NEW

20-MINUTE AIR FRYER MEALS

FROM THE woman&home MAKERS OF

100+ Recipes & tips

Simpler, healthier food for when you're short on time



TASTY MEALS ON THE TABLE FAST!









Quick breakfasts • Fuss-free lunches • Easy weeknight favourites • Last-minute desserts

Digital Edition

FUTURE

FIRST EDITION



WELCOME

In today's busy world, when you've been running around all day trying to get everything done, it can be exhausting to come home or end the day having to put together a meal for yourself or your household. If the last thing you want to do is cook, but you want to put together a healthy meal to save you feeling any worse, this book is for you. Make the most of your air fryer by roasting, baking or grilling delicious, healthier meals in just 20 minutes. You'll not only save time and energy, but it'll cost you less too. 20-Minute Air Fryer Meals is packed with over 100 breakfasts, lunches, dinners, snacks and sweet treats that you can have ready in no time. Dig in and enjoy!

DISCLAIMER

Cooking times and results may vary depending on the make and capacity of your air fryer.

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ALL-IN-ONE BREAKFAST ROLLS

A proper fry-up, encased in crusty bread rolls

SERVES **4**
PREP TIME **5 minutes**
AIR FRYER TIME **17 minutes**

- **4 crusty bread rolls**

FOR THE FILLING:
- **100g (3½oz) chestnut mushrooms, sliced**
- **Olive oil spray**
- **8 rashers streaky bacon**
- **75g (2½oz) spinach, lightly rinsed**
- **4 eggs**
- **75g (2½oz) baked beans**
- **Parsley, to garnish**

1 Cut off the tops of the bread rolls and hollow out the insides, leaving 1cm (½in) of bread on the crusts. Use the bread that you've removed to make breadcrumbs. Heat the air fryer to 180°C/350°F.

2 For the filling, spray the mushrooms with oil, place in a small dish and cook the bacon on the side with the mushrooms in the air fryer for 2-3 mins a side. Microwave the spinach for 2 mins on high to wilt. Divide the filling between each roll. Crack an egg into each, season and cook for 8 mins, spoon over the beans and cook for a further 3 mins. Add the parsley and serve with the roll lids.





BLUEBERRY OAT MUFFINS

Perfect as a morning snack or breakfast on-the-go

MAKES 12
PREP TIME 10 minutes
AIR FRYER TIME 15 minutes, per batch

- **100g** (3½oz) self-raising white flour
- **100g** (3½oz) self-raising brown flour
- **½tsp** bicarbonate of soda
- **½tsp** baking powder
- **90g** (3oz) oats, plus 1tbsp
- **60g** (2oz) golden caster sugar
- **180g** (6oz) blueberries
- **2** eggs
- **250ml** (8fl oz) soured cream
- **6tbsp** runny honey
- **6tbsp** sunflower oil

YOU WILL NEED:
Silicone muffin cases

1 Heat the air fryer to 160°C/325°F. Sift the white and brown flours into a bowl, tipping in the bran left in the sieve. Add the bicarbonate of soda, baking powder, oats and sugar and stir together to mix. Sprinkle in the blueberries.

2 Beat the eggs in a large jug, then add the soured cream, honey and oil and beat together with a fork.

3 Tip the egg mixture into the dry ingredients and gently fold together, stirring until just combined. Avoid over-mixing, a few lumps are fine.

4 Spoon the mixture into the muffin cases. Sprinkle with oats and bake for 15 mins until well-risen and pale golden. You may need to cook in two batches. Check they are cooked through with a small skewer. If it doesn't come out clean, add a couple of mins. Serve warm or cold.

BUTTERMILK BISCUITS

These are quite scone-like – soft, fluffy and delicious split and served warm with butter. You'll need to bake them in two batches. They also freeze well

MAKES 12
PREP TIME 15 minutes
AIR FRYER TIME 14 minutes, per batch

- **450g** (1lb) plain flour
- **1tbsp** baking powder
- **1¼tsp** bicarbonate of soda
- **½tsp** ground black pepper
- **4tsp** caster sugar
- **175g** (6oz) chilled butter, cubed
- **375ml** (13fl oz) buttermilk, plus 1tbsp extra for glazing
- **10g** (¼oz) chopped chives
- **25-50g** (1-2oz) Cheddar cheese, grated

YOU WILL NEED:
- **7½cm** (2¾in) cutter

1 Sift together the flour, baking powder, bicarbonate of soda, 1tsp salt, the pepper and sugar into a large mixing bowl. Using 2 flat-bladed knives, or your fingers, cut or rub the butter into the dry ingredients until the mix resembles coarse crumbs.
2 Make a well in the centre and pour in the buttermilk. Stir with a fork until it forms a soft doughy mass, but don't over mix. If the dough seems a little dry, add an extra splash of buttermilk. Heat the air fryer to 190°C/375°F.
3 Pat the dough out on a floured surface to a shape of around 25cm (9¾in) across and 2cm (¾in) thick. Using the cutter, cut out 12 rounds, re-rolling the dough as necessary.
4 Mix the extra buttermilk with 1tbsp water to make a glaze and brush on top of each round. Scatter on the chives and cheese, pushing them into the dough a little so they don't fly off in the air fryer. Bake for 14 minutes until hot, crusty and fairly brown. They don't spread very much so you should be able to bake them in two batches. Allow to cool for a few minutes on a wire rack, then serve.



COOK'S TIP

If you can't find buttermilk, you can use milk soured with 2tsp lemon juice instead.

MUSHROOM EGGS BENEDICT

A classic eggs Benedict is served with ham, but mushrooms add a wonderfully savoury flavour

SERVES 4
PREP TIME 10 minutes
AIR FRYER TIME 11 minutes

- **500g** (1lb 2oz) mixed mushrooms (chestnut and button)
- **30g** (1oz) unsalted butter, melted
- **2tbsp** rapeseed oil
- **2** garlic cloves, crushed
- **4** large eggs
- **400g** (14oz) spinach
- **4** English muffins
- Grating of fresh nutmeg
- Small bunch of chives, snipped

FOR THE HOLLANDAISE SAUCE:

- **2** large egg yolks
- **2tsp** lemon juice
- **2tsp** white wine vinegar
- **120g** (4½oz) unsalted butter, melted and cooled

1 To make the hollandaise, whizz the egg yolks in a processor for 1 min. In a pan, heat the lemon juice and white wine vinegar until steam comes off the surface. With the processor running, gradually pour in the hot lemon juice and vinegar then slowly pour in the melted butter until the sauce is thick. Season and keep warm over a pan of warm water. Heat the air fryer to 200°C/400°F

2 Toss the mushrooms in the butter, oil and garlic, season well and cook in a dish in the air fryer for 7 mins, stirring once.

3 Meanwhile, poach the eggs in a pan of barely simmering water for 3 mins each. Microwave the spinach on high for 1 min, then drain.

4 Split and toast the muffins for 2 mins a side in the air fryer, top each with wilted spinach, a grating of fresh nutmeg, the cooked mushrooms and a poached egg. Spoon over the hollandaise sauce and scatter some snipped chives over the top.





