

AIR FRYER COOKBOOK

550 Recipes
for Every Day

Easy Quickly Tasty

by Michelle Sanders



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By
Michelle Sanders

- **Ω Omega Press** -

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Introduction

Among the newest methods of cooking, air-frying is perhaps one of the healthiest options out there. We love good food and how it is cooked plays an extremely important role, not only in how good it tastes but also how healthy it can potentially be. Air frying seems to be the answer to our unsaid prayers about cooking delicious foods – French fries, for instance – and yet, still keep it healthy.

Basically, air fryer is a kitchen device which can be used to cook food by a special method. What this wonderful appliance does is that it takes the hot air and circulates it around the food via a fan at super speed, cooking the food and leaving the outer layer crispy.

So, by managing to circulate air at temperatures as high as 390F, it can fry foods we love to deep fry like French fries, chicken breasts, fish etc. It accomplishes this while using a less amount of oil as compared to regular fryers. In fact, companies claim that you use 80% less oil when using an air fryer as compared to a regular fryer. Sweet, right?

We can have our favorite junk food without having to worry a lot about the health risks; air-frying is the healthier cooking alternative that has taken the world by storm. With the limited intake of oil, the risk of diseases like cardiovascular problems, obesity etc. can be managed.

About Air Fryer

The Air Fryer is the mechanical appliance which has taken the culinary world by storm and has wrought a lot of changes in our cooking styles. It's a fryer that can give you perfectly fried chips and crisps, yet uses eighty percent less oil.

Using hot air circulating with the help of a fan to cook food at high temperatures, leaving them with crisp outsides but tender and juicy insides, air fryers are a device that any modern kitchen should have. Not only does it cut down the cooking time – adjusting seamlessly into the busy modern lifestyle – it also manages to take only the good sides of frying – the deliciousness and sheer joy of having fried food – and makes it healthier. A device with multiple purposes that can be basically used by anyone, with or without cooking skills, this appliance has become very popular.

And considering this popularity, it is a great idea to know what recipes you can try in your fancy new air fryer. So read ahead and find out the answers to some of your questions about this culinary dream device.

- What is an air fryer and how to select a good quality one
- Methods and importance of using air fryers
- Low fat food recipes for air fryers
- High fat food recipes for air fryers.

So, wait no longer and jump right in. Read this book to find out the 550 delicious recipes that will make your investment in air fryers worth the investment.

The Benefits of Air Fryer

Almost all of us want to eat healthy food and spend not much time for its preparation. The health benefits are main things what the air fryer has become popular for. Convenience and ease of use are secondary benefits. These and other benefits you can easily find below:

- **Less Oil** - you do not need to use more than couple tablespoon of fat while cooking dishes in the air fryer. In result, you get healthier roasted food which not soaking in unhealthy fat.
- **Fast Preparation** - it is faster to cook in the air fryer that anywhere else. This is due to high temperature air circulating inside the fryer basket. Hot air passes through the meals making it ready faster.
- **Easy Cooking** - it not needed to watch over your pan while frying your dinner. You just put ingredients into the fryer basket, set cooking preferences, push couple buttons and wait for the meals to get prepared.
- **Easy Cleaning** - most of the air fryer details and cooking chamber are dishwasher safe. You can easily clean them either with a soapy sponge or in the dishwasher.
- **Various Cooking** - you can not only roast with the help of air fryer. You can easily bake, grill, stew in it too!

All these advantages make the air fryer number one choice among all devices in a modern kitchen. Now that you know a little more about the air fryer it is time to cook!

Measurement conversions

Use it for accurate measuring of the necessary ingredients.

Metric to standard	Fahrenheit to Celsius	Cups to tablespoons	Oz to grams
5 ml = 1 tsp	300 F = 150 C	3 tsp = 1 tbsp	1 oz = 29 g
15 ml = 1 tbsp	350 F = 180 C	1/8 cup = 2 tbsp	2 oz = 57 g
30 ml = 1 fluid oz	375 F = 190 C	1/4 cup = 4 tbsp	3 oz = 85 g
240 ml = 1 cup	400 F = 200 C	1/3 cup = 5 tbsp	4 oz = 113 g
1 liter = 34 fluid oz	425 F = 220 C	+ 1 tsp	5 oz = 142 g
1 liter = 4.2 cups	450 F = 230 C	1/2 cup = 8 tbsp	6 oz = 170 g
1 gram = .035 oz		3/4 cup = 12	7 oz = 198 g
100 grams = 3.5 oz		tbsp	8 oz = 227 g
500 grams = 1.10 lb		1 cup = 16 tbsp	10 oz = 283 g
		8 fluid oz = 1 cup	20 oz = 567 g
		1 pint 2 cups = 16 fluid oz	30 oz = 850 g
		1 quart 2 pints = 4 cups	40 oz = 1133 g
		1 gallon 4 quarts = 16 cups	

Abbreviations

(V) - Delicious vegan recipes for every day

oz = ounce

fl oz = fluid ounce

tsp = teaspoon

tbsp = tablespoon

ml = milliliter

c = cup

pt = pint

qt = quart

gal = gallon

L = liter



Breakfast Recipes

Easy Cooking Toasted Cheese

(Prep + Cook Time: 20 minutes | Servings: 2)

Ingredients:

2 sliced white bread
4 oz cheese, grated
little piece of butter

Directions:

1. At first, toast the bread in the toaster.
2. Once toasted spread the butter on bread pieces. Cover with grated cheese. Preheat the Air Fryer to 350F.
3. Place covered bread slices into the Fryer and cook for 4-6 minutes.
4. Serve with your favorite sauce or without it.

Vegetable Frittata

(Prep + Cook Time: 35 minutes | Servings: 2)

Ingredients:

¼ cup milk
1 zucchini
½ bunch asparagus
½ cup mushrooms
½ cup spinach or baby Spinach
½ cup red onion, sliced
4 eggs
½ tbsp olive oil
5 tbsp
Feta cheese, crumbled
4 tbsp cheddar, grated
¼ bunch Chives, minced
Sea salt and pepper to taste

Directions:

1. Combine eggs, salt, pepper and milk in a hollow dish.
2. Slice zucchini, asparagus, mushrooms and red onion, tear spinach with hands.
3. Heat the non-stick pan, greased with olive oil and put vegetables into it.
4. Stir-fry for 5-7 minutes over medium heat.
5. Cover the baking tin with parchment paper.
6. Transfer vegetables into it and pour in the egg mixture. Cover the contents of the baking dish with feta and sprinkle with grated cheddar.
7. Preheat the Air Fryer to 320F, setting the timer to 5 minutes.
8. As soon as the Air Fryer is preheated, put in the baking tin. Set the timer to 15 minutes.
9. When the time is over, take frittata out of the Air Fryer and let it chill for 5 minutes.
10. Sprinkle it with minced chives and enjoy.

Easy Springs Rolls

(Prep + Cook Time: 45 minutes | Servings: 6)

Ingredients:

7 cups mince of any kind
1 small onion, diced
1 packet spring rolls
2 oz asian noodles
3 cloves garlic, crushed
1 cup mixed vegetables
1 tbsp sesame oil
2 tbsp water
1 tsp soy sauce

Directions:

1. Prepare the noodles: let them soak in the hot water. When they are soft enough, cut them and set aside. Take the wok and grease it with sesame oil and heat.
2. When it is hot, add mince, vegetables, onion, and garlic.
3. Cook over medium-high heat stirring often until the mince is cooked through. It may take 3-5 minutes if you are using wok, and 7-10 minutes if you are using a regular frying pan.
4. Add soy sauce to the prepared mince, and set it aside.
5. Stir through the noodles. Leave it and wait for the juices to be absorbed.
6. Take a spring roll sheet, add a strip of filling diagonally across.
7. Fold the top point over the filling. Then fold in both the side points.
8. Before rolling the spring roll over the final point brush it with cold water to seal it. Do the same to all other spring roll sheets.
9. Prepare the Air Fryer by preheating it to 360F.
10. Cover spring rolls with a little amount of oil.
11. It will provide a more familiar traditional taste of spring rolls.
12. However, you may not use oil at all if you want a healthier meal.
13. Put the rolls into the Air Fryer in layers and cook for 8 minutes in batches. Serve.

Easy Bacon and Egg Muffin Sandwich

(Prep + Cook Time: 15 minutes | Servings: 1)

Baked egg and crispy bacon in a delicious English muffin is always a winning breakfast combination. Make your sandwich in the Air Fryer and enjoy the unique taste.

Ingredients:

- 1 egg
- 2 slices of bacon
- 1 english muffin

Preparation:

1. Preheat your Air Fryer to 395F.
2. Spray a ramekin with cooking spray and crack the egg into it. Place the muffin, ramekin, and bacon slices in the Air Fryer.
3. Cook for 6 minutes. Let cool a minute or two. Cut the muffin in half.
4. Place the egg on top of one half, arrange the bacon slices over it, and close the sandwich with the other muffin half.
5. Serve and enjoy.

Baked Eggs with Sausage and Toasties

(Prep + Cook Time: 30 minutes | Servings: 2)

Ingredients:

¼ cup milk or cream

2 sausages, boiled

3 eggs

1 piece of bread, sliced lengthwise

4 tbsp grated cheese

sea salt to taste

chopped fresh herbs and steamed broccoli (optionally)

Directions:

1. Preheat the Air Fryer to 360F. Set the timer for 5 minutes.
2. Meanwhile, break the eggs into a bowl, scramble them, adding milk.
3. Take 3 muffin cups and grease them with a cooking spray. Pour the equal amount of egg mixture into each of them.
4. Arrange sliced sausages with bread slices in muffin cups, sinking them deeply into the egg and milk mixture. Sprinkle it with cheese and add a bit of salt to taste.
5. Put the muffin cups into the Air Fryer and set the timer for 15-20 minutes, depending on the consistency you prefer.
6. When the meal is done, you may season it with fresh herbs and add steamed broccoli, and/or serve immediately.

Spinach and Parsley Baked Omelet

(Prep + Cook Time: 15 minutes | Servings: 1)

Who says that you have to turn the stove on in order to prepare an omelet in the morning? Make this 15-minute, no-hassle Air Fryer omelet with spinach, parsley, and ricotta, and see how delicious an Air Fried omelet can be.

Ingredients:

3 tbsp ricotta cheese
1 tbsp chopped parsley
1 tsp olive oil
3 eggs
¼ cup chopped spinach
salt and pepper to taste

Directions:

1. Preheat your Air Fryer to 330F and heat the olive oil in it.
2. Beat the eggs and season with some salt and pepper.
3. Stir in the ricotta, parsley, and spinach.
4. Pour the egg mixture in your Air Fryer. Cook for 10 minutes. Serve and enjoy.

Tasty Cheesy Omelet

(Prep + Cook Time: 30 minutes | Servings: 2)

Ingredients:

1 large onion, chopped
2 tbsp cheddar cheese, grated
3 eggs
½ tsp soy sauce
salt to taste
pepper powder to taste
cooking spray

Directions:

1. Whisk together eggs, salt, pepper, and soy sauce.
2. Spray a small pan, which fits inside the Air Fryer with cooking spray.
3. Add onions and spread it all over the pan and place the pan inside the Air Fryer. Air fry at 355F for 6-7 minutes or until onions are translucent.
4. Pour the beaten egg mixture all over the onions. Sprinkle cheese all over it. Air fry for another 5-6 minutes.
5. Remove from the Air Fryer and serve with toasted multi grain bread.

Roasted Vegetable Pasta Salad (V)

(Prep + Cook Time: 30 minutes | Servings: 6)

Ingredients:

1 zucchini, sliced into semicircles
3 bell peppers of different colors, roughly chopped
1 squash, sliced into semicircles
1 cup mushrooms, sliced
1 cup cherry tomatoes, cut in halves
1 red onion, sliced into semicircles
½ cup kalamata olives, pitted and halved
1 lb rigatoni pasta or penne rigate, boiled
2+2 tbsp olive oil (separately)
3 tbsp balsamic vinegar
1 tsp italian seasoning
a handful of fresh basil, minced
sea salt and black pepper to taste

Directions:

1. Preheat the Air Fryer to 380F for 5 minutes.
2. Meanwhile, mix bell peppers, mushrooms, squash, zucchini and onion with salt, black pepper, Italian herbs in a pan. Pour 2 tablespoons of olive oil over the vegetables and stir well to combine.
3. Put the vegetables into a basket and roast in the Air Fryer for 12-14 minutes, shaking the basket halfway cooked.
4. Transfer the roasted vegetables to a bowl. Combine them with cooked pasta, cherry tomatoes, and olives, pouring in balsamic vinegar and the remaining 2 tablespoons of the olive oil. Toss well.
5. Sprinkle the salad with fresh basil, salt, and black pepper. Stir well and you are ready to serve.

Chorizo and Mushroom Risotto Balls

(Prep + Cook Time: 1 hour 20 minutes | Servings: 4)

Ingredients:

1 egg
¼ cup milk
½ cup plain flour
4 oz. bread crumbs
4 oz. chorizo, sliced
1 serve mushroom risotto rice
sea salt to taste

Directions:

1. Mix the mushroom risotto rice with finely sliced chorizo, add salt to taste and let it cool in the refrigerator.
2. Preheat the Air Fryer to 390F and set the time to 5 minutes. Create a rice ball.
3. Take 2 tablespoons of risotto and roll it in the plain flour. Break the egg into a bowl, whisk it with milk and dip the rice ball into it. Then roll the rice ball in bread crumbs.
4. Repeat the same procedure with the remaining risotto mass.
5. Fill the baking dish of the Air Fryer with the rice balls, arranging them in such way, so there must be some distance between them.
6. Bake the rice balls for 20 minutes or until the crispy golden crust will appear.
7. Serve warm. It tastes great with fresh vegetables and garden salad.

Brussels Sprouts, Bacon, And Horseradish Cream

(Prep + Cook Time: 1 hour 40 minutes | Servings: 4)

Ingredients:

½ lb. thick cut bacon, diced
2 tbsp butter
2 shallots, sliced
½ cup milk
1 ½ lbs. Brussels sprouts, halved
2 tbsp all-purpose flour
1 cups heavy cream
2 tbsp prepared horseradish
½ tbsp fresh thyme leaves
⅛ tsp ground nutmeg
1 tbsp olive oil
½ tsp sea salt
ground black pepper to taste
½ cup water

Directions:

1. Preheat the Air Fryer to 400F.
2. Cover the Brussels sprouts with olive oil and season it with pepper and salt. Cook for 30 minutes, stirring halfway. Remove and set aside.
3. Put the bacon into the Air Fryer basket. Add the water to the drawer below in order to catch the grease. Set the timer to 10 minutes and cook stirring 2-3 times throughout the process.
4. Add shallots and cook for another 10-15 minutes. The shallots should become soft enough and the bacon should become brown.
5. Then season the ingredients with pepper and let it drain on paper towels.
6. Meanwhile, melt the butter. Then combine it with the flour and whisk well. Pour in heavy cream with milk slowly and whisk again.
7. The sauce should be thick enough, so continue whisking it for 3-5 minutes.
8. Add horseradish, thyme, salt, and nutmeg, stirring well again.
9. Prepare the 9''x13'' baking dish and preheat the oven to 350 F.

10. Spread the Brussels sprouts over this dish, cover it with horseradish cream sauce, layer bacon, and shallots on top.
11. Bake in the oven for 30 minutes and serve hot.

One Pot Cheesy Risotto

(Prep + Cook Time: 40 minutes | Servings: 2)

Ingredients:

- 1 onion, diced
- 2 cups chicken stock, boiling
- ½ cup parmesan cheese or cheddar cheese, grated
- 1 clove garlic, minced
- ¾ cup arborio rice
- 1 tbsp olive oil
- 1 tbsp butter, unsalted

Directions:

1. Preheat the Air Fryer to 390F and adjust the time to 5 minutes.
2. Take round baking tin, grease it with oil and add stirring the butter, onion, and garlic.
3. When the fryer is hot, adjust the time to 8 minutes.
4. Place the tin into the Air Fryer and cook for 4 minutes. Then add rice and cook for another 4 minutes. Stir three times during the cooking time.
5. Reduce the heat to 320F and set the timer to 22 minutes. Pour in the chicken stock and stir gently. Do not cover the Air Fryer and cook for 22 minutes as have been set.
6. Add in the cheese, stir once again and serve.

Morning Vegetables on Toast

(Prep + Cook Time: 25 minutes | Servings: 4)

Ingredients:

4 slices French or Italian bread
1 red bell pepper, cut into strips
1 cup sliced button or cremini mushrooms
1 small yellow squash, sliced
2 green onions, sliced
1 tbsp olive oil
2 tbsp softened butter
½ cup soft goat cheese

Directions:

1. Sprinkle the Air Fryer with olive oil and preheat the appliance to 350F.
2. Add red pepper, mushrooms, squash, and green onions, mix well and cook for 7 minutes or until the vegetables are tender, shaking the basket once during cooking time.
3. Transfer vegetables to a plate and set aside. Spread bread slices with butter and place in the Air Fryer, butter-side up.
4. Toast for 2 to 4 minutes or until golden brown.
5. Spread the goat cheese on the toasted bread and top with the vegetables.
6. Serve warm.

Morning Cinnamon Toasts

(Prep + Cook Time: 15 minutes | Servings: 4)

Ingredients:

10 medium bread slices

1 pack salted butter

4 tbsp sugar

2 tsp ground cinnamon

½ tsp vanilla extract

Directions:

1. Place salted butter to a mixing bowl and add sugar, cinnamon, and vanilla extract.
2. Mix well and spread the mixture over bread slices.
3. Preheat the Air Fryer to 380F and place bread slices to a fryer.
4. Cook for 4-5 minutes and serve hot!

Air Fried French Toast Sticks

(Prep + Cook Time: 25 minutes | Servings: 2)

Ingredients:

4 slices of your bread of choice
2 tbsp soft butter
2 eggs, lightly beaten
pinch of salt
pinch of cinnamon
pinch of ground nutmeg
pinch of ground cloves
nonstick cooking spray
confectioners' sugar or maple syrup for serving

Directions:

1. Combine the eggs, salt, and spices in a shallow bowl. Spread both sides of the bread with butter and cut the bread into strips.
2. Alternatively, use cookie cutters to make fun French toast shapes.
3. Briefly preheat your Air Fryer to 350F.
4. Dip each strip of bread in the egg mixture and place in the Fryer, cooking for 2 minutes or until golden brown.
5. Remove the cooking tray, spray the tops of the bread strips with cooking spray, turn, and cook for an additional 4 minutes.
6. Dust the finished French toast sticks with confectioners' sugar (or drizzle with maple syrup) and serve.

Peanut butter Bread (V)

(Prep + Cook Time: 15 minutes | Servings: 3)

Ingredients:

- 1 tbsp oil
- 2 tbsp peanut butter
- 4 slices bread
- 1 banana (slices)

Directions:

1. Get the slices of bread and on one side add the peanut butter.
2. Place slices of banana and cover with the other slice.
3. Grease the Air Fryer with oil.
4. Place the bread in it and cook for 5 minutes on 300F.
5. When done, enjoy the delicious breakfast!

Shrimp Toasts

(Prep + Cook Time: 30 minutes | Servings: 4)

Ingredients:

¾ pound raw shrimps, peeled and deveined

4-5 white bread slices

1 egg white

3 garlic cloves, minced

2 tbsp cornstarch

salt and black pepper, to taste

2 tbsp olive oil

Directions:

1. In a medium bowl combine chopped shrimps, egg white, minced garlic, cornstarch, salt and pepper. Stir to combine.
2. Spread shrimp mixture over bread slices with a knife.
3. Sprinkle each slice with olive oil.
4. Preheat the Air Fryer to 370F and place bread slices in the basket.
5. Cook for 10 minutes or less, until crispy and lightly brown.
6. Serve.

English Breakfast

(Prep + Cook Time: 35 minutes | Servings: 2)

Ingredients:

2 eggs
1 sausage
2 cups beans in tomato sauce
1 cup sliced and diced potatoes
1 tbsp olive oil
salt to taste

Directions:

1. Preheat your Air Fryer to 390F. Crack the eggs onto an oven safe dish. Sprinkle with salt if desired. Place the beans next to the eggs.
2. In a separate container, place the potatoes, and 1 tablespoon of olive oil, combine well. Sprinkle with salt if desired.
3. First place the potatoes in the Air Fryer. Cook for 10 minutes. Then place the form with the eggs and the beans. Cover the potatoes with parchment paper to separate. Cook for an additional 10 minutes.
4. Cut the sausage into pieces and add to the dish with the beans and eggs. Cook for another 5 minutes.
5. Serve with toast and coffee for a big and hearty breakfast.

Potato Bread Rolls (V)

(Prep + Cook Time: 30 minutes | Servings: 5)

Ingredients:

5 large potatoes, boiled
salt and pepper to taste
1 tbsp olive oil
½ tsp mustard seeds
2 small onions, chopped
½ tsp turmeric
2 sprigs, curry leaves
8 slices of vegan wheat bread, brown sides discarded
2 green chilies, seeded and chopped
1 bunch coriander, chopped

Directions:

1. In a bowl, mash the potatoes and season with salt and pepper to taste.
2. Set aside. Heat olive oil in a skillet over medium low flame and add the mustard seeds. Stir until the seeds sputter.
3. Then add the onions and fry until translucent.
4. Stir in the turmeric powder and curry leaves.
5. Continue to cook for 2 more minutes until fragrant.
6. Remove from heat and add to the potatoes.
7. Stir in the green chilies and coriander.
8. This will be the filling. Wet the bread and remove the excess water.
9. Place a tablespoon of the potato mixture in the middle of the bread and gently roll the bread in so that the potato filling is completely sealed inside the bread.
10. Brush with oil and place inside the Air Fryer.
11. Cook in a 400F preheated Air Fryer for 15 minutes. Make sure to shake the Air Fryer basket gently halfway through the cooking time for even cooking.

Kale and Potato Nuggets (V)

(Prep + Cook Time: 25 minutes | Servings: 4)

Ingredients:

1 tsp extra virgin olive oil
1 clove of garlic, minced
4 cups kale, rinsed and chopped
2 cups potatoes, boiled and mashed
1/8 cup almond milk
salt and pepper to taste
vegetable oil for spraying

Directions:

1. Preheat the Air Fryer to 390F.
2. In a skillet, heat the olive oil over medium heat and sauté the garlic until golden brown.
3. Add in the kale and cook for another 3 minutes. Set aside.
4. In a mixing bowl, combine the mashed potatoes and kale mixture.
5. Add milk and season with salt and pepper to taste.
6. Spray vegetable oil on the surface of the nuggets.
7. Place inside the Air Fryer basket and cook for 15 minutes.
8. Be sure to give the fryer basket a shake halfway through the cooking time for even cooking.

Twice Fried Vegan “Cheesy” Potato Wedges (V)

(Prep + Cook Time: 20 minutes | Servings: 4)

Ingredients:

1-pound fingerling potatoes, cut into wedges
1 tsp extra virgin olive oil
½ tsp garlic powder
salt and pepper to taste
½ cup raw cashews, soaked in water overnight
½ tsp ground turmeric
½ tsp paprika
2 tbsp nutritional yeast
1 tsp fresh lemon juice
2 tbsp to ¼ cup water

Directions:

1. Preheat the Air Fryer to 400F.
2. Place the potatoes in a bowl and add the olive oil, garlic powder, salt and pepper. Toss to coat the potatoes.
3. Place the potatoes inside the fryer basket and cook for 10 minutes.
4. Meanwhile, make the cheese sauce by mixing the remaining ingredients in a blender. Pulse until well combined. Adjust the consistency of the cheese sauce by adding less or more water.
5. Once the potatoes are done, transfer in a bowl that will fit inside the Air Fryer.
6. Pour the cheese sauce on top and air fry again for another 3 more minutes.

Air Fried Avocado Tempura (V)

(Prep + Cook Time: 20 minutes | Servings: 4)

Ingredients:

½ cup panko breadcrumbs

½ tsp salt

1 pitted Haas avocado, peeled and sliced

liquid from 1 can white beans or aquafaba

Directions:

1. Preheat the Air Fryer at 350F.
2. In a shallow bowl, toss the breadcrumbs and salt until well combined.
3. Dredge the avocado slices first with the aquafaba then in the breadcrumb mixture.
4. Place the avocado slices in a single layer inside the Air Fryer basket.
5. Cook for 10 minutes and shake halfway through the cooking time.

Avocado With Eggs

(Prep + Cook Time: 15 minutes | Servings: 4)

Ingredients:

2 large avocados, sliced
1 cup of panko bread crumbs
½ cup of flour
2 eggs, beaten
¼ tsp of paprika
black pepper to taste
salt to taste

Directions:

1. Preheat the Air Fryer 400F for 5 min.
2. Season the avocado slices with some salt and pepper.
3. Dust the avocados with some flour and dip them in the eggs then roll them in the breadcrumbs.
4. Place the avocado slices in the Air Fryer then fry for 6 min.

Notes: To make it tastier, add in ½ teaspoon of dry oregano to the breadcrumbs.

Fluffy Egg Recipe

(Prep + Cook Time: 25 minutes | Servings: 2)

Ingredients:

½ cup milk
1 cup pumpkin puree
2 eggs
2 tbsp oil
2 tbsp vinegar
2 cups flour (all-purpose)
2 tsp baking powder
1 tsp baking soda
1 tbsp brown sugar
1 tsp cinnamon powder

Directions:

1. Preheat the Air Fryer to 300F
2. Whisk eggs into a bowl. Add milk, pumpkin puree, flour, baking powder, baking soda, and brown sugar and cinnamon powder.
3. Mix well and add milk. Grease the baking tray with oil and pour the mixture.
4. Place it in the Air Fryer and cook for 10 minutes.
5. When ready, enjoy!

Crispy Fried Tofu (V)

(Prep + Cook Time: 40 minutes | Servings: 4)

Ingredients:

- 1 block firm tofu, pressed and cut into 1-inch thick cubes
- 2 tbsp of soy sauce
- 2 tsp sesame seeds, toasted
- 1 tsp rice vinegar
- 1 tbsp potato starch

Directions:

1. Preheat the Air Fryer to 400F.
2. In a mixing bowl, mix all ingredients except the cornstarch until the tofu cubes are well combined.
3. Toss the tofu in the cornstarch and place inside the Air Fryer basket.
4. Cook for 25 minutes and shake every five minutes of cooking time.

Vegan Rice Paper Bacon (V)

(Prep + Cook Time: 30 minutes | Servings: 4)

Ingredients:

- 3 tbsp soy sauce or tamari
- 2 tbsp cashew butter
- 2 tbsp liquid smoke
- 2 tbsp water
- 4 pieces rice paper, cut into 1-inch thick strips

Directions:

1. Preheat the Air Fryer to 350F.
2. In a large mixing bowl, combine together the soy sauce, cashew butter, liquid smoke, and water.
3. Soak the white rice paper for 5 minutes.
4. Place the rice paper in the Air Fryer making sure that they do not overlap.
5. Air fry for 15 minutes or until crispy.
6. Serve with steamed vegetables.

Breakfast Muffins

(Prep + Cook Time: 25 minutes | Servings: 4)

Ingredients:

4 small eggs, whisked
4 tbsp vegetable oil
½ cup milk
1 cup plain flour
1 tbsp baking powder
½ tsp of mustard powder
2 oz Parmesan, grated
1 tsp Worcestershire sauce
2 tomatoes, for garnishing
A Handful of basil leaves, garnishing

Equipment: 8 paper muffin cases

Directions:

1. Preheat the Air Fryer to 390F. Combine two muffin cases to form one. Take a large bowl and whisk the egg in it.
2. Then add milk and oil. Add in the baking powder and flour. Combine it to form a smooth paste.
3. Add the cheese, mustard powder and Worcestershire sauce. Mix well and then fill the muffin cups with the mixture.
4. Cook in Air Fryer for about 15 minutes. Then arrange the muffins in the muffin tray and garnish with slices of tomato and basil leaves.

Breakfast Taco Crisp Wraps (V)

(Prep + Cook Time: 30 minutes | Servings: 4)

Ingredients:

1 tbsp water
4 pieces commercial vegan nuggets, chopped
1 small yellow onion, diced
1 small red bell pepper, chopped
2 cobs grilled corn kernels
4 large tortillas mixed greens for garnish

Directions:

1. Preheat the Air Fryer to 400F.
2. In a skillet heated over medium heat, water sauté the vegan nuggets together with the onions, bell peppers, and corn kernels. Set aside.
3. Place filling inside the corn tortillas.
4. Fold the tortillas and place inside the Air Fryer and cook for 15 minutes until the tortilla wraps are crispy.
5. Serve with mix greens on top.

Breakfast Donut Holes (V)

(Prep + Cook Time: 1 hour 20 minutes | Servings: 6)

Ingredients:

1 cup white all-purpose flour
¼ cup coconut sugar
1 tsp baking powder
½ tsp salt
¼ tsp cinnamon
1 tbsp coconut oil, melted
2 tbsp aquafaba or liquid from canned chickpeas
¼ cup almond milk

Directions:

1. In a mixing bowl, mix the flour, sugar, and baking powder.
2. Add the salt and cinnamon and mix well.
3. In another bowl, mix together the coconut oil, aquafaba, and almond milk.
4. Gently pour the dry ingredients to the wet ingredients.
5. Mix together until well combined or until you form a sticky dough.
6. Place the dough in the refrigerator to rest for at least an hour.
7. Preheat the Air Fryer to 370F.
8. Create small balls of the dough and place inside the Air Fryer and cook for 10 minutes. Do not shake the Air Fryer.
9. Once cooked, sprinkle with sugar and cinnamon.
10. Serve with your breakfast coffee.

Breakfast Frittata

(Prep + Cook Time: 10 minutes | Servings: 1)

Ingredients:

4 cherry tomatoes, sliced into halves

3 eggs

½ italian sausage

1 tbsp olive oil

grano padano or parmesan cheese

parsley, chopped

salt and pepper to taste

Directions:

1. Preheat the Air Fryer to 360F.
2. Put the sausage and cherry tomato halves into a baking accessory that will fit in your Air Fryer basket.
3. Cook at 360F for 5 minutes.
4. Crack the eggs into a small-sized bowl, add the remaining ingredients, and whisk until combined.
5. Carefully open the Air Fryer drawer and remove the baking accessory.
6. Pour the egg mixture into baking accessory and evenly distribute.
7. Return into the Air Fryer basket and then bake for 5 minutes.

Breakfast Soufflé

(Prep + Cook Time: 25 minutes | Servings: 4)

Ingredients:

¼ cup all-purpose flour
1/3 cup butter
1 cup milk
¼ cup brown sugar
4 egg yolks
1 tsp vanilla extract
6 egg whites
1 oz of white sugar
1 tsp cream of tartar

Directions:

1. Preheat the Air Fryer to 320F.
2. Take a bowl and combine flour and butter until smooth.
3. Heat milk in a saucepan and add brown sugar. Cook to dissolve the sugar. Bring to a boil.
4. Next, add the flour mixture to the milk. Remember to beat vigorously to ensure that no lumps formed simmer for 7 minutes until the mix thickens. Remove from the heat and cool for 15 minutes.
5. Meanwhile, take 6 soufflé dishes and coat it with oil spray.
6. Take a separate mixing bowl and beat egg yolks and vanilla extract. Add in the cooling milk Mix all ingredients well. Now, in a small bowl, beat egg whites, white sugar, and cream of tartar.
7. Fold this into soufflé base and pour the prepared flour mixture on top.
8. Place soufflé dishes into the Air Fryer and cook for 15 minutes. Once done, serve.

Vegan Breakfast Coffee Doughnuts (V)

(Prep + Cook Time: 20 minutes | Servings: 6)

Ingredients:

1 cup white all-purpose flour

¼ cup coconut sugar

½ tsp salt

1 tsp baking powder

2 tbsp aquafaba

1 tbsp sunflower oil

¼ cup coffee

Directions:

1. In a mixing bowl mix together the dry ingredients: flour, sugar, salt, and baking powder.
2. In another bowl, combine the aquafaba, sunflower oil, and coffee. Mix to form a dough.
3. Let the dough rest inside the fridge.
4. Preheat the Air Fryer to 400F.
5. Knead the dough and create doughnuts.
6. Arrange inside the Air Fryer in single layer and cook for 6 minutes.
7. Do not shake so that the donut maintains its shape.

Air Fryer Tofu Scramble (V)

(Prep + Cook Time: 40 minutes | Servings: 3)

Ingredients:

2 ½ cups red potato, chopped
1 tbsp olive oil
1 block tofu, chopped finely
1 tbsp olive oil
2 tbsp tamari
1 tsp turmeric powder
½ tsp onion powder
½ tsp garlic powder
½ cup onion, chopped
4 cups broccoli florets

Directions:

1. Preheat the Air Fryer to 400F.
2. Combine the potatoes and olive oil.
3. Place the potatoes in a dish that can fit inside the Air Fryer and cook for 15 minutes. Shake once for even frying.
4. In a mixing bowl, toss the tofu, olive oil, tamari, turmeric, onion powder, and garlic powder.
5. Stir in the chopped onions. Add the broccoli florets.
6. Pour the tofu mixture on top of the air fried potatoes and cook for another 15 minutes.
7. Serve warm.

Air Fried Breakfast Pull-Apart Bread (V)

(Prep + Cook Time: 40 minutes | Servings: 2)

Ingredients:

1 large vegan bread loaf
2 tbsp olive oil
2 tbsp garlic puree
2 tbsp nutritional yeast
2 tsp chives
salt and pepper to taste

Directions:

1. Preheat the Air Fryer to 375F.
2. Slice the bread loaf making sure that you don't slice through the bread.
3. In a mixing bowl, combine the olive oil, garlic puree, and nutritional yeast.
4. Pour over the mixture on top of the slices you made on the bread.
5. Sprinkle with chopped chives and season with salt and pepper.
6. Place inside the Air Fryer and cook for 10 minutes or until the garlic is thoroughly cooked.

Breakfast Banana Cookies (V)

(Prep + Cook Time: 45 minutes | Servings: 6)

Ingredients:

3 ripe bananas

2 cups rolled oats

1 cup dates, pitted and chopped

1/3 cup vegetable oil

1 tsp vanilla

Directions:

1. Preheat the Air Fryer to 350F.
2. In a bowl, mash the bananas and add in the rest of the ingredients.
3. Let it rest inside the fridge for 10 minutes.
4. Drop a teaspoonful on cut parchment paper.
5. Place the cookies on parchment paper inside the Air Fryer basket. Make sure that the cookies do not overlap.
6. Cook for 20 minutes or until the edges are crispy.
7. Serve with almond milk.

Spinach Balls (V)

(Prep + Cook Time: 20 minutes | Servings: 4)

Ingredients:

1 carrot, peeled and grated
1 package fresh spinach, blanched and chopped
½ onion, chopped
1 egg, beaten
½ tsp garlic powder
1 tsp garlic, minced
1 tsp salt
½ tsp black pepper
1 tbsp nutritional yeast
1 tbsp corn flour
2 slices bread, toasted and made into bread crumbs

Directions:

1. In a mixing bowl, combine all the ingredients except the bread crumbs.
2. Create small balls and roll over the bread crumbs.
3. Place the spinach balls inside the Air Fryer and cook at 390F for 10 minutes.

Vegan Breakfast Maple Cinnamon Buns (V)

(Prep + Cook Time: 1 hour 55 minutes | Servings: 9)

Ingredients:

¾ cup tbsp unsweetened almond milk

4 tbsp maple syrup

1 ½ tbsp active yeast

1 tbsp ground flaxseed

1 tbsp coconut oil, melted

1 cup wholegrain flour, sifted

1 ½ cup plain white flour, sifted

2 tsp cinnamon powder

½ cup pecan nuts, toasted

2 ripe bananas, sliced

4 Medjool dates, pitted

¼ cup icing sugar

Directions:

1. Heat the ¾ cup almond milk to lukewarm and add the maple syrup and yeast.
2. Allow the yeast to activate for 5 to 10 minutes.
3. Meanwhile, mix together flaxseed and 3 tablespoons of water to make the egg replacement. Allow flaxseed to soak for 2 minutes.
4. Add the coconut oil. Pour the flaxseed mixture to the yeast mixture.
5. In another bowl, combine the two types of flour and the 1 tablespoon cinnamon powder.
6. Pour the yeast-flaxseed mixture and combine until dough forms.
7. Knead the dough on a floured surface for at least 10 minutes.
8. Place the kneaded dough in a greased bowl and cover with a kitchen towel.
9. Leave in a warm and dark area for the bread to rise for 1 hour.
10. While the dough is rising, make the filling by mixing together the pecans, banana slices, and dates. Add 1 tablespoon of cinnamon powder.
11. Preheat the Air Fryer to 390F.

12. Roll the risen dough on a floured surface until it is thin. Spread the pecan mixture on to the dough.
13. Roll the dough and cut into nine slices.
14. Place inside a dish that will fit in the Air Fryer and cook for 30 minutes.
15. Once cooked, sprinkle with icing sugar.

Pea Protein Breakfast

(Prep + Cook Time: 25 minutes | Servings: 2-4)

Ingredients:

1 cup almond flour
1 tsp baking powder
3 eggs
1 cup coconut milk
1 cup cream cheese
3 tbsp pea protein
½ cup chicken or turkey strips
1 pinch of sea salt
1 cup mozzarella cheese

Directions:

1. Preheat your Air Fryer to 390F.
2. Combine all the ingredients in a large mixing bowl. Stir by hand using a large wooden spoon ideally.
3. Fill muffin cups with the mixture. Bake for 15 minutes.
4. Enjoy.

Breakfast Choco Cherry Bars (V)

(Prep + Cook Time: 30 minutes | Servings: 8)

Ingredients:

2 cups old-fashioned oats
½ cup quinoa, cooked
½ cup chia seeds
½ cup almonds, sliced
½ cup dried cherries, chopped
½ cup dark chocolate, chopped
¾ cup almond butter
1/3 cup honey
2 tbsp coconut oil
¼ tsp salt
½ cup prunes, pureed

Directions:

1. Preheat the Air Fryer to 375F.
2. In a mixing bowl, combine the oats, quinoa, chia seeds, almond, cherries, and chocolate.
3. In a saucepan, heat the almond butter, honey, and coconut oil.
4. Pour the butter mixture over the dry mixture. Add salt and prunes.
5. Mix until well combined.
6. Pour over a baking dish that can fit inside the Air Fryer. Cook for 15 minutes.
7. Let it cool for an hour before slicing into bars.

Vegan Toffee Apple Upside-Down Breakfast Cake

(Prep + Cook Time: 45 minutes | Servings: 9)

Ingredients:

¼ cup almond butter
¾ cup + 3 tbsp coconut sugar
3 baking apples, cored and sliced
1 cup plain flour
1 tsp baking soda
1 ½ tsp mixed spice
¼ cup sunflower oil
¾ cup water
1 tsp vinegar
1 lemon, zest
½ cup walnuts, chopped

Directions:

1. Preheat the Air Fryer to 390F.
2. In a skillet, melt the almond butter and 3 tablespoons sugar.
3. Pour the mixture over a baking dish that will fit in the Air Fryer. Arrange the slices of apples on top. Set aside.
4. In a mixing bowl, combine flour, ¾ cup sugar, and baking soda. Add the mixed spice.
5. In another bowl, mix the oil, water, vinegar, and lemon zest. Stir in the chopped walnuts.
6. Combine the wet ingredients to the dry ingredients until well combined.
7. Pour over the tin with apple slices.
8. Bake for 30 minutes or until a toothpick inserted comes out clean.

Chocolate Zucchini Bread (V)

(Prep + Cook Time: 30 minutes | Servings: 12)

Ingredients:

1 tbsp flax egg (1 tbsp flax meal + 3 tbsp water)

1 cup zucchini, shredded and squeezed

½ cup sunflower oil

½ cup maple syrup

1 tsp vanilla extract

1 tsp apple cider vinegar

½ cup almond milk

1 cup oat flour

1 tsp baking soda

½ cup unsweetened cocoa powder

¼ tsp salt

1/3 cup chocolate chips

Directions:

1. Preheat the Air Fryer to 350F.
2. Line a baking dish that will fit the Air Fryer with parchment paper.
3. In a bowl, combine the flax meal, zucchini, sunflower oil, maple, vanilla, apple cider vinegar and milk.
4. Stir in the oat flour, baking soda, cocoa powder, and salt. Mix until well combined. Add the chocolate chips.
5. Pour over the baking dish and cook for 15 minutes or until a toothpick inserted in the middle comes out clean.

Breakfast Cornish Pasties (V)

(Prep + Cook Time: 55 minutes | Servings: 4)

Ingredients:

1 ½ cups plain flour
¾ cup cold coconut oil
a pinch of salt
cold water for mixing the dough
1 tbsp olive oil
1 onion, sliced
1 stick celery, chopped
1 medium carrot, chopped
1 medium potato, diced
¼ cup mushrooms, chopped
1 tsp oregano
salt and pepper to taste
1 tbsp nutritional yeast

Directions:

1. Preheat the Air Fryer to 400F.
2. Prepare the dough by mixing the flour, coconut oil, and salt in a bowl.
3. Use a fork and press the flour to combine everything.
4. Gradually add a drop of water to the dough until you achieve a stiff consistency of the dough.
5. Cover the dough with a cling film and let it rest for 30 minutes inside the fridge.
6. Roll the dough out and cut into squares. Set aside.
7. Heat olive oil over medium heat and sauté the onions for 2 minutes. Add the celery, carrots and potatoes.
8. Continue stirring for 3 to 5 minutes before adding the mushrooms and oregano.
9. Season with salt and pepper to taste. Add nutritional yeast last. Let it cool and set aside.
10. Drop a tablespoon of vegetable mixture on to the dough and seal the

edges of the dough with water.

11. Place inside the Air Fryer basket and cook for 20 minutes or until the dough is crispy.

Spinach Quiche (V)

(Prep + Cook Time: 1 hour 15 minutes | Servings: 4)

Ingredients:

¾ cup whole meal flour a pinch of salt
½ cup cold coconut oil
2 tbsp cold water
2 tbsp olive oil
1 onion, chopped
4 ounces mushrooms, sliced
1 package firm tofu, pressed to remove excess water then crumbled
1-pound spinach, washed and chopped
½ tbsp dried dill
2 tbsp nutritional yeast
salt and pepper
a sprig of fresh parsley, chopped

Directions:

1. Preheat the Air Fryer to 375F.
2. Create the pastry by sifting the flour and salt together. Add the coconut oil until the flour crumbles.
3. Gradually add water to bind the dough or until you form a stiff dough.
4. Wrap with a cling film and leave inside the fridge to rest for 30 minutes.
5. Heat olive oil in a skillet over medium heat and sauté the onion for 1 minute.
6. Add the mushroom and tofu. Add the spinach, dried dill, and nutritional yeast. Season with salt and pepper to taste. Throw in the parsley last. Set aside.
7. Roll the dough on a floured surface until you form a thin dough. Place the dough in a greased baking dish that fits inside the Air Fryer.
8. Pour the tofu mixture and cook for 30 minutes or until the pastry is crisp.

Vegan Tofu Frittata (V)

(Prep + Cook Time: 65 minutes | Servings: 4)

Ingredients:

1 ¾ cups brown rice, cooked
1 flax egg (1 tbsp flax meal + 3 tbsp water)
1 tbsp olive oil
½ onion, chopped
4 cloves garlic, crushed
1 yellow pepper, chopped
3 big mushrooms, chopped
½ cup kale, chopped
½ cup baby spinach, chopped
4 spring onions, chopped a handful of basil leaves, chopped
1 package firm tofu
2 tsp Dijon mustard
½ tsp turmeric
2 tbsp soy sauce
3 tbsp nutritional yeast
2/3 cup almond milk
2 tsp arrowroot powder

Directions:

1. Preheat the Air Fryer to 375F.
2. Grease a pan that will fit inside the Air Fryer.
3. Prepare the frittata crust by mixing the brown rice and flax egg.
4. Press the rice onto the baking dish until you form a crust.
5. Brush with a little oil and cook for 10 minutes.
6. Meanwhile, heat olive oil in a skillet over medium flame and sauté the garlic and onions for 2 minutes.
7. Add the pepper and mushroom and continue stirring for 3 minutes. Stir in the kale, spinach, spring onions, and basil. Remove from the pan and set aside.
8. In a food processor, pulse together the tofu, mustard, turmeric, soy sauce, nutritional yeast, vegan milk and arrowroot powder.
9. Pour in a mixing bowl and stir in the sautéed vegetables.
10. Pour the vegan frittata mixture over the rice crust and cook in the Air Fryer for 40 minutes.

Carrot and Zucchini Muffins

(Prep + Cook Time: 25 minutes | Servings: 4)

Simple to make and creamy, these carrot and zucchini muffins are the perfect breakfast choice for those running-late mornings. If you want some more intense flavor, add a spice like turmeric or curry.

Ingredients:

1 tbsp yogurt
½ cup shredded zucchini
¼ cup shredded carrots
1 ½ cups all-purpose flour
2 tbsp cream cheese
3 eggs
pinch of salt
2 tbsp butter, melted
2 tbsp sugar
2 tsp baking powder
1 cup milk
pinch of black powder

Directions:

1. Preheat the Air Fryer to 350F.
2. Beat the eggs along with the milk, baking powder, salt, pepper, sugar, and yogurt.
3. Whisk in the flour gradually. Fold in the carrots and zucchini.
4. Grease your muffin tins and pour the muffin batter into the tins.
5. Cook for about 12-14 minutes, depending on the density you prefer.
6. Serve and enjoy.

Chicken and Cheese Sandwich

(Prep + Cook Time: 15 minutes | Servings: 1)

Cheesy, gooey, well-seasoned, and amazingly flavored, this sandwich with chicken, cheese, and coleslaw, is the ultimate lunch to bring to the office today. Add some chili peppers if you like eating hot food.

Ingredients:

⅓ cup cooked and shredded chicken
2 mozzarella slices
1 hamburger bun
¼ cup shredded cabbage
1 tsp mayonnaise
2 tsp butter
1 tsp olive oil
½ tsp balsamic vinegar
¼ tsp smoked paprika
¼ tsp black pepper
¼ tsp garlic powder
pinch of salt

Directions:

1. Preheat your Air Fryer to 370F.
2. Brush the outside of the bun with butter. Combine the chicken with garlic powder, paprika, pepper, and salt.
3. Cut the bun in half and add the chicken.
4. Place the mozzarella slices over. In a small bowl combine the cabbage, mayonnaise, olive oil, and balsamic vinegar.
5. Top the chicken with the coleslaw.
6. Close the sandwich and place it in the Air Fryer. Cook for 5-7 minutes.
7. Serve and enjoy.

Bacon and Cheddar Mini Quiche

(Prep + Cook Time: 30 minutes | Servings: 4)

Light and moist dough stuffed with the most irresistible breakfast ingredients – bacon and cheese – these mini shortcrust quiches will be your children's favorite breakfast choice.

Ingredients:

3 tbsp. greek yogurt
½ cup grated cheddar cheese
3 ounces chopped bacon
4 eggs, beaten
¼ tsp garlic powder
pinch of black pepper
1 shortcrust pastry
¼ tsp onion powder
¼ tsp sea salt
some flour for sprinkling

Preparation:

1. Preheat the Air Fryer to 330F.
2. Grease 8 ramekins and coat them with a little bit of flour. Tap the excess flour off.
3. Divide the shortcrust pastry into 8 pieces. Place each shortcrust piece at the bottom of each ramekin.
4. Place all of the remaining ingredients in a bowl and mix to incorporate them well. Pour the filling over the shortcrust pastry.
5. Place the ramekins in your Air Fryer and bake for 20 minutes.
6. Serve and enjoy.

Oat and Chia Porridge

(Prep + Cook Time: 15 minutes | Servings: 4)

Don't want a traditional oatmeal this morning for breakfast? Why not try this flavorful and tasty breakfast porridge with oats, chia seeds, peanut butter, and honey? Tweak this recipe a little bit by adding some more ingredients for a kid-friendly breakfast.

Ingredients:

4 cups milk
2 tbsp peanut butter
2 cups oats
1 cup chia seeds
4 tbsp honey
1 tbsp butter, melted

Directions:

1. Preheat the Air Fryer to 390F.
2. Whisk the peanut butter, honey, butter, and milk in a bowl. Stir in oats and chia seeds.
3. Pour the mixture into an oven-proof bowl that can fit in the Air Fryer. Cook for 5 minutes.
4. Stir before serving. Enjoy.

Carrot Mix Salmon Breakfast

(Prep + Cook Time: 25 minutes | Servings: 2)

Ingredients:

4 bread slices
1 lb. salmon (chopped)
1 carrot (shredded)
2 cucumber (slices)
2 cups feta crumbled
3 tbsp pickled red onion

Directions:

1. Put salmon with feta into a bowl.
2. Add carrot, cucumber and red onion. Mix well.
3. Make a layer of bread in the oven safe tray and then pour the mixture over it.
4. Let it cook in the Air Fryer for 15 minutes on 300F.
5. When ready, serve and enjoy!

A Different Ham and Feta Frittata

(Prep + Cook Time: 20 minutes | Servings: 2)

The fact that it is not stove-cooked is not the only thing that makes this frittata different. The boiled potato used in this recipe also does. Quick and easy, this Air Fried ham and feta frittata will blow your mind.

Ingredients:

2 large potatoes, boiled and chopped
3 ounces ham, diced
½ cup crumbled feta cheese
4 eggs, beaten
1 tbsp chopped basil
1 tsp olive oil
salt and pepper, to taste

Directions:

1. Preheat your Air Fryer to 350F and heat the olive oil in it.
2. Add the ham and cook for about a minute or two. In a bowl, combine all of the ingredients together. Season with some salt and pepper.
3. Pour the egg mixture over the ham.
4. Stir to incorporate the ham into the frittata. Cook for about 6 minutes. Serve and enjoy.

Feta and Mushroom Frittata

(Prep + Cook Time: 35 minutes | Servings: 4)

Ingredients:

1 red onion, thinly sliced
4 cups button mushrooms, thinly sliced
2 tbsp olive oil
6 medium eggs salt nonstick cooking spray
6 tbsp feta cheese, crumbled

Directions:

1. Sauté the onion and mushroom in the olive oil over medium heat until the vegetables are tender.
2. Remove from the pan and drain on a paper towel-lined plate. In a medium bowl, whisk the eggs with the salt.
3. Lightly coat the bottom and sides of an 8-inch baking dish with nonstick spray.
4. Briefly preheat your Air Fryer to 325F.
5. Assemble the frittata: pour the beaten eggs into the prepared pan and scatter the sautéed vegetables and crumbled feta on top. Bake in the Fryer for 30 minutes.
6. Let cool slightly and serve.
7. Alternatively, let cool, refrigerate, and serve cold. Frittata is fabulous both ways!

Croissant with Ham, Mushroom & Egg

(Prep + Cook Time: 20 minutes | Servings: 1)

Ingredients:

- 1 croissant, sliced in half crosswise
- 3 slices finely shaved honey ham
- 4 small button mushrooms, quartered
- 3 cherry tomatoes, halved
- 1 ½ oz shredded cheddar (mozzarella works, too)
- 1 large egg salt and pepper
- ½ sprig rosemary, roughly chopped
- 1 handful salad greens butter for greasing the baking dish

Directions:

1. Prepare a small baking dish by greasing it well with butter. Arrange all of the ingredients excluding the salad greens in two layers in the baking dish.
2. This works well when the ham is on the bottom and the egg is cracked somewhere in the middle, but most importantly make sure that the cheese is in the upper layer. Season with salt, pepper, and rosemary.
3. Briefly preheat your Air Fryer to 325F.
4. Bake the dish for 4 minutes, remove the croissant, and continue baking for an additional 4 minutes.
5. Assemble your sandwich — don't forget the greens.

Spring Onion Pancake

(Prep + Cook Time: 45 minutes | Servings: 6)

Ingredients:

1 cup flour (plain)

¼ cup water (cold)

¼ cup water (boiling)

olive oil

1 tsp salt

½ cup spring onion (chopped)

Directions:

1. Knead flour by adding hot water and then cool it until it smoothens.
2. Add 1 tbsp oil. Let it rest for an hour.
3. Cut the kneaded flour into four equal parts and make it into rolls.
4. Spray oil in the pan and add onions and salt to it. Let it cook till golden brown.
5. Cover the rolls with aluminum film and rest them for another hour, then flatten the rolls.
6. Preheat Air Fryer to 350F and cook them in it for 15 minutes.
7. Serve with any fresh juice and enjoy the taste.

Hot Fried Cabbage Patties

(Prep + Cook Time: 20 minutes | Servings: 2-4)

Ingredients:

2 cups shredded purple cabbage
4 eggs, beaten
1 cup cornmeal
1 pinch sea salt
1 tbsp onion powder
1 tsp black pepper
1 tbsp olive oil

Directions:

1. Preheat your Air Fryer to 390F.
2. Combine all of the ingredients except the olive oil in a mixing bowl.
3. Grease a heat safe dish using the olive oil.
4. Spoon the mixture onto the dish and form patties but pushing down with a spoon. Cook for 15 minutes.
5. Serve with bread as a vegetarian burger, or with salad as a vegetable based light meal.

Crispy Breakfast Pies

(Prep + Cook Time: 35 minutes | Servings: 4)

Ingredients:

8 oz frozen dough sheet

4 eggs

1/3 cup ham, cooked & crushed

1/3 cup bacon, cooked & chopped

1/3 cup cheese, shredded

Directions:

1. Preheat your Air Fryer to 380F.
2. On work surface, unroll dough. Unroll to form approximately 13x9-inch rectangle.
3. Cut into 4 equal rectangles (6 1/2x4 1/2 inches), and separate.
4. Place dough rectangles on cookie sheet. Make edges toward center to form 1/2-inch rimmed edge around each rectangle.
5. Carefully break 1 egg in center of each dough rectangle.
6. Top each pie with ham, bacon and cheese.
7. Place pies into the Air Fryer and cook for about 15-20 minutes, until edges of crescent dough are golden brown and egg whites and yolks are cooked.
8. Serve and enjoy delicious and healthy breakfast.

Delicious Shell Spaghetti Recipe

(Prep + Cook Time: 25 minutes | Servings: 3)

Ingredients:

1 tbsp oil
2 skinless chicken breast (boneless)
2 cloves garlic (minced)
2 tbsp chile paste
½ cup soy sauce
1 tbsp canola oil
2 pounds shell spaghetti
salt to taste
2 carrots (cut)
1 onion (sliced)
½ cabbage (chopped)
ginger to taste
broccoli to taste (optional)

Directions:

1. Grease oil in the round baking tray. Add chicken with garlic.
2. Mix Chile paste, soy sauce, salt, carrots, cabbage, ginger and broccoli.
3. Place the tray in the Air Fryer for 15 minutes on 300F.
Meanwhile, boil the shell spaghetti.
4. When the mixture is ready, pour it in the cooked spaghetti and enjoy the meal!

Appetizers

These amazing appetizers are simple to make and absolutely delicious. They will make a wonderful, healthy addition to any of your favorite meals. You and your family will be sure to love these appetizers!

