking time: 15 minutes

Servings: 11-12

Ingredients:

1 cup of fresh, ripe blueberries, rinsed

1½ cups all-purpose flour

½ cup of white sugar

2 teaspoons of baking powder

1/3 cup of vegetable oil

1 medium-sized egg

½ teaspoon of salt

¼ cup unsweetened yogurt

1 tablespoon brown sugar

2 teaspoons vanilla extract

Directions:

1. Lightly coat the blueberries with flour, shake, and set aside. Combine the baking powder, sugar, flour, and salt in a large bowl, stirring well to evenly combine.

2. In a smaller bowl, whisk together the egg, oil, yogurt, and vanilla extract until evenly combined. Pour it into the larger bowl containing the dry ingredients and mix well with a whisk or fork.

3. Add the blueberries, using a wooden spoon or spatula to gently fold in. Arrange muffin cups on the baking tin and place on the air-fryer basket, (do two batches). Spoon the batter into the muffin tins, filling up about ¾ of the way.

4. Now sprinkle brown sugar onto them. Set to 350°F for 10 minutes. Remove. (Muffins are ready when an inserted toothpick in the centre comes

out dry. Otherwise, return basket and reset the air fryer to 320°F and 2 minutes cooking time.)

5. Let your muffins cool for a while then enjoy!

Corn Kernel Fritters

Preparation: 5 minutes

Cooking time: 5minutes

Servings: 1

Ingredients

1 Egg

1 cup corn kernels

3/4 cup milk

1 cup flour

1½ teaspoons baking powder

1/2 teaspoons salt

1/4 teaspoons pepper

2 tablespoons butter, melted

Directions

1. Preheat AirFryer to 375°F. In a bowl, combine flour, baking powder, salt and pepper.

2. In another bowl, whisk together egg, milk, and butter and add to the dry ingredients, stirring well. Fold in the corn and leave for 5 minutes to allow the batter sit well.

3. Now, form batter into small rounded fritters. Place the fritters on a tray and let it freeze for 5 minutes in order to retain the shape.

4. Finally, place the fritters into the AirFryer tray, set timer for 4-5 minutes. Serve and enjoy with yoghurt or salsa dip.

Apple Oat Sunrise Fritters

Preparation: 10 minutes

Cooking time: 5minutes

Servings: 2

Ingredients

2 Apples, peeled, cored & sliced into rings

1/2 cup + 2 tablespoons sugar

1½ teaspoons ground cinnamon, divided

1/2 cup rice flour

2 tablespoons cornstarch

1 teaspoon baking powder

1/2 cup club soda

1 cup oats

1 Egg

3/4 teaspoon kosher salt

Directions

1. Combine 1 teaspoon of cinnamon and 1/2 cup sugar in a shallow bowl, whisking well. Next, preheat the Air Fryer to 350°F.

2. In a food processor, pulse the oats to a coarse powder. Remove to a large bowl and add in the rice flour, baking powder, cornstarch, salt, cinnamon and the rest of the sugar, whisking well.

3. Add in the egg and club soda, whisking in more soda, a little at a time, until the mixture is like pancake batter.

4. Dip the apple rings into the batter then place into the Air Fryer tray, one set at a time. Cook until golden brown and crisp for about 4 minutes.

5. Serve fritters sprinkled with the reserved cinnamon sugar.

MAIN DISH RECIPES

Poultry



Delicious Spicy Drumsticks

Preparation: 2 minutes

Cooking time: 18 minutes

Servings: 4

Ingredients:

4 chicken drumsticks

6 teaspoons of Montreal chicken spices

6 teaspoons of ground black pepper

1 teaspoon of olive oil

1 teaspoon of salt

6 teaspoons of chicken seasoning (your choice)

Directions:

1. Mix all the spices and seasonings in a bowl. Brush the chicken with olive oil.

2. Rub the spices on the chicken. Ensure the spices stick firmly to the drumsticks.

3. Heat your airfryer to 200°F for 3 minutes. Put the chicken into the fryer and cook for 10 minutes.

4. Turn down the heat to 150°F and cook again for 8 minutes.

Spicy Garlic Chicken Nuggets

Preparation: 20 minutes

Cooking time: 20 minutes

Servings: 2

Ingredients:

1 eggs, whisked

2 chicken breast halves, boneless, skinless,

½ pound of flour

3 tablespoons of garlic powder

1 tablespoon of black pepper

1 teaspoon of salt

Directions:

1. Mix the garlic, salt, pepper and flour in a shallow dish. Put the whisked egg in a separate bowl.

2. Preheat the airfryer at 356°F.

3. Cut the chicken into small pieces and dip them into the eggs and then coat with the flour mixture. Shake off any excess flour coating and place the chicken in a plate.

4. Put the chicken pieces into the airfryer and cook until golden for 20 minutes. Shake the chicken halfway through.

Onion And Parsley Turkey Rolls

Preparation: 15 minutes

Cooking time: 40 minutes

Servings: 4

Ingredients:

1 pound of turkey breast fillets

6 teaspoons of olive oil

1 teaspoon of cinnamon

1 clove of garlic, crushed

1 small sized onion, finely chopped

1 teaspoon of salt

1½ ounces of parsley, finely chopped

1½ teaspoon of ground cumin

½ teaspoon of ground chili

Directions:

1. Place the turkey fillets on a chopping board with the smaller side facing you and cut through horizontally up to about 2/3 of the length. Fold open the slit and cut through again to form a long strip of meat.

2. Mix the chili, garlic, cumin, pepper, cinnamon and salt together in a large bowl. Stir in the olive oil. Remove 1 tablespoon of the mixture and set aside in a small bowl.

3. Add the parsley and onion to the mixture in the large bowl and stir.

4. Heat your airfryer to 356°F.

5. Spread the herb mixture on the surface of the meat and roll firmly beginning from the shorter end. Tie the roll with a string at about an inch interval. Coat the outside of the meat rolls with the spice mixture that was set aside.

6. Place in the air fryer and cook for 40 minutes.

Crispy Chicken Fillets

Preparation: 10 minutes

Cooking time: 15 minutes

Servings: 3

Ingredients:

12 ounces of chicken fillets

1 teaspoon of ground black pepper

2 tablespoons of vegetable oil

8 tablespoons of breadcrumbs

4 ounces of flour

2 eggs, whisked

½ teaspoon salt

Directions:

1. Heat your Airfryer up to 330°F.
2. Add the salt, pepper and oil to the breadcrumbs then mix thoroughly.
3. Put the flour and egg into shallow bowls. Place the chicken in the flour, shake off excess and then dip into the whisked eggs and then coat evenly with breadcrumbs pressing to ensure that the breadcrumbs stick.
4. Shake off excess and place into the basket of the airfryer. Cook for 10 minutes and then increase heat to 390°F. Finally, cook for another 5 minutes until golden.

Sweet Potatoes & Creamy Crisp Chicken Airfry

Preparation: 15 minutes

Cooking time: 40 minutes

Servings: 2

Ingredients:

¼ cup of flour, seasoned with salt and pepper

1 cup of buttermilk

1 teaspoon of garlic, finely copped

1 egg, whisked

2 (5-ounce) chicken breast

½ teaspoon of pepper

7 ounces of breadcrumbs

2 medium sized sweet potatoes

3 teaspoons of smoked paprika

3 teaspoons of vegetable oil

Salt and pepper to taste

Directions:

1. Put the pepper, garlic and buttermilk into the bowl of chicken breasts, cover and leave to marinate in the fridge overnight.

2. Preheat the airfryer to 374°F for about 3 minutes.

3. Rub off the marinade from the chicken and dip the chicken into the seasoned flour, then into the egg and lastly the breadcrumbs. Ensure the coating sticks firmly to the chicken.

4. Fry the chicken in the air fryer for 20 minutes until well cooked. Remove from the fryer.

5. Peel the sweet potatoes and slice into chips, 1cm thick. Add the oil and paprika to the chips and toss.

6. Place the chips into the fryer and fry for 20 minutes at 374°F. Shake at about 6 minutes intervals. Season chips with salt and pepper when ready.

Mushroom & Chicken Noodles With Glasswort And Sesame

Preparation: 30 minutes

Cooking time: 17 minutes

Servings: 4

Ingredients:

14 ounces of chicken thigh fillets, cut to pieces

14 ounces of noodles, cooked

2 cloves of garlic

2/3 cup of chestnut mushrooms

2/3 cup of shiitake mushrooms

1/4 cup of soy sauce

6 teaspoons of sesame oil

3 teaspoons of sesame seeds

7 ounces of glasswort

5.3 ounces of bean sprouts

1 teaspoon sambal

1 medium sized onion, thinly sliced

Krupuk

Directions:

1. Mix the soy sauce, garlic and sambal to form a marinade and soak the chicken pieces in it to absorb.

2. Add 3 teaspoons of oil to the cooked noodles.

3. Heat the airfryer to 392°F. Place the chicken pieces in the fryer basket and sprinkle with oil. Cook for 6 minutes, shaking at intervals.

4. Add the onion, mushrooms, glasswort and bean sprouts. Cook for another 5 minutes. Put in the noodles and cook further for 5 minutes. Finally, add the krupuk at the last minute.

5. Remove from the airfryer and sprinkle with sesame seed.

Prawn Chicken Drumettes

Preparation: 15 minutes

Cooking time: 15 minutes

Servings: 3

Ingredients:

10½ ounces of chicken drumettes

1 teaspoon of sesame oil

1 teaspoon of ginger juice

6 teaspoons of vegetable oil

¾ teaspoon of sugar

3 teaspoons of prawn paste

½ teaspoon of Shaoxing wine

Directions:

1. Mix the sesame oil, ginger juice, sugar, prawn paste and shaoxing wine together to form the marinade. Soak the chicken in the marinade for an hour or overnight in the refrigerator.

2. Preheat your airfryer for 5 minutes at 356°F.

3. Brush the chicken lightly with vegetable oil and arrange in a single layer in the fryer basket. Cook for 8 minutes, turn the chicken over and cook for another 7 minutes until golden.

Asian Popcorn Chicken

Preparation: 30 minutes

Cooking time: 15 minutes

Servings: 2

Ingredients

1 lbs. chicken breast chicken thigh, boneless

1 clove garlic, medium, minced

1 tablespoon soy sauce

2 green onions, minced

¼ teaspoon of pepper

¼ teaspoon of chili pepper

¼ t teaspoon of five spice

½ teaspoon of sweet potato starch or corn starch

1 cup sweet potato starch/corn starch

1 egg

¼ cup water

Breadcrumbs

Directions:

1. Wash the chicken and dice. Put the washed and minced green onions and garlic in a medium bowl. Add the chili pepper, five spice powder, pepper, soy sauce and starch, mixing well.
2. Place chicken into the bowl and ensure the pieces are fully coated on all the sides. Leave the chicken to marinate in the bowl for at least 30 minutes or overnight if you like.
3. Preheat the air fryer to 390F. Beat 1 egg with water in a small ball, add starch and mix thoroughly.

4. Coat the chicken with the starch, pressing with hands, so it does not fall off. Place in the air fryer and cook for 12 minutes. Served, tossed with salt and pepper.

Herbal Chicken With Purple Sweet Potato

Preparation: 5minutes

Cooking time: 22 minutes

Servings: 2

Ingredients:

1/2 portion of chicken, halved

1 teaspoon olive

1 tablespoon herbs chicken spices, (Seahs Emperor)

Handful of purple sweet potato; brushed clean and pat dry

Handful of salad green

Direction:

1. Trim the chicken then rinse and pat dry. Marinate with olive oil and herb chicken spices for 1 hour or overnight in the refrigerator.
2. Place the sweet potato in the airfryer basket, set temperature to 350°F and cook for 10 minutes.
3. Arrange the marinated chicken on the airfryer basket and cook another 12 minutes.
4. During the last 4 to 5 minutes, check the color of the chicken to make sure they are nicely brown then keep cooking.
5. Leave the food for 1-2 minutes in the airfryer before removing and serving with salad greens.