AMERICAN-STYLE MEGA BURGER

Who says burger = minced beef? Try this wholesome chicken version, layered with bacon, lettuce, tomato and avocado

SERVES **4**
PREP TIME **5 minutes**
AIR FRYER TIME **14 minutes**

- **8 mini chicken fillets**
- **Olive oil spray**
- **2tsp chicken seasoning**
- **4 rashers maple cured bacon**
- **4 ciabatta rolls, halved**
- **4tbsp mayonnaise**
- **1 beef tomato, sliced**
- **1 little gem lettuce**
- **1 avocado, peeled, and sliced**
- **4tsp chilli jam**

1 Heat the air fryer to 180°C/350°F. Spray the fillets with oil, then sprinkle with chicken seasoning, sea salt and black pepper.

2 Cook the chicken for 12 mins until golden, turning halfway. After 8 mins, add the bacon and cook for 2 mins each side.

3 Toast the ciabatta rolls in the air fryer for 1 min each side. Smother the split rolls with mayo, then layer up tomato, lettuce leaves, chicken, bacon and avocado, finishing with the chilli jam.







CRUNCHY NUT AND SEED GRANOLA

You'll need to bake this in two batches, but it will keep for a few weeks in an airtight container

SERVES 6
PREP TIME 5 minutes
AIR FRYER TIME 12 minutes, per batch

- **200g** (7oz) rolled oats
- **150g** (5oz) mixed raw nuts, such as almonds and pecans
- **100g** (3½oz) pumpkin seeds
- **100g** (3½oz) sunflower seeds
- **1tbsp** ground cinnamon
- **3tbsp** rapeseed or sunflower oil
- **3tbsp** maple syrup
- **100g** (3½oz) raisins
- **30g** (1oz) goji berries

1 Heat the air fryer to 180°C/350°F. Mix together the oats, nuts, seeds, cinnamon and a pinch of sea salt. Stir through the oil and maple syrup, ensuring everything is well coated.
2 Spread the mixture in an even layer in a lined dish and bake for 10 mins. Stir through the raisins and goji berries and bake for a further 2 mins.
3 Leave to cool, then store in an airtight container. It's great served with yoghurt and fresh berries.

COOK'S TIP

Turn your granola into a parfait with layers of yoghurt mixed with vanilla extract and fresh or cooked down berries.



POACHED EGG POTS

A very quick and easy dish for a top-notch brunch

SERVES **2**
PREP TIME **5 minutes**
AIR FRYER TIME **17 minutes**

- **Small handful of spinach**
- **4tbsp crème fraîche**
- **2 eggs**
- **2 slices crusty white bread**
- **30g (1oz) smoked salmon**

YOU WILL NEED:
- **2 ramekin dishes**

1 Heat the air fryer to 170°C/325°F. Place the spinach in a bowl and microwave for 2 mins on high, to wilt.
2 Divide the crème fraîche and spinach between the ramekins, season. Crack the egg on top with a little extra seasoning. Bake for 10 mins for a runny yolk, 13 mins for set. Toast the bread in the air fryer for 2 mins each side.
3 Before serving, add the smoked salmon and serve with the toast.



START-THE-DAY TOASTIES

A colourful dish to make for a weekend brunch

SERVES 4
PREP TIME 5 minutes
AIR FRYER TIME 15–19 minutes

- **350g** (12oz) asparagus, trimmed
- Olive oil spray
- **4** small bunches of cherry tomatoes on the vine
- **8** bocconcini (small mozzarella) or 2 balls mozzarella, quartered
- **1tbsp** thyme leaves, chopped
- **8** slices Parma ham
- **4** thick slices sourdough bread
- **1** clove of garlic, halved
- Extra virgin olive oil, to drizzle
- Balsamic vinegar, to drizzle

1 Heat the air fryer to 180°C/350°F. Spray the asparagus with oil and season, then air fry for around 8–12 mins, depending on the thickness of the asparagus. Add the tomatoes and cook for 2 mins. Set aside.

2 Meanwhile, pat the mozzarella dry on kitchen paper. Sprinkle thyme onto a plate and season. Roll the mozzarella lightly in the thyme, then wrap a piece of ham around each to form a parcel. Put onto an air fryer liner and cook for 3 mins.

3 Toast the bread in the air fryer for a minute a side, then rub with the garlic. Top the toast with the asparagus, tomatoes and mozzarella, then drizzle with a little olive oil and balsamic.

BREAKFAST BERRY BREADS

Pushed for time? Use a pre-made bread dough or a packet mix, and scatter a little of the crushed cardamon over the fruit before air frying. You'll need to bake these in two or three batches

SERVES 6
PREP TIME 20 minutes, plus rising
AIR FRYER TIME 11 minutes, per batch

- **12** cardamom pods
- **400g** (14oz) strong white bread flour
- **3tbsp** caster sugar
- **2tsp** easy blend dried yeast
- **75g** (2½oz) salted butter
- **175ml** (6fl oz) warm milk
- **100ml** (3½oz) crème fraîche
- **6tbsp** blueberry or other berry jam of your choice
- **300g** (10oz) fresh soft fruit of your choice
- Beaten egg, to glaze
- **2tbsp** vanilla sugar

1 Remove cardamom seeds from pods and crush in a pestle and mortar. Tip into a bowl and add the flour, sugar and yeast.
2 Melt the butter and mix with the warm milk, then add to the bowl, stirring with a round bladed knife to make a dough. Tip the dough on to a floured surface and knead for about 10 mins until smooth and elastic, or use a mixer with a dough hook attachment and knead for 5 mins. Turn into a lightly oiled bowl, cover with cling wrap and leave in a warm place to rise for about 1 hr or until doubled in size. Heat the air fryer to 190°C/375°F.
3 Tip the dough on to a floured surface and cut into 6 pieces. Roll each into a circle about 15cm (6in) in diameter. Put 3 circles on to a piece of baking parchment which is the same size as the air fryer basket. Spread a little crème fraîche in the centre of each, add a spoonful of jam then top with fruit.
4 Bring up the edges of the dough over the filling, pinching together to form cases, leaving the fruit showing in the centre. Brush with beaten egg and sprinkle with vanilla sugar. Air fry for 11 mins until risen and golden. Repeat with the second batch. Transfer to a wire rack to cool slightly.

COOK'S TIP

The dough can be left in the fridge to rise slowly overnight. Allow it to get to room temperature before using.





CINNAMON FRENCH TOAST

Crisp eggy bread with no frying required!