Air Fried Buffalo Cauliflower (V)

(Prep + Cook Time: 30 minutes | Servings: 4)

Ingredients:

4 cups cauliflower florets (bite-sized)

1 cup panko breadcrumbs (mixed with 1tsp salt)

¼ cup melted butter (vegan/other)

¼ cup buffalo sauce (vegan/other)

mayo (vegan/other) or creamy dressing for dipping

Directions:

1. Take a bowl and mix butter and buffalo sauce in it. Stir it till it gives you a creamy paste.
2. Now dip each floret in the sauce using a stem until the floret is coated from everywhere. Make sure the florets are covered well.
3. After that cover the floret with the salt mixture that you have already prepared.
4. Now fry the floret in the Air Fryer for approximately 15 minutes, at 350F.
5. Check the progress half way and shake them periodically.
6. Now serve them in a platter with any dip or sauce you like or with a raw vegetable salad.
7. Enjoy the meal!

Fried Broccoli (V)

(Prep + Cook Time: 30 minutes | Servings: 4)

This is a delicious, crispy recipe that is a wonderful addition to any meal. Pair it with a tasty sauce of your choice and you will definitely be loving your healthy appetizer.

Ingredients:

- 1 head broccoli, large
- ½ lemon, juiced
- 3 cloves garlic, minced
- 1 tbsp coconut oil
- 1 tbsp sesame seeds, white
- 2 tsp maggi sauce, or other seasonings to taste

Directions:

1. Thoroughly wash head of broccoli and then chop into bite-sized pieces. Pat pieces dry and set them aside.
2. Peel garlic, mince and set aside In your Air Fryer basket, combine duck fat (or coconut oil) with lemon juice and Maggi sauce.
3. Heat the concoction for 2 minutes at 320F and stir.
4. Add garlic and broccoli, combine and cook for 13 minutes.
5. Sprinkle white sesame seeds over broccoli and cook for a final 5 minutes, just to toast the sesame seeds.
6. Serve hot.

Fried Mushrooms (V)

(Prep + Cook Time: 40 minutes | Servings: 4)

These fried mushrooms are an amazing appetizer to be enjoyed with any meal. You can add them to a dish as a topping, such as burgers, or you can eat them on their own. They are a savory way to enjoy mushrooms with your favorite meal.

Ingredients:

2 pounds button mushrooms
3 tbsp white or french vermouth (optional)
1 tbsp coconut oil
2 tsp herbs of your choice
½ tsp garlic powder

Directions:

1. Thoroughly wash your mushrooms and then dry them. Cut them into quarters and set them aside.
2. Heat your Air Fryer to 320F and add the following ingredients to the basket: duck fat (or coconut oil), garlic powder, and herbs.
3. Warm the ingredients for 2 minutes, stir and then add the mushrooms.
4. Cook the mushrooms for 25 minutes, stirring periodically.
5. Add white vermouth, stir and cook for another 5 minutes.
6. Serve hot.

Garlic Stuffed Mushrooms

(Prep + Cook Time: 25 minutes | Servings: 4)

Ingredients:

6 small mushrooms
1 tbsp onion, peeled/diced
1 tbsp breadcrumbs
1 tbsp olive oil
1 tsp garlic, pureed
1 tsp parsley
salt to taste
pepper to taste

Directions:

1. Mix breadcrumbs, oil, onion, parsley, salt, pepper and garlic in a medium sized bowl.
2. Remove middle stalks from mushrooms and fill them with crumb mixture.
3. Cook in Air Fryer for 10 minutes at 350F.
4. Serve with mayo dip and enjoy the right combination

Grilled Endive Marinated in Curried Yogurt

(Prep + Cook Time: 20 minutes | Servings: 6)

This endive appetizer is coated with a delicious yogurt curry. It is healthy, tasty, and serves a wonderful authentic flavor along any dish. You can eat these on their own, or put them over top of a bowl of rice to enjoy as a meal all on their own.

Ingredients:

6 heads endive

½ cup yogurt, plain and fat-free

3 tbsp lemon juice

1 tsp garlic powder (or 2 minced cloves of garlic)

½ tsp curry powder

salt and ground black pepper to taste

Directions:

1. Thoroughly wash endives, then halve them lengthwise through the root end. Set the endives aside.
2. In a bowl, combine yogurt, lemon juice, garlic powder (or mince), curry powder, salt and pepper.
3. If you need the marinated thinner, add more lemon juice.
4. Take the endive halves and either toss them in the marinade, or generously brush them with it.
5. Cover the pieces and let them marinate for at least 30 minutes, or as long as a day.
6. Preheat Air Fryer to 320F and cook the endives for 10 minutes. Serve hot.

Grilled Tomatoes (V)

(Prep + Cook Time: 25 minutes | Servings: 2)

Tomatoes are a healthy, flavorful fruit. These grilled tomatoes are scrumptious, savory, and full of flavor. You can eat them as is, or put them over top of another one of your favorite dishes. These tomatoes can be coated with any number of herbs to enhance the flavor, or you can serve them as is.

Ingredients:

2 tomatoes, medium to large
herbs of choice to taste
pepper to taste
high quality cooking spray

Directions:

1. Thoroughly wash tomatoes, pat them dry, and halve them.
2. Turn them over so the skin is up, and lightly spray them with a quick spray of cooking oil.
3. Turn halves cut side up and spray again, lightly with one quick spray.
4. Sprinkle the halves with your choice of herbs and some black pepper. (Ideal herbs: oregano, basil, parsley, rosemary, thyme, sage, etc.)
5. Place halves into the tray of your Air Fryer. Cook for 20 minutes at 320F.
6. After 20 minutes, check to see if they are done. If not, you can add an extra 5 minutes on the cook time until they are cooked to your desired doneness.
7. Larger tomatoes will need more cook time.
8. Serve hot.

Heritage Carrots and Rhubarb (V)

(Prep + Cook Time: 35 minutes | Servings: 4)

These carrots and rhubarb are a sweet, flavorful dish. Topped with walnuts, this appetizer is a delicious meal that offers a wonderful, healthy side to any entrée you may serve up.

Ingredients:

- 1 pound heritage carrots
- 1 pound rhubarb
- 1 orange, medium
- ½ cup walnuts, halved
- 2 tsp walnut oil
- ½ tsp stevia (or a few drops of stevia extract)

Directions:

1. Thoroughly wash carrots, and pat them dry. Cut them into 1 inch pieces and place them in the Air Fryer basket with walnut oil.
2. Heat fryer to 320F and cook the carrots for about 20 minutes.
3. In the meantime, thoroughly wash the rhubarb and cut it into 1/2 inch pieces. Set aside.
4. Roughly chop the walnuts, and set aside.
5. Thoroughly wash the orange, zest it and then set the zest aside.
6. Peel and section the rest of the orange, and set the sections aside.
7. After cooking the carrots for 20 minutes, add the rhubarb, walnuts and stevia and cook it for another 5 minutes.
8. Stir in 2 tablespoons of orange zest, and add the peeled sections of the orange to the dish.
9. Serve immediately.

Jalapeno Poppers

(Prep + Cook Time: 35 minutes | Servings: 1)

These jalapeno poppers are a wonderful way to enjoy a favorite classic. They can be served with nearly any sauce, and make a great appetizer or snack. They are wonderful as a side to any meal, or to have served up on game night or any other hosting night.

Ingredients:

1 spring roll wrapper
2 jalapeno peppers, medium
1 ounce cheddar cheese, low fat
1 tbsp liquid egg mixture
high quality cooking spray

Directions:

1. Wear gloves when working with jalapeno peppers to prevent spreading the oils to your eyes or other areas where it could cause burning.
2. Chop the stem end off of the jalapenos, slice them lengthwise and trim out the innards.
3. Rinse under water if necessary to remove stubborn seeds. If wet, pat dry and set aside, keeping matching halves together.
4. Cut cheddar cheese into two 1/2 ounce strips.
5. Take a sheet of spring roll wrapper and cut it in half. Brush each half of the wrapper with the liquid egg mixture, focusing on the edges in particular.
6. In one corner of the spring roll wrapper halve, place the jalapeno cut side up.
7. Fill the jalapeno with a cheddar cheese strip and top it with the remaining jalapeno halve (keeping both halves of the same jalapenos together).
8. Folding in the edges, roll the jalapeno popper up in the spring roll wrapper.
9. When the popper is wrapped, make sure the wrapper is tight and give the entire popper a light brush with liquid egg mixture.
10. After you have assembled both of the jalapeno poppers, lay them down

and lightly spray them with high quality cooking spray. Turn poppers over and spray the other side.

11. Place your poppers in your Air Fryer basket and cook for 10 minutes at 320F.
12. If you are making enough for multiple servings, you can comfortably fit about 8 in your Air Fryer basket at a time. (That is enough to serve 4 people).
13. If they aren't golden brown enough for your taste, let them cook for another minute or two.
14. Serve poppers immediately as is, or with a marinara dipping sauce.

Cheddar Bacon Croquettes

(Prep + Cook Time: 50 minutes | Servings: 6)

Ingredients:

For The Filling

1 pound sharp cheddar cheese, block

1 pound bacon, thinly sliced, room temperature

For The Breading

4 tbsp olive oil 1 cup all-purpose flour

2 eggs, beaten

1 cup seasoned breadcrumbs

Directions:

1. Cut the cheddar cheese block into 6 equally sized portions, approximately 1-inch x 1¾-inch each. Take two pieces of bacon and wrap them around each piece of cheddar, fully enclosing the cheese. Trim any excess fat.
2. Place the cheddar bacon bites in the freezer for 5 minutes to firm. Do not freeze.
3. Preheat the Air Fryer to 390F.
4. 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.
5. Place the croquettes in the cooking basket and cook for 7-8 minutes or until golden brown.

Notes: To ensure the cheese does not run out, double coat them by dipping them a second time into the egg and then into the bread crumbs.

Maple Glazed Beets (V)

(Prep + Cook Time: 60 minutes | Servings: 8)

These sweetly glazed beets are a flavorful way to enjoy a deliciously healthy root vegetable. The maple topping adds heaps of flavor to an already satisfying dish of beets. This recipe serves wonderfully alongside any of your favorite fall recipes.

Ingredients:

3.5 pounds beetroots

4 tbsp maple syrup

1 tbsp coconut oil

Directions:

1. Gently but thoroughly wash the beets, then peel them.
2. Chop them into 1 inch pieces and set them aside.
3. Put the duck fat or coconut oil in the Air Fryer and heat for 1 minute at 320F until melted.
4. Add the beet cubes to the Air Fryer basket Cook for 40 minutes.
5. Cover the beetroots in half of the maple syrup and cook for an additional 10 minutes, or until the beets are fork tender.
6. When the beets are done to your desire, toss them with the remaining half of the maple syrup.
7. Serve immediately.

Maple Roasted Parsnip (V)

(Prep + Cook Time: 55 minutes | Servings: 5)

This maple roasted parsnip recipe is sweet, flavorful and have an addicting texture. They are wonderful served next to any of your favorite fall recipes or meat dishes.

Ingredients:

- 2 pounds parsnips (about 6 large parsnips)
- 2 tbsp maple syrup
- 1 tbsp coconut oil
- 1 tbsp parsley, dried flakes

Directions:

1. Put the duck fat or coconut oil in your Air Fryer and heat for 2 minutes at 320F until melted.
2. Thoroughly wash your parsnips and peel them, then cut into 1 inch cubes.
3. Put the parsnip cubes into the melted duck fat (or coconut oil).
4. Cook the parsnip cubes for 40 minutes, tossing them periodically.
5. Test for fork tenderness and add a few minutes to the cook time if necessary.
6. In the final five minutes of cooking, sprinkle the parsnips with parsley and maple syrup.
7. Serve immediately.

Roasted Orange Carrots

(Prep + Cook Time: 40 minutes | Servings: 4)

This citrusy spin on a favorite classic of roasted carrots is a wonderful way to add excitement to any meal. These carrots are roasted in your Air Fryer, and then flavored with orange juice to fill them with a tasty, unique flavor that will make your taste buds jump with joy.

Ingredients:

- 1 pound carrots
- 4 tbsp orange juice, no pulp
- 2 tsp extra virgin olive oil
- 1 tsp herbes de provence, or herbs of choice

Directions:

1. Thoroughly wash the carrots and cut them into 1 inch cubes. Do not peel them.
2. Preheat your Air Fryer to 320F.
3. Put the carrot chunks into your Air Fryer basket, add the herbs and then coat with oil. (Always add oil after herbs so the herbs are wet and don't get blown around the Air Fryer.)
4. Roast the mixture for 20 minutes.
5. After 20 minutes, add the orange juice and continue roasting for an additional 5 minutes.
6. Serve hot.

Roasted Eggplant

(Prep + Cook Time: 45 minutes | Servings: 6)

Ingredients:

3 eggplants, medium
½ lemon, juiced
1 tbsp duck fat, or coconut oil
1 tbsp maggi sauce
3 tsp za'atar
1 tsp sumac
1 tsp garlic powder
1 tsp onion powder
1 tsp extra virgin olive oil
2 bay leaves

Directions:

1. Thoroughly wash your eggplants and pat them dry.
2. Destem the eggplants, then cut them into 1 inch cubes. Set the cubes aside.
3. In your Air Fryer basket, combine duck fat (or coconut oil), maggi sauce, za'atar, onion powder, garlic powder, sumac and bay leaves.
4. Cook the ingredients for 2 minutes at 320F until melted. Stir together.
5. Add the eggplant into the Air Fryer basket. Cook the eggplant for 25 minutes.
6. In a large mixing bowl, combine the lemon juice and extra virgin olive oil.
7. Stir in the cooked eggplant and toss until they are evenly coated.
8. Serve immediately with an optional garnish of grated parmesan or fresh chopped basil.

Roasted Peppers (V)

(Prep + Cook Time: 40 minutes | Servings: 4)

Roasted peppers are a soft dish that is rich with flavor. These peppers are coated with Maggi sauce to enhance the flavor and make them extra tasty. You will love eating these with any of your favorite dishes.

Ingredients:

12 bell peppers, medium
1 sweet onion, small
1 tbsp maggi sauce
1 tbsp extra virgin olive oil

Directions:

1. Heat your Air Fryer to 320F and warm the extra virgin olive oil and Maggi sauce together.
2. Peel the onion, chop it into 1 inch slices, and put it in the warmed oil mixture in the Air Fryer.
3. Wash the peppers, destem them, cut them into 1 inch pieces, and clean out the seeds. If you need to, rinse away the tough seeds and pat the peppers dry.
4. Add them to the Air Fryer. Cook for about 25 minutes, give or take depending on what your preferred doneness is.

Roasted Potatoes (V)

(Prep + Cook Time: 45 minutes | Servings: 4)

Having a side of roasted potatoes is a classic. They go great with fish, chicken, steak, or any other meat-oriented dish. They can be seasoned with any herbs you desire to create your choice of flavor, or left unseasoned to be enjoyed as is. Either way, you will love the crunchy outer texture wrapped around a delicious, soft filling.

Ingredients:

2 ¾ pound potatoes (about 2 large russet potatoes)

1 tsp extra virgin olive oil (or coconut oil)

herbs of choice, to taste

Directions:

1. Thoroughly wash the potatoes and cut them into 1 inch cubes. Don't peel them beforehand.
2. In a medium bowl, toss together your potato cubes and extra virgin olive oil until the cubes are evenly coated.
3. Cook your potato cubes in the Air Fryer at 320F for 25 minutes. Don't preheat your Air Fryer, you don't need to.
4. When they're done, toss them gently and then raise the temperature to 350F and cook them for another 7 minutes.
5. Finally, remove them from the bowl and toss them in a medium bowl with your choice of herbs.
6. Serve hot. Reheat in Air Fryer as needed.

Sweet Potato Fries (V)

(Prep + Cook Time: 35 minutes | Servings: 5)

These sweet potato fries are a delicious spin on standard French fries. They are extra healthy, rich with flavor and pair great with a chipotle mayo sauce. These are easy to make, require few ingredients, and will enhance any dish you serve them with.

Ingredients:

2 sweet potatoes, large

1 tbsp extra virgin olive oil

Directions:

1. Wash and peel the sweet potatoes Chop into shoestring fries and place into a large bowl. Using clean hands, add the oil and then toss the fries thoroughly.
2. Make sure all of the fries are thoroughly coated so they don't stick to each other, and they cook evenly.
3. Set your Air Fryer to 320F, place sweet potatoes in the Air Fryer basket and fry them for 15 minutes.
4. Toss them once about halfway through the cooking process. After 15 minutes, give the fries a really thorough toss.
5. Raise the Air Fryer temperature to 350F and cook sweet potato fries for another 5 minutes.
6. Thoroughly toss your sweet potato fries, and then let them fry for another 5 minutes.
7. Serve your fries immediately, straight out of the Air Fryer.

Cajun Spiced Snack Mix

(Prep + Cook Time: 30 minutes | Servings: 10)

Ingredients:

½ cup butter, melted
2 tbsp Cajun or Creole seasoning
2 cups mini wheat thin crackers
2 cups peanuts
2 cups mini pretzels
4 cups plain popcorn

Cajun Seasoning:

2 tsp salt
1 tsp cayenne pepper
1 tsp garlic
1 tsp paprika
½ tsp oregano
½ tsp thyme
½ tsp onion powder
1 tsp black pepper

Directions:

1. Pre-heat Air Fryer to 370F.
2. Combine the melted butter and Cajun spice in a small bowl.
3. In a large bowl, combine the crackers, peanuts, pretzels, and popcorn. Pour the butter over the mixed snacks and toss evenly to coat the mixture.
4. Air-fry the snack mix two batches. Place half of the snack mix in the Air Fryer basket and air-fry for 8 to 10 minutes until lightly toasted. Toss the basket several times throughout the process for even cooking.
5. Transfer the snack mix to a cookie sheet and cool completely. Store in an airtight container for up to one week, or place in gift bags with tags and ribbons for gift giving.

Tofu

(Prep + Cook Time: 35 minutes | Servings: 4)

Tofu is a healthy variety to meat options. While it is a popular choice among vegetarians, it can also be thoroughly enjoyed by just about anyone. Tofu has a soft, adaptive flavor that can be seasoned to create any taste. When it is fried, it creates a scrumptious, crispy outer layer while still keeping its deliciously soft interior. This tofu is easy to make, features an authentic oriental flavor and will definitely make you fall in love with air fried tofu.

Ingredients:

1x 12 oz package tofu, low-fat and extra firm
2 tbsp soy sauce, low-sodium
2 tbsp fish sauce
1 tbsp coriander paste
1 tsp sesame oil
1 tsp duck fat (or coconut oil)
1 tsp maggi sauce

Directions:

1. Drain the package of tofu and then cut the contents into 1 inch cubes.
2. Place them out on a paper towel lined plate evenly, and in a single layer.
3. Cover them with more paper towel, put another plate on top and place something on it to weigh it down.
4. This will thoroughly dry your tofu out. You can change the paper towel once or twice to get it extra dry. Ideally you should dry tofu for at least 30 minutes before cooking with it, though you can go as long as overnight if you have the time.
5. In a medium bowl, mix together: sesame oil, Maggi sauce, coriander paste, fish sauce, and soy sauce. Blend thoroughly to make your marinade.
6. Place your dried tofu into the marinade bowl and mix thoroughly so they are evenly coated.
7. Let the cubes marinate for about 30 minutes, or longer if possible.
8. Toss the cubes a few times while marinating to keep them evenly coated

and make sure they all get a strong dose of flavor.

9. If the marinade is too thick and isn't coating well, add an additional squirt of fish sauce or soy sauce to thin it out and help it spread easier.
10. Heat your Air Fryer to 350F and let your duck fat or coconut oil melt for about 2 minutes.
11. Add the tofu cubes to the basket and let them cook for about 20 minutes.
12. If you prefer them extra crispy, you can cook them for as long as 30 minutes.
13. Turn the cubes or shake the basket every 10 minutes to keep them frying evenly and thoroughly.
14. Serve hot with your choice of dipping sauce.

Zucchini Wedges

(Prep + Cook Time: 45 minutes | Servings: 4)

These breaded zucchini wedges are a tasty alternative to traditional French fries. They are healthy, have a crunchy exterior, and are full of flavor. You can serve them with just about any dipping sauce from ketchup to plain or flavored mayo, and they will pair perfectly. They are a wonderful, healthy alternative that will compliment any dish you serve them with.

Ingredients:

2 zucchinis, medium and fully ripe
½ cup panko bread crumbs, or anything else you have on hand
¼ cup egg whites (approximately 2 egg whites)
¼ cup parmesan cheese, grated
¼ tsp cayenne pepper
¼ tsp basil
¼ tsp oregano
high quality cooking spray

Directions:

1. In a medium bowl, combine panko bread crumbs, parmesan cheese, cayenne pepper, basil, and oregano.
2. Mix until well blended and then set aside. Thoroughly wash your zucchinis, and pat them dry. Don't peel them.
3. Cut the zucchini in half crosswise and then cut it into wedges no more than ½ inch thick.
4. Spray the Air Fryer basket with a high quality cooking spray. In a shallow bowl or dish, lightly beat egg whites.
5. Then, in another shallow dish, place a small portion of your breadcrumb mix. (Only work with a small portion at a time so it doesn't become drenched with egg whites and then unusable.)
6. With each wedge, dip the zucchini into the egg white and then thoroughly coat it with the bread crumbs, pressing them down so they stay in place.
7. Put your zucchini wedges into the Air Fryer pan. Do not overfill your Air Fryer pan, cook in a single layer in multiple batches if necessary.

8. Once your basket is full, lightly spray the wedges with your high quality cooking spray.
9. Heat the Air Fryer to 350F and cook the wedges for about 7 minutes and then turn them over.
10. Cook them for an additional 7 minutes and then remove them from the Air Fryer.
11. Place the finished wedges in a serving dish that can be kept warm while you complete additional batches.
12. Serve the wedges hot with your choice of dipping sauce.

Air Fryer Zucchini Cheese Boats

(Prep + Cook Time: 30 minutes | Servings: 2)

Ingredients:

1 cup ground chicken
1 zucchini
1 ½ cups crushed tomatoes
½ tsp salt
¼ tsp pepper
½ tsp garlic powder
2 tbsp butter or olive oil
½ cup cheese, grated
¼ tsp dried oregano

Directions:

1. Peel the zucchini and cut them into half. Scoop out the flesh from inside.
2. Combine the ground chicken, tomato, garlic powder, butter, cheese, oregano, salt, pepper in a mixing bowl.
3. Mix well and add in the middle of the zucchinis.
4. Add them to the Air Fryer and bake for about 10 minutes with 400F.
5. Serve warm.

Mediterranean Crunchy Stromboli

(Prep + Cook Time: 25 minutes | Servings: 4)

Ingredients:

12 oz frozen pizza dough
3 cups Cheddar cheese, shredded
1 cup Mozzarella cheese, shredded
1/3 pound cooked ham, sliced
1 large red bell pepper, sliced
1 egg yolk
2 tbsp skimmed milk
Salt and black pepper to taste

Directions:

1. Roll out the dough until $\frac{1}{4}$ inch thick.
2. Lay sliced ham, cheese and peppers on one side of the dough. Fold the dough over to seal.
3. In the large bowl combine egg yolk and milk. Brush folded Stromboli with this mixture.
4. Preheat the Air Fryer to 360F.
5. Place Stromboli the frying basket and cook for about 15 minutes, turning over 5-7 minutes, until crunchy.
6. Carefully serve and enjoy.

Toasted Pumpkin Seeds

(Prep + Cook Time: 25 minutes | Servings: 4)

Who knew the goop leftover from Halloween can turn into this delicious appetizer?

Ingredients:

1 ½ cups pumpkin seeds (cut a whole pumpkin & scrape out the insides using a large spoon; separating the seeds from the flesh)

1 tsp smoked paprika

1½ tsp salt

olive oil

Directions:

1. Rinse the pumpkin seeds under cold running water.
2. Over moderate heat settings, bring two quarts of water; preferably well-salted, to a boil.
3. Once boiling, add in the pumpkin seeds and let boil for 8 to 10 minutes.
4. Drain the seeds and then spread them on paper towels and let dry for a minimum of 20 minutes.
5. Pre-heat your Air Fryer to 350F.
6. In a medium size bowl; toss the pumpkin seeds with olive oil, smoked paprika and salt; transfer them to the basket of your Air Fryer.
7. Air-fry for a minimum period of half an hour until slightly browned and crispy; during the cooking process, shake the basket couple of times.
8. Just before serving or storing the cooked seeds in an air-tight bag or container, let the seeds to cool at room temperature.
9. Enjoy them as a topping for salads or as a snack.

Spinach Tomato and Mushroom Chicken Pizza

(Prep + Cook Time: 25 minutes | Servings: 4)

Ingredients:

10.5 oz minced chicken
1 tsp garlic powder
1 tsp black pepper
2 tbsp tomato basil sauce
5 button mushrooms, sliced thinly
A handful of spinach

Directions:

1. Preheat Air Fryer 450F.
2. Add parchment paper onto your baking tray.
3. In a large bowl add the chicken with the black pepper and garlic powder.
4. Add one spoonful of the chicken mix onto your baking tray.
5. Flatten them into 7 inch rounds. Bake in the Air Fryer for about 10 minutes.
6. Take out off the Air Fryer and add the tomato basil sauce onto each round.
7. Add the mushroom on top. Bake again for 5 minutes. Serve immediately.

Turkey Sausage Patties

(Prep + Cook Time: 20 minutes | Servings: 6)

Ingredients:

1 lb lean ground turkey
1 tsp olive oil
1 tbsp chopped chives
1 small onion, diced
1 large garlic clove, chopped
¾ tsp paprika
Kosher salt and pepper to taste
A pinch raw sugar
1 tbsp vinegar
1 tsp fennel seed
A pinch nutmeg

Directions:

1. Preheat the Air Fryer to 375F.
2. Add half the oil and the onion and garlic to the Air Fryer. Air fry for 30 seconds and then add the fennel.
3. Transfer them to a plate. In a mixing bowl add in the ground turkey.
4. Add the sugar, paprika, nutmeg, vinegar, chives and the onion mixture. Mix well and form patties of your desired size.
5. Add the rest of the oil to the Air Fryer.
6. Add the patties and air fry for about 3 minutes. Serve with lettuce leaves or buns.

Quick Stuffed Air Fried Banana Peppers

(Prep + Cook Time: 20 minutes | Servings: 8)

Ingredients:

1 cup full fat cream cheese cooking spray

16 avocado slices

16 salami pieces

salt to taste

16 banana peppers

pepper to taste

Directions:

1. Preheat the Air Fryer to 400F.
2. Take a baking tray and grease it with cooking spray.
3. Use a knife to cut out the stem of banana peppers. Cut a slit onto one side of each banana peppers and set aside for now.
4. Sprinkle the salt and pepper onto the cream cheese and mix well.
5. Add one spoonful of the cream cheese into each banana pepper.
6. Add one slice of avocado in each banana pepper.
7. Wrap the banana peppers using salami pieces. Seal with a toothpick.
8. Add your baking tray and add to the Air Fryer.
9. Bake for about 8 to 10 minutes.

Fancy Tortilla Chips

(Prep + Cook Time: 5 minutes | Servings: 2)

Ingredients:

8 corn tortillas

salt to taste

1 tbsp olive oil

Directions:

1. Set temperature to 390F.
2. Cut corn tortillas into triangles. Brush with olive oil.
3. Place tortilla pieces in wire basket in small batches and air fry for 3 minutes.
4. Repeat until all tortilla chips are cooked. Sprinkle with salt.
5. Serve.

Delicious Cheesy Bacon Fries

(Prep + Cook Time: 60 minutes | Servings: 2-4)

Ingredients:

2 large russet potatoes, peeled and cut into ½ inch sticks
5 slices of bacon, diced
2 tbsp vegetable oil
2½ cups shredded Cheddar cheese
3 oz cream cheese, melted
salt and freshly ground black pepper
¼ cup chopped scallions
Ranch dressing

Directions:

1. Bring a large pot of salted water to a boil while you prepare the potatoes. Blanch the potatoes in the boiling water for 4 minutes. Strain the potatoes in a colander and rinse them with cold water to wash off the starch. Dry them well with a clean kitchen towel.
2. Pre-heat the Air Fryer to 400F.
3. Place the chopped bacon into the Air Fryer and air-fry for 4 minutes, shaking the basket halfway through the cooking process. Drain the bacon on paper towels and discard the grease from the bottom of the Air Fryer drawer.
4. Toss the dried potato sticks with oil and place them in the Air Fryer basket. Air-fry at 360F for 25 minutes, shaking the basket a few times throughout the cooking time to help them cook evenly. Season the fries with salt and freshly ground black pepper midway through cooking.
5. Transfer the French fries from the basket to a 7- or 8-inch (whatever will fit your Air Fryer) baking pan or casserole dish. Mix the 2 cups of the Cheddar cheese with the melted cream cheese.
6. Dollop the cheese mixture over the potatoes. Sprinkle the remaining Cheddar cheese over the potatoes and then top with the cooked bacon crumbles.
7. Lower the baking pan into the cooker using a sling made of aluminum foil

(fold a piece of aluminum foil into a strip about 2-inches wide by 24-inches long).

8. Air-fry at 340F for 5 minutes to melt the cheeses. Sprinkle chopped scallions over the fries and serve in the baking dish with ranch dressing on the side.

Vegetable Spring Rolls Recipe (V)

(Prep + Cook Time: 20 minutes | Servings: 2)

Ingredients:

Roll:

10 Spring roll sheets

2 tbsp corn flour (you can substitute for maida if necessary)

Stuffing:

2 cups shredded cabbage

1 carrot

2 whole onions

½ tsp capsicum

1 whole ginger

1 whole garlic clove

Pinch of sugar

1 tbsp pepper powder

1 tsp soy sauce

salt to taste

2 tbsp cooking oil

2 spring onions (for garnish)

Directions:

1. Defrost spring rolls until soft and room temperature.
2. Chop carrots, onions, ginger, garlic, and capsicum into thin slices.
3. Chopping everything quickly will ensure quick cooking.
4. Set Air Fryer temperature to 355F.
5. Roll filling into the spring roll. Use a brush to lightly add oil to the spring rolls.
6. Place rolls in Air Fryer basket. Bake the rolls in the Air Fryer for 10 minutes.
7. Remove the basket from the Air Fryer and flip each spring roll over to ensure that it is properly baked on both sides of the spring roll.
8. If rolls remain white, bake it for another 2-3 minutes.
9. Remove and serve hot.

Gluten-Free Salmon Croquettes

(Prep + Cook Time: 20 minutes | Servings: 4)

Ingredients:

2 eggs (beaten, lightly)
1 large tin of red salmon (drained)
1 cup bread crumbs
⅓ cup vegetable oil
½ bunch of parsley, roughly chopped
⅛ tsp black pepper

Directions:

1. Preheat Air Fryer to 390F.
2. Mix together the salmon and mix with herbs, egg, and the seasoning.
3. Mix together the bread crumbs and oil in another bowl, until you get a loose mixture that can act as a glue for our croquettes.
4. Shape the salmon mix into 16 small croquettes, and coat them in the crumb mixture.
5. In batches, put the croquettes in the basket and slide into the Air Fryer. Wait until golden brown.
6. Serve.

Sage & Onion Stuffing Balls

(Prep + Cook Time: 35 minutes | Servings: 6)

Ingredients:

2 lbs. sausage meat

½ onion

½ tsp garlic puree

1 tsp sage

3 tbsp breadcrumbs

pinch of salt

black pepper

Directions:

1. Place all of your ingredients into a large bowl for mixing and make sure your ingredients are mixed well.
2. Form into medium sized balls and place them in the Air Fryer.
3. Cook at 355F for 15 minutes.
4. Serve and enjoy!

Coconut Shrimp

(Prep + Cook Time: 20 minutes | Servings: 16)

Ingredients:

½ tsp salt

1 lb large shrimp (about 16 to 20 peeled/de-veined)

½ cup flour

2 egg whites

½ cup fine breadcrumbs

½ cup shredded unsweetened coconut zest of one lime

¼ tsp cayenne pepper spray can of vegetable or canola oil

sweet chili sauce or duck sauce (for serving)

Directions:

1. Whisk the eggs in a shallow dish.
2. Combine the breadcrumbs, coconut, lime zest, salt and cayenne pepper in another dish.
3. Pre-heat the Air Fryer to 400F.
4. Dip each shrimp into the flour. Next, dip the shrimp into the egg mixture, and then into the breadcrumb coconut mixture to coat all sides.
5. Place the breaded shrimp on a plate and spray with oil.
6. Air fry shrimp but don't overcrowd basket.
7. Cook the shrimp for five to six minutes or before it gets to the point that each shrimp is firm and cooked.
8. Serve and enjoy.

Bacon Wrapped Shrimp

(Prep + Cook Time: 50 minutes | Servings: 4)

Ingredients:

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

1 pound bacon, thinly sliced, room temperature (16 slices)

Directions:

1. Take one slice of bacon and wrap it around the shrimp, starting from the head and finishing at the tail. Return the wrapped shrimp to the refrigerator for 20 minutes.
2. Preheat the Air Fryer to 390F. Remove the shrimp from the refrigerator and add them to the cooking basket, cooking for 5-7 minutes.
3. Drain on a paper towel prior to serving.

Crispy Fried Spring Rolls

(Prep + Cook Time: 45 minutes | Servings: 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 tsp ginger, finely chopped

1 tsp sugar

1 tsp chicken stock powder

For The Spring Roll Wrappers:

1 egg, beaten

1 tsp cornstarch

8 spring roll wrappers

½ tsp vegetable oil

Directions:

1. 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.
2. 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
3. it up, sealing the ends with the egg mixture.
4. Preheat the Air Fryer to 390F.
5. Lightly brush the spring rolls with oil prior to placing in the cooking basket. Cook for 3-4 minutes or until golden brown. Serve with sweet chili sauce or soy sauce.

Cheesy Garlic Bread

(Prep + Cook Time: 20 minutes | Servings: 2)

Ingredients:

5 round bread slices
4 tsp melted butter
3 chopped garlic cloves
5 tsp sun dried tomato pesto
1 cup grated mozzarella cheese

Directions:

1. As I am using baguette bread for my preparation, I will first cut it into thick round slices.
2. Apply some melted butter (in which garlic cloves were added) on the bread slices.
3. Apply a teaspoon of sun dried tomato pesto to each of the slice. Add a generous amount of grated cheese on the top of each slice.
4. Place these bread slices in Air Fryer and cook them at 180F for 6-8 minutes.
5. Garnish with some more freshly chopped basil leaves, chilli flakes and oregano!!
6. Enjoy yummy cheesy garlic bread with ketchup as snack or appetizer.

Grilled Cheese.

(Prep + Cook Time: 25 minutes | Servings: 2)

Ingredients:

½ cup sharp cheddar cheese

¼ cup butter, melted

4 slices of brioche or white bread

Directions:

1. Preheat the Air Fryer to 360F.
2. Place cheese and butter in separate bowls. Brush butter on each side of the four slices of bread using a cooking brush.
3. Place the cheese on 2 of the four pieces of bread.
4. Put the bread together and add to the cooking basket of the Air Fryer.
5. Cook for 5 to 7 minutes or until golden brown and the cheese has melted.

Avocado and Tomato Egg Rolls

(Prep + Cook Time: 20 minutes | Servings: 5)

Although this can also be a great snack to serve when throwing a party, two avocado and tomato rolls also make a perfectly satisfying lunch. Serve with favorite dipping sauce and enjoy.

Ingredients:

10 egg roll wrappers

3 avocados, peeled and pitted

1 tomato, diced

salt and pepper, to taste

Directions:

1. Preheat your Air Fryer to 350F.
2. Place the tomato and avocados in a bowl.
3. Season with some salt and pepper.
4. Mash with a fork to make a smooth filling.
5. Divide the filling between the wrappers, and wrap them up securely.
6. Place them on a lined baking dish.
7. Cook for 5 minutes.
8. Serve and enjoy.

Warm Curried Chicken Dip with Major Grey's Chutney and Naan Bread Dippers

(Prep + Cook Time: 50 minutes | Servings: 10)

Ingredients:

4 loaves naan bread cut into 2-inch strips
3 tbsp butter, melted
12 ounces light cream cheese, softened
1 cup plain yogurt
2 tsp curry powder
2 cups cooked chicken, shredded
4 scallions, minced
1/3 cup golden raisins
6 ounces Monterey Jack cheese, grated (about 2 cups)
1/4 cup chopped fresh cilantro
salt and freshly ground black pepper
1/2 cup sliced almonds
1/2 cup Major Grey's Chutney

Directions:

1. Pre-heat Air Fryer to 400F. Cut the naan in thirds lengthwise and then cut crosswise into 2-inch strips. Place in large bowl and toss with melted butter.
2. In 2 batches, place naan strips into Air Fryer basket. Air-fry for 5 minutes until naan is toasted. Shake and toss basket halfway through.
3. Using a hand mixer, stand mixer or food processor, beat the softened cream cheese and yogurt together. Add the curry powder and mix until evenly combined.
4. Fold in the shredded chicken, scallions, golden raisins, Monterey Jack cheese and chopped cilantro. Season to taste with salt and freshly ground black pepper.
5. Spread the mixture evenly into a 1-quart baking dish. Top with the sliced almonds. If making ahead, cover the dish with plastic wrap and refrigerate. Remember to remove the dip one hour before ready to serve.

6. Air-fry at 300F for 25 minutes.
7. Before serving, spoon the Major Grey's chutney in the center of the dip and garnish with scallions.
8. Serve hot with toasted naan dippers.

Fish Tacos

(Prep + Cook Time: 25 minutes | Servings: 4)

Who doesn't like fish tacos? Beer-battered halibut in corn tortillas with peach salsa sauce is to die for, these fish tacos are the ultimate choice for those football nights.

Ingredients:

4 tsp chopped Cilantro
1 Halibut Fillet
4 Corn Tortillas
1 Beer Can
1 tsp Salt
1 ½ cups Flour
2 tbsp Olive Oil
1 tsp Baking Powder

Directions:

1. Preheat the Air Fryer to 390F.
2. Combine the flour, salt, and baking powder in a bowl.
3. Add some beer until a batter is formed (you can drink the rest). Cut the fillet into 4 equal strips.
4. Heat the olive oil in the Air Fryer.
5. Dip each strip into the beer batter.
6. Place in the Air Fryer and cook for 8 minutes.
7. Meanwhile, divide the peach salsa between the tortillas.
8. Top each tortilla with a halibut strip. Sprinkle with some cilantro.
9. Serve and enjoy.

Crab Rangoon Dip with Wonton Chips

(Prep + Cook Time: 55 minutes | Servings: 6)

Ingredients:

Wonton Chips:

1 (12-oz) package wonton wrappers

vegetable oil

sea salt

Crab Rangoon Dip:

8 ounces cream cheese, softened

$\frac{3}{4}$ cup sour cream

1 tsp Worcestershire sauce

$1\frac{1}{2}$ tsp soy sauce

1 tsp sesame oil

$\frac{1}{8}$ tsp cayenne pepper

$\frac{1}{4}$ tsp salt

freshly ground black pepper

8 oz cooked crabmeat

1 cup grated white Cheddar cheese

$\frac{1}{3}$ cup chopped scallions

paprika (for garnish)

Directions:

1. Cut the wonton wrappers in half diagonally to form triangles. Working in batches, lay the wonton triangles on a flat surface and brush or spray both sides with vegetable oil.
2. Pre-heat the Air Fryer to 370F.
3. Place about 10 to 12 wonton triangles in the air fry basket, letting them overlap slightly. Air-fry for just 2 minutes, shaking the basket half way through the cooking time.
4. Transfer the wonton chips to large bowl and season immediately with sea salt. (You'll hear the chips start to spin around in the Air Fryer when they are almost done.) Repeat with the rest of wontons (keeping those fishing hands at bay!).

5. To make the dip, combine the cream cheese, sour cream, Worcestershire sauce, soy sauce, sesame oil, cayenne pepper, salt, and freshly ground black pepper in a bowl. Mix well and then fold in the crabmeat, Cheddar cheese, and scallions.
6. Transfer the dip to a 7-inch ceramic baking pan or shallow casserole dish. Sprinkle paprika on top and cover the dish with aluminum foil.
7. Lower the dish into the Air Fryer basket using a sling made of aluminum foil (fold a piece of aluminum foil into a strip about 2-inches wide by 24-inches long). Air-fry for 11 minutes.
8. Remove the aluminum foil and air-fry for another 5 minutes to finish cooking and brown the top. Sprinkle with paprika and serve hot with the wonton chips.

Sweet and Salty Snack Mix

(Prep + Cook Time: 30 minutes | Servings: 10)

Ingredients:

½ cup honey
3 tbsp butter, melted
1 tsp salt
2 cups sesame sticks
1 cup pepitas (pumpkin seeds)
2 cups granola
1 cup cashews
2 cups crispy corn puff cereal (Kix or Corn Pops)
2 cup mini pretzel crisps

Directions:

1. Combine the honey, butter, and salt. Stir until combined.
2. In a large bowl, combine the sesame sticks, pepitas, granola, cashews, corn puff cereal, and pretzel crisps. Pour the honey mixture over the top and toss to combine.
3. Preheat Air Fryer to 370F.
4. Air fry the snack mix in two batches. Place half the mixture in the Air Fryer basket and air-fry for 10 to 12 minutes, or until the snack mix is lightly toasted. Toss the basket several times throughout the process so that it cooks evenly and doesn't get too dark on top.
5. Transfer the snack mix to a cookie sheet and let it cool completely. Store in an airtight container for up to one week, or package in gift bags with tags and ribbons for holiday gift giving.

Appetizer Garlic Knots

(Prep + Cook Time: 20 minutes | Servings: 4)

Ingredients:

1 pound frozen pizza dough
4 garlic cloves, minced
1 tsp salt
1 tbsp freshly chopped parsley
2 tbsp Parmesan cheese, grated
4 tbsp extra virgin olive oil
Marinara sauce or ketchup for serving

Directions:

1. Roll pizza dough out until 1-1/2 inch thick.
2. Cut the dough lengthwise. Make knots rolling the dough between countertop and palm.
3. In the large mixing bowl combine olive oil, grated cheese, salt, minced garlic, chopped parsley. Stir to combine.
4. Preheat the Air Fryer to 360F.
5. Dip each knot into the oil mixture and transfer to the Air Fryer. Cook for 10-12 minutes, stirring occasionally, until ready and crispy.
6. Serve with ketchup or marinara sauce. Enjoy.

Green Bean Rice Balls

(Prep + Cook Time: 20 minutes | Servings: 4)

Ingredients:

1 cup cooked rice
2 cans (14.5 oz each) green beans, drained
¼ cup mushroom cream soup
1 cup Mozzarella cheese
2 large eggs
½ tsp salt
¼ tsp black pepper
2 cups breadcrumbs
1 – ½ cup all-purpose flour

Directions:

1. In the large mixing bowl combine cooked rice, drained green beans, mushroom cream soup, and mozzarella cheese. Season with salt and pepper and stir to combine.
2. Fridge the mixture for about 20-30 minutes.
3. In one bowl place all-purpose flour, in another - beaten eggs, in the third one -breadcrumbs.
4. Using your hand, roll the rice mixture into 2-inch balls and then roll each ball in the flour, eggs, and breadcrumbs.
5. Preheat the Air Fryer to 370F and cook rice balls for about 8-10 minutes, until golden and crispy.
6. Serve and enjoy.

Zucchini with Tuna

(Prep + Cook Time: 30 minutes | Servings: 4)

Ingredients:

4 corn tortillas
1 can (6 oz) drained tuna
3 tablespoons softened butter
1 cup shredded zucchini, squeezed
5 tbsp mayonnaise
2 tbsp mustard
1 cup Cheddar cheese, shredded
Salt and black pepper, to taste

Directions:

1. Spread the tortillas with the softened butter.
2. Preheat the Air Fryer to 370F. Transfer tortillas to an Air Fryer and cook for 2-3 minutes until crispy. Remove and set aside.
3. Meanwhile, in the large bowl combine canned tuna, shredded zucchini, mayonnaise, mustard
4. In a medium bowl, combine the tuna.
5. Season with salt and pepper and mix well.
6. Spread the tuna mixture to grilled tortillas and sprinkle with shredded cheese and place to an Air Fryer. Cook for 3-4 minutes, until cheese melted.
7. Serve and enjoy.

Mozzarella Fried Sticks

(Prep + Cook Time: 25 minutes | Servings: 4)

Ingredients:

1 pound Mozzarella cheese
2 large eggs
¼ cup skimmed milk
½ cup plain flour
1 cup breadcrumbs
A pinch of salt, to taste
1 tbsp olive oil

Directions:

1. Cut Mozzarella cheese into 1/2-inch sticks.
2. In three different bowls place flour, breadcrumbs and eggs whisked with milk.
3. Dip each Mozzarella stick in flour, then in egg mixture and then in breadcrumbs.
4. Refrigerate sticks for couple hours.
5. Meanwhile, preheat the Air Fryer to 380F and sprinkle frying basket with olive oil.
6. Place Mozzarella sticks to an Air Fryer and cook for 10-13 minutes, turning once while cooking.
7. Enjoy crispy cheese sticks with any dipping sauce you prefer.

Indian Banana Chips (V)

(Prep + Cook Time: 40 minutes | Servings: 2)

Ingredients:

4 bananas, sliced without skin
1 tsp olive oil
½ tsp turmeric powder
½ tsp chat masala (tangy spice mix)
pinch of chili powder
1 tsp sea salt
½ cup water

Directions:

1. Mix turmeric powder, chili powder, salt, and water. Cover the slices of banana with this mixture. It will color the slices into yellow. Set aside like this for 15 minutes.
2. Drain the chips and use paper towels to make them dry.
3. Preheat the Air Fryer to 355F for 5 minutes and grease the basket with oil. Cook bananas for 15 minutes tossing them halfway cooked.
4. After the end of cooking sprinkle bananas with chaat masala and more salt if desired.

Apple Chips (V)

(Prep + Cook Time: 25 minutes | Servings: 2)

Ingredients:

½ tsp ground cinnamon

1 apple, peeled, cored and thinly sliced horizontally

pinch of kosher salt

1 tbsp sugar

Directions:

1. Preheat Air Fryer to 390F.
2. Lay the apple slices on a baking sheet. In a small bowl, stir together the salt, cinnamon, and sugar.
3. Sprinkle this mixture evenly over the apple slices.
4. Place the apple slices in the fry basket and insert into the Air Fryer.
5. Cook until the slices are slightly golden brown. This should take about 7 to 8 minutes.
6. Turn slices over, halfway through the cooking time.
7. Transfer the chips to a bowl and let cool before serving.

Mas Ala Kaju Cashew (V)

(Prep + Cook Time: 20 minutes | Servings: 3)

Ingredients:

½ lb. cashew nuts
½ tsp garam masala powder
1 tsp coriander powder
1 tsp ghee
1 tsp red chili powder
½ tsp black pepper
2 tsp dry mango powder
1 tsp sea salt

Directions:

1. Take a large bowl. Put in all the ingredients and toss well. Layer cashew nuts in the basket of a fryer.
2. Adjust the temperature to 250F and set timer to 15 minutes. Cook until the cashew nuts are brown and crispy.
3. After the end of cooking time set the nuts aside and let them cool.
4. Serve immediately or use an airtight container to store for up to 2 weeks.

Fried Meatballs in Tomato Sauce

(Prep + Cook Time: 35 minutes | Servings: 4)

Ingredients:

1 small onion
¾ pounds (12 oz) ground beef
1 tbsp chopped fresh parsley
½ tbsp chopped fresh thyme leaves
1 egg
3 tbsp breadcrumbs
pepper & salt to taste
Extra: 10 oz of your favorite tomato sauce

Directions:

1. Finely chop the onion. Place all the ingredients into a bowl and mix well. Shape the mixture into 10 to 12 balls.
2. Preheat the Air Fryer to 390F.
3. Place the meatballs in the Air Fryer basket and slide the basket in the Air Fryer. Set the timer and cook for 8 minutes.
4. Transfer the meatballs to an oven dish, add the tomato sauce and place the dish into the basket of the Air Fryer. Slide the basket into the Air Fryer.
5. Set the temperature to 330F and the timer for 5 minutes to warm everything through.

Notes: For a great snack, you can serve the meatballs without the tomato sauce.

Crab Croquettes

(Prep + Cook Time: 5 minutes | Servings: 6)

Ingredients:

For The Filling:

- 1 pound lump crab meat
- 2 egg whites, beaten
- 1 tbsp olive oil
- ¼ cup red onion, finely chopped
- ¼ red bell pepper, finely chopped
- 2 tbsp celery, finely chopped
- ¼ tsp tarragon, finely chopped
- ¼ tsp chives, finely chopped
- ½ tsp parsley, finely chopped
- ½ tsp 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 tsp olive oil
- ½ tsp salt

Directions:

1. 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.
2. In a food processor, blend the panko breadcrumbs, olive oil and salt to a fine crumb.
3. 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.

4. Preheat Air Fryer to 390F. 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.
5. Place croquettes in basket, being careful not to overcrowd. Cook croquettes 8-10 minutes or until golden brown.

Feta Triangles

(Prep + Cook Time: 55 minutes | Servings: 5)

Ingredients:

1 egg yolk
4 oz feta cheese
2 tbsp flat-leafed parsley, finely chopped
1 scallion, finely chopped
2 sheets of frozen filo pastry, defrosted
2 tbsp olive oil
ground black pepper to taste

Directions:

1. 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.
2. Scoop a full teaspoon of the feta mixture on the underside of a strip of pastry.
3. Fold the tip of the pastry over the filling to form a triangle, folding the strip in a zigzag manner until the filling is wrapped in a triangle.
4. Repeat until all the filo and feta has been used.
5. Preheat the Air Fryer to 390F. Brush the filo with a little oil and place six triangles in the cooking basket.
6. Slide the basket into the Air Fryer and cook for 3 minutes. Change temperature to 360F and then cook 2 minutes or until golden brown.
7. Serve the triangles.

Pumpkin and Pork Empanadas

(Prep + Cook Time: 55 minutes | Servings: 10 pieces)

Ingredients:

2 tbsp olive oil
1 pound ground pork
½ onion, diced
1½ cups pumpkin purée
3 tbsp water
1 red chili pepper, minced
½ tsp cinnamon
½ tsp dried thyme
1 tsp. salt
freshly ground black pepper
1 package of 10 empanada discs, thawed
olive oil

Directions:

1. Preheat a medium sauté pan over medium-high heat. Add the pork and onions and sauté for about 5 minutes, or until the pork is browned and the onions are soft. Drain the fat from the pan and discard.
2. Add the pumpkin purée, water, red chili pepper, cinnamon, thyme, salt and pepper to the pork mixture in the pan. Stir to combine everything and simmer for 10 minutes. Remove the pan from the heat and set aside to cool.
3. Place the empanada discs on a flat surface and brush the edges with water. Place 2 to 3 tablespoons of the filling in the center of each disc. Fold the dough over the filling to form a half moon. Crimp the edges shut with the tip of a fork and brush both sides of the empanadas with olive oil.
4. Preheat the Air Fryer to 370F.
5. Depending on the size of your Air Fryer, place 3 to 5 empanadas into the Air Fryer basket. Air-fry at 370F for 14 minutes, turning over after 8 minutes. Serve warm.

Moroccan Meatballs with Mint Yogurt

(Prep + Cook Time: 60 minutes | Servings: 4)

Ingredients:

For The Meatballs:

1 pound ground lamb
4 ounces ground turkey
1½ tbsp parsley, finely chopped
1 tbsp mint, finely chopped
1 tsp ground cumin
1 tsp ground coriander
1 tsp cayenne pepper
1 tsp red chili paste 2 garlic cloves, finely chopped
¼ cup olive oil
1 tsp salt
1 egg white

For The Mint Yogurt:

½ cup non-fat greek yogurt
¼ cup sour cream
2 tbsp buttermilk
¼ cup mint, finely chopped
1 garlic clove, finely chopped
2 pinches salt

Directions:

1. Preheat the Air Fryer to 390F. In a large mixing bowl combine all ingredients for the meatballs.
2. Roll the meatballs between your hands in a circular motion to smooth the meatball out to the size of a golf ball. Place the meatballs into the cooking basket and cook for 6-8 minutes.
3. 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.

Pigs in a Blanket

(Prep + Cook Time: 45 minutes | Servings: 4)

Ingredients:

- 1 12-oz package cocktail franks
- 1 8-oz can of crescent rolls

Directions:

1. 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.
2. Preheat the Air Fryer to 330F. Remove the franks from the freezer and place them in the cooking basket. Cook for 6-8 minutes.
3. Change temperature to 390F and cook for 3 minutes or until golden brown.

Stuffed Garlic Mushrooms

(Prep + Cook Time: 30 minutes | Servings: 4)

Ingredients:

16 small button mushrooms

For The Stuffing:

1½ slices of white bread

1 garlic clove, crushed

1 tbsp flat-leafed parsley, finely chopped

Ground black pepper to taste

1½ tbsp olive oil

Directions:

1. Preheat the Air Fryer to 390F.
2. 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.
3. Cut off the mushroom stalks and fill the caps with the breadcrumbs.
4. Pat crumbs into caps to ensure loose crumbs do not get pulled up into fan.
5. Place the mushroom caps in the cooking basket and slide it into the Air Fryer.
6. Cook the mushrooms for 7-8 minutes or until they are golden and crispy.

Air Fried Puppy Poppers

(Prep + Cook Time: 25 minutes | Servings: 50 treats)

Ingredients:

½ cup unsweetened applesauce

1 cup peanut butter

2 cup oats

1 cup flour

1 tsp baking powder

Directions:

1. Combine the applesauce and peanut butter in a bowl, stirring until smooth. Add the oats, flour and baking powder, and mix together until a soft dough forms. Roll the dough into balls about ½ teaspoon in size.
2. Pre-heat the Air Fryer to 350F.
3. Spray or brush the bottom of the Air Fryer basket with oil. Place 8 to 12 balls into the Air Fryer basket. Air-fry for 8 minutes, turning the balls over halfway through the cooking time. Repeat with the remaining poppers.
4. Allow the cooked poppers to cool completely and store in an airtight container for up to 2 weeks.

Bloomin Onion

(Prep + Cook Time: 40 minutes | Servings: 4)

Ingredients:

4 medium/small onions
1 tbsp olive oil
4 dollops of butter

Directions:

1. Peel the onion but keep it whole, then slice off the top and bottom so it sits easily on its end. To get it to bloom, you need to cut slices into it as far down as possible but not all the way through, I find 4 cuts (making 8 segments) works well.
2. Soak the onions for 4 hours in salt water, this helps take the harsh tang from them and starts to blooming process.
3. Preheat your Air Fryer to 355F.
4. Place the onion in the Air Fryer, drizzle with a little olive oil then add a dollop of butter to the top of each.
5. Cook in your Air Fryer for 30 minutes, the outside may get dark, but this layer can be removed to serve.

Notes: This recipe works really well also if you roast them.

