



# Air Fryer Recipe Book

Tasty and Healthy Recipes



## CHOCOLATE CHIP MUFFINS



Cook Time: 20 - 25 min. Serves: 4

### INGREDIENTS:

¼ cup cake flour	¼ cup powdered sugar
½ cup milk	2 ¼ teaspoons vinegar
¼ teaspoon baking soda	¼ cup chocolate chips
¼ teaspoon baking powder	¼ teaspoon essence
¼ cup butter	Muffin cups and butter paper cups

### DIRECTIONS:

- Sift cake flour with baking powder and keep aside.
- Mix the butter and flour mixture together with your fingertips until the mixture is crumbly, but do not over mix.
- Add sugar and mix lightly.
- Mix chocolate chips and vanilla essence.
- Divide the milk into 2 parts.
- To one part add baking soda and to other part add vinegar.
- Mix the two milks and the milk will start foaming.
- Add this to the cake mix very quickly.
- Preheat Air fryer for 2 minutes at 300°F.
- Arrange the muffin cups in cooking basket and cook at 300°F for 20-25 minutes or until a toothpick inserted inside comes clean.
- Let the muffins cool for 10 minutes before removing from the basket.
- Turn onto wire rack to cool completely.

## Recipe Selections

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## POTATO WEDGES



Cook Time: 13 - 15 min. Serves: 4

### INGREDIENTS:

4 medium russet potatoes  
1 cup water  
3 tablespoons canola oil  
1 teaspoon paprika  
¼ teaspoon black pepper  
¼ teaspoon salt

### DIRECTIONS:

- Scrub the potatoes under cool water to clean.
- Boil potatoes in salted water for 40 minutes or until tender to a fork.
- Cool completely (approximately 30 minutes) in the refrigerator.
- In a mixing bowl combine canola oil, paprika, salt and black pepper.
- Cut cooled potatoes into quarters and lightly toss in the mixture of oil and spices.
- Preheat the Air fryer to 400°F.
- Add half of the potato wedges to the cooking basket and place skin side down, being careful not to overcrowd.
- Cook each batch for 13-15 minutes or until golden brown.

## CREAM CHEESE FRUIT TART

Cook Time: 15 min. Serves: 4

### INGREDIENTS:

Tart shells	
2 cups flour	
½ cup cold butter (diced)	
2 tablespoons icing sugar	
3 tablespoons cold water	
	<b>For the Cream Cheese Filling</b>
	1½ cups cream cheese
	¼ cup caster sugar
	½ cup whipping cream
	1 tablespoon lemon juice

### DIRECTIONS:

- Preheat the Air fryer to 350°F.
- Place flour in a large bowl.
- Add butter and rub it in with your fingertips until the mixture resembles bread crumbs.
- Add icing sugar and water to form a soft dough.
- Cover with a cling film and chill for 30 minutes.
- Lightly butter tartlet cases.
- Roll the pastry out on a lightly floured surface and use it to line the tartlet cases.
- Prick the base of the cases with a fork, place a piece of foil in the bottom and some beans on top of it. (this will prevent the dough from puffing)
- Bake in pre heated Air fryer at 350°F for 15 minutes, then remove the beans and the foil and bake for 5 minutes, until crisp and golden brown.
- Transfer to a wire rack to cool.
- Using an electric mixer beat cream cheese with sugar.
- Whip the cream until thick, and mix it with the cheese mixture.
- Add lemon juice and whisk until the whole mixture is thick.
- Fill the cooled tart shells with the cheese mixture and set it in the fridge for 2 hours.
- Arrange assorted fruits on the tarts.

## EGGLESS BROWNIE



Cook Time: 25 - 30 min. Serves: 4

### INGREDIENTS:

- ¼ cup softened butter
- 1 tablespoon water
- ¼ cup chopped nuts
- ¼ cup melted dark chocolate
- ½ cup (heaping) plain flour
- ¼ cup milk

### DIRECTIONS:

- Sieve flour and add half of the nuts; keep aside some for garnishing.
- Melt butter and chocolate with water in a microwave for 30 seconds first and stir.
- Again microwave for 30 seconds and stir.
- Repeat the whole process again until the chocolate melts completely.
- Add milk and mix well.
- Then add flour and nut mixture; mix well slowly.
- Pour the batter in a baking tin.
- Preheat the Air fryer for 2 minutes at 300°F.
- Place the tin in the cooking basket and cook for 25-30 minutes.
- After it cools down take the brownies out of the mold.
- Let it cool before cutting.