SERVES 4
PREP TIME 15 minutes
AIR FRYER TIME 10 minutes

- **2** large eggs
- **350ml** (12fl oz) milk
- **8** slices bread (we used Milk Roll for circular slices)

FOR THE CINNAMON SUGAR:

- **1tbsp** caster sugar
- **1tsp** ground cinnamon

FOR THE PECAN CRUNCH:

- **15g** (½oz) butter
- **60g** (2oz) caster sugar
- **60g** (2oz) pecans, roughly chopped

TO SERVE:

- Mascarpone or cream

1 To make the cinnamon sugar combine both ingredients and mix well.
2 For the pecan crunch, melt the butter and sugar in a small pan until a caramel forms, making sure it doesn't burn. Tip in the pecans, toss through and pour onto a sheet of baking paper to cool. Chop roughly. Heat the air fryer to 200°C/400°F.
3 Beat the eggs and milk together and pour into a large dish. Dip the bread one slice at a time into the egg mix and air fry four slices at a time for 3 mins on one side, then flip and cook for a further 2 mins or until golden brown.
4 Serve in a stack, sprinkled with cinnamon sugar and pecan crunch. Add mascarpone or cream.



TOMATO AND FETA SCRAMBLED EGGS

Scrambled eggs just went upmarket, with a Mediterranean twist

SERVES 4
PREP TIME 15 minutes
AIR FRYER TIME 5-8 minutes

- **300g** (10oz) cherry tomatoes
- **2tbsp** olive oil
- **1tbsp** balsamic vinegar
- **1tbsp** dried oregano
- **1** red onion, sliced
- **2** garlic cloves, sliced
- **9** eggs, beaten
- **100g** (3½oz) feta, crumbled
- **1tbsp** dukkah, or sesame seeds
- Zest **½** lemon
- Handful dill fronds, chopped, to garnish
- **2tsp** harissa
- **3tbsp** strained Greek yoghurt

1 Heat the air fryer to 190°C/375°F. Put the tomatoes into an ovenproof dish with 1tbsp oil, the vinegar and oregano. Season with sea salt. Air fry for 5-8 mins until softening and starting to burst.

2 Put the remaining oil in a large frying pan over a medium heat. Add the onion and cook for 10 mins until softening. Add the garlic and cook for 2 mins more.

3 Season the eggs, then pour into the frying pan and stir continuously until you get creamy, glossy eggs that are just scrambling. Remove from the heat and stir in the tomatoes.

4 Serve sprinkled with feta, dukkah, lemon zest and dill. Mix the harissa with the Greek yoghurt and serve on the side. Griddle flatbreads to go with it, if you like.









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AVOCADO AND COURGETTE CHIPS

Crisp fries in a cheesy crumb, minus the deep-frying, work brilliantly in an air fryer

SERVES **4 as a snack**
PREP TIME **5 minutes**
AIR FRYER TIME **10 minutes**

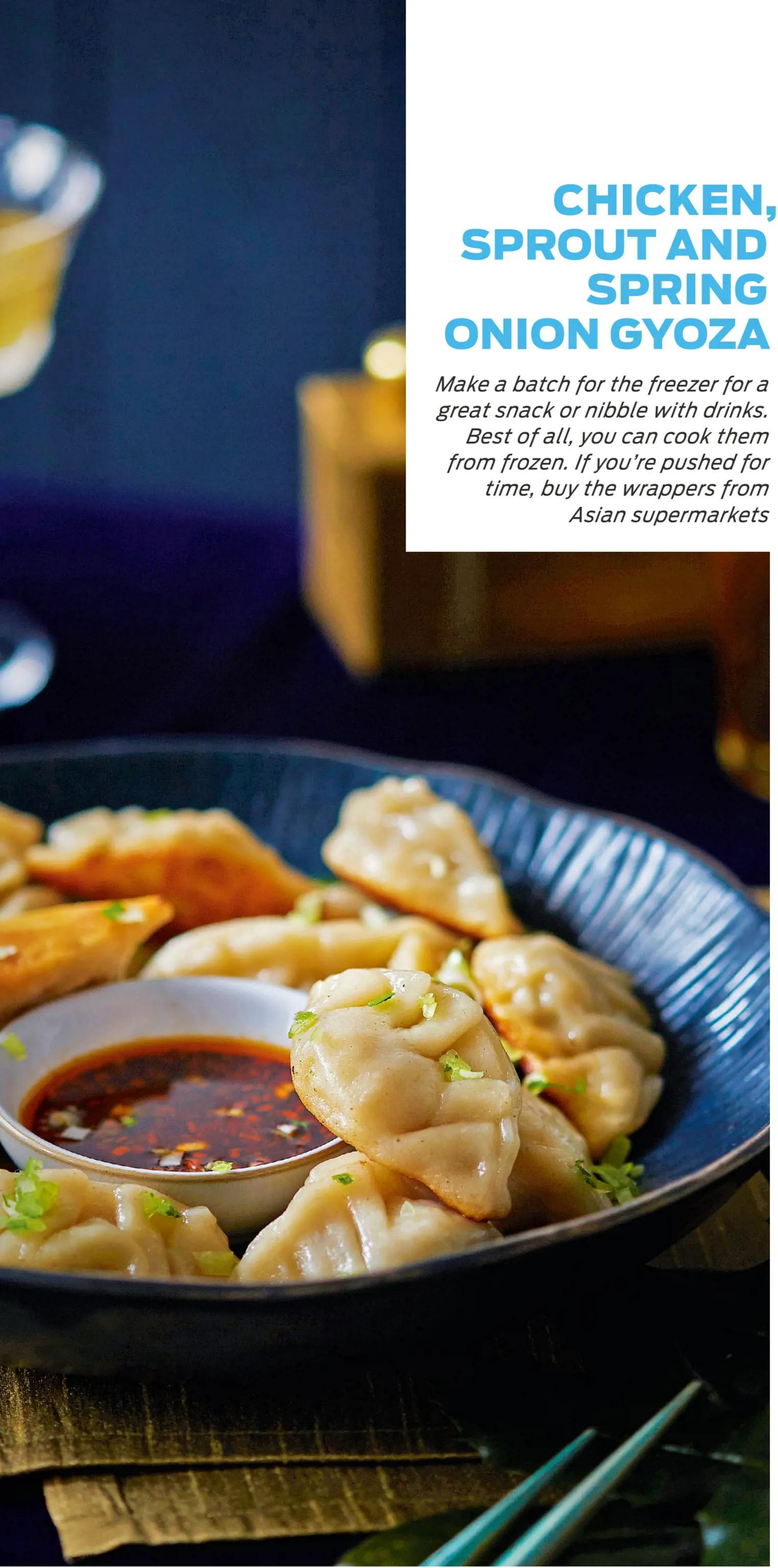
- **1** medium egg, beaten
- **2tbsp** plain flour, seasoned
- **50g** (2oz) breadcrumbs
- **50g** (2oz) grated parmesan
- **1** unripened avocado
- **1** courgette, cut into chips

1 Heat the air fryer to 190°C/375°F. Put the egg, flour, and breadcrumbs and parmesan mix in three separate bowls.

2 Dip the avocado and courgette chips in flour, shaking off any excess, followed by the egg, then coat in crumbs. Repeat with the rest of the veg. Air fry for 10 mins, turning once after 6 mins.