Tasty And Spicy Chicken Jerks

Preparation: 38 minutes

Cooking time: 18 minutes

Servings: 5

Ingredients:

6 teaspoons of vegetable oil

1 teaspoon of white pepper

3 teaspoons of chopped fresh thyme

6 cloves of garlic, finely diced

1 teaspoon of cinnamon

4 green onions, finely chopped

2½ ounces of lime juice

3 teaspoons of grated ginger

1 habanera pepper, seeded and finely chopped

1 teaspoon cayenne pepper

6 teaspoons of sugar

30 chicken wings

8 tablespoons of red wine vinegar

6 teaspoons of soy sauce

1 teaspoon of salt

Directions:

1. Add up all the ingredients in a large bowl, ensuring that the chicken is well covered with the spices and seasonings. Pour into a large re-sealable bag and leave to marinate in a refrigerator for 2-24 hours.

2. Heat your Air fryer to 390°F.

3. Remove the chicken wings from bag, discard the liquid and dry the wings with a disposable paper towel.

4. Put the wings into the fryer basket and fry for 18 minutes. Shake the chicken halfway through.

5. Serve with ranch dressing.

Honey & Sauce Chicken Wingettes

Preparation: 40 minutes

Cooking time: 25 minutes

Servings: 6-8

Ingredients:

1½ ounces of honey

1 pack of 21 pieces of chicken wingettes

1½ ounces of canola oil

1 teaspoon of light soy sauce

3 teaspoons of oyster sauce

3 teaspoons of dark soy sauce

½ teaspoon of pepper

Huo Tiao Chinese Wine

Directions:

1. Wash the chicken and dry with kitchen paper towels
2. Mix the soy sauces, oyster sauce, oil, pepper, Huo Tiao wine and honey together to form the marinate.
3. Put the mixture and wingettes in a re-sealable bag and marinate for 30 minutes or longer. . Line the air fryer basket with aluminum foil and place the chicken in a single layer.
- 4 .Heat the airfryer to 392°F. Air fry the chicken for 15 minutes, turn the chicken and cook for another 10 minutes until golden brown. Repeat until all batches are cooked.

Honey Lime Air-fried Chicken

Preparation: 6 hours, 40 minutes

Cooking time: 15 minutes

Servings: 4

Ingredients:

16 mid joint chicken wings; washed & pat dry

Marinate:

2 tablespoons good quality honey

2 tablespoons light soya sauce

1/4 teaspoon white pepper powder

1/2 teaspoon sea salt

1/2 black pepper, crushed

2 tablespoons lime/ lemon juice

Directions

1. Combine all the marinate ingredients into a glass dish, add the mid wings, mix thoroughly, cover and refrigerate for 6-24 hours.

2. 30 minutes before airfrying, remove to rest in room temperature.

3. Airfry for 6 minutes with a temperature of 350° F. Flip over and cook for another 6 minutes and flip again to airfry for 3 minutes with a temperature of 400° F.

4. Cool for 5 minute and enjoy serve with a wedge of lemon or lime.

Beef & Other Meats



Lamb Chops Raita

Preparation: 1 hour 5 minutes

Cooking time: 10 minutes

Servings: 4

Ingredients:

¼ cup of yogurt

4 lamb chops

½ teaspoon of ground chili

2 teaspoons of garam masala

3 teaspoons of ground coriander seeds

1 ounce of lemon juice

1 teaspoon of cumin seeds

Salt to taste

Directions:

1. Mix the lemon juice, yogurt, salt and all the spices together in a bowl.
2. Coat lamb chops using the mixture and marinate for 1 hour.
3. Preheat your airfryer to 390°F. Put the lamb chops into the airfryer basket and cook for 10 minutes.

Rack Of Lamb Roast With A Hazel Crust

Preparation: 10 minutes

Cooking time: 40 minutes

Servings: 4-6

Ingredients

1¾ pound rack of lamb

1 garlic clove, chopped

1 tablespoon olive oil

Salt & pepper

Hazel Crust:

1 egg

3oz hazelnuts, unsalted and finely chopped

1 tablespoon homemade breadcrumbs

1 tablespoon chopped fresh rosemary

Directions

1. Combine olive oil and garlic. Brush the rack of lamb with the garlic oil and season with salt and pepper

2. Preheat the Airfryer to 220°F. Place the chopped nut into a bowl. Add the breadcrumbs and rosemary, stirring well.

3. In another bowl, whisk the egg. Now, dip the meat into the egg mixture to coat and then drain off any excess. Coat the meat with the hazel crust.

4. Transfer the coated meat in the Airfryer basket and into the Airfryer. Set timer for 30 minutes. Afterwards, increase the temperature to 390°F and set the timer again for 5 more minutes.

5. Remove the lamb; cover meat with aluminum foil for 10 minutes then serve and enjoy.

Creamy Beef Rice Bake

Preparation: 5 minutes

Cooking time: 25 minutes

Servings: 6

Ingredients:

1 beef sausage, sliced

4 cloves of garlic, crushed

6 teaspoons of carrot, cubed

1½ ounces of grated cheddar cheese

2 packs of rice, cooked

6 teaspoons of grated mozzarella cheese

½ cup of creamy sauce

3 teaspoons of butter

1½ ounces of broccoli florets

Directions:

1. Heat you airfryer to 356°F for 5 minutes.
2. Put the butter in a baking pan and melt in the fryer for a minute. Add the garlic and sauté for 2 minutes.
3. Put in the carrots and broccoli, fry for 4 minutes and add water to aid its softening. Add the sausage and cook until slightly brown for about 3 minutes.
4. Stir in the rice and include the creamy sauce. Stir thoroughly and level with a spoon. Spread the cheese evenly on top.
5. Place back into airfryer and cook for about 10 minutes.

Pumpkin Wedges And Veggie-Crust Lamb Racks

Preparation: 10 minutes

Cooking time: 20 minutes

Servings: 2

Ingredients:

¼ cup of breadcrumbs

1 lamb rack

6 teaspoons of vegetable oil

3 teaspoons of Dijon mustard

1 ounce of fresh herbs, chopped

1 lemon zest

2 tablespoons of grated parmesan cheese

1 small sized pumpkin, peeled and cored

Salt and pepper to taste

Directions:

1. Preheat your airfryer to 390°F for 3 minutes.
2. Dry the lamb using a paper towel. Make a cut on the fat with a knife to enable it leak out of the meat to reduce the calories. Rub the cuts with mustard.
3. Mix the herbs with the breadcrumbs, lemon zest, cheese, salt and pepper together. Roll the lamb over the breadcrumb mixture to form the outer layer. Season the joints and coat with oil.
4. Place into the air fryer and cook for 20 minutes until golden and the lamb well cooked. Remove and set aside.
5. Coat the pumpkin lightly with oil and season with salt and pepper.

6. Place the pumpkin wedges in the airfryer basket in a layer and cook for 20 minutes until crisp.

7. Serve the wedges with a salad along with the lamb.

Easy Air Fried Meatballs

Preparation: 10 minutes

Cooking time: 8 minutes

Servings: 4

Ingredients:

1½ cups of ground beef

1½ ounce of breadcrumbs

1 egg

1 small sized onion, finely chopped

3 teaspoons of parsley, chopped

2 teaspoons of fresh thyme, chopped

Salt and pepper to taste

Directions:

1. Mix the onions, parsley, beef, breadcrumbs, egg, thyme, salt and pepper in a bowl. Mold the mixture into 12 balls.
2. Heat your airfryer to 390°F and put the balls into the fryer basket. Cook the meatballs for 8 minutes.
3. Serve the meatballs with ketchup or your favorite tomato sauce.

Seafood



Battered & Crispy Fish Tacos

Preparation: 10minutes

Cooking time: 10 minutes

Servings: 2

Ingredients:

1 1/2 cup Flour

Corn tortillas

Peach salsa

Cilantro

Fresh halibut, slice into strips

1 can of beer

2 tablespoons Vegetable Oil

1 teaspoon baking powder

1 teaspoon Salt

Cholula sauce

Avocado Cream (recipe below)

Directions:

1. Lay out the corn tortillas topped with peach salsa on a plate and set aside.
2. Combine 1 cup of flour, beer and baking powder until it forms a pancake like consistency.
3. Toss the fish in the remaining flour then dip in the beer batter mixture until well coated.
3. Place on preheated airfryer rack and cook 6-8 minutes or until golden at 200°F.
4. Place the fish on top of the salsa mixture topped with avocado cream, cilantro and Cholula sauce.

5. To Make The Avocado Cream:

1 large avocado

3/4 cup buttermilk

Juice from 1/2 lime

Combine in a blender until smooth.

Steamed Salmon & Dill Dip

Preparation: 15 minutes

Cooking time: 10 minutes

Servings: 2

Ingredients:

¾ pound of salmon, cut in half

8 tablespoons of sour cream

2 teaspoons of olive oil

6 teaspoons of finely chopped dill

8 tablespoons of Greek Yogurt

¼ teaspoons of salt

Directions:

1. Heat your airfryer to 285°F. Add a cup of cool water at the base of your airfryer.
2. Coat each portion of the salmon with olive oil and season with salt.
3. Place into the fryer basket and cook for about 11 minutes.
4. While cooking the fish, mix the sour cream, salt, yogurt and dill in a bowl.
5. Remove the fish from the airfryer and garnish with a pinch of dill and serve with the dill dip.

Salmon And Potato Fishcakes

Preparation: 63 minutes

Cooking time: 7 minutes

Servings: 4

Ingredients:

14 ounces of potatoes, cooked and mashed

4 tablespoons of chopped parsley

½ pound of salmon, cooked and shredded

¼ cup of flour

1 ounce of capers

1 lemon zest

Salt and pepper to taste

Oil spray

Directions:

1. Mix the mashed potatoes with the salmon, capers, parsley and zest. Add salt and pepper and mix thoroughly.
2. Mold into cakes and coat with flour. Refrigerate for an hour until firm.
3. Preheat the airfryer to 356°F.
4. Put the fishcakes into the air fryer basket, spray oil on them and bake for about 7 minutes.

Crab And Vegetable Croquettes

Preparation: 30 minutes

Cooking time: 20 minutes

Servings: 6

Ingredients:

4 tablespoons of finely chopped bell pepper

4 tablespoons of mayonnaise

4 tablespoons of finely chopped onions

4 tablespoons of sour cream

16 ounces of lump crabmeat

1 teaspoon of vegetable oil

½ teaspoon of lemon juice

½ teaspoon of salt

½ teaspoon of finely chopped parsley

½ teaspoon of ground pepper

2 egg whites

6 teaspoons of finely chopped celery

¼ teaspoon of finely chopped tarragon

¼ teaspoon of finely chopped chives

1 cup of breadcrumbs

1 cup of flour

Directions:

1. Mix the onions, vegetable oil, celery and peppers in a pot and place over medium heat. Sweat for 5 minutes until translucent. Turn off heat and set aside to cool.

2. Transfer the mixture into a mixing bowl and add the crabmeat, chives, tarragon, mayonnaise, ground pepper, lemon juice, sour cream, and parsley. Mix thoroughly and mold into small balls.

3. Heat your airfryer to 390°F.

4. Mix the breadcrumbs and salt together and set aside. Put the egg white and flour into separate bowls.

5. Put the molded balls into the flour, then dip into egg whites and finally roll them in the breadcrumbs to coat evenly.

6. Place half of the balls in the fryer basket and cook for 10 minutes until golden. Do same for the second batch until all the croquettes are cooked.

Coconut Coated Fish Cakes With Mango Sauce

Preparation: 20 minutes

Cooking time: 14 minutes

Servings: 4

Ingredients:

18 ounces of white fish fillet

1 green onion, finely chopped

1 mango, peeled, cubed

4 tablespoons of ground coconut

1½ ounces of parsley, finely chopped

1½ teaspoons of ground fresh red chili

1 lime, juice and zest

1 egg

1 teaspoon of salt

Directions:

1. Add ½ ounce of parsley, ½ teaspoon of ground chili, half of the lime juice and zest to the mango cubes and mix thoroughly.
2. Using a food processor, puree the fish and add the salt, egg, and the rest of the lime zest, lime juice and chili. Stir in the green onions, 2 tablespoons of coconut and the rest of the parsley.
3. Put the rest of the coconut in a shallow dish. Mold the fish mixture into 12 round cakes. Place the cakes in the coconut to coat them.
4. Put half of the cakes into the fryer basket and bake for 7 minutes at 356°F. Remove when cakes are golden and bake the second batch of cakes.
5. Serve the cakes with the mango salsa.