## FRENCH FRIES



Cook Time: 10 min. Serves: 4

### INGREDIENTS:

- 2 medium russet potatoes, peeled
- 1 tablespoon olive oil

### DIRECTIONS:

- Peel the potatoes and cut them into 1/2 inch by 3 inch strips.
- Soak the potatoes in water for at least 30 minutes, then drain thoroughly and pat dry with a paper towel.
- Preheat the Air fryer to 330°F.
- Place the potatoes in a large bowl and mix in oil, coating the potatoes lightly.
- Add the potatoes to the cooking basket and cook for 5 minutes, until crisp.
- Remove from the basket and allow to cool on a wire rack.
- Increase the temperature of the Air fryer to 400°F and add the pre-cooked potatoes back into the basket, cooking for another 10-15 minutes or until golden brown.
- Thicker cut potatoes will take longer to cook, while thinner cut potatoes will cook faster.

Tip: For ease of use you can just press the French Fries preset.

## POTATO CROQUETTES



Cook Time: 7 - 8 min. Serves: 4

### INGREDIENTS:

#### For The Filling

2 medium russet potatoes, peeled and cubed  
1 egg yolk  
½ cup parmesan cheese, grated  
2 tablespoons all-purposed flour  
2 tablespoons chives, finely chopped  
1 pinch salt  
1 pinch black pepper  
1 pinch nutmeg

#### For The Breading

2 tablespoons vegetable oil  
1 cup all-purpose flour  
2 eggs, beaten  
½ cup breadcrumbs

### DIRECTIONS:

- Boil the potato cubes in salted water for 15 minutes.
- Drain and mash finely in a large bowl using a potato masher or ricer.
- Cool completely.
- Mix in the egg yolk, cheese, flour and chives.
- Season with salt, pepper and nutmeg.
- Shape the potato filling into the size of golf balls and set aside.
- Preheat the Air fryer to 400°F.
- Mix the oil and breadcrumbs and stir until the mixture becomes loose and crumbly.
- Place each potato ball into the flour, then the egg and then the breadcrumbs and roll into a cylinder shape.
- Press coating to croquettes to ensure it adheres.
- Place half of the croquettes into the cooking basket, cooking each batch for 7-8 minutes or until golden brown.

## VANILLA SOUFFLÉ



Cook Time: 12 - 15 min. Serves: 4

### INGREDIENTS:

¼ cup all-purpose flour	1 vanilla bean
¼ cup butter, softened	5 egg whites
1 cup whole milk	4 egg yolks
¼ cup sugar	2 tablespoons sugar
2 teaspoons vanilla extract	1 teaspoon cream of tartar

### DIRECTIONS:

- Mix the flour and butter until it is a smooth paste.
- In a sauce pan heat the milk and dissolve the sugar.
- Add the vanilla bean and bring to a boil.
- Add the flour and butter mixture to the boiling milk.
- With a wire whisk, beat vigorously to ensure there are no lumps.
- Simmer for several minutes until the mix thickens.
- Remove from the heat; discard the vanilla bean and cool for 10 minutes in an ice bath.
- While the mix is cooling, take 6 3-ounce ramekins or soufflé dishes.
- Coat with butter and sprinkle with a pinch of sugar.
- In another mixing bowl quickly beat the egg yolks and vanilla extract and combine with the milk mixture.
- Separately beat the egg whites, sugar and cream of tartar until the egg whites form medium stiff peaks.
- Fold the egg whites into the soufflé base and pour into the prepared baking dishes and smooth off the tops.
- Preheat the Air fryer to 330°F.
- Place 2 or 3 soufflé dishes into the cooking basket and cook each batch for 12-15 minutes.
- Serve with powdered sugar on top of the soufflé and with chocolate sauce on the side.

## PEANUT BUTTER MARSHMALLOW FLUFF TURNOVERS



Cook Time: 3 - 5 min. Serves: 4

### INGREDIENTS:

4 sheets filo pastry, defrosted  
4 tablespoons chunky peanut butter  
4 teaspoons marshmallow fluff  
2 ounces butter, melted  
1 pinch sea salt

### DIRECTIONS:

- Preheat the Air fryer to 350°F.
- Brush 1 sheet of filo with butter.
- Place a second sheet of filo on top of the first and also brush with butter.
- Repeat until you have used all 4 sheets.
- Cut the filo layers into 4 3-inch x 12-inch strips.
- Place 1 tablespoon of peanut butter and 1 teaspoon of marshmallow fluff on the underside of a strip of filo.
- Fold the tip of the sheet over the filling to form a triangle and fold repeatedly in a zigzag manner until the filling is fully wrapped.
- Use a touch of butter to seal the ends of the turnover.
- Place the turnovers into the cooking basket and cook for 3-5 minutes, until golden brown and puffy.
- Finish with a touch of sea salt for a sweet and salty combination.