Beer Battered Onion Rings

(Prep + Cook Time: 40 minutes | Servings: 2-4)

Ingredients:

⅔ cup flour

½ tsp baking soda

1 tsp paprika

1 tsp salt

½ tsp freshly ground black pepper

¾ cup beer

1 egg, beaten

1½ cups fine breadcrumbs

1 large Vidalia onion, peeled and sliced into ½-inch rings

Directions:

1. Set up a dredging station. Mix the flour, baking soda, paprika, salt and pepper together in a bowl. Pour in the beer, add the egg and whisk until smooth. Place the breadcrumbs in a cake pan or second shallow dish.
2. Separate the onion slices into individual rings. Dip each onion ring into the batter with a fork. Lift the onion ring out of the batter and let any excess batter drip off. Then place the onion ring in the breadcrumbs and shake the cake pan back and forth to coat the battered onion ring.
3. Pat the ring gently with your hands to make sure the breadcrumbs stick and that both sides of the ring are covered. Place the coated onion ring on a sheet pan and repeat with the rest of the onion rings.
4. Pre-heat the Air Fryer to 360F.
5. Lightly spray the onion rings with oil, coating both sides. Layer the onion rings in the Air Fryer basket, stacking them on top of each other in a haphazard pattern.
6. Air-fry for 10 minutes at 360F. Flip the onion rings over and rotate the onions rings from the bottom of the basket to the top. Air-fry for an additional 6 minutes.
- 7.** Serve warm with ketchup or your favorite dip.

Ricotta Balls

(Prep + Cook Time: 25 minutes | Servings: 2-4)

Ingredients:

2 cups ricotta, grated
2 eggs, separated
2 tbsp chives, finely chopped
2 tbsp fresh basil, finely chopped
4 tbsp whole wheat flour
¼ tsp salt or to taste
¼ tsp pepper powder or to taste
1 tsp orange zest, grated

For coating:

¼ cup whole wheat breadcrumbs
1 tbsp vegetable oil

Directions:

1. Mix together in a bowl, yolks, flour, salt, pepper, chives and zest. Add ricotta and mix well with your hands.
2. Divide the mixture and shape into balls or desired shape.
3. Mix together oil and breadcrumbs until crumbly.
4. Roll the balls in the breadcrumbs and place in the Air Fryer basket.
5. Place the basket in the Air Fryer. Air fry in a preheated Air Fryer at 390F for 8 minutes or until golden brown.
6. Serve with ketchup or dip of your choice.

Air-Fried Toasted Pumpkin Seeds (V)

(Prep + Cook Time: 55 minutes | Servings: 1 ½ cups)

Boiling the seeds in salted water is key to this recipe because that's the only way the seeds get seasoned inside, rather than just on the outside. The smoked paprika gives some nice color and smoky flavor to the seeds, but you can also try spices like chili powder, ground cumin, cinnamon or even curry powder. Sky's the limit!

Ingredients:

1½ cups pumpkin seeds from a large whole pumpkin
olive oil
1½ tsp salt
1 tsp smoked paprika

Directions:

1. Cut the pumpkin open and scrape out the insides with a spoon. Separate the flesh from the seeds and rinse the seeds with cold water.
2. Bring two quarts of well-salted water to a boil (the water should taste a little salty). Add the pumpkin seeds to the boiling water and boil for 10 minutes. Drain the seeds and spread them out on paper towels to dry for at least 20 minutes.
3. Pre-heat the Air Fryer to 350F.
4. Toss the seeds with olive oil, salt and smoked paprika and transfer them to the Air Fryer basket. Air-fry for 35 minutes, shaking the basket several times during the cooking process. Pumpkin seeds should be crispy and slightly browned.
5. Allow the seeds to cool before serving or storing in an air-tight container or bag.
6. Enjoy them as a snack or try using them as a topping for salads or yogurt.

Yummy Spiced Nuts

(Prep + Cook Time: 40 minutes | Servings: 3 cups)

Ingredients:

1 egg white, lightly beaten
¼ cup sugar
1 tsp salt
½ tsp ground cinnamon
¼ tsp ground cloves
¼ tsp ground allspice
pinch ground cayenne pepper
1 cup pecan halves
1 cup cashews
1 cup almonds

Directions:

1. Combine the egg white with the sugar and spices in a bowl.
2. Pre-heat the Air Fryer to 300F.
3. Spray or brush the Air Fryer basket with vegetable oil. Toss the nuts together in the spiced egg white and transfer half of the nuts to the Air Fryer basket.
4. Air-fry for 25 minutes, stirring the nuts in the basket a few times during the cooking process.
5. Taste the nuts (carefully because they will be very hot) to see if they are crunchy and nicely toasted. Air-fry for a few more minutes if necessary. Repeat with remaining nuts.
6. Serve warm or cool to room temperature and store in an airtight container for up to two weeks.

Cajun Spiced Snack Mix

(Prep + Cook Time: 30 minutes | Servings: 5)

Ingredients:

2 tbsp Cajun or Creole seasoning
½ cup butter, melted
2 cups peanut
2 cups mini wheat thin crackers
2 cups mini pretzels
2 tsp salt
1 tsp cayenne pepper
4 cups plain popcorn
1 tsp paprika
1 tsp garlic
½ tsp thyme
½ tsp oregano
1 tsp black pepper
½ tsp onion powder

Directions.

1. Pre-heat Air Fryer to 370F. In a small bowl, combine the Cajun spice and melted butter.
2. Combine the peanuts, crackers, popcorn and pretzels in a large bowl. Pour butter over the mixed snacks and toss to coat the mixture evenly. Air-fry the snack mix in 2 batches.
3. Place half of the mix in the Air Fryer basket and air-fry for 8 to 10 minutes.
4. For even cooking, toss the basket several times throughout the process.
5. Transfer the snack mix to a cookie sheet and allow to cool completely.
6. Store in an airtight container for up to one week.

Traditional Welsh Rarebit

(Prep + Cook Time: 25 minutes | Servings: 2)

Ingredients:

3 slices bread

2 large eggs (separated)

1 tsp mustard

1 tsp paprika

4.3 oz cheddar

Directions:

1. Very lightly heat up the bread in the Air Fryer for 5 minutes at 350F.
2. Whisk the egg whites in a bowl until soft peaks are formed.
3. Mix the cheese, mustard, egg yolks and paprika in a bowl. Fold in the egg whites into this mixture.
4. Spoon mixture onto the toasted bread and cook in the Air Fryer for 10 minutes on 350F.
5. Serve!

Lunch and Dinner Recipes

Air Fryer Sriracha Cauliflower (V)

(Prep + Cook Time: 25 minutes | Servings: 4)

Ingredients:

¼ cup vegan butter, melted

¼ cup sriracha sauce

4 cups cauliflower florets

1 cup panko bread crumbs

1 tsp salt

Directions:

1. In a mixing bowl, combine together the vegan butter and sriracha sauce.
2. Pour over the cauliflower florets and toss to coat. In another bowl, mix the bread crumbs and salt.
3. Dip the cauliflower florets in the panko mixture and place inside the Air Fryer.
4. Cook for 17 minutes in a 375F preheated Air Fryer.

Twice Air Fried Brussels Sprouts

(Prep + Cook Time: 20 minutes | Servings: 2)

Ingredients:

2 cups Brussels sprouts, halved

1 tbsp olive oil

1 tbsp balsamic vinegar

1 tbsp maple syrup

¼ tsp sea salt

Directions:

1. Preheat the Air Fryer to 375°F.
2. Mix all ingredients in a bowl and make sure that the
3. Brussels sprouts are coated evenly.
4. Place all ingredients in the Air Fryer basket and cook for 5 minutes first then shake the fryer basket.
5. Cook again for 8 minutes at 400°F.

Air Fried Chickpeas (V)

(Prep + Cook Time: 20 minutes | Servings: 4)

Ingredients:

1 15-ounce can chickpeas, drained but not rinsed
2 tbsp olive oil
1 tsp salt
2 tbsp lemon juice

Directions:

Preheat the Air Fryer to 400F.

Combine all ingredients in a mixing bowl and place inside the Air Fryer basket.

Cook for 15 minutes until the chickpeas are crisp.

Cauliflower Veggie Burger (V)

(Prep + Cook Time: 25 minutes | Servings: 8)

Ingredients:

½ pound cauliflower, steamed and diced
2 tsp coconut oil melted
2 tsp garlic, minced
¼ cup desiccated coconut
½ cup oats
3 tbsp plain flour
1 flax egg (1 flaxseed egg + 3 tbsp water)
1 tsp mustard powder
2 tsp thyme
2 tsp parsley
2 tsp chives
salt and pepper to taste
1 cup bread crumbs

Directions:

1. Preheat the Air Fryer to 390F.
2. Place the cauliflower in a tea towel and ring out excess water.
3. Place in a mixing bowl and add all ingredients except the bread crumbs. Mix well until well combined.
4. Form 8 burger patties with the mixture using your hands.
5. Roll the patties in bread crumbs and place in the Air Fryer basket. Make sure that they do not overlap.
6. Cook for 10 to 15 minutes or until the patties are crisp.

Twice-Fried Cauliflower “Cheese” Tater Tots (V)

(Prep + Cook Time: 25 minutes | Servings: 12)

Ingredients:

1-pound cauliflower, steamed and chopped
½ cup nutritional yeast
3 tbsp oats
1 flax egg (1 tbsp 3 tbsp desiccated coconuts flaxseed meal + 3 tbsp water)
1 onion, chopped
1 tsp garlic, minced
1 tsp parsley, chopped
1 tsp oregano, chopped
1 tsp chives, chopped
salt and pepper to taste
½ cup bread crumbs

Directions:

1. Preheat the Air Fryer to 390F.
2. Place the steamed cauliflower on a paper towel and ring to remove excess water.
3. Place in a mixing bowl and add the rest of the ingredients except the bread crumbs.
4. Mix until well combined and form balls using your hands.
5. Roll the tater tots on the bread crumbs and place in the Air Fryer basket. Cook for 6 minutes.
6. Once done, increase the cooking temperature to 400F and cook for another 10 minutes.

Air Fried Black Bean Chili (V)

(Prep + Cook Time: 25 minutes | Servings: 6)

Ingredients:

1 tbsp olive oil
1 medium onion, diced
3 cloves of garlic, minced
1 cup vegetable broth
3 cans black beans, drained and rinsed
2 cans diced tomatoes
2 chipotle peppers, chopped
2 tsp cumin
2 tsp chili powder
1 tsp dried oregano
½ tsp salt

Instructions:

1. In a large sauce pan, heat oil over medium heat and sauté the onions and garlic for 3 minutes.
2. Add the rest of the ingredients and scrape the bottom to remove the browning.
3. Pour the mixture in a heat-resistant dish that will fit in the Air Fryer. Cover the top with aluminum foil.
4. Place in an Air Fryer preheated to 400F and cook for 20 minutes.
5. Serve with chopped cilantro, diced avocado, and chopped tomatoes.

Pesto Stuffed Mushrooms (V)

(Prep + Cook Time: 25 minutes | Servings: 6)

Ingredients:

1 cup basil
½ cup cashew nuts, soaked overnight
½ cup nutritional yeast
1 tbsp lemon juice
2 cloves of garlic
1 tbsp olive oil
salt to taste
1-pound baby
Bella mushroom, stems removed

Directions:

1. Preheat the Air Fryer to 400F.
2. Place the basil, cashew nuts, nutritional yeast, lemon juice, garlic and olive oil in a blender.
3. Pulse until well combined
4. Season with salt to taste.
5. Place the mushrooms cap-side down and spread pesto on the underside of the cap.
6. Place inside the Air Fryer and cook for 15 minutes.

Baked Chili Tofu and Sweet Potatoes (V)

(Prep + Cook Time: 50 minutes | Servings: 8)

Ingredients:

8 sweet potatoes, scrubbed
2 tbsp olive oil
1 large onion, chopped
2 green chilies, deseeded and chopped
½ pound tofu, crumbled
2 tbsp Cajun seasoning
1 cup tomatoes
1 can kidney beans, drained and rinsed
salt and pepper to taste

Directions:

1. Preheat the Air Fryer to 400F.
2. Prick the potatoes with knife on several places and cook in the Air Fryer for 30 minutes until soft. Set aside.
3. In a skillet, heat the oil over medium heat and sauté the onions and chilies for 2 minutes until fragrant.
4. Add the tofu and Cajun seasoning and continue cooking for 3 more minutes.
5. Add the tomatoes and kidney beans.
6. Season with salt and pepper to taste.
7. Pour the tofu mixture on top of a sweet potato halve.

Air Fried Chili Potato Wedges (V)

(Prep + Cook Time: 50 minutes | Servings: 4)

Ingredients:

1-pound fingerling potatoes, washed and cut into wedges

1 tsp olive oil

1 tsp salt

1 tsp black pepper

1 tsp cayenne pepper

1 tsp nutritional yeast

½ tsp garlic powder

Directions:

1. Preheat the Air Fryer to 400F.
2. Place all ingredients in a mixing bowl and toss to coat all ingredients.
3. Place inside the Air Fryer basket and cook for 16 minutes.
4. Shake the Air Fryer basket halfway through the cooking time.

Mushroom Pizza Squares (V)

(Prep + Cook Time: 20 minutes | Servings: 10)

Ingredients:

1 vegan pizza dough
1 cup oyster mushrooms, chopped
1 shallot, chopped
¼ red bell pepper, chopped
2 tbsp parsley
salt and pepper

Instructions:

1. Preheat the Air Fryer to 400F.
2. Slice the pizza dough into squares. Set aside.
3. In a mixing bowl, mix together the oyster mushroom, shallot, bell pepper and parsley.
4. Season with salt and pepper to taste.
5. Place the topping on top of the pizza squares.
6. Place inside the Air Fryer and cook for 10 minutes.

Crispy Air Fried Spring Rolls (V)

(Prep + Cook Time: 25 minutes | Servings: 4)

Ingredients:

1 cup shiitake mushroom, sliced thinly
1 celery stalk, chopped
1 medium carrot, shredded
½ tsp ginger, finely chopped
1 tsp coconut sugar
1 tbsp soy sauce
1 tsp nutritional yeast
8 spring roll wrappers
1 tsp corn starch + 2 tbsp water

Directions:

1. In a mixing bowl, mix together the celery stalk, carrots, ginger, coconut sugar, soy sauce and nutritional yeast.
2. Get a tablespoon of the vegetable mixture and place at the center of the spring roll wrappers.
3. Roll and seal the edges of the wrapper with the cornstarch mixture.
4. Cook in a preheated Air Fryer to 400F for 15 minutes or until the spring roll wrapper is crisp.

Air Fried Asian Tofu Bites (V)

(Prep + Cook Time: 20 minutes | Servings: 4)

Ingredients:

1 packaged firm tofu, cubed and pressed to remove excess water
1 tbs soy sauce
1 tbs ketchup
1 tbsp maple syrup
½ tsp vinegar
1 tsp liquid smoke
1 tsp hot sauce
2 tbsp sesame seeds
1 tsp garlic powder
salt and pepper to taste

Directions:

1. Preheat the Air Fryer to 375F.
2. Spray a baking dish that will fit in the Air Fryer.
3. In a mixing bowl, mix all ingredients and allow to marinate for 30 minutes.
4. Place the tofu in the baking dish and bake for 15 minutes.
5. Turn the tofu after the cooking time is done and cook for another 15 minutes more.

Roasted Asparagus and Mushrooms (V)

(Prep + Cook Time: 20 minutes | Servings: 6)

Ingredients:

1 bunch fresh asparagus, trimmed and cleaned
½ pound fresh mushroom, quartered
2 sprigs of fresh rosemary, minced
2 tsp olive oil
salt and pepper to taste

Directions:

1. Preheat the Air Fryer to 450F.
2. Place the asparagus and mushrooms in a bowl and pour the rest of the ingredients.
3. Toss to coat the asparagus and mushrooms.
4. Place inside the Air Fryer and cook for 15 minutes.

Air Fried Sweet Potatoes and Onions (V)

(Prep + Cook Time: 30 minutes | Servings: 6)

Ingredients:

2 large sweet potatoes, peeled and cut into chunks

2 medium sweet onions, cut into chunks

3 tbsp olive oil

1 tsp dried thyme

salt and pepper to taste

¼ cup sliced almonds, toasted

Directions:

1. Preheat the Air Fryer to 425F.
2. Toss all ingredients except the sliced almonds in a mixing bowl.
3. Place in a ramekin that will fit inside the Air Fryer and cook for 20 minutes.
4. Top with almonds.

Miso-Air Fried Eggplant and Cucumber Pickle Rice Bowl

(Prep + Cook Time: 55 minutes | Servings: 4)

Ingredients:

¼ cup cucumber, sliced
1 teaspoon salt
1 tbsp coconut sugar
7 tbsp Japanese rice vinegar
3 medium-sized eggplants, sliced
3 tbsp sweet white miso paste
1 tbsp mirin rice wine
4 cups sushi rice, cooked
4 spring onions
1 tbsp sesame seeds, toasted

Directions:

1. Prepare the cucumber pickles by mixing the cucumber, salt, sugar, and rice wine vinegar.
2. Place a dish on top of the bowl to weight it down completely. Preheat the Air Fryer to 400F.
3. In a mixing bowl, combine the eggplants, miso paste, and mirin rice wine. Marinate for 30 minutes.
4. Place the eggplant slices in the Air Fryer and cook for 10 minutes.
5. Assemble the rice bowl by placing eggplants and pickled cucumbers on top of the rice.
6. Garnish with spring onions and sesame seeds.

Chickpea Cauliflower Flatbread with Avocado Mash (V)

(Prep + Cook Time: 30 minutes | Servings: 4)

Ingredients:

1 medium-sized head of cauliflower, cut into florets
1 can chickpeas, drained and rinsed
1 tbsp extra-virgin olive oil
2 tbsp lemon juice
salt and pepper to taste
4 flatbreads, toasted
2 ripe avocados, mashed

Directions:

1. Preheat the Air Fryer to 425F.
2. In a mixing bowl, combine the cauliflower, chickpeas, olive oil, and lemon juice. Season with salt and pepper to taste.
3. Place inside the Air Fryer basket and cook for 25 minutes.
4. Once cooked, place on half of the flatbread and add avocado mash.
5. Season with more salt and pepper to taste.
6. Serve with hot sauce.

Roasted Vegetable Salad (V)

(Prep + Cook Time: 20 minutes | Servings: 4)

Ingredients:

6 plum tomatoes, halved
2 large red onions sliced
4 long red pepper, sliced
2 yellow pepper, sliced
6 cloves of garlic, crushed
1 tbsp extra-virgin olive oil
1 tsp paprika
½ lemon, juiced
salt and pepper to taste
1 tbsp baby capers

Directions:

1. Preheat the Air Fryer to 420F.
2. Place the tomatoes, onions, peppers, and garlic in a mixing bowl.
3. Add in the extra virgin olive oil, paprika, and lemon juice. Season with salt and pepper to taste.
4. Transfer into the Air Fryer lined with aluminum foil and cook for 10 minutes or until the edges of the vegetables have browned.
5. Place in a salad bowl and add the baby capers.
6. Toss to combine all ingredients.

Ratatouille (V)

(Prep + Cook Time: 30 minutes | Servings: 4)

Ingredients:

1 sprig of basil
1 sprig flat-leaf parsley
1 sprig mint
1 tbsp coriander powder
1 tsp capers
½ lemon, juiced
salt and pepper to taste
2 eggplants, sliced crosswise
2 red onions, chopped
4 cloves of garlic, minced
2 red peppers, sliced crosswise
1 fennel bulb, sliced crosswise
3 large zucchinis, sliced crosswise
5 tbsp olive oil
4 large tomatoes, chopped
2 tsp herb de Provence

Directions:

1. In a blender, combine basil, parsley, mint, coriander, capers and lemon juice. Season with salt and pepper to taste. Pulse until well combined.
2. Preheat the Air Fryer to 400F.
3. Toss the eggplant, onions, garlic, peppers, fennel, and zucchini with olive oil.
4. In a baking dish that can fit in the Air Fryer, arrange the vegetables and pour over the tomatoes and the herb puree.
5. Season with more salt and pepper and sprinkle with herbs de Provence.
6. Place inside the Air Fryer and cook for 25 minutes.

Fried “Faux” Rice

(Prep + Cook Time: 60 minutes | Servings: 8)

This “faux” rice dish is actually made from cauliflower! It is delicious, healthy, and you can eat as much as you desire without compromising on your health. This dish can be flavored in any way you desire, using any number of herbs, vegetables, or sauces. It is a wonderful main dish to be enjoyed in any way you desire.

Ingredients:

1 head of cauliflower, medium to large
½ lemon, juiced
4 garlic cloves, minced
2 cans mushrooms, 8oz each
1 can water chestnuts, 8oz
¾ cup peas
½ cup egg substitute, or one egg beat together
4 tbsp soy sauce
1 tbsp peanut oil
1 tbsp sesame oil
1 tbsp ginger, fresh and minced
high quality cooking spray

Directions:

1. In a bowl, combine: sesame oil, peanut oil, soy sauce, minced garlic, minced ginger, and lemon juice. Mix together until thoroughly blended.
2. Peel the cauliflower and thoroughly wash it. Then, cut the head into smaller florets.
3. Don't leave the florets too large. In a food processor, process the florets a few at a time.
4. Process them until they are just broken down to about the size of rice grains.
5. Empty into your Air Fryer basket and continue until all of the cauliflower has been processed.
6. Completely drain the water chestnut can and then chop them coarsely.

Add them to the cauliflower in the Air Fryer basket.

7. Turn the Air Fryer on to 350F and cook for 20 minutes.
8. After the cauliflower has cooked for 20 minutes, drain the mushrooms and add them, as well as the peas, to the cauliflower.
9. Cook the mixture for an additional 15 minutes. In a frying pan, lightly spray it with high quality cooking spray.
10. Then, make a solid omelet with the egg substitute or the beaten egg. Place the omelet on a cutting board and chop it up.
11. When the cauliflower concoction is done cooking for the additional 15 minutes, add the egg and cook it for a final 5 minutes.
12. Serve immediately.

Simple Risotto

(Prep + Cook Time: 60 minutes | Servings: 6)

Risotto is a delicious rice based meal that can be enjoyed by itself or with anything added. In this cookbook, we have included a few risotto variations. This simple risotto recipe is the perfect opportunity for you to make your own variation or enjoy it simply as is.

Ingredients:

1 ½ cups risotto rice
1.5L vegetable or chicken stock, heated
1 tbsp extra virgin olive oil

Instructions:

1. Put a tablespoon of extra virgin olive oil in the basket of your Air Fryer and let it warm for 2 minutes at 320F.
2. Add the risotto rice and then cook for 3 minutes.
3. Add your stock of choice. Cook for 30 minutes.
4. If you are going to add any additional ingredients, now is the time.
5. Check to see how soft and creamy the rice is.
6. If you need to, add some boiling water to the rice and cook it for an additional 5 minutes or so.
7. Serve hot.

Turkey Risotto

(Prep + Cook Time: 1 hour 30 minutes | Servings: 2)

This turkey risotto is easy to make, full of flavor, and will definitely keep you full. It is a wonderful comfort food that is guilt-free. You can make it in a pinch, or make it ahead of time and reheat it later, such as with meal prepping. It can also be served as is, or alongside a delicious slice of baked turkey.

Ingredients:

2 onions, medium and chopped
2 cans of mushrooms, 8 oz each and drained
5 cups stock, either vegetable or turkey
2 cups turkey, chopped
2 cups beer
1 ½ cups risotto rice
½ cup parmesan cheese, grated
3 tbsp extra virgin olive oil, divided into 2 tbsp and 1 tbsp
1 tbsp butter
1 tsp basil, dried
1 tsp oregano, dried

Directions:

1. In a large stock pot, boil the stock and then set it aside.
2. Wash, peel and then chop your onions. Toss your onions with 2 tablespoons of extra virgin olive oil, and then heat them in your Air Fryer basket at 320F. for 5 minutes.
3. Add the drained mushrooms, oregano and basil to the Air Fryer basket with the precooked onions.
4. Cook the mixture for another 10 minutes. In the warmed mixture, add the final tablespoon of extra virgin olive oil, as well as the risotto rice.
5. Cook the mixture for 5 more minutes. Add the beer, and then cook for another 5 minutes.
6. Then, add the turkey and hot stock, and cook for 25 minutes.
7. Finally, add the butter and grated parmesan cheese, and cook for a final 5 minutes. This should be cooked al dente.

8. You can add another 5-10 minutes if you prefer softer rice.
9. Serve immediately with a sprinkle of grated parmesan cheese and a drizzle of extra virgin olive oil.

One Pot Cheesy Risotto

(Prep + Cook Time: 40 minutes | Servings: 2)

Ingredients:

- 1 onion, diced
- 2 cups chicken stock, boiling
- ½ cup parmesan cheese or cheddar cheese, grated
- 1 clove garlic, minced
- ¾ cup arborio rice
- 1 tbsp olive oil
- 1 tbsp butter, unsalted

Directions:

1. Preheat the Air Fryer to 390F and adjust the time to 5 minutes. Take round baking tin, grease it with oil and add stirring the butter, onion, and garlic. When the fryer is hot, adjust the time to 8 minutes.
2. Place the tin into the Air Fryer and cook for 4 minutes. Then add rice and cook for another 4 minutes. Stir three times during the cooking time.
3. Reduce the heat to 320F and set the timer to 22 minutes. Pour in the chicken stock and stir gently. Do not cover the Air Fryer and cook for 22 minutes as have been set.
4. Add in the cheese, stir once again and serve.

Hawaiian Rice

(Prep + Cook Time: 25 minutes | Servings: 3)

Ham and pineapple rice for lunch? Yes, please. This recipe will take you to a Hawaiian beach in an instant. Serve with a green salad on the side and enjoy your slightly unordinary lunch.

Ingredients:

3 cups cooked brown rice
1 cup chopped pineapple
6 ounces cubed ham
3 eggs beaten
2 tbsp soy sauce
1 red pepper, chopped
1 tbsp olive oil
3 tbsp chopped onion

Directions:

1. Preheat the Air Fryer to 350F and heat the olive oil in it.
2. Cook ham, onion, and pepper for about 5 minutes.
3. Transfer to a greased oven-proof bowl and wipe the grease off the Air Fryer.
4. Add the rest of the ingredients and stir well to combine.
5. Place in the Air Fryer and cook for 8-10 minutes.
6. Serve and enjoy.

Baked Sweet Potatoes (V)

(Prep + Cook Time: 55 minutes | Servings: 4)

Ingredients:

2 potatoes, peeled and cubed
4 carrots, cut into chunks
1 head broccoli, cut into florets
4 zucchinis, sliced thickly
salt and pepper to taste
¼ cup olive oil
1 tbsp dry onion powder

Directions:

1. Preheat the Air Fryer to 400F.
2. In a baking dish that can fit inside the Air Fryer, mix all the ingredients and bake for 45 minutes or until the vegetables are tender and the sides have browned.

Sweet and Sour Sesame Tofu (V)

(Prep + Cook Time: 55 minutes | Servings: 2)

Ingredients:

2 tsp apple cider vinegar

1 tbsp coconut sugar

1 tbsp soy sauce

3 tsp lime juice

1 tsp ground ginger

1 tsp garlic powder

½ block firm tofu, pressed to remove excess liquid and cut into cubes 1 tsp corn starch

2 green onions, chopped toasted sesame seeds for garnish

Directions:

1. In a mixing bowl, mix together the first six ingredients. Mix until well combined.
2. Marinate the tofu in the sauce for at least 30 minutes.
3. Strain the marinated tofu and save the sauce.
4. Place the tofu in a preheated Air Fryer and cook at 400F for 20 minutes or until crisp.
5. Meanwhile, pour the remaining sauce in a saucepan and add cornstarch.
6. Turn on the flame and allow to thicken under medium low heat.
7. Toss the air fried tofu in the thickened sauce and add green onions and sesame seeds.
8. Serve with rice.

Spicy Peanut Tofu Bites (V)

(Prep + Cook Time: 65 minutes | Servings: 3)

Ingredients:

2 tbsp sesame oil
¼ cup maple syrup
3 tbsp peanut butter
¼ cup liquid aminos
3 tbsp chili garlic sauce
2 tbsp rice wine vinegar
2 cloves of garlic, minced
1-inch fresh ginger, peeled and grated
1 tsp red pepper flakes
1 block extra firm tofu, pressed to remove excess water and cut into cubes
toasted peanuts, chopped
1 tsp sesame seeds
1 sprig cilantro, chopped

Directions:

1. Place the first 9 ingredients in a mixing bowl and whisk until combined.
2. Pour in a Ziploc bag and add the tofu cubes. Marinate for at least 30 minutes.
3. Preheat the Air Fryer to 425F.
4. Save the marinade for the sauce and place the marinated tofu cubes in the Air Fryer. Cook for 15 minutes.
5. Pour the marinade in a sauce pan and heat over medium flame until reduced in half.
6. Place the cooked tofu on top of steaming rice and pour over the sauce.
7. Garnish with toasted peanuts, sesame seeds and cilantro.

Air Fried Potatoes with Complete Fixin's (V)

(Prep + Cook Time: 55 minutes | Servings: 1)

Ingredients:

1 medium russet potatoes, scrubbed and peeled
1 tsp olive oil
¼ tsp onion powder
1/8 tsp salt
a dollop of vegan butter
a dollop of vegan cream cheese
1 tbsp Kalamata olives
1 tbsp chives, chopped

Directions:

1. Preheat the Air Fryer to 400F.
2. Place the potatoes in a mixing bowl and pour in olive oil, onion powder, salt, and vegan butter.
3. Place inside the Air Fryer basket and cook for 40 minutes.
4. Be sure to turn the potatoes once halfway.
5. Serve the potatoes with vegan cream cheese, Kalamata olives, chives, and other vegan toppings that you want.

Crispy Air Fried Pickles (V)

(Prep + Cook Time: 30 minutes | Servings: 4)

Ingredients:

14 dill pickles, sliced
¼ cup all-purpose flour
1/8 tsp baking powder
a pinch of salt
2 tbsp cornstarch + 3 tbsp water
6 tbsp panko bread crumbs
½ tsp paprika
oil for spraying

Directions:

1. Dry the pickles using a paper towel then set aside.
2. In a bowl, mix together the all-purpose flour, baking powder and salt.
3. Add the cornstarch and water slurry. Whisk until well combined.
4. Place the panko bread crumbs in a shallow bowl or plate and add paprika. Mix until combined.
5. Dredge the pickles in the flour batter first then on to the panko.
6. Place on a plate and spray all pickles with oil.
7. Put inside a preheated Air Fryer and cook at 400F for 15 minutes or until golden brown.

Air Fried Mediterranean Vegetables (V)

(Prep + Cook Time: 30 minutes | Servings: 4)

Ingredients:

1 cup cherry tomatoes, halved
1 large zucchini, sliced
1 green pepper, sliced
1 parsnip, sliced
1 carrot, sliced
1 tsp mixed herbs
1 tsp mustard
2 tsp garlic puree
6 tbsp olive oil
salt and pepper to taste

Directions:

1. Preheat the Air Fryer to 400F.
2. Place all ingredients in a mixing bowl and toss until well combined.
3. Dump all the seasoned vegetable inside the Air Fryer basket and cook for 6 minutes or until done.

Air Fryer Glazed Cauliflower Bites (V)

(Prep + Cook Time: 30 minutes | Servings: 4)

Ingredients:

1/3 cup oats flour
1/3 cup plain flour
1/3 cup desiccated coconut
salt and pepper to taste
1 flax egg (1 tbsp flaxseed meal + 3 tbsp water)
1 small cauliflower, cut into florets
1 tsp mixed spice
½ tsp mustard powder
2 tbsp maple syrup
1 clove of garlic, minced
2 tbsp soy sauce

Directions:

1. Preheat the Air Fryer to 400F.
2. In a mixing bowl, mix together oats, flour, and desiccated coconut. Season with salt and pepper to taste. Set aside.
3. In another bowl, place the flax egg and add a pinch of salt to taste. Set aside.
4. Season the cauliflower with mixed spice and mustard powder.
5. Dredge the florets in the flax egg first then in the flour mixture.
6. Place inside the Air Fryer and cook for 15 minutes.
7. Meanwhile, place the maple syrup, garlic, and soy sauce in a sauce pan and heat over medium flame.
8. Bring to a boil and adjust the heat to low until the sauce thickens.
9. After 15 minutes, take out the florets from the Air Fryer and place them in the saucepan.
10. Toss to coat the florets and place inside the Air Fryer and cook for another 5 minutes.

Crispy Peanut Tofu and Cauliflower (V)

(Prep + Cook Time: 45 minutes | Servings: 2)

Ingredients:

2 cloves of garlic, minced
1 tbsp sesame oil
¼ cup low sodium soy sauce
¼ cup brown sugar
½ tsp chili garlic sauce
2 ½ tbsp almond butter
1 package extra firm tofu, pressed to release extra water and cut into cubes
1 small head cauliflower, cut into florets

Directions:

1. Place the garlic, sesame oil, soy sauce, sugar, chili garlic sauce, and almond butter in a mixing bowl.
2. Whisk until well combined.
3. Place the tofu cubes and cauliflower in the marinade and allow to soak up the sauce for at least 30 minutes.
4. Preheat the Air Fryer to 400F.
5. Meanwhile, place the remaining marinade in a saucepan and bring to a boil over medium heat.
6. Adjust the heat to low once boiling and stir until the sauce thickens.
7. Pour the sauce over the tofu and cauliflower.
8. Serve with rice or noodles.

Nutrition information: Calories per serving: 343; Carbohydrates: 40.1g; Protein: 9.85g; Fat: 18.38g; Sugar:30.65 g; Sodium: 1241mg; Fiber:5 g

Easy Air Fried Falafel (V)

(Prep + Cook Time: 30 minutes | Servings: 8)

Ingredients:

1 tsp cumin seeds
½ tsp coriander seeds
2 cups chickpeas from can, drained and rinsed
½ tsp red pepper flakes
3 cloves garlic
¼ cup parsley, chopped
¼ cup coriander, chopped
½ onion, diced
1 tbsp juice from freshly squeezed lemon
3 tbsp all-purpose flour
½ tsp salt
cooking spray

Directions:

1. In a skillet over medium heat, toast the cumin and coriander seeds until fragrant.
2. Place the toasted seeds in a mortar and grind the seeds. In a food processor, place all ingredients except for the cooking spray.
3. Add the toasted cumin and coriander seeds. Pulse until fine.
4. Shape the mixture into falafels and spray cooking oil. Place inside a preheated Air Fryer and make sure that they do not overlap.
5. Cook at 400F for 15 minutes or until the surface becomes golden brown.

Air Fryer Potato Croquettes (V)

(Prep + Cook Time: 25 minutes | Servings: 10)

Ingredients:

¼ cup nutritional yeast
2 cups boiled potatoes, mashed
1 flax egg (1 tbsp flaxseed meal + 3 tbsp water)
2 tbsp flour
2 tbsp chives, chopped
salt and pepper to taste
2 tbsp vegetable oil
¼ cup bread crumbs

Directions:

1. Preheat the Air Fryer to 400F.
2. Mix the nutritional yeast, potatoes, flax eggs, flour, and chives in a mixing bowl. Season with salt and pepper to taste.
3. In another bowl, combine the vegetable oil and bread crumbs until crumbly.
4. Form small balls of the potato mixture using your hands and dredge on the breadcrumb mixture.
5. Place inside the Air Fryer and cook for 15 minutes or until the croquettes turn golden brown.

Air Fried French Green Beans (V)

(Prep + Cook Time: 20 minutes | Servings: 4)

Ingredients:

1 ½ pound French green beans, stems removed and blanched

1 tbsp salt

½ pounds shallots, peeled and cut into quarters

½ tsp ground white pepper

2 tbsp olive oil

¼ cup slivered almonds, toasted

Directions:

1. Preheat the Air Fryer to 400F.
2. Mix all ingredients in a mixing bowl. Toss until well combined.
3. Place inside the Air Fryer basket and cook for 10 minutes or until lightly browned.

Air Fried Spicy Cauliflower (V)

(Prep + Cook Time: 20 minutes | Servings: 4)

Ingredients:

1. 1 head cauliflower, cut into florets
2. 1 tbsp extra-virgin olive oil
3. 2 scallions, chopped
4. 5 cloves of garlic, sliced
5. 1 ½ tbsp tamari
6. 1 tbsp rice vinegar
7. ½ tsp coconut sugar
8. 1 tbsp sriracha

Directions:

1. Preheat the Air Fryer to 400F.
2. Place the cauliflower florets in the Air Fryer and sprinkle oil on top. Cook for 10 minutes.
3. Turn the cauliflower after 10 minutes and add the onions and garlic.
4. Give a stir and cook for another 10 minutes.
5. In a mixing bowl, combine the remaining ingredients.
6. Take the cauliflower out and pour them in the sauce.
7. Toss to coat and place inside the Air Fryer to cook for 5 more minutes.
8. Serve with rice.

Chinese Crispy Noodle Salad (V)

(Prep + Cook Time: 40 minutes | Servings: 2)

Ingredients:

1 package wheat noodles
1 tbsp cooking oil
1 tbsp tamari
1 tsp red chili sauce
1 tbsp lime juice
salt to taste
1 onion, sliced thinly
1 cup cabbage, sliced thinly
1 green bell pepper, sliced thinly
1 carrot, sliced thinly
1 tomato, chopped
1 sprig coriander, chopped

Directions:

1. In a big pot, boil water and add a teaspoon of salt. Bring the water to a boil and add the noodles.
2. Boil the noodles until it is half-cooked. Drain.
3. In a mixing bowl, pour oil over the noodles and mix until the noodles are coated evenly.
4. Place a tin foil on the base of the Air Fryer basket and place the noodles inside.
5. Cook in a preheated Air Fryer at 395F for 15 to 20 minutes or until crisp.
6. Meanwhile, mix together the tamari, red chili sauce, and lime juice. Season with salt and pepper to taste.
7. Once the noodles are cooked, assemble the salad by placing the air fried noodles in a bowl.
8. Add the vegetables and pour over sauce.

Air Fried Zucchini Crisps

(Prep + Cook Time: 25 minutes | Servings: 8)

Ingredients:

¼ bread crumbs

¼ cup nutritional yeast

½ teaspoon garlic powder

2 green zucchinis, sliced into thin rounds

1 tbsp olive oil

Directions:

1. Place a foil at the base of the Air Fryer basket and poke holes. Preheat the Air Fryer to 400F.
2. In a mixing bowl, combine the crumbs, nutritional yeast, and garlic powder.
3. In another bowl, toss the zucchini with the olive oil.
4. Dredge the zucchini slices with the crumb mixture and place inside the Air Fryer.
5. Cook for 15 minutes or until crispy.

Fennel Potato Croquettes (V)

(Prep + Cook Time: 35 minutes | Servings: 4)

Ingredients:

¼ cup nutritional yeast
4 boiled potatoes, peeled and mashed
1 onion, chopped finely
1 tsp cumin powder
2 tsp fennel seeds
2 green chilies, chopped
1 sprig coriander leaves, chopped
salt to taste
2 tbsp all-purpose flour
bread crumbs
cooking spray for coating

Directions:

1. Preheat the Air Fryer to 400F.
2. Place a foil at the base of the Air Fryer basket and poke holes.
3. Combine all the ingredients except for the bread crumbs and cooking spray.
4. Form small balls of the mixture and dredge the balls on the bread crumbs.
5. Place inside the Air Fryer and coat with cooking spray.
6. Cook for 15 to 20 minutes or until golden brown.

Kale and Potato Nuggets (V)

(Prep + Cook Time: 35 minutes | Servings: 4)

Ingredients:

1 tsp extra-virgin olive oil
1 clove of garlic, minced
4 cups kale, rinsed and chopped
2 cups boiled potatoes, finely chopped
1/8 cup almond milk
¼ tsp salt
1/8 tsp black pepper
cooking spray

Directions:

1. Preheat the Air Fryer to 400F.
2. Place a foil at the base of the Air Fryer basket and poke holes to allow air circulation.
3. Heat oil in a large skillet and sauté the garlic for 2 minutes.
4. Add the kale until it wilts. Transfer to a large bowl.
5. Add the potatoes and almond milk.
6. Season with salt and pepper to taste.
7. Form balls and spray with cooking oil.
8. Place inside the Air Fryer and cook for 20 minutes or until golden brown.

Air Fried Cauliflower Steak

(Prep + Cook Time: 30 minutes | Servings: 2)

Ingredients:

1 cauliflower, sliced into two
1 tbsp olive oil
2 tbsp onion, chopped
¼ tsp vegetable stock powder
¼ cup almond milk
salt and pepper to taste

Directions:

1. Soak the cauliflower in salted water or brine for at least 2 hours.
2. Preheat the Air Fryer to 400F.
3. Rinse the cauliflower and place inside the Air Fryer and cook for 15 minutes.
4. Meanwhile, heat oil in a skillet over medium flame.
5. Sauté the onions and stir until translucent.
6. Add the vegetable stock powder and milk. Bring to boil and adjust the heat to low.
7. Allow the sauce to reduce and season with salt and pepper.
8. Place cauliflower steak on a plate and pour over sauce.

Baby Corn Pakodas (V)

(Prep + Cook Time: 20 minutes | Servings: 5)

Ingredients:

1 cup chickpea flour or besan
¼ tsp baking soda
¼ tsp salt
½ tsp curry powder
½ tsp red chili powder
¼ tsp turmeric powder
¼ cup water
10 pieces baby corn, blanched

Directions:

1. Preheat the Air Fryer to 425F.
2. Line the Air Fryer basket with aluminum foil and brush with oil.
3. In a mixing bowl, mix all ingredients except for the corn.
4. Whisk until well combined.
5. Dip the corn in the batter and place inside the Air Fryer.
6. Cook for 8 minutes until golden brown.

Air Fried Figs, Chickpeas and Rocket Salad (V)

(Prep + Cook Time: 35 minutes | Servings: 4)

Ingredients:

8 fresh figs, halved
1 ½ cups chickpeas, cooked
1 tsp cumin seeds, roasted then crushed
4 tbsp balsamic vinegar
2 tbsp extra-virgin olive oil
salt and pepper to taste
3 cups arugula rocket, washed and dried

Directions:

1. Preheat the Air Fryer to 375F.
2. Line the Air Fryer basket with aluminum foil and brush with oil.
3. Place the figs inside the Air Fryer and cook for 10 minutes.
4. In a mixing bowl, mix the chickpeas and cumin seeds.
5. Once the figs are cooked, take them out and place the chickpeas.
6. Cook the chickpeas for 10 minutes. Allow to cool.
7. Meanwhile, mix the dressing by combining the balsamic vinegar, olive oil, salt and pepper.
8. Place the arugula rocket in a salad bowl and place the cooled figs and chickpeas.
9. Pour over the sauce and toss to coat.
10. Serve immediately.

Easy Air Fried Brussels Sprouts (V)

(Prep + Cook Time: 20 minutes | Servings: 6)

Ingredients:

1 ½ pounds Brussels sprouts, cleaned and trimmed
3 tbsp olive oil
1 tsp salt
1 tsp black pepper.

Directions:

1. Preheat the Air Fryer to 375F.
2. Line the Air Fryer basket with aluminum foil and brush with oil.
3. In a mixing bowl, mix all ingredients and toss to coat.
4. Place in the Air Fryer basket and cook for 10 minutes.
5. Make sure that you shake the Air Fryer basket to cook and brown evenly.

Roasted Garlic, Lemon and Broccoli (V)

(Prep + Cook Time: 25 minutes | Servings: 6)

Ingredients:

2 heads broccoli, cut into florets

2 tsp extra virgin olive oil

1 tsp salt

½ tsp black pepper

1 clove of garlic, minced

½ tsp lemon juice

Directions:

1. Line the Air Fryer basket with aluminum foil and brush with oil.
2. Preheat the Air Fryer to 375F.
3. Combine all ingredients except the lemon juice in a mixing bowl and place inside the Air Fryer basket.
4. Cook for 15 minutes.
5. Serve with lemon juice.

Simple Air Roasted Asparagus (V)

(Prep + Cook Time: 10 minutes | Servings: 4)

Ingredients:

1-pound fresh asparagus spears, trimmed

1 tbsp olive oil

salt and pepper to taste

Directions:

1. Preheat the Air Fryer to 375F.
2. Mix all ingredients and place the asparagus spears inside the Air Fryer.
3. Cook for 5 minutes until tender.

Air Fried Paprika Tofu (V)

(Prep + Cook Time: 25 minutes | Servings: 4)

Ingredients:

1 block extra firm tofu, pressed to remove excess water and cut into cubes

¼ cup cornstarch

1 tbsp smoked paprika

salt and pepper to taste

Directions:

1. Line the Air Fryer basket with aluminum foil and brush with oil. Preheat the Air Fryer to 370F.
2. Mix all ingredients in a bowl. Toss to combine.
3. Place in the Air Fryer basket and cook for 12 minutes.

Vegan Fried Ravioli (V)

(Prep + Cook Time: 15 minutes | Servings: 4)

Ingredients:

½ cup panko bread crumbs
2 tsp nutritional yeast
1 tsp dried basil
1 tsp dried oregano
1 tsp garlic powder
salt and pepper to taste
¼ cup aquafaba
8-ounces vegan ravioli
cooking spray

Directions:

1. Line the Air Fryer basket with aluminum foil and brush with oil.
2. Preheat the Air Fryer to 400F.
3. Mix together the panko bread crumbs, nutritional yeast, basil, oregano, and garlic powder. Season with salt and pepper to taste.
4. In another bowl, place the aquafaba. Dip the ravioli in the aquafaba then dredge in the panko mixture.
5. Spray with cooking oil and place in the Air Fryer.
6. Cook for 6 minutes making sure that you shake the Air Fryer basket halfway.

Pasta Salad

(Prep + Cook Time: 2 hours 25 minutes | Servings: 8)

This fresh pasta salad is combined with roasted vegetables to maximize flavor. It is a delicious salad that is low in calories and fat content. You will definitely love it!

Ingredients:

4 tomatoes, medium and cut in eighths
3 eggplants, small
3 zucchini, medium sized
2 bell peppers, any color
4 cups large pasta, uncooked in any shape
1 cup cherry tomatoes, sliced
½ cup italian dressing, fat-free
8 tbsp parmesan, grated
2 tbsp extra virgin olive oil
2 tsp pink himalayan salt
1 tsp basil, dried
high quality cooking spray

Directions:

1. Wash eggplant, pat it dry and then slice off and discard the stem. Do not peel the eggplant. Slice it into ½ inch thick rounds.
2. Toss the eggplant with 1 tablespoon of extra virgin olive oil, and put the rounds in the Air Fryer basket.
3. Cook eggplant for 40 minutes at 350F. Once it is soft and has no raw taste remaining, set the eggplant aside.
4. Wash the zucchini, pat it dry and then slice off and discard the stem. Do not peel the zucchini. Slice the zucchini into ½ inch rounds. Toss together with extra virgin olive oil, and put it in the Air Fryer basket.
5. Cook zucchini for about 25 minutes at 350F. Once it is soft with no raw taste remaining, set the zucchini aside.
6. Wash the tomatoes and slice them into eighths. Arrange them in the Air Fryer basket and spray gently with high quality cooking spray.

7. Roast the tomatoes for 30 minutes at 350F. Once they have shrunk and are starting to brown, set them aside.
8. Cook the pasta according to the directions on the package, drain them through a colander, and run them under cold water. Set them aside so they will cool off.
9. Wash the bell peppers, cut them in half, take off the stem and remove the seeds. Rinse under water if you need to, and then pat them dry.
10. Wash the cherry tomatoes and cut them in half.
11. In a large bowl, combine bell peppers and cherry tomatoes.
12. Then, add in the roasted vegetables, cooked pasta, pink Himalayan salt, dressing, chopped basil leaves, and grated parmesan. Mix thoroughly.
13. Set the salad in the fridge to chill and marinate.
14. Serve the salad chilled or at room temperature.

Creamy and Cheesy Potato and Prosciutto Salad

(Prep + Cook Time: 15 minutes | Servings: 8)

Prosciutto, bacon, cheddar, and sour cream star in this mouthwatering salad. You can also add some Dijon mustard to this recipe if you enjoy a mustardy flavor.

Ingredients:

4 pounds potatoes, boiled and cubed
15 slices prosciutto, diced
15 oz sour cream
2 cups shredded cheddar cheese
2 tbsp mayonnaise
1 tsp salt
1 tsp black pepper
1 tsp dried basil

Directions:

1. Preheat the Air Fryer to 350F.
2. Combine potatoes, prosciutto, and cheddar in a baking dish.
3. Place in the Air Fryer and cook for 7 minutes. In another bowl, whisk together the sour cream, mayonnaise, salt, pepper, and basil.
4. Stir the dressing into the salad, making sure to coat the ingredients well.
5. Serve and enjoy.

Easy Mac and Cheese

(Prep + Cook Time: 15 minutes | Servings: 2)

Try this recipe and astonish yourself at how Mac and Cheese tastes better if made in an Air Fryer. This classic dish really needs no introduction, so, make this recipe and enjoy the yummy taste.

Ingredients:

1 cup cooked macaroni
½ cup warm milk
1 tbsp parmesan cheese
1 cup grated cheddar cheese
salt and pepper, to taste

Directions:

1. Preheat the Air Fryer to 350F.
2. Stir all of the ingredients, except Parmesan, in a baking dish.
3. Place the dish inside the Air Fryer and cook for 10 minutes.
4. Top with the Parmesan cheese.
5. Serve and enjoy.

Broccoli Mushroom Chicken Casserole

(Prep + Cook Time: 30 minutes | Servings: 4)

Ingredients:

4 chicken breasts
½ cup shredded cheese
salt to taste
1 cup coconut milk
1 cup mushrooms
1 broccoli, cut into florets
1 tbsp curry powder

Directions:

1. Preheat your Air Fryer to 350F.
2. Grease a casserole dish using cooking spray.
3. Cut the chicken breasts into small cubes. In a bowl combine the chicken with curry powder, coconut milk, and sprinkle in the salt.
4. Add the broccoli and mushroom and stir well.
5. Add the mixture into your greased dish. Sprinkle the cheese on top.
6. Add to your Air Fryer and bake for about 20 minutes.
7. Serve warm.

Air Fried Balsamic Chicken with Veggies

(Prep + Cook Time: 30 minutes | Servings: 4)

Ingredients:

8 chicken thighs
5 oz sliced mushrooms
1 red onion, diced
Fresh black pepper, to taste
10 medium asparagus
½ cup carrots, diced
¼ cup balsamic vinegar
2 red bell peppers, diced
½ tsp sugar
2 tbsp extra virgin olive oil
1 ½ tbsp fresh rosemary
2 cloves garlic, chopped
½ tbsp dried oregano
1 tsp kosher salt
2 fresh sage, chopped

Directions:

1. Preheat the Air Fryer to 400F.
2. Grease a baking tray using oil. Coat the chicken with salt and pepper. In a large bowl, add all the vegetables.
3. Add the sage, oregano, garlic, sugar, vinegar, and mushroom.
4. Mix well and arrange onto your baking tray.
5. Add the chicken thighs as well. Roast in the Air Fryer for about 20 minutes. Serve hot.

Delicious Chicken Quesadillas

(Prep + Cook Time: 20 minutes | Servings: 4)

Ingredients:

2 soft taco shells
1 pound chicken breasts, boneless
1 large green pepper, sliced
1 medium-sized onion, sliced
½ cup Cheddar cheese, shredded
½ cup salsa sauce
2 tbsp olive oil
Salt and pepper, to taste

Directions:

1. Preheat the Air Fryer to 370F and sprinkle the basket with 1 tablespoon of olive oil.
2. Place 1 taco shell on the bottom of the fryer.
3. Spread salsa sauce on the taco. Cut chicken breast into stripes and lay on taco shell.
4. Place onions and peppers on the top of the chicken. Sprinkle with salt and pepper. Then, add shredded cheese and cover with second taco shell.
5. Sprinkle with 1 tablespoon of olive oil and put the rack over taco to hold it in place.
6. Cook for 4-6 minutes, until cooked and lightly brown.
7. Cut and serve either hot or cold.

Air Fryer Cheesy Chicken Sausage Casserole

(Prep + Cook Time: 30 minutes | Servings: 8)

Ingredients:

2 cloves minced garlic
10 eggs
1 cup chopped broccoli
½ tsp salt
1 cup divided shredded cheddar
¼ tsp pepper
¾ cup whipping cream
1 12-oz package of cooked chicken sausage

Directions:

1. Preheat the Air Fryer to 400F.
2. Whisk the eggs in a large bowl. Add the whipping cream, and cheese and mix well.
3. In another bowl add in the garlic, broccoli, salt, pepper and cooked sausage.
4. Arrange the chicken sausage mix onto a casserole dish.
5. Add the cheese mixture on top.
6. Add to the Air Fryer and bake for nearly 20 minutes.

Chicken and Cashew Manchurian

(Prep + Cook Time: 30 minutes | Servings: 6)

Ingredients:

1 cup chicken boneless
1 spring onions (chopped)
1 onion (chopped)
3 green chili
6 cashew nuts
1 tsp ginger (chopped)
½ tsp garlic (chopped)
1 egg
2 tbsp flour
1 tbsp cornstarch
1 tsp soy sauce
2 tsp chili paste
1 tsp pepper
1 pinch msg& sugar
water as needed
1 tbsp oil

Directions:

1. Coat chicken with egg, salt and pepper.
2. Mix cornstarch and flour; coat chicken; cook at preheated to 360F Air Fryer for 10 minutes.
3. Cook nuts with oil in a pan.
4. Add onions and cook until translucent.
5. Add the remaining ingredients and cook sauce.
6. Add chicken and garnish with spring onions.
7. The meal is ready to get in tummy. Enjoy!

Chicken Fillet with Turkey and Brie

(Prep + Cook Time: 40 minutes | Servings: 4)

Ingredients:

4 slices turkey (cured)
2 chicken fillets (large)
4 slices brie cheese
1 tbsp chives (chopped)
pepper and salt to taste

Directions:

1. Preheat Air Fryer to 360F.
2. Cut chicken fillets into 4 pieces and season with salt and pepper.
3. Add chives and brie to it.
4. Add the ingredients onto the plain piece of turkey.
5. Close and wrap Turkey. Hold closed with toothpick.
6. Air fry for 15 minutes, then roast until brown.
7. The meal is ready. Eat well.

Air Fried Meat Pie

(Prep + Cook Time: 35 minutes | Servings: 4)

Ingredients:

1 onion, chopped
1 pinch nutmeg
1 cup water, divided
¼ cup ketchup
½ tsp oregano
17.5 minced beef
2 tsp Worcestershire sauce
Pepper to taste
3 tbsp plain flour
2 beef bouillon cubes
2 puff pastry sheets

Direction:

1. Preheat your Air Fryer to 400F.
2. Add the onion and meat and air fry for 3 minutes.
3. Add in the oregano, nutmeg, Worcestershire sauce, bouillon cubes, half of the water and pepper.
4. Cover and cook for about 10 minutes.
5. Take out of the Air Fryer and let it cool down. Roll out the puff pastry onto a floury surface.
6. Add the meat filling in the center. Roll in the pastry tightly.
7. Add to a greased baking tray.
8. Bake in the Air Fryer for about 10 minutes.
9. Serve hot.