Teriyaki Glazed Halibut Steak

Preparation: 30 minutes

Cooking time: 10-15 minutes

Servings: 3

Ingredients

1 pound halibut steak

For The Marinade:

2/3 cup low sodium soy sauce

½ cup mirin

2 tablespoons lime juice

¼ cup sugar

¼ cup orange juice

¼ teaspoon ginger ground

¼ teaspoon crushed red pepper flakes

1 each garlic clove (smashed)

Directions

1. Place all the ingredients for the teriyaki glaze/marinade in a sauce pan. Bring to a boil and lessen by half, then let it cool.

2. When it cools, pour half of the glaze/marinade into a Ziploc bag together with the halibut then refrigerate for 30 minutes.

3. Preheat the Airfryer to 390°F. Place the marinated halibut into the Airfryer and cook 10-12 minutes. Brush some of the glaze that's left over the halibut steak.

4. Spread over white rice with basil/mint chutney.

Salmon And Potato Patties

Preparation: 10 minutes

Cooking time: 29 minutes

Servings: 8

Ingredients:

7 ounces of salmon

1 cup of breadcrumbs

3 russet potatoes (about 4.7 ounce each) peeled, chopped

1 egg, whisked

4 ounces of frozen vegetables, parboiled and drained

1 tablespoon of finely chopped parsley

½ teaspoon of black pepper

1 teaspoon of dill

Salt to taste

Oil spray

Directions:

1. Put the chopped potatoes into boiling water and cook for 10- 12 minutes. Drain off water completely. Mash the potatoes with a wooden mixer and place in a refrigerator to cool.

2. Heat your air fryer to 356°F for 5 minutes. Put in the salmon and grill for 5 minutes. Remove and flake the salmon using a fork.

3. Take the mashed potatoes out of the refrigerator and add the salmon, vegetables, black pepper, salt, dill and parsley and mix together. Add the whisked egg and stir.

4. Mold into 8 patties and coat the patties with the breadcrumbs. Spray the patties with oil using oil spray.

5. Place them into the air fryer and cook for about 12 minutes or until golden. You can serve with mayo and lemon with a salad.

Air Fried Crumbed Fish

Preparation: 10 minutes

Cooking time: 12 minutes

Servings: 2

Ingredients

4 fish fillets

3.5 oz. breadcrumbs

4 tablespoons vegetable oil

1 egg, whisked

1 lemon, to serve

Directions

1. Preheat air fryer to 350 degrees F. Combine breadcrumbs and stir well until crumbly and loose.
2. Dip the fish fillets into the egg, shake off residual then dip into breadcrumb mix, ensuring that it is thoroughly and evenly coated.
3. Lay in the air fryer gently and cook for 12 minutes. Serve with lemon.

Fried Fish With Onions

Preparation: 40 minutes

Cooking time: 40 minutes

Servings: 2

Ingredients

½ pound fish fillets, wash & cubed

½ onion, minced

1 clove garlic, minced

1 tablespoon oil

1 tablespoon chili paste

1½ tablespoon soy sauce

1 tablespoon sugar

¼ cup water

1/2 tablespoon salt

2 tablespoon vinegar

Directions:

1. Marinate fish cubes with salt for 30 minutes. Preheat airfryer to 390F. Layer the fish with oil, and place in the air fryer. Cook for 15 minutes.

2. Meanwhile, add the oil, chili paste, onion and garlic to a small pan. Turn heat to medium and stirfry for 5 minutes until the onions are translucent.

3. Remove fish from the air fryer, and place in the pan. Now add the water, soy sauce, sugar, salt and vinegar. Lower heat, cover and simmer for 10 minutes.

4. Finally, set heat to high. Remove when sauce thickens.

Cod Fish Nuggets

Preparation: 15 minutes

Cooking time: 10 minutes

Servings: 4

Ingredients

1 pound cod, cut lengthwise into strips of 1-inch by 2.5

For The Breading:

1 cup all-purpose flour

2 tablespoons olive oil

$\frac{3}{4}$ cup panko breadcrumbs

2 eggs, beaten

1 pinch salt

Directions

1. Preheat the Airfryer to 390°F. Blend the panko, breadcrumbs, olive oil and salt in a food processor.

2. Set aside the panko mixture, flour and eggs in three separate bowls.

3. Place cod pieces into the flour, the eggs and the breadcrumbs, pressing firmly to ensure that the breadcrumbs stick to the fish. Shake any excess breadcrumbs off.

4. Add the cod nuggets to the cooking basket and cook 8 to 10 minutes until golden brown.

Pork



Roasted Garlic Bacon And Potatoes

Preparation: 5 minutes

Cooking time: 25 minutes

Servings: 4

Ingredients:

4 medium sized potatoes, peeled and cut into 2

4 strips of streaky bacon

2 sprigs of rosemary

6 cloves of garlic, smashed, unpeeled

3 teaspoons of vegetable oil

Directions:

1. Preheat Airfryer to 390°F.
2. Put the smashed garlic, bacon, potatoes, rosemary and then the oil in a bowl. Stir thoroughly.
3. Place into airfryer basket and roast until golden for about 25 minutes.

Meat, Corn And Potato Barbecue

Preparation: 3 minutes

Cooking time: 27 minutes

Servings: 4

Ingredients:

2 pork belly bacon slices

2 sausages

1 corn on the cob

1 mealy potato

2 spare ribs

2 shashliks

Salt and pepper to taste

Barbecue sauce

Directions:

1. Heat the airfryer to 392°F. Put the potato in it and cook for 15 minutes.
2. Put in the corn and meat- shashliks, pork bacons, sausages and spare ribs and grill for 12 minutes.
3. Remove and sprinkle with salt and pepper. Serve with barbecue sauce and vegetable salad.

Pork Chops With Pineapple-Jalapeno Salsa

Preparation: 20 minutes

Cooking time: 20 minutes

Servings: 3

Ingredients:

3 pieces of Pork Chops (roughly 10 ounces each)

2 tablespoon of finely chopped parsley

1 tablespoon of ground Coriander

¾ cup of olive oil

1 tablespoon of finely chopped rosemary

4 ounces of tomatoes, diced

2 cloves of garlic, chopped

4 ounces of pineapple, diced

8 Jalapenos

3 teaspoons of Dijon Mustard

1½ teaspoons of sugar

4 ounces of lemon juice

3 tablespoons of finely chopped Cilantro

2½ teaspoons of salt

Directions:

1. Put the rosemary, sugar, mustard, coriander, ¼ cup of olive oil, 1 tablespoon of cilantro, 1½ teaspoons of salt and 1 table spoon of parsley into a mixing bowl and mix thoroughly. Add the pork chops and stir.

2. Pour the marinade into a re-sealable plastic bag and place in a refrigerator for about 3 hours.

3. Heat your airfryer to 390°F.

4. Put the jalapenos in a bowl and toss with 1 teaspoon of oil to coat them evenly. Transfer the jalapenos into the airfryer and cook for about 7 minutes. Remove from fryer and set aside to cool.

5. When cooled, peel, remove the seeds, and chop the jalapenos into fine pieces and transfer to a mixing bowl. Add the pineapple, tomatoes, garlic, and lemon juice, the rest of the oil, parsley, cilantro and salt. Stir and set the salsa aside.

6. Remove the pork chops from the fridge and leave to stand for 30 minutes at room temperature before cooking.

7. Place the chops in the airfryer and roast at 390°F for about 12 minutes. The pork chops are properly cooked when the internal temperature is 140°F.

Japanese Fried Pork Chops

Preparation: 5 minutes

Cooking time: 30 minutes

Servings: 1

Ingredients:

1 tablespoon of oil

2 packets of pork loin well pounded

1 egg

Bread crumbs

Flour

1 teaspoon black pepper

1 teaspoon salt

Directions

1. Preheat the air fryer to 390F. Rub the pork with salt and pepper and leave for 30 minutes to marinate.

2. Beat the egg in a bowl; place bread crumbs and flour and plates. Now coat the pork with egg, then the flour and then the breadcrumbs.

3. Place pork in the air fryer cook for 15 minutes. Serve and Enjoy.

Cheesy Bacon Stuffed Potatoes

Preparation: 15 minutes

Cooking time: 36 minutes

Servings: 4

Ingredients:

4 medium sized potatoes, peeled and halved

1 small onion, chopped

2 rashers of bacon

4 ounces of cheese, grated

2 table spoons of olive oil

Directions:

1. Heat airfryer to 356°F
2. Using a brush, coat the potatoes with oil and cook for 10 minutes in air fryer. Repeat this 2 more times until potatoes are well baked.
3. Put the onions and bacon into a skillet and sauté gently on medium heat. Stir and remove from heat. Add 2 ounces of the cheese and stir.
4. Scrape out some of the cooked potatoes from the centre and fill with the stuffing. Top with remaining cheese.
5. Place stuffed potatoes back into the air fryer and cook until the cheese melts for 6 minutes.

Airfried Roast Pork

Preparation: 4 hours

Cooking time: 55 minutes

Servings: 4

Ingredients:

2 lb pork belly; washed and pat dry

For Dry Rub:

2 teaspoon garlic and onion seasoning

1 teaspoon white pepper

1.5 teaspoon five-spice powder

1 teaspoon salt

1.5 teaspoon rosemary

For Rubbing Only:

2 tablespoons lemon juice

About 1/2 a teaspoon salt

Directions

1. Place the washed pork on a steamer rack over a plate. Blanch the pork belly with boiled water for 12 minutes. Pat dry and air-dry for 3 hours.

2. Meanwhile, combine all ingredients of the dry rub except the lemon.

3. After 3 hours, use a fork to poke holes all over the pork belly skin. Do not make it too deep; about 5mm deep is just fine. Flip pork and make 3 to 4 straight cuts into it, about 0.5 inch deep.

4. Now, massage the dry rub mixture over the meat part. Flip pork and rub salt on the skin surface. Squeeze the lemon juice over.

5. Preheat airfryer at 160°F for 5 minutes. Cook pork belly for 30 minutes. Increase temperature to 180°F and keep airfrying for 25 minutes.

6. Cut meat and enjoy.

BBQ Pork Strips

Preparation: 4 hours

Cooking time: 55 minutes

Servings: 4

Ingredients:

16 packets pork loin chops

1 tsp balsamic vinegar

2 tbsp soy sauce

2 tbsp honey

1 clove garlic, finely chopped

1/4 tsp ground ginger or 1/2 tsp freshly grated ginger

Freshly ground pepper

Directions:

1. Tenderize the chops and season with pepper.
2. Prepare the marinade by combining the honey, balsamic vinegar and soy sauce in a bowl. Add the ginger and garlic into the mixture and stir thoroughly to mix. Set to one side.
3. Combine pork chops and the marinade mixture and let it marinate for 2 hours or overnight.
4. Preheat the Airfryer at 350°F for 5 minutes.
5. Finally, air-bake the chops in the baking tray along with the marinade juice for 5- 8 minutes per side until it is well-cooked and golden brown.

SIDE DISH RECIPES



Cauliflower Relish

Preparation: 5 minutes

Cooking time: 18 minutes

Servings: 4

Ingredients:

1 head cauliflower, cut into small florets

2 teaspoons garlic powder

1 tablespoon butter, melted

1/2 cup chili sauce

Olive oil

Pinch salt & pepper

Directions:

1. In a bowl, pour oil over cauliflower florets to lightly cover. Season with salt, pepper and garlic powder and toss.

2. Place into Air Fryer at 350°F for 14 minutes and remove. Add together the chili sauce and melted butter then pour over the florets to coat well.

3. Return to the Air Fryer and cook for 3 to 4 minutes longer.

Baked Zucchini Fries

Preparation: 5 minutes

Cooking time: 15 minutes

Servings: 2-4

Ingredients:

3 medium zucchinis, sliced lengthwise

1/2 cup seasoned breadcrumbs

2 egg whites

1/4 teaspoon garlic powder

2 tablespoons parmesan cheese, grated

Salt & pepper to taste

Directions

1. Beat egg whites in a bowl and season with salt and pepper.
2. In a separate bowl, combine garlic powder, breadcrumbs and cheese.
3. Dip the zucchini sticks into the egg, bread crumb and cheese mixture one after the other then place on a single layer in the AirFryer tray.
4. Coat lightly with cooking spray and bake for about 15 minutes at 390°F until golden brown.
5. Serve with marinara sauce for dipping.