## POTATO CHIPS

Cook Time: 30 min. Serves: 2

### INGREDIENTS:

2 medium potatoes  
1 tablespoon vegetable oil  
1 teaspoon rosemary, chopped  
1 pinch salt

### DIRECTIONS:

- Scrub the potatoes under cool water to clean.
- Cut the potatoes lengthwise and peel them into thin chips directly into a mixing bowl full of water.
- Soak the potatoes for 30 minutes, changing the water several times.
- Drain thoroughly and pat completely dry with a paper towel.
- Preheat the Air fryer to 300°F.
- In a mixing bowl, toss the potatoes with vegetable oil.
- Place them into the cooking basket and cook for 30 minutes or until golden brown, shaking frequently to ensure the chips are cooked evenly.
- When finished and still warm, toss in a large bowl with rosemary and salt.

## PIGS IN A BLANKET

Cook Time: 6 - 8 min. Serves: 4

### INGREDIENTS:

4 oz. package cocktail franks  
8 oz. can of crescent rolls

### DIRECTIONS:

- Remove the cocktail franks from the package and drain, pat dry on paper towels.
- Cut the dough into rectangular strips, approximately 1-inch x 1.5-inch.
- Roll the strips around the franks, leaving the ends visible.
- Place in the freezer for 5 minutes to firm.
- Preheat the Air fryer to 320°F.
- Remove the franks from the freezer and place half of them in the cooking basket.
- Cook each batch for 6-8 minutes or until golden brown.

## BACON WRAPPED SHRIMP



Cook Time: 5 - 7 min. Serves: 4

### INGREDIENTS:

- 1 lb. tiger shrimp, peeled and deveined
- 1 lb. bacon, thinly sliced, room temperature

### DIRECTIONS:

- Take one slice of bacon and wrap it around the shrimp, starting from the head and finishing at the tail.
- Place the wrapped shrimp in the refrigerator for 20 minutes.
- Preheat the Air fryer to 400°F.
- Remove the shrimp from the refrigerator and add half of them to the cooking basket.
- Cook each batch for 5-7 minutes.
- Drain on a paper towel prior to serving.

## CHEESE & BEAN ENCHILADAS



Cook Time: 10 - 15 min. Serves: 4

### INGREDIENTS:

6 flour tortillas

#### For The Filling

- 1 tablespoon oil
- 1 teaspoon chopped garlic
- 1 onion chopped finely
- 1 capsicum chopped finely
- ¼ cup ready-made baked beans
- A few drops of Tabasco sauce
- ½ cup crumbled or roughly mashed cottage cheese
- ½ cup grated cheddar cheese
- 1 teaspoon salt
- 1 teaspoon oregano
- ½ teaspoon pepper
- 1 teaspoon red chilli flakes or to taste
- 2 tablespoons finely chopped, jalapenos

#### For The Red Sauce

- 2 tablespoons oil
- ¼ teaspoon chopped garlic
- 1 cup ready-made tomato puree
- 3 medium tomatoes pureed in the mixer
- 1 teaspoon sugar
- ½ teaspoons salt or to taste
- ½ teaspoon red chilli flakes
- 1 teaspoon oregano

#### To Serve:

- ½ - 1 cup grated pizza cheese (mix mozzarella and cheddar)

### DIRECTIONS:

- Ready the flour tortillas.
- For the red sauce, heat 2 tablespoons of oil in a pan and add garlic.
- Stir and add other ingredients for the sauce, and cook for about 5-7 minutes until the sauce starts to thicken and is no longer runny.
- For the filling, heat 1 tablespoon of oil and add garlic and onions, stirring until light golden.
- Add capsicum and stir; add salt, oregano, pepper and red chilli flakes.
- Add jalapenos and cottage cheese and cook for 1-2 minutes until it turns semi-dry.
- Remove from flame and add cheese, then mix and keep aside.
- To assemble, put a tortilla on a flat surface and spread 1 Tbsp red sauce on it covering all sides.
- Place some filling in a row in the center of tortilla and roll forward to get a roll.
- Repeat with all the remaining tortillas.
- Take a baking dish, spread 2-3 tablespoons sauce at the base of the platter down.
- Pour the rest of the sauce on the tortillas, sprinkle with grated cheese and cover with a foil.
- Preheat the Air fryer for 5 minutes at 350°F.
- Put half the tortillas in the cooking basket and cook each batch for 10-15 minutes.
- Turn the tortillas over in between to cook uniformly.