3 Serve alongside your favourite dip – sweet chilli sauce works well.





CHICKEN, SPROUT AND SPRING ONION GYOZA

Make a batch for the freezer for a great snack or nibble with drinks. Best of all, you can cook them from frozen. If you're pushed for time, buy the wrappers from Asian supermarkets

MAKES Around 30
PREP TIME 20 minutes, plus resting
AIR FRYER TIME 4-6 minutes, per batch

- **200g** (7oz) plain flour, sifted
- Oil spray

FOR THE FILLING:

- **125g** (4oz) chicken breast, cut into chunks
- **3** spring onions, sliced
- **60g** (2oz) Brussels sprouts, sliced
- **2tsp** grated ginger
- **2tsp** grated garlic
- **3tsp** soy sauce
- **2tsp** sesame seed oil, plus extra, to drizzle

YOU WILL NEED:

- **A 10cm** (4in) round cutter

1 Mix the flour and ¼tsp fine salt in a large bowl. Pour in 150ml (5fl oz) hand-hot water, a little at a time, and mix until combined. You may not need all the water. Transfer to a lightly dusted work surface and knead for 10 mins until smooth and elastic. Divide the dough into 2 and roll into balls. Wrap in cling film and rest for 30 mins.
2 For the filling, blitz all the ingredients in a food processor. Fry 1tsp of the mix and check the seasoning.
3 Lightly dust a work surface and a baking tray. Roll out the dough until as thin as possible. Cut out circles with the cutter, transfer to the tray and cover loosely with cling film to prevent them from drying. You should have around 30 gyoza wrappers.
4 Spoon 1tsp of filling into the centre of each wrapper, wet the rim with water then crimp together using your thumb and forefinger. You can cook them straight away or cover with cling film and refrigerate for up to 6 hrs. If freezing, place the baking tray in the freezer – once solid, you can transfer gyoza to a freezer bag.
5 To cook from frozen, spray the gyoza thoroughly with oil, add a little water to the air fryer underneath the basket. Heat the air fryer to 180°C/350°F. Air fry in batches, ensuring they aren't too close together, for 6 mins, turning halfway through. To cook from fresh, allow 4-5 mins. Serve with a spicy chilli dipping sauce.



EASY EGGS WITH BUBBLE AND SQUEAK

A very British dish which is also a great use for leftover potato and vegetables

MAKES 4
PREP TIME 10 minutes
AIR FRYER TIME 15 minutes

- **400g** (14oz) potatoes, peeled and chopped
- **400g** (14oz) parsnips, peeled and chopped
- **300g** (10oz) spring greens or cabbage, finely shredded
- **2tbsp** wholegrain mustard
- Oil spray
- **4** eggs

1 Bring the potatoes and parsnips to the boil in a pan of cold water, simmer for 5 mins, drain and mash.
2 Microwave the greens on high in a bowl with 2tsp water, covered with cling film, for 1 min, then squeeze out excess water. Heat air fryer to 190°C/375°F.
3 Mix with the mash and the mustard, season and shape into four patties. Spray with oil and cook for 15 mins, flipping halfway through.
4 Meanwhile, fry the eggs. Serve the patties each topped with an egg.

COOK'S TIP

Add chilli sauce (Sriracha) or chilli flakes to give your meal a bit of a spicy kick in the morning.

FENNEL, CHEESE AND CHESTNUT SALAD WITH HONEY DRESSING

There's a wonderful combination of textures in this salad – crunch from the fennel, creaminess from the cheese and a hint of sweetness in the dressing

SERVES **4**
PREP TIME **10 minutes**
AIR FRYER TIME **10 minutes**

FOR THE DRESSING:

- **2tbsp** honey
- **1tsp** Dijon mustard
- **2tbsp** lemon juice
- **6tbsp** olive oil

FOR THE SALAD:

- **2tbsp** walnut halves
- **2** fennel bulbs, trimmed and halved, fronds chopped and reserved
- **175g** (6oz) cooked chestnuts (vacuum-packed are fine), roughly chopped
- **½tsp** dried chilli flakes
- **2tbsp** olive oil
- **1tbsp** honey
- Large handful of rocket leaves
- **125g** (4oz) hard cheese, such as Manchego, mature Cheddar or hard goat's cheese, shaved or finely sliced

1 To make the dressing, whisk the honey, mustard and lemon juice. Season with salt and black pepper. Slowly whisk in the oil to make a thick dressing, then finish by whisking in 1tbsp water to lighten the consistency.

2 Heat the air fryer 190°C/375°F. Add the walnuts and toast for 5 mins, shaking the basket halfway. Set aside to cool, then roughly chop.

3 Use a mandolin, the slicing blade of a food processor or a very sharp knife to slice the fennel as wafer-thin as possible. Submerge in a bowl of iced water for a few minutes to crisp up. Toss the chestnuts and chilli flakes in the oil, put in a shallow dish which fits your air fryer and cook for 4-5 mins, shaking halfway, until browned. Add the honey and cook for a few secs to glaze. Remove from the heat.

4 Drain the fennel well and put in a bowl with the rocket, any chopped fennel fronds and a few spoonfuls of the dressing. Gently tumble the cheese and hot chestnuts through.

5 Divide the salad between serving plates. Scatter with the toasted walnuts and spoon the remaining dressing over.





STEAK AND TOMATO SALAD WITH BASIL OIL DRESSING

This spin on the classic Italian tagliata proves that you can't beat juicy steak for an easy and satisfying dinner

SERVES 2-3
PREP TIME 5 minutes
AIR FRYER TIME 17 minutes

- **1** garlic bread baguette
- **300g** (10oz) bavette or rump steak
- **60g** (2oz) fresh basil
- **½tsp** red wine vinegar
- **4tbsp** extra virgin olive oil, plus extra for brushing
- **350g** (12oz) mixed Heritage variety tomatoes
- **30g** (1oz) parmesan, shaved

1 Heat the air fryer to 180°C/350°F and cook the baguette for 6 mins. Cut it into chunks, then put back in the air fryer to crisp up for 2 mins. Set aside.
2 Season the steaks with oil and salt and pepper, then air fry for 5 mins, then flip and cook for a further 4 mins for medium rare. Set aside to rest.
3 Meanwhile, whizz half the basil with salt and pepper, the red wine vinegar and the olive oil to make a basil dressing.
4 Slice or chop the tomatoes and arrange them on a platter or divide between 2 plates. Slice the steak, then nestle on top of the tomatoes, with the croutons, basil leaves and parmesan cheese. Drizzle with the basil dressing to serve.

COOK'S TIP

If you're not a fan of steak, swap for chicken or add green beans and more cheese.