Macaroni and Cheese Balls

(Prep + Cook Time: 25 minutes | Servings: 2)

Ingredients:

2 cups leftover macaroni
1 cup cheddar cheese, shredded
3 large eggs
1 cup milk
½ cup flour
1 cup breadcrumbs
½ tsp salt
¼ tsp black pepper

Directions:

1. In a large bowl combine leftover macaroni and shredded cheese. Set aside.
2. In another bowl place flour, and in other - breadcrumbs. In medium bowl whisk eggs and milk.
3. Using ice-cream scoop, make balls from mac'n cheese mixture and roll them first in a flour, then in eggs mixture and then in breadcrumbs.
4. Preheat the Air Fryer to 365F and cook mac'n cheese balls for about 10 minutes, stirring occasionally until cook and crispy.
5. Serve with ketchup or another sauce you prefer.

Mozzarella Sticks

(Prep + Cook Time: 25 minutes | Servings: 1)

Ingredients:

1 lb mozzarella cheese
2 eggs
3 tbsp milk (non-fat)
½ cup flour
1 cup bread crumbs

Directions:

1. Cut cheese into 3 x ½ inch sticks.
2. Place breadcrumbs in a bowl. Place flour in a bowl. Mix the egg and milk together and put in a bowl.
3. Dip cheese sticks in flour, then egg, and finally bread crumbs. Lay breaded sticks on a cookie sheet.
4. Freeze in freezer for 1-2 hours or until solid.
5. Place small batches of breaded sticks.
6. Scroll to the French Fries Icon.
7. Cook 12 minutes at 400F.
8. Serve and enjoy.

Pita Bread Pizza

(Prep + Cook Time: 15 minutes | Servings: 1)

Cannot decide between a pita bread sandwich and pizza for lunch? Why not try them both combined? This amazing pita bread cheese and pepperoni pizza only needs to be cooked for 6 minutes and it is the perfect lunch.

Ingredients:

1 pita bread
1 tbsp pizza sauce
6 pepperoni slices
¼ cup grated mozzarella cheese
1 tsp olive oil
¼ tsp garlic powder
¼ tsp dried oregano

Directions:

1. Preheat your Air Fryer to 350F.
2. Spread the pizza sauce all over the pita bread.
3. Arrange the pepperoni slices over it. Top with mozzarella cheese.
4. Sprinkle with garlic powder and oregano.
5. Place the pita pizza inside the Air Fryer and place a trivet on top. Cook for 6 minutes.
6. Serve and enjoy.

Portabella Pepperoni Pizza

(Prep + Cook Time: 15 minutes | Servings: 3)

Ingredients:

3 portabella mushroom caps, cleaned and scooped
3 tbsp olive oil
3 tbsp tomato sauce
3 tbsp mozzarella, shredded
12 slices pepperoni
1 pinch salt
1 pinch dried Italian seasonings

Directions:

1. Preheat the Air Fryer to 330F. 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 over the mushroom and then top with cheese.
2. 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.
3. Cook for an additional 3 to 5 minutes. Finish with freshly grated parmesan cheese and crushed red pepper flakes.

Tomato and Mozzarella Bruschetta

(Prep + Cook Time: 10 minutes | Servings: 1)

Tomato, basil, and mozzarella star in this all-time favorite Italian dish – bruschetta. If you are a meat lover you can add about 3 chopped Prosciutto slices to this recipe.

Ingredients:

6 small french loaf slices
½ cup finely chopped tomatoes
3 ounces grated mozzarella cheese
1 tbsp. fresh basil, chopped
1 tbsp olive oil

Directions:

1. Preheat the Air Fryer to 350F.
2. Cook the bread for about 3 minutes.
3. Top with tomato, mozzarella, and prosciutto.
4. Drizzle the olive oil over this.
5. Place the bruschetta in the Air Fryer and cook for an additional minute.
6. Serve and enjoy.

Quick Pita Bread Cheese Pizza

(Prep + Cook Time: 15 minutes | Servings: 4)

Ingredients:

1 piece Pita bread
½ pound Mozzarella cheese
1 tbsp olive oil
2 tbsp ketchup
1/3 cup sausage
1 tsp garlic powder

Directions:

1. Using a tablespoon spread ketchup over Pita bread.
2. Then, add sausage and cheese. Sprinkle with garlic powder and with 1 tablespoon olive oil.
3. Preheat the Air Fryer to 340F and carefully transfer your pizza to a fryer basket.
4. Cook for 6 minutes and enjoy your quick & easy pizza!

Mozzarella Patties Stuffed with Pepperoni

(Prep + Cook Time: 25 minutes | Servings: 6)

Ingredients:

1 pound Mozzarella cheese
20 slices pepperoni
4 large eggs
1 tbsp Italian seasoning
1 cup all-purpose flour
2 cups breadcrumbs
Salt and black pepper, to taste

Directions:

1. Slice Mozzarella cheese into 1/4 inch slices and cut each slice in half.
2. Create cheese sandwiches with Mozzarella halves and pepperoni inside. Press to seal.
3. In three different bowls place beaten eggs, breadcrumbs with Italian seasoning, and flour.
4. Dip each cheese sandwich into flour, then into eggs and then into breadcrumb mixture.
5. Preheat the Air Fryer to 390F and cook cheese patties for about 6-8 minutes, turning once while cooking.
6. Serve with dipping sauce and enjoy.

Pesto Gnocchi

(Prep + Cook Time: 30 minutes | Servings: 4)

Ingredients:

1 package (16-ounce) shelf-stable gnocchi
1 medium-sized onion, chopped
3 garlic cloves, minced
1 jar (8 ounce) pesto
1/3 cup Parmesan cheese, grated
1 tbsp extra virgin olive oil
salt and black pepper, to taste

Directions:

1. In the large mixing bowl combine onion, garlic, and gnocchi and sprinkle with the olive oil. Stir to combine.
2. Preheat the Air Fryer to 340F.
3. Cook for 15-20 minutes, stirring couple time while cooking, until gnocchi are lightly browned and crisp.
4. Stir in the pesto and Parmesan cheese, and serve immediately.

Meatloaf with Black Peppercorns

(Prep + Cook Time: 55 minutes | Servings: 4)

Ingredients:

4 lbs beef (minced)
1 onion (large, diced)
3 tbsp tomato ketchup
1 tsp worcester sauce
1 tbsp oregano
1 tbsp basil
1 tbsp parsley
1 tbsp mixed herbs
salt according to taste
pepper to taste
3 tbsp breadcrumbs

Directions:

1. Put beef mince in a bowl and mix it with onion, herbs, ketchup and Worcester sauce. Stir well.
2. Add breadcrumbs to the mixture.
3. Put the seasoned beef in a dish and put in Air Fryer.
4. Cook for 25 minutes at 390F.
5. Serve with rice or mashed potatoes and enjoy the combination.

Cheese Wraps

(Prep + Cook Time: 35 minutes | Servings: 4)

Ingredients:

½ pound cheese (provolone, diced)
1 steak (frozen, sliced)
1 pack egg roll wrapper
1 onion, chopped
1 bell pepper (green, chopped)
salt and pepper to taste

Directions:

1. Sauté onion and bell pepper for 5 minutes.
2. Cook steak, then shred it.
3. Mix these with cheese.
4. Fill the wrappers and roll them.
5. Air fry for 5 min at 350F; raise temp to 392F and fry for 5 minutes.
The meal is ready to be served. Enjoy the taste.

Stromboli

(Prep + Cook Time: 25 minutes | Servings: 2)

Ingredients:

1/3 lb cooked ham (sliced)
3 cup cheddar cheese (shredded)
1 egg yolk
1 tbsp milk
12 oz pizza crust
3/4 cup mozzarella cheese (shredded)
3 oz red bell peppers (roasted)

Directions:

1. Roll the dough out until 1/4 inch thick. Layer the ham, cheese and peppers on one side of the dough. Fold over to seal.
2. Combine the egg and milk together.
3. Now brush the dough. Put your delicious stromboli into the Fry Basket.
4. Cook for 15 minutes at 360F. Every 5 minutes, carefully flip stromboli over. Plate and serve.

Bacon and Cheese Rolls

(Prep + Cook Time: 25 minutes | Servings: 4)

Ingredients:

8 oz refrigerated crescent roll dough (usually 1 can)
6 oz very sharp cheddar cheese, grated
1 pound bacon, cooked and chopped

Directions:

1. Unroll the crescent dough and, using a sharp knife, cut it into 1-inch by 1 ½-inch pieces.
2. In a medium bowl, combine the cheese and bacon.
3. Spread about ¼ cup of this mixture on each piece of dough.
4. Briefly preheat your Air Fryer to 330F.
5. Place the rolls in the Fryer, either on the Air Fry tray or in the food basket. Bake until golden brown, 6-8 minutes, and enjoy!

Pro Tip: The timing of this recipe can vary from one Fryer to the next, so watch carefully for the browning of the rolls.

Mac and Cheese

(Prep + Cook Time: 25 minutes | Servings: 1)

Cheesy, creamy, delicious... What can I say about mac and cheese that you do not already know? This staple meal can be imagined endless different ways: with breadcrumbs, vegetables, meats, and more. Try making mac and cheese in your Air Fryer and you will have one more reason to crave this classic.

Ingredients:

1 cup elbow macaroni
½ cup broccoli or cauliflower, chopped
½ cup milk, warmed
1 ½ cups cheddar cheese, grated
salt and pepper to taste
1 tbsp parmesan, grated

Directions:

1. Bring a medium pot of water to a boil and add the macaroni and vegetables.
2. Cook until just tender, 7-10 minutes, and drain. Toss the still-hot macaroni and vegetables with the milk and cheddar and transfer to a baking dish. Season with salt and pepper.
3. Briefly preheat your Air Fryer to 350F.
4. Sprinkle the macaroni with the parmesan and bake until bubbling, about 15 minutes.
5. Let cool slightly before serving— do not burn your tongue!

Roasted Sweet Potatoes with Buttermilk

(Prep + Cook Time: 40 minutes | Servings: 6)

Ingredients:

2 ¼ cups chicken breast
1 cup buttermilk
2 sweet potatoes
1 egg (beaten)
4 tbsp flour (with salt and pepper)
1 cup breadcrumbs
1 tsp garlic, chopped
1 tbsp paprika, smoked
½ tsp cayenne
1 tbsp olive oil

Directions:

1. Marinate chicken in garlic, cayenne and buttermilk. Let it stay overnight.
2. Preheat Air Fryer to 370F.
3. Meanwhile mix eggs with flour.
4. Coat chicken with breadcrumbs and the egg and flour mixture. Cook for about 20 minutes.
5. Serve with honey and enjoy the yummy taste

Roasted Heirloom Tomato with Baked Feta

(Prep + Cook Time: 55 minutes | Servings: 4)

Ingredients:

For The Tomato:

2 heirloom tomatoes
1 8-oz block of feta cheese
½ cup red onions, sliced paper thin
1 tbsp olive oil
1 pinch salt

For The Basil Pesto:

½ cup parsley, roughly chopped
½ cup basil, rough chopped
½ cup parmesan cheese, grated
3 tbsp pine nuts, toasted
1 garlic clove
½ cup olive oil
1 pinch salt

Directions:

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

Roasted Potatoes with Bacon and Garlic

(Prep + Cook Time: 40 minutes | Servings: 4)

Ingredients:

4 potatoes, peeled and cut into bite-size chunks

6 cloves garlic, unpeeled

4 strips bacon, chopped

1 tbsp fresh rosemary, finely chopped

Directions:

1. In a large bowl, combine the potatoes, garlic, bacon, and rosemary and mix thoroughly. Transfer to a baking dish.
2. Briefly preheat your Air Fryer to 350F.
3. Cook the potatoes in the Fryer until golden brown, 25-30 minutes.

Mini Cheeseburger Sliders

(Prep + Cook Time: 20 minutes | Servings: 3)

Ingredients:

1 pound ground beef
6 slices cheddar cheese
6 dinner rolls
salt to taste
black pepper

Directions:

1. Preheat the Air Fryer to 390F. Form the ground beef into 6 2.5-ounce patties and season with salt and pepper.
2. Add the burgers to the cooking basket and cook for 10 minutes.
3. 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.

Hot Dogs

(Prep + Cook Time: 20 minutes | Servings: 9)

Ingredients:

3 brazilian sausages, cut into 3 equal pieces

9 bacon fillets, raw

black pepper to taste

salt to taste

Directions:

1. Preheat the Air Fryer for 5 min on 355F.
2. Wrap the bacon fillets around each piece of sausages then season them with some salt and pepper.
3. Fry the wrapped sausages for 15 min then serve them and enjoy.

Notes: To make it tastier, sprinkle ½ teaspoon of Italian seasoning on the sausages pieces.

Falafel Burger Recipe

(Prep + Cook Time: 35 minutes | Servings: 2)

Ingredients:

14 oz can chickpeas
1 small red onion
1 small lemon
5 oz gluten free oats
2 tbsp cheese
2 tbsp feta cheese
3 tbsp greek yoghurt
4 tbsp soft cheese
1 tbsp garlic puree
1 tbsp coriander
1 tbsp oregano
1 tbsp parsley
salt & pepper to taste

Directions:

1. Place in a food processor or blender all the seasonings, the garlic, the lemon rind, red onion and the drained chickpeas. Whiz until they are coarse but not smooth.
2. Mix them in bowl with ½ the soft cheese, the hard cheese and the feta.
3. Combine them into burger shapes.
4. Roll them in gluten free oats until you cannot see any of the chickpea mixture.
5. Place them in the Air Fryer inside the Air Fryer baking pan and cook for 8 minutes at 360F.
6. Make the burger sauce. In a mixing bowl add the rest of the soft cheese, the Greek Yoghurt and some extra salt and pepper. Mix well until it is nice and fluffy. Add the juice of the lemon and mix one last time.
7. *Place the falafel burger inside your homemade buns with garnish. Load up with your burger sauce.*

Bell Pepper Kidney Beans Oatmeal

(Prep + Cook Time: 25 minutes | Servings: 2-4)

Ingredients:

2 large bell peppers, halved lengthwise, deseeded
2 tbsp cooked kidney beans
2 tbsp cooked chick peas
2 cups oatmeal, cooked
1 tsp ground cumin
½ tsp paprika
½ tsp salt or to taste
¼ tsp black pepper powder
¼ cup yogurt

Directions:

1. Place the bell peppers with its cut side down in the Air Fryer.
2. Air fry in a preheated Air Fryer at 355F for 2-3 minutes.
3. Remove from the Air Fryer and keep it aside. Mix together rest of the ingredients in a bowl.
4. When the bell peppers are cool enough to handle, divide and stuff this mixture into the bell peppers.
5. Place it back in the Air Fryer and air fry at 355F for 4 minutes.
6. Serve hot.

Portabella Pizza

(Prep + Cook Time: 15 minutes | Servings: 3)

Ingredients:

3 tbsp olive oil
3 portabella mushroom caps, cleaned and scooped
3 tbsp mozzarella, shredded
3 tbsp tomato sauce
1 pinch salt
12 slices pepperoni
1 pinch dried Italian seasonings

Directions:

1. Preheat the Air Fryer to 330F.
2. On both sides of the portabella, drizzle oil and then season the inside with Italian seasonings and salt.
3. Spread tomato sauce evenly over the mushroom and top with cheese.
4. Place the portabella into the cooking basket of the Air Fryer.
5. Place pepperoni slices on top of the portabella pizza after 1 minute of cooking.
6. Cook for 3 to 5 minutes.

Mexican Pizza

(Prep + Cook Time: 15 minutes | Servings: 4)

Ingredients:

¾ cup of refried beans
1 cup salsa
12 frozen beef meatballs, pre-cooked
2 jalapeno peppers, sliced
6 whole-wheat pita bread
1 cup pepper Jack cheese, shredded
1 cup Colby cheese, shredded

Directions:

1. Take a bowl and combine salsa, meatball, jalapeno pepper and beans.
2. Preheat the Air Fryer for 4 minutes at 370F.
3. Top the pita with the mixture and sprinkle pepper jack and Colby cheese on top.
4. Bake in Air Fryer for 10 minutes. Serve and enjoy.

Side Dish Recipes

Air Fryer Potato Chips (V)

(Prep + Cook Time: 45 minutes | Servings: 2)

Ingredients:

2 - 3 potatoes (russet/sweet)

½ tsp oil (olive/other)

salt to taste

Directions:

1. Wash and slice the potatoes thin, round and neat
2. Soak the sliced potatoes in chilled water for half an hour
3. Blot dry and spread the sliced potatoes over pan
4. Mix salt and oil and pour it over the sliced potatoes in pan
5. Put in Air Fryer for 20-25 minutes
6. Temperature should be 390F
7. Shake and check the progress at halfway say after 15 minutes
8. Serve the chips with ketchup or chili sauce and enjoy the right combination.

Garlic Potatoes

(Prep + Cook Time: 45 minutes | Servings: 2)

Ingredients:

3 turkey strips (unsmoked)

6 small potatoes

1 tsp garlic, minced

2 tsp olive oil

salt to taste

pepper to taste

Directions:

1. Peel and chop potatoes into fine cubes.
2. Add 1 tsp oil and cook in Air Fryer for 10 minutes at 350F. Let it heat.
3. In a separate bowl cut Turkey into fine pieces and mix with garlic, oil, salt and pepper.
4. Add potatoes into the bowl and mix well.
5. Put mixture on silver aluminum foil and cook for about 10 minutes.
6. Serve with raita and enjoy the right combination.

Courgette Fritters

(Prep + Cook Time: 40 minutes | Servings: 9)

Ingredients:

3.5 flour (plain)

1 egg (medium, beaten)

5 tbsp milk

5.3 oz courgette (grated)

2.5 oz onion (diced)

1 oz cheese (cheddar)

1 tbsp mixed herbs

salt to taste

pepper to taste

Directions:

1. In a bowl put flour and add seasoning to it now whisk egg and milk and make a batter.
2. Add courgette and onions into the batter.
3. Add cheese into mixture.
4. Form the shape of patties with batter and put it in Air Fryer.
5. Cook for 20 minutes at 390F.
6. Serve it with tartar sauce and enjoy the right combination.

Croutons (V)

(Prep + Cook Time: 25 minutes | Servings: 9)

Ingredients:

2 slices bread (whole meal)

1 tbsp olive oil

Directions:

1. Chop the bread slices into medium size chunks.
2. Add in oil to Air Fryer. Let it heat.
3. Shallow fry the chunks in it.
4. Cook for at least 8 minutes at 390F.
5. Best to serve with soup and enjoy the right combination.

Garlic Stuffed Mushrooms

(Prep + Cook Time: 25 minutes | Servings: 4)

Ingredients:

6 mushrooms (small)
1 oz onion (peeled, diced)
1 tbsp breadcrumbs
1 tbsp oil (olive)
1 tsp garlic (pureed)
1 tsp parsley
salt to taste
pepper to taste

Directions:

1. Mix breadcrumbs, oil, onion, parsley, salt, pepper and garlic in a medium sized bowl.
2. Remove middle stalks from mushrooms and fill them with crumb mixture.
3. Cook in Air Fryer for 10 minutes at 350F.
4. Serve with mayo dip and enjoy the right combination.

Jacket Potatoes

(Prep + Cook Time: 30 minutes | Servings: 2)

Ingredients:

2 potatoes (medium)
1 tsp butter
3 tbsp sour cream
1 tsp chives 1 tsp
1 ½ tbsp cheese (grated)
salt according to taste
pepper according to taste

Directions:

1. Stab potatoes with fork and put in Air Fryer having boiled water so they are cooked from the inside to the outside properly.
2. Cook for 15 minutes at 350F.
3. In the meantime, mix sour cream, cheese and chives in a bowl.
4. Cut open potatoes and spread butter and add toppings to them.
5. Serve with raw salad and enjoy the right combination.

Roasted Potatoes and Yoghurt

(Prep + Cook Time: 55 minutes | Servings: 4)

Ingredients:

1.8 lbs potatoes (waxy)
1 tbsp paprika (spicy)
salt to taste
black pepper (freshly ground) to taste
1 tbsp olive oil
5.5 oz yoghurt (greek)

Directions:

1. Preheat Air Fryer at 350F.
2. Peel and cut potatoes in small pieces of about 3cm cubes, soak the pieces in cold water for 30 minutes.
3. After 30 minutes drain and pat dry the potato pieces.
4. In a medium size bowl add 1 tbsp. of oil, paprika and sprinkle pepper and stir well.
5. Coat the cubes with the mixture.
6. Put in fryer and air fry for about 20 minutes.
7. Serve them with dip or pari-pari sauce. Enjoy the delicious combination.

Roasted Potatoes with Rosemary

(Prep + Cook Time: 30 minutes | Servings: 2)

Ingredients:

2 large potatoes

1 tsp rosemary

salt to taste

black freshly ground pepper to taste

1 tbsp olive oil

Directions:

1. Peel potatoes and cut them into fine chunks for roasting.
2. Add oil into the fryer and let it warm for 10 minutes at 350F then add potatoes in it.
3. Mix rosemary, salt and pepper into a bowl.
4. Add potatoes in it.
5. Serve with rice. Enjoy the flavorful combination.

Potatoes au Gratin

(Prep + Cook Time: 55 minutes | Servings: 6)

Ingredients:

7 medium russet potatoes, peeled
½ cup milk
½ cup cream
1 tsp black pepper
½ tsp nutmeg
½ cup Gruyère or semi-mature cheese, grated

Directions:

1. Preheat the Air Fryer to 390F. 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.
2. Transfer the potato slices to a 8-inch heat resistant baking dish and pour the rest of the cream mixture from the bowl on top of the potatoes.
3. Place the baking dish in the cooking basket into the Air Fryer. Set the timer and cook for 25 minutes. Remove cooking basket and distribute the cheese evenly over the potatoes.
4. Set the timer for 10 minutes and bake the gratin until it is nicely browned.

Notes: Instead of milk you can substitute 2 eggs

Rosemary Russet Potato Chips

(Prep + Cook Time: 1 hour 15 minutes | Servings: 4)

Ingredients:

4 medium russet potatoes
1 tbsp olive oil
2 tsp rosemary, chopped
2 pinches salt

Directions:

1. Scrub the potatoes under running water to clean. Cut the potatoes lengthwise and peel them into thin chips directly into a mixing bowl full of water.
2. Soak the potatoes for 30 minutes, changing the water several times.
3. Drain thoroughly and pat completely dry with a paper towel.
4. Preheat the Air Fryer to 330F. In a mixing bowl, toss the potatoes with olive oil.
5. Place them into the cooking basket and cook for 30 minutes or until golden brown, shaking frequently to ensure the chips are cooked evenly.
6. When finished and still warm, toss in a large bowl with rosemary and salt.

Sweet Potato Curry Fries

(Prep + Cook Time: 55 minutes | Servings: 4)

Ingredients:

2.2 lbs sweet potatoes

1 tsp curry powder

2 tbsp olive oil

salt to taste

Directions:

1. Preheat Air Fryer to 390F.
2. Wash and cut sweet potatoes into fine long fries.
3. Add oil in the pan and bake the fried for 25 minutes.
4. Now season them with curry and salt.
5. Serve with ketchup and enjoy.

Cheesy Rice Balls

(Prep + Cook Time: 40 minutes | Servings: 4)

Ingredients:

1 cup rice (boiled)
1 cup paneer
1 tbsp corn flour
1 green chili, chopped
1 cup cheese mozzarella, cubed
2 tbsp carrot, chopped
2 tbsp sweet corn
1 tbsp corn flour slurry
salt to taste
garlic powder (optional) to taste
½ breadcrumbs
1 tsp oregano

Directions:

1. Preheat Air Fryer to 390F.
2. Mix all the above mentioned ingredients and form into small ball shape.
3. Roll the mixture in slurry and breadcrumbs.
4. Cook for 15 minutes.
5. It is ready to be served.
6. Enjoy the gooey taste

French Fries

(Prep + Cook Time: 25 minutes | Servings: 4)

Ingredients:

6 medium russet potatoes, peeled
2 tbsp olive oil

Directions:

1. Peel the potatoes and cut them into 1/4 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 360F.
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 30 minutes or until golden brown and crisp. Shake 2-3 times during cooking.

Notes: Thicker cut potatoes will take longer to cook, while thinner cut potatoes will cook faster.

Cheese Lings

(Prep + Cook Time: 25 minutes | Servings: 6)

Ingredients:

1 cup flour (all purpose)
3 small cubes cheese (grated)
¼ tsp chili powder
1 tsp butter
salt to taste
1 tsp baking powder

Directions:

1. Make dough with all the ingredients mentioned above; add small amount water if needed.
2. Roll and cut the pieces into round shape.
3. Preheat Air Fryer to 360F and air fry for 5 minutes.
4. Stir halfway and periodically.
5. Ready to get served. Enjoy the taste

Grilled Cheese

(Prep + Cook Time: 25 minutes | Servings: 2)

Ingredients:

4 slices of brioche or white bread

½ cup sharp cheddar cheese

¼ cup butter, melted

Directions:

1. Preheat the Air Fryer to 360F. Place cheese and butter in separate bowls. Brush the butter on each side of the 4 slices of bread.
2. Place the cheese on 2 of the 4 pieces of bread.
3. Put the grilled cheese together and add to the cooking basket.
4. Cook for 5-7 minutes or until golden brown and the cheese has melted.

Roasted Winter Vegetables (V)

(Prep + Cook Time: 30 minutes | Servings: 6)

Ingredients:

1 1/3 cup parsnips (1 small)
1 1/3 cup celery (3-4 stalks)
2 red onions
1 1/3 cup butternut squash (1 small)
1 tbsp fresh thyme needles
1 tbsp olive oil
pepper and salt to taste

Directions:

1. Preheat the Air Fryer to 390F.
2. Peel the parsnips and onions. Cut the parsnips and celery into 2 cm cubes and the onions into wedges. Halve the butternut squash, remove the seeds and cut into cubes. (There's no need to peel it.)
3. Mix the cut vegetables with the thyme and olive oil. Season to taste.
4. Place the vegetables into the basket and slide the basket into the Air Fryer. Set the timer for 20 minutes and roast the vegetables until the timer rings and the vegetables are nicely brown and done. Stir the vegetables once while roasting.

Roasted Potatoes, Cottage Cheese and Asparagus

(Prep + Cook Time: 55 minutes | Servings: 4)

Ingredients:

4 potatoes (medium)
1 asparagus bunch
1/3 cup cheese (cottage)
1/3 cup crème fraîche (low fat)
1 tbsp mustard (wholegrain)

Directions:

1. Add oil and preheat Air Fryer to 390F.
2. Cook potatoes in it for 20 minutes.
3. Boil asparagus in salted water for about 3 minutes. Spoon out potatoes and make mash them with rest of ingredients mentioned above.
4. Refill the skins and season with salt and pepper.
5. Serve with rice and enjoy the taste.

Roasted Sprouts (V)

(Prep + Cook Time: 30 minutes | Servings: 4)

Ingredients:

2 cups brussels sprouts
¼ cup pine nuts (toasted)
1 orange (juice and zest)
¼ raisins (drained)
1 tbsp oil (olive)

Directions:

1. Preheat Air Fryer to 390F.
2. Boil sprouts for about 4 minutes and then put them in cold water and drain the sprouts properly.
3. Meanwhile, soak raisins in orange juice for 15 minutes.
4. Now roast the cooled sprouts with oil for 15 minutes.
5. Serve with nuts, raisins and zest.

Potatoes Au Gratin

(Prep + Cook Time: 55 minutes | Servings: 6)

Ingredients:

½ cup milk

7 medium russet potatoes, peeled

1 tsp black pepper

½ cup cream

½ cup semi-mature cheese, grated

½ tsp nutmeg

Directions:

1. Preheat the Air Fryer to 390F.
2. Slice the potatoes wafer-thin. In a bowl, mix the milk and cream and season to taste with salt, pepper, and nutmeg.
3. Coat the potato slices with this mixture. Transfer the potato slices to an 8-inch heat-resistant baking dish.
4. Pour the rest of the cream mixture on top of the potatoes.
5. In the cooking basket of the Air Fryer, place the baking dish and set the timer to 25 minutes.
6. Remove cooking basket and distribute the cheese evenly over the potatoes.
7. Set the timer for 10 minutes and bake the gratin until it is nicely browned.

Spinach and Cheese Balls

(Prep + Cook Time: 35 minutes | Servings: 6)

Ingredients:

1 cup corn flour
1 cup bread crumbs
1 cup spinach (boiled)
2 onion (chopped)
1 tbsp red chili flakes
½ cup mozzarella (grated)
1 tsp garlic (grated)
1 tbsp salt
2 tbsp olive oil

Directions:

1. Mix all ingredients and form the mixture into small balls.
2. Brush the pan with oil.
3. Air fry at 390F for 15 minutes.
4. Serve them with tartar sauce.
5. Enjoy the gooey taste.

Turkey Wrapped Prawns

(Prep + Cook Time: 30 minutes | Servings: 6)

Ingredients:

1 lb. Turkey (sliced)

1 lb. Prawns (tiger)

Directions:

1. Preheat Air Fryer to 390F.
2. Wrap prawns with Turkey and secure with toothpick.
3. Refrigerate for 20 minutes.
4. Cook for 10 minutes in batches.
5. Serve with tartar sauce and enjoy the yummy taste.

Tartar Sauce Chips

(Prep + Cook Time: 55 minutes | Servings: 4)

Ingredients:

2 potatoes (large)
1 tsp rosemary
2 cloves garlic (crushed)
1 tbsp oil (olive)

Sauce:

1 shallot (chopped)
3 tbsp capers (drained, chopped)
1 squeeze lemon juice
2 tbsp jalapenos (drained, chopped)
3 tbsp parsley (fresh, chopped)
1 cup mayonnaise
salt and pepper to taste

Directions:

1. Cut potatoes into wedges and soak in salted water for about 20 minutes.
2. Preheat Air Fryer to 350F.
3. Mix all the ingredients and coat it over the potatoes.
4. Cook the coated potatoes for about 25 minutes.
5. Make a sauce and serve with it.
6. Enjoy the delicious taste.

Veggie Rolls (V)

(Prep + Cook Time: 30 minutes | Servings: 6)

Ingredients:

2 potatoes (mashed)
¼ cup peas
¼ cup carrots (mashed)
1 cabbage (small, sliced)
¼ beans
2 tbsp sweet corn
1 onion (small, chopped)
1 tsp capsicum
1 tsp coriander
2 tbsp butter
ginger garlic to taste
½ tsp masala powder
½ tsp chili powder
½ cup breadcrumbs
1 packet roll sheets
½ cup cornstarch slurry

Directions:

1. Boil all the vegetables in half cup of water on a low heat and let them dry.
2. Spread the roll sheet and place the filling onto it then make the fillings into rolls and coat the rolls with slurry and breadcrumbs.
3. Preheat Air Fryer to 390F and cook it for 10 minutes.
4. Serve with boiled rice and have a treat.

Walnut Stilton Circles

(Prep + Cook Time: 45 minutes | Servings: 4)

Ingredients:

¼ cup flour (plain)

¼ cup walnuts

¼ cup butter

¼ cup stilton

Directions:

1. Make dough with the all the ingredients mentioned above by mixing them well till a thick texture appears.
2. Cut dough into log shapes, approx. 3cm.
3. Wrap it in aluminum foil and let it freeze for about 30 minutes.
4. Now cut the dough into circles.
5. Line Air Fryer with baking sheet and preheat to 350F.
6. Cook 20 minutes. And it is ready! Serve while its hot.

Ham and Mushroom Quiche

(Prep + Cook Time: 25 minutes | Servings: 4)

Ingredients:

1 pie crust, at room temperature
all-purpose flour
1 tbsp butter
1 oz button mushrooms
1 small yellow onion, diced
2 tbsp ham, diced
2 jumbo eggs
1/3 cup heavy cream
½ tsp salt
¼ tsp black pepper
generous pinch of nutmeg
½ tsp fresh thyme, finely
chopped
1/3 cup cheese of your choice, shredded

Directions:

1. Dust your work surface with flour and lay out the pie dough. Using an 8-inch pie dish as your guide, trim the dough. Line the pie dish with the dough and crimp the edges to make it pretty.
2. Briefly preheat your Air Fryer to 350F.
3. Blind bake the crust (covered with parchment and baking weights) for 10 min.
4. While the crust bakes, heat the butter in a medium sauté pan over medium heat. Add the mushrooms and cook, stirring often, until caramelized, 4-5 minutes. Add the onion and ham and continue to cook until the onions are translucent, 3-4 minutes. Add the contents of the pan to the baked pie crust.
5. Reheat the Air Fryer to 300F.
6. In a medium bowl, whisk the eggs, cream, thyme, salt, pepper, and nutmeg together. Pour into the pie crust and sprinkle the cheese on top.

Bake the quiche in the Fryer until the eggs are set, about 40 min. Cool quiche for 20 min. before serving.

Cheddar Cheese Biscuits

(Prep + Cook Time: 45 minutes | Servings: 8)

Ingredients:

2-1/3 cups self-rising flour

2 tbsp sugar

½ cup butter (1 stick), frozen for 15 minutes

½ cup grated Cheddar cheese, plus more to melt on top

1-1/3 cups buttermilk

1 cup all-purpose flour, for shaping

1 tbsp butter, melted

Directions:

1. Line a buttered 7-inch metal cake pan with parchment paper or a silicone liner.
2. Combine the flour and sugar in a large mixing bowl. Grate the butter into the flour. Add the grated cheese and stir everything to coat the cheese and butter with flour. Then add the buttermilk and stir it just until you can no longer see streaks of flour. The dough should be quite wet.
3. Spread the all-purpose (not self-rising) flour out on a small cookie sheet. With a spoon, scoop 8 evenly sized balls of dough into the flour, making sure they don't touch each other. With floured hands, coat each dough ball with flour and toss them gently from hand to hand to shake off any excess flour. Place each floured dough ball into the prepared pan, right up next to the other. This will help the biscuits rise up, rather than spreading out.
4. Pre-heat the air fryer to 380F.
5. Transfer the cake pan to the basket of the air fryer, lowering it into the basket using a sling made of aluminum foil (fold a piece of aluminum foil into a strip about 2-inches wide by 24-inches long). Let the ends of the aluminum foil sling hang across the cake pan before returning the basket to the air fryer.
6. Air-fry for 20 minutes. Check the biscuits a couple of times to make sure they are not getting too brown on top. If they are, re-arrange the aluminum foil strips to cover any brown parts.
7. After 20 minutes, check the biscuits by inserting a toothpick into the

center of the biscuits. It should come out clean. If it needs a little more time, continue to air-fry for a couple extra minutes. Brush the tops of the biscuits with some melted butter and sprinkle a little more grated cheese on top if desired.

8. Pop the basket back into the air fryer for another 2 minutes. Remove the cake pan from the air fryer using the aluminum sling. Let the biscuits cool for just a minute or two and then turn them out onto a plate and pull apart. Serve immediately.

Fish and Seafood

Air Fryer Fish

(Prep + Cook Time: 30 minutes | Servings: 4)

Ingredients:

2 fish fillets (catfish)
1 egg (medium, beaten)
1 cup breadcrumbs
1 oz cup tortilla chips
1 lemon (juice and rind)
1 tsp parsley
salt to taste
pepper to taste

Directions:

1. Cut fish fillets into neat and nice pieces then season them with lemon juice. Do not overdo it.
2. In a separate bowl mix breadcrumbs with lemon rind, parsley, tortillas, salt and pepper in a food processor.
3. Then lay the mixture in a tray spreading evenly.
4. After coating fish fillets with the mixture cook at 350F for 15 minutes in Air Fryer.
5. Serve it with Air Fryer chips and a cold drink and enjoy the right combination.

Cajun Shrimp

(Prep + Cook Time: 25 minutes | Servings: 4)

Ingredients:

¼ tsp cayenne pepper
¼ tsp paprika (smoked)
½ tsp old bay seasoning
1 tbsp olive oil
1 pinch of salt
1¼ lbs shrimp (tiger).

Directions:

1. Preheat Air Fryer at 390F.
2. Mix all the ingredients mentioned in the ingredients list in a large bowl.
3. Coat the shrimps with the mixture.
4. Cook for 5 minutes.
5. Serve them with boiled rice and enjoy the right combination.

Quick Shrimp Recipe

(Prep + Cook Time: 25 minutes | Servings: 3)

Ingredients:

1 tbsp vegetable oil
1 tbsp curry paste
1 lb. shrimps
1 tbsp fish sauce
1 tbsp lemon juice
1 cup cilantro, chopped
1 onion, chopped
2 tomatoes, chopped
1 bell pepper, strips
½ tbsp olive oil

Directions:

1. Add curry paste in the round baking tray.
2. Add shrimps and place it in the Air Fryer for 10 minutes on 300F.
3. Now add bell pepper, onion, fish sauce, tomatoes, and lemon juice.
4. Stir well and make sure that the shrimps absorbs all the sauces.
Cook it for about 20 minutes and when done, sprinkle the cilantro to serve immediately.

Air Fryer Crispy Crust Fish Fillets

(Prep + Cook Time: 25 minutes | Servings: 4)

Ingredients:

4 fish fillets

1 egg, beaten

1 cup breadcrumbs

4 tbsp olive oil

pepper and salt to taste

Directions:

1. Preheat the Air Fryer to 350F.
2. In a shallow dish, combine together breadcrumbs, oil, pepper, and salt. In another dish add beaten egg.
3. Dip fish fillet in egg then coat with breadcrumbs and place in Air Fryer basket.
4. Cook fish fillets in preheated Air Fryer for 12 minutes.
5. Serve and enjoy.

Air Fried Salmon Croquettes

(Prep + Cook Time: 20 minutes | Servings: 3)

Ingredients:

1/2 lb salmon fillet, chopped
2 egg whites
2 tbsp chives, chopped
2 tbsp garlic, minced
1/2 cup onion, chopped
2/3 cup carrots, grated
2/3 cup potato, grated
1/2 cup breadcrumbs
1/4 cup plain flour
Pepper and salt

Directions:

1. Take three shallow dishes and in first dish add breadcrumbs with pepper and salt.
2. In second dish add flour and in third dish add egg whites.
3. Now in mixing bowl add all remaining ingredients and mix well.
4. Make small balls from mixture and roll in flour then dip in egg and finally coat with breadcrumbs.
5. Place in Air Fryer basket and air fry at 320F for 6 minutes.
6. Change temperature to 350F and cook for 4 minutes. Serve hot and enjoy.

Easy Air Fryer Fish Strips

(Prep + Cook Time: 20 minutes | Servings: 4)

Ingredients:

1 lb catfish fillets, cut into strips
½ cup almond meal
1 tsp lemon pepper
1 egg white beaten

Directions:

1. Preheat the Air Fryer to 400F.
2. In a shallow dish, combine together almond meal and lemon pepper.
3. In a small bowl add beaten egg white.
4. Dip fish strips in egg white then coat with almond meal and place in Air Fryer basket.
5. Air fry in preheated Air Fryer for 12 minutes or until lightly golden brown.
6. Serve and enjoy.

Easy and Tasty Fish Sticks

(Prep + Cook Time: 20 minutes | Servings: 4)

Ingredients:

1 lb tilapia fillets, cut into strips
1 large egg, beaten
2 tsp old bay seasoning
1 tbsp olive oil
1 cup breadcrumbs

Directions:

1. Preheat the Air Fryer to 400F.
2. In a shallow dish combine together breadcrumbs, seasoning, and oil. In a small bowl add beaten egg.
3. Dip fish sticks in egg then coat with breadcrumbs and place in Air Fryer basket.
4. Cook in preheated Air Fryer for 10 minutes or until lightly golden brown.
5. Serve hot and enjoy.

Air Fried Cod Nuggets

(Prep + Cook Time: 25 minutes | Servings: 4)

Ingredients:

1 lb cod fillet, cut into chunks

1 tbsp olive oil

1 cup cracker crumbs

1 tbsp egg and water

½ cup plain flour

pepper and salt to taste

Directions:

1. Add crackers crumb and oil in food processor and process until it forms into crumbs.
2. Season cod pieces with pepper and salt.
3. Coat seasoned cod pieces with flour then dip in egg and finally coated with cracker crumbs.
4. Preheat the Air Fryer to 350F.
5. Place in Air Fryer basket and air fry to 350F for 15 minutes or until lightly golden brown.
6. Serve hot and enjoy.

Delicious Fish Cakes

(Prep + Cook Time: 35 minutes | Servings: 4)

Ingredients:

2 cups white fish
1 cup potatoes, mashed
1 tsp mix herbs
1 tsp mix spice
1 tsp coriander
1 tsp Worcestershire sauce
2 tsp chili powder
1 tsp milk
1 tsp butter
1 small onion, diced
¼ cup breadcrumbs
pepper and salt to taste

Directions:

1. Add all ingredients into the bowl and mix well to combine.
2. Make small patties from mixture and place in refrigerator for 2 hours.
3. Place patties in Air Fryer basket and cook at 400F for 15 minutes.
4. Serve and enjoy.

Quick Broiled Tilapia

(Prep + Cook Time: 10 minutes | Servings: 4)

Ingredients:

1 lb tilapia fillets

½ tsp lemon pepper

salt to taste

Directions:

1. Spray Air Fryer basket with cooking spray.
2. Place tilapia fillets in Air Fryer basket and season with lemon pepper and salt. Cook at 400F for 7 minutes.
3. Serve with veggies and enjoy.

Air Fried Herb Fish Fingers

(Prep + Cook Time: 40 minutes | Servings: 4)

Ingredients:

¾ lb fish, cut into fingers
1 cup breadcrumbs
2 tsp mixed herbs
¼ tsp baking soda
2 eggs, beaten
2 tsp corn flour
1 tsp rice flour
2 tbsp Maida
1 tsp garlic ginger puree
½ tsp black pepper
2 tsp garlic powder
½ tsp red chili flakes
½ tsp turmeric powder
2 tbsp lemon juice
½ tsp salt

Directions:

1. Add fish, garlic ginger puree, garlic powder, red chili flakes, turmeric powder, lemon juice, and 1 tsp mixed herbs and salt in bowl and mixes well. In a shallow dish, combine together corn flour, rice flour, Maida, and baking soda.
2. In a small bowl add beaten eggs. In another shallow dish combine together breadcrumbs, black pepper, and 1 tsp mixed herbs.
3. Preheat the Air Fryer to 350F.
4. Roll fish fingers in flour then dip in egg and finally coat with breadcrumb mixture.
5. Place coated fish fingers in Air Fryer basket and cook for 10 minutes or until crispy.
6. Serve hot and enjoy.

Crispy Fish Fillet

(Prep + Cook Time: 15 minutes | Servings: 4)

Ingredients:

2 fish fillets, cut each into 4 pieces

1 tbsp lemon juice

1 tsp chili powder

4 tbsp mayonnaise

3 tbsp cornmeal

¼ tsp black pepper

4 tbsp plain flour

¼ tsp salt

Directions:

1. Preheat Air-fryer to 400F. Combine together flour, pepper, cornmeal, salt, and chili powder.
2. Mix lemon juice and mayonnaise in a shallow dish.
3. Now dip fillets into mayonnaise mixture, then coat with flour mixture.
4. Place coated fish fillet into the Air-fryer basket and cook for 5 minutes or until crispy. Serve and enjoy.

Crunchy Fish Taco

(Prep + Cook Time: 30 minutes | Servings: 4)

Ingredients:

12 oz cod filet
1 cup breadcrumbs
4-6 flour tortillas
1 cup tempura butter
½ cup salsa
½ cup guacamole
2 tbsp freshly chopped cilantro
½ tsp salt
¼ tsp black pepper
lemon wedges for garnish

Directions:

1. Cut cod filets lengthwise into 2-inch pieces and season with salt and pepper from all sides.
2. Place tempura butter to a bowl and dip each cod piece into it. Then dip filets into breadcrumbs.
3. Preheat the Air Fryer to 340F and cook cod sticks for about 10-13 minutes, turning once while cooking.
4. Meanwhile, spread guacamole on each tortilla. Place cod stick to a tortilla and top with chopped cilantro and salsa.
5. Squeeze lemon juice, fold and serve.

Tasty Cajun Salmon

(Prep + Cook Time: 15 minutes | Servings: 2)

Ingredients:

½ lb salmon fillet

¼ tsp thyme

½ tsp cayenne pepper

1 tsp garlic powder

½ tsp paprika

¼ tsp sage

¼ tsp oregano

pepper and salt to taste

Directions:

1. Rub seasoning all over the salmon.
2. Preheat the Air Fryer at 350F.
3. Place seasoned salmon fillet in Air Fryer basket and air fry for 8 minutes.
4. Serve and enjoy.

Bean Burritos

(Prep + Cook Time: 15 minutes | Servings: 4)

This vegetarian dish is the perfect lunch on the go. If you like chili, then you will go crazy about this burrito. Ready in just 10 minutes, there is nothing complicated about this recipe.

Ingredients:

4 tortillas
1 can beans
1 cup grated cheddar cheese
¼ tsp paprika
¼ tsp chili powder
¼ tsp garlic powder
salt and pepper, to taste

Directions:

1. Preheat the Air Fryer to 350F.
2. Combine the paprika, chili powder, and garlic powder with some salt and pepper in a small bowl.
3. Lay the tortillas on a flat surface and divide the beans between them. Sprinkle with the spice mixture.
4. Top with the cheddar cheese. Line a baking dish with parchment paper.
5. Roll the tortilla-making burritos.
6. Arrange on the baking dish. Place in the Air Fryer and cook the burritos for about 5 minutes.
7. Serve and enjoy.

Simple Cheese Crust Salmon

(Prep + Cook Time: 20 minutes | Servings: 5)

Ingredients:

2 lbs salmon fillet

2 garlic cloves, minced

¼ cup fresh parsley, chopped

½ cup parmesan cheese, grated pepper

salt to taste

Directions:

1. Preheat the Air Fryer to 350F.
2. Place salmon skin side down on aluminum foil and cover with another foil.
3. Place salmon in Air Fryer basket and cook for 10 minutes.
4. Once 10 minutes finish then remove top foil and top with minced garlic, parmesan cheese, pepper, salt and parsley.
5. Return salmon again in Air Fryer and cook for 1 minute.
6. Serve and enjoy.

Yummy Salmon Patties

(Prep + Cook Time: 20 minutes | Servings: 4)

Ingredients:

1 egg
14 oz canned salmon, drained
4 tbsp flour
4 tbsp cup cornmeal
4 tbsp onion, minced
½ tsp garlic powder
2 tbsp mayonnaise
pepper to taste
salt to taste

Directions:

1. Make salmon flake with fork.
2. Place salmon flake in a bowl and add garlic powder, mayonnaise, flour, cornmeal, egg, onion, pepper, and salt. Mix well to combine.
3. Make small patties from mixture and place in Air Fryer basket.
4. Air fry patties at 350F for 15 minutes.
5. Serve and enjoy.

Air Fried Spicy Cheese Tilapia

(Prep + Cook Time: 20 minutes | Servings: 4)

Ingredients:

1 lb tilapia fillets
¾ cup parmesan cheese, grated
1 tbsp parsley, chopped
2 tsp paprika
1 tbsp olive oil
pepper to taste
salt to taste

Directions:

1. Preheat the Air Fryer to 400F.
2. In a shallow dish, combine together paprika, grated cheese, pepper, salt and parsley.
3. Drizzle tilapia fillets with olive oil and coat with paprika and cheese mixture.
4. Place coated tilapia fillet on aluminum foil.
5. Place foil into the Air Fryer basket and air fry for 10 minutes.
6. Serve and enjoy.

Crispy Air Fried Shrimp

(Prep + Cook Time: 20 minutes | Servings: 8)

Ingredients:

2 lbs shrimp, peeled and deveined

4 egg whites

2 tbsp olive oil

1 cup flour

½ tsp cayenne pepper

1 cup breadcrumbs

Pepper to taste

Salt to taste

Directions:

1. In a shallow dish, combine together flour, pepper, and salt. In a small bowl add egg whites and whisk well.
2. In another shallow dish combine together breadcrumbs, cayenne pepper, and salt.
3. Preheat Air Fryer to 400F.
4. Coat shrimp with flour mixture then dip in egg white and finally coat with breadcrumbs.
5. Place coated shrimp in air fry basket and drizzle olive oil over them. Air fry shrimp in four batches.
6. Air fry shrimp at 400F for 8 minutes.
7. Serve and enjoy.

Air Fried Delicious Cod Sticks

(Prep + Cook Time: 20 minutes | Servings: 5)

Ingredients:

1 lb cod
3 tbsp milk
1 cup almond meal
2 cups breadcrumbs
2 large eggs, beaten
½ tsp pepper
¼ tsp salt

Directions:

1. In a small bowl, combine together milk and eggs.
2. In a shallow dish, combine together breadcrumbs, pepper, and salt. In another shallow dish, add almond meal.
3. Roll cod sticks into the almond meal then dip in egg and finally coat with breadcrumbs.
4. Place coated cod sticks in Air Fryer basket. Air fry at 350F for 12 minutes.
5. Shake basket half way through.
6. Serve and enjoy.

Simple and Quick Salmon Croquettes

(Prep + Cook Time: 15 minutes | Servings: 4)

Ingredients:

1 lb can red salmon, drained and mashed
1/3 cup olive oil
2 eggs, beaten
1 cup breadcrumbs
½ bunch parsley, chopped

Directions:

1. Preheat the Air Fryer to 400F. In a bowl, add drained salmon, eggs, and parsley. Mix well to combine.
2. In a shallow dish, combine together breadcrumbs and oil.
3. Make croquettes from the salmon mixture and coat with breadcrumbs.
4. Place in Air Fryer basket and air fry in preheated Air Fryer for 7 minutes.
5. Serve and enjoy.

Air Fried Prawns

(Prep + Cook Time: 30 minutes | Servings: 4)

Ingredients:

1 lb prawns, peeled

1 lb bacon slices

Directions:

1. Preheat the Air Fryer to 400F.
2. Wrap each prawn in bacon slices and place in Air Fryer basket.
3. Air fry in preheated Air Fryer for 5 minutes Serve and enjoy.

Creamy Air Fryer Salmon

(Prep + Cook Time: 20 minutes | Servings: 2)

Ingredients:

¾ lb salmon, cut into 6 pieces

¼ cup yogurt

1 tbsp olive oil

1 tbsp dill, chopped

3 tbsp sour cream

salt to taste

Directions:

1. Season salmon with salt. Place salmon pieces in Air Fryer basket and drizzle with olive oil.
2. Air-fry salmon at 285F for 10 minutes.
3. Meanwhile, combine together cream, dill, yogurt, and salt.
4. Place salmon on serving dish and pour creamy sauce over salmon.
5. Serve and enjoy.

Air Fried Crab Herb Croquettes

(Prep + Cook Time: 30 minutes | Servings: 6)

Ingredients:

1 lb crab meat
1 cup breadcrumbs
2 egg whites
½ tsp parsley
¼ tsp chives
¼ tsp tarragon
2 tbsp celery, chopped
¼ cup red pepper, chopped
1 tsp olive oil
½ tsp lime juice
4 tbsp sour cream
4 tbsp mayonnaise
¼ cup onion, chopped
¼ tsp salt

Directions:

1. Place breadcrumbs and salt in a bowl.
2. In a small bowl, add egg whites.
3. Add all remaining ingredients into the bowl and mix well to combine.
4. Make croquettes from the mixture and dip in egg white and coat with breadcrumbs.
5. Place in Air Fryer basket and air fry for 18 minutes.
6. Serve and enjoy.

Air Fried Cajun Shrimp

(Prep + Cook Time: 10 minutes | Servings: 4)

Ingredients:

1 ¼ lbs shrimp, peeled and deveined

½ tsp old bay seasoning

¼ tsp cayenne pepper

1 tbsp olive oil

½ tsp paprika

¼ tsp salt

Directions:

1. Preheat the Air Fryer to 400F.
2. Add all ingredients into the mixing bowl and toss well.
3. Place seasoned shrimp in Air Fryer basket and air fry for 5 minutes.
4. Serve and enjoy.

Tender Coconut Shrimps

(Prep + Cook Time: 25 minutes | Servings: 4)

Ingredients:

2 pounds (12-15) raw shrimps
1 cup egg whites
1 cup dried coconut, unsweetened
1 cup breadcrumbs
1 cup all-purpose flour
½ tsp salt

Directions:

1. Prepare shrimps and set aside
2. In the large mixing bowl combine breadcrumbs and coconut. Season with salt lightly.
3. In another bowl place flour and in the third bowl place egg whites.
4. Meanwhile, preheat the Air Fryer to 340F. Dip each shrimp into the flour, then into egg whites and then into breadcrumbs mixture.
5. Transfer shrimps to a fryer and cook for about 8-10 minutes, shaking occasionally.
6. Serve with dipping sauce you prefer.

Cajun Salmon

(Prep + Cook Time: 20 minutes | Servings: 1)

Ingredients:

1 salmon fillet Cajun seasoning

A light sprinkle of sugar

Juice from a quarter of lemon, to serve

Directions:

1. Preheat Air Fryer to 355F. In a plate, sprinkle Cajun seasoning all over and ensure all sides are coated.
2. You don't need too much. If you prefer a tad of sweetness, add a light sprinkling of sugar.
3. For a salmon fillet, about 3/4 of an inch thick, air fry for 7 minutes, skin side up on the grill pan.
4. Serve immediately with a squeeze of lemon.

Super Cheesy Breaded Salmon

(Prep + Cook Time: 25 minutes | Servings: 4)

Ingredients:

2 cups breadcrumbs

4 filets of salmon

1 cup Swiss cheese, shredded

2 eggs, beaten

Directions:

1. Preheat your Air Fryer to 390F.
2. Dip each salmon filet into the egg mixture.
3. Top with Swiss cheese.
4. Dip into the breadcrumbs and coat all sides of the fish.
5. Place on an oven safe dish and cook for 20 minutes.

Fried Lemon Fish

(Prep + Cook Time: 25 minutes | Servings: 2)

Ingredients:

2 tsp green chilli sauce
2 tsp oil
1 egg white salt to taste
1 tsp red chilli sauce
2-3 lettuce leaves
4 tsp cornflour slurry
juice of 1 lemon
¼ cup of sugar
4 pieces of fish fillets
1 lemon

Directions:

1. Slice lemon and place in a bowl.
2. Boil ½ cup water in
3. a non-stick pan, add sugar and stir continuously till sugar dissolves.
4. Put 1 cup refined flour, salt, green chili sauce, 2 tsp oil and egg white in a bowl and make sure it's mixed well.
5. Add 3 tbsp water and whisk well to create a thick and smooth mixture. Spread sufficient refined flour on a plate.
6. Dip the fish fillets in the batter and coat with refined flour. Heat an Air Fryer and brush the basket with oil.
7. Place the prepared fish fillets in it, fit the basket to the fryer and cook at 180F for 10-15 minutes.
8. Add salt to the pan with the syrup and mix well. Add corn flour slurry and mix again.
9. Add red chili sauce and mix well. Add lemon slices, lemon juice and mix well.
10. Cook till the lemon sauce thickens.
11. Remove the fish from Air Fryer basket, brush with some oil and place in the air-fryer basket again. Continue to cook for 5 minutes more.