## CHICKEN TENDERS

Cook Time: 10 min. Serves: 4

### INGREDIENTS:

1 lb. chicken tenders

### For The Breading

3 eggs, beaten  
½ cup seasoned breadcrumbs  
½ cup all-purpose flour  
½ teaspoon salt  
1 teaspoon black pepper  
2 tablespoons olive oil

### DIRECTIONS:

- Preheat the Air fryer to 330°F.
- In three separate bowls, set aside the breadcrumbs, eggs and flour.
- Season the breadcrumbs with salt and pepper.
- Add olive oil to the breadcrumbs and mix well.
- Place the chicken in the flour, then dip into the eggs and finally coat with the breadcrumbs.
- Press to ensure breadcrumbs are coated securely and evenly to the chicken and shake off any excess breading prior to placing in the cooking basket.
- Cook half of the chicken tenders at a time, with each batch cooking for 10 minutes or until golden brown.

## GRILLED CHEESE

Cook Time: 4-5 min. Serves: 2

### INGREDIENTS:

4 slices of brioche or white bread  
½ cup sharp cheddar cheese  
½ cup butter, melted

### DIRECTIONS:

- Preheat the Air fryer to 350°F.
- Place cheese and butter in separate bowls.
- Brush the butter on each side of the 4 slices of bread.
- Place the cheese on 2 of the 4 pieces of bread.
- Put the grilled cheese together and add to the cooking basket.
- Cook for 4-5 minutes or until golden brown and the cheese has melted.

## CHEDDAR BACON CROQUETTES

Cook Time: 7-8 min. Serves: 6

### INGREDIENTS:

#### For The Filling

1 lb. sharp cheddar cheese  
1 lb. bacon, thinly sliced, room temperature

#### For The Breading

2 tablespoons olive oil  
1 cup all-purpose flour  
2 eggs, beaten  
½ cup seasoned breadcrumbs

### DIRECTIONS:

- Cut the cheddar cheese block into 6 equally-sized portions, approximately 1-inch x 1 ¼ -inch each.
- Take two pieces of bacon and wrap them around each piece of cheddar, fully enclosing the cheese.
- Trim any excess fat.
- Place the cheddar bacon bites in the freezer for 5 minutes to firm, but do not freeze.
- Preheat the Air fryer to 400°F.
- Mix the oil and breadcrumbs and stir until the mixture becomes loose and crumbly.
- Place each cheddar block into the flour, then the eggs and then the breadcrumbs.
- Press coating to croquettes to ensure it adheres.
- Place the croquettes in the cooking basket and cook for 7-8 minutes or until golden brown.





## SPRING ROLLS

Cook Time: 3 - 4 min. Serves: 4

### INGREDIENTS:

#### For The Filling

4 oz. cooked chicken breast, shredded  
1 celery stalk, sliced thin  
1 medium carrot, sliced thin  
½ cup mushrooms, sliced thin  
½ teaspoon ginger, finely chopped  
1 teaspoon sugar  
1 teaspoon chicken stock powder

#### For The Spring Roll Wrappers

1 egg, beaten  
1 teaspoon cornstarch  
8 spring roll wrappers  
½ teaspoon vegetable oil

### DIRECTIONS:

- Make the filling; place the shredded chicken into a bowl and mix with the celery, carrot and mushrooms.
- Add the ginger, sugar and chicken stock powder and stir evenly.
- Combine the egg with the cornstarch and mix to create a thick paste; set aside.
- Place some filling onto each spring roll wrapper and roll it up, sealing the ends with the egg mixture.
- Preheat the Air fryer to 400°F.
- Lightly brush the spring rolls with oil prior to placing in the cooking basket.
- Fry in two batches, cooking each batch for 3-4 minutes or until golden brown.
- Serve with sweet chili sauce or soy sauce.

## COD FISH NUGGETS



Cook Time: 8-10 min. Serves: 4

### INGREDIENTS:

1 lb. cod

#### For The Breading

2 tablespoons olive oil  
1 cup all-purpose flour  
2 eggs, beaten  
¾ cup panko breadcrumbs  
1 pinch salt

### DIRECTIONS:

- Preheat the Air fryer to 400°F.
- Cut the cod into strips approximately 1-inch by 2.5-inches in length.
- In a food processor, blend the panko breadcrumbs, olive oil and salt to a fine crumb.
- In three separate bowls, set aside panko mixture, eggs and flour.
- Place each piece of cod into the flour, then the eggs and then the breadcrumbs.
- Press the fish firmly into breadcrumbs to ensure that they adhere to the fish.
- Shake off any excess breadcrumbs.
- Add half of the cod nuggets to the cooking basket, cooking each batch for 8-10 minutes or until golden brown.