Roasted Heirloom Tomato With Baked Feta

Preparation: 15 minutes

Cooking time: 20 minutes

Servings: 4

Ingredients:

For The Tomato:

2 heirloom tomatoes, sliced thickly into $\frac{1}{2}$ inch circular slices

1 8-ounce block of feta cheese, sliced thickly into $\frac{1}{2}$ inch circular slices

$\frac{1}{2}$ cup red onions, sliced thinly

1 pinch salt

1 tablespoon olive oil

For The Basil Pesto:

$\frac{1}{2}$ cup basil, chopped roughly

$\frac{1}{2}$ cup parsley, roughly chopped

3 tablespoons pine nuts, toasted

$\frac{1}{2}$ cup parmesan cheese, grated

1 garlic clove

1 pinch salt

$\frac{1}{2}$ cup olive oil

Directions:

1. Begin by making the pesto. To do this, combine garlic, parmesan, parsley, toasted pine nuts, basil and salt in a food processor.

2. Turn it on and gradually add the olive oil to incorporate into the pesto. Once done, store and put in the refrigerator until ready to use.

3. Preheat the Airfryer to 390°F. Pat dry tomato with a paper towel. Spread a tablespoon of the pesto on top of each slices of tomato and top with

the feta. Add 1 tablespoon of olive oil to the red onions and toss; place on top of the feta.

4. Now place the feta/ tomatoes into the cooking basket and cook until the feta is brownish and starts to soften or for 12 to 14 minutes.

5. Add a pinch of salt and 1 spoonful of basil pesto. Serve and enjoy.

Garam Masala Beans

Preparation: 10 minutes

Cooking time: 7 minutes

Servings: 4

Ingredients:

9 ounce Beans

2 Eggs

1/2 cup breadcrumbs

1/2 cup flour

1/2 teaspoon garam masala

2 teaspoon chili powder

Olive Oil

Salt to taste

Directions:

1. Preheat the Air Fryer at 350°F. Combine chili powder, garam masala, flour and salt in a bowl, mixing well. Beat the eggs and set to one side.

2. Pour the breadcrumbs on a separate plate then coat the beans with the flour mixture. Now dip beans into the egg mixture and next, into the breadcrumbs. Do this with all the beans.

3. Place the beans into the Air Fryer tray and cook for 4 minutes. Open and coat the beans with oil and cook once more for another 3 minutes.

Crisp Potato Wedges

Preparation: 15 minutes

Cooking time: 25 minutes

Servings: 4

Ingredients:

3 teaspoons of olive oil

2 big potatoes

¼ cup of sweet chili sauce

¼ cup of sour cream

Directions:

1. Slice the potatoes lengthwise to create a wedge shape.
2. Heat the airfryer to 356°F.
3. Place the wedges in a bowl and add the oil. Toss lightly until the potatoes are fully coated with the oil.
4. Put into the cooking basket with the skin side facing down and cook for about 15 minutes. Toss then cook for another 10 minutes until golden brown.
5. Best served while warm with chili source and sour cream.

Crispy Onion Rings

Preparation: 15 minutes

Cooking time: 10 minutes

Servings: 2

Ingredients:

1 big sized onion, thinly sliced

8 ounces of milk

1 egg

6 ounces of breadcrumbs

1 teaspoon of baking powder

10 ounces of flour

1 teaspoon of salt

Directions:

1. Heat your airfryer to 360°F for 10 minutes.
2. Detach the onion slices to separate rings.
3. Mix the baking powder, flour and salt together in a bowl.
4. Put the onion rings into the flour mixture to coat them. Beat the egg and the milk and stir into the flour to form a batter. Dip the flour-coated rings in the batter.
5. Put the breadcrumbs in a small tray, place the onion rings in it and ensure all sides are well coated.
6. Place the rings in the fryer basket and airfry for 10 minutes until crisp.

Cheese Lasagna & Pumpkin Sauce

Preparation: 10 minutes

Cooking time: 66 minutes

Servings: 2

Ingredients:

25 ounces of pumpkin, peeled & finely chopped

4 teaspoons of finely chopped rosemary

17½ ounces of beets, cooked and thinly sliced

1 medium sized onion, chopped

1 cup of goat's cheese, grated

Grana padano cheese, grated

28 ounces of tomatoes, cubed

6 teaspoons of olive oil

8½ ounces of lasagna sheets

Directions:

1. Mix the pumpkin, 3 teaspoons of oil and rosemary together in a bowl and airfry for 10 minutes at 347°F.

2. Remove the pumpkin from the airfryer and use a hand blender to mash into puree with the rosemary, tomatoes and onions. Pour the puree into a saucepan and place over low heat for 5 minutes.

3. Grease a heatproof dish with oil. Put in the pumpkin sauce first and then the lasagna sheets. Divide the sauce in two and the beets and goat cheese in three. Put a portion of the beets and sauce on the lasagna and cover with a portion of the goat cheese. Repeat this until you use up all the ingredients and top with cheese and sauce.

4. Add the grana padano on the lasagna and airfry for 45 minutes at 300°F. Remove and leave to cool.

5. Use a cookie cutter to cut out round shapes and bake at 390°F for 6 minutes. Garnish with grated goats' cheese and slices of beet.

Pasta Wraps

Preparation: 15 minutes

Cooking time: 20 minutes

Servings: 4

Ingredients:

8 ounces of flour

2 ounces of pasta

6 teaspoons of olive oil

1 clove of garlic, chopped

1 green chili, chopped

1 small onion, chopped

1 tablespoon of tomato paste

½ teaspoon of garam masala

Salt to taste

Directions:

1. Mix the flour with water and salt to make a dough. Add 1 teaspoon of oil mix and set aside.

2. Put the pasta in boiling water and add 3 teaspoons of oil and salt to it. Drain excess water when cooked.

3. Sauté the onions, garlic, chili and add the spices, salt and tomato paste. Lastly, add the cooked pasta and cover with lid and turn down heat to low.

4. Preheat the airfryer 390°F.

5. Mold the dough into small balls; flatten them using a rolling pin into circle. Put the pasta stuffing on them and fold the opposite edges together. Seal edges with water.

6. Place into the airfryer and cook for 15 minutes until golden. Remove and serve while hot with a sauce.

Homemade Tater Tots

Preparation: 10 minutes

Cooking time: 13 minutes

Servings: 2

Ingredients:

1 medium sized russet potato, chopped

1 teaspoon of ground onion

1 teaspoon of vegetable oil

½ teaspoon of ground black pepper

Salt to taste

Directions:

1. Boil the potatoes until a bit more than al dente. Drain off water, add onions, oil and pepper to it and mash.

2. Preheat the air fryer to 379°F.

3. Mold the mash potatoes into tater tots. Place into the airfryer and bake for 8 minutes. Shake the tots and bake for 5 minutes longer.

Mushroom, Onion And Feta Frittata

Preparation: 15 minutes

Cooking time: 30 minutes

Servings: 4

Ingredients

4 cups button mushrooms, cleaned & cut thinly into $\frac{1}{4}$ inch

6 eggs

1 red onion, peeled & sliced thinly into $\frac{1}{4}$ inch

6 tablespoons feta cheese, crumbled

2 tablespoons olive oil

1 pinch salt

Directions

1. Add olive oil to a sauté pan and swirl the onions and mushrooms around under medium heat until tender. Remove from heat and cool on a dry kitchen towel.

2. Preheat Airfryer to 330°F. Whisk the eggs thoroughly in a mixing bowl and add a pinch of salt.

3. Coat the inside and bottom of an 8-in. heat resistant baking dish lightly with spray. Pour the whisked eggs into the baking dish; add the onion and mushroom mixture and then add the cheese.

4. Place the dish in the cooking basket and cook 27 to 30 minutes in the Air fryer or until an inserted knife in the centre of the frittata comes out clean.

Roasted Bell Pepper Vegetable Salad

Preparation: 15 minutes

Cooking time: 10 minutes

Servings: 4

Ingredients:

1½ ounces of yogurt

1 medium sized red bell pepper

2 ounces of rocket leaves

3 teaspoons of lime juice

1 romaine lettuce

1 ounce of olive oil

Ground black pepper and salt to taste

Directions:

1. Heat your airfryer to 392°F and place the bell pepper into it. Roast for 10 minutes until a bit charred. Put the pepper in a bowl, cover and leave for about 15 minutes.

2. Divide the bell pepper into 4, remove skin and seeds and then slice the pepper into thin strips.

3. Mix the lime juice, olive oil and yogurt thoroughly together in a bowl. Add the salt and pepper as required and stir.

4. Add the rocket leaves, lettuce and pepper strips into the yogurt mixture and toss to mix.

Fried Rice In Tomato Bowls

Preparation: 15 minutes

Cooking time: 20 minutes

Servings: 4

Ingredients:

4 large tomatoes

2 cups of cooked rice

8 ounces of frozen peas

1 medium sized carrot, diced

1 medium sized onion, diced

3½ teaspoons of vegetable oil

1 clove of garlic, crushed

3 teaspoons of soy sauce

Directions:

1. Slice off the tops of the tomatoes and clean out the pith and seeds.
2. Heat the oil in a wok over low heat and add the onions, peas, garlic and carrots. Stir fry for 2 minutes, add the soy sauce and rice and then stir.
3. Heat the air fryer to 356°F
4. Stuff the tomatoes with the prepared fried rice and place in the airfryer for 20 minutes until well cooked.

Crispy Parsley And Garlic Mushrooms

Preparation: 10 minutes

Cooking time: 8 minutes

Servings: 4

Ingredients:

2 slices of white bread

3 teaspoons of finely chopped parsley

16 small mushrooms

4 teaspoons of melted butter

1 clove of garlic, crushed

½ teaspoon of black pepper

Directions:

1. Heat your airfryer to 390°F.
2. Grind the bread using a food processor into fine crumbs. Add the parsley, garlic and pepper and mix thoroughly. Add the melted butter and stir.
3. Remove all the mushroom stalks and Put the breadcrumbs into the caps. Press to keep breadcrumbs firm in the cap.
4. Put the caps into the fryer basket and cook for 8 minutes until they become crisp and golden brown.

Crispy Broccoli Tots

Preparation: 40 minutes

Cooking time: 12 minutes

Servings: 2-4

Ingredients

2 cups broccoli florets

1¼ cup white cheddar cheese

1¼ cup panko crumbs

1/4 cup parmesan cheese

2 eggs, beaten

1 teaspoon kosher salt

Directions

1. Pulse broccoli with a food processor until finely crumbed.
2. Combine broccoli, cheeses, panko crumbs and salt in a large bowl. Add eggs and mix thoroughly.
3. Roll mixture into small balls and refrigerate for 30 minutes to firm.
Preheat Air Fryer to 350°F.
4. Place the broccoli tots into the Air Fryer and then cook until browned and crispy for 12 minutes. Remove and serve.

Tasty Portabella Pepperoni Pizza

Preparation: 5 minutes

Cooking time: 10 minutes

Servings: 3

Ingredients:

3 portabella mushroom caps, cleaned and scooped

3 tablespoons tomato sauce

3 tablespoons olive oil

3 tablespoons shredded mozzarella

12 pepperoni slices

1 pinch dried Italian seasonings

1 pinch salt

Directions:

1. Preheat the Airfryer to 330°F. Drizzle olive oil on the sides of the portabella. Add salt and Italian seasonings inside of the portabella to season it.

2. Spread the tomato sauce over the mushroom, top with cheese. Next, place the portabella into the cooking basket and place into the Airfryer for 1 minute.

3. Remove the cooking basket and place the sliced pepperoni on top of the portabella pizza.

4. Cook additional 3 to 5 minutes longer. Top with and crushed red pepper flakes and freshly grated parmesan cheese.

Roasted Winter Vegetables

Preparation: 5 minutes

Cooking time: 20 minutes

Servings: 6

Ingredients:

2 red onions, cut into wedges

1 1/3 cup parsnips, peeled & cut into 2 cm cubes

1 1/3 cup butternut squash, halved, seeded & cubed

1 1/3 cup celery, peeled & cut into 2 cm cubes

1 tablespoon fresh thyme needles

1 tablespoon olive oil

Pepper & salt

Directions:

1. Preheat the Airfryer to 390°F.
2. Combine the cut vegetables with the olive oil and thyme and season well to taste.
3. Place the veggies into the basket and place the basket into the Airfryer.
4. Roast the vegetables for 20 minutes, stirring once until brown and done.

