**CHOCOLATE CHIP MUFFINS**

**Cook Time:** 20 - 25 min.  **Serves:** 4

**INGREDIENTS:**
- 1/4 cup cake flour
- 1/4 cup powdered sugar
- 1/4 cup milk
- 1/4 teaspoon baking soda
- 1/4 teaspoon baking powder
- 1/4 teaspoon vinegar
- 1/4 cup chocolate chips
- 1/4 cup butter
- 1/4 teaspoon essence
- Muffin cups and butter paper cups

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

Cook Time: 13 - 15 min.  Serves: 4

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

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

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**CREAM CHEESE FRUIT TART**

Cook Time: 15 min.  Serves: 4

**INGREDIENTS:**
- Tart shells
- 2 cups flour
- ¾ cup cold butter (diced)
- 2 tablespoons icing sugar
- 3 tablespoons cold water

For the Cream Cheese Filling
- 1 cup cream cheese
- ¼ cup caster sugar
- ½ cup whipping cream
- 1 tablespoon lemon juice

**DIRECTIONS:**
1. Preheat the Air fryer to 350°F.
2. Place flour in a large bowl.
3. Add butter and rub it in with your fingertips until the mixture resembles bread crumbs.
4. Add icing sugar and water to form a soft dough.
5. Cover with a cling film and chill for 30 minutes.
6. Lightly butter tartlet cases.
7. Roll the pastry out on a lightly floured surface and use it to line the tartlet cases.
8. 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)
9. 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.
10. Transfer to a wire rack to cool.
11. Using an electric mixer beat cream cheese with sugar.
12. Whip the cream until thick, and mix it with the cheese mixture.
13. Add lemon juice and whisk until the whole mixture is thick.
14. Fill the cooled tart shells with the cheese mixture and set it in the fridge for 2 hours.
15. Arrange assorted fruits on the tarts.
**FRENCH FRIES**

Cook Time: 10 min.  Serves: 4

**INGREDIENTS:**
- 2 medium russet potatoes, peeled
- 1 tablespoon olive oil

**DIRECTIONS:**
1. Peel the potatoes and cut them into 1/2 inch by 3 inch strips.
2. Soak the potatoes in water for at least 30 minutes, then drain thoroughly and pat dry with a paper towel.
3. Preheat the Air fryer to 330°F.
4. Place the potatoes in a large bowl and mix in oil, coating the potatoes lightly.
5. Add the potatoes to the cooking basket and cook for 5 minutes, until crisp.
6. Remove from the basket and allow to cool on a wire rack.
7. 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.
8. 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.

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**EGGLESS BROWNIE**

Cook Time: 25 - 30 min.  Serves: 4

**INGREDIENTS:**
- ¼ cup softened butter
- 1 tablespoon water
- ⅛ cup chopped nuts
- ½ cup melted dark chocolate
- ⅛ cup (heaping) plain flour
- ¼ cup milk

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

Cook Time: 7 - 8 min.  Serves: 4

INGREDIENTS:
For The Filling
2 medium russet potatoes, peeled and cubed
1 egg yolk
¼ cup parmesan cheese, grated
2 tablespoons all-purpose 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 SOUFLÉ

Cook Time: 12 - 15 min.  Serves: 4

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

DIRECTIONS:
· Mix the flour and butter until it is a smooth paste.
· In a saucepan 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 cooking, 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 MARSHMALLOWS 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.

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**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.

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**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 the franks into the cooking basket.
- 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:
For The Red Sauce
- 2 tablespoons oil
- ¾ teaspoon chopped garlic
- 1 cup ready-made tomato puree
- 1 tablespoon chopped red chilli flakes
- 1 teaspoon oregano
- 1 teaspoon salt
- ½ teaspoon pepper
- ½ teaspoon paprika
- 1 teaspoon sugar
- ½ cup grated cheddar cheese
- ½ cup grated mozzarella cheese

For The Filling
- 1 tablespoon oil
- 1 teaspoon chopped garlic
- 1 onion chopped finely
- 1 capsicum chopped finely
- ¾ cup ready-made baked beans
- 2 tablespoons finely chopped, jalapenos
- 1 teaspoon salt
- 1 teaspoon oregano
- ½ cup grated cheddar cheese
- ½ cup crumbled or roughly mashed cottage cheese

TO SERVE:
- ¾ - 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 beans and stir, cover the pot, and let it turn 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 the 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 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.
CHEDDAR BACON CROQUETTES
Cook Time: 7-8 min. Serves: 6

INGREDIENTS:
For The Filling
1 lb. sharp cheddar cheese
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 ¾-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 finally 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.