## CAJUN SHRIMP



Cook Time: 5 min. Serves: 2

### INGREDIENTS:

8 oz. shrimp (16-20 count)  
¼ teaspoon cayenne pepper  
¼ teaspoon old bay seasoning  
¼ teaspoon smoked paprika  
1 pinch of salt  
1 tablespoon olive oil

### DIRECTIONS:

- Preheat the Air fryer to 400°F.
- In a mixing bowl combine all of the ingredients, coating the shrimp with the oil and the spices.
- Place the shrimp into the cooking basket and cook for 5 minutes.
- Serve over rice.

## CRAB CROQUETTES



Cook Time: 8-10 min. Serves: 6

### INGREDIENTS:

#### For The Filling

1 lb. lump crab meat  
2 egg whites, beaten  
1 tablespoon olive oil  
¼ cup red onion, finely chopped  
¼ red bell pepper, finely chopped  
2 tablespoons celery, finely chopped  
¼ teaspoon tarragon, finely chopped  
¼ teaspoon chives, finely chopped  
¼ teaspoon parsley, finely chopped  
¼ teaspoon cayenne pepper  
¼ cup mayonnaise  
¼ cup sour cream

#### For The Breading

3 eggs, beaten  
1 cup all-purpose flour  
1 cup panko breadcrumbs  
1 teaspoon olive oil  
½ teaspoon salt

### DIRECTIONS:

- In a small sauté pan over medium-high heat, add olive oil, onions, peppers, and celery.
- Cook and sweat until translucent, about 4-5 minutes.
- Remove from heat and set aside to cool.
- In a food processor, blend the panko breadcrumbs, olive oil and salt to a fine crumb.
- In three separate bowls, set aside panko mixture, eggs and flour.
- Combine remaining ingredients; crabmeat, egg whites, mayonnaise, sour cream, spices and vegetables in a large mixing bowl.
- Preheat Air fryer to 400°F.
- Mold crab mixture to size of golf balls, roll each in flour, then in eggs and finally in panko.
- Press crumbs to croquettes to adhere.
- Place croquettes in basket, being careful not to overcrowd.
- Cook each batch for 8-10 minutes or until golden brown.

## FETA SNACKS



Cook Time: 3 min. Serves: 5

### INGREDIENTS:

1 egg yolk  
4 oz. feta cheese  
2 tablespoons flat-leaved parsley, finely chopped  
1 scallion, finely chopped  
5 sheets of frozen filo pastry, defrosted  
2 tablespoons olive oil  
Ground black pepper to taste

### DIRECTIONS:

- Beat the egg yolk in a bowl and mix in the feta, parsley and scallion; season with pepper to taste.
- Cut each sheet of filo dough into three strips.
- Scoop a full teaspoon of the feta mixture on the underside of a strip of pastry.
- Fold the tip of the pastry over the filling to form a triangle, folding the strip in a zigzag form until the filling is wrapped in a triangle.
- Repeat until all the filo and feta has been used.
- Preheat the Air fryer to 400°F.
- Brush the filo with a little oil and place five triangles in the cooking basket.
- Slide the basket into the Air fryer and cook for 3 minutes or until golden brown.
- Repeat the process with the remaining feta triangles and serve.

## SALMON WITH DILL SAUCE



Cook Time: 15 - 17 min. Serves: 2

### INGREDIENTS:

#### For The Salmon

14 ounces salmon  
2 teaspoons olive oil  
1 pinch salt

#### For The Dill Sauce

½ cup non-fat greek yogurt  
½ cup sour cream  
1 pinch salt  
2 tablespoons dill, finely chopped

### DIRECTIONS:

- Preheat the Air fryer to 280°F.
- Cut the salmon into two 6-ounce portions and drizzle 1 teaspoon of olive oil over each piece.
- Season with a pinch of salt.
- Place the salmon into the cooking basket and cook for 15-17 minutes.
- Make the dill sauce.
- In a mixing bowl combine the yogurt, sour cream, chopped dill and salt.
- Top the cooked salmon with the sauce and garnish with an additional pinch of chopped dill.

Tip: For ease of use you can just press the Fish preset.