Cheesy Polenta

Preparation: 1 hour, 5minutes

Cooking time: 6 minutes

Servings: 2-4

Ingredients

2 ½ cups cooked polenta

1 cup marinara sauce

1/4 cup parmesan, shaved

1 tablespoon vegetable oil

Salt to taste

Directions

1. Grease a baking tray with the vegetable oil. Place the polenta into the tray and then refrigerate for 1 hour to firm.

2. Preheat the Air Fryer to 350°F. Remove tray from fridge and cut the polenta into equal slices.

3. Place the slices into the Air Fryer and cook minutes until crispy or for 5-6 minutes.

4. Sprinkle with parmesan, season with salt and serve with marinara on the side.

Cajun Shrimp

Preparation: 5 minutes

Cooking time: 5 minutes

Servings: 4

Ingredients

1¼ pounds tiger shrimp

¼ teaspoon smoked paprika

½ teaspoon old bay seasoning

¼ teaspoon cayenne pepper

1 tablespoon olive oil

1 pinch salt

Directions

1. Preheat the Airfryer to 390°F. Combine all ingredients in a mixing bowl; let the shrimp coat well with the oil and spices.
2. Place the shrimp into the cooking basket in the air fryer and cook for 5 minutes.
3. Serve and enjoy over rice.

Onion Flowers

Preparation: 10 minutes

Cooking time: 30 minutes

Servings: 4

Ingredients:

4 medium sized onions, peeled

4 teaspoons of butter

3 teaspoons of vegetable oil

Directions:

1. Cut off the bottom and top of the onions. Cut 4 slits into the onions but not through to the end, to make 8 segments.
2. Place the onions in salt water for 4 hours to remove the sharp tang.
3. Heat your airfryer to 356°F.
4. Place the blooming onions in the fryer basket. Add a teaspoon of butter on each and drizzle with oil. Cook for 30 minutes.
5. Remove the charred outer layer and serve.

Crunchy Carrots

Preparation: 2 minutes

Cooking time: 12 minutes

Servings: 2

Ingredients:

4 carrots, sliced lengthwise

1 tablespoon of olive oil

2 teaspoons salt

Directions

1. Add together the salt and olive oil in a bowl. Coat the mixture with the carrots by drizzling over.
2. Heat the Air Fryer to 360 °F.
3. Cook carrots for 12 minutes and serve.

Sweet Pepper And Potato Stuffed Bread Rolls

Preparation: 15 minutes

Cooking time: 5 minutes

Servings: 3

Ingredients:

6 medium sized potatoes, boiled

2 teaspoons of flour

6 slices of white bread

1 tablespoon of sesame seed

1 pound of chopped bell peppers (red and green)

½ teaspoon of chaat masala seasoning

Salt to taste

Directions:

1. Mash the cooked potatoes in a large bowl and add the seasoning and salt. Stir thoroughly.

2. Add water to the flour to make a thick slurry mixture. Mix sesame seeds and the chopped pepper in a separate bowl.

3. Peel off the brown edges of the bread and use a rolling pin to flatten it. Put the potato stuffing on the edge of the bread and roll it into a cylinder.

4. Seal the rolls by brushing the edge with the flour mixture. Use the mixture to coat the rolls as well. Place the rolls in the mixture of pepper and sesame seeds and allow to coat.

5. Heat your airfryer to 330°F and place the rolls in it. Bake for 5 minute and remove. Serve hot with ketchup.

Mozzarella And Garlic Rice Balls

Preparation: 15 minutes

Cooking time: 15 minutes

Servings: 4

Ingredients:

- 1 cup of rice, boiled
- 2 tablespoons of grated carrot
- 1 medium sized green chili, finely chopped
- 2 tablespoon of corn flour
- 8 ounces of paneer cheese, grated
- 2 tablespoons of sweet corn
- 2 teaspoons of Mozzarella Cheese Cubes
- 1 teaspoon of garlic powder
- 1 teaspoon of Italian seasoning
- 2 tablespoons of breadcrumbs
- 4 tablespoons of water
- Salt to taste

Directions:

1. Mix the rice, seasoning, paneer, garlic, 1 tablespoon of corn flour and salt in a bowl. Mash and make into dough.
- 2 Add the water to the rest of the corn flour and stir to make a slurry mixture.
3. Mix the cheese cubes, carrots, sweet corn and chili in a separate bowl.
4. Put a small hole into the dough and stuff with the carrot mixture. Roll the dough into a ball. Coat the balls with the corn, slurry and then roll over the breadcrumbs to coat.

5. Place in the airfryer and cook for 15 minutes at 390°F. Serve while still hot with a tomato sauce.

Mozzarella Spinach Rolls

Preparation: 10 minutes

Cooking time: 15 minutes

Servings: 2

Ingredients:

10½ ounces of spinach leaves, boiled

1 tablespoon of grated mozzarella cheese

2 tablespoons of breadcrumbs

1 onion, finely chopped

1 clove of garlic, grated

1 tablespoon of vegetable oil

1 teaspoon of ground red chili

Salt to taste

2 tablespoons of corn flour

Directions:

1. Mash the spinach to make a puree, add the mozzarella, breadcrumbs, garlic, corn flour and salt. Mix thoroughly and mold into small balls.

2. Mix the onions and red chili with some cheese and mold them into smaller balls. Make a hole into the spinach rolls and insert the cheese rolls into each one. Ensure the rolls are evenly covered on all sides.

3. Brush the rolls with oil and place in an airfryer at 390°F. Cook for about 15 minutes until crisp, and serve with a tomato sauce.

Crispy Eggplant Strips

Preparation: 5 minutes

Cooking time: 25 minutes

Servings: 2

Ingredients:

4 tablespoons of cornstarch

1 medium sized eggplant

4 tablespoons of vegetable oil

1 pinch of salt

4 tablespoons of water

Directions:

1. Heat your airfryer to 390°F.
2. Slice the eggplant to 0.3 x 3 inches strips.
3. Mix the oil, cornstarch and water in a bowl. Add the eggplant strips and mix to coat evenly.
4. Put half of the eggplant strips in the airfryer and cook for about 14 minutes until they begin to brown. Do same to the next batch of eggplant strips until they are all cooked.
5. Serve while hot with a yogurt dip.

Crisp Parmesan-Potato Balls

Preparation: 15 minutes

Cooking time: 30 minutes

Servings: 4

Ingredients:

For The Filling:

8 ounces of Parmesan, grated

2 egg yolks

6 teaspoons of flour

A pinch of nutmeg

4 medium sized potatoes, peeled and chopped

1½ ounce of chopped chives

A pinch of ground black pepper

A pinch of salt

For The Breading:

6 ounces of breadcrumbs

6 ounces of flour

2 eggs, whisked

3 tablespoons of olive oil

Directions:

1. Cook the potatoes in water with little salt for about 15 minutes and drain.

2. Use a potato masher to mash the potatoes to form a pulp mass and allow to cool.

3. Add the parmesan, egg yolk, chives and flour and mix thoroughly. Add the salt, nutmeg and pepper. Roll the potato fillings into small round balls.

4. Heat your airfryer to 390°F.
5. Add the oil to the breadcrumbs and mix with fingertips until it becomes crumbly.
6. Roll the balls over the flour, dip into the whisked eggs and lastly coat with the breadcrumbs. Press to ensure coating sticks firmly.
7. Put the potato balls into the airfryer basket and airfry until golden for about 8 minutes.

Sweet Potato And Parsnips Crisps

Preparation: 5 minutes

Cooking time: 20 minutes

Servings: 2

Ingredients:

1 medium sized sweet potato, peeled

2 medium sized beets

2 medium sized parsnips

½ teaspoon of ground chili

3 teaspoons of vegetable oil

Directions:

1. Preheat your Airfryer to 460°F.
2. Cut the beets, potato and parsnips into thin slices. Add the oil, chili, salt and pepper and then toss to mix.
3. Put into airfryer and cook for 10 minutes. Shake the pan and continue cooking until crisp and golden for another 10 minutes.

Potatoes Au Gratin

Preparation: 10 minutes

Cooking time: 35 minutes

Servings: 6

Ingredients

7 medium russet potatoes, peeled & sliced wafer-thin

½ cup cream

½ cup milk

1 teaspoon black pepper

½ teaspoon nutmeg

½ cup gruyere, grated

Directions:

1. Preheat the Airfryer to 390°F. Combine cream and milk in a bowl and then season with nutmeg, pepper and salt to taste.

2. Coat the thinly sliced potato with the milk mixture and then remove to a baking dish.

3. Pour the remaining cream mixture on top of the potatoes. Put the baking dish in the cooking basket into the Airfryer. Cook for 25 minutes and then remove.

4. Distribute the cheese uniformly over the potatoes. Bake for 10 minutes until brown.

Broccoli Rounds With Cheese

Preparation: 2 hours 15 minutes

Cooking time: 10 minutes

Servings: 4

Ingredients

16 ounce Broccoli, chopped

3 cups cheddar cheese, shredded

3 eggs

1 cup flour

1 cup breadcrumbs

Salt and pepper to taste

Directions

1. Whisk the eggs in a bowl and then add the broccoli, cheese and flour to make a dough. Cover and then put inside the refrigerator for least 2 hours.
2. Use spoonfuls of the mixture to compress into balls then roll into the breadcrumbs to coat.
3. Preheat the Air Fryer to 350°F. Fry the broccoli rounds in batches for 4 to 5 minutes. Serve with ranch dip and enjoy.

DESSERT RECIPES



Coconut Pineapples & Yoghurt Dip

Preparation: 15 minutes

Cooking time: 10 minutes

Servings: 4

Ingredients:

2 ounces of dried coconut flakes

1 sprig of mint, finely chopped

½ medium size pineapple

8 ounces of vanilla yogurt

Directions:

1. Heat the airfryer to 390°F.
2. Slice the pineapple into chips (sticks) and dip them into the diced coconut to allow the coconut stick to them.
3. Place the sticks in the fryer basket and cook for about 10 minutes.
4. Stir the mint leaves into the vanilla yogurt. Serve with pineapple sticks.

Stuffed Apple Bake

Preparation: 5 minutes

Cooking time: 10 minutes

Servings: 4

Ingredients:

4 medium sized apples, cored

6 teaspoons of sugar

4 tablespoons of breadcrumbs

2 tablespoons of butter

1 teaspoon of mixed spice

1½ ounce of mixed seeds

Zest of 1 lemon

Directions:

1. Score the skin of the apples with a knife around the circumference to prevent them from dividing during baking.
2. Mix the sugar, breadcrumbs, butter, zest, spice and mixed seeds in a bowl and stuff the apples with the mixture.
3. Heat the airfryer at 356°F and bake the stuffed apples for 10 minutes.

Sesame And Poppy Cheese Cookies

Preparation: 18 minutes

Cooking time: 12 minutes

Servings: 10

Ingredients:

7 tablespoons of cream

¾ cup of grated Gruyere cheese

3 teaspoons of milk

2 egg yolks, beaten

1 teaspoon of paprika powder

5.2 ounces of butter

2/3 cup of flour

½ teaspoon of baking powder

½ teaspoon salt

Poppy seeds and sesame seeds for garnishing

Directions:

1. Mix the cheese, butter, salt, cream, and paprika in a bowl until smooth.
2. Mix the baking powder and flour together and sieve over a flat surface. Place the cheese-butter mixture on the flour and knead together to form a soft dough. Roll out the dough until thin and then cut into cookie shapes.
3. Mix the milk and eggs and use to coat the cookies using a brush. Sprinkle the poppy and sesame seed on top of the cookies.
4. Place in the airfryer basket and bake at 340°F for 12 minutes.