GOAT'S CHEESE TARTLETS

These delicious tarts could not be simpler or quicker to make. You could also serve them with a green salad, instead of the courgettes

SERVES 4
PREP TIME 10 minutes
AIR FRYER TIME 20 minutes

- **375g** (13oz) ready-rolled puff pastry
- A little milk
- **3tbsp** black olive tapenade
- **2** x 100g (3½oz) rolls fresh goat's cheese, sliced
- **2** courgettes
- Juice of ½ lemon
- **1tbsp** olive oil

1 Heat the air fryer to 200°C/400°F. Unroll the pastry and cut into 4 equal rectangles or squares, which will fit your air fryer and can be baked two at a time. Brush the edges with milk. Score a border about 1cm (½in) from the edge. Spread inside the border with the tapenade and top with slices of goats' cheese. Bake for 10 mins. You will need to do in two batches.
2 Meanwhile, using a Y-shaped peeler or mandolin, shave the courgettes into ribbons. Mix with the lemon juice and oil, then use to top each tart. Serve with extra courgette ribbons.

COOK'S TIP

Don't use a liner for these, or the bases won't crisp up sufficiently.





GREEN GODDESS CHICKEN SALAD

The avocado in the dressing creates a thick sauce that reminds us of a Caesar salad

SERVES 2
PREP TIME 10 minutes
AIR FRYER TIME 10 minutes

- **150g** (5oz) chicken breast fillets
- Olive oil spray
- **150g** (5oz) Tenderstem broccoli
- **2** little gem lettuce, leaves separated
- **6cm** (2½in) piece cucumber, thinly sliced
- **6** radishes, thinly sliced
- **4** salad onions, thinly sliced
- **½tbsp** crispy onions
- Salad cress

FOR THE DRESSING:

- 1 baby avocado, stoned and diced
- **1** small garlic clove
- **4tbsp** 0% fat Greek-style natural yoghurt
- Zest and juice of ½ lemon
- **1tbsp** roughly chopped fresh tarragon or coriander

1 Heat the air fryer to 190°C/375°F. Toss the chicken in a little oil and season well. Air fry for 10 mins, turning halfway. Set aside to cool, then shred. Meanwhile, for the dressing, whizz all the ingredients in a blender until smooth. Check the seasoning and add a splash of water if it's a little thick.
2 Blanch the broccoli in a pan of boiling, lightly salted water for 3-4 mins until tender. Drain and cool under running water.
3 Arrange the lettuce, cucumber, radishes, broccoli, chicken and salad onions onto two serving plates. Drizzle over the dressing, then scatter with the crispy onions and salad cress.

HARISSA CHICKEN NOURISH BOWL

This protein-rich lunch will offer a boost of energy to get you through the afternoon

SERVES 4
PREP TIME 5–10 minutes
AIR FRYER TIME 9 minutes

- **500g** (17oz) skinless, boneless chicken thighs
- **3tbsp** olive oil
- **3tbsp** harissa
- **2** flavoured rice pouches (we used lime and coriander) or flatbread
- **150g** (5oz) pickled red cabbage (from a jar or see cook's tip)
- **250g** (9oz) houmous
- Small bunch coriander, roughly chopped (optional)

1 Heat the air fryer to 180°C/350°F. Put the chicken thighs in a large bowl with 2tbsp of the olive oil. Season with salt and pepper, mix together, then set aside. Brush the chicken with 2tbsp harissa. Air fry for 5 mins. Turn, brush with remaining harissa, and cook for a further 4 mins. Remove and cut into slices.

2 Meanwhile, heat the rice pouches according to the pack instructions. Divide the rice (or flatbread, if using), chicken slices, pickled red cabbage and houmous between 4 bowls. Mix the remaining harissa and olive oil together, then drizzle over the top. Sprinkle with chopped coriander, if liked.

COOK'S TIP

To make pickled cabbage, mix ½ red cabbage with 2tbsp red wine vinegar, salt and a pinch of sugar. Leave for 30 mins.





HALLOUMI-STUFFED PEPPERS

This is a great dish for a barbecue, but when the weather's not playing ball, the air fryer will do the job

SERVES 6
PREP TIME 5 minutes
AIR FRYER TIME 8 minutes

- **3** small peppers (preferably red or orange), quartered
- **250g** (9oz) halloumi cheese, cut into 12 rectangles
- **6** basil leaves
- **6tbsp** basil oil

YOU WILL NEED:
- **6** skewers

1 Heat the air fryer to 180°C/350°F. Thread the peppers, cheese and basil leaves onto the skewers. Drizzle with the basil oil and season.

2 Cook the skewers, cut side up, for 8 mins or until the halloumi is soft and the peppers lightly charred.

MEXICAN CORN ON THE COB

Air frying corn gives a charred exterior with tender, juicy kernels

SERVES 4
READY IN 5 minutes
READY IN 15 minutes

- **4** corn on the cob, halved
- **1tbsp** sunflower oil
- Sea salt

FOR THE SAUCE:

- Zest and juice of 2 limes
- **4tbsp** crème fraîche or soured cream
- **1tbsp** Grana Padano or parmesan, finely grated, plus extra to serve
- **½tsp** smoked paprika
- **½tsp** chilli flakes

1 Heat the air fryer to 200°C/400°F. Rub the corn with the oil, sprinkle over the salt then air fry for 15 mins, turning halfway through.
2 To make the sauce, mix together the lime juice and zest, crème fraîche, cheese, paprika and chilli flakes. Spoon this over the hot corn cobs and top with a little extra cheese to serve.

COOK'S TIP

Cut off cooked kernels and add to feta, black beans, pepper and avo for a delicious salad.





MOZZARELLA RISOTTO CAKES

These are a perfect use for leftover risotto of any flavour (except for fish) or use a risotto ready-meal

SERVES **4**
PREP TIME **10 minutes, plus chilling**
AIR FRYER TIME **12 minutes**

- **175g** (6oz) cooked risotto, chilled
- **2tsp** pesto
- **8** small balls mozzarella
- **4tbsp** seasoned plain flour
- **2** eggs, beaten
- **100g** (3½oz) breadcrumbs
- Olive oil spray

1 Mix the rice with the pesto and shape around a ball of mozzarella to make eight balls. Chill until firm.
2 Heat the air fryer to 200°C/400°F. Coat the 'rice balls' in the flour, egg, then in the breadcrumbs. Spray all over with the oil, then air fry for 12 mins until crisp and piping hot.





POLENTA CHIPS WITH ALMOND ZA'ATAR SALT

Polenta, or cornmeal, is bland on its own, but load it up with seasoning and cheese and air-fried until crisp, it's instantly delicious

SERVES 4
PREP TIME 10 minutes, plus chilling
AIR FRYER TIME 10 minutes, per batch

FOR THE POLENTA CHIPS:

- **450ml** (15fl oz) vegetable stock
- **125g** (4½oz) coarse, quick-cook polenta
- **1tbsp** grated parmesan
- **½tsp** salt
- **1tsp** freshly ground black pepper
- Olive oil spray

FOR THE ALMOND ZA'ATAR SALT:

- **50g** (2oz) roasted and salted almonds, roughly crushed
- **1tbsp** sesame seeds, toasted
- **2tsp** dried oregano
- **2tsp** ground sumac
- **2tsp** cumin seeds, toasted and roughly crushed
- **1tbsp** sea salt flakes
- **2tbsp** fresh oregano leaves, chopped

1 Line a small baking tin with cling film and set aside. Put the vegetable stock in a medium saucepan and bring up to the boil. Stirring constantly, add the polenta in a steady stream and continue to stir and cook until the mixture thickens. This should take about 2 mins. Stir in the Parmesan, salt and black pepper. Pour into the lined tin, level the surface and set aside to cool completely for at least 3 hrs. This step can be done up to 2 days in advance – keep the polenta covered in the fridge until needed.