## ROASTED CORNISH GAME HEN



Cook Time: 14 - 16 min. Serves: 4

### INGREDIENTS:

1 Cornish hen (approximately 2 pounds)

#### For The Marinade

½ cup olive oil  
¼ teaspoon crushed red pepper flakes  
1 teaspoon chopped thyme  
1 teaspoon chopped rosemary  
¼ teaspoon salt  
¼ teaspoon sugar  
Zest of 1 lemon

### DIRECTIONS:

- Set the Cornish hen upright on a cutting board and with the back of the hen facing you, use a boning knife or a chef's knife to cut from the top of the back bone to the bottom of the back bone, making 2 cuts.
- Remove the back bone.
- Split the hen lengthwise, cutting through the breastplate.
- Take the two halves of the hen and set them aside.
- In a mixing bowl combine all ingredients for the marinade, then add the hen.
- Refrigerate for 1 to 24 hours.
- Preheat the Air fryer to 390°F.
- Remove the hen from the marinade, draining any additional liquid with a strainer.
- Pat dry with a paper towel.
- Add the hen to the cooking basket and cook for 14-16 minutes or until the leg is at an internal temperature of 170°F.

## STUFFED GARLIC MUSHROOMS



Cook Time: 10 min. Serves: 4

### INGREDIENTS:

12 button mushrooms

#### For The Stuffing

1 slice of white bread  
1 garlic clove, crushed  
1 tablespoon flat-leafed parsley, finely chopped  
Ground black pepper to taste  
1 tablespoon olive oil

### DIRECTIONS:

- Preheat the Air fryer to 400°F.
- In a food processor, grind the slices of bread into fine crumbs and mix in the garlic, parsley and pepper to taste.
- When fully mixed, stir in the olive oil.
- Cut off the mushroom stalks and fill the caps with the breadcrumbs.
- Pat crumbs into caps to ensure loose crumbs do not get pulled up into fan.
- Place the mushroom caps in the cooking basket and slide it into the Air fryer.
- Cook the mushrooms for 10 minutes or until they are golden and crispy.

## MINI CHEESEBURGER SLIDERS



Cook Time: 10 min. Serves: 2

### INGREDIENTS:

8 oz. ground beef  
2 slices cheddar cheese  
2 dinner rolls  
Salt  
Black pepper

### DIRECTIONS:

- Preheat the Air fryer to 400°F.
- Form the ground beef into 2 4-ounce patties and season with salt and pepper.
- Add the burgers to the cooking basket and cook for 10 minutes.
- Remove from the Air fryer, place the cheese on top of the burgers and return to the Air fryer to cook for one more minute.

## MUSHROOM, ONION AND FETA FRITTATA



Cook Time: 10 - 12 min. Serves: 2

### INGREDIENTS:

3 eggs  
2 cups button mushrooms, cleaned  
½ red onion  
1 tablespoon olive oil  
3 tablespoons feta cheese, crumbled  
1 pinch salt

### DIRECTIONS:

- Peel and slice half a red onion into ¼ inch thin slices.
- Clean the button mushrooms; then cut into ¼ inch thin slices.
- In a sauté pan with olive oil, sweat onions and mushrooms under a medium flame until tender.
- Remove from heat and place on a dry kitchen towel to cool.
- Preheat the Air fryer to 330°F.
- In a mixing bowl crack 3 eggs and whisk thoroughly and vigorously, adding a pinch of salt.
- In a 6-ounce ramekin, coat the outside and bottom with a light coating of pan spray.
- Pour eggs into the ramekin, then the onion and mushroom mixture and then the cheese.
- Place the ramekin in the cooking basket and cook in the Air fryer for 10 to 12 minutes.
- The frittata is done when you can stick a knife into the middle, and the knife comes out clean.

## PORTABELLA PEPPERONI PIZZA

Cook Time: 3 - 5 min. Serves: 1

### INGREDIENTS:

1 portabella mushroom cap, cleaned and scooped  
1 tablespoon olive oil  
1 tablespoon tomato sauce  
1 tablespoon mozzarella, shredded  
4 slices pepperoni  
1 pinch salt  
1 pinch dried Italian seasonings

### DIRECTIONS:

- Preheat the Air fryer to 330°F.
- Drizzle olive oil on both sides of the portabella, then season the inside of the portabella with salt and the Italian seasonings.
- Spread the tomato sauces evenly around the mushroom and then top with cheese.
- Place the portabella into the cooking basket and slide into the Air fryer.
- After 1 minute, remove the cooking basket from the Air fryer and place the pepperoni slices on top of the portabella pizza.
- Cook for an additional 3 to 5 minutes.
- Finish with freshly grated parmesan cheese and crushed red pepper flakes.