Banana And Chocolate Muffins

Preparation: 10 minutes

Cooking time: 25 minutes

Servings: 6-8

Ingredients:

3 medium sized bananas, mashed

4 tablespoons of cocoa

$\frac{3}{4}$ cup of wheat flour

$\frac{3}{4}$ cup of chocolate chips

$\frac{3}{4}$ cup of plain flour

$\frac{1}{2}$ cup of sugar

$\frac{1}{4}$ teaspoon of baking powder

1 egg, whisked

1 teaspoon of baking soda

$\frac{1}{3}$ cup of vegetable oil

Directions:

1. Mix the bananas, egg and oil together in a bowl. Stir in both flours, cocoa, baking soda, baking flour and sugar using a wooden spatula until thoroughly mixed.

2. Put in the chocolate chips and mix slightly.

3. Grease your muffin pan with oil and spoon the batter into the holes.

4. Heat the airfryer to 347°F and bake the muffins in it for 25 minutes. Allow to cool for about 15 minutes then place on a wire rack.

Sweet Cinnamon Bananas Sticks

Preparation: 15 minutes

Cooking time: 10 minutes

Servings: 6-8

Ingredients:

8 ounces of breadcrumbs

8 ripe bananas, peeled and halved

7 teaspoons of sugar

4 ounces of corn flour

3 tablespoons of coconut oil

2 large eggs, whisked

2 teaspoons of cinnamon

Directions:

1. Put the coconut oil in a pan over medium heat. Put in the breadcrumbs and stir for 4 minutes until slightly golden. Remove from heat and transfer to a shallow dish.

2. Roll the bananas first in the corn flour, then dip them in the eggs and lastly in the breadcrumbs to coat.

3. Place the coated bananas in the cooking basket. Mix the cinnamon and sugar in a bowl thoroughly and sprinkle the mixture on the bananas to cover them.

4. Slide the basket into the airfryer and cook for 10 minutes at 280°F. When done, shake off excess crumbs, if any.

Berry And Apricot Crumble

Preparation: 10 minutes

Cooking time: 20 minutes

Servings: 6

Ingredients:

2½ ounces of butter

2¼ cups of apricot

½ pound of flour

8 tablespoons of sugar

6 teaspoons of lemon juice

5½ ounces fresh blackberries

Salt to taste

Directions:

1. Cut the apricots into 2 and take out the stone then cut into cubes.
2. Put them in a bowl and add 2 tablespoons of sugar, the blackberries and lemon juice and stir. Pour and spread the mixture evenly in an oven dish.
3. Place the flour in a bowl and add 6 tablespoons of sugar, the butter, salt, and a little water and mix thoroughly. Rub the mixture with your fingertips until crumbly.
4. Heat your airfryer to 390°F.
5. Spread the mixture on the fruits and press down lightly.
6. Put into the airfryer basket and bake for 20 minutes until the crumble appears golden.

Strawberry And Cream Chocolate Cupcake

Preparation: 30 minutes

Cooking time: 12 minutes

Servings: 4

Ingredients:

1 pound of refined flour

3 eggs

4 tablespoons of strawberry sauce

6 ounces of icing sugar

1 large strawberry, cut into 4

½ pound of cream cheese

6 ounces of peanut butter

1 teaspoon of vanilla extract

1 teaspoon of cocoa powder

½ pound of hard butter for frosting

2 teaspoons of beet powder

A few crushed colorful chocolate, crushed

Directions:

1. Make a batter by mixing the flour, cocoa, peanut butter, icing sugar, beet powder and eggs together using an electric mixer. Pour the batter into cupcake moulds.

2. Heat your airfryer for 5 minutes at 360°F. Place the cupcakes in the airfryer and reduce heat to 340°F. Bake for 12 minutes.

3. Remove the cakes from the fryer; cool for 10 minutes.

4. Combine the icing sugar, hard butter and vanilla in an electric mixer and whisk until smooth.

5. Add the frosting on the cupcakes and sprinkle with strawberry sauce, the crushed chocolates and top with a piece of strawberry.

Strawberry Ring Cake

Preparation: 15 minutes

Cooking time: 30 minutes

Servings: 4

Ingredients:

1 egg

3½ tablespoons of butter

3 strawberries, mashed

½ teaspoon of cinnamon

2.6 ounces of sugar

8 ounces of flour

2 tablespoons of maple syrup

A pinch of salt

Directions:

1. Heat air fryer to 320°F. Spray a small ring cake pan with oil spray.
2. Put the sugar and butter into a bowl and mix until creamy. Add the mashed strawberries, eggs and maple syrup and beat the mixture until smooth.
3. Sieve in the flour, cinnamon and salt and mix to form batter. Pour the batter into the ring cake pan and level with a spoon. Insert the cake pan into the air fryer basket.
4. Bake for 30 minutes until a knife inserted in the core of the cake comes out clean.

Chocolate Cake Airfry

Preparation: 10 minutes

Cooking time: 10 minutes

Servings: 4

Ingredients:

½ cup of chopped dark chocolate, melted

8 tablespoons of butter, melted

5 tablespoons of sugar

½ teaspoon of coffee

1 teaspoon of baking powder

2 eggs

1 small lemon, juiced

1/3 cup of flour

¼ teaspoon of salt

Directions:

1. Add the melted chocolate and the butter and lemon together and mix.
2. Put the egg, coffee and sugar in a mixing bowl and whisk until creamy. Add the chocolate butter mixture and mix. Add and stir the baking powder, flour and salt. Mix the batter gently.
3. Heat your airfryer to 356°F.
4. Put the batter into a greased baking dish and place in the fryer basket. Air fry for 10 minutes or until firm.

Air Fried Marble Cake

Preparation: 10 minutes

Cooking time: 17 minutes

Servings: 6

Ingredients:

7 tablespoons of caster sugar

½ cup of flour, sieved

4 eggs, whisked

1 teaspoon of baking powder

5 teaspoons of cocoa powder

2/3 cup of butter, melted

½ teaspoon of lime juice

Directions:

1. Heat your airfryer to 356°F.
2. Mix 3 tablespoons of melted butter with the cocoa powder to form a paste.
3. Add the sugar to the remaining butter and mix thoroughly. Stir in the eggs, flour and baking powder and mix thoroughly until smooth. Pour in the lime and stir.
4. Place a greased baking pan into the airfryer and allow to heat for a minute.
5. Pour some of the batter into the hot bake then add a layer of the chocolate mixture, then the batter, chocolate and lastly top with the batter. Use a skewer to create a swirl.
6. Place in the air fryer and bake for 17 minutes. The cake should be cooled while in the pan before removing.

Easy Chocolate Muffins

Preparation: 10 minutes

Cooking time: 15 minutes

Servings: 12

Ingredients:

1cup caster sugar

2 cups self raising flour

$\frac{3}{4}$ cups milk chocolate

$\frac{1}{4}$ cups cocoa powder

2 medium eggs

$\frac{1}{2}$ cup butter

5tablespoons of milk

$\frac{1}{2}$ teaspoon vanilla essence

Water

Directions

1. Preheat the airfryer to 350F. Combine the flour, cocoa and sugar in a large mixing bowl. Add butter and rub until breadcrumb consistency is attained.

2. In a small mixing bowl, crack the eggs and add the milk then add to the large mixing bowl, mixing well.

3. Add the vanilla essence, mix thoroughly and then add some water if too thick.

4. Use a rolling pin to bash milk chocolate in a sandwich bag until sizes are all different. Add to the bowl and mix again.

5. Spoon into little bun cases, place in the airfryer, cook for 9 minutes on 350°F then 6 minutes on 325°F. Serve!

APPETIZER RECIPES



Air Fried Crab Sticks

Preparation: 5 minutes

Cooking time: 12 minutes

Servings: 1-2

Ingredients:

1 packet crabsticks, break length-wise & cut into small even pieces

2 teaspoon oil, to toss

Cajun or curry seasoning powder (Optional)

Directions:

1. Preheat airfryer at 325°F for 5 minutes. Place cut and even crabsticks in a bowl and drizzle oil over, tossing well to combine.

2. Airfry until golden brown for 12 minutes. Every few minutes, check to ensure they are cooking evenly.

3. Sprinkle with seasoning, if desired.

Bread Rolls With Crisp Potato Stuffing

Preparation: 20 minutes

Cooking time: 15 minutes

Servings: 8

Ingredients

8 slice bread, white part only

5 large potatoes

2 green chilies, seeded & finely chopped

1 small coriander bunch, finely chopped

1/2 teaspoon turmeric

2 small onions, finely chopped

1/2 teaspoon mustard seeds

2 tablespoons oil

2 sprigs curry leaf

Salt to taste

Directions

1. Add the potato, a spoon of salt and water to a pot. Boil, peel and mash the potatoes thoroughly.

2. Heat a teaspoon of oil and mustard seeds in a pan. Once they sputter, add the onions and fry until translucent and the curry leaves and add turmeric. Fry and then add the mashed potatoes and salt. Mix well and let it cool.

3. Using your palms, shape the mixture into 8 oval shapes and set aside.

4. Now, trim off the sides of the bread and wet it totally with water. Remove excess water by pressing with your palm.

5. Keeping the wet bread in your palm, place the potato and roll the bread in a spindle shape. Afterwards, seal the edges and ensure that the potato filling is wholly inside the bread.

6. Make all the rolls and brush with oil. Keep aside. Preheat the Airfryer at 400°F for 8 minutes and brush the basket with some oil before placing the ready rolls.

7. Cook 12-13 minutes until golden crisp. Enjoy with tomato ketchup along with masala chai!

Feta And Onion Bell Pepper Rolls

Preparation: 25 minutes

Cooking time: 10 minutes

Servings: 8

Ingredients:

4 medium sized bell red and yellow peppers

2 tablespoons of finely chopped basil

1 green onion, thinly sliced

3½ ounces of feta cheese, grated

8 toothpicks or tapas forks

Directions:

1. Heat your airfryer to 392°F.
2. Place the peppers into the fryer basket and airfry for 10 minutes until they are charred to an extent.
3. Mix the feta cheese, basil and green onions together in a bowl and set aside.
4. Bring out the bell peppers and cut them vertically into halves, remove skin and the seeds.
5. Put the feta-onion mixture into each pepper and roll up beginning from the thinner end. Fasten the rolls with a toothpick or a tapas fork and serve.

Spicy Coconut Coated Shrimp

Preparation: 10 minutes

Cooking time: 14 minutes

Servings: 4

Ingredients:

4 ounces of grated coconut

16 ounces of large sized shrimps, peeled, deveined

4 ounces of flour

2 egg whites, whisked

8 tablespoons of breadcrumbs

½ teaspoon of salt

Zest of 1 small lemon

Sweet chili sauce

½ teaspoon ground black pepper

Oil spray

Directions:

1. Mix the breadcrumbs with the zest, pepper, coconut and salt in a dish and set aside. Season the flour with pepper and salt in a separate dish. Put the eggs in another dish.

2. Heat your airfryer to 400°F.

3. Put each shrimp into the flour, the dip into the whisked eggs and lastly, coat evenly with the breadcrumb mixture.

4. Place the dredged shrimps on a plate and coat with oil using an oil spray.

5. Divide the shrimps into two batches and place the first into the airfryer. Cook for 6 minutes until firm. Do same with the second batch. Turn down the temperature to 340°F and add the first batch to the second in the airfryer. Air fry for 2 more minutes.

6. Best served with sweet chili sauce.

Crispy French Fries

Preparation: 30 minutes

Cooking time: 30 minutes

Servings: 4

Ingredients:

6 teaspoons of vegetable oil

6 medium sized Irish potatoes

Directions

1. Peel potatoes and slice them into 3" long strips. Soak them in water for 30 minutes, drain and then dry with paper towel.
2. Heat your airfryer to about 360°F.
3. Pour the oil into the potato strips and toss until thoroughly mixed.
4. Put the potatoes in the fryer basket and cook until golden for 30 minutes, shaking at 10 minutes intervals.

Veggie Spring Rolls

Preparation: 15 minutes

Cooking time: 25 minutes

Servings 8

Ingredients:

For Stuffing:

2 cups cabbage, shredded thinly

1 big carrot, chopped thinly

2 inch piece ginger, chopped finely

1/2 capsicum, cut thinly

8 garlic cloves, chopped finely

Big pinch of sugar

1 tablespoon of pepper powder

1 teaspoon soya sauce

Spring onion, to garnish

2 big onions, cut thinly

Salt - as needed

2 tablespoons of cooking oil

For The Sheet:

10 Spring roll sheet

2 tablespoons of corn flour

Water, as needed

Directions

1. To make the stuffing, sauté all the chopped veggies, adding salt and sugar continuously for 2 to 3 minutes. Add the pepper powder and soya sauce, mixing well. Garnish with spring onions.