2 To make the almond za'atar salt, combine the crushed almonds with the remaining ingredients, except the fresh oregano, and mix well. This mixture can be kept in an airtight container for up to 2 weeks.

3 Heat the air fryer to 200°C/400°F. Cut the polenta into slim 'chips' and spray with the olive oil. Lay them in a single layer in the air fryer (you may need to do this in batches), and air fry for 10 mins, turning once. Add the fresh oregano leaves to the za'atar and serve alongside the hot chips, ready to be scattered over them.



NOT-SO-NAUGHTY LATE-NIGHT KEBAB

Healthier than a takeaway and quick to cook

MAKES 4
PREP TIME 5 minutes, plus marinating
AIR FRYER TIME 13 minutes

- **450g** (1lb) lamb leg, diced
- **2tsp** harissa paste
- Juice of ½ orange
- **2tbsp** sunflower oil
- **2** peppers, cut into chunks
- **1** red onion, cut into chunks
- **4** large pittas or flatbreads
- **200g** (7oz) reduced-fat houmous
- Red cabbage, shredded
- Small tomatoes, cut into wedges

1 In a bowl, mix lamb, harissa and orange juice, then leave for 10 mins, or up to 1 hr if possible. Heat the air fryer to 180°C/350°F. Drain off any liquid from the lamb, add 1tbsp oil, sea salt and black pepper, and toss again. Cook the lamb for 7-8 mins, stirring halfway, until cooked through. Remove to a warmed plate, cover with foil and keep warm.
2 Toss onion and pepper with remaining oil, air fry for 3 mins until charred but still quite firm.
3 Toast pittas for a min a side in the air fryer, spread with houmous, fill with cabbage, tomatoes, cooked lamb and veg, fold and serve.

COOK'S TIP

Mix it up with a yoghurt, garlic, lemon and fresh mint dip, instead of houmous as an alternative option.

BACON AND BROCCOLI FRITTATA

A simple yet substantial Italian omelette. Vary the filling if you have leftover vegetables in the fridge

SERVES **2**
PREP TIME **10 minutes**
AIR FRYER TIME **10 minutes**

- **100g** (3½oz) Tenderstem broccoli, roughly chopped
- **8** rashers smoked bacon
- **4** large eggs, lightly beaten
- **3tbsp** milk
- **2tbsp** finely grated parmesan
- **1tbsp** finely chopped chives
- **2tsp** olive oil

YOU WILL NEED:

- **A solid metal baking tin, around 18-20cm (7-8in) which will fit your air fryer**

1 Put the broccoli in a bowl with a splash of water, cover with cling film and microwave on high for 2 mins. Drain and set aside. Heat the air fryer to 180°C/350°F and cook the bacon for 3 mins a side until crisp. Roughly chop it. Put on to kitchen paper.

2 Reduce the air fryer temperature to 170°C/325°F. In a jug, mix the eggs with the milk, parmesan, chives and some salt and pepper.

3 Oil the baking tin, add the broccoli and bacon then put it into the air fryer drawer. Pour in the egg mixture and cook for 10 mins or until golden and cooked through.

COOK'S TIP

If you don't have parmesan, you can substitute for extra mature Cheddar or Gruyère.







PRAWNS WITH AIOLI

Aioli is a rich, garlic mayonnaise, perfect with any fish

SERVES 6
PREP TIME 10 minutes
AIR FRYER TIME 5 minutes

- **18** whole raw prawns (with head and shell on)
- **2tsp** smoked paprika
- **1tbsp** extra virgin olive oil
- **1tbsp** sherry vinegar

FOR THE AIOLI:

- **2** large garlic cloves, crushed
- Juice of ½ lemon
- **1** egg yolk, lightly whisked
- **125ml** (4fl oz) light olive oil
- Lemon wedges, to serve

1 Toss the prawns with the smoked paprika and olive oil. Set aside to marinate.
2 For the aioli, put the garlic, lemon juice and egg yolk in a bowl. Slowly add the oil using an electric whisk until the mixture becomes thick and creamy. Season and mix in more lemon juice or garlic to taste.
3 Heat the air fryer to 200°C/400°F. Cook the prawns for 5 mins, turning once. Toss in the sherry vinegar.
4 Serve the prawns with the aïoli and lemon wedges.

COOK'S TIP

Cooking the prawns with their shells and heads on boosts the flavour and keeps them juicy.



ROASTED CRUNCHY TOMATOES

These tasty little guys would make a great warm salad when served with green leaves or have them as a side to your main meal. You may need to roast them in two batches, depending on the size of your air fryer

SERVES 3
PREP TIME 5 minutes
AIR FRYER TIME 12 minutes

- **6** ripe medium-sized tomatoes
- A little sugar
- **6tbsp** fresh breadcrumbs
- **1** garlic clove, peeled and finely chopped
- Zest of 1 lemon
- **1tbsp** fresh thyme leaves or fresh chopped parsley
- **2tbsp** virgin olive oil

COOK'S TIP

Don't use a liner for these, or the bases won't crisp up sufficiently.

1 Heat the air fryer to 180°C/350°F. Halve the tomatoes and put them cut side up in a baking dish.

2 Season well with salt, pepper and a few pinches of sugar. Mix together the breadcrumbs, garlic, lemon zest, thyme and the olive oil.

3 Divide the crumb mixture between the tomatoes.

4 Bake for 12 mins until the crumbs are browned. Garnish with the rest of the lemon zest and a few sprigs of fresh thyme or parsley leaves, if you like. Serve warm as a starter with some garlic bread or focaccia or as a vegetable accompaniment to cooked meat or fish.

BROCCOLI, HERB AND PISTACHIO SALAD

Such an easy side to serve warm – perfect with roast chicken

SERVES 6
PREP TIME 5 minutes
AIR FRYER TIME 8 minutes, per batch

- **3tbsp** parmesan, grated
- **3tbsp** breadcrumbs
- Olive oil spray

FOR THE HERB DRESSING:

- Small bunch each mint, parsley and basil, finely chopped
- **100ml** (3½fl oz) olive oil
- **3tbsp** red wine vinegar
- **1tbsp** Dijon mustard
- **1tsp** sugar
- Juice of ½ lemon

FOR THE SALAD:

- **600g** (1¼lb) Tenderstem broccoli
- **2tbsp** olive oil
- **100g** (3½oz) pistachios, toasted and roughly chopped

1 Heat the air fryer to 200°C/400°F. In a bowl, mix together the parmesan and breadcrumbs. Make a little foil baking sheet with the edges scrunched up, spray with oil, then toast the crumb mixture in the air fryer for 3 mins. Meanwhile, mix together all the dressing ingredients and set aside.