## TERIYAKI GLAZED HALIBUT STEAK

Cook Time: 9 - 11 min. Serves: 4

### INGREDIENTS:

1 lb. halibut steak

#### For The Marinade

¼ cup soy sauce (low sodium)  
¼ cup mirin (japanese cooking wine)  
¼ cup sugar  
2 tablespoons lime juice  
¼ cup orange juice  
¼ teaspoon crushed red pepper flakes  
¼ teaspoon ginger ground  
1 each garlic clove (smashed)

### DIRECTIONS:

- In a sauce pan combine all ingredients for the teriyaki glaze/marinade.
- Bring to a boil and reduce by half, then cool.
- Once cooled pour half of the glaze/marinade into a re-sealable bag with the halibut.
- Refrigerate for 30 minutes.
- Preheat the Air fryer to 400°F.
- Place marinated halibut into the Air fryer and cook for 9-11 minutes.
- When finished brush a little of the remaining glaze over the halibut steak.
- Serve over a bed of white rice with basil/mint chutney.

Tip: For ease of use you can just press the Fish preset.

## POTATOES AU GRATIN



Cook Time: 15 min. Serves: 4

### INGREDIENTS:

3 medium russet potatoes, peeled  
¼ cup milk  
¼ cup cream  
1 tablespoon black pepper  
½ teaspoon nutmeg  
¼ cup Gruyere or semi-mature cheese, grated

### DIRECTIONS:

- Preheat the Air fryer to 400°F.
- Slice the potatoes wafer-thin.
- In a bowl, mix the milk and cream and season to taste with salt, pepper and nutmeg.
- Coat the potato slices with the milk mixture.
- Transfer the potato slices to a 6-inch quiche pan and pour the rest of the cream mixture from the bowl on top of the potatoes.
- Distribute the cheese evenly over the potatoes.
- Place the quiche pan in the cooking basket and slide the basket into the Air fryer.
- Set the timer to 15 minutes and bake the gratin until it is nicely browned.

## KOREAN BBQ SATAY

Cook Time: 5-7 min. Serves: 4

### INGREDIENTS:

- 1 lb. boneless skinless chicken tenders
- ½ cup low sodium soy sauce
- ½ cup pineapple juice
- ¼ cup sesame oil
- 4 garlic cloves, chopped
- 4 scallions, chopped
- 1 tablespoon fresh ginger, grated
- 2 teaspoons sesame seeds, toasted
- 1 pinch black pepper

### DIRECTIONS:

- Skewer each chicken tender, trimming excess meat or fat.
- Combine all other ingredients in a large mixing bowl.
- Add the skewered chicken to the bowl, mix well and refrigerate, covered, for 2 hours up to 24 hours.
- Preheat the Air fryer to 400°F.
- Pat chicken completely dry with a paper towel.
- Add half of the skewers to the cooking basket and cook each batch for 5-7 minutes.

## CHIMICHURRI SKIRT STEAK



Cook Time: 8 - 10 min. Serves: 2

### INGREDIENTS:

1 lb. skirt steak

#### For The Chimichurri

- |                                       |                                |
|---------------------------------------|--------------------------------|
| 1 cup parsley, finely chopped         | 1 teaspoon cayenne pepper      |
| ¼ cup mint, finely chopped            | 2 teaspoons smoked paprika     |
| 2 tablespoons oregano, finely chopped | 1 teaspoon salt                |
| 3 garlic cloves, finely chopped       | ¼ teaspoon black pepper        |
| 1 teaspoon crushed red pepper         | ½ cup olive oil                |
| 1 tablespoon ground cumin             | 3 tablespoons red wine vinegar |

### DIRECTIONS:

- Combine the ingredients for the chimichurri in a mixing bowl.
- Cut the steak into 2 8-ounce portions and add to a re-sealable bag along with ¼ cup of the chimichurri.
- Refrigerate for 2 hours up to 24 hours.
- Remove from the refrigerator 30 minutes prior to cooking.
- Preheat the Air fryer to 400°F.
- Pat steak dry with a paper towel.
- Add the steak to the cooking basket and cook for 8-10 minutes for medium-rare.
- Garnish with 2 tablespoons of chimichurri on top and serve.

Tip: For ease of use you can just press the Steak preset.

## GARLIC TOAST WITH CHEESE



Cook Time: 10 - 12 min. Serves: 4

### INGREDIENTS:

French bread or Italian bread cut into slices.