12. Roughly tear lettuce leaves and make a bed on a serving platter.
13. Place fish over the lettuce, pour lemon sauce over them. Serve.

Salmon Patties

(Prep + Cook Time: 35 minutes | Servings: 2)

Ingredients:

breadcrumbs

olive oil spray

A handful of parboiled frozen vegetables

3 large cooked russet potatoes

1 salmon portion

chopped parsley

2 sprinkles of dill

black pepper

1 egg

salt to taste

Directions:

1. Peel, chop, and mash cooked potatoes.
2. Put this mixture to the side for later.
3. Preheat for 5 minutes at 355F, then grill salmon for five minutes. Air fry the salmon.
4. Perform an action called “flaking” which means to cut the salmon into smaller pieces with a fork. Set aside for later.
5. Remove your mashed potatoes from the refrigerator. Now you will add your vegetables, black pepper, chopped parsley, flaked salmon, and dill/salt.
6. Do a taste test since everything is already cooked, and adjust seasonings to your liking.
7. Add the egg and combine everything together.
8. Shape the mixture into six to eight patties or smaller balls. Cover the balls with breadcrumbs.
9. Now make sure you spray oil onto the balls to keep them from sticking and breaking, and cook in Air Fryer at 355F until golden brown.
10. Serve!

Grilled Salmon Fillets

(Prep + Cook Time: 20 minutes | Servings: 2)

Ingredients:

2 salmon fillets

1/3 cup of water

1/3 cup of light soy sauce

1/3 cup of brown sugar

2 tbsp of olive oil

black pepper to taste

salt to taste

Directions:

1. Season the salmon fillets with some salt and pepper.
2. Whisk the rest of the ingredients in a medium bowl and place in it the salmon fillet then let it marinate for 2 hours.
3. Preheat the Air Fryer on 355F for 5 min.
4. Drain the salmon fillets and air fry them for 8 min then serve them warm and enjoy.
5. Make it tastier: To make it tastier, season the salmon with a pinch of garlic powder.

Cajun-Seasoned Lemon Salmon

(Prep + Cook Time: 15 minutes | Servings: 1)

An easy four-ingredient recipe for a deeply satisfying dinner. Serve this amazing salmon with some mashed potatoes and garlic bread and enjoy.

Ingredients:

1 salmon fillet
1 tsp cajun seasoning
juice of ½ lemon
¼ tsp brown sugar
2 lemon wedges, for serving

Directions:

1. Preheat the Air Fryer to 350F.
2. Combine the lemon juice and sugar and coat the salmon with this mixture.
3. Sprinkle the Cajun seasoning all over the salmon.
4. Place a piece of parchment paper in your Air Fryer.
5. Place the salmon on it and cook for 7 minutes.
6. Serve topped with lemon wedges if you want to.
7. Enjoy.

Salmon with Creamy Zucchini

(Prep + Cook Time: 20 minutes | Servings: 2)

Ingredients:

The various components of this dish requires individual amounts of ingredients to be made properly

Salmon:

2 5-6 oz salmon fillets, skin on

1 tsp olive oil

salt and pepper to taste

Courgette:

2 large zucchini, trimmed and spiralizer (or julienned with a julienne peeler)

1 avocado, peeled and roughly chopped

½ garlic clove, minced

small handful parsley, roughly chopped

small handful cherry tomatoes, halved

small handful black olives, chopped

2 tbsp pine nuts, toasted

Directions:

1. Briefly preheat your Air Fryer to 350F.
2. Brush the salmon with the olive oil and season with salt and pepper. Place the salmon in the Fryer and cook until the skin is crisp, about 10 minutes.
3. While the salmon cooks, prepare the vegetables: blend the avocado, garlic, and parsley in a food processor until smooth. Toss in a large bowl with the zucchini, tomatoes, and olives.
4. Divide the vegetables between two plates, top each portion with a salmon fillet, sprinkle with pine nuts, and serve.

Mediterranean Quinoa Salad

(Prep + Cook Time: 15 minutes | Servings: 2)

When in doubt, go for a quinoa salad for lunch. The famous Mediterranean flavors star in this recipe, giving this salad a unique and irresistible flavor.

Ingredients:

1 cup cooked quinoa
1 red bell pepper, chopped
2 prosciutto slices, chopped
¼ cup chopped kalamata olives
½ cup crumbled feta cheese
1 tsp olive oil
1 tsp dried oregano
6 cherry tomatoes, halved
salt and pepper, to taste

Preparation:

1. Preheat your Air Fryer to 350F.
2. Heat the olive oil and cook the red bell pepper for about 2 minutes.
3. Add the prosciutto slices and cook for 3 more minutes.
4. Transfer to an oven-proof bowl and wipe the grease off your Air Fryer.
5. Add the remaining ingredients, except the tomatoes, and stir to combine well.
6. Stir in the cherry tomato halves.
7. Serve and enjoy.

Parmesan-Crusted Tilapia

(Prep + Cook Time: 15 minutes | Servings: 4)

Crunchy and cheesy, this baked tilapia with a yummy parmesan crust goes perfectly with French fries and garlic bread. A glass of white wine, or a beer, would also be a great addition.

Ingredients:

¾ cup grated parmesan cheese
4 tilapia fillets
1 tbsp olive oil
1 tbsp chopped parsley
2 tsp paprika
pinch of garlic powder

Directions:

1. Preheat your Air Fryer to 350F. Brush the olive oil over the tilapia fillets.
2. Combine all of the remaining ingredients in a shallow bowl. Coat the tilapia fillets with the parmesan mixture.
3. Line a baking dish with parchment paper and arrange the fillets on it.
4. Place in the Air Fryer and cook for 5 minutes.
5. Serve and enjoy.

Fish Cakes

(Prep + Cook Time: 1 hour 15 minutes | Servings: 4)

If you are in the mood for some fish cakes, try this Air Fryer version with salmon, potatoes, parsley, and capers. I promise you a satisfying meal.

Ingredients:

2 ounces flour
10 ounces cooked salmon
1 handful capers
1 tsp olive oil
1 handful parsley, chopped
1 tsp lemon zest
14 ounces boiled and mashed potatoes

Directions:

1. Place the potatoes, flaked salmon, lemon zest, capers, and parsley in a large bowl.
2. Mix with your hands until fully incorporated.
3. Make 4 large or 8 smaller cakes out of the mixture.
4. Dust the fish cakes with flour.
5. Refrigerate for about 1 hour.
6. Preheat your Air Fryer to 350F.
7. Heat the olive oil. Add the salmon cakes and cook for 7 minutes.
8. Serve and enjoy.

Fish Sticks

(Prep + Cook Time: 30 minutes | Servings: 4)

Ingredients:

1 pound cod
3 eggs
2 cups breadcrumbs
½ tsp black pepper
1 tsp salt
1 cup all-purpose flour
3 tbsp skimmed milk
cheese or tartar sauce for serving

Directions:

1. In a large bowl whisk together milk and eggs.
2. In another bowl place breadcrumbs and in the third bowl put all-purpose flour.
3. Cut cod fish into stripes and season with salt and pepper from both sides. Dip each strip into flour, then into egg mixture, and then into breadcrumbs.
4. Preheat the Air Fryer to 340F and cook cod strips for 10-13 minutes, turning once while cooking.
5. Serve with dipping sauce.

Sweet and Mustardy Coconut Shrimp

(Prep + Cook Time: 30 minutes | Servings: 2)

You cannot go wrong with shrimp, only with the shrimp sauce. And this sweet and mustardy sauce will have you licking your plate in no time.

Ingredients:

½ cup orange jam
8 large shrimp
8 oz coconut milk
½ cup shredded coconut
½ tsp cayenne pepper
pinch of black pepper
1 tsp mustard
¼ tsp salt
½ cup breadcrumbs
¼ tsp hot sauce
1 tbsp honey

Directions:

1. Preheat your Air Fryer to 350F.
2. Place breadcrumbs, salt, pepper, coconut, and cayenne pepper in a bowl. Mix to combine.
3. Dip the shrimp in the coconut milk first, then in the breadcrumb mixture.
4. Line a baking sheet and arrange the shrimp on it.
5. Place in the Air Fryer and cook for 20 minutes.
6. Meanwhile, whisk together all of the remaining ingredients.
7. Place the shrimp on a serving platter and drizzle the sauce over. Enjoy.

Herb and Garlic Fish Fingers

(Prep + Cook Time: 40 minutes | Servings: 2)

Ingredients:

2 Eggs
10 oz. Fish, such as Mackerel, cut into fingers
½ tsp Turmeric Powder
½ Lemon, juiced
1 + 1 tsp Mixed Dried Herbs, separately
1 + 1 tsp Garlic Powder, separately
½ tsp Red Chili Flakes
1 cup Breadcrumbs
2 tbsp Maida (All Purpose Flour)
2 tsp Com Flour
1 tsp Rice Flour
¼ tsp Baking Soda
1 tsp Ginger Garlic Paste
½ tsp Black Pepper
½ tsp Sea Salt
1-2 tbsp Olive Oil
Ketchup or Tart are Sauce (optional)

Directions:

1. Put the fish fingers to the bowl. Add in 1 teaspoon mixed herbs, 1 teaspoon garlic powder, salt, red chili flakes, turmeric powder, black pepper, ginger garlic paste, and lemon juice. Stir all the ingredients and set aside for at least 10 minutes.
2. Take another bowl and combine Maida flour, rice flour, com flour, and baking soda. Break the eggs into this bowl. Stir well and add marinated fish. Set aside again for at least 10 minutes.
3. Combine and toss well the bread crumbs and the remaining 1 teaspoon of mixed herbs and 1 tea-spoon of garlic powder. Then cover the fish with breadcrumbs and herb mixture.
4. Prepare the Air Fryer by preheating it to 360F. Take the aluminum foil

and lay it on the basket of the fryer. Then layer fish fingers and cover it with the olive oil.

5. Adjust the time to 10 minutes and cook until the fish is brown and crispy. You may serve it with ketchup or tartar sauce.

Air-Fried Asian Style Fish

(Prep + Cook Time: 35 minutes | Servings: 2)

Ingredients:

1 medium sea bass, halibut or fish cutlet (11-12 oz.)
1 tomato, cut into quarter
1 lime, cut thinly
1 stalk green onion, chopped
3 slices of ginger, julienned
2 garlic cloves, minced
1 chili, sliced
2 tbsp cooking wine
1 tbsp olive oil
steamed rice, optional

Directions:

1. Prepare the garlic ginger oil mixture: sauté ginger and garlic with oil till golden brown.
2. Preheat the Air Fryer to 360F.
3. Prepare the fish: clean, rinse and pat it. Cut it in half to fit in the Air Fryer. Put the fish into the Air Fryer basket. Drizzle it with the cooking wine.
4. Layer the tomato and lime slices on top of the fish. Cover it with the garlic ginger oil mixture. Top it with the green onion and slices of chili.
5. Cover ingredients with the aluminum foil. Put it into preheated Air Fryer and cook for 15 minutes.
6. After the end of cooking time check the fish. If it is not ready yet, continue cooking for another 5 minutes.
7. Serve hot with steamed rice or any other garnish.

Black Cod with Grapes, Fennel, Pekans And Kale

(Prep + Cook Time: 30 minutes | Servings: 2)

Ingredients:

1 small bulb fennel, sliced vi-inch thick
2 fillets of black cod (6-8 oz.) - may use sablefish alternatively
1 cup grapes, halved
½ cup pecans
2 tsp white balsamic vinegar or white wine vinegar
1+2+1 tbsp extra virgin olive oil, separately
3 cups kale, minced
sea salt to taste
ground black pepper to taste

Directions:

1. Prepare the air-fryer: preheat it to 400F.
2. Take the fish fillets and season it with salt and pepper. Drizzle it with 1 tablespoon of olive oil.
3. Take the basket and place the fish inside, skin side down. Adjust the time to 10 minutes and fry. After the end of cooking place it aside, covering it with foil loosely.
4. Combine in a bowl fennel, grapes, and pecans. Pour in 2 tablespoons of olive oil and season it with salt and pepper. Then add them to the Air Fryer basket. Make sure the temperature is 400 F and cook it for 5 minutes, shaking the basket once during the process.
5. Take another bowl and combine minced kale and cooked grapes, fennel, and pecans. Cover the ingredients with balsamic vinegar and the remaining 1 tablespoon of olive oil. Season it with some more salt and pepper. Toss gently.
6. Serve the fish with the mixture from the previous step.

Grilled Salmon with Capers And Dill

(Prep + Cook Time: 25 minutes | Servings: 2)

Main Ingredients:

10-11 oz. salmon fillet
1 tsp capers, chopped
2 sprigs dill, chopped
1 tbsp olive oil
1 lemon, zest
sea salt to taste

Dressing Ingredients:

5 capers, chopped
1 pinch of lemon zest
2 tbsp plain yogurt
1 sprig dill, chopped
sea salt to taste
black pepper to taste

to decorate:

3-4 slices of lemon, optional

Directions:

1. Preheat the Air Fryer to 400F.
2. Take a large bowl and combine the main ingredients such as lemon zest, dill, capers, olive oil, and salt. Stir well and cover the salmon with this mixture.
3. When the Air Fryer is hot, adjust the time to 8 minutes. Put the salmon into the basket and cook.
4. In the meantime, make the dressing. Combine all the dressing ingredients and mix them in a separate bowl.
5. When the salmon is ready, transfer it to the plate, coat it with the dressing and serve hot. You may add a few slices of lemon as a decoration.

Salmon Croquettes

(Prep + Cook Time: 25 minutes | Servings: 2)

Ingredients:

7 oz. salmon fillet, chopped

2/3 cup carrots, grated

2/3 cup potato, grated

½ cup onion, minced

2 tbsp chives, chopped

3 cloves garlic, minced

sea salt to taste

black pepper to taste

handful of breadcrumbs

½ cup all-purpose flour

2 egg whites

cooking spray

Directions:

1. Preheat the Air Fryer to 320F.
2. Take the cooking spray, egg whites, flour, bread crumbs and set them aside.
3. In a separate bowl toss well all the remaining ingredients and shape them into small balls.
4. Cover the balls with the mixture from step 2. Drizzle them with the cooking spray.
5. Put the balls into the Air Fryer basket and set timer to 4 minutes. Cook.
6. Open the Air Fryer and turn the balls around. Cook for another 2 minutes. When the color of the balls is even, serve.

Salmon with Dill Sauce

(Prep + Cook Time: 45 minutes | Servings: 4)

Ingredients:

For The Salmon:

1½ pounds salmon (4 pieces, 6oz each)

2 tsp 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:

1. Preheat the Air Fryer to 270F. Cut the salmon into four 6-ounce portions and drizzle 1 teaspoon of olive oil over each piece.
2. Season with a pinch of salt. Place the salmon into the cooking basket and cook for 20-23 minutes.
3. Make the dill sauce. In a mixing bowl combine the yogurt, sour cream, chopped dill and salt.
4. Top the cooked salmon with the sauce and garnish with an additional pinch of chopped dill.

Cod Fish Teriyaki with Oyster Mushrooms and Vegetable

(Prep + Cook Time: 20 minutes | Servings: 2)

Ingredients:

1 napa cabbage leaf, sliced to 0.2-inch thickness
6 pieces mini king oyster mushrooms, sliced to 0.1-inch thickness
codfish, 1-inch thickness
1 clove garlic, roughly chopped
sea salt to taste
1 tbsp olive oil
1 green onion, minced
steam rice or veggies, optional
teriyaki sauce ingredients:
1 tbsp brown sugar
2 tbsp mirin
2 tbsp soy sauce

Directions:

1. Prepare Teriyaki sauce by combining all sauce ingredients, stir and place it aside.
2. Take the Air Fryer basket and grease it with oil. Place the mushrooms, napa cabbage leaf, garlic, and salt inside. Then layer the fish on top.
3. Preheat the fryer to 360F for about 3 minutes. When it's hot, put the basket into the fryer. Cook for 5 minutes. Stir the ingredients.
4. Pour Teriyaki sauce over the ingredients in the basket. Cook for another 5 minutes at the same temperature.
5. Transfer the meal to the plate, sprinkle it with green onion and serve with steam rice or veggies.

Black Cod with Grapes, Fennel, Pecans and Kale

(Prep + Cook Time: 30 minutes | Servings: 2)

Ingredients:

2 (6- to 8-ounce) fillets of black cod (or sablefish)
salt and freshly ground black pepper
olive oil
1 cup grapes, halved
1 small bulb fennel, sliced ¼-inch thick
½ cup pecans
3 cups shredded kale
2 tsp white balsamic vinegar or white wine vinegar
2 tbsp extra virgin olive oil

Directions:

1. Pre-heat the Air Fryer to 400F.
2. Season the cod fillets with salt and pepper and drizzle, spread or spray a little olive oil on top.
3. Place the fish, presentation side up (skin side down), into the Air Fryer basket. Air-fry for 10 minutes.
4. When the fish has finished cooking, remove the fillets to a side plate and loosely tent with foil to rest.
5. Toss the grapes, fennel and pecans in a bowl with a drizzle of olive oil and season with salt and pepper.
6. Add the grapes, fennel and pecans to the Air Fryer basket and air-fry for 5 minutes at 400F, shaking the basket once during the cooking time.
7. Transfer the grapes, fennel and pecans to a bowl with the kale.
8. Dress the kale with the balsamic vinegar and olive oil, season to taste with salt and pepper and serve alongside the cooked fish.

Grilled Barramundi with Lemon Butter

(Prep + Cook Time: 45 minutes | Servings: 2)

Ingredients:

1 lb. potatoes, small
7 oz barramundi fillets
1 tsp olive oil
¼ bunch thyme
sea salt to taste
pepper to taste
green beans or broccolini, optional

Lemon Butter Sauce Ingredients:

10 black peppercorns
1 bay leaf
1 clove garlic, chopped
1 scallion, chopped
½ cup thickened cream
½ cup white wine
8 oz unsalted butter
1 lemon, juiced
black pepper to taste
sea salt to taste

Directions:

1. Preheat your Air Fryer to 390F for 5 minutes.
2. Meanwhile, put whole potatoes to the bowl. Add thyme, salt and cover it with olive oil. Mix the ingredients well.
3. Put these potatoes in the draw and cook for 20 minutes. After this, layer the fish fillets in the basket and set on top of the potatoes.
4. Adjust the time to 15 minutes. Cook for 10 minutes and then check if the fish is ready using the knife. If cooked, remove the fish and set aside. If no, continue cooking for 5 minutes more.
5. While the fish is being cooked, prepare the sauce on the stove. Take the scallion and garlic, heat them over medium-high heat and add

peppercorns and bay leaf. Pour in the wine and reduce the heat down by 3/4. Then add the thickened cream and reduce the heat again.

6. The sauce is ready when it's thick and has dark cream color. Add the butter, whisk it in over low heat but do not boil it. When it is melted, add salt, pepper, and lemon juice. Stir and strain to remove bay leaf and black peppercorns.
7. Place the fish and potatoes onto the serving plate and add the sauce. It tastes great with green beans or broccolini.

Fish Tacos

(Prep + Cook Time: 25 minutes | Servings: 2)

Ingredients:

peach salsa
corn tortillas
7-8 oz fresh halibut, sliced into small strips
1 + ½ cup all-purpose flour, separately
1 tsp baking powder
1 can of beer
cilantro, chopped
Cholula sauce to taste
2 chili peppers, sliced
2 tbsp olive oil
1 tsp sea salt

Avocado Cream Ingredients:

¾ cup buttermilk
1 large avocado
½ lime, juiced

Directions:

1. Take the plate, place com tortillas and cover them with peach salsa. Set aside.
2. Make the batter by mixing together the following ingredients: 1 cup flour, baking powder, beer, and salt. Stir until you have a nice consistency. Cover the halibut with the remaining 1/2 cup of flour, and dip it into the batter to coat it well.
3. Heat up the Air Fryer to 390F and grease the basket with olive oil. When the fryer is hot, cook the fish for 7-8 minutes or until golden.
4. Meanwhile, mix all the avocado cream ingredients in the blender until smooth to prepare the avocado cream.
5. Put the fish on top of peach salsa tortillas and pour it over with the avocado cream. Add some Cholula sauce, sprinkle it with cilantro, chili slices and serve.

Kataifi-Wrapped Prawns with Lemon Garlic Butter

(Prep + Cook Time: 40 minutes | Servings: 5)

Ingredients:

20 large green prawns
7 tbsp unsalted butter
5 cloves garlic, crushed
12 oz kataifi pastry
2 lemons, zested and juiced
black pepper to taste
sea salt to taste
cooking oil spray
salad leaves, optional
wedges of lemon or lime, optional

Directions:

1. Prepare the prawns: peel the shells away from the body and remove the heads. Slice along the back of each prawn with the help of a small sharp knife and de-vein them.
2. Take a small saucepan, add butter and melt it over the low heat. Add garlic and lemon zest, and sauté for about 2 minutes. Season it with pepper, salt, and lemon juice. Garlic butter sauce is ready.
3. Cover the prawns with ½ of garlic butter sauce that you have. Set aside the remaining ½ of the sauce. You will need it in the end.
4. Preheat your Air Fryer to 360F and cover the tray with the sheet of foil.
5. Remove the pastry from the bag and tease out the strands. Take 1 tablespoon of pastry and lay it in a 6 inches strand on the clean bench top.
6. Put the prawn and the butter at the end of this pastry and roll it. The butter helps to stick the pastry to the prawn. The prawn should be coated, but the tail should be exposed. Repeat this step for all other prawns.
7. Put the prawns into the Air Fryer and set the timer to 10 minutes. After that period, toss them and cook for 5 minutes again.
8. After the end of cooking check the prawns to reveal if they have the uncooked parts. Toss and cook for another 5 minutes if needed.

9. Serve prawns with salad leaves and wedges of lemon or lime. Dip the wrapped prawns into the remaining garlic butter sauce that you have set aside in step 3. Enjoy!

Sriracha and Honey Tossed Calamari

(Prep + Cook Time: 25 minutes | Servings: 2)

Ingredients:

1 cup club soda

½ lb calamari tubes (or tentacles), about ¼ inch wide, rinsed and pat dry

½ cup honey

1-2 tbsp sriracha

1 cup all-purpose flour

sea salt to taste

red pepper and black pepper to taste

red pepper flakes to taste

Directions:

1. Take a bowl, add calamari rings, cover it with club soda and stir well. Set aside for 10 minutes.
2. Take another bowl and mix flour, salt, red and black pepper.
3. Prepare the sauce tossing well in the separate small bowl the mixture of honey, pepper flakes, and Sriracha. Set aside.
4. Drain the calamari, gently pat dry and cover them with the flour mixture. Set them on a plate until ready to fry.
5. Grease the basket with the cooking spray. Add the calamari, in one layer, leaving a little of space in between. Adjust the temperature to 380F and cook for 11 minutes. Shake the basket, at least twice during the process.
6. When the time is up, remove the calamari from the Air Fryer, cover with ½ of the sauce prepared in step 3 and place them again into the basket. Cook for another 2 minutes.
7. When ready, serve covered with the remaining sauce.

Fish Nuggets

(Prep + Cook Time: 25 minutes | Servings: 4)

Ingredients:

1 pound fresh cod
¾ cup panko (Japanese breadcrumbs)
2 tbsp olive oil
½ cup all-purpose flour
2 large eggs, beaten.
salt to taste

Directions:

1. To prepare the breading, mix the panko, olive oil, and salt in a shallow dish.
2. Prepare two more shallow dishes, one with the flour and one with the eggs.
3. Cut the cod into 1-inch by 2-inch strips.
4. Briefly preheat your Air Fryer to 350F.
5. Bread the fish: dredge each strip in flour, then dip in egg, and finally coat with the breading.
6. Arrange the fish in the Fryer and cook until golden brown,
7. 8-10 min.

Salmon with Dill Sauce

(Prep + Cook Time: 30 minutes | Servings: 4)

Ingredients:

The Salmon:

1 and ½ pounds of salmon

2 tsp olive oil

pinch of salt

The Dill Sauce:

½ cup Greek yogurt - non-fat is fine

½ cup sour cream

pinch of salt

2 tbsp fresh dill, finely chopped

Directions:

Note: Follow the temperature and timing guidelines of this recipe particularly carefully to ensure that you end up with perfectly cooked fish.

1. Cut the salmon into four 6- ounce portions and drizzle them with the olive oil
2. Briefly preheat your Air Fryer to 270F.
3. Season the salmon with salt and place in the fryer, cooking until the fish flakes easily, 20-23 minutes.
4. While the salmon cooks, prepare the dill sauce: in a small bowl, combine the yogurt, sour cream, dill, and a pinch of salt. Mix well, garnish with a sprig of dill, and serve alongside the salmon.

Crispy Nacho-Crusted Prawns

(Prep + Cook Time: 35 minutes | Servings: 8)

Ingredients:

18 large prawns, peeled and deveined

1 egg, beaten

8-9 oz nacho-flavored chips, crushed

Directions:

1. Prepare two shallow dishes, one with the egg and one with the crushed chips.
2. Dip each prawn in the egg and then coat in nacho crumbs.
3. Briefly preheat your Air Fryer to 350F.
4. Arrange the prawns in the Air Fryer, cook for 8 min, and serve.

Glazed Halibut Steak

(Prep + Cook Time: 70 minutes | Servings: 3)

Ingredients:

1 pound halibut steak
2/3 cup soy sauce (low sodium)
1/2 cup mirin
2 tbsp lime juice
1/4 cup sugar
1/4 tsp crushed red pepper flakes
1/4 cup orange juice
1 garlic clove (smashed)
1/4 tsp ginger ground

Directions:

1. Prepare teriyaki glaze by combining all of the teriyaki glazes in a saucepan. Bring mixture to a boil and then reduce by half. Set aside and allow to cool.
2. Once cooled pour half of the glaze into a re-sealable bag with the halibut and refrigerated for 30 minutes.
3. Preheat the Air Fryer to 390F.
4. Place marinated halibut into the Air Fryer and cook for 10-12 minutes.
5. When finished, brush a little of the remaining glaze over the halibut steak.
6. Serve over a bed of white rice or shredded vegetables.

Tasty Tuna with Roast Potatoes

(Prep + Cook Time: 60 minutes | Servings: 2-4)

Ingredients:

4 medium potatoes

½ a can of tuna in oil, drained

1 tsp olive oil

1 green onion, sliced

½ tsp chili powder

1 tbsp greek yogurt

½ tbsp capers

freshly ground black pepper to taste

salt to taste

Directions:

1. Soak the potatoes in water for about 30 minutes and pat dry with a kitchen towel. Brush potatoes with olive oil.
2. Place the potatoes in the Air Fryer basket and air fry for 30 minutes in a preheated Air Fryer at 355F. Place tuna in a bowl.
3. Add yogurt and chili powder. Mash well. Add half the green onions, salt and pepper to taste.
4. Slit the potatoes lengthwise a little. Slightly press the potatoes to open up a bit. Stuff the tuna mixture into it. Place on a serving plate.
5. Sprinkle some chili powder and remaining green onions over the potatoes.
6. Serve with capers and a salad of your choice.

Bread Crumbed Fish

(Prep + Cook Time: 25 minutes | Servings: 2-4)

Ingredients:

4 tbsp vegetable oil

5 oz bread crumbs

1 egg

4 fish fillets (medium thickness)

Directions:

1. Preheat your Air Fryer to 350F.
2. In a bowl, combine bread crumbs and oil. Stir it. Whisk the egg.
3. Dip the fish first in the egg and then in crumbs mixture.
4. Put in Air Fryer basket. Cook for 12 minutes

Seafood Super Veggie Fritters

(Prep + Cook Time: 50 minutes | Servings: 2-4)

Ingredients:

2 cups clam meat
1 cup shredded carrot
½ cup shredded zucchini
1 cup chickpea flour, combined with
¾ cup water to form batter
2 tbsp olive oil
¼ tsp pepper

Directions:

1. Preheat your Air Fryer to 390F.
2. Combine the clam meat, olive oil, shredded carrot and zucchini along with the pepper in a mixing bowl.
3. Form small balls using your hands.
4. Coat the balls with the chickpea mixture.
5. Place in the Air Fryer and cook for 30 minutes or until nice and crispy.

Tilapia with Egg

(Prep + Cook Time: 25 minutes | Servings: 3)

Ingredients:

- 1 lb. tilapia fillets (sliced)
- 4 wheat buns
- 2 egg yolks
- 1 tbsp fish sauce
- 2 tbsp mayonnaise
- 3 sweet pickle relish
- 1 tbsp hot sauce
- 1 tbsp nectar

Directions:

1. Mix egg yolks and fish sauce into a bowl. Mix well.
2. Add mayonnaise, sweet pickle relish, hot sauce and nectar. Pour
the mixture in a round baking tray.
3. Place it in Air Fryer with tilapia fillets on the sides.
4. Let it cook for 15 minutes on 300F.
5. When done, take it out and serve with buns!

Salmon Mixed Eggs

(Prep + Cook Time: 25 minutes | Servings: 2)

Ingredients:

1 lb. salmon (cooked)
2 eggs
1 onion (chopped)
1 cup celery (chopped)
1 tbsp oil
salt and pepper to taste

Directions:

1. Whisk the eggs in a bowl.
2. Add celery, onion, salt and pepper.
3. Add oil in the round baking tray and pour the mixture.
4. Place it in the Air Fryer on 300F.
5. Let it cook for 10 minutes. When done, serve and enjoy with cooked salmon!

Calamari with Tomato Sauce

(Prep + Cook Time: 25 minutes | Servings: 4)

Ingredients:

3 pounds' calamari (squid)
1 tbsp fresh oregano
1/3 cup olive oil
1 tsp lemon juice
1 tbsp minced garlic
¼ tsp chopped fresh lemon peel
¼ cup vinegar
¼ tsp crushed red pepper, or taste

Sauce ingredients:

1 pound fresh whole tomatoes
3 cloves garlic, minced
1 tbsp olive oil
1 stalk celery, chopped
½ green bell pepper, chopped
½ cup chopped onion
Salt and black pepper, to taste

Direction:

1. To make the sauce, combine all the sauce ingredients and add to a blender.
2. Blend until the mixture is finely smooth. Set aside for now. Clean the calamari and cut into pieces.
3. Coat the calamari into vinegar, red pepper, lemon peel, garlic, lemon juice and oregano.
4. Add the oil to the air fryer. Add the calamari with its juice. Air fry for about 6 minutes.
5. Stir once and air fry for another 2 minutes. Serve hot with sauce you made.

Poultry Recipes

Chicken Nuggets

(Prep + Cook Time: 40 minutes | Servings: 4)

Ingredients:

2 slices whole meal breadcrumbs
9 oz chicken breast (chopped)
1 tsp garlic (minced)
1 tsp tomato ketchup
2 egg (medium)
1 tbsp oil (olive)
1 tsp paprika
1 tsp parsley
salt and pepper to taste

Directions:

1. Make a batter using breadcrumbs, paprika, salt, pepper and oil. Mix the ingredients well to make a thick paste.
2. In chopped chicken add parsley, one egg and ketchup.
3. Make the chicken mixture into a nugget shape and dip it in other egg, then add in crumbs for coating.
4. Cook at 390F for 10 minutes in Air Fryer.
5. Serve it with mayo dip to enjoy the combined flavor.

Chicken Tenders

(Prep + Cook Time: 35 minutes | Servings: 4)

Ingredients:

2 eggs (beaten)
½ cup flour (all purpose)
½ tsp salt (or to taste)
½ cup breadcrumbs (seasoned)
2 tbsp oil (olive)
¾ lbs chicken tenders

Directions:

1. Preheat Air Fryer at 330F
2. Put breadcrumbs in one bowl and eggs and flour in separate bowls.
3. Mix eggs and flour well.
4. Mix salt and pepper with breadcrumbs and add oil.
5. Coat the tenders with flour, then eggs followed by crumbs.
6. Cook in Air Fryer for 10 minutes.
7. After 10 minutes raise temperature to 390F and cook for another 5 minutes.
8. Serve the tenders with chili sauce and enjoy the right combination.

Crispy Chicken Drumsticks

(Prep + Cook Time: 35 minutes | Servings: 4)

Ingredients:

8 chicken drumsticks
1 tsp cayenne pepper
2 tbsp mustard powder
2 tbsp oregano
2 tbsp thyme
3 tbsp coconut milk
1 large egg, lightly beaten
1/3 cup cauliflower
1/3 cup oats
pepper and salt to taste

Directions:

1. Preheat the Air Fryer to 350F.
2. Season chicken drumsticks with pepper and salt. Rub coconut milk all over chicken drumsticks.
3. Add all ingredients except egg into the food processor and process until it looks like breadcrumbs.
4. Add food processor mixture into the bowl. In a small bowl, add beaten egg.
5. Dip each chicken drumstick in breadcrumb mixture then dip in egg and again dip in breadcrumbs.
6. Place coated chicken drumsticks in Air Fryer basket and cook for 20 minutes.
7. Serve hot and enjoy.

Curry Chicken

(Prep + Cook Time: 60 minutes | Servings: 2)

Ingredients:

2 chicken thighs
1 zucchini (small)
2 garlic cloves
6 apricots (dried)
3.5 oz turnip (long)
6 basil leaves
1 tbsp pistachios (whole)
1 tbsp raisin soup
1 tbsp oil (olive)
1 large pinch salt
1 pinch pepper
1 tsp curry powder

Directions:

1. Preheat Air Fryer at 320F.
2. Cut the chicken into 2 fine pieces.
3. Cut vegetables into bite sizes.
4. Add all ingredients in a dish and mix well.
5. Cook for at least 30 minutes.
6. Sprinkle basin at top for decoration.
7. Best to serve with rice or roti and enjoy the right combination.

Chicken-filled Sandwich

(Prep + Cook Time: 30 minutes | Servings: 2)

Ingredients:

2 chicken breasts, boneless and skinless
2 large eggs
½ cup skimmed milk
6 tbsp soy sauce
1 cup all-purpose flour
1 tsp smoked paprika
1 tsp salt
¼ tsp black pepper
½ tsp garlic powder
1 tbsp olive oil
4 Hamburger buns

Directions:

1. Cut chicken breast into 2-3 pieces, depending on its size. Transfer to a large bowl and sprinkle with soy sauce. Season with smoked paprika, black pepper, salt, and garlic powder and stir to combine. Set aside for 30-40 minutes.
2. Meanwhile, combine eggs with milk in a mixing bowl. In another bowl place all-purpose flour.
3. Dip marinated chicken into egg mixture and then into flour. Make sure pieces are coated with all ingredients.
4. Preheat the Air Fryer to 380F. Sprinkle with olive oil and place chicken pieces into the fryer. Cook for 10-12 minutes, turning once, until ready.
5. Toast Hamburger buns and assemble sandwiches. You may also use ketchup, BBQ sauce or any other for your preference. Enjoy!

Garlic Lemon Chicken

(Prep + Cook Time: 25 minutes | Servings: 1)

Ingredients:

1 chicken breast
1 tsp garlic, minced
1 tbsp chicken seasoning
1 lemon juice
handful black peppercorns
pepper and salt to taste

Directions:

1. Preheat the Air Fryer to 350F.
2. Season chicken with pepper and salt.
3. Rub chicken seasoning all over chicken breast and place seasoned chicken on aluminum foil sheet. Add garlic, lemon juice, and black peppercorns over chicken and seal foil tightly.
4. Place chicken in Air Fryer basket and cook for 15 minutes.
5. Open foil and serve.

Delicious Bacon Wrapped Chicken

(Prep + Cook Time: 20 minutes | Servings: 6)

Ingredients:

1 chicken breast, cut into 6 pieces

6 rashers back bacon

1 tbsp soft cheese

Directions:

1. Place bacon rashers on dish and spread soft cheese over them.
2. Place chicken pieces on each bacon rashers and roll up them and secure with wooden stick.
3. Place them in Air Fryer basket. Air fry at 350F for 15 minutes.
4. Serve and enjoy.

Parmesan Crusted Chicken Fillet

(Prep + Cook Time: 30 minutes | Servings: 3)

Ingredients:

8 pieces of chicken fillet (approximately 3x1x1 inch dimensions)

1 egg

1 oz salted butter, melted

1 cup panko bread crumbs

1 tsp garlic powder

½ cup parmesan cheese

1 tsp Italian herbs

Instructions:

1. Marinate the pieces of the chicken fillet in the mixture consisting of the whisked egg, melted butter, garlic powder, and Italian herbs.
2. Then mix the Panko bread crumbs and parmesan and cover the fillet. Make sure bread crumbs are moistened and set the chicken aside for 10 minutes.
3. Place the aluminum foil in your Air Fryer basket. Preheat the fryer to 390F for about 3 minutes.
4. Layer 4 pieces of the chicken on the foil in the basket. Cook it for 6 minutes without flipping. The chicken is ready when golden brown. Repeat the procedure for the remaining 4 chicken pieces. Serve hot.

Yummy Chicken Nuggets

(Prep + Cook Time: 30 minutes | Servings: 4)

Ingredients:

½ lb chicken breast, cut into pieces
1 tsp parsley
1 tsp paprika
1 tbsp olive oil
2 eggs, beaten
1 tsp tomato ketchup
1 tsp garlic, minced
½ cup breadcrumbs
pepper and salt to taste

Directions:

1. In a shallow dish, combine together breadcrumbs, olive oil, paprika, pepper, and salt.
2. Add chicken, ketchup, 1 egg, garlic, and parsley in food processor and make puree. Add remaining one egg in bowl.
3. Make chicken nugget from chicken puree and dip in egg then coat with breadcrumb mixture.
4. Place coated chicken nugget in Air Fryer basket and air fry at 390F for 10 minutes.
5. Serve hot and enjoy.

Spicy Chicken Wings

(Prep + Cook Time: 20 minutes | Servings: 6)

Ingredients:

6 chicken wings
1 tbsp honey
2 garlic cloves, chopped
1 tsp red chili flakes
2 tbsp worcestershire sauce
pepper and salt to taste

Directions:

1. Add all ingredients except chicken wings in bowl and mix well.
2. Now add chicken wings and mix well and place in refrigerator for 1 hour.
3. Place marinated chicken wings into the Air Fryer basket and spray with cooking spray.
4. Air-fry chicken wings at 320F for 8 minutes.
5. After 8 minutes turn heat to 350 F/ 180 C and air fry for another 4 minutes.
6. Serve hot and enjoy.

Roasted Whole Chicken with Herbs

(Prep + Cook Time: 55 minutes | Servings: 4)

Ingredients:

5-7 pounds whole chicken with skin

1 tsp garlic powder

1 tsp onion powder

½ tsp dried thyme

½ tsp dried basil

½ tsp dried rosemary

½ tsp black pepper

2 tsp salt

2 tbsp extra virgin olive oil

Directions:

1. Rub the chicken with salt, pepper, herbs, and olive oil. Set aside for at least 20-30 minutes.
2. Meanwhile, preheat the Air Fryer to 340 F.
3. Cook chicken for 18-20 minutes, and then carefully turn for another side. Cook for another 20 minutes, until ready.
4. When cooked, let the chicken rest for 10 minutes, then slice and serve.

Tasty Rosemary Lemon Chicken

(Prep + Cook Time: 30 minutes | Servings: 2)

Ingredients:

¾ lb chicken
½ tbsp olive oil
1 tbsp soy sauce
1 tsp fresh ginger, minced
1 tbsp oyster sauce
3 tbsp brown sugar
1 tbsp fresh rosemary, chopped
½ fresh lemon, cut into wedges

Directions:

1. Add chicken, oil, soy sauce, and ginger in bowl and mix well. Place marinated chicken in refrigerator for 30 minutes.
2. Preheat the Air Fryer to 390F for 3 minutes.
3. Add marinated chicken into the baking pan and place in Air Fryer and cook for 6 minutes.
4. Meanwhile, in a small bowl combine together rosemary, sugar, and oyster sauce.
5. Pour rosemary mixture over chicken then place lemon wedges over chicken.
6. Continue cook chicken in Air Fryer at 390F for 13 minutes.
7. Flip chicken pieces halfway. Serve hot and enjoy.

Crispy Chicken Strips

(Prep + Cook Time: 25 minutes | Servings: 8)

Ingredients:

1 chicken breast, cut into strips
1 egg, beaten
¼ cup plain flour
¾ cup breadcrumbs
1 tsp mix spice
1 tbsp plain oats
1 tbsp desiccated coconut
pepper and salt to taste

Directions:

1. In a bowl, combine together breadcrumbs, mix spice, oats, coconut, pepper, and salt.
2. Place beaten egg in another bowl. Place flour in shallow dish.
3. Coat chicken strips with flour then dip in egg and finally roll in breadcrumb mixture.
4. Place coated chicken strips in Air Fryer basket and air fry at 350F for 8 minutes.
5. After 8 minutes turn temperature at 320F and cook for 4 minutes. Serve hot and enjoy.

Herb Orange Chicken Wings

(Prep + Cook Time: 40 minutes | Servings: 6)

Ingredients:

6 chicken wings
1 ½ tbsp Worcestershire sauce
1 tbsp sugar
1 orange juice and zest
½ tsp thyme, dried
½ tsp sage
1 tsp mint
1 tsp basil
½ tsp oregano
1 tsp parsley
1 tsp rosemary
salt and pepper to taste

Directions:

1. Add chicken and all remaining ingredients into the mixing bowl and mix well.
2. Place marinated chicken into the refrigerator for 30 minutes. Preheat the Air Fryer to 350F.
3. Wrap marinated chicken in aluminum foil with juices.
4. Place wrapped chicken in Air Fryer basket and air fry at 350F for 20 minutes.
5. Open foil wrap chicken and discard orange zest and air fry chicken wings at 350F for another 15 minutes.
6. Serve hot and enjoy.

Simple and Tasty Chicken Tenderloins

(Prep + Cook Time: 25 minutes | Servings: 4)

Ingredients:

8 chicken tenderloins

1 egg, beaten

2 tbsp olive oil

1 cup breadcrumbs

pepper and salt to taste

Directions:

1. Preheat the Air Fryer to 350F.
2. In a shallow dish, combine together breadcrumbs, olive oil, pepper, and salt. Add beaten egg in another dish.
3. Dip chicken into the egg then coat with breadcrumb mixture and place in Air Fryer basket.
4. Air fry chicken in preheated Air Fryer for 12 minutes.
5. Serve and enjoy.

Crisp and Yummy Chicken Popcorn

(Prep + Cook Time: 25 minutes | Servings: 12)

Ingredients:

1 chicken breast, boneless
¼ cup plain flour
1 egg, beaten
1 cup breadcrumbs
2 tsp mix spice
pepper and salt to taste

Directions:

1. Add chicken into the food processor and process until it forms into minced chicken.
2. In a small bowl, add beaten egg. In a shallow dish add plain flour.
3. In another shallow dish combine together breadcrumbs, mix spice, pepper, and salt.
4. Make small chicken balls from minced chicken.
5. Roll chicken balls in flour then dip in egg and finally coat with breadcrumb mixture.
6. Place coated chicken balls in Air Fryer and air fry at 350F for 10 minutes or until cooked.
7. Serve hot and enjoy.

Crispy Chicken Tenders

(Prep + Cook Time: 30 minutes | Servings: 4)

Ingredients:

2 pounds chicken tenders, skinless and boneless
3 large eggs
6 tbsp skimmed milk
½ cup all-purpose flour
1 cup breadcrumbs
¼ tsp black pepper
1 tsp salt
2 tbsp olive oil

Directions:

1. In the large mixing bowl combine breadcrumbs and olive oil. Stir to combine and set aside.
2. In another bowl whisk together eggs and milk. Add salt and black
3. pepper and also set aside.
4. In the third bowl add flour.
5. Cut chicken tenders into 1-inch strips.
6. Dip each strip into flour, then into egg mixture and then into breadcrumbs.
7. Preheat the Air Fryer to 380F and cook coated chicken tenders for about 13-15 minutes, shaking couple times until crispy and ready.
8. Serve with mashed potatoes and dipping sauce on your preference.

Easy Cajun Seasoned Chicken

(Prep + Cook Time: 15 minutes | Servings: 2)

Ingredients:

2 chicken breasts, boneless

3 tbsp cajun spice

Directions:

1. Season chicken breasts with Cajun spice from both the sides.
2. Place seasoned chicken in Air Fryer basket.
3. Air fry at 350F for 10 minutes or until cooked.
4. Cut into slices and serve.

Delicious Tso's Chicken

(Prep + Cook Time: 20 minutes | Servings: 4)

Ingredients:

12 oz chicken breast, diced

6 oz genral tso sauce

½ tsp white pepper

¼ cup milk

1 cup cornstarch

Directions:

1. Add chicken and milk in mixing bowl and set aside for 2 minutes. Drain milk from chicken and toss chicken with cornstarch.
2. Place chicken in Air Fryer basket and air fry at 350F for 12 minutes. Place chicken on serving dish and sprinkle with white pepper.
3. Drizzle tso sauce over chicken and serve.

Herb Chicken Wings

(Prep + Cook Time: 40 minutes | Servings: 6)

Ingredients:

4 lb chicken wings
6 tbsp red wine vinegar
6 tbsp lime juice
1 tsp fresh ginger, minced
1 tbsp brown sugar
1 tsp thyme, chopped
½ tsp white pepper
¼ tsp ground cinnamon
1 habanero pepper, chopped
6 garlic cloves, chopped
2 tbsp soy sauce
2 ½ tbsp olive oil
¼ tsp salt

Directions:

1. Add all ingredients into the mixing bowl and mix well.
2. Place marinated chicken in refrigerator for 1 hour.
3. Preheat the Air Fryer to 390F.
4. Add half marinated chicken in Air Fryer basket and cook for 15 minutes. Shake basket once.
5. Cook remaining chicken using same temperature and time.
6. Serve hot and enjoy.

Chinese Chicken Wings

(Prep + Cook Time: 45 minutes | Servings: 4)

Ingredients:

8 chicken wings

2 tbsp five spice

2 tbsp soy sauce

1 tbsp mixed spices

salt and pepper to taste

Directions:

1. Mix all the above mentioned ingredients into a bowl.
2. Line fryer with an aluminum foil and preheat the fryer to 360F.
3. Cook the mixture in oil for 15 minutes.
4. Raise temperature to 390F, flip and cook for 5 minutes.
5. Serve them with mayo dip and enjoy the taste.

Buffalo Wings

(Prep + Cook Time: 35 mins (and 2-12 hours marinate) | Servings: 4)

Ingredients:

2 lbs. chicken wings, without the wing tips

¼ cup + ¼ cup hot sauce, separately

3 + 3 tbsp melted butter, separately

sea salt to taste

blue cheese, optional

celery sticks, optional

Directions:

1. Prepare the chicken wings: divide the drumettes from the wingettes. Place them into the bowl.
2. In another bowl mix together 3 tablespoons of melted butter and ¼ cup of hot sauce stirring them well.
3. Cover the chicken pieces with this mixture and marinate it for 2 hours or even overnight.
4. Preheat the Air Fryer to 400F for about 3 minutes. Split the wings into 2 batches. Place the first batch into the Air Fryer and cook for about 12 minutes, shaking halfway. Repeat the same with the second batch.
5. When the cooking process ends for both batches of wings, combine them and put all of them into the Air Fryer again for 2 minutes.
6. Prepare the sauce: mix the remaining 3 table-spoons of butter and the remaining ¼ cup of hot sauce.
7. Dip the cooked wings in this sauce and serve. It tastes great with the blue cheese and celery sticks.

Roasted Chicken with Potatoes

(Prep + Cook Time: 45 minutes | Servings: 6)

Ingredients:

1 lb potatoes

2 lb chicken

2 tbsp olive oil

Pepper and Salt to taste

Directions:

1. Preheat the Air Fryer to 350F.
2. Add chicken in Air Fryer basket then add potatoes.
3. Season with pepper and salt.
4. Drizzle with olive oil all over chicken and potatoes.
5. Cook chicken and potatoes in preheated Air Fryer for 40 minutes. Serve and enjoy.

Tangy Chicken Tenders

(Prep + Cook Time: 30 minutes | Servings: 4)

Ingredients:

1 lb chicken tenders
1 tsp ginger, minced
4 garlic cloves, minced
2 tbsp sesame oil
6 tbsp pineapple juice
2 tbsp soy sauce
½ tsp pepper

Directions:

1. Add all ingredients except chicken in bowl and mix well.
2. Skewer chicken and place in bowl and marinate for 2 hours.
3. Preheat the Air Fryer to 350F.
4. Place marinated chicken in Air Fryer basket and cook for 18 minutes.
5. Serve hot and enjoy.

Air Fried Chicken Thighs

(Prep + Cook Time: 35 minutes | Servings: 4)

Ingredients:

4 chicken thighs

1 ½ tbsp Cajun seasoning

1 egg, beaten

½ cup plain flour

1 tsp seasoning salt

Directions:

1. Preheat the Air Fryer to 350F.
2. In a shallow dish combine together flour, Cajun seasoning, and seasoning salt.
3. Coat chicken with flour then dip in egg and again coat with flour mixture.
4. Place chicken in preheated Air Fryer and cook for 25 minutes.
5. Serve hot and enjoy.

Pickle-Brined Fried Chicken

(Prep + Cook Time: 30 minutes | Servings: 4)

Ingredients:

4 chicken legs (bone-in and skin-on), cut into drumsticks and thighs (about 3½ pounds)

pickle juice from a 24-ounce jar of kosher dill pickles

½ cup flour

salt and freshly ground black pepper

2 eggs

2 tbsp vegetable or canola oil

1 cup fine breadcrumbs

1 tsp salt

1 tsp freshly ground black pepper

½ tsp ground paprika

⅛ tsp cayenne pepper

vegetable or canola oil in a spray bottle

Directions:

1. Place the chicken in a shallow dish and pour the pickle juice over the top. Cover and transfer the chicken to the refrigerator to brine in the pickle juice for 3 to 8 hours.
2. When you are ready to cook, remove the chicken from the refrigerator to let it come to room temperature while you set up a dredging station. Place the flour in the a shallow dish and season well with salt and freshly ground black pepper.
3. Whisk the eggs and vegetable oil together in a second shallow dish. In a third shallow dish, combine the breadcrumbs, salt, pepper, paprika and cayenne pepper.
4. Pre-heat the Air Fryer to 370F.
5. Remove the chicken from pickle brine and gently dry it with a clean kitchen towel. Dredge each piece of chicken in the flour, then dip it into the egg mixture, and finally press it into the breadcrumb mixture to coat all sides of the chicken. Place the breaded chicken on a plate or baking

sheet and spray each piece all over with vegetable oil.

6. Air-fry the chicken in two batches. Place two chicken thighs and two drumsticks into the Air Fryer basket. Air-fry for 10 minutes. Then, gently turn the chicken pieces over and air fry for another 10 minutes.
7. Remove the chicken pieces and let them rest on plate – do not cover. Repeat with the second batch of chicken, air frying for 20 minutes, turning the chicken over halfway through.
8. Lower the temperature of the Air Fryer to 340F. Place the first batch of chicken on top of the second batch already in the basket and air fry for an additional 7 minutes.
9. Serve warm and enjoy.

Easy Teriyaki Chicken

(Prep + Cook Time: 30 minutes | Servings: 2)

Ingredients:

2 chicken drumsticks, boneless
1 tsp ginger, grated
1 tbsp cooking wine
3 tbsp teriyaki sauce

Directions:

1. Add all ingredients into the bowl and mix well and place in refrigerator for 30 minutes.
2. Add marinated chicken in Air Fryer baking pan and cook at 350F for 8 minutes.
3. After 8 minutes flip the chicken to other side and Cook 380F for 6 minutes. Serve hot and enjoy.

Asian Style Chicken

(Prep + Cook Time: 25 minutes | Servings: 3)

Ingredients:

1 pound chicken breasts, skinless and boneless
3 garlic cloves, minced
1 tbsp grated ginger
¼ tsp ground black pepper
½ cup soy sauce
½ cup pineapple juice
1 tbsp olive oil
2 tbsp sesame seeds

Directions:

1. Mix all ingredients in the large bowl.
2. Cut chicken breasts and soak in the marinade. Set aside for at least 30-40 minutes.
3. Cook marinated chicken in the Air Fryer at 380F for about 10-15 minutes.
4. Sprinkle cooked chicken with sesame seeds and serve.

Air Fried Whole Chicken

(Prep + Cook Time: 30 minutes | Servings: 2)

Ingredients:

1 lb whole chicken
1 fresh lemon juice
1 tsp lemon zest
1 tbsp soy sauce
1 ½ tbsp honey

Directions:

1. Add all ingredients into the bowl and mix well and place in refrigerator for 1 hour.
2. Place marinated chicken in baking pan and air fry at 320F for 18 minutes.
3. After 18 minutes change temperature to 350F for 10 minutes or until chicken is lightly brown.
4. Serve and enjoy.

Easy Air Fried frittata

(Prep + Cook Time: 25 minutes | Servings: 8)

Ingredients:

8 eggs
2.5 oz pancetta, chopped
1 red capsicum, chopped
2 tablespoons olive oil
2 medium (14 oz) sebago potatoes
4 oz baby spinach
½ cup shredded parmesan cheese
8 oz red grape tomatoes, halved
½ cup thickened cream
1 onion, chopped
¼ cup grated tasty cheese

Directions:

1. Preheat the Air Fryer to 400F.
2. Grease an ovenproof dish using butter or olive oil. Peel the potatoes and poke them using bamboo skewers for 5-8 times.
3. Add 1 tsp of olive oil in the Air Fryer and add the potatoes in. Set the timer for 4 minutes and air fry.
4. Transfer to a plate and let it cool down a little bit. Cut it into thin slices and set aside for now.
5. Now add some more oil to the Air Fryer and add the onion, pancetta and spinach.
6. Set the timer to 2 minutes and then transfer to a bowl. Add tomatoes, capsicum and potatoes in the bowl and mix well.
7. Now arrange the capsicum mix onto your ovenproof dish. In another bowl whisk the eggs.
8. Add the cream and mix well.
9. Add the egg mixture on top of the tomato mixture.
10. Add to your preheated Air Fryer. Bake for about just 10 minutes. Serve hot.

Garlic and Honey Chicken Wings

(Prep + Cook Time: 25 minutes | Servings: 4)

Entertaining on the next big game? Don't worry, this recipe for chicken wings will save you. Crispy chicken wings with a sweet and garlicky sauce served with beer will win the hearts of your guests after the very first bite.

Ingredients:

16 chicken wings

½ tsp salt

¾ cup potato starch

¼ cup butter, melted

4 garlic cloves, minced

¼ cup honey

Directions:

1. Preheat your Air Fryer to 370F.
2. Place the wings in a bowl and coat them with the potato starch.
3. Grease a baking dish with cooking spray.
4. Place the wings in it and air fry for 5 minutes.
5. Meanwhile, whisk together the remaining ingredients.
6. Pour the sauce over the chicken and cook for 10 more minutes.
7. Serve and enjoy.