2 Toss the broccoli in the oil, season, then air fry for 5 mins, giving the basket a shake halfway through cooking. You may need to do this in two batches.

3 Serve in individual bowls topped with the toasted pistachios and parmesan breadcrumbs. You could also toast the pistachio nuts in the air fryer for a few mins, giving them a shake after a min.

SMOKED SALMON WITH PEA AND DILL FRITTERS

The batter for the fritters needs to rest for an hour so that the oats absorb the liquid, otherwise it will be too wet for an air fryer. You could even make it the day before serving

SERVES 4
PREP TIME 5 minutes, plus resting
AIR FRYER TIME 7 minutes, per batch

- **3** eggs
- **3tbsp** whole milk
- **100g** (3½oz) oats
- **1tsp** baking powder
- **1tbsp** chopped dill, plus extra to serve
- **3** spring onions, washed, trimmed and cut into chunks
- **200g** (7oz) frozen petits pois
- Small knob unsalted butter, melted
- **200g** (7oz) smoked salmon
- Tzatziki dip and lemon, to serve

1 In a food processor, blitz the eggs, milk, oats, baking powder and dill with ¼tsp sea salt and a grind of pepper. Once the mix is smooth, add the spring onions and blitz again.

2 Put the petits pois in a bowl and pour over boiling water to thaw them. Drain, add to the mixture and blitz again. Leave to rest until the batter has thickened, around an hour.

3 Heat the air fryer to 200°C/400°F. Spoon the fritters on to parchment or a silicone liner, brush with the melted butter and bake for 4 mins, then flip and cook for a further 3 mins. The mixture should make 8 fritters, so you'll probably need to cook them in two batches, depending on the size of your air fryer.

4 Top with smoked salmon and tzatziki, dill and a squeeze of lemon.







SALMON, LIME AND WASABI SLIDERS

Mayonnaise spiced up with wasabi, Japanese horseradish, takes these sliders to the next level

SERVES 4
PREP TIME 5 minutes
AIR FRYER TIME 10 minutes

- **Zest and juice of 1 lime**
- **1tbsp** soy sauce
- **1tsp runny honey**
- **4 x 150g** (5oz) fillets salmon, skinned
- **Olive oil spray**
- **4 rolls, halved and toasted**
- **Wasabi mayo, mixed salad leaves, cucumber ribbons and caper berries, to serve**

1 Mix the lime juice, zest, soy sauce and honey in a dish. Add the salmon and coat it in the mixture.
2 Heat the air fryer to 180°C/350°F. Put the fish on a liner, spray with a little oil then cook for 10 mins.
3 Serve the salmon in the rolls with some wasabi mayo, salad leaves, cucumber ribbons and caper berries. Drizzle with a little extra olive oil to serve, if liked.



SWEET POTATO FALAFEL, HERBY COUSCOUS AND PEPPER SAUCE

Make this dish vegan by swapping in coconut yoghurt

MAKES 2
PREP TIME 20 minutes
AIR FRYER TIME 7 minutes

- **200g** (7oz) sweet potatoes
- **150g** (5oz) chickpeas from a can
- **1sp** turmeric
- Zest and juice of ½ lemon
- **3tbsp** sesame seeds
- **75g** (2½oz) couscous
- **1tsp** oil
- Pinch each ground cumin and coriander
- **2tbsp** each chopped parsley and mint
- Olive oil spray
- **100g** (3½oz) roasted red peppers
- **1tsp** tahini paste
- **1tsp** plain yoghurt

1 Microwave the sweet potatoes on high for 10 mins. Cool slightly, scoop out the flesh and put into a food processor with the chickpeas, turmeric, lemon zest and seasoning. Whiz to a coarse paste. Put the sesame seeds on a plate, shape the falafel mix into patties and roll in the seeds.

2 Put the couscous, oil and spices into a bowl then cover with boiling water. Cover with cling film and leave for 5 mins. Stir through the herbs.

3 Heat the air fryer to 180°C/350°F. Spray the falafel with oil, cook for 7 mins or until browned.

4 Meanwhile, put the peppers, tahini and yoghurt into a blender and whiz to a sauce. Serve the falafel with the couscous drizzled with the sauce.

TEX-MEX CHICKEN BURGERS

Just the right amount of Cajun spice gives these chicken burgers great flavour

SERVES 4
PREP TIME 20 minutes
AIR FRYER TIME 15 minutes

- **600g** (1lb 4oz) boneless, skinless chicken thighs, roughly chopped
- Handful fresh coriander or parsley
- **2tsp** Cajun spice blend
- **1tbsp** mayonnaise, plus extra to serve
- Olive oil spray
- **2** large tomatoes, chopped
- **1** small ripe avocado, chopped
- **1-2** jalapeño chillies from a jar, chopped
- **1tsp** extra virgin olive oil
- **1-2tsp** lemon juice
- **4** burger buns, toasted

1 Put the chicken into a food processor with the herbs, spice blend and mayo, then season and pulse until combined. Tip out the mixture onto a board and divide into 4 patties. Set aside in the fridge, well covered, if not cooking immediately.
2 Heat the air fryer to 190°/375°F. Spray the burgers with oil then cook for 15 mins, turning halfway through. Meanwhile, make the salsa by mixing together the tomatoes, avocado, jalapeño chillies, oil and lemon juice.
3 Serve the burgers in a bun with a little mayonnaise and the salsa spooned over the top.

COOK'S TIP

To beat the bloat, swap the buns for corn tortillas or sweet potato wedges - both will make really tasty alternatives,





TORTILLA CHIPS WITH PARTY GUACAMOLE

Air fryer chips are ready in minutes. Tequila adds a subtle kick to this creamy dip – give it a shot!

SERVES 6
PREP TIME 5 minutes
AIR FRYER TIME
4 minutes, per batch

- **12** tortillas or flatbreads
- Olive oil spray
- Sea salt
- **4** avocados
- **4** spring onions, sliced
- **90g** (3oz) cream cheese
- **1tbsp** tequila (optional)
- **1** garlic clove
- Zest and juice of 1 lime
- **2** red chillies, finely sliced
- Fresh coriander leaves

1 Heat the air fryer to 180°C/350°F. Spray the tortillas with the oil, sprinkle over the sea salt. Cut into quarters and air fryer in batches for 4 mins.

2 For the guacamole, mash together the avocados, spring onions, cream cheese, tequila and garlic to a rough consistency. Stir in the lime zest and juice, and serve the guacamole topped with the chillies and coriander, alongside the tortilla chips.