#### For The Garlic Butter

4 tablespoons softened butter

6 - 7 flakes crushed garlic

Pinch of salt

¼ teaspoon black pepper powder

#### For The Topping

½ cup grated cheese

1 - 2 teaspoons oregano

Some red chili flakes to sprinkle

2 tablespoons olive oil

### DIRECTIONS:

- Preheat the Air fryer to 350°F.
- Prepare garlic butter by mixing all the ingredients together.
- Spread some garlic butter on each slice and top them with cheese.
- Sprinkle some chili flakes and oregano.
- Place half the bread slices into the cooking basket and cook each batch for 10 - 12 minutes to toast the bread.
- Serve hot.

## ROASTED TOMATO WITH BAKED FETA



Cook Time: 12 - 14 min. Serves: 4

### INGREDIENTS:

#### For The Tomato

1 heirloom tomato

8 oz. block of feta cheese

½ cup red onions, sliced paper thin

1 tablespoon olive oil

1 pinch salt

#### For The Basil Pesto

½ cup parsley, roughly chopped

½ cup basil, roughly chopped

½ cup parmesan cheese, grated

3 tablespoons pine nuts, toasted

1 garlic clove

½ cup olive oil

1 pinch salt

### DIRECTIONS:

- Make the pesto.
- In a food processor, add parsley, basil, parmesan, garlic, toasted pine nuts and salt.
- Turn on the processor and add the olive oil.
- Once the olive oil is incorporated into the pesto, refrigerate until ready to use.
- Preheat the Air fryer to 390°F.
- Slice the tomato and the feta into ½ inch thick circular slices.
- Pat tomato dry with a paper towel.
- Spread 1 tablespoon of the pesto on top of each tomato slice and top with feta.
- Toss red onions with 1 tablespoon of olive oil and place on top of the feta.
- Place the tomatoes/feta into the cooking basket and cook for 12-14 minutes or until the feta starts to soften and brown.
- Finish with a pinch of salt and an additional spoonful of basil pesto.



## JERK CHICKEN WINGS



Cook Time: 14 - 16min. Serves:6

### INGREDIENTS:

4 lbs. chicken wings	1 teaspoon white pepper
2 tablespoons olive oil	1 teaspoon salt
2 tablespoons soy sauce	2 tablespoons brown sugar
6 cloves garlic, finely chopped	1 tablespoon fresh thyme, finely chopped
1 habanero pepper, seeds and ribs removed, finely chopped	1 tablespoon fresh ginger, grated
1 tablespoon allspice	4 scallions, finely chopped
1 teaspoon cinnamon	5 tablespoons lime juice
1 teaspoon cayenne pepper	½ cup red wine vinegar

### DIRECTIONS:

- In a large mixing bowl combine all the ingredients, covering the chicken thoroughly with the seasonings and marinade.
- Transfer to a 1 gallon re-sealable bag and refrigerate for 2 hours up to 24 hours.
- Preheat the Air fryer to 400°F.
- Remove the wings from the bag and drain all liquid.
- Pat wings completely dry with a paper towel.
- Place half the wings in the cooking basket and cook each batch for 14-16 minutes, shaking halfway through.
- Serve with blue cheese dipping sauce or ranch dressing.

## MOROCCAN MEATBALLS WITH MINT YOGURT



Cook Time: 6-8 min. Serves: 4

### INGREDIENTS:

<b>For The Meatballs</b>	<b>For The Mint Yogurt</b>
1 lb. ground lamb	½ cup non-fat greek yogurt
4 oz. ground turkey	¼ cup sour cream
1 ½ tablespoons parsley, finely chopped	2 tablespoons buttermilk
1 tablespoon mint, finely chopped	¼ cup mint, finely chopped
1 teaspoon ground cumin	1 garlic clove, finely chopped
1 teaspoon ground coriander	2 pinches salt
1 teaspoon cayenne pepper	
1 teaspoon red chili paste	
2 garlic cloves, finely chopped	
¼ cup olive oil	
1 teaspoon salt	
1 egg white	

### DIRECTIONS:

- Preheat the Air fryer to 400°F.
- In a large mixing bowl combine all ingredients for the meatballs.
- Roll the meatballs with your hands in a circular motion to smooth the meatball out to the size of a golf ball.
- Place half the meatballs into the cooking basket and cook each batch for 6-8 minutes.
- While the meatballs are cooking add all of the ingredients for the mint yogurt to a medium mixing bowl and combine well.
- Serve with the meatballs and garnish with fresh mint and olives.