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
¼ 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.

For The Breading
2 tablespoons olive oil
1 cup all-purpose flour
2 eggs, beaten
½ cup seasoned breadcrumbs
SPRING ROLLS

Cook Time: 3 - 4 min.  Serves: 4

INGREDIENTS:
For The Spring Roll Wrappers:
- 1 egg, beaten
- 1 teaspoon cornstarch
- 8 spring roll wrappers
- ½ teaspoon vegetable oil

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

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

COD FISH NUGGETS

Cook Time: 8-10 min.  Serves: 4

INGREDIENTS:
- 1 lb. cod
- 2 tablespoons olive oil
- 1 cup all-purpose flour
- 2 eggs, beaten
- ¾ cup panko breadcrumbs
- 1 pinch salt

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

**Cook Time:** 8-10 min.  **Serves:** 6

**INGREDIENTS:**
- **For The Filling**
  - ½ 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
  - ½ teaspoon parsley, finely chopped
  - ½ teaspoon cayenne pepper
  - ½ cup mayonnaise
  - ¼ cup sour cream

- **For The Breading**
  - 1 egg, 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.

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**CAJUN SHRIMP**

**Cook Time:** 5 min.  **Serves:** 2

**INGREDIENTS:**
- 8 oz. shrimp (16-20 count)
- ¼ teaspoon cayenne pepper
- ½ 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.
FETA SNACKS

Cook Time: 3 min. Serves: 5

INGREDIENTS:
- 1 egg yolk
- 4 oz. feta cheese
- 2 tablespoons flat-leafed 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
- 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.
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.

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 breast plate.
• 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.
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 sauce 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.

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**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)
- ½ cup mirin (Japanese cooking wine)
- ½ cup sugar
- 2 tablespoons lime juice
- ½ cup orange juice
- ⅛ teaspoon crushed red pepper flakes
- ⅛ 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.

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**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
- ½ cup sesame oil
- 4 garlic cloves, chopped
- 4 scallions, chopped
- 1 tablespoon fresh ginger, grated
- 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:
For The Chimichurri
- 1 cup parsley, finely chopped
- ¼ cup mint, finely chopped
- 2 tablespoons oregano, finely chopped
- 3 garlic cloves, finely chopped
- 1 teaspoon crushed red pepper
- 1 tablespoon ground cumin
- 1 tablespoon ground cumin
- ¾ cup olive oil
- 3 tablespoons red wine vinegar
- ½ cup low sodium soy sauce
- 2 teaspoons smoked paprika
- ½ teaspoon black pepper

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.
14

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

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.

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
⅛ teaspoon black pepper powder
For The Topping
1/2 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.

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
⅛ cup olive oil
1 pinch salt

For The Topping
½ cup grated cheese
1 - 2 teaspoons oregano
Some red chili flakes to sprinkle
2 tablespoons olive oil

For The Garlic Butter
4 tablespoons softened butter
6 - 7 flakes crushed garlic
Pinch of salt
¼ teaspoon black pepper powder
Jerf Chicken Wings

Cook Time: 14 - 16 min. Serves: 6

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

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:
For The Meatballs
- 1 lb. ground lamb
- 4 oz. ground turkey
- ½ cup non-fat greek yogurt
- 2 teaspoons parsley, finely chopped
- 1 tablespoon mint, finely chopped
- 1 teaspoon ground cumin
- 1 teaspoon ground coriander
- 1 teaspoon cayenne pepper
- 1 teaspoon red chili paste
- 2 garlic cloves, finely chopped
- ¼ cup olive oil
- 1 egg white

For The Mint Yogurt
- ½ cup non-fat greek yogurt
- 2 tablespoons buttermilk
- 1 garlic clove, finely chopped
- 2 pinches salt

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 meatballs 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.