2. Make a cream like paste by adding some water to the corn flour. Roll the sheets by cutting into 4 (for small sized spring rolls) and arrange them.

3. Now, place 1 tablespoon of stuffing in a corner of the sheet, roll tight so the spring roll does not become flat. In the other corner, apply the corn flour paste and stick it. Do the same with the sheets and arrange.

4. Preheat the air fryer for 5 minutes in 350°F. Brush the spring rolls with a bit of oil and place the sheets in the Air fryer basket.

3. Bake for 10 minutes at 350°F. Remove the basket and flip rolls, bake another 10 minutes. If the spring rolls color remains white, bake another 2 to 3 minutes.

4. Remove and serve hot.

Asian Barbecue Satay

Preparation: 15 minutes

Cooking time: 15 minutes

Servings 3

Ingredients:

4 garlic cloves, chopped

¾ pound (12 oz) boneless skinless chicken tenders

½ cup pineapple juice

½ cup low sodium soy sauce

¼ cup sesame oil

4 scallions, chopped

2 teaspoons sesame seeds, toasted

1 tablespoon fresh ginger, grated

1 pinch black pepper

Directions

1. Skewer the chicken tender, trimming any excess fat or meat.
2. Add together all the other ingredients in a large bowl. Add the skewered chicken to the bowl, combine, cover and place in the refrigerator for 2 -24hours.
3. Preheat the Airfryer to 390°F. Pat dry chicken. Add the skewers to the basket and cook for 5 to 7minutes.

Tomato Sauced Meatballs

Preparation: 10 minutes

Cooking time: 13minutes

Servings: 3- 4

Ingredients:

¾ pounds (12oz) ground beef

1 small onion, finely chopped

1 tablespoon fresh parsley, chopped

½ tablespoon fresh thyme leaves, chopped

1 egg

3 tablespoons breadcrumbs

Pepper & salt to taste

10oz tomato sauce of choice, extra

Directions:

1. Combine all ingredients into bowl, mixing well. Make 10 to 12 balls with this mixture.

2. Now preheat the Airfryer to 390°F. Put the meatballs in the Airfryer basket and into the Airfryer. Cook for 8 minutes.

3. Remove the meatballs to an oven dish, add in the tomato sauce and place the dish into the Airfryer basket. Return the basket to the airfryer.

4. Warm everything through with a temperature of 330°F and for 5 minutes.

Air Fried Mac & Cheese Wheel

Preparation: 10 minutes

Cooking time: 30minutes

Servings: 6-8

Ingredients:

½ pound elbow pasta

2 tablespoons, plus ½ teaspoon salt

½ cup whole milk

½ cup grated Fontina cheese

½ cup heavy cream

½ cup grated Gruyere cheese

½ teaspoon Emeril's Original Essence

½ cup grated sharp cheddar cheese

¼ teaspoon ground black pepper

¼ cup bread crumbs

¼ teaspoon ground nutmeg

¼ cup finely grated Parmesan cheese

1 tablespoon unsalted butter, melted

Directions

1. Add water to a large saucepan until it is three-quarters full and bring to a boil over high heat. Add 2 tablespoons salt to the water. Cook the pasta until just al dente. Remove and drain well. Place in a medium bowl.

2. Add the heavy cream, milk, Fontina, Essence, Gruyere, Cheddar, nutmeg, black pepper and the rest of 1/2 teaspoon of salt, stirring well to mix.

3. Place the pasta into the pan. In a separate, bowl, combine the bread crumbs, butter and Parmesan cheese and stir to combine. Sprinkle the mixture over the pasta and place in the Air Fryer basket.

4. Set the temperature to 350° F and the timer for 30 minutes. Remove the deep casserole pan afterwards and let the Mac & Cheese cool for about 20 minutes.

5. Invert pan over a plate and remove the pan to release. Cut the Mac & cheese into wedges and serve warm.

Air-Fried Calamari

Preparation: 10 minutes

Cooking time: 10minutes

Servings: 2

Ingredients:

1 1/2 pounds baby squid, cut hoods into rings and separate tentacles.

5-6 cups + 2 tablespoons vegetable oil

1/2 cup semolina flour

1/2 cup all-purpose flour

1/2 teaspoon Old Bay seasoning

1/3 cup plain cornmeal

1/2 teaspoon salt

Black pepper, to taste

Directions

1. Rinse squid well in cold water. Cut off the tentacles using one cut but keep 1/4 inch of the hood so as to keep all the tentacles in one piece. For larger squid, make them bite-sized by cutting pieces in half lengthwise.

2. Add oil to a medium-sized deep pot; oil must reach 4 inches up the side of the pot. Heat the oil to 325°F. In the meantime, combine the dry mixture in a bowl and set aside.

3. With the oil heated up, dredge your squid. Squeeze off any liquid and dredge the squid in the dry mixture. (Work in batches).

4. Lower the calamari gently into the hot oil and fry back and forth. Remove after 2 to 2 1/2 minutes or golden brown. Drain on a paper-towel-lined plate (Work in batches).

5. Serve with marinara sauce and lemon wedges on the side.

Airfried Kale Chips

Preparation: 5minutes

Cooking time: 3minutes

Servings: 1-2

Ingredients:

1 head of kale

1 tablespoon of olive oil

1 teaspoon of soya sauce

Directions:

1. Take out the centre stem of the kale and tear it up into 1 1/2" pieces. Wash the pieces and dry well.

2. Next, toss with the soya sauce and olive oil. Place in the airfryer at 400° F for 2 to 3 minutes, tossing halfway through. Enjoy!

Bacon Wrapped Shrimp

Preparation: 10 minutes

Cooking time: 25 minutes

Servings: 4

Ingredients

16 pieces (1¼ pounds) tiger shrimp, peeled & deveined

16 slices (1 pound bacon) thinly sliced

Directions:

1. Wrap a slice of bacon around the shrimp completely. Refrigerate the wrapped shrimp for 20 minutes.

2. Preheat the Airfryer to 390°F. Take the shrimp out from the refrigerator and place in the cooking basket.

3. Cool for 5 to 7 minutes. Drain on a paper towel and serve.

Cheddar Bacon Croquettes

Preparation: 40 minutes

Cooking time: 10 minutes

Servings: 6

Ingredients

For The Filling:

1 pound bacon, sliced thinly & set at room temperature

1 pound sharp cheddar cheese, block (cut into 6 portions of 1-inch x 1¾-inch each)

For The Breading:

1 cup all-purpose flour

4 tablespoons olive oil

1 cup seasoned breadcrumbs

Directions:

1. Wrap 2 bacon pieces around each cheddar piece completely. Trim off any excess fat and then freeze the cheddar bacon bites for 5 minutes to make firm, but not to freeze.

2. Preheat Airfryer to 390°F. Combine the breadcrumbs and oil and stir until it becomes loose and crumbly.

3. Put the cheddar block into the flour, place the eggs and then finally the breadcrumbs, pressing the coating to the croquettes to make sure it sticks.

4. (To prevent cheese from running out, double the coating by dipping twice into the egg and then the breadcrumbs)

5. Place the croquettes in the basket and cook until golden brown or for about 8 minutes.

Jerk Chicken Wings

Preparation: 15 minutes

Cooking time: 30 minutes

Servings: 5

Ingredients

2 tablespoons olive oil

3 pounds chicken wings

2 tablespoons soy sauce

6 cloves garlic, chopped finely

1 habanero pepper, seeds and ribs removed, finely chopped

1 teaspoon cinnamon

1 tablespoon allspice

1 teaspoon cayenne pepper

1 teaspoon salt

1 teaspoon white pepper

2 tablespoons brown sugar

1 tablespoon fresh ginger, grated

1 tablespoon fresh thyme, finely chopped

5 tablespoons lime juice

4 scallions, finely chopped

½ cup red wine vinegar

Directions:

1. Add together all the ingredients in a large bowl, coating the chicken well with these seasonings and marinade.

2. Remove to a re-sealable bag and place in the refrigerator for 2-24 hours.

3. Preheat the Airfryer to 390°F. Take out the wings from the bag then drain out all liquid. Pat dry wings completely with a paper towel.

4. Put the wings in the cooking basket, cook for 16 to 18 minutes, while shaking halfway through.

5. Once cooked, serve with ranch dressing or blue cheese dipping.

Moroccan Meatballs With Mint Yogurt

Preparation: 25 minutes

Cooking time: 10 minutes

Servings: 4

Ingredients

For The Meatballs

1 egg white

4 ounces ground turkey

1 pound ground lamb

1 tablespoon mint, finely chopped

1½ tablespoons parsley, finely chopped

1 teaspoon ground cumin

1 teaspoon cayenne pepper

1 teaspoon ground coriander

1 teaspoon red chili paste

¼ cup olive oil

2 garlic cloves, finely chopped

1 teaspoon salt

For The Mint Yogurt:

¼ cup sour cream

½ cup non-fat Greek yogurt

¼ cup mint, finely chopped

2 tablespoons buttermilk

1 garlic clove, finely chopped

2 pinches of salt

Directions:

1. Preheat the Airfryer to 390°F. In a large mixing bowl, add together all the meatball ingredients.

2. Roll the meatballs between your hands until it is as small as a golf ball. Place the rolled meatballs into the cooking basket and set timer for 6 to 8 minutes.

3. Meanwhile, combine all the mint yoghurt ingredients to a medium mixing bowl, mixing well

4. Garnish the meatballs with fresh mint and olive and enjoy.

Sage & Onion Stuffing Balls Air-Fried

Preparation: 3 minutes

Cooking time: 15 minutes

Servings: 9

Ingredients

3.5 oz sausage meat

½ small onion, peeled & diced

1 teaspoon sage

½ teaspoon garlic puree

3 tablespoons breadcrumbs

Salt & pepper

Directions

1. Combine all ingredients in a bowl and mix well.
2. Form mixture into medium sized balls and place in the Air Fryer
3. Cook at 350°F for 15 minutes. Serve and enjoy!

Note: if meat isn't firm enough, add to the number of breadcrumbs in recipe.

Rolled Flanks

Preparation: 15 minutes

Cooking time: 15 minutes

Servings: 4

Ingredients

1 8-ounce can of crescent rolls

1 12-ounce package cocktail franks

Directions:

1. Drain the cocktail franks and pat dry on paper towels. Cut the dough into rectangular- shaped strips, about 1-inch x 1.5-inch.
2. Roll the cut strips around the franks, ensuring that the ends can be seen. Make them firm by placing in the freezer for 5 minutes.
3. Preheat the Airfryer to 330°F. Take the franks out from the freezer and place in the cooking basket. Cook for 6 to 8 minutes.
4. Reset the temperature to 390°F and cook again for 3 minutes. Once it is golden brown, remove, serve and enjoy.

Chimichurri Skirt Steak

Preparation: 15minutes

Cooking time: 20 minutes

Servings: 2

Ingredients

1 pound skirt steak, cut into 2portions of 8-ounce

For The Chimichurri:

¼ cup mint, finely chopped

1 cup parsley, chopped finely

2 tablespoons oregano, chopped finely

1 teaspoon crushed red pepper

3 garlic cloves, chopped finely

2 teaspoons smoked paprika

1 tablespoon ground cumin

1 teaspoon cayenne pepper

¾ cup olive oil

¼ teaspoon black pepper

3 tablespoons red wine vinegar

1 teaspoon salt

Directions:

1. Combine the chimichurri ingredients in a mixing bowl. Add the cut steak into a re-sealable bag, and add ¼ cup of the chimichurri.

2. Place in the refrigerator for 2-24 hours. Remove from the refrigerator and leave for 30 minutes before cooking.

3. Preheat the Airfryer to 390°F. Pat dry steak with a paper towel. Add to the cooking basket and cook for 8 to10 minutes.