Honey Lime Chicken Wings

(Prep + Cook Time: 7 hour | Servings: 2)

Ingredients:

16 winglets

½ tsp sea salt

2 tbsp light soya sauce

¼ tsp white pepper powder

½ crush black pepper

2 tbsp honey

2 tbsp lime juice

Directions:

1. Pour all ingredients (except winglets) into a glass dish, add in mid wings, mix well and let it marinate for at least 6 hours if you don't have time.
2. Cover with lip and refrigerate them. Bring out to rest in room temperature for 30 minutes.
3. Air fry the wings with 355F for 6 minutes, flip over for another 6 minutes.
4. Let it cool for 5 minutes.
5. Serve with a wedge of lemon.

Hot Buffalo Chicken Wings

(Prep + Cook Time: 37 minutes | Servings: 3)

Ingredients:

2 pounds chicken wings

1 tsp salt

¼ tsp black pepper

1 cup buffalo sauce

Directions:

1. Wash and dry chicken wings with kitchen towels. Transfer to a large bowl and season with salt and pepper. Stir to combine.
2. Preheat the Air Fryer to 380F and cook wings, stirring occasionally. When almost done, remove wings and place to a bowl. Sprinkle with buffalo sauce and mix well.
3. Return to an Air Fryer and cook for another 5-6 minutes.
4. Serve and enjoy.

Air Fryer Chicken Cheese Zucchini Casserole

(Prep + Cook Time: 1 hour 10 minutes | Servings: 8)

Ingredients:

2 pounds ground chicken
2 7 oz cans tomato paste
3 cloves garlic
1 pint ricotta cheese
3 eggs
2 tbsp bragg's liquid aminos
½ small onion, diced
2 15 oz cans tomato sauce
a pinch of stevia
2 zucchini, cut into cubes
black pepper and sea salt to taste

Directions:

1. Preheat the Air Fryer to 375F and grease a baking dish using oil. In a mixing bowl add the chicken.
2. Add in the onion, liquid aminos, 2 eggs and liquid aminos.
3. Add the ground chicken mix onto your baking dish. Add the zucchini cubes on top.
4. In a bowl combine one egg with salt, pepper and cheese.
5. Add the cheese mixture on top of the zucchinis. In another bowl combine the stevia, tomato sauce and mix well.
6. Add on top of the cheese and bake in the Air Fryer for 1 hour.

Tasty Chicken Meatballs

(Prep + Cook Time: 20 minutes | Servings: 10)

Ingredients:

2 chicken breasts
1 tbsp mustard powder
1 tbsp cumin
1 tbsp basil
1 tbsp thyme
1 tsp chili powder
3 tbsp soy sauce
2 tbsp honey
1 onion, diced
pepper and salt to taste

Directions:

1. Add chicken into the food processor and process until it forms in minced chicken.
2. Now add all remaining ingredients into the food processor and process until combined.
3. Make small meatballs from mixture and place in Air Fryer basket.
4. Air fry at 350F for 15 minutes.
5. Serve hot with sauce and enjoy.

Air Fried Hot Wings

(Prep + Cook Time: 35 minutes | Servings: 6)

Ingredients:

4 lb chicken wings
1 tbsp brown sugar
1 tbsp Worcestershire sauce
½ cup butter, melted
½ cup hot sauce
½ tsp salt

Directions:

1. Add brown sugar, Worcestershire sauce, butter, salt, and hot sauce in bowl and mix well and set aside.
2. Add chicken wings into the Air Fryer basket and air fry to 380F for 25 minutes.
3. Shake basket halfway through.
4. After 25 minutes change temperature to 400F for 5 minutes.
5. Add air fried chicken wings into the bowl mixture and toss well.
6. Serve hot and enjoy.

Dijon Lime Chicken

(Prep + Cook Time: 20 minutes | Servings: 6)

Ingredients:

8 chicken drumsticks
1 lime juice
1 lime zest
kosher salt to taste
1 tbsp light mayonnaise
¾ tsp black pepper
1 clove garlic, crushed
3 tbsp dijon mustard
1 tsp dried parsley

Directions:

1. Preheat the Air Fryer to 375F.
2. Get rid of the skin of the chicken. Season the chicken with salt. In a bowl add the Dijon mustard with lime juice.
3. Add in the lime zest, pepper, parsley and garlic and mix well.
4. Coat the chicken into the lime mixture. Let it marinate for about 10 to 15 minutes.
5. Add some oil into the Air Fryer.
6. Add the chicken drumstick and set the timer to 5 minutes.
7. Toss the chicken drumsticks and fry for another 5 minutes. Serve hot with the mayo.

Barbecue Drumsticks

(Prep + Cook Time: 45 minutes | Servings: 4)

Ingredients:

4 chicken drumsticks
½ tbsp mustard
1 clove garlic, crushed
1 tsp chili powder
2 tsp brown sugar
1 tbsp olive oil
freshly ground black pepper

Directions:

1. Preheat the Air Fryer to 390F.
2. Mix the garlic with the brown sugar, mustard, pinch of salt, freshly ground pepper, chili powder and the oil.
3. Rub the drumsticks with the marinade and allow to marinate for at least 20 minutes.
4. Put the drumsticks in the Air Fryer basket and set the timer to 10 minutes.
5. Then lower the temperature to 300F and roast the drumsticks for another 10 minutes until done.
6. Serve with French bread and corn salad.

Easy Blackened Chicken

(Prep + Cook Time: 20 minutes | Servings: 2)

Ingredients:

2 medium-sized chicken breasts, skinless and boneless

½ tsp salt

3 tbsp cajun spice

1 tbsp olive oil

Directions:

1. Rub chicken breasts with salt, Cajun spice and sprinkle with olive oil.
2. Preheat the Air Fryer to 370F and cook chicken breasts for 7 minutes.
Turn to another side and cook for another 3-4 minutes.
3. When ready, slice and serve.

Air Fryer Moroccan Chicken

(Prep + Cook Time: 25 minutes | Servings: 2)

Ingredients:

½ pound shredded chicken

1 cup broth

1 carrot

1 broccoli, chopped

A pinch of cinnamon

A pinch of cumin

A pinch of red pepper

A pinch of sea salt

Directions:

1. In a mixing bowl combine the shredded chicken with cumin, red pepper, sea salt and cinnamon.
2. Cut the carrots into small pieces. Add the carrot and broccoli to the chicken mixture.
3. Pour in the broth and mix well. Let it stand for 30 minutes. Add the mixture to the Air Fryer. Cook for about 15 minutes. Serve hot.

Battered Chicken Thighs

(Prep + Cook Time: 4 hours 45 minutes | Servings: 4)

Buttermilk chicken thighs in a well-seasoned batter make a winning dinner. Serve with your favorite side dish (potatoes au gratin goes perfectly with this one) and everyone will be satisfied.

Ingredients:

2 cups buttermilk
3 tsp salt
1 tsp cayenne pepper
1 tbsp paprika
1 ½ pounds chicken thighs
2 tsp black pepper
2 cups flour
1 tbsp garlic powder
1 tbsp baking powder

Directions:

1. Place the chicken thighs in a large bowl. In another bowl, combine the buttermilk, salt, cayenne, and black pepper.
2. Pour this mixture over the thighs. Cover the bowl with foil and refrigerate for 4 hours.
3. Preheat your Air Fryer to 400F.
4. Combine flour, baking powder, and paprika in a shallow bowl. Line a baking dish with parchment paper.
5. Working in two batches, dip the chicken thighs in the flour mixture and bake for 10 minutes.
6. Flip over and air fry for 8 more minutes.
7. Serve and enjoy.

Fried Chicken Thighs & Legs

(Prep + Cook Time: 35 minutes | Servings: 4)

Ingredients:

3 chicken legs, bone-in, with skin
3 chicken thighs, bone-in, with skin
2 cups all-purpose flour
1 cup buttermilk
1 tsp salt
1 tsp ground black pepper
1 tsp garlic powder
1 tsp onion powder
1 tsp ground cumin
2 tbsp extra virgin olive oil

Directions:

1. Wash and dry chicken and transfer to a large bowl. Pour in buttermilk and set aside to a fridge for 2 hours.
2. In another mixing bowl combine flour and all seasonings. Mix well. Dip chicken into the flour mixture, then into the buttermilk and again into the flour.
3. Preheat the Air Fryer to 360F and place chicken legs and thighs to the fryer basket. Sprinkle with olive oil and cook for about 20 minutes, turning couple times during cooking, until ready and crispy.
4. Serve with fresh vegetables.

Coconut & Turmeric Air Fried Chicken

(Prep + Cook Time: 45 minutes | Servings: 2-4)

Ingredients:

3 pcs whole chicken leg (de-skin or with skin is totally up to you!)

1.8 oz pure coconut paste (alternatively, 1.8 oz coconut milk)

4-5 tsp ground turmeric

1.8 oz old ginger

1.8 oz galangal (a.k.a. lengkuas)

¾ tbsp salt (less salt option: ½ tbsp)

Directions:

1. Pound or blend all the ingredients, except the chicken meat.
2. Cut a few slits on the chicken leg especially on the thick parts (will help the chicken to absorb the flavor when marinating).
3. Preheat the Air Fryer at 375F. Air fry the chicken for 20-25 minutes and flip over at half-time.
4. The chicken is ready when it turned golden brown.

Chicken Wrapped in Bacon

(Prep + Cook Time: 25 minutes | Servings: 6)

Ingredients:

6 rashers unsmoked back bacon

1 small chicken breast

1 tbsp garlic soft cheese

Directions:

1. Chop up your chicken breast into six bite-sized pieces.
2. Lay out your bacon rashers and spread them with a layer of cheese.
3. Place chicken on top of the cheese and roll it up. Secure everything with a cocktail stick.
4. Place wrapped chicken pieces in the Air Fryer for 15 minutes on 350F.

Buttermilk Chicken

(Prep + Cook Time: 30 minutes | Servings: 4)

Ingredients:

1.8 lb store-bought chicken thighs (skin on, bone in)

Marinade:

2 cups buttermilk

2 tsp salt

2 tsp black pepper

1 tsp cayenne pepper (I used paprika powder)

Seasoned Flour

2 cups all-purpose flour

1 tbsp baking powder

1 tbsp garlic powder

1 tbsp paprika powder

1 tsp salt

Directions:

1. Rinse chicken thighs to remove any obvious fat and residue, and pat dry with paper towels.
2. Toss together chicken pieces, black pepper, paprika and salt in a large bowl to coat. Pour buttermilk over until chicken is coated. Refrigerated for at least 6 hours or overnight.
3. Preheat Air Fryer at 355F.
4. In separate bowl, combine flour, baking powder, paprika and salt and pepper. Remove the chicken 1 piece at a time from the buttermilk and dredge in seasoned flour. Shake off any excess flour and transfer to a plate.
5. Arrange chicken one layer on the fryer basket, skin side up*, and slide the basket into the Air Fryer. Set timer and air fry for 8 minutes. Pull out the tray, turn chicken pieces over, and set timer for another 10 minutes.
6. Allow to drain on paper towels and serve.

Notes: Place the chicken pieces with skin side up first is to prevent the skin from

sticking to the basket when flip over the chicken.

Tandoori Chicken With Mint Yoghurt

(Prep + Cook Time: 20 mins (and 1-12 hours marinate) | Servings: 4)

Ingredients:

2 oz chicken breast
3 sprigs of mint, minced
A few leaves of mint, to serve
1+1 tbsp tandoori paste, separately
2+2 tbsp + ¾ cup greek yogurt, separately
1 tbsp olive oil
2 serves of cooked basmati rice
ground pepper to taste.
sea salt to taste

Directions:

1. Combine in a bowl 1 tablespoon of Tandoori paste and 2 tablespoons of yogurt.
2. Coat the chicken breast with the mixture completely. You may leave it marinating for 1-2 hours, or even overnight for the best results.
3. When you are ready to start cooking, preheat the Air Fryer to 360F for 5 minutes. Set the Air Fryer's timer to 15 minutes and start cooking the marinated chicken.
4. Meanwhile, prepare Mint Yogurt sauce: combine the minced mint with 2 tablespoons yogurt. Season it with pepper and salt. Stir well.
5. Prepare Tandoori sauce: heat the olive oil in the pan over a medium heat and sauté 1 tablespoon Tandoori paste for 3 minutes. Then add the remaining ¾ cup of yogurt and sauté for another 2 minutes.
6. When the main meal is ready, remove it and set aside for 5 minutes.
- 7.** Slice the chicken breast and serve it with basmati rice. Cover the meat with Tandoori sauce and Mint Yogurt sauce on top. Decorate the meal with the leaves of mint.

Mouthwatering Chicken Bites

(Prep + Cook Time: 30 minutes | Servings: 4)

Ingredients:

1 pound chicken breasts, skinless and boneless
¼ cup blue cheese salad dressing
¼ cup blue cheese, crumbled
½ cup sour cream
1 cup breadcrumbs
1 tbsp olive oil
½ tsp salt
¼ tsp black pepper

Directions:

1. In the large mixing bowl combine salad dressing, sour cream, blue cheese. Stir to combine and set aside.
2. In another bowl combine breadcrumbs, olive oil, salt and pepper. Cut chicken breast to 1-2-inch pieces and place to breadcrumbs mixture. Toss to coat.
3. Preheat the Air Fryer to 380F and transfer chicken bites to a frying basket. Cook for 12-15 minutes, until ready and crispy.
4. Serve with sauce and enjoy.

Chicken Kebabs

(Prep + Cook Time: 30 minutes | Servings: 3)

Ingredients:

1 pound chicken breasts, diced
5 tbsp honey
½ cup soy sauce
6 large mushrooms, cut in halves
3 medium-sized bell peppers, cut
1 small zucchini, cut into rings
2 medium tomatoes, cut into rings
Salt and pepper, to taste
¼ cup sesame seeds
1 tbsp olive oil

Directions:

1. Cut chicken breasts into cubes and transfer to a large bowl. Add some salt and pepper. Add 1 tablespoon of olive oil and stir to combine. Add honey and soy sauce, and sprinkle with some sesame seeds. Set aside for 15-30 minutes.
2. Cut mushrooms, tomatoes, bell peppers, and zucchini.
3. Take wooden skewers and start putting chicken and vegetables, mixing each other.
4. Preheat the Air Fryer to 340F and place chicken kebabs into the fryer basket.
5. Cook for about 15 minutes, turning once during cooking, until crispy and brown.
6. Serve and enjoy.

Jerk-Style Chicken Wings

(Prep + Cook Time: 30 mins (and 2h to marinate) | Servings: 5)

Ingredients:

3 pounds chicken wings
2 tbsp olive oil
2 tbsp soy sauce
6 cloves garlic, finely chopped
1 habanero pepper, ribs and seeds removed (these little guys are super spicy!) and flesh finely chopped
pinch of allspice
pinch of cinnamon
pinch of cayenne pepper
pinch of white pepper
2 tbsp brown sugar
1 tbsp fresh thyme, finely chopped
1 tbsp fresh ginger, finely grated
4 scallions, chopped
5 tbsp lime juice
½ cup red wine vinegar
salt to taste

Directions:

1. Prepare the marinade: in a medium bowl, mix all of the ingredients excluding the chicken. Season with salt.
2. Combine the marinade and chicken wings in a heavy-duty zip-top plastic bag. Seal the bag, removing as much air as possible, and mix the contents well. Marinate in the refrigerator for 2 hours.
3. When you are ready to cook, preheat your Air Fryer to 350F.
4. Drain the marinated chicken wings on a paper towel-lined baking sheet and pat dry with more paper towels.
5. Place the chicken in the Air Fryer and cook for 10 minutes. Give the chicken a shake and then cook an additional 10 minutes, and serve.

Old Bay Crispy Chicken Wings

(Prep + Cook Time: 55 minutes | Servings: 4)

Ingredients:

3 pounds bone-in chicken wings
¾ cup all-purpose flour
1 tbsp old bay seasoning
4 tbsp butter
couple fresh lemons

Directions:

1. In the large bowl combine all-purpose flour and Old Bay seasoning. Add chicken wings and toss to combine. Make sure all wings are completely covered with flour mixture.
2. Preheat the Air Fryer to 375F.
3. Shake off excess flour from wings and transfer them into Air Fryer. Work in batches and do not overcrowd the basket.
4. Cook for about 30-40 minutes until wings are ready and skin crispy. Shake often.
5. Meanwhile, melt butter in a sauté pan over low heat. Squeeze lemon juice from one or two lemons to a melted butter and stir to combine.
6. Serve hot wings and pour butter-lemony sauce on top.

Philly Chicken Cheesesteak Stromboli

(Prep + Cook Time: 45 minutes | Servings: 2)

Ingredients:

14 oz pizza dough
½ cup cheese whiz or any other jarred cheese sauce, warm
1 ½ cup grated cheddar cheese
2 boneless, skinless chicken breasts, partially frozen
½ onion, sliced
1 tbsp worcestershire sauce
cooking spray or 1 tablespoon olive oil
sea salt
freshly ground black pepper
ketchup, optional

Directions:

1. Prepare the chicken breasts: slice them very thin on the bias.
2. Preheat the Air Fryer to 400F. When it's hot, grease it with the cooking spray. Add onions and cook for about 8 minutes and stir halfway.
3. Add in chicken and Worcestershire sauce and stir once again. Season with pepper and salt to taste. Cook for another 8 minutes stirring 2-3 times during the process. When ready, remove onion and chicken and let the mixture cool.
4. Prepare the surface for making pizza dough - drizzle it with some flour. Then roll or press the dough out into a 13"x11" rectangle, with the long side closest to you. Add the cheese but leave an empty 1-inch border from the edge farthest away from you. Then layer the chicken and onion mixture, cover it with cheese sauce and sprinkle with the remaining cheese.
5. Roll the Stromboli away from you and toward the empty border. The filling should stay tightly tucked inside the roll. Tuck the ends of pizza dough, pinch the seam.
6. Shape Stromboli into a U-shape, the seam side should be down. Make 4 small slits in the top of your dough. Brush the Stromboli with some oil.

7. Prepare the Air Fryer preheating it to 370F. Grease the basket with the oil and add the Stromboli. Cook for 6 minutes each side. When ready, remove carefully.
- 8.** Set aside and let it cool for 2-3 minutes. Slice Stromboli into 3-inch pieces. Serve with ketchup if desired .

Chicken with Delicious Sauce, Vegetables and Rice

(Prep + Cook Time: 30 minutes | Servings: 4)

Ingredients:

1 pound chicken breasts, skinless and boneless
½ pound button mushrooms, sliced
1 medium-sized onion, chopped
1 package (10 oz) Alfredo sauce
2 cups cooked rice
½ tsp dried thyme
1 tbsp olive oil
salt and black pepper, to taste

Directions:

1. Slice mushrooms, cut chicken breast into 1-inch cubes, chop onions. Mix ingredients in the large bowl, season with salt and dried thyme, combine well.
2. Preheat the Air Fryer to 370F and sprinkle the basket with olive oil. Transfer chicken with vegetables to the fryer and cook to 10-12 minutes, stirring occasionally until cooked and crispy.
3. Open the Air Fryer and stir in Alfredo sauce. Cook for another 3-4 minutes.
4. Serve cooked meat mixture over cooked rice and enjoy.

Paprika-Roasted Chicken with Crispy Potato Rosti

(Prep + Cook Time: 45 minutes | Servings: 2)

Ingredients:

2 chicken legs
2 tsp sweet smoked Paprika
½ tsp garlic powder
1 tsp honey
salt and pepper to taste

The Rosti:

1 sweet potato, peeled and coarsely grated
¼ head of savoy cabbage, shredded
1 egg
1 tbsp flour
1 tbsp fresh parsley, finely chopped
salt and pepper to taste
olive oil for brushing

Directions:

1. In a small bowl, mix the paprika, garlic, and honey.
2. Score the skin of the chicken to help render the fat, and season the chicken with salt and pepper. Rub all over with the paprika mixture.
3. Briefly preheat your Air Fryer to 350F.
4. Place the chicken in the Fryer and cook until the skin is crispy, about 35 min.
5. While the chicken cooks, prepare the rosti: place the grated sweet potato in a clean kitchen towel and wring out as much water as possible.
6. In a large bowl, combine the potatoes, cabbage, egg, flour, and parsley. Season with salt and pepper.
7. Shape the potato mixture into 2 large or 4 small patties. Brush with the olive oil and, after removing the chicken from the Fryer, arrange in the Fryer and cook for 4 minutes. Turn the rosti and cook until golden brown, about 4 more minutes.
8. Serve the chicken alongside the rosti and enjoy.

Sage Crumb Chicken Escalope

(Prep + Cook Time: 45 minutes | Servings: 4)

Ingredients:

4 chicken breasts (skinless)

6 sage leaves

¼ cup breadcrumbs (panko)

2 egg (beaten)

½ cup flour (plain)

¼ cup cheese (parmesan)

oil for spray

Directions:

1. Flatten the chicken breasts by cutting them into thin slices.
2. Mix sage, parmesan in a bowl.
3. Season the mixture with flour, salt and pepper.
4. Dip chicken in the well beaten mixture of flour and eggs.
5. Cover the chicken with breadcrumbs.
6. Spray oil on the pan.
7. Preheat it to 390F and cook the chicken in it for 20 minutes, until golden.
8. Serve with fried rice. Enjoy the taste.

Fried Turkey Breast

(Prep + Cook Time: 35 minutes | Servings: 5)

Ingredients:

6-7 pound turkey breast, skinless and boneless

2 tsp salt

1 tsp black pepper

½ tsp dried cumin

2 tbsp olive oil

Directions:

1. Rub the whole turkey breast with all seasoning and olive oil.
2. Preheat the Air Fryer to 340F and cook turkey breast for 15 minutes.
3. When time gone, flip the breast to another side and cook for 10-15 minutes more, until ready and crispy.
4. Slice and serve meat with mashed rice or fresh vegetables.

Turkey Mushroom Egg

(Prep + Cook Time: 25 minutes | Servings: 4)

Servings:

4 ingredients

6 eggs

¼ cup cooked turkey, diced

4 mushrooms, diced

2 onions, chopped

1 ¼ cups shredded cheese

A dash of onion powder

12 oz spinach

¼ green bell pepper, chopped

salt and pepper to taste

A dash of garlic powder

Directions:

1. Preheat the Air Fryer to 400F.
2. Whisk the eggs in a mixing bowl.
3. Add in the bell pepper, garlic powder, salt, pepper, onion powder, onion, mushrooms, and cooked diced turkey.
4. Mix well and add to your casserole dish.
5. Add the spinach on top.
6. Bake in the Air Fryer for about 10 minutes.
7. Serve hot.

Air Fryer Turkey Loaf

(Prep + Cook Time: 50 minutes | Servings: 4)

Ingredients:

2/3 cup of finely chopped walnuts
1 egg
1 tbsp organic tomato paste
1 ½ lbs turkey breast, diced
1 tbsp dijon mustard
½ tsp dried savory or dill
1 tbsp onion flakes
½ tsp ground allspice
1 small garlic clove, minced
½ tsp sea salt
¼ tsp black pepper
1 tbsp liquid aminos
2 tbsp grated parmesan cheese

Directions:

1. Preheat Air Fryer to 375F.
2. Grease a baking dish using oil. Whisk the egg with dill, tomato paste, liquid aminos, mustard, salt, dill, garlic, pepper and allspice.
3. Mix well and add the diced turkey.
4. Mix again and add in the walnuts, cheese and onion flakes.
5. Pour the mixture into your baking dish and bake in the Air Fryer for 40 minutes.
6. Serve hot.

Breadcrumb-Crusted Turkey Breasts

(Prep + Cook Time: 25 minutes | Servings: 6)

Although they go perfectly on their own, these panko-crusted turkey breasts are even better when served with mashed potatoes and a handful of greens.

Ingredients:

6 turkey breasts

1 stick butter, melted

1 tsp salt

2 cups panko breadcrumbs

½ tsp cayenne pepper

½ tsp black pepper

Directions:

1. Place breadcrumbs, half of the salt, half of the pepper, and the cayenne pepper in a large bowl.
2. Stir to combine. In another bowl, season the melted butter with the remaining salt and pepper.
3. Brush the butter over the turkey breasts.
4. Coat with the seasoned breadcrumbs and place on a lined baking dish.
5. Air fry at 390F for 15 minutes.
6. Serve as desired and enjoy.

Turkey Balls Stuffed with Sage and Onion

(Prep + Cook Time: 40 minutes | Servings: 2)

Ingredients:

3.5 oz mince (turkey)

½ onion (small, diced)

1 egg (medium)

1 tsp sage

½ tsp garlic (pureed)

3 tbsp breadcrumbs

salt to taste

pepper to taste

Directions:

1. Put all the above mentioned ingredients in a large bowl and mix the ingredients well.
2. Form the mixture into small ball shapes and put in Air Fryer to cook for 15 minutes at 350F.
3. Serve with tartar sauce and mashed potatoes and enjoy the combination.

Turkey Breast with Maple Mustard Glaze

(Prep + Cook Time: 70 minutes | Servings: 6)

Ingredients:

5 lbs. whole turkey breast
1 tbsp olive oil
1 tsp dried thyme
½ tsp smoked paprika
½ tsp dried sage
1 tsp sea salt
½ tsp black pepper
1 tbsp unsalted butter, melted
2 tbsp dijon mustard
¼ cup maple syrup

Directions:

1. Preheat the fryer to 350F.
2. Prepare the turkey breast by brushing it with the olive oil.
3. Combine thyme, paprika, sage, salt, and pepper. Cover the turkey breast with this mixture thoroughly.
4. Put the turkey breast into the Air Fryer basket and cook it for 25 minutes. Then turn it the other side down and cook for another 12 minutes. Then turn it for the last time and cook for 12 minutes more. The total cooking time is about 50 minutes. If you have a cooking thermometer, check the inside temperature of the turkey breast at this point. It should be 165 F in the end of the cooking process.
5. While the turkey breast is being cooked, use a small saucepan to mix maple syrup, mustard, and melted butter. Stir well to make a smooth sauce.
6. When the turkey breast is ready, cover it with the sauce prepared in the previous step. Then air-fry it for another 5 minutes to make the turkey browned and crispy.
7. Remove the turkey breast from the Air Fryer and set aside for at least 5 minutes, covering it with aluminum foil.
8. Slice the turkey breast and serve.

Mozzarella Turkey Rolls

(Prep + Cook Time: 20 minutes | Servings: 4)

Ingredients:

4 slices turkey breast (cold cuts can be used, but best taste is achieved with sliced turkey breast)

1 cup sliced fresh mozzarella

1 tomato, sliced

½ cup fresh basil

4 chive shoots (for tying the rolls)

Directions:

1. Preheat your Air Fryer to 390F.
2. Place slices of mozzarella, tomato and basil onto each turkey slice.
3. Roll up and tie with a chive shoot (looks like a blade of grass but tastes so much better).
4. Place in the Air Fryer and cook for 10 minutes.
5. Serve with a side salad.

Turkey Sausage Patties

(Prep + Cook Time: 15 minutes | Servings: 6)

Ingredients:

1 lb. lean ground turkey
1 tsp olive oil
1 tbsp chopped chives
1 small onion, diced
1 large garlic clove, chopped
¾ tsp paprika
Kosher salt and pepper to taste
A pinch raw sugar
1 tbsp vinegar
1 tsp fennel seed
A pinch nutmeg

Directions:

1. Preheat the air fryer to 375F.
2. Add half the oil and the onion and garlic to the air fryer. Air fry for 30 seconds and then add the fennel.
3. Transfer them to a plate. In a mixing bowl add in the ground turkey.
4. Add the sugar, paprika, nutmeg, vinegar, chives and the onion mixture. Mix well and form patties of your desired size.
5. Add the rest of the oil to the air fryer.
6. Add the patties and air fry for about 3 minutes.
7. Serve with lettuce leaves or buns.

Beef Recipes

Simple Air Fried Steak

(Prep + Cook Time: 15 minutes | Servings: 1)

Ingredients:

3 cm thick beef steak
pepper and salt to taste

Directions:

1. Preheat the Air Fryer 400F for 5 minutes.
2. Add beef steak in Air Fryer baking tray and season with pepper and salt. Spray beef steak with cooking spray.
3. Cook beef steak in preheated Air Fryer for 3 minutes.
4. Flip steak to other side and cook for another 3 minutes. Serve and enjoy.

Tasty Steak Total

(Prep + Cook Time: 30 minutes | Servings: 4)

Ingredients:

2 lbs rib eye steak

1 tbsp olive oil

1 tbsp steak rub

Directions:

1. Preheat the Air Fryer 400F for 4 minutes.
2. Season both sides of steak with olive oil and steak rub.
3. Place seasoned steak in Air Fryer basket and cook for 14 minutes.
4. After 14 minutes flip steak to other side and cook for 7 minutes.
5. Serve and enjoy.

Crispy Crust Beef Schnitzel

(Prep + Cook Time: 25 minutes | Servings: 1)

Ingredients:

1 thin beef schnitzel
1 egg, beaten
½ cup breadcrumbs
2 tbsp olive oil
pepper and salt to taste

Directions:

1. Preheat the Air Fryer to 350F.
2. In a shallow dish, combine together breadcrumbs, oil, pepper, and salt. In another shallow dish add beaten egg.
3. Dip schnitzel into the egg then coat with breadcrumbs.
4. Place coated schnitzel in Air Fryer basket and air fry for 12 minutes.
5. Serve and enjoy.

Air Fried Spring Rolls

(Prep + Cook Time: 35 minutes | Servings: 20)

Ingredients:

1/3 cup noodles
1 cup beef minced
2 tbsp cold water
1 packet spring rolls
1 tsp soy sauce
1 cup fresh mix vegetables
3 garlic cloves, minced
1 small onion, diced
1 tbsp sesame oil

Directions:

1. Add noodles in hot water. Once noodles are soft then drain well and cut into short lengths.
2. Heat oil in pan over medium heat.
3. Add beef minced, soy sauce, mixed vegetables, garlic, and onion in pan and cook until beef minced is completely cooked.
4. Remove pan from heat and add noodles. Mix well and set aside.
5. Place one spring roll sheet the place stuffing on sheet diagonally across.
6. Fold sheet from top point then fold both the sides and final side brush with water before rolling the roll.
7. Preheat the Air Fryer to 350F.
8. Brush prepared spring roll with oil and place in preheated Air Fryer.
9. Cook spring roll for 8 minutes. Serve and enjoy.

Cheesy Air Fried Schnitzel

(Prep + Cook Time: 30 minutes | Servings: 1)

Ingredients:

1 thin beef schnitzel
1 egg, beaten
½ cup breadcrumbs
2 tbsp olive oil
3 tbsp pasta sauce
¼ cup parmesan cheese, grated
Pepper and salt to taste

Directions:

1. Preheat the Air Fryer to 350F.
2. In a shallow dish combine together breadcrumbs, olive oil, pepper, and salt. In another shallow dish add beaten egg.
3. Dip schnitzel into the egg then coat with breadcrumb mixture and place in Air Fryer basket.
4. Cook schnitzel in preheated Air Fryer for 15 minutes.
5. Once 15 minutes done then add pasta sauce over schnitzel and sprinkle grated cheese.
6. Cook schnitzel for another 5 minutes until cheese is melted.
7. Serve hot and enjoy.

Air Fryer Meatloaf

(Prep + Cook Time: 30 minutes | Servings: 4)

Ingredients:

1 lb ground beef
1 egg, beaten
1 mushrooms, sliced
1 tbsp thyme
1 small onion, chopped
3 tbsp breadcrumbs
pepper to taste

Directions:

1. Preheat the Air Fryer 400F.
2. Add all ingredients into the mixing bowl and mix well until combined.
3. Add meatloaf mixture into the loaf pan and place in Air Fryer basket.
4. Cook in preheated Air Fryer for 25 minutes.
5. Cut into slices and serve.

Easy and Delicious Meatballs

(Prep + Cook Time: 20 minutes | Servings: 4)

Ingredients:

1 egg
½ lb beef minced
½ cup breadcrumbs
1 tbsp parsley, chopped
2 tbsp raisins
1 cup onion, chopped and fried
½ tbsp pepper
½ tsp salt

Directions:

1. Add all ingredients into the bowl and mix well. Make small meatballs from mixture and place in Air Fryer basket.
2. Air fry meatballs at 350F for 15 minutes.
3. Serve with sauce and enjoy.

Stuffed Bell Pepper

(Prep + Cook Time: 25 minutes | Servings: 4)

Ingredients:

4 bell peppers, cut top of bell pepper
16 oz ground beef
2/3 cup cheese, shredded
½ cup rice, cooked
1 tsp basil, dried
½ tsp chili powder
1 tsp black pepper
1 tsp garlic salt
2 tsp Worcestershire sauce
8 oz tomato sauce
2 garlic cloves, minced
1 small onion, chopped

Directions:

1. Spray pan with cooking spray and sauté onion and garlic in pan over medium heat.
2. Add beef, basil, chili powder, black pepper, and garlic salt. Mix well and cook until meat brown. Remove pan from heat.
3. Add half cheese, rice, Worcestershire sauce, and tomato sauce in pan and mix well to combine.
4. Stuff beef mixture into the four bell peppers equally.
5. Preheat the Air Fryer 400F. Spray Air Fryer basket with cooking spray.
6. Place stuffed bell peppers in Air Fryer basket and cook for 11 minutes.
7. Once timer is off then top bell pepper with remaining cheese and cook for another 2 minutes until cheese is melted.
8. Serve and enjoy.

Marinated Beef and Broccoli

(Prep + Cook Time: 25 minutes | Servings: 4)

Ingredients:

1 lb broccoli, cut into florets
¾ lb round steak, cut into strips
1 garlic clove, minced
1 tsp ginger, minced
1 tbsp olive oil
1 tsp cornstarch
1 tsp sugar
1 tsp soy sauce
1/3 cup sherry wine
2 tsp sesame oil
1/3 cup oyster sauce

Directions:

1. Add sugar, soy sauce, sherry wine, cornstarch, sesame oil, and oyster sauce in a bowl and mix well.
2. Add steak strips into the bowl mix well and set aside for 45 minutes.
3. Add broccoli in Air Fryer then add marinated steak on top.
4. Add olive oil, garlic and ginger over broccoli and steak mixture.
5. Cook at 350F for 12 minutes.
6. Serve hot with rice and enjoy.

Spicy Beef Schnitzel

(Prep + Cook Time: 15 minutes | Servings: 4)

Ingredients:

4 thin beef schnitzel
1 tbsp sesame seeds
2 tbsp paprika
3 tbsp olive oil
4 tbsp flour
2 eggs, beaten
1 cup breadcrumbs
pepper and salt to taste

Directions:

1. Preheat the Air Fryer at 350F.
2. Season schnitzel with pepper and salt. In a shallow dish combine together paprika, flour, and salt.
3. In another shallow dish add breadcrumbs and sesame seeds. Add beaten eggs in bowl.
4. Dip schnitzel into the flour mixture then in egg and finally coat with breadcrumbs.
5. Place coated schnitzel into the Air Fryer basket and air fry for 12 minutes.
6. Serve and enjoy.

Meatballs with Sauce

(Prep + Cook Time: 25 minutes | Servings: 8)

Ingredients:

1 lb ground beef
2 bread slices, crumbled
1 small onion, minced
½ tsp garlic salt
1 cup tomato sauce
2 cups pasta sauce
1 egg, beaten
2 carrots, shredded
pepper and salt to taste

Directions:

1. Preheat Air Fryer to 400F.
2. In a bowl, add ground beef, egg, carrots, crumbled bread, onion, garlic salt, pepper and salt. Mix well to combine.
3. Make small meatballs and place in Air Fryer basket and cook for 7 minutes.
4. Place meatballs into oven safe dish and pour tomato sauce over meatballs.
5. Place dish into the Air Fryer basket and cook at 320F for 5 minutes. Serve and enjoy.

Cheesy Burger Patties

(Prep + Cook Time: 15 minutes | Servings: 6)

Ingredients:

1 lb ground beef

6 cheddar cheese slices

Pepper and salt to taste

Directions:

1. Preheat the Air Fryer to 350F.
2. Season ground beef with pepper and salt.
3. Make six patties from mixture and place in Air Fryer basket.
4. Air fry patties in preheated Air Fryer for 10 minutes. After 10 minutes place cheese slices over patties and air fry for another 1 minute.
5. Place patties in dinner rolls and serve.

Onion Carrot Meatloaf

(Prep + Cook Time: 35 minutes | Servings: 6)

Ingredients:

1 lb ground beef
1 egg
2 carrots, shredded
½ onion, shredded
¼ cup milk
½ cup breadcrumbs
¼ tsp pepper
½ tsp salt

Directions:

1. Preheat the Air Fryer to 400F. Add all ingredients into the bowl and mix well to combine.
2. Add meatloaf mixture into the loaf pan and place in Air Fryer basket.
3. Cook in preheated Air Fryer for 25 minutes.
4. Cut into slices and serve.

Sweet and Tangy Meatballs

(Prep + Cook Time: 30 minutes | Servings: 24)

Ingredients:

1 lb beef mince
1 tbsp lemon juice
¼ cup vinegar
1 tbsp Worcestershire sauce
1 tbsp Tabasco
¾ cup tomato ketchup
3 gingersnaps cookies, crushed
½ tsp dry mustard
½ cup brown sugar

Directions:

1. Add all ingredients into the bowl and mix well to combine.
2. Make small meatballs from mixture and place in Air Fryer basket.
3. Air fry meatballs at 370F for 15 minutes.
4. Serve and enjoy.

Yummy Burgers Patties

(Prep + Cook Time: 25 minutes | Servings: 4)

Ingredients:

- 1 ½ lbs ground beef
- 1 cup cheddar cheese, shredded
- ½ cup cheese sauce
- 1 tbsp Montreal steak seasoning
- 1 tbsp Worcestershire sauce

Directions:

1. Preheat the Air Fryer to 370F.
2. Add ground beef, Montreal steak seasoning, and Worcestershire sauce in bowl and mix well.
3. Make four patties from mixture and place in preheated Air Fryer basket and air fry for 15 minutes.
4. Flip patties halfway through. Combine together cheddar cheese and cheese sauce.
5. Add cheese mixture over top of patties and cook for another 3 minutes. Serve and enjoy.

Air Fryer Classic Beef Pot Roast

(Prep + Cook Time: 1 hour 10 minutes | Servings: 4)

Ingredients:

1 pound beef
1 tsp of paprika
2 cardamoms
½ cup of fresh coriander, chopped
1 bay leaf
2 tbsp of ginger garlic paste
2 tbsp of olive oil
2 cinnamon sticks
4 spring onions
1 tsp of black pepper
1 cup of water
salt to taste

Direction:

1. Preheat your Air Fryer to 400F.
2. Discard the bones of the beef and cut it into medium chunks.
3. In a large mixing bowl add the beef. Add in the onion, ginger garlic paste, cinnamon stick, salt, pepper, oil, bay leaf, coriander, cardamom, paprika and water.
4. Mix well and let it marinade for about 1 hour.
5. Add to a casserole dish and roast in the Air Fryer for about 1 hour.
6. Serve hot.

Air Fried Roast Beef

(Prep + Cook Time: 65 minutes | Servings: 6)

No, roast beef doesn't have to come out of the oven. This Air Fryer version is not only just as delicious, but also far more convenient. Serve with your favorite side dish and a glass of red wine.

Ingredients:

2 pounds beef
1 tbsp olive oil
1 tsp dried rosemary
1 tsp dried thyme
½ tsp black pepper
½ tsp oregano
½ tsp of garlic powder
1 tsp salt
1 tsp onion powder

Directions:

1. Preheat the Air Fryer to 330F.
2. Combine all of the spices in a small bowl. Brush the olive oil over the beef. Rub the spice mixture into the meat.
3. Place in the Air Fryer and cook for 30 minutes.
4. Flip it over and cook for 25 more minutes.
5. Serve and enjoy.

Beef and Mushrooms

(Prep + Cook Time: 3 hours 15 minutes | Servings: 1)

This recipe for beef and mushrooms in your favorite marinade, prepared in the Air Fryer it's the perfect weekend dinner. Serve with mashed potatoes and enjoy.

Ingredients:

6 ounces beef

¼ onion, diced

½ cup mushroom slices

2 tbsp favorite marinade (preferably bulgogi)

Directions:

1. Cut the beef into strips or cubes, and place them in a bowl.
2. Coat the meat with the marinade and cover the bowl.
3. Refrigerate for 3 hours.
4. Place the meat in a baking dish and add the onion and mushrooms.
5. Air Fry at 350F for 10 minutes.
6. Serve and enjoy.

Crispy Beef Cubes

(Prep + Cook Time: 30 minutes | Servings: 4)

Ingredients:

1 pound beef loin
1 jar (16 oz) cheese pasta sauce
6 tbsp breadcrumbs
salt and black pepper, to taste
1 tbsp extra virgin olive oil

Directions:

1. Cut beef into 1-inch cubes and transfer to a mixing bowl and coat with pasta sauce.
2. In another bowl combine breadcrumbs, olive oil, salt and pepper. Mix well.
3. Place beef cubes to a breadcrumb mixture and coat from all sides.
4. Preheat the Air Fryer to 380F. Cook beef cubes for 12-15 minutes, stirring occasionally, until ready and crispy.
5. Serve hot.

Beef Steak

(Prep + Cook Time: 15 minutes | Servings: 1)

Ingredients:

steak, thickness of 1 inch

1 tbsp olive oil

black pepper to taste

sea salt to taste

Directions:

1. Preheat the Air Fryer with the baking tray inside for about 5 minutes at 390F.
2. Grease both sides of the steak with the oil. Sprinkle both sides with salt and pepper.
3. Carefully layer the steak on the preheated baking tray.
4. Cook for 3 minutes in the Air Fryer. Then turn the steak around and cook for another 3 minutes.
5. When ready, remove and set aside for about 3 minutes and serve.

Beef Schnitzel

(Prep + Cook Time: 30 minutes | Servings: 1)

Ingredients:

1 egg
1 thin beef schnitzel
3 tbsp breadcrumbs
2 tbsp olive oil
1 parsley, roughly chopped
½ lemon, cut in wedges

Directions:

1. Prepare the Air Fryer: preheat it to the 360F.
2. In a bowl combine breadcrumbs and olive oil. Stir until mixture is loose and crumbly.
3. Whisk the egg and dip the schnitzel first into the whisked egg and then into oily breadcrumbs mixture. Make sure it is fully covered by it.
4. Cook the schnitzel in the Air Fryer for 12-14 minutes depending on its thickness
5. Decorate the schnitzel with the lemon wedges and parsley.

Rib Eye Steak

(Prep + Cook Time: 30 minutes | Servings: 4)

Ingredients:

2 pounds rib eye steak
2 tbsp steak rub
1 tbsp olive oil
salt and black pepper, to taste

Directions:

1. Preheat the Air Fryer to 390F.
2. Meanwhile, rub the steak with seasoning, salt and pepper from both sides.
3. Sprinkle frying basket with olive oil and carefully transfer the steak.
4. Cook for 7 minutes on one side and then flip the meat and cook for another 7-8 minutes from other side.
5. When ready, transfer steak to a serving plate and give a rest for 5-10 minutes. Slice and serve.

Rolled Up Tender Beef

(Prep + Cook Time: 35 minutes | Servings: 4)

Ingredients:

2 pound beef steak
5-6 slices cheddar cheese
½ cup fresh baby spinach
4 tbsp pesto
2 tbsp unsalted butter
1 tsp salt
¼ tsp black pepper
1 tbsp olive oil

Directions:

1. Open beef steak and spread the butter over the meat. Then cover it with pesto.
2. Layer cheese slices, baby spinach and season with salt and pepper. Roll up the meat and secure with toothpicks. Season with salt and pepper again.
3. Preheat the Air Fryer to 390F and sprinkle frying basket with olive oil.
4. Place beef roll in the Air Fryer and cook for 15-20 minutes, turning couple times to roast from all sides.
5. Slice beef roll and serve with mashed potatoes or steamed rice.

Stuffed Peppers

(Prep + Cook Time: 35 minutes | Servings: 2)

Ingredients:

½ medium onion, minced
8 oz lean ground beef
2 oz + 2 oz shredded cheddar cheese, separately
2 medium green peppers, stems and seeds removed
1 clove garlic, crushed
1 tsp worcestershire sauce
¼ cup + ¼ cup tomato sauce, separately
½ tsp black pepper
1 tsp olive oil
½ tsp sea salt

Directions:

1. Prepare the green peppers: cook them in boiling salted water for 3 minutes.
2. Preheat the Air Fryer to 390F. Take the nonstick skillet, preferably small. Grease it with oil and sauté onion and garlic until they become golden. Then set them aside to cool.
3. Take the medium bowl and mix well ground beef, cooked onion, and garlic, ¼ cup tomato sauce, 2 oz. shredded cheese, Worcestershire, pepper, and salt.
4. Cut the peppers in halves. Stuff the pepper halves with the beef mixture and top it with the remaining portions of cheese and tomato sauce. Place stuffed peppers onto Air Fryer basket and fry for up to 20 minutes or until the ground beef is cooked.
5. Serve immediately.

Beef Roll Up

(Prep + Cook Time: 30 minutes | Servings: 2)

Ingredients:

2 pound beef flank steak
3 tsp pesto
1 tsp black pepper
6 slices of provolone cheese
3 ounce red bell peppers (roasted)
¾ cup baby spinach
1 tsp sea salt

Directions:

1. Spread the pesto evenly on the meat.
2. Layer the cheese, roasted red peppers & spinach ¾ of the way down the meat. Roll up and secure with toothpicks. Season with sea salt and pepper.
3. Cook for 14 minutes at 400F. Half way through, rotate the meat.
4. Let rest 10 minutes. Cut, plate, and serve.

Nutritional Information: 400 calories

Chimichurri Skirt Steak

(Prep + Cook Time: 50 minutes | Servings: 2)

Ingredients:

1 pound skirt steak

For The Chimichurri

1 cup parsley, finely chopped

¼ cup mint, finely chopped

2 tbsp oregano, finely chopped

3 garlic cloves, finely chopped

1 tsp crushed red pepper

1 tbsp ground cumin

1 tsp cayenne pepper

2 tsp smoked paprika

1 tsp salt

¼ tsp black pepper

¾ cup olive oil

3 tbsp red wine vinegar

Directions:

1. 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.
2. Refrigerate for 2 hours up to 24 hours. Remove from the refrigerator 30 minutes prior to cooking.
3. Preheat the Air Fryer to 390F. Pat steak dry with a paper towel. Add the steak to the cooking basket and cook for 8-10 minutes for medium-rare.
4. Garnish with 2 tablespoons of chimichurri on top and serve.

Notes: The time will vary depending upon the size of the steak and the degree of doneness you prefer.

Teriyaki Glazed Halibut Steak

(Prep + Cook Time: 70 minutes | Servings: 3)

Ingredients:

1 pound halibut steak

For The Marinade:

2/3 cup soy sauce (low sodium)

1/2 cup mirin (Japanese cooking wine)

1/4 cup sugar

2 tbsp lime juice

1/4 cup orange juice

1/4 tsp crushed red pepper flakes

1/4 tsp ginger ground

1 each garlic clove (smashed)

Directions:

1. In a sauce pan combine all ingredients for the teriyaki glaze/marinade.
2. Bring to a boil and reduce by half, then cool.
3. Once cooled pour half of the glaze/marinade into a resealable bag with the halibut.
4. Refrigerate for 30 minutes.
5. Preheat the Air Fryer to 390F.
6. Place marinated halibut into the Air Fryer and cook for 10-12 minutes.
7. When finished brush a little of the remaining glaze over the halibut steak.
8. Serve over a bed of white rice with basil/mint chutney

Meatloaf Flavored

(Prep + Cook Time: 35 minutes | Servings: 4)

Ingredients:

1 large onion (peeled and diced)
2 kilos minced beef
1 tsp worcester sauce
3 tbsp tomato ketchup
1 tbsp basil
1 tbsp oregano
1 tbsp mixed herbs
1 tbsp parsley
breadcrumbs
salt and pepper to taste

Directions:

1. In a large mixing bowl, place the mince along with the herbs, Worcester sauce, onion and tomato ketchup. Mix thoroughly to distribute flavor evenly.
2. Add the breadcrumbs and mix well again.
3. Place in a small dish and cook for 25 minutes in the Air Fryer at 350F.
4. Serve and enjoy.

Herbal Worcestershire Meatloaf

(Prep + Cook Time: 40 minutes | Servings: 8)

Basil, oregano, parsley and Worcestershire sauce play the main role in this amazing 35-minute recipe. Serve it with mashed potatoes and you cannot go wrong.

Ingredients:

1 tbsp basil
1 tbsp parsley
1 tbsp oregano
1 tbsp worcestershire sauce
3 tbsp ketchup
1 tsp black pepper
1 diced onion
4 pounds ground beef
1 cup breadcrumbs
½ tsp salt

Directions:

1. Preheat the Air Fryer to 350F.
2. Place all of the ingredients in a large bowl. Mix with your hands to incorporate well.
3. Shape the mixture into a meatloaf and place it on a lined baking sheet.
4. Place it in the Air Fryer and cook for 25 minutes.
5. Serve and enjoy.

Pork and Lamb Recipes

Simple Air Fried Pork Chop

(Prep + Cook Time: 20 minutes | Servings: 2)

Ingredients:

2 pork chop pieces
1 egg, beaten
1 tbsp flour
1 tbsp olive oil
½ cup breadcrumbs
pepper and salt to taste

Directions:

1. Season pork chops with pepper and salt. Place flour in shallow dish.
2. In another dish add beaten egg.
3. Take one more dish and combine together breadcrumbs and olive oil.
4. Coat pork chop with flour then dip in egg and finally coat with breadcrumbs.
5. Place in Air Fryer basket and cook at 400F for 10 minutes.
6. After 10 minutes flip to other side and cook for another 5 minutes.
7. Serve and enjoy.

Baked Meatballs

(Prep + Cook Time: 35 minutes | Servings: 4)

Ingredients:

¾ lb pork minced
2 tbsp mozzarella cheese, cut into cubed
1 egg
1 onion, chopped
1 tbsp BBQ sauce
½ tbsp Italian herbs
3 tbsp breadcrumbs
Pepper and salt to taste

Directions:

1. Add all ingredients into the bowl and mix well to combine.
2. Place marinated mixture into the refrigerator for 1 hour.
3. Preheat the Air Fryer at 350F.
4. Spray Air Fryer basket with cooking spray.
5. Make small meatballs from mixture and place in Air Fryer basket.
6. Air fry meatballs in preheated Air Fryer for 20 minutes.
7. Shake basket halfway through.
8. Serve and enjoy.

Pork Roast

(Prep + Cook Time: 60 minutes | Servings: 2)

Ingredients:

17.5 oz of pork belly roast

2 tbsp of olive oil

black pepper to taste

salt to taste

Directions:

1. Preheat the Air Fryer on 390F for 5 min.
2. Season the pork roast with some salt and pepper then brush it with oil and fry it for 20 min.
3. Once the time is up, lower the temperature to 355 F then cook it for 30 min.
4. Serve your roast warm and enjoy.

Make it tastier: To make it tastier, season the roast with $\frac{1}{4}$ teaspoon of Italian seasoning.

Easy BBQ Pork Ribs

(Prep + Cook Time: 35 minutes | Servings: 2)

Ingredients:

1 lb pork ribs, cut into small pieces
1 tsp soy sauce
1 tsp black pepper
1 tsp salt
1 tsp sesame oil
½ tsp mix spice
1 tbsp honey
3 tbsp BBQ sauce
2 garlic cloves, chopped

Directions:

1. Combine together garlic, soy sauce, pepper, salt, sesame oil, mix spice, honey, and BBQ sauce in mixing bowl.
2. Add pork ribs in bowl and mix well.
3. Place marinated pork in refrigerator for 2 hours.
4. Preheat the Air Fryer at 350F for 5 minutes.
5. Add marinated pork ribs in Air Fryer basket and cook for 15 minutes.
6. Flip ribs to other side and cook for 15 minutes.
7. Serve and enjoy.

Pork Chops with Stir Fried Jalapeno Peppers

(Prep + Cook Time: 30 minutes | Servings: 4)

Ingredients:

1 lb pork chops, cut into pieces

$\frac{3}{4}$ cup cornstarch

$\frac{1}{4}$ tsp black pepper

1 egg white

$\frac{1}{2}$ tsp sea salt

For stir fry:

2 jalapeno peppers, sliced

2 tbsp olive oil

2 scallions, sliced

$\frac{1}{4}$ tsp black pepper

$\frac{1}{2}$ tsp sea salt

Directions:

1. Spray Air Fryer basket with cooking spray. In a bowl, beat egg white with pepper and salt until foamy.
2. Add pork chop pieces in egg white mixture and set aside for 20 minutes.
3. Coat marinated pork chops with cornstarch and place in Air Fryer basket.
4. Cook pork chops at 360F for 12 minutes. Shake basket halfway through.
5. Flip pork chops to other side and cook at 400F for 6 minutes.
6. Heat olive oil in pan over medium heat.
7. Add jalapeno, scallions, pepper, and salt in pan and cook for minute.
8. Add air fried pork chop pieces in pan and toss well and cook for minute.
9. Serve hot and enjoy.

Air Fryer Roasted Pork Belly

(Prep + Cook Time: 55 minutes | Servings: 8)

Ingredients:

2 lbs pork belly

2 tsp sugar

½ tsp spice mix

3 tsp salt

Directions:

1. In a small bowl, combine together sugar, spice mix, and salt. Set aside.
2. In a large saucepan boil water. Add pork belly in boiling water and blanch for 15 minutes to soften the skin.
3. Drain well and dry pork belly completely with paper towel. Make small slits on pork belly using knife.
4. Rub seasoning all over pork belly and wrap pork in aluminum foil.
5. Place marinated pork in refrigerator for overnight.
6. Preheat the Air Fryer 320F for 5 minutes.
7. Place marinated pork belly in Air Fryer basket and air fry for 20 minutes.
8. Flip pork to other side and cook at 350F for 25 minutes.
9. Serve and enjoy.

Air Fried Pork Balls

(Prep + Cook Time: 20 minutes | Servings: 4)

Ingredients:

¾ lb pork minced
1 tbsp cheddar cheese, grated
1 tsp garlic, minced
1 tsp honey
1 tsp mustard
1 small onion, diced
Pepper and salt

Directions:

1. Add all ingredients into the bowl and mix well to combine.
2. Spray Air Fryer basket with cooking spray.
3. Make small balls from mixture and place in Air Fryer basket.
4. Air fry pork balls at 400F for 14 minutes.
5. Serve and enjoy.

Sweet and Sour Pork

(Prep + Cook Time: 30 minutes | Servings: 4)

Ingredients:

¾ lb pork, cut into small pieces
1 egg
1 tbsp Worcestershire sauce
2 tbsp tomato sauce
2 tbsp oyster sauce
1 tbsp garlic, minced
1 medium tomato, chopped
1 medium onion, sliced
1 slice pineapple, cut into pieces
plain flour sugar

Directions:

1. Preheat the Air Fryer to 250 F/ 120 C for 5 minutes.
2. Dip pork pieces in egg then coat with flour and place in Air Fryer basket.
3. Air fry pork pieces in preheated Air Fryer for 20 minutes.
4. Meanwhile, heat tsp of oil in pan over medium heat. Add onion and garlic in pan and sauté for minutes.
5. Now add all remaining ingredients into the pan and stir well.
6. Once pork is done then add in pan and stir well to combine.
7. Serve hot and enjoy.