ULTIMATE GARLIC BREAD

A buttery, garlicky loaf is ready in no time in the air fryer. You can always save time by buying ready made garlic butter from the store

SERVES 8
PREP TIME 5 minutes
AIR FRYER TIME 7 minutes

- **2** small baguette loaves (they should fit side-by-side in your air fryer)
- **100g** (3½oz) softened butter
- **3-4** garlic cloves, crushed
- **60g** (2oz) grated parmesan
- **100g** (3½oz) pitted green olives, chopped
- **3** sprigs each rosemary, sage, parsley, basil and bay leaves
- Olive oil

1 Heat the air fryer to 180°C/350°F. Make incisions, about 2cm (¾in) apart, into the baguettes, making sure not to cut all the way through.
2 Blitz the butter, crushed garlic and parmesan together until combined, and season well. Mix through the chopped olives. Spread the butter mixture between each incision.
3 Place on two sheets of foil and fill the incision with herb sprigs. Drizzle with a little olive oil and sprinkle over some salt and black pepper, then seal well in the foil. Bake in the air fryer for 6 mins, then fold back the foil and bake for a further min or until golden and crispy.

COOK'S TIP

Make it a cheesy garlic bread by adding a pinch of grated mozzarella cheese into each slit.



ULTIMATE TOASTIE

Breathe new life into the tasty odds and ends lingering in the fridge. You can use up almost anything in this moreish snack!

MAKES 1
PREP TIME 5 minutes
AIR FRYER TIME 6 minutes

- **2** large slices sourdough bread
- **60g** (2oz) Cheddar or blue cheese, grated
- **1** egg
- **½tsp** Worcestershire sauce
- **1tsp** milk
- **1** spring onion, finely chopped
- **1tsp** fresh herbs, finely chopped,
- Splash wine or beer (optional)
- **1–2tsp** cranberry sauce
- **1tbsp** mayonnaise
- **½tbsp** grainy mustard
- **30g** (1oz) cooked chicken or ham

1 Heat the air fryer to 200°C/400°F, and toast the bread for a min a side.
2 Combine the cheese, egg, Worcestershire sauce, milk, spring onion, herbs and a splash of wine/beer if you have some open.
3 Spread one slice of toast with cranberry sauce, then divide the cheese mixture between the 2 toasts and return to the air fryer for 4 mins.
4 Mix the mayonnaise and mustard. Top the cranberry/cheese toast with the chicken or ham, add the mustard mayo, then sandwich with the second toast, cheese side up.

COOK'S TIP

For vegans, swap Worcestershire sauce for soy, use nut roast, and vegan mayo and cheese.

YORKSHIRE PUDDINGS

A perfect side to go with roast chicken or beef

SERVES **4**
PREP TIME **5 minutes**
AIR FRYER TIME **20 minutes**

- **1tbsp** sunflower oil
- **75g** (2½oz) plain flour, sifted
- **2** eggs
- **100ml** (3½fl oz) semi-skimmed milk

YOU WILL NEED:
- **4** metal pudding dishes or ramekins

1 Heat the air fryer to 200°C/400°F. Brush the dishes with the oil then pop into the air fryer for 5 mins to heat up.
2 Whiz up the ingredients with plenty of sea salt and black pepper in a food processor. Divide the batter between the dishes then air fry for 20 mins. Serve straightaway.

COOK'S TIP

Allowing the batter to rest gives the gluten time to relax and absorb some of the liquid for a less chewy result.







LEANER HOT DOGS

These crowd-pleasers are inspired by the stuffed baguettes you find in Vietnamese cuisine. Leave out the pâté if it's not for you

SERVES 4
PREP TIME 5 minutes
AIR FRYER TIME 10 minutes

FOR THE MUFFINS:

- **8** chicken chipolata sausages
- **2** small baguettes, halved
- **30g** (1oz) chicken liver pâté (optional)
- **1** tbsp mayonnaise
- **75g** (2½oz) radishes, chopped
- **2** spring onions, chopped
- **½** cucumber, cut into ribbons with a peeler
- **1** carrot, coarsely grated
- Small bunch Thai basil or coriander, leaves picked
- Hot sauce, such as Sriracha (optional)

1 Heat the air fryer to 200°C/400°F. Cook the sausages for 8-10 mins, turning halfway through.
2 Spread one side of each baguette with the pâté, if using, and the other with the mayo. Stuff with the radishes, spring onions, cucumber and carrot. Top each with two sausages, some picked herbs and a drizzle of hot sauce, if liked.

COOK'S TIP

Chicken sausages are lower in fat than pork sausages, but you could swap them for any that you fancy.



ASPARAGUS, PROSCIUTTO AND BURRATA TOASTS

Creamy burrata is worth seeking out for this easy dish

SERVES 4
PREP TIME 5 minutes
AIR FRYER TIME 10 minutes

- **1tbsp** mustard powder
- **1tsp** soft brown sugar
- **4tbsp** single cream
- **200g** (7oz) asparagus, halved lengthways
- Olive oil spray
- **4** thick slices sourdough
- Butter, for toast
- **2** balls burrata cheese or buffalo mozzarella
- **100g** (3½oz) prosciutto slices
- **2tbsp** sesame seeds, to serve

1 Mix the mustard powder, sugar and cream together with 2tbsp water. Set aside to thicken while you prepare the toasts.
2 Heat the air fryer to 180°/350°F. Spray the asparagus with oil, then cook for 4 mins a side, depending on how thick it is.
3 Toast (in the air fryer for 1 min a side) and butter the sourdough. Spread with the mustard cream and top with burrata, asparagus and prosciutto. Sprinkle with sesame seeds to serve.

MINI MUFFIN PIZZAS

Rustle up these speedy mini pizzas for an easy snack. Vary with your favourites toppings

SERVES **2**
PREP TIME **5 minutes**
AIR FRYER TIME **6 minutes**

- **2** English muffins, halved
- **5tbsp** passata
- **8** slices chorizo
- **75g** (2½oz) sundried tomatoes
- **1** roasted pepper, sliced
- Few pitted black olives, sliced
- **75g** (2½oz) grated mozzarella
- Small handful fresh basil

1 Heat the air fryer to 200°C/400°F. Toast the muffin halves for 1 min each side.
2 Top each muffin half with some passata, chorizo, sundried tomatoes, peppers, olives and mozzarella. Air fry for 4 mins, until golden and bubbling, and serve scattered with fresh basil.

CHEESY PESTO-STUFFED MUSHROOMS

Jazz up your weekend brunch with these juicy mushrooms

SERVES 4
PREP TIME 5 minutes
READY IN 14 minutes

- **125g** (4oz) smoked bacon lardons
- **8** portobello mushrooms
- Olive oil spray
- **8tbsp** shop-bought pesto (we used classic basil)
- **125g** (4oz) ball mozzarella, drained and torn into pieces
- **8** slices crusty bread, toasted and buttered, to serve

1 Heat the air fryer to 180°C/350°F. Air fry the lardons for 4 mins, turning halfway. Set aside. Put the mushrooms in the air fryer, stalk side up, and bake for 7 mins, or until tender.
2 Top each mushroom with 1tbsp pesto, the torn mozzarella and lardons. Return to the air fryer and cook for 2-3 mins or until golden and bubbling.
3 Serve 2 mushrooms per person, on top of buttered toast, with an extra grinding of black pepper, if liked.

COOK'S TIP

Swap the mozzarella for another melty cheese, like Cheddar or Gruyère or use red