4. Serve garnished with 2 tablespoons of chimichurri.

SNACK RECIPES



Toasted Seasoned Nuts

Preparation: 5 minutes

Cooking time: 50 minutes

Servings: 3

Ingredients:

¼ teaspoon garlic cloves, ground

½ pound of cashews

4 tablespoons of sugar

8 ounces of pecan halves

1 egg white, whisked

1 teaspoon of salt

½ teaspoon of cinnamon

¼ teaspoon of mixed spice

¼ teaspoon of cayenne pepper

1 cup of almonds

Directions:

1. Mix the sugar, garlic, mixed spice, pepper, salt, cinnamon and egg together in a bowl.
2. Heat your airfryer to 300°F.
3. Put the cashews, almonds and pecan, into the egg mixture and toss.
4. Coat the fryer basket with oil using a brush and pour half the nut mixture on it. Toast for 25 minutes until crunchy, stirring the nuts at intervals. Do same with the second batch of nuts.
5. Store in a sealed jar if not eaten immediately.

Nacho Coated Prawns

Preparation: 30 minutes

Cooking time: 8 minutes

Servings: 3-4

Ingredients:

9 ounces of nacho chips

1 egg, whisked

18 medium sized prawns

Directions:

1. Remove the shell and veins from the prawns, wash thoroughly and wipe dry.
2. Grind the chips in a bowl until pieces are as that of breadcrumbs.
3. Dip each prawn into the egg and then coat with the chip crumbs.
4. Heat the air fryer to 356°F.
5. Put the prawns into the air fryer and cook for 8 minutes. Serve with salsa or sour cream.

Cheesy Mustard And Ham Rounds

Preparation: 35 minutes

Cooking time: 10 minutes

Servings: 6

Ingredients:

2 cups of Gruyere cheese, grated

6 slices of ham

1 tablespoon of mustard

1 sheet of pre-rolled puff pastry

Directions:

1. Cover your work bench with flour and put the pastry on it.
2. Add the ham, mustard and cheese evenly on the pastry and roll up beginning from the shorter edge.
3. Cover with cling film and place in the freezer until firm for 30 minutes. Remove, and slice into 1cm thick small circles.
4. Heat your airfryer to 370°F and cook the rounds in it until golden brown for 10 minutes.

Grilled Cheese Delight

Preparation: 10 minutes

Cooking time: 5 minutes

Servings: 2

Ingredients:

4 slices white bread

¼ cup butter, melted

½ cup sharp cheddar cheese

Directions:

1. Preheat the Airfryer to 360°F. Place the butter and cheese in two separate bowls.
2. Brush the butter on both sides of bread. Place the cheese on 2 of the 4 bread pieces.
3. Put together the grilled cheese and add to the airfryer cooking basket.
4. Cook until the cheese has melted and is golden brown or for 5 to 7 minutes.

Roti Prata Mini Sausage Rolls

Preparation: 5 minutes

Cooking time: 15 minutes

Servings: 4

Ingredients:

1 packet of Roti prata

10 mini beef sausage

Directions:

1. Slice the prata into triangles. Roll each sausage in a prata triangle until all are well wrapped.
2. Heat your airfryer to 356°F and place the rolls in the fryer basket. Bake them for 15 minutes until crispy, turning the rolls halfway through.

Filo Covered Apple Pie

Preparation: 20 minutes

Cooking time: 8 minutes

Servings: 10

Ingredients:

3 large apples, finely chopped

6 teaspoons of sugar

6 ounces of melted butter

10 sheets of filo pastry

2 teaspoons of cinnamon

2 teaspoons of flour

½ teaspoon cloves, ground

½ teaspoon nutmeg, ground

3 teaspoons of lemon juice

Directions:

1. Mix the apples, flour, lemon juice, cloves, cinnamon, nutmeg and sugar together in a bowl.

2. Place the filo pastry on a clean surface, unroll and brush gently with butter.

3. Spoon some apple filling and place on the filo sheets about 2” away from the base. Fold the base of the sheet and then a third of the length over the filling. Roll-up the entire filling with the filo sheet to form a triangle shape, brushing the edges with butter.

4. Coat all sides of the filo triangles with the melted butter and sprinkle some sugar on top.

5. Heat your airfryer to 320°F and cook the apple pies in batches for 8 minutes depending on the size. Remove when they appear light brown and crisp. Serve while warm.

Air Fried Cheeseburgers

Preparation: 5 minutes

Cooking time: 10 minutes

Servings: 2

Ingredients:

2 slices of Cheddar Cheese

2 bread rolls

½ pound of ground beef

½ teaspoon of black pepper, ground

2 tablespoons of melted butter

2 teaspoons of salt

Directions:

1. Heat your airfryer to 390°F.
2. Mold the ground beef to form 2 patties. Sprinkle with pepper and salt.
3. Slice the bread rolls from the center and place each patties in it.
4. Put the burgers in the cooking basket and cook for about 11 minutes.

Add the cheddar cheese on the patties and cook for another 1 minute until the cheese melts.

Puff Pastry Banana Rolls

Preparation: 10 minutes

Cooking time: 10 minutes

Servings: 3

Ingredients:

2 puff pastry sheets

3 medium sized bananas, peeled

Directions:

1. Cut the pastry sheets into thin strips. Twine two strips to form a cord. Make as many cords as needed.

2. Wind the bananas with the cords until the entire banana is covered with the pastry.

3. Heat your airfryer to 356°F and cook the wrapped bananas for about 10 minutes until golden.

Curried Veggie Samosa

Preparation: 15 minutes

Cooking time: 10 minutes

Servings: 3

Ingredients:

2 large potatoes, peeled, boiled in salted water and mashed

3 sheets puff pastry

1/2 cup onion, diced

2 garlic cloves, minced

2 tablespoons ginger, grated

1/2 cup carrot, diced

1/2 cup green peas

1 teaspoon garam masala

1 tablespoons curry powder

Salt and pepper to taste

Directions

1. Sauté the onion, carrots, garlic and ginger in a saucepan until tender and add to the mashed potatoes.

2. Add the spices and the green peas, and salt and pepper to taste.

3. Now cut the puff pastry sheets into quarters and then each of the quarters into a circular shape.

4. Place two tablespoons of filling into each pastry circle and moisten edges with water. Fold the pastry in half and seal edges well using a fork.

5. Preheat the Air Fryer to 390 degrees. Working in batches, fry samosas for 5 minutes each until golden brown and crispy

Crunchy Sweet Potato Sticks

Preparation: 5 minutes

Cooking time: 10 minutes

Servings: 1

Ingredients:

1 medium sized sweet potato

Salt to taste

1 teaspoon of coconut oil

1 tablespoon of aioli

Directions:

1. Heat your airfryer to 200°F.
2. Cut the sweet potato into sticks and toss in the coconut oil.
3. Place the potato sticks into the cooking basket and fry for 10 minutes until they turn crisp.
4. Add the salt and serve with aioli.

Air Fried Spring Rolls

Preparation: 20 minutes

Cooking time: 24 minutes

Servings: 20 rolls

Ingredients:

3 teaspoon olive oil

1 small sized onion, diced

2 ounces of Asian noodles

1 packets of spring roll wrappers

3 cloves of garlic, crushed

8 ounces of mixed vegetables

1 teaspoon of soy sauce

7 ounces of mince

6 teaspoons of water

Directions:

1. Put the noodles in hot water, allowing it soak until soft; drain it, then cut into shorter length.

2. Heat the oil in a skillet then add the onion, mixed vegetables, mince and garlic. Cook the mixture until mince is soft then add soy sauce.

3. Remove from heat and mix with the noodles. Allow to stand until the noodles absorb the juices.

4. Place the spring roll wrapper, one after the other and add the noodle mixture diagonally across. Fold the pointed edge close to the filling over it, then fold the 2 side points together. Brush the last point with water, then roll over the spring roll to seal it.

5. Heat the Airfryer to 356°F.

6. Coat each roll with oil using a pastry brush place in a single layer in airfryer to cook for 8 minutes. Cook in batches until all rolls are cooked.

Syrupy Buttered Figs With Mascarpone

Preparation: 10 minutes

Cooking time: 5 minutes

Servings: 4

Ingredients:

2 tablespoons of butter

5.2 ounces of mascarpone

1 teaspoon of rose water

8 figs

1½ ounces of maple syrup

Toasted almonds

Directions:

1. Preheat the airfryer to 350°F.
2. Cut the top of the figs vertically and horizontally to form a cross and squeeze bottom lightly to open.
3. Put a small lump of butter into each fig and place in a dish. Drizzle the maple syrup over the figs.
4. Place the dish into the airfryer basket and cook for 5 minutes until soft.
5. Pour the rosewater into the mascarpone and stir. Place a spoonful in each serving and sprinkle the almond on top.

Banana & marshmallow Relish

Preparation: 5 minutes

Cooking time: 6 minutes

Servings: 4

Ingredients:

1½ ounces of mini marshmallows

1½ ounces graham cracker cereal

4 medium sized bananas

1½ ounces of mini peanut butter chips

1½ ounces of mini semi sweet chocolate chips

Directions:

1. Heat your airfryer to 400°F.
2. Using a knife, slice vertically through the inner side of the unpeeled bananas but not to the bottom, piercing the opposite skin. Open up the cut slits.
3. Fill the slits with the marshmallows, crackers, chocolate and peanut butter chips
4. Put the filled bananas into the basket ensuring they are upright. Cook for 6 minutes until the banana peel is black and the chips are toasted and melted.

Corn Tortilla Chips

Preparation: 1 minute

Cooking time: 6 minutes

Servings: 3

Ingredients:

6 teaspoons of vegetable oil

8 Corn Tortillas

Salt to taste

Directions:

1. Heat the airfryer to 390°F.
2. Cut out shapes from the tortillas using a knife. Coat the tortillas with oil using a pastry brush.
3. Put half the tortilla into the fryer basket and cook for 3 minutes. Do same with the second batch until all the chips are ready. Add the salt and serve hot with a sauce.

Sweet Cinnamon Doughnuts

Preparation: 15 minutes

Cooking time: 18 minutes

Servings: 9

Ingredients:

8 tablespoons of sugar

18 ounces of flour

8 tablespoons of sour cream

1 ounce of butter

1 teaspoon cinnamon

3 egg yolks

2.6 ounce of caster sugar

1 teaspoon of salt

¼ cup of melted butter

½ tablespoon of baking powder

Directions:

1. Mix the sugar and butter together in a bowl until crumbly. Add the egg yolk and mix thoroughly.

2. Sieve the baking powder, flour and salt in another bowl. Mix half of the sour cream and a third of the sifted flour together. Add the other part of the sour cream and a third of the flour tillk all are thoroughly combined.

3. Flour the table lightly and flatten the dough with a rolling pin to about 1cm thick. Cut out doughnut shapes from the dough.

4. Heat the air fryer to 350°F.

5. Brush all sides of the doughnuts lightly with the melted butter and place in the fryer and bake for 8 minutes.

Remove the doughnut from the airfryer and brush again with melted butter then dip into a mixture of cinnamon and caster sugar.

Serve while it's still hot.

Air Fried Banana Chips

Preparation: 15 minutes

Cooking time: 15 minutes

Servings: 4

Ingredients:

3 medium sized bananas, peeled

1 teaspoon of vegetable oil

½ teaspoon of Chaat masala seasoning

½ teaspoon of Turmeric powder

1 teaspoon of salt

Directions:

1. Add about 1½ cups of water to the turmeric powder and a little salt. Slice the bananas into the turmeric mixture to prevent it from getting black and to give it a yellow color. Soak the bananas for 10 minutes and then drain off and dry.

2. Heat your airfryer to 356°F for 5 minutes

3. Add the oil on the chips and toss lightly. Fry for 15 minutes in the airfryer. Remove from fryer and add the salt and seasoning. Serve immediately or preserve in an airtight container.

Air Fried Rosemary Chips

Preparation: 40 minutes

Cooking time: 30 minutes

Servings: 4

Ingredients:

2 teaspoons of finely chopped rosemary

4 russet potatoes

3 teaspoons of olive oil

¼ teaspoon of salt

Directions:

1. Peel potatoes and slice them into thin chips. Soak them in water for 30 minutes, drain and then pat dry with paper towel.

2. Heat your airfryer to about 330°F.

3. Pour the olive oil into the potato chips and toss until all the potatoes are coated.

4. Put the potatoes into the fryer basket and air fry for 30 minutes until golden and crisp. Shake often to during cooking to ensure the potatoes are evenly cooked.

4. Remove from fryer, add the rosemary and salt and toss to mix.

Concluded