Chinese Pork Roast

(Prep + Cook Time: 25 minutes | Servings: 4)

Ingredients:

2 lbs pork shoulder, cut into pieces

1 tbsp honey

1/3 cup soy sauce

2 tbsp sugar

½ tbsp salt

Directions:

1. Add all ingredients into the bowl and mix well.
2. Place marinated pork in refrigerator for 2 hours.
3. Spray Air Fryer basket with cooking spray.
4. Add marinated pork pieces in Air Fryer basket and cook at 350 F for 10 minutes.
5. Now change temperature to 400F and cook for another 5 minutes.
6. Serve and enjoy.

Air Fryer Pork Loin with Potatoes

(Prep + Cook Time: 30 minutes | Servings: 8)

Ingredients:

2 lbs pork loin
2 large potatoes, diced
1 tsp parsley
½ tsp red chili flakes
½ tsp garlic powder
1 tsp pepper
1 tsp salt

Directions:

1. Add all ingredients into the bowl and mix well.
2. Add bowl pork and potato mixture into the Air Fryer basket.
3. Cook in Air Fryer at 350F for 25 minutes.
4. Cut pork into slices and serve with potatoes.

Air Fryer Pork Apple Balls

(Prep + Cook Time: 20 minutes | Servings: 8)

Ingredients:

2 cups pork, minced
1 large onion, chopped
½ cup apple, chopped
2 tbsp cheddar cheese, grated
5 basil leaves, chopped
2 tsp honey
2 tsp Dijon mustard
4 garlic cloves, minced
pepper and salt to taste

Directions:

1. Add pork minced, onion, and apple in bowl and mix well.
2. Add honey, mustard, garlic, cheese, basil, pepper and salt mix well to combined.
3. Make small balls from mixture and place in Air Fryer basket.
4. Cook at 400F for 15 minutes.
5. Serve and enjoy.

Ginger Garlic Pork Ribs

(Prep + Cook Time: 45 minutes | Servings: 4)

Ingredients:

1 lb baby pork ribs
1 tbsp ginger, minced
3 garlic cloves, minced
1/2 tbsp soy sauce
1/2 tbsp honey
1 tbsp hoisin sauce
1 tbsp olive oil

Directions:

1. In bowl add all ingredients and mix well.
2. Place marinated ribs bowl in refrigerator for 2 hours.
3. Place marinated ribs in Air Fryer basket and air fry at 320F for 40 minutes.
4. Serve and enjoy.

Spicy Pork Chops

(Prep + Cook Time: 15 minutes | Servings: 4)

Ingredients:

4 pork chop pieces
2 tbsp plain flour
1 cup breadcrumbs
1 large egg, beaten
2 tbsp olive oil
1 tsp paprika
¼ tsp Black Pepper
½ tsp garlic salt

Directions:

1. In a flat dish place breadcrumbs with olive oil, pepper, paprika, and garlic salt.
2. Dip pork chop in beaten egg then in flour and finally coat with breadcrumbs.
3. Place coated pork chop in Air Fryer basket and air fry at 400F for 10 minutes.
4. Serve and enjoy.

Delicious BBQ Pork Chops

(Prep + Cook Time: 35 minutes | Servings: 6)

Ingredients:

6 pork loin chops

2 tbsp honey

2 tbsp soy sauce

1 tsp balsamic vinegar

¼ tsp ground ginger

1 garlic clove

pepper to taste

Directions:

1. Preheat the Air Fryer to 350F for 5 minutes.
2. Season pork chops with pepper. In a bowl, combine together honey, soy sauce, garlic, ground ginger, and vinegar.
3. Add seasoned pork chops in a bowl and coat well and place in refrigerator for 2 hours.
4. Place marinated pork chops in Air Fryer basket and air fry for 5 minutes on each side.
5. Serve and enjoy.

Air Fryer Pork Ribs

(Prep + Cook Time: 30 minutes | Servings: 4)

Ingredients:

1 lb pork ribs
1 tsp sugar
½ cup BBQ sauce
1 tbsp olive oil
1 tsp spice mix
1 medium onion, chopped
salt to taste

Directions:

1. Heat oil in a pan over medium heat. Add onion in a pan and sauté for minutes.
2. Add spice mix, sugar, and BBQ sauce in a pan and stir well. Remove pan from heat and set aside.
3. Season pork ribs with pepper and salt and place in Air Fryer basket.
4. Air-fry ribs at 320F for 10 minutes.
5. Open Air Fryer basket and brush BBQ sauce mixture on the both sides of pork.
6. Air fry pork ribs for another 15 minutes at 320 F/ 160 C.
7. Cut into slices and serve.

Pork Chunks with Sweet and Sour Sauce

(Prep + Cook Time: 30 minutes | Servings: 4)

Ingredients:

2 lbs pork, cut into chunks
3 tbsp olive oil
½ tsp spice mix
¼ tsp black pepper
1 cup cornstarch
2 large eggs, beaten
½ tsp sea salt
¼ cup sweet and sour sauce

Directions:

1. In a bowl, combine together cornstarch, spice mix, pepper, and salt.
2. Add beaten eggs in small bowl.
3. Coat pork chunks with cornstarch mixture then dip in eggs and again coat with cornstarch.
4. Place coated pork chunks in Air Fryer basket and air fry at 340F for 10 minutes. Shake basket halfway through.
5. Place air fried pork chunks on serving dish and drizzle sweet and sour sauce over chunks.
6. Serve and enjoy.

Chinese Pork Ribs

(Prep + Cook Time: 4 hours 55 minutes | Servings: 6)

Ginger, honey, soy sauce, garlic, and Char Siew Sauce, give these pork ribs a deep and irresistible flavor. Serve with rice and some salad if you like, and enjoy your homemade Chinese dinner.

Ingredients:

2 pounds pork ribs
4 garlic cloves, minced
1 tbsp honey
1 tbsp soy sauce
2 tbsp char siu sauce
2 tbsp hoisin sauce
2 tbsp minced ginger
2 tbsp sesame oil

Directions:

1. Place all of the ingredients, except the meat, in a small bowl.
2. Whisk to combine well. Place the ribs in a bowl and pour the sauce over them. Coat them well with your hands.
3. Place in the fridge for 4 hours.
4. Place the ribs in your Air Fryer and pour the liquid over.
5. Air Fry at 330F for 40 minutes.
6. Increase the temperature of your Air Fryer to 350F and cook for additional 10 minutes.
7. Serve and enjoy.

Country Style Ribs

(Prep + Cook Time: 35 minutes | Servings: 4)

Ingredients:

14 country-style pork ribs, trimmed of the excess fat
3 tbsp cornstarch
3 tbsp coconut oil
2 tsp dry mustard
1 tsp thyme
1 tsp garlic powder
1 tsp dried marjoram
salt and freshly ground black pepper, to taste

Directions:

1. Preheat Air Fryer at 400F for 2 minutes.
2. Place the rib on a flat area. In a bowl, combine all the remaining listed ingredients.
3. Drench the ribs into the bowl mixture and rub for fine coating.
4. Place the ribs in the Air Fryer basket and Air-fry for 12 minutes.
5. Serve and enjoy.

Pork Loin with Potatoes and Herbs

(Prep + Cook Time: 35 minutes | Servings: 2)

Ingredients:

2 pound pork loin
2 large potatoes, large dice
½ tsp garlic powder
½ tsp red pepper flakes
1 tsp dried parsley
½ tsp black pepper, freshly ground
½ tsp salt

Directions:

1. Sprinkle the pork loin with garlic powder, red pepper flakes, parsley, salt, and pepper.
2. Preheat the Air Fryer to 370F and place the pork loin, then the potatoes next to the pork in the basket of the Air Fryer and close. Cook for about 20-25 minutes.
3. Remove the pork loin from the Air Fryer. Let it rest for a few minutes before slicing.
4. Place the roasted potatoes to the serving plate. Slice the pork. Place 4-5 slices over the potatoes and drizzle the balsamic glaze over the pork.

Roast Pork Loin Fried with Potatoes

(Prep + Cook Time: 40 minutes | Servings: 4)

Ingredients:

2 pounds pork loin
1 pound potatoes, diced
½ tsp black pepper
2 garlic cloves, minced
1 large onion, sliced
1 tsp dried thyme
1 tsp dried parsley
1 tbsp olive oil

Directions:

1. Cover pork loin and diced potatoes with salt, pepper, and other seasonings. Add minced garlic and sliced onions. Stir to combine.
2. Sprinkle with 1-2 tablespoons of olive oil.
3. Preheat the Air Fryer to 360 F. Transfer pork loin to the frying basket and put potatoes near it. Close the lid and cook for 15 minutes.
4. Then, turn the meat to the other side and shuffle potatoes. Cook for another 10 minutes, until ready.
5. Serve and enjoy!

Crumbed Pork and Semi-Dried Tomato Pesto

(Prep + Cook Time: 40 minutes | Servings: 2)

Ingredients:

2 pork cutlets
½ cup milk
1 tbsp parmesan cheese, grated
1 egg
1 cup panko bread crumbs
1 lemon, zested
¼ bunch thyme, chopped
½ cup plain flour
cooking spray
1 tbsp olive oil
4 oz semi-dried tomatoes
6 basil leaves
1 tsp pine nuts
sea salt and black pepper to taste
mixed leaf salad, optional

Directions:

1. Combine and whisk the egg and milk in the bowl and set aside.
2. Take a large flat plate and mix bread crumbs, parmesan, thyme, lemon zest, pepper, and salt.
3. Take the pork cutlet, dip it in the flour. Then dip it into the egg and milk mixture. Finally, cover it with the bread crumbs mixture.
4. Preheat the fryer to 360F for 5 minutes. Mean-while, grease the basket with the cooking spray. When the Air Fryer is hot, set the timer to 20 minutes. Layer the pork onto the basket and cook until golden and crisp.
5. Meanwhile, prepare the pesto: place semi-dried tomatoes, pine nuts, olive oil, and basil leaves into a food processor. Blend well for 20 seconds.
6. When pork is ready, serve it with pesto and mixed leaf salad.

Roasted Rack of Lamb with a Macadamia Crust

(Prep + Cook Time: 40 minutes | Servings: 4)

Ingredients:

Lamb:

1 1/3 pounds rack of lamb
1 garlic clove, minced
1 tbsp olive oil
salt and pepper to taste

Macadamia Crust:

3 oz macadamia nuts, raw and unsalted
1 tbsp breadcrumbs
1 tbsp fresh rosemary, chopped
1 egg, lightly beaten

Directions:

1. In a small bowl, mix the garlic and olive oil. Brush all over the lamb and season with salt and pepper.
2. In a food processor, chop the macadamia nuts and mix with the breadcrumbs and rosemary. Be careful to not grind the nuts to a paste. Stir in the egg.
3. Coat the lamb with the nut mixture.
4. Briefly preheat your Air Fryer to 360F
5. Place the lamb in the Fryer and cook for 30 minutes. Raise the temperature to 350F and cook for 5 additional minutes.
6. Remove the meat, tent loosely with foil for 5-10 minutes, and serve.

Air Fried Lamb Chops

(Prep + Cook Time: 30 minutes | Servings: 4)

Thyme-flavored, garlicky, and juicy, this recipe will become your favorite after a single bite. Ready in 30 minutes, these lamb chops are the real crowd pleaser.

Ingredients:

4 lamb chops
1 tbsp dried thyme
1 garlic clove
1 tbsp plus 2 tsp olive oil
pinch of black pepper

Directions:

1. Preheat the Air Fryer to 390F.
2. Coat the garlic with a teaspoon of oil and cook for 10 minutes in the Air Fryer.
3. Combine thyme and pepper with the rest of the olive oil.
4. Squeeze the roasted garlic and stir it into the thyme oil.
5. Brush the mixture over the lamb chops.
6. Cook for 12 minutes in the Air Fryer.
7. Serve and enjoy.

Rack of Lamb with Italian Sauce

(Prep + Cook Time: 40 minutes | Servings: 2)

Ingredients:

2 racks of lamb
1 bunch fresh mint
2 garlic cloves
3.5 oz extra virgin olive oil
1 tbsp honey
freshly ground pepper to taste

Directions:

1. Preheat the Air Fryer to 390F.
2. Put all the ingredients, except the racks, in the blender. Puree it into a sauce.
3. Make a small cut in the lamb racks, from the top between the bones, and then tie the rack into a crown shape using kitchen twine.
4. Smear generously with the sauce.
5. Place the pan in the Air Fryer. Cook the lamb rack for 15 minutes at 390F.
6. Open the Air Fryer every 5 minutes to smear the crown with another layer of sauce.
7. It will be nice with mashed potatoes and fresh vegetables

Vegetable Recipes

Vegetables (V)

(Prep + Cook Time: 45 minutes | Servings: 4)

Ingredients:

3.5 oz radish
½ tsp parsley
3.5 oz celeriac
1 carrot (yellow)
1 carrot (orange)
1 onion (red)
3.5 oz pumpkin
3.5 oz parsnips
salt to taste
epaulette pepper to taste
1 tbsp oil (olive)
4 garlic cloves (unpeeled)

Directions:

1. Peel and cut vegetables into 2 – 3 cm sized small pieces.
2. Preheat Air Fryer to 390F.
3. Warm the oil and add vegetables into it.
4. Add garlic, salt and pepper in the pan.
5. Put in a brisket in Air Fryer to roast for 18 – 20 minutes.
6. Sprinkle parsley and serve hot with boiled rice. Enjoy the combination.

Air Fryer French Fries (V)

(Prep + Cook Time: 40 minutes | Servings: 4)

Ingredients:

4 potatoes, peel and cut into strips
1 tsp Italian seasoning
1 tsp onion powder
1 tsp garlic powder
1 tsp paprika
1 tsp pepper
2 tsp olive oil

Directions:

1. Add all ingredients into the large bowl and toss well.
2. Add in Air Fryer basket and air fry at 400F for 30 minutes.
3. Shake basket every 10 minutes.
4. Serve hot and enjoy.

Simple Roasted Corn (V)

(Prep + Cook Time: 15 minutes | Servings: 4)

Ingredients:

4 ears of corn, remove husks

2 tsp olive oil

pepper to taste

salt to taste

Directions:

1. Add corn in Air Fryer basket and drizzle with olive oil.
2. Season corn with pepper and salt.
3. Cook corn in Air Fryer at 400F for 10 minutes.
4. Serve hot and enjoy.

Healthy Brussels Sprouts (V)

(Prep + Cook Time: 15 minutes | Servings: 2)

Ingredients:

2 cups Brussels sprouts, sliced in half

1 tbsp balsamic vinegar

1 tbsp olive oil

¼ tsp salt

Directions:

1. Add all ingredients into the bowl and toss well.
2. Add Brussels sprouts in Air Fryer basket and air fry at 400F for 10 minutes.
3. Shake basket halfway through.
4. Serve and enjoy.

Cheesy Air Fried Zucchini Chips

(Prep + Cook Time: 30 minutes | Servings: 2)

Ingredients:

3 medium zucchini, sliced
1 tsp parsley, chopped
3 tbsp parmesan cheese, grated
pepper to taste
salt to taste

Directions:

1. Preheat the Air Fryer to 425F.
2. Place sliced zucchini on baking paper and Spray with cooking spray.
3. Combine together cheese, pepper, parsley, and salt.
4. Sprinkle cheese mixture over sliced zucchini.
5. Place in Air Fryer and cook for 25 minutes or until crisp.
6. Serve and enjoy.

Tasty Potato Wedges (V)

(Prep + Cook Time: 30 minutes | Servings: 4)

Ingredients:

4 medium potatoes, cut into wedges

1 tbsp cajun spice

1 tbsp olive oil

pepper to taste

salt to taste

Directions:

1. Add potato wedges in Air Fryer basket and drizzle with olive oil.
2. Cook wedges at 370F for 25 minutes. Shake basket twice.
3. Add cooked wedges in bowl. Season wedges with Cajun spice, pepper, and salt.
4. Toss potato wedges well and serve.

Sweet Potato Fries with Curry (V)

(Prep + Cook Time: 20 minutes | Servings: 3)

Ingredients:

1 pound frozen sweet potato fries

½ cup sour cream

½ cup mango chutney

3 tsp curry powder, divided

1 tbsp olive oil

½ tsp salt

¼ tsp black pepper

Directions:

1. In the large mixing bowl combine sour cream, mango chutney, salt, pepper, and 1/2 curry powder. Mix well.
2. In another large bowl place frozen sweet potato fries. Sprinkle with olive oil and 1/2 of curry powder. Stir to combine.
3. Preheat the Air Fryer to 380F and cook potato fries for nearly 10 minutes, until cooked and crispy.
4. Shake the fryer basket couple times during cooking.
5. Serve sweet fries with dipping sauce and enjoy.

Honey Roasted Carrots

(Prep + Cook Time: 20 minutes | Servings: 4)

Ingredients:

1 tbsp honey

3 cups of baby carrots or carrots cut into bite-size pieces

1 tbsp olive oil

sea salt to taste

ground black pepper to taste

Directions:

1. Take a bowl and combine carrots, honey, and olive oil. The carrots should be covered completely.
2. Season carrots with salt and ground black pepper.
3. Air-fry carrots at 390F for 12 minutes.
4. When ready, serve immediately.

Carrots with Cumin

(Prep + Cook Time: 25 minutes | Servings: 4)

Ingredients:

2 cups carrots (peeled, chopped)

1 tsp cumin seeds

1 tbsp olive oil

¼ cup coriander

Instructions:

1. Coat carrots with cumin and oil.
2. Cook at 390F for 12 minutes.
3. Sprinkle coriander.
4. The meal is ready to be served. Enjoy eating.

Crispy Onion Rings

(Prep + Cook Time: 25 minutes | Servings: 2)

Ingredients:

1 large onion, cut into slices
1 egg, beaten
¾ cup breadcrumbs
1 cup milk
1 tsp baking powder
1 ¼ cup plain flour
1 tsp salt

Directions:

1. Preheat the Air Fryer for 5 minutes.
2. In a small bowl, combine together baking powder, flour, and salt.
3. In another small bowl, whisk together milk and egg.
4. Place breadcrumbs in a shallow dish.
5. Coat onion slice with flour then dip in egg mixture and finally coat with breadcrumbs.
6. Place coated onion rings in Air Fryer basket and cook at 350F for 10 minutes.
7. Serve and enjoy.

Air Grilled Tomatoes (V)

(Prep + Cook Time: 25 minutes | Servings: 2)

Ingredients:

2 tomatoes
herbs
pepper to taste
cooking spray

Directions:

1. Wash tomatoes. Cut in half (doesn't matter in which direction.) Turn over, spray bottoms lightly with 1 spray of cooking spray.
2. Turn all halves cut side up. Spray lightly with 1 spray of cooking spray. Sprinkle with ground black pepper and your choices of dried or fresh herb or herbs, such as: parsley, oregano, basil, thyme, rosemary, sage, etc.
3. Place tomato halves into top tray (or snack tray) of Air Fryer cut-side up. (No need to spray the top tray.) Turn Air Fryer on for 20 minutes. (In a basket-type Air Fryer, try 320F with no preheat for 20 minutes.)
4. After 20 minutes, check for doneness, which will vary based on size of tomatoes, how many halves you are actually doing at once, ripeness of tomatoes, your personal preference, etc. If needed, give them another few minutes.

Notes: If you are making a meal for which you also require the bottom Actifry bowl, cook the grilled tomato halves to 20 minutes, remove top pan from Actifry, proceed with cooking in the bottom bowl, then when everything else is ready, just place the top pan with the tomatoes back in for a 2 minute reheat.

Air Fried Spicy Sweet Potato Wedges (V)

(Prep + Cook Time: 25 minutes | Servings: 2)

Ingredients:

2 large sweet potatoes, cut into wedges

1 tbsp olive oil

1 tsp chili powder

1 tsp mustard powder

1 tsp cumin

1 tbsp mexican seasoning

pepper to taste

salt to taste

Directions:

1. Preheat the Air Fryer 350F.
2. Add all ingredients into the bowl and toss well.
3. Add sweet potato wedges into the Air Fryer basket and air fry for 20 minutes. Shake basket every 5 minutes.
4. Serve and enjoy.

Air Fryer Asparagus (V)

(Prep + Cook Time: 15 minutes | Servings: 4)

Ingredients:

10 asparagus spears, cut woody end

1 garlic clove, minced

4 tbsp olive oil

pepper to taste

salt to taste

Directions:

1. Preheat the Air Fryer 400F for 5 minutes. In a bowl, combine together garlic and oil.
2. Coat asparagus with oil mixture and place in Air Fryer basket.
3. Season asparagus with pepper and salt.
4. Cook asparagus in preheated Air Fryer for 10 minutes.
5. Serve and enjoy.

Air Fryer Sweet Potato Fries (V)

(Prep + Cook Time: 45 minutes | Servings: 4)

Ingredients:

4 large sweet potatoes, peel and cut into strips

¼ cup water

3 ½ tbsp olive oil

1/3 cup cornstarch

Directions:

1. Soak sweet potato strips in water for 20 minutes.
2. Combine together oil, cornstarch, and water in large bowl.
3. Add sweet potato strips in bowl and toss well until coated.
4. Place coated fries in Air Fryer basket and cook at 400F for 30 minutes.
Shake basket every 10 minutes.
5. Serve and enjoy.

Air Fried Baked Potatoes (V)

(Prep + Cook Time: 40 minutes | Servings: 4)

Ingredients:

4 potatoes

olive oil or butter, as required

Directions:

1. Peel the potatoes then cut in half.
2. Preheat your Air Fryer to 355F.
3. Brush the potatoes gently with the oil then cook them in the preheated Air Fryer for 10 minutes.
4. Brush again with the oil then continue to cook for another 10 minutes.
5. Brush again with the oil then continue to cook for another 10 minutes or until the potatoes are cooked through.

Air Fried Hasselback Potatoes (V)

(Prep + Cook Time: 45 minutes | Servings: 4)

Ingredients:

4 potatoes

olive oil, as required

Directions:

1. Peel the potatoes then cut in half. Cut slits down the potatoes about 5mm apart and 6mm from the base.
2. Preheat your Air Fryer to 355F.
3. Brush the potatoes gently with the oil then cook them in the preheated Air Fryer for 15 minutes.
4. Brush again with the oil then continue to cook for another 15 minutes or until the potatoes are cooked through.

Crispy and Tasty Garlic-Parsley Potatoes (V)

(Prep + Cook Time: 40 minutes | Servings: 4)

Ingredients:

1 pound russet baking potatoes
1 tbsp garlic powder
1 tbsp freshly chopped parsley
½ tsp salt
¼ tsp black pepper
1-2 tbsp olive oil

Directions:

1. Wash and dry potatoes with kitchen towels. Make holes in each potato with a fork.
2. Transfer potatoes to a large bowl and sprinkle with garlic powder, salt and pepper. Drizzle with the olive oil and stir to combine.
3. Preheat the Air Fryer to 360F. Cook potatoes for about 30 minutes, shaking couple times during cooking.
4. When ready sprinkle potatoes with chopped parsley and serve. You may also serve with butter, sour cream or another dipping you prefer.

Tasty Potato Chips Total

(Prep + Cook Time: 45 minutes | Servings: 4)

Ingredients:

2 large potatoes, peel and sliced

1 tbsp rosemary

3.5 oz sour cream

¼ tsp salt

Directions:

1. Add potato slice in water and soak for 30 minutes.
2. After 30 minutes drain potato slice and place in large bowl.
3. Add rosemary, sour cream, and salt in bowl and toss well.
4. Preheat the Air Fryer to 320F.
5. Add coated potato slice in Air Fryer basket and cook for 35 minutes.
6. Serve hot and enjoy.

Crispy Eggplant Fries (V)

(Prep + Cook Time: 25 minutes | Servings: 2)

Ingredients:

1 large eggplant, cut into 3 inch slices

¼ cup water

1 tbsp olive oil

¼ cup cornstarch

¼ tsp salt

Directions:

1. Preheat the Air Fryer to 400F.
2. In a bowl, combine together water, olive oil, cornstarch, and salt.
3. Add sliced eggplant in bowl and coat well.
4. Place coated eggplant slices in Air Fryer basket and air fry for 20 minutes.
5. Serve and enjoy.

Yummy Potato Tots (V)

(Prep + Cook Time: 20 minutes | Servings: 2)

Ingredients:

1 large potato, diced
1 tsp onion, minced
1 tsp olive oil
pepper to taste
salt to taste

Directions:

1. Add water and potatoes in saucepan and boil over medium-high heat.
2. Drain boiled potatoes and place in bowl.
3. Using masher mash potatoes.
4. Add olive oil, onion, pepper and salt in mashed potato and mix well to combine.
5. Make small tots of potato mixture and place in Air Fryer basket.
6. Cook at 380F for 8 minutes.
7. Shake basket and cook for another 5 minutes.
8. Serve hot and enjoy.

Air Fried Crispy Zucchini

(Prep + Cook Time: 30 minutes | Servings: 6)

Ingredients:

6 medium zucchini, cut into sticks

4 tbsp parmesan cheese, grated

4 egg white

½ tsp garlic powder

1 cup breadcrumbs

pepper to taste

salt to taste

Directions:

1. Preheat the Air Fryer to 400F.
2. In a bowl, beat egg whites with salt and pepper.
3. In another bowl combine together breadcrumbs, garlic powder, and parmesan cheese.
4. Dip zucchini stick in egg whites then coat with breadcrumbs.
5. Place coated zucchini in Air Fryer basket and cook for 20 minutes.
6. Serve and enjoy.

Crispy Crust Cheese Sticks

(Prep + Cook Time: 15 minutes | Servings: 4)

Ingredients:

1 lb mozzarella cheese
2 eggs, beaten
1 tsp cayenne pepper
1 cup breadcrumbs
1 tsp onion powder
1 tsp garlic powder
1 cup plain flour
½ tsp salt

Directions:

1. Cut mozzarella cheese into 3*1/2 inch sticks.
2. Add beaten eggs in small bowl. In a shallow dish add plain flour.
3. In another small bowl combine together breadcrumbs, cayenne pepper, onion powder, garlic powder, and salt.
4. Dip strips into beaten egg then dip in flour then return into egg and finally coat with breadcrumbs.
5. Place coated cheese in refrigerator for 20 minutes.
6. Preheat the Air Fryer to 400F.
7. Spray Air Fryer basket with cooking spray.
8. Place coated cheese stick in Air Fryer basket and cook for 5 minutes.
9. Serve hot and enjoy.

Crispy Kale Chips Recipe

(Prep + Cook Time: 15 minutes | Servings: 2)

Ingredients:

1 head of kale
1 tbsp of olive oil
1 tsp of soya sauce

Directions:

1. Remove the center stem of the kale.
2. Tear the kale up into 1 1/2" pieces.
3. Wash clean and dry thoroughly.
4. Toss with the olive oil and soya sauce.
5. Fry in the Air Fryer at 390F for 2 to 3 minutes, tossing the leaves halfway through.
6. Enjoy!

Lemon Green Beans (V)

(Prep + Cook Time: 15 minutes | Servings: 2)

Ingredients:

1 lb green beans, washed and ends trimmed

¼ tsp olive oil

1 lemon juice

pepper to taste

salt to taste

Directions:

1. Place green beans in Air Fryer basket and pour 1 lemon juice over the beans.
2. Season with pepper and salt. Drizzle with beans with olive oil.
3. Cook beans at 400F for 10 minutes.
4. Serve and enjoy.

Roasted Vegetables (V)

(Prep + Cook Time: 40 minutes | Servings: 4)

Ingredients:

15 oz yellow squash, slices

15 oz zucchini, slices

8 oz carrots, slices

1 tbsp oregano, chopped

1 tbsp thyme leaves

2 tbsp olive oil

½ tsp pepper

½ tsp salt

Directions:

1. In a bowl, add slice zucchini, squash and carrots toss well. Add oil, oregano, and thyme in bowl.
2. Season with pepper and salt. Toss well.
3. Place bowl mixture into the Air Fryer basket and cook at 400F for 30 minutes.
4. Shake the basket half way through.
5. Serve and enjoy.

Parmesan Potatoes

(Prep + Cook Time: 20 minutes | Servings: 4)

Ingredients:

11 oz potatoes (diced, boiled)

1 egg yolk

2 tbsp flour

3 tbsp cheese (parmesan)

3 tbsp breadcrumbs (with oil)

pepper to taste

nutmeg to taste

salt to taste

Directions:

1. Mash potatoes and add all ingredients except breadcrumbs in a bowl.
2. Mix the ingredients well and make into medium size balls.
3. Coat the balls with breadcrumbs.
4. Preheat Air Fryer at 390F and cook for 4 minutes.
5. Serve with fish. Enjoy the combination.

Baked Garlic Parsley Potatoes

(Prep + Cook Time: 45 minutes | Servings: 3)

Ingredients:

3 idaho or russet baking potatoes, washed

2 cloves garlic, crushed

1 tbsp olive oil

1 tbsp sea salt

parsley, roughly chopped

sour cream to taste

Directions:

1. Prepare the potatoes: make the holes using a fork. Season potatoes with salt and cover with garlic puree and olive oil.
2. Layer potatoes in the Air Fryer basket and cook at 390F. Set the timer for 35-40 minutes. It is ready when it is fork tender.
3. You may add your favorite toppings at the end of cooking time, but lean recommend fresh parsley and sour cream.

Air Fried Yummy Potato Gratin

(Prep + Cook Time: 25 minutes | Servings: 4)

Ingredients:

3 potatoes, peeled and sliced

¼ cup milk

3 tbsp cheddar cheese, grated

¼ cup coconut cream

¼ tsp nutmeg

¼ tsp pepper

Directions:

1. Preheat Air Fryer to 400F.
2. Add milk and cream in bowl and season with pepper, salt, and nutmeg.
3. Coat the potato slices in milk and cream mixture.
4. Arrange potato slices in oven safe dish and pour remaining cream on top of potato slices.
5. Sprinkle grated cheese over potato slices.
6. Place dish in Air Fryer basket and cook for 15 minutes until lightly browned.
7. Serve and enjoy.

Air Fired Sweet Potato Bites (V)

(Prep + Cook Time: 30 minutes | Servings: 2)

Ingredients:

2 sweet potato, diced into
1 inch cubes
1 tsp red chili flakes
2 tsp cinnamon
2 tbsp olive oil
2 tbsp honey
½ cup freshly chopped parsley

Directions:

1. Preheat Air Fryer at 350F.
2. Add all ingredients into the bowl and toss well. Place sweet potato mixture into the Air Fryer basket.
3. Cook in preheated Air Fryer for 15 minutes.
4. Serve and enjoy.

Mediterranean Veggie Mix (V)

(Prep + Cook Time: 30 minutes | Servings: 4)

Ingredients:

1 large zucchini, sliced
3-4 cherry tomatoes on the vine
1 medium carrot, peeled and cubed
1 large parsnip, peeled and cubed
1 green pepper, sliced
1 tsp mustard
1 tsp mixed herbs
2 cloves garlic, crushed
2 tbsp honey
3+3 tbsp olive oil, separately
sea salt to taste
black pepper to taste

Directions:

1. Add the slices of zucchini, green pepper, parsnip, carrot and cherry tomatoes on the vine to the bottom of the Air Fryer. Cover the ingredients with 3 tablespoons of oil and adjust the time to 15 minutes. Cook at 360F.
2. While the ingredients are being cooked, prepare the marinade. For that, combine all the remaining ingredients in the Air Fryer safe baking dish. When the veggies are ready, combine the marinade and the vegetables in the baking dish and stir making sure every piece of vegetable is coated with the marinade well. Sprinkle it with pepper and salt.
3. Cook it at 390F for 5 minutes and serve hot.

Tawa Veggies (V)

(Prep + Cook Time: 30 minutes | Servings: 4)

Ingredients:

¼ cup okra

¼ cup eggplant

¼ cup potato

¼ cup taro root

1 tsp amchur powder

1 tsp red chili powder

2 tsp garam masala

salt according to taste

oil for brushing

Directions:

1. Cut potato and taro root into fries and soak in salt water for 10 minutes.
2. Cut okra and eggplant into four pieces in a way that it is attached at one end.
3. Rinse potatoes and taro root and pat them dry.
4. Add spices over the potatoes, taro roots, okra and egg plants.
5. Brush the pan with oil.
6. Preheat to 390F and cook the mixture for 10 minutes.
7. Lower heat to 355F and cook for 15 minutes.
8. Serve with rice and enjoy the flavorful taste.

Spicy Nuts

(Prep + Cook Time: 15 minutes | Servings: 8)

Ingredients:

2 cup mix nuts
1 tsp chipotle chili powder
1 tsp ground cumin
1 tbsp butter, melted
1 tsp pepper
1 tsp salt

Directions:

1. In a bowl, add all ingredients toss well to coat.
2. Preheat Air Fryer at 350F for 5 minutes.
3. Add mix nuts in Air Fryer basket and roast for 4 minutes.
4. Shake basket halfway through.
5. Serve and enjoy.

Roasted Corn (V)

(Prep + Cook Time: 15 minutes | Servings: 8)

Ingredients:

4 fresh ears of corn
2 to 3 tsp vegetable oil
salt and pepper to taste

Directions:

1. Remove husks from corn, wash and pat dry.
2. You may need to cut the corn to fit in your basket. If you need to do so, cut the corn.
3. Drizzle vegetable oil over the corn. Try to cover the corn well.
4. Season with salt and pepper.
5. Cook at 400F for about 10 minutes.

Healthy and Tasty Tofu

(Prep + Cook Time: 20 minutes | Servings: 4)

Ingredients:

15 oz extra firm tofu, drain and cut into cubes

1 tsp chili flakes

$\frac{3}{4}$ cup cornstarch

$\frac{1}{4}$ cup cornmeal

pepper to taste

salt to taste

Directions:

1. In a bowl, add cornmeal, cornstarch, chili flakes, pepper, and salt. Mix well.
2. Add tofu cubes in cornmeal mixture and coat well.
3. Preheat Air Fryer at 350F.
4. Spray Air Fryer basket with cooking spray.
5. Place coated tofu in Air Fryer basket.
6. Air fry tofu for 8 minutes. Shake basket halfway through.
7. Serve with enjoy.

Crispy Herb Cauliflower Florets

(Prep + Cook Time: 30 minutes | Servings: 2)

Ingredients:

2 cups cauliflower florets, boiled
1 egg, beaten
½ tbsp mix herb
2 tbsp parmesan cheese, grated
1 tbsp olive oil
¼ cup plain flour
½ cup breadcrumbs
½ tsp garlic powder
½ tsp chili powder
salt to taste

Directions:

1. In a bowl, combine together breadcrumbs, garlic powder, chili powder, mix herb, salt, and cheese.
2. Add olive oil in breadcrumbs mixture and mix well.
3. Place plain flour in shallow dish and beaten egg in small bowl.
4. Dip cauliflower floret in beaten egg then in flour and finally coat with breadcrumbs.
5. Preheat the Air Fryer at 350F.
6. Place coated cauliflower florets in Air Fryer basket and cook for 20 minutes. Shake basket halfway through.
7. Serve and enjoy.

Crisp and Crunchy Baby Corn (V)

(Prep + Cook Time: 20 minutes | Servings: 4)

Ingredients:

8 oz baby corns, boiled
1 cup plain flour
1 tsp garlic powder
½ tsp carom seeds
¼ tsp chili powder
pinch of baking soda
salt to taste

Directions:

1. In a bowl, add flour, chili powder, garlic powder, cooking soda, salt and carom seed. Mix well.
2. Pour little water in bowl and make nice consistency batter.
3. Dip boiled baby corns in batter and coat well.
4. Preheat the Air Fryer at 350F.
5. Line Air Fryer basket with aluminum foil then place coated baby corns on foil.
6. Cook baby corns in preheated Air Fryer for 10 minutes.
7. Serve and enjoy.

Simple and Tasty Banana Chips (V)

(Prep + Cook Time: 20 minutes | Servings: 3)

Ingredients:

2 large raw bananas, peel and sliced

½ tsp red chili powder

1 tsp olive oil

¼ tsp turmeric powder

1 tsp salt

Directions:

1. In bowl add water, turmeric powder and salt.
2. Add sliced bananas in bowl water soak for 10 minutes. Drain well and dry chips with paper towel.
3. Preheat the Air Fryer to 350F.
4. Place banana slices in bowl and toss with olive oil, chili powder and salt.
5. Add in Air Fryer basket and air fry for 15 minutes.
6. Serve and enjoy.

Air Fried Kale Chips (V)

(Prep + Cook Time: 10 minutes | Servings: 2)

Ingredients:

1 head kale, tear into
1 ½ inch pieces
1 tbsp olive oil
1 tsp soy sauce

Directions:

1. Wash kale pieces and dry well with paper towel.
2. Add kale in a bowl and toss with soy sauce and oil.
3. Add in Air Fryer and cook at 400F for 3 minutes.
4. Toss halfway.
5. Serve and enjoy.

Roasted Broccoli Florets (V)

(Prep + Cook Time: 20 minutes | Servings: 4)

Ingredients:

1 lb broccoli, cut into florets
1 tbsp lemon juice
1 tbsp olive oil
1 tbsp sesame seeds
3 garlic cloves, minced

Directions:

1. Add all ingredients to the bowl and toss well.
2. Add broccoli into the Air Fryer basket and air fry at 400F for 13 minutes.
3. Serve and enjoy.

Honey Roasted Carrots (V)

(Prep + Cook Time: 20 minutes | Servings: 2)

Ingredients:

1 tbsp olive oil

3 cups of baby carrots or carrots cut into large chunks

1 tbsp honey

salt and pepper to taste

Directions:

1. In a bowl, mix your carrots with your honey and the olive oil.
2. Ensure carrots are well covered.
3. Season with salt and pepper.
4. Cook in Air Fryer set to 390F for 12 minutes.
5. Serve while hot.

Avocado Fries

(Prep + Cook Time: 20 minutes | Servings: 4)

Ingredients:

½ cup panko

½ tsp salt

1 whole avocado

1 oz aquafaba

Directions:

1. Toss together the panko and salt in a shallow bowl.
2. Pour the aquafaba into another shallow bowl.
3. Dredge the avocado slices in the aquafaba and then in the panko.
4. Arrange the slices in a single layer in your Air Fryer basket. The single layer is important.
5. Air fry for 10 minutes at 390F.
6. Serve.

Spinach Samosa (V)

(Prep + Cook Time: 45 minutes | Servings: 2)

Ingredients:

¾ cup of boiled and blended spinach puree
¼ cup of green peas
½ tsp sesame seeds
salt, ajwain, chaat masala, chili powder to taste
2 tsp of olive oil
1 tsp of chopped fresh coriander leaves
1 tsp of garam masala
¼ cup of boiled and cut potatoes
½ 1 cup of refined flour
½ tsp of cooking soda

Directions:

1. Mix Ajwain, flour, cooking soda and salt in a bowl to make the dough. Add 1 tablespoon of oil.
2. Add spinach puree and mix the dough until it smoothens.
3. Put it in the fridge for twenty minutes. Add 1 tablespoon of oil into a pan then add potato and peas and allow them to cook for 5 minutes.
4. Add sesame seeds, coriander, and any other spices as you stir.
5. Kneading the dough again, make the small ball with the help of a rolling pin.
6. From the balls make cone shapes which are then filled with the stuffing that is not yet cooked.
7. Make sure the flour sheets are well sealed. Get the Air Fryer preheated to 390F.
8. Place the samosa in the Air Fryer basket and allowed them to cook in there for 10 minutes.
9. You could serve the samosa with sauce.

Air Fried Corn (V)

(Prep + Cook Time: 20 minutes | Servings: 4)

Ingredients:

4 fresh ears corn

2 tsp extra virgin olive oil

salt and pepper, to taste

Directions:

1. Remove and discard husks from corn, wash and pat dry.
2. Cut corn in 4-5 inch pieces and transfer to a large bowl.
3. Sprinkle corn with olive oil and season with salt and pepper, to taste.
4. Preheat the Air Fryer to 390F.
5. Cook corn for about 8-10 minutes, shake couple times during cooking.
6. Serve.

Classic French Potatoes Fries (V)

(Prep + Cook Time: 25 minutes | Servings: 4)

Ingredients:

1 pound russet potatoes

1 tsp salt

½ tsp black pepper

1 tbsp olive oil

Directions:

1. Heat the water in a pan and blanch potatoes until tender. Let cool and then cut into fries. Transfer to a large bowl and toss sprinkle with olive oil, salt and pepper.
2. Preheat the Air Fryer to 390F and cook French fries for about 15 minutes, shake periodically while cooking.
3. Serve and garnish with freshly chopped herbs if desired.

Eggplant Parmesan Panini

(Prep + Cook Time: 65 minutes | Servings: 2)

Notes: you need contact grill or Panini press to cook this meal.

Ingredients:

2 tbsp milk
1 medium eggplant, cut into 1/2-inch slices
4 slices artisan italian bread
1/2 cup breadcrumbs
2 cups grated mozzarella cheese
2 tbsp grated parmesan cheese
1/2 tsp onion powder
1/2 tsp garlic powder
1/2 cup mayonnaise
3/4 cup tomato sauce
1 tbsp dried parsley
1/2 tsp italian seasoning
cooking spray
2 tbsp olive oil
1/2 tsp sea salt + more if needed
freshly ground black pepper
fresh basil, chopped

Directions:

1. First, prepare the eggplant slices. Cover both of its sides with salt and put them between the sheets of the paper towel. Set them aside for about 30 minutes in order to get rid of the excess moisture.
2. Meanwhile, take the dredging station or shallow bowl and prepare the other ingredients.
3. Combine breadcrumbs, Italian seasoning, parsley, onion powder, and garlic powder. Season it with black pepper and salt. Take another small bowl and whisk the milk and mayonnaise in it to make a smooth mixture.

4. Preheat the Air Fryer to 400F. Take your eggplant slices and remove excess salt. Cover both sides of each slice with the mayonnaise mixture you prepared before. Then dip and press the eggplant slices into the breadcrumbs mixture, covering both sides.
5. Use the cooking spray for both sides of the eggplant slices. Air-fry the slices in batches for about 15 minutes, turning them over halfway done.
6. Now it's time to prepare the Panini. Grease one side of each bread slice with the olive oil. Take the cutting board and put two slices of bread on it with the oiled side down. Then layer mozzarella cheese, and grated Parmesan cheese. Place the eggplant on the cheese. Cover with tomato sauce and add the remaining mozzarella and parmesan cheeses. Decorate it with chopped fresh basil. Put the second slice of the bread on top, oiled side up.
7. Take preheated contact grill or Panini press and place your sandwiches onto it. Close the lid and cook for 10 minutes. The meal is ready when the bread is browned and cheese melted.
8. Put the Panini again on the cutting board and set aside for 2-3 minutes. Cut it in halves and serve.

Roasted Orange Cauliflower

(Prep + Cook Time: 30 minutes | Servings: 2)

Ingredients:

½ lemon, juiced
1 head cauliflower
½ tbsp olive oil
1 tsp curry powder
sea salt to taste
ground black pepper to taste

Directions:

1. Prepare the cauliflower: wash it and remove the leaves and core. Slice into florets of similar size.
2. Grease the Air Fryer with the oil and heat it for about 2 minutes selecting 390F.
3. Combine fresh lemon juice and curry powder.
4. Stir and add the cauliflower florets. Season it with pepper, salt and stir well again.
5. Cook the meal for 20 minutes and serve warm.

Easy Kale Chips (V)

(Prep + Cook Time: 10 minutes | Servings: 2)

Ingredients:

1 head kale
1 tsp soy sauce
1 tbsp olive oil

Directions:

1. Preheat the Air Fryer to 390F.
2. Prepare the kale: remove the stem, wash, dry and cut into 1 ½ inch pieces.
3. Put the kale into the Air Fryer basket and cover it with olive oil and soy sauce.
4. Cook kale for 3 minutes, but toss it halfway through.

Tomatoes and Herbs

(Prep + Cook Time: 30 minutes | Servings: 2)

Ingredients:

2 large tomatoes, washed and cut into halves
herbs, such as oregano, basil, thyme, rosemary, sage to taste
cooking spray
pepper to taste
parmesan, grated (optional)
parsley, minced (optional)

Directions:

1. Take the halves of tomatoes and spray its bottoms with a small amount of cooking spray. Then turn the tomatoes cut side up. Spray that side as well. Season tomatoes with pepper and dried or fresh herbs as you prefer.
2. Layer tomatoes in the basket cut-side up. Set 320F without preheating. Adjust the time to 20 minutes. After the end of cooking, check the tomatoes for readiness, cook for another minute or two if necessary.
3. Serve hot, or room temperature, or chilled as a summer side dish or covered with grated Parmesan and minced parsley.

Lemony Green Beans

(Prep + Cook Time: 20 minutes | Servings: 4)

Ingredients:

1 lemon
1 lb. green beans, washed and destemmed
¼ tsp extra virgin olive oil
sea salt to taste
black pepper to taste

Directions:

1. Preheat the Air Fryer to 400F.
2. Place the green beans into your Air Fryer basket. Squeeze the lemon over the beans.
3. Season it with pepper and salt. Cover the ingredients with oil and toss well.
4. Cook the green beans for 10-12 minutes. Serve
5. Warm.

Roast Butternut Pumpkin with Nuts And Balsamic Vinaigrette (V)

(Prep + Cook Time: 30 minutes | Servings: 4)

Main Ingredients:

2 ½ tbsp toasted pine nuts
1 butternut pumpkin, cut into 1-inch slices
1 ½ tbsp olive oil
¼ a bunch thyme
sea salt to taste
black pepper to taste

Vinaigrette ingredients:

6 tbsp olive oil
1 tbsp Dijon mustard
2 tbsp balsamic vinegar
sea salt to taste
black pepper to taste

Directions:

1. Preheat your Air Fryer to 390F for 5 minutes. Take the slices of a pumpkin and cover it with 1 ½ tablespoons of olive oil and season it with thyme, salt, and pepper.
2. When the Air Fryer is hot, adjust the time to 20 minutes. Put the seasoned pumpkin into the Air Fryer basket and cook. The pumpkin is ready when it's soft and tender.
3. In the meantime, prepare the vinaigrette. For that, simply combine all the vinaigrette ingredients in a bowl and stir well.
4. Serve the pumpkin covered with the vinaigrette. Sprinkle it with toasted pine nuts and sprigs of thyme.

Stuffed Tomatoes (V)

(Prep + Cook Time: 30 minutes | Servings: 4)

Ingredients:

4 large tomatoes, without tops, seeds, and pith
1 clove garlic, crushed
1 onion, cubed
1 cup frozen peas
2 cups cooked rice, cold
1 tbsp soy sauce
1 carrot, cubed
1 tbsp olive oil
parsley to taste, roughly chopped
cooking spray

Directions:

1. Prepare fried rice: take a pan, grease it with the olive oil and heat over the low heat. Add cubed onion, carrots, crushed garlic, and frozen peas. Cook for 2 minutes stirring a few times.
2. Then add soy sauce and rice, toss well and turn off the heat.
3. Preheat the fryer to 360F.
4. Meanwhile, fill the tomatoes with rice and vegetable mixture. Put it into the Air Fryer and adjust the cooking time to 20 minutes.
5. When it's cooked, decorate stuffed tomatoes with chopped parsley and serve.

Zucchini, Yellow Squash, and Carrots

(Prep + Cook Time: 45 minutes | Servings: 4)

Ingredients:

1 lb. yellow squash, without stem and root ends, and cut into 3/4-inch half moons
1 lb. zucchini, stem and root ends trimmed and cut into 3/4-inch half moons
1/2 lb. carrots, peeled and cut into 1 -inch cubes
2+4 tsp olive oil, separately
1 tsp sea salt
1/2 tsp ground white pepper
1 tbsp tarragon leaves, roughly chopped
lime, cut in wedges

Directions:

1. Take a small bowl, add carrots and cover them with 2 teaspoons of oil, stirring well. Put the carrots into the fryer basket and adjust the temperature to 400F. Cook for 5 minutes.
2. Place zucchini and yellow squash pieces into the bowl. Cover it with the remaining 4 teaspoons of olive oil. Season it with pepper and salt. Stir so that all the vegetables are covered equally.
3. When the Air Fryer timer goes off, stir in zucchini and yellow squash to the carrots. Cook for 30 times, stirring from time to time.
4. At the end of cooking add lime wedges and tarragon leaves.

Zucchini Fries and Roasted Garlic Aioli

(Prep + Cook Time: 30 minutes | Servings: 4)

Roasted Garlic Aioli Ingredients:

2 tbsp olive oil
1 tsp roasted garlic, pureed
½ lemon, juiced
½ cup mayonnaise
sea salt to taste
black pepper to taste

Zucchini Fries Ingredients:

2 eggs, beaten
½ cup all-purpose flour
1 cup breadcrumbs
1 large zucchini, cut into ½-inch sticks
1 tbsp olive oil
cooking spray
sea salt to taste
pepper to taste

Directions:

1. Take three shallow dishes. In the first one combine and stir well flour, pepper, and salt. Beaten eggs should be in the second dish. The third dish is for breadcrumbs combined with some salt and pepper.
2. Take the zucchini sticks and dip them first in the flour, then in the eggs and crumbs consequently. After this shake the dish with the breadcrumbs and pat them on the sticks. Set the sticks aside for about 10 minutes.
3. Preheat the Air Fryer to 400F. Cover the sticks with the cooking spray, layer them in the basket. There should be two layers, first one pointing at one direction, and the second layer pointing in the opposite direction.
4. Set timer to 12 minutes. Rotate and turn the fries halfway done and use some more cooking spray.
5. Meanwhile, prepare roasted garlic aioli: take a medium bowl and combine mayonnaise, olive oil, pureed roasted garlic, and lemon juice.

Stir in some more pepper and salt.

6. When zucchini fries are ready, serve it with roasted garlic aioli.

Low Carb Zucchini Roll Ups

(Prep + Cook Time: 15 minutes | Servings: 2-4)

Ingredients:

3 zucchinis, sliced thinly lengthwise (with a mandolin or very good knife)

1 tbsp olive oil

1 cup goat cheese

¼ tsp black pepper

Directions:

1. Preheat your Air Fryer to 390F.
2. Brush each zucchini strip with a bit of olive oil (use a food brush) Mix the sea salt and black pepper with the goat cheese.
3. Spoon a bit of goat cheese into the middle of each strip of zucchini.
4. Roll up each zucchini and fasten with a toothpick. Place in the Air Fryer and cook for 5 minutes.
5. The cheese will be warm and the zucchini slightly crispy.
6. Top with tomato sauce or enjoy as is for a light lunch or snack.

Pineapple Sticks With Yoghurt Dip

(Prep + Cook Time: 25 minutes | Servings: 2)

Ingredients:

¼ cup desiccated coconut

½ pineapple

Yogurt dip ingredients:

1 cup vanilla yogurt

fresh mint

Directions:

1. Preheat your Air Fryer to 390F. Cut the pineapple into sticks.
2. Take the desiccated coconut and dip the pineapple sticks in it.
3. Put the sticks covered with desiccated coconut in the Air Fryer basket and cook for 10 minutes.
4. Meanwhile, prepare the yogurt dip. Dice the mint leaves and combine it with the vanilla yogurt stirring well.
5. Serve the pineapple sticks on a large plate and the yogurt dip in the small bowls separately for each person.

Cumin Chili Squash

(Prep + Cook Time: 45 minutes | Servings: 4)

Ingredients:

1 butternut squash (medium)
2 tsp cumin seeds
1 bunch coriander
¼ cup pine nuts
1 pinch chili flakes
1 tbsp olive oil
2/3 yoghurt (greek)
salt and pepper to taste

Directions:

1. Slice squash and cut into small chunks.
2. Mix with spices and oil pan.
3. Roast squash at 380F for 20 minutes in the pan.
4. Toast nuts and serve with yoghurt, sprinkle coriander.
5. Enjoy your meal

Baked Heirloom Tomatoes with Feta & Pesto

(Prep + Cook Time: 25 minutes | Servings: 4)

Ingredients Pesto:

½ cup fresh parsley and basil, chopped (the proportion does not matter much - do whatever sounds good!)

½ cup parmesan cheese, grated

3 tbsp pine nuts, toasted

1 clove garlic, toasted

olive oil

pinch of salt

Ingredients Tomatoes and Feta:

At least 2 heirloom tomatoes, cut into ½ inch slices

8 oz block of feta cheese, cut into ½ inch slices

½ cup red onion, sliced paper-thin

1 tbsp olive oil

pinch of salt

Directions:

1. Prepare the pesto by combining all of the pesto ingredients excluding the olive oil and salt in a food processor.
2. With the machine running, slowly drizzle in the olive oil until a thick paste (pesto is Italian for paste!) forms. Season with salt to taste.
3. Toss the tomatoes, feta, and red onion with the olive oil.
4. Briefly preheat your Air Fryer to 350F.
5. Arrange the tomato mixture in the food tray and cook until soft and beginning to brown, 12-14 minutes.
6. Portion the tomato mixture onto individual plates, top each with a dollop of pesto, and serve.

Samosas

(Prep + Cook Time: 55 minutes | Servings: 4)

Ingredients:

2 russet potatoes, peeled and cubed
½ cup of green peas
2 tsp garam masala powder
1 tsp ginger-garlic paste
1 tsp chili powder
1 tsp turmeric
salt to taste
½ tsp cumin seed
vegetable oil for frying and brushing
2 cups all-purpose flour
1 tsp carom seed
1-2 tsp ghee (melted butter will also work)

Directions:

1. Prepare the crust: in a medium bowl, combine the flour, carom seed, ghee, and as much water as necessary to make a smooth dough. Knead the dough briefly and chill in the refrigerator for 30 min.
2. While the dough chills, prepare the filling: in a medium saucepan, cover the potatoes with water and bring to a boil. Add the peas and continue to boil until the vegetables are tender. Drain and mash them well.
3. Add the garam masala, ginger- garlic paste, chili powder, and turmeric to the potato mixture. Season with salt to taste and mix well.
4. In a small sauté pan, heat 2 tablespoons of oil over medium heat. Add the cumin seeds and toast until aromatic and sizzling. Add the cumin to the potato mixture, mix well again, and set aside.
5. Remove the dough from the refrigerator, roll out on a counter, and cut into several squares approximately 3-4 in. across.
6. Place a spoonful of filling in each square and fold the samosa to resemble the photograph above, carefully sealing the edges.
7. Briefly preheat your Air Fryer to 350F.

8. Brush the samosas with oil, place in the Fryer, and cook until golden, 18-20 min. Serve.

Vegetable Spring Rolls

(Prep + Cook Time: 35 minutes | Servings: 10)

Ingredients:

2 cups cabbage, shredded
1 large carrot, cut into thin matchsticks
2 large onions, cut into thin matchsticks
½ bell pepper, cut into thin matchsticks - any color will work
2 inch piece ginger, grated
8 cloves garlic, minced
2 tbsp of cooking oil plus more for brushing
A few pinches sugar
A few pinches salt
1 tsp soy sauce
1 tbsp black pepper
2-3 green onions, thinly sliced
10 spring roll wrappers
2 tbsp cornstarch
water

Directions:

Notes: When preparing the vegetables for the filling, take care to cut them all to a uniform size, as this will ensure even cooking and allow for a more attractive presentation.

1. Prepare the filling: in a large bowl, combine the cabbage, carrot, onion, bell pepper, ginger, and garlic.
2. In a medium sauté pan, heat 2 tbsp oil over high heat. Add the filling mixture, stirring in a few pinches of sugar and salt (the sugar helps the vegetables maintain their color). Cook for 2-3 min, add the soy sauce and black pepper, mix well, and remove from heat. Stir in the green onions and set aside.
3. In small bowl, combine the cornstarch and enough water to make a creamy paste.
4. Fill the rolls: place a tablespoon or so of filling in the center of each

wrapper and roll tightly, dampening the edges with the cornstarch paste to ensure a good seal. Repeat until all the wrappers and filling are used. Alternatively, cut the wrappers into smaller sizes and make mini spring rolls - fun!

5. Briefly preheat your Air Fryer to 350F.
6. Brush the rolls with oil, arrange in the Fryer, and cook until crisp and golden, about 20 min, flipping once at the halfway point.

Semolina Cutlets

(Prep + Cook Time: 25 minutes | Servings: 2)

Ingredients:

5 cups milk

1 ½ cups of your favorite vegetables (I like a combination of cauliflower, carrot, peas, green beans, and bell pepper)

1 cup semolina

salt and pepper to taste

oil for frying

Directions:

1. In a medium saucepan, heat the milk over medium heat. When hot, add the vegetables and cook until softened, 2- 3 minutes. Season with salt and pepper.
2. Add the semolina to the milk mixture, continuing to cook until thickened, about 10 minutes. Remove from heat, spread in a thin layer on a parchment-lined baking sheet, and chill in the refrigerator until firm, 3-4 hours.
3. When ready to cook, remove the baking sheet from the refrigerator, and cut the semolina mixture into cutlets using a sharp knife. Alternatively, use cookie cutters to make fun shapes if you will be serving the cutlets to children.
4. Briefly preheat your Air Fryer to 350F.
5. Brush the cutlets with oil, arrange in the Fryer, and bake until golden, about 10 minutes.
6. Serve with hot sauce!

Onion Pakora (V)

(Prep + Cook Time: 25 minutes | Servings: 6)

Ingredients:

1 cup graham flour
¼ cup rice flour
2 tsp vegetable oil
4 onions, finely chopped
2 green chili peppers, finely chopped
1 tbsp fresh coriander, chopped
¼ tsp carom
1/8 tsp chili powder
turmeric
salt to taste

Directions:

1. In a large bowl, combine the flours and oil. Mix well, adding water as necessary to create a thick, dough-like consistency.
2. Add the onions, peppers, coriander, carom, chili powder, and turmeric. Season with salt and mix well.
3. Briefly preheat your Air Fryer to 350F.
4. Roll the vegetable mixture into small balls, arrange in the Fryer, and cook until browned, about 6 minutes.
5. Serve with hot sauce and enjoy!

Charred Shishito Peppers (V)

(Prep + Cook Time: 20 minutes | Servings: 4)

Ingredients:

20 shishito peppers (about 6 ounces)

1 tsp vegetable oil

coarse sea salt

1 lemon

Directions:

1. Pre-heat the Air Fryer to 390F.
2. Toss the shishito peppers with the oil and salt. You can do this in a bowl or directly in the Air Fryer basket.
3. Air fry at 390F for 5 minutes, shaking the basket once during cooking.
4. Turn the peppers out into a bowl. They should be a little charred in places.
5. Squeeze some lemon juice on them and season them with coarse sea salt.
6. These should be served as finger foods. Pick the pepper up by the stem and eat the whole pepper, seeds and all. Watch for that hot one!

Sweet Potato Chips

(Prep + Cook Time: 20 minutes | Servings: 2)

Ingredients:

2 large sweet potatoes, thinly sliced with a mandoline.

2 tbsp olive oil

salt to taste

Directions:

1. Briefly preheat your Air Fryer to 350F.
2. In a large bowl or zip-top plastic bag, toss the sweet potato slices with the oil.
3. Arrange in the Air Fryer and cook until crispy, about 15 minutes.

Curried Cauliflower Florets (V)

(Prep + Cook Time: 15 minutes | Servings: 4)

Ingredients:

- ¼ cup sultanas or golden raisins
- ½ cup olive oil
- ¼ cup pine nuts
- 1 head cauliflower, broken into bite-size florets
- 1 tbsp curry powder
- ¼ tsp salt

Directions:

1. Soak the sultanas in 1 cup of boiling water to plump them.
2. Briefly preheat your Air Fryer to 350F.
3. Add the oil and pine nuts to the Fryer and toast for a minute or so.
4. Toss the cauliflower with the curry powder and salt and add to the fryer, mixing well. Cook for 8-10 minutes. Depending upon the capacity of your Air Fryer, you may need to cook the cauliflower in two batches.
5. Drain the sultanas, toss with the cauliflower, and serve.

Mushroom, Onion and Feta Frittata

(Prep + Cook Time: 60 minutes | Servings: 4)

Ingredients:

6 eggs
4 cups button mushrooms, cleaned
1 red onion
2 tbsp olive oil
6 tbsp feta cheese, crumbled
1 pinch salt

Directions:

1. Peel and slice a red onion into $\frac{1}{4}$ inch thin slices. Clean button mushrooms; then cut into $\frac{1}{4}$ 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.
2. Preheat the Air Fryer to 330F. In a mixing bowl crack 6 eggs and whisk thoroughly and vigorously, adding a pinch of salt. In an 8-in. heat resistant baking dish, coat the inside and bottom with a light coating of pan spray.
3. Pour eggs into the baking dish, then the onion and mushroom mixture and then the cheese. Place the baking dish in the cooking basket and cook in the
4. Air Fryer for 27 to 30 minutes. The frittata is done when you can stick a knife into the middle, and the knife comes out clean.

Curried Cauliflower Florets.

(Prep + Cook Time: 30 minutes | Servings: 4)

Ingredients:

- 1 tbsp curry powder
- 1 head of cauliflower
- ½ cup olive oil
- ¼ teaspoon salt
- ¼ cup golden raisins
- ¼ cup toasted pine nuts

Directions:

1. Preheat the Air Fryer to 390F.
2. In a mixing bowl toss pine nuts with one teaspoon olive oil.
3. Place pine nuts in the Air Fryer, cook for 1-2 minutes. Remove, cool, and set aside.
4. Place golden raisins in a bowl and pour 1 cup of boiling water over and set aside.
5. Place the head of cauliflower on a clean cutting. Using a chef's knife core the head of cauliflower. Cut florets of cauliflower; into 1-inch pieces.
6. Combine curry, salt, cauliflower and olive oil in a mixing bowl. Into the Air Fryer, place half the cauliflower florets and cook for 8-10 minutes.
7. Repeat the process till all florets are cooked. Drain the golden raisins into a strainer.
8. Combine and toss cauliflower, golden raisins, and pine nuts.

Salsa Mix Recipe

(Prep + Cook Time: 15 minutes | Servings: 2)

Ingredients:

1 green bell pepper, chopped
1 tbsp sour cream
1 cup milk
1 tbsp salsa
1 cup cheese, shredded
1 cup cilantro leaves, chopped
2 onions, sliced

Directions:

1. Mix green bell pepper with sour cream.
2. Add milk, salsa, cheese, cilantro leaves and onion.
3. Pour the mixture in the baking tray. Place the onion slices on the mixture.
4. Let it cook in the Air Fryer for 17 minutes on 300F.
5. When done, serve and enjoy the simple meal.

Dessert Recipes

Easy Pineapple Sticks

(Prep + Cook Time: 20 minutes | Servings: 4)

Ingredients:

½ fresh pineapple, cut into sticks

¼ cup desiccated coconut

Directions:

1. Preheat the Air Fryer to 400F.
2. Roll pineapple sticks into the desiccated coconut and place in Air Fryer basket.
3. Air fry in preheated Air Fryer for 10 minutes.
4. Serve and enjoy.

Pumpkin Chocó Chip Muffins

(Prep + Cook Time: 25 minutes | Servings: 6)

Ingredients:

2 eggs
1 cup pumpkin puree
1 tsp baking soda
1 tbsp pumpkin pie spice
¼ cup cornstarch
1/3 cup butter, melted
½ cup honey
½ cup chocolate chips, semi-sweet
¼ tsp baking powder
1 cup whole wheat flour
½ tsp salt

Directions:

1. Preheat the Air Fryer to 350F.
2. In a bowl combine together flour, pumpkin spice, baking soda, cornstarch, baking powder, and salt.
3. In another bowl combine together eggs, honey, pumpkin puree, and butter.
4. Fold wet mixture into the dry mixture gently. Add chocolate chips in batter and fold well.
5. Pour batter into the muffin cases and place in Air Fryer basket.
6. Bake in preheated Air Fryer for 16 minutes.
7. Serve and enjoy.

Banana Oats Cookies

(Prep + Cook Time: 20 minutes | Servings: 6)

Ingredients:

2 cups quick oats

¼ cup milk

4 ripe bananas, mashed

¼ cup coconut shredded

Directions:

1. Preheat the Air Fryer to 350F.
2. Add all ingredients into the bowl and mix well to combine.
3. Spoon cookie dough onto baking sheet and place in Air Fryer basket.
4. Bake cookies in preheated Air Fryer for 15 minutes.
5. Serve and enjoy.

Crisp and Sweet Bananas

(Prep + Cook Time: 20 minutes | Servings: 4)

Ingredients:

4 ripe bananas
1 tbsp almond meal
1 tbsp cashew, crush
1 egg, beaten
1 ½ tbsp coconut Oil
¼ cup corn flour
1 ½ tbsp cinnamon sugar
½ cup breadcrumbs

Directions:

1. Heat coconut oil in pan over medium heat and add breadcrumbs in pan and stir for 4 minutes.
2. Remove pan from heat and place breadcrumbs in bowl.
3. Add almond meal and crush cashew in breadcrumbs and mix well.
4. Peel bananas and cut into half pieces.
5. Dip banana half in corn flour then in beaten egg and finally coat with breadcrumbs.
6. Place coated banana in Air Fryer basket.
7. Sprinkle bananas with Cinnamon Sugar.
8. Air fry at 350F for 10 minutes.
9. Serve and enjoy.

Chocolate Muffins

(Prep + Cook Time: 25 minutes | Servings: 12)

These sweet chocolate muffins make wonderful desserts, or can even be served up as a tasty snack! They are full of flavor and delicious sweetness that will leave your mouth watering. Plus, they are simple to make!

Ingredients:

2 1/8 cups caster sugar

2 cups self-rising flour

1/2 cup butter

1/8 cup milk chocolate, chips or broken up chunks of baker's chocolate

5 tbsp milk

2 tbsp cocoa powder

1/2 tsp vanilla extract

2 eggs, medium

water

Directions:

1. Start by preheating your Air Fryer to 350F for about 10 minutes.
2. In a large mixing bowl, combine the sugar and cocoa until it is completely mixed.
3. Cut in the butter by cutting it into small chunks and putting it in the sugar and cocoa mixture.
4. Rub it in until the entire mixture has the consistency of breadcrumbs.
5. In a small mixing bowl, crack the eggs in and beat them together.
6. Pour in the milk and then mix it into the eggs until they are thoroughly mixed.
7. Add the egg and milk mixture into the sugar mixture and blend the two together until they are completely combined.
8. Add the vanilla extract and mix the batter. If it is too thick, add some water, a little bit at a time, until it creates a cake batter consistency.
9. If you are using baker's chocolate or another large piece of chocolate, smash it under a rolling pin to create small chunks. If you are using chocolate chips, skip this step. Mix the chocolate into the batter until it is

evenly distributed.

10. Give the muffin batter a final mix to make sure everything is combined.
11. Spoon the batter into small, pre-greased bun cases until they are about 80% full.
12. Put the bun cases in the preheated Air Fryer and bake for 9 minutes. Reduce the temperature to 320F and bake for an additional 6 minutes.
13. Serve hot with a side of vanilla ice cream or fresh fruit.
14. Alternatively, store in an air tight container in the fridge for up to 3 days.

Double Chocolate Chip Cookies

(Prep + Cook Time: 25 minutes | Servings: 9)

This delicious double chocolate chip cookie dough recipe is an amazing cookie recipe. It is the perfect comfort food. This pan-style cookie will definitely have you drooling.

Ingredients:

1 ¼ cup self-rising flour

2/3 cup chocolate chips, any kind or bakers chocolate

1/3 cup brown sugar

½ cup butter

4 tbsp honey

1 tbsp milk

high quality cooking spray

Directions:

1. Start by preheating your Air Fryer to 320F for about 10 minutes. In the meantime, use a large mixing bowl to cream the butter until it is soft.
2. Add the sugar and cream together and blend until they are light and fluffy.
3. Once the mix has reached your desired texture, mix in the honey.
4. Slowly fold in the flour until it has all been added. If you are using baker's chocolate, use a rolling pin to smash it up to give yourself chunks of all different sizes. If you are using chocolate chips, skip this step.
5. Add the chocolate to your cookie dough and blend well so they are evenly distributed throughout the dough.
6. Pour in the milk and thoroughly stir the mixture. Lightly spray your Air Fryer basket with a high quality cooking spray.
7. Dump or spoon the entire cookie dough mixture into it. Cook the dough for 20 minutes.
8. Cut into 9 portions and serve immediately or store in an air tight container for up to 3 days.

Simple Shortbread Fingers

(Prep + Cook Time: 20 minutes | Servings: 10)

These buttery shortbread fingers are just like the ones you love to enjoy at tea time. They are creamy, crumbly, and taste so much better than store bought ones. Plus, they are healthier than other dessert options, too!

Ingredients:

1 ½ cups butter

1 cup plain flour

¾ cup caster sugar

high quality cooking spray

Directions:

1. Start by preheating your Air Fryer to 350F. In a medium bowl, combine the flour and sugar.
2. Cut the butter into the mix by cutting it into small chunks and putting the chunks in the flour and sugar mixture.
3. Using the back of a fork, rub the butter into the mixture until it is well combined.
4. Using your hands, knead the mixture until it is smooth and evenly combined.
5. Make the shortbread dough into 10 evenly sized finger shapes. If you desire, you can decorate them with fork markings.
6. Lightly spray the Air Fryer basket with high quality cooking spray and carefully line each of the 10 cookies in so that they are not touching each other.
7. Bake the shortbread cookies for 12 minutes.
8. Allow to cool slightly and then serve, or store in an air tight container and eat within' 3 days.

Blueberry Pancakes

(Prep + Cook Time: 20 minutes | Servings: 4)

Tired of flipping pancakes but still crave the yummy flavor? No problem. These baked Air Fryer blueberry pancakes don't require that you wait for the golden color to turn them over. Instead, you let the Air Fryer do all the work for you.

Ingredients:

½ tsp vanilla extract
2 tbsp honey
½ cup blueberries
½ cup sugar
2 cups plus
2 tbsp flour
3 eggs, beaten
1 cup milk
1 tsp baking powder
pinch of salt

Directions:

1. Preheat the Air Fryer to 390F.
2. Combine all of the dry ingredients in a bowl.
3. Add the wet ingredients and whisk until the mixture becomes smooth.
4. Fold in the blueberries, making sure not to color the dough. You can do that by coating the blueberries with some flour before adding them to the dough.
5. Grease a baking dish. Drop the batter onto the dish, ensuring that the pancakes have some space between them.
6. Do it in two batches if you have too much batter.
7. Bake for about 10 minutes.
8. Serve and enjoy.

Crunchy Berry Puffed Pastry

(Prep + Cook Time: 20 minutes | Servings: 3)

Berries, cream cheese, puffed pastry, and walnuts. Is there a more satisfying breakfast combination? Serve with a glass of tea for a filling meal and start your day with satisfied taste buds.

Ingredients:

3 pastry dough sheets
½ cup mixed berries, mashed
1 tbsp honey
2 tbsp cream cheese
3 tbsp chopped walnuts
¼ tsp vanilla extract

Directions:

1. Preheat your Air Fryer to 375F.
2. Spread the cream cheese over the pastry.
3. Combine the berries with vanilla extract and honey. Line a baking sheet with parchment paper.
4. Divide the filling between the pastry dough. Make sure to place the filling in the middle.
5. Top the filling with chopped walnuts. Close the pastry and seal the edges with the back of a fork.
6. Place the baking sheet in the Air Fryer and cook for about 15 minutes.
7. Serve and enjoy.

Chocolate Molten Lava Cake

(Prep + Cook Time: 25 minutes | Servings: 4)

If you thought that your microwave molten lava mug cake was great, then you will be absolutely mind blown by this recipe. Serve with a scoop of vanilla ice cream and enjoy.

Ingredients:

3 ½ oz butter, melted
3 ½ tbsp sugar
3 ½ ounces chocolate, melted
1 ½ tbsp flour
2 eggs

Directions:

1. Preheat the Air Fryer to 375F.
2. Grease 4 ramekins.
3. Beat together the eggs and butter. Stir in the chocolate.
4. Gently fold in the flour.
5. Divide the mixture between the 4 ramekins.
6. Place them in the Air Fryer and cook for 10 minutes.
7. After 2 minutes, invert them onto serving plates.
8. Enjoy.

Pineapple Cake

(Prep + Cook Time: 40 minutes | Servings: 4)

Ingredients:

2 cups self raising flour
¼ pound butter
¼ cup sugar
½ pound pineapple, chopped
½ cup pineapple juice
1 oz dark chocolate, grated
1 large egg
2 tbsp skimmed milk

Directions:

1. Preheat the Air Fryer to 370F and grease a cake tin.
2. In the mixing bowl combine butter and flour. Mix well until the mixture will be like breadcrumbs. Add sugar, diced pineapple, juice, and crushed dark chocolate. Mix well.
3. In another bowl mix egg and milk. Pour to the flour mixture and prepare a soft pastry.
4. Transfer the mixture to a greased tin and place to an Air Fryer. Cook for about 35-40 minutes, then serve and enjoy.

Roasted Pumpkin Seeds with Cinnamon

(Prep + Cook Time: 35 minutes | Servings: 2)

Ingredients:

- 1 cup pumpkin raw seeds
- 1 tbsp ground cinnamon
- 2 tbsp brown sugar
- 1 cup water
- 1 tbsp olive oil

Directions:

1. Add pumpkin seeds, cinnamon and water in a sauté pot. Stir to combine and heat the mixture over high heat. Boil for 2-3 minutes.
2. Drain water and transfer seeds to a kitchen towel. Dry for 20-30 minutes.
3. In the mixing bowl combine sugar, dried seeds, a pinch of cinnamon and 1 tablespoon of olive oil. Mix well.
4. Preheat the Air Fryer to 340F and transfer seed mixture to the fryer basket. Cook for 15 minutes, shaking couple times. Enjoy.

Apple Wedges with Cinnamon

(Prep + Cook Time: 25 minutes | Servings: 4)

Ingredients:

4 large apples

2 tbsp olive oil

½ cup dried apricots, chopped

1-2 tbsp brown sugar

½ tsp ground cinnamon

Directions:

1. Peel apples and cut each one into quarters. Remove and discard cores. Cut each apple quarter in half to make 2 even wedges (each whole apple is cut into 8 even wedges).
2. Cover apple wedges with the oil.
3. Cook in the Air Fryer for 12-15 minutes at 350F
4. Add the apricots and cook for another 3 minutes.
5. Mix together sugar and cinnamon and top cooked apples with the sugar mixture.

Pumpkin Cake

(Prep + Cook Time: 50 minutes | Servings: 4)

Ingredients:

1 large egg
½ cup skimmed milk
7 oz all-purpose flour
2 tbsp brown sugar
5 oz pumpkin puree
A pinch of salt
A pinch of cinnamon (if desired)
cooking spray

Directions:

1. Mix pumpkin puree and brown sugar in a bowl. Add one egg and whisk until smooth.
2. Stir in flour and salt. Pour milk and combine again.
3. Take the baking tin and coat with cooking spray.
4. Pour the batter into the baking tin.
5. Preheat the Air Fryer to 350F
6. Put the baking tin to the Air Fryer basket and set the timer for 15 minutes.

Fried Bananas with Ice Cream

(Prep + Cook Time: 25 minutes | Servings: 2)

Ingredients:

2 large bananas

1 tbsp butter

1 tbsp brown sugar

2 tbsp breadcrumbs

Vanilla ice cream for serving

Directions:

1. Melt butter in the Air Fryer basket in one minute at 350F
2. Mix sugar and bread crumbs in a bowl.
3. Cut bananas into 1-inch slices and add to sugar mixture. Mix well.
4. Put covered bananas into Air Fryer and cook for 10-15 minutes.
5. Serve warm and add ice cream.

British Lemon Tarts

(Prep + Cook Time: 30 minutes | Servings: 4)

Ingredients:

½ cup butter

½ pound plain flour

2 tbsp sugar

1 large lemon (juice and zest taken)

2 tbsp lemon curd

A pinch of nutmeg

Directions:

1. In a large mixing bowl combine butter, flour and sugar. Mix well until the mixture will be like breadcrumbs.
2. Then add lemon zest and juice, a pinch of nutmeg and mix again. If needed, add couple tablespoons of water to make really soft dough.
3. Take little pastry tins and sprinkle with flour. Add dough and top with sugar or lemon zest.
4. Preheat the Air Fryer to 360F and cook mini lemon tarts for 15 minutes, until ready.
5. Serve and enjoy.

Little Apple Pie

(Prep + Cook Time: 25 minutes | Servings: 7)

Ingredients:

2 large apples

½ cup plain flour

2 tbsp unsalted butter

1 tbsp sugar

½ tsp cinnamon

Directions:

1. Preheat the Air Fryer to 360F
2. In the large mixing bowl combine flour and butter. Stir to combine. Add sugar and mix well. Add couple tablespoons of water and prepare nice dough. Mix until you get a smooth texture.
3. Take small pastry tins and cover with butter. Fill tins with pastry.
4. Peel and core apples. Dice them. Place diced apples over the pastry and sprinkle with sugar and cinnamon.
5. Transfer pastry tins to an Air Fryer and cook for 15-17 minutes, until ready.
6. Serve with whipped cream or ice cream.

Crispy Peach Slices

(Prep + Cook Time: 40 minutes | Servings: 4)

Ingredients:

4 cups peaches, sliced
2-3 tbsp sugar
2 tbsp all-purpose flour
1/3 cup oats
2 tbsp unsalted butter
¼ tsp vanilla extract
1 tsp cinnamon

Directions:

1. In a large mixing bowl mix peach slices, sugar, vanilla extract, and cinnamon. Transfer to a baking pan.
2. Place baking pan to an Air Fryer and cook for 20 minutes on 290F.
3. Meanwhile in another bowl mix oats, flour, and unsalted butter. Stir to combine.
4. When peach slices cooked, open the lid and top peaches with butter mixture. Close the fryer and cook for 10 minutes more on 300-310F.
5. When ready, set aside for 5-10 minutes to become crispy.
6. Serve with ice-cream.

Easy Cherry Pie

(Prep + Cook Time: 35 minutes | Servings: 8)

Using cherry pie filling and ready pie crusts, this cherry pie in the Air Fryer is a real timesaver and the perfect dessert for busy people or for those situations when you need a dessert quickly.

Ingredients:

- 1 tbsp Milk
- 2 Store-Bought Pie Crusts
- 21 oz Cherry Pie Filling
- 1 Egg Yolk

Directions:

1. Preheat the Air Fryer to 310F.
2. Grease a pie pan and place one of the pie crusts in it. Poke holes with a fork.
3. Add the pie filling and spread it evenly.
4. Cut the other crust into strips and arrange them over the pie filling to give the pie a more authentic look.
5. Air Fry for 15 minutes.
6. Serve and enjoy.

Lemon and Raspberry Muffins

(Prep + Cook Time: 35 minutes | Servings: 10)

Sweet and fresh at the same time, these moist lemon and raspberry muffins will win your heart in an instant. Serve with a cup of milk for a perfect late night treat.

Ingredients:

1 egg
1 cup frozen raspberries coated with some flour
1 ½ cups flour
½ cup sugar
⅓ cup vegetable oil
2 tsp baking powder
yogurt, as needed
1 tsp lemon zest
2 tbsp lemon juice
pinch of sea salt

Directions:

1. Preheat the Air Fryer to 350F.
2. Combine the dry ingredients in a bowl. Beat the egg and combine it with the oil and lemon juice in a cup. Fill the rest of the cup with yogurt.
3. Combine the dry and wet ingredients. Stir in lemon zest and raspberries.
4. Grease 10 muffin tins. Divide the mixture between the muffin tins. You will probably need to do it in batches.
5. Cook for 10 minutes.
6. Serve and enjoy.

Air Fried Pecan Pie

(Prep + Cook Time: 1 hour 10 minutes | Servings: 4)

Using a store-bought pie dough, this Air Fried pecan pie is the perfect 'advanced' recipe for beginners.

Ingredients:

1 8-inch pie dough
½ tsp cinnamon
¾ tsp vanilla extract
2 eggs
¾ cup maple syrup
⅛ tsp nutmeg
2 tbsp almond butter
1 tbs butter, melted
2 tbsp brown sugar
½ cup chopped pecans

Directions:

1. Preheat the Air Fryer to 370F.
2. Combine the melted butter and pecans in a small bowl, and coat them well.
3. Toast the mix in the Air Fryer for about 10 minutes.
4. Place the pie dough in a greased 8-inch pie pan and top with the pecans.
5. Combine the remaining ingredients together in a bowl, and pour the mixture over the pecans.
6. Bake for 25 minutes.
7. Serve and enjoy.

Chocolate Chip Cookies

(Prep + Cook Time: 30 minutes | Servings: 8)

If you love chocolate chip cookies like most human beings, then you will be delighted to know that there is an Air Fryer version of the classic recipe, that is even more delicious.

Ingredients:

3 ounces brown sugar
4 ounces butter
1 tbsp honey
6 ounces self-rising flour
1 ½ tbsp milk
2 ounces chocolate chips

Directions:

1. Preheat the Air Fryer to 350F.
2. Beat the sugar and butter with an electric mixer, until fluffy.
3. Beat in the rest of the ingredients, except the chocolate chips. Fold in the chocolate chips.
4. With a spoon, drop cookies onto a lined baking sheet.
5. Cook for 18 minutes.
6. Serve and enjoy.

Peach Crumble

(Prep + Cook Time: 35 minutes | Servings: 6)

If you have some leftover peaches, this recipe is the perfect way to use them. An amazingly delicious recipe that is even yummier when served with a scoop of vanilla ice cream.

Ingredients:

1 ½ pounds peeled and chopped peaches
2 tbsp lemon juice
1 cup flour
1 tbsp water
½ cup sugar
5 tbsp cold butter
pinch of sea salt

Directions:

1. Using a fork, slightly mash the peaches, ensuring that there are chunks left. Combine them with 2 tbsp. sugar and lemon juice.
2. In a bowl, combine flour, salt, and sugar. Add a tablespoon of water and rub the cold butter into the mixture, until it becomes crumbed.
3. Place the berries at the bottom of a greased baking dish.
4. Place the crumbs over it. Air Fry for 20 minutes at 390F.
5. Serve and enjoy.

Lemon-Frosted Sponge Cake

(Prep + Cook Time: 50 minutes | Servings: 8)

If you love two layer cakes then you will adore this one. Made in an Air Fryer, this lemon sponge cake can be prepared without any hassle.

Ingredients:

9 ounces sugar
9 ounces butter
3 eggs
9 ounces self-rising flour
1 tsp vanilla extract
zest of 1 lemon
1 tsp baking powder

Frosting:

juice of 1 lemon
zest of 1 lemon
1 tsp yellow food coloring
7 ounces caster sugar
4 egg whites

Directions:

1. Preheat your Air Fryer to 320F.
2. Beat all of the cake ingredients with an electric mixer.
3. Grease two round cake pans. Divide the batter between them. Cook the cakes, one at a time, for 15 minutes.
4. Meanwhile, beat together all of the frosting ingredients. Spread the frosting over one cake and top with the other.
5. Serve and enjoy.

Fried Banana S' Mores

(Prep + Cook Time: 20 minutes | Servings: 4)

Ingredients:

3 tbsp mini peanut butter chips
3 tbsp mini semi-sweet chocolate chips
3 tbsp graham cracker cereal
3 tbsp mini marshmallows
4 unpeeled bananas

Directions:

1. Preheat the Air Fryer to 400F.
2. Prepare bananas leaving them unpeeled: slice them lengthwise along the inside of the curve, but do not slice through the bottom of the peel. Shape the pocket by slightly opening the banana.
3. Add into this pocket chocolate chips, peanut butter chips, and mini marshmallows. Then add graham cracker cereal.
4. Take the basket and place the bananas in it. Make sure the filling is facing up. Cook for 6 minutes when bananas are soft and chocolate and marshmallows are melted.
5. Let it cool for 3 minutes and eat spooning out the filling.

Chocolate Mug Cake

(Prep + Cook Time: 15 minutes | Servings: 1)

Ingredients:

1 tbsp cocoa powder
3 tbsp coconut oil
¼ cup self raising flour
3 tbsp whole milk
5 tbsp powdered sugar

Directions:

1. Mix all the ingredients very thoroughly and pour it into not a very tall mug.
2. Place the mug into your Air Fryer and set the timer to 10 minutes with the temperature 390F. Serve at the end of cooking.

Chocolate Cherry Pound Cake

(Prep + Cook Time: 40 minutes | Servings: 2)

Ingredients:

3 eggs
1 cup and 2 tablespoons plain flour
12 cherries, halved and pitted
½ tsp baking powder
10 tbsp (5 oz) unsalted butter, melted
6+1 tbsp castor sugar, separately
1 tbsp lemon juice
1 lemon, zested
sea salt to taste
¼ cup dark chocolate chips, optional

Directions:

1. Preheat the Air Fryer to 320F.
2. Combine and blend 6 tablespoons of castor sugar, melted butter, and lemon zest. Add the eggs one at a time. Keep blending until you get light and fluffy batter.
3. Add in sieved flour mixtures: flour, baking powder, and salt. Pour in lemon juice and blend until there are no traces of flour. Then add dark chocolate chips, if desired.
4. Take mini disposal loaf pan, add batter and top it with the cherries. Place this loaf pan into the Air Fryer basket and put it into the Air Fryer.
5. Cook for 25 minutes. Check the readiness with the help of a skewer - insert it in the middle of the cake and if it comes out clean, the cake is ready. Sprinkle it with additional castor sugar before your serve.

Butter Cake

(Prep + Cook Time: 25 minutes | Servings: 2)

Ingredients:

1 egg
1 ½ cup plain flour
7 tbsp butter, room temperature
6 tbsp milk
6 tbsp caster sugar
1 pinch sea salt
cooking spray
icing sugar to sprinkle

Directions:

1. Preheat the Air Fryer to 360F. Take a small ring cake tin and grease it with the cooking spray.
2. Blend butter and sugar thoroughly. Then whisk in the egg and continue blending until smooth and fluffy. Sift in the flour. Add the milk and a pinch of salt. Blend well until you get perfect cake batter.
3. Place this batter into the tin and level the surface using a spoon.
4. Cook for 15 minutes. Insert the toothpick to check whether the cake is ready - the toothpick should come out cleanly.
5. When it's cooked, set the cake aside to cool and serve.

Orange Roasted Carrot Cake

(Prep + Cook Time: 30 minutes | Servings: 8)

Ingredients:

2 large carrots, peeled and grated
1 $\frac{3}{4}$ cup self raising flour
 $\frac{3}{4}$ cup brown sugar
2 eggs
10 tbsp olive oil
2 cups icing sugar
1 tsp mixed spice
2 tbsp milk
4 tbsp melted butter
1 small orange, rind and juice

Directions:

1. Preheat the Air Fryer to 360F for 10 minutes. Use a baking sheet for the tin.
2. Meanwhile, combine flour, sugar, grated carrots, mixed spice and stir well. Then add in milk, beaten eggs, and olive oil into the center of the batter and stir everything thoroughly once again.
3. Place the mixture in the tin and cook in the preheated Air Fryer for 5 minutes.
4. Reduce the temperature to 320F and cook for another 5 minutes.
5. In the meantime, make the frosting: combine melted butter, orange juice, rind, and icing sugar. Beat everything until smooth.
6. When the cake is ready, let it cool for several minutes, top it with the frosting and serve.

Bananas and Coconut Cake

(Prep + Cook Time: 1 hour 15 minutes | Servings: 5)

Ingredients:

2/3 cup coconut sugar, shaved

2/3 cup unsalted butter

3 eggs

1 ¼ cup self-raising flour

1 ripe banana, mashed

½ tsp vanilla extract

1/8 tsp baking soda

sea salt to taste

Topping Ingredients:

coconut sugar to taste, shaved

walnuts to taste, roughly chopped

bananas to taste, sliced

Directions:

1. Preheat the Air Fryer to 360F.
2. Combine and mix flour, baking soda, and a pinch of sea salt. Set the flour mixture aside.
3. In another bowl mix butter, vanilla extract and coconut sugar with the help of an electrical mixer or a blender. Make the mixture fluffy and beat in eggs one by one. Add the half of flour mixture to this mixture and stir well. Add mashed banana and stir well again. Finally, add the remaining flour mixture and make a perfectly smooth batter.
4. Pour the batter into the baking tray and layer the banana slices on top. Sprinkle it with chopped walnuts and cover with shaved coconut sugar. Then cover the tray with the foil and poke the holes in it.
5. Put the covered tray into the Air Fryer. Adjust the time to 48 minutes and decrease the temperature to 320 F.
6. When the cooking time ends, remove the foil. Cook for another 10 minutes. The cake is ready when golden brown.
7. Check the cake with the skewer, if it comes out clean - the cake is ready

to be served.

Dough Dippers with Chocolate Almond Sauce

(Prep + Cook Time: 45 minutes | Servings: 5)

Ingredients:

¾ cup sugar
1 lb. bread dough, defrosted
1 cup heavy cream
12 oz good quality semi-sweet chocolate chips
½ cup butter, melted
2 tbsp almond extract

Directions:

1. Preheat the Air Fryer to 350F. Grease its basket with a little amount of melted butter.
2. Prepare the dough: roll it into two 15-inch logs. Then cut the logs into 20 pieces. Cut each of these pieces into halves and twist these halves 3 to 4 times.
3. Take the cookie sheet, add place the twisted dough on it. Cover it with some more melted butter and drizzle with sugar.
4. Air-fry cookies in batches. Place 10-12 pieces of twisted dough in the basket at once. Cook for 5 minutes. Turn the dough twists, and grease it with more butter. Cook for another 3 minutes. Repeat until you run out of dough twists.
5. Meanwhile, prepare the chocolate almond sauce. Bring to a simmer the heavy cream over the medium heat. Place the chocolate chips into a large bowl and pour in simmering cream. Whisk the chocolate chips well to get completely smooth consistency. Stir in 2 tablespoons of almond extract.
6. When the cookies are ready, place them into a shallow dish, cover with the remaining melted butter and drizzle with sugar. Sprinkle with chocolate almond sauce and serve.

Cinnamon Rolls

(Prep + Cook Time: 40 minutes | Servings: 8)

Ingredients:

3/4 cup brown sugar

1 ½ tbsp ground cinnamon

1 lb. frozen bread dough, thawed, room temperature

¼ cup butter, melted and cooled

Cream Cheese Glaze:

2 tbsp butter, softened

½ tsp vanilla

4 oz cream cheese, softened

1 ¼ cups powdered sugar

Directions:

1. Dust your work surface with some flour and roll the dough into a 13"xl 1" rectangle. The wider side should face you. Melt the butter and grease the dough with it, leaving a 1-inch border uncovered along the edge farthest away from you.
2. Combine brown sugar and cinnamon. Then cover the dough with this mixture and leave the same 1-inch border uncovered. Roll the dough tightly into a log, starting with the side that is the closest to you. Make sure it has no air pockets. Once you get to the uncovered part - press the dough onto the roll to seal it together tightly.
3. Cut the log into 8 pieces without flattening the dough. Turn the pieces on their sides and place them in the warmest part of the kitchen covering them with a towel. Let them rest and rise for about 2 hours.
4. Prepare the glaze: take the microwave-safe bowl and put in cream cheese and butter. Heat it in the microwave for 30 seconds. Now you can easily stir the mixture. Gradually add in powdered sugar stirring well. Then add in vanilla extract and stir once again to make a smooth cream cheese glaze.
5. Check the rolls: if they rose already, preheat the Air Fryer to 350F. Layer four rolls in the basket and cook for 5 minutes once the Air Fryer is pre

heated. When time is up, flip them and cook for another 4 minutes. Repeat this with the other four rolls as well.

6. When ready, remove the rolls from the Air Fryer and set them aside to cool. Cover cinnamon rolls with the cream cheese glaze generously and serve.

White Chocolate Almond Cookies

(Prep + Cook Time: 35 minutes | Servings: 8)

Ingredients:

1/3 cup brown sugar
2 tbsp honey
1 ½ cup self raising flour
7 tbsp butter, melted
2 tbsp whole milk
2 oz white chocolate, melted
2-4 tbsp almonds to taste, chopped

Directions:

1. First, whisk or blend the melted butter with sugar. The mixture you get should be fluffy. Add in flour, honey, melted white chocolate, and milk. Stir the ingredients thoroughly.
2. Add in almonds and stir well.
3. Preheat the Air Fryer to 360F.
4. Shape the mixture into the cookie shapes. Place them in the Air Fryer basket and put it in the fryer.
5. Air-fry for 18 minutes and serve warm or at room temperature.

Chocolate Soufflé

(Prep + Cook Time: 30 minutes | Servings: 2)

Ingredients:

4 tbsp butter
2 eggs, separated
½ tsp vanilla extract
3 oz. semi-sweet chocolate, chopped
2 tbsp all purpose flour
3 tbsp sugar
1 tbsp powdered sugar
heavy cream to taste for serving

Directions:

1. Prepare two 6-oz. ramekins: grease them with butter and cover with small amount of sugar. Remove the excess of sugar that did not stick.
2. Use the microwave to melt the butter and the chocolate combined together in a dish.
3. Beat egg yolks in a bowl and add sugar, vanilla extract, melted chocolate, and butter mixture step by step. Stir each time you add a new ingredient. Then add in flour and stir well until the batter contains no lumps.
4. Preheat your Air Fryer to 330F.
5. Take the bowl and whisk egg whites very well. The whites should reach the soft peak stage (they should almost stand up on the end of the whisk). Gradually add these whites to the chocolate mixture.
6. Add the batter to the ramekins. Leave 1/4 -inch empty at the top.
7. Place the ramekins into the Air Fryer and cook for 14 minutes. When time is up, make sure the soufflés rose nicely and its top is brown. Other-wise, cook for a couple minutes more.
8. Sprinkle the ramekins with the powdered sugar and serve adding heavy cream on top.

Cheese Lemon Cake

(Prep + Cook Time: 60 minutes | Servings: 6)

Ingredients:

17.5 oz cheese (ricotta)

5.4 oz sugar

3 eggs

3 tbsp corn flour

1 lemon (juice, zest)

2 tsp vanilla extract (optional)

Directions:

1. Mix all the ingredients until they present a creamy texture.
2. Pour the mixture in a dish and form cake out of it.
3. Preheat Air Fryer to 320F, cook the cakes for 25 minutes.
4. Serve the cake when it is cold enough and enjoy the combination.

Air Fried Cranberry Muffins

(Prep + Cook Time: 25 minutes | Servings: 12)

Ingredients:

¼ cup salted butter, softened

½ cup granulated sugar

1 medium egg

½ tsp of vanilla

¾ cup milk

1¼ cups all-purpose flour

½ tsp baking powder

½ tsp baking soda

⅓ cup dried cranberries (or more as you desire)

optional: up to ½ cup walnuts, cashews, or almonds

Directions:

1. Using an electric mixer, cream the butter and sugar in a large bowl until fluffy and pale in color.
2. Beat in the egg and then the vanilla. Sift the flour, baking powder, and baking soda together in a medium bowl.
3. Working in batches, beat the milk and flour mixture into the butter mixture alternating liquid and dry ingredients.
4. Fold the cranberries and nuts (if using) into the batter.
5. Briefly preheat your Air Fryer to 350F.
6. While the Fryer preheats, fill 12 cupcake liners ⅔ full. (You will need sturdy liners that can stand on their own when filled with batter.)
7. Bake the muffins for 15 minutes, let cool slightly, and serve.

Apricot Blackberry Crumble

(Prep + Cook Time: 30 minutes | Servings: 6)

Ingredient:

18 oz fresh apricots, halved and stones removed

6 oz blackberries

2 tbsp fresh lemon juice

½ cup sugar, divided

1 cup all-purpose flour

pinch of salt

5 tbsp cold butter plus more for greasing the pan

Directions:

1. Dice the apricots and combine them with the blackberries, lemon juice, and 2 tablespoons of the sugar in a large bowl. Mix well and transfer to a buttered baking dish.
2. To make the crumble topping, combine the remaining sugar, flour, salt, butter, and 1 tablespoon cold water in a medium bowl. Mix until crumbly in texture and sprinkle on top of fruit mixture.
3. Briefly preheat your Air Fryer to 350F.
4. Bake the crumble until golden brown, about 20 minutes.

Walnut Banana Cake

(Prep + Cook Time: 55 minutes | Servings: 6)

Ingredients:

16 oz bananas (mashed)
8 oz flour (self-raising)
6 oz sugar (caster)
3.5 oz walnuts (chopped)
2.5 oz butter
2 eggs
¼ tsp baking soda

Directions:

1. Grease baking dish with oil.
2. Preheat Air Fryer to 355F.
3. Whisk sugar, butter, egg, flour and soda. Stir the ingredients well.
4. Add bananas and walnuts into the mixture.
5. Pour the mixture into the pan. Let it cook for 10 minutes.
6. Lower temperature to 330F and cook for an additional 15 minutes.
7. Serve while hot. Enjoy the yummy taste.

Soft Chocolate Brownies with Caramel Sauce

(Prep + Cook Time: 45 minutes | Servings: 4)

Ingredients:

½ cup butter plus more for greasing the pan
1 ¾ oz unsweetened chocolate
1 cup brown sugar
2 medium eggs, beaten
1 cup self-rising flour
2 tsp vanilla
½ cup caster sugar
2 tbsp water
2/3 cup milk

Directions:

1. In a medium saucepan, melt the butter and chocolate over medium heat. Remove from heat and add the brown sugar, eggs, flour, and vanilla, mixing well.
2. Briefly preheat your Air Fryer to 350F.
3. Grease a baking dish with butter and pour the batter into the prepared dish. Bake in the Fryer for 15 minutes.
4. While the brownies bake, make the caramel sauce: in a small saucepan, combine the caster sugar with water and bring to a boil over medium heat.
5. Continue cooking until the mixture is light brown, about 3 minutes. Reduce the heat and, after two minutes, add the remaining butter bit by bit. Let the caramel cool.
6. Cut the brownies into squares, top with caramel sauce, and serve. Bonus points if you add some sliced banana!

Mini Apple Pies

(Prep + Cook Time: 25 minutes | Servings: 9)

Ingredients:

1/3 cup all-purpose flour
2 tbsp butter
1 tbsp plus a pinch caster sugar
water
2 medium red apples, peeled, cored, and diced
pinch of cinnamon

Directions:

1. Prepare the pastry: in a small bowl, combine the flour, butter, and a pinch of sugar. Add water as necessary to make a flaky dough. Knead to dough until smooth.
2. In a medium bowl, mix the diced apple with the remaining sugar and cinnamon.
3. Build the mini pies: in each of 9 sturdy cupcake liners, place a layer of pastry dough followed by a dollop of pie filling and topped with another layer of pastry dough.
4. Briefly preheat your Air Fryer to 350F.
5. Place the mini pies in the Fryer, bake for 18 minutes.

Apple Fries with Caramel Cream Dip

(Prep + Cook Time: 30 minutes | Servings: 8)

Ingredients:

3 Pink Lady or Honeycrisp apples, peeled, cored and cut into 8 wedges
½ cup flour
3 eggs, beaten
1 cup graham cracker crumbs
¼ cup sugar
8 oz whipped cream cheese
½ cup caramel sauce, plus more for garnish

Directions:

1. Toss the apple slices and flour together in a large bowl. Set up a dredging station by putting the beaten eggs in one shallow dish, and combining the crushed graham crackers and sugar in a second shallow dish.
2. Dip each apple slice into the egg, and then into the graham cracker crumbs. Coat the slices on all sides and place the coated slices on a cookie sheet.
3. Pre-heat the Air Fryer to 380F. Spray or brush the bottom of the Air Fryer basket with oil.
4. Air-fry the apples in batches. Place one layer of apple slices in the Air Fryer basket and spray lightly with oil. Air-fry for 5 minutes. Turn the apples over and air-fry for an additional 2 minutes.
5. While apples are cooking make caramel cream dip. Combine the whipped cream cheese and caramel sauce, mixing well. Transfer the Caramel Cream Dip into a serving bowl and drizzle additional caramel sauce over the top.
6. Serve the apple fries hot with the caramel cream dip on the side. Enjoy!

Apple Dumplings

(Prep + Cook Time: 40 minutes | Servings: 2)

Ingredients:

2 tbsp sultanas
2 sheets puff pastry
2 tbsp butter, melted
2 tiny apples
1 tbsp brown sugar

Directions:

1. Preheat your Air Fryer to 350F.
2. Peel and core the apples.
3. In a bowl, mix the brown sugar and the sultanas.
4. Place each small apple on one of the pastry sheets and then fill the core with the sugar and sultanas. Fold the pastry around the apple, so it is entirely covered.
5. Place the apple dumplings on a small sheet of foil. Brush the dough with the melted butter.
6. Place in you Air Fryer and set the timer for 25 minutes and bake the apple dumplings until golden brown and the apples are soft.

Air Fried Sugared Dough Dippers with Chocolate Amaretto Sauce

(Prep + Cook Time: 35 minutes | Servings: 10)

Ingredients:

1 pound bread dough, defrosted
½ cup butter, melted
¾ to 1 cup sugar
1 cup heavy cream
12 oz good quality semi-sweet chocolate chips
2 tbsp Amaretto liqueur (or almond extract)

Directions:

1. Roll the dough into two 15-inch logs. Cut each log into 20 slices. Cut each slice in half and twist the dough halves together 3 to 4 times.
2. Place the twisted dough on a cookie sheet, brush with melted butter and sprinkle sugar over the dough twists.
3. Pre-heat the Air Fryer to 350F.
4. Brush the bottom of the Air Fryer basket with melted butter. Air-fry the dough twists in batches. Place 8 to 12 (depending on the size of your Air Fryer) in the Air Fryer basket.
5. Air-fry for 5 minutes. Turn the dough strips over and brush the other side with butter. Air-fry for an additional 3 minutes.
6. While dough is cooking, make the chocolate amaretto sauce. Bring the heavy cream to a simmer over medium heat. Place the chocolate chips in a large bowl and pour the hot cream over the chocolate chips. Stir until the chocolate starts to melt.
7. Then switch to a wire whisk and whisk until the chocolate is completely melted and the sauce is smooth. Stir in the Amaretto. Transfer to a serving dish.
8. As the batches of dough twists are complete, place them into a shallow dish. Brush with melted butter and generously coat with sugar, shaking the dish to cover both sides.
9. Serve the sugared dough dippers with the warm chocolate Amaretto sauce on the side.

Cinnamon Rolls

(Prep + Cook Time: 45 minutes | Servings: 8)

Ingredients:

1 pound frozen bread dough, thawed

¼ cup butter, melted and cooled

¾ cup brown sugar

1½ tbsp ground cinnamon

Cream Cheese Glaze:

4 ounces cream cheese, softened

2 tbsp butter, softened

1¼ cups powdered sugar

½ tsp vanilla

Directions:

1. Let the bread dough come to room temperature on the counter. On a lightly floured surface roll the dough into a 13-inch by 11-inch rectangle. Position the rectangle so the 13-inch side is facing you. Brush the melted butter all over the dough, leaving a 1-inch border uncovered along the edge farthest away from you.
2. Combine the brown sugar and cinnamon in a small bowl. Sprinkle the mixture evenly over the buttered dough, keeping the 1-inch border uncovered. Roll the dough into a log starting with the edge closest to you. Roll the dough tightly, making sure to roll evenly and push out any air pockets. When you get to the uncovered edge of the dough, press the dough onto the roll to seal it together.
3. Cut the log into 8 pieces, slicing slowly with a sawing motion so you don't flatten the dough. Turn the slices on their sides and cover with a clean kitchen towel. Let the rolls sit in the warmest part of your kitchen for 1½ to 2 hours to rise.
4. To make the glaze, place the cream cheese and butter in a microwave-safe bowl. Soften the mixture in the microwave for 30 seconds at a time until it is easy to stir. Gradually add the powdered sugar and stir to combine. Add the vanilla extract and whisk until smooth. Set aside.

5. When the rolls have risen, pre-heat the Air Fryer to 350F.
6. Transfer 4 of the rolls to the Air Fryer basket. Air-fry for 5 minutes. Turn the rolls over and air-fry for another 4 minutes. Repeat with the remaining 4 rolls.
7. Let the rolls cool for a couple of minutes before glazing. Spread large dollops of cream cheese glaze on top of the warm cinnamon rolls, allowing some of the glaze to drip down the side of the rolls. Serve warm and enjoy!

Fried Banana S'mores

(Prep + Cook Time: 25 minutes | Servings: 4)

Ingredients:

4 bananas
3 tbsp mini semi-sweet chocolate chips
3 tbsp mini peanut butter chips
3 tbsp mini marshmallows
3 tbsp graham cracker cereal

Instructions:

1. Pre-heat the Air Fryer to 400F.
2. Slice into the un-peeled bananas lengthwise along the inside of the curve, but do not slice through the bottom of the peel. Open the banana slightly to form a pocket.
3. Fill each pocket with chocolate chips, peanut butter chips and marshmallows. Poke the graham cracker cereal into the filling.
4. Place the bananas into the Air Fryer basket, resting them on each other to keep them upright with the filling facing up. Air-fry for 6 minutes, or until the banana is soft to the touch, the peel has blackened and the chocolate and marshmallows have melted and toasted.
5. Let them cool for a couple of minutes and then simply serve with a spoon to spoon out the filling.

Peanut Butter Marshmallow Fluff Turnovers

(Prep + Cook Time: 35 minutes | Servings: 4)

Ingredients:

4 sheets filo pastry, defrosted
4 tbsp chunky peanut butter
4 tsp marshmallow fluff
2 oz butter, melted
1 pinch sea salt

Directions:

1. Preheat the Air Fryer to 360F. Brush 1 sheet of filo with butter. Place a second sheet of filo on top of the first and also brush with butter.
2. Repeat until you have used all 4 sheets. Cut the filo layers into 4 3-inch x 12-inch strips.
3. 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.
4. 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.
5. Finish with a touch of sea salt for a sweet and salty combination.

Vanilla Soufflé

(Prep + Cook Time: 50 minutes | Servings: 6)

Ingredient:

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

Directions:

1. 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.
2. 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.
3. Remove from the heat, discard the vanilla bean and cool for 10 minutes in an ice bath.
4. 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.
5. 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.
6. Preheat the Air Fryer to 330F. Place 3 soufflé dishes into the cooking basket and cook for 14-16 minutes. Repeat the cooking process with the next 3 ramekins.
7. Serve with powdered sugar on top of the soufflé and with chocolate sauce on the side.

Banana Walnut Bread

(Prep + Cook Time: 40 minutes | Servings: 1 loaf)

Ingredients:

7 oz self-rising flour
¼ tsp baking powder
2.5 oz butter
5.5 oz caster sugar
2 medium eggs
14 oz bananas (weight with peeling)
2.8 oz chopped walnuts

Directions:

1. Preheat the Air Fryer to 350F.
2. Grease a tin that will slot into the Air Fryer.
3. Mix the baking powder with the flour.
4. In a separate bowl cream sugar and butter until fluffy and pale. Little at a time, add in flour and egg and stir.
5. Add in walnuts and remaining flour and stir until even.
6. Peel the bananas and mash them up and add them to your mixture. Stir.
7. Place the banana bread mix into the tin and cook for 10 minutes.
8. Enjoy.

Glazed Donuts

(Prep + Cook Time: 25 minutes | Servings: 2-4)

Ingredients:

1 can (8 oz) refrigerated croissant dinner rolls
non-stick cooking spray
1 can (16 oz) vanilla frosting

Directions:

1. Slice croissant dough into 1-inch rounds.
2. Tear hole in the center to make a donut shape.
3. Place five donuts in the basket, do not overcrowd, and spritz with nonstick spray.
4. Put the basket and pan into the Air.
5. Set temperature to 400F and adjust the timer to 5 minutes.
6. After 2 minutes, flip donuts over and cook for the remaining time.
7. Once cooking is complete, remove and place on paper plate. Repeat with remaining rolls.
8. Microwave 1/2 cup of frosting in a microwave-safe dish for 30 seconds.
9. Drizzle donuts with glaze and serve.

Lemon Biscuits

(Prep + Cook Time: 15 minutes | Servings: 9)

Ingredients:

3.5 oz butter

3.5 oz caster sugar

8 oz self-rising flour

1 small lemon (rind and juice)

1 small egg

1 tsp vanilla essence

Directions:

1. Preheat the Air Fryer to 350F.
2. Mix flour and sugar in a bowl. Add butter and keep mixing until breadcrumbs like texture forms.
3. Add the lemon juice and lemon rind along with the egg. Combine and knead until you have soft dough. Roll out the dough and cut into medium sized biscuits.
4. Place the biscuits into the Air Fryer on a baking sheet and cook for 5 minutes at 350F.
5. Sprinkle with icing sugar and serve.

Cinnamon Pumpkin Pudding

(Prep + Cook Time: 25 minutes | Servings: 4)

Ingredients:

3 cups pumpkin puree
3 tbsp honey
1 tbsp ginger
1 tbsp cinnamon
1 tsp clove
1 tsp nutmeg
1 cup full fat cream
2 eggs
1 cup brown sugar

Directions:

1. Preheat your Air Fryer to 390F.
2. Mix together all of the ingredients.
3. Place in a greased heat safe small dish.
4. Cook for 15 minutes.
5. Serve topped with whipped cream.

Shortbread Fingers

(Prep + Cook Time: 20 minutes | Servings: 10)

Ingredients:

6 oz butter

2.6 oz caster sugar

8.8 oz plain flour

Direction:

1. Preheat your Air Fryer to 350F.
2. In a medium bowl, mix sugar and flour.
3. Add the butter and stir well into the sugar and flour.
4. Knead the mixture well until it is smooth.
5. Shape the dough into fingers and then cook in the Air Fryer for 12 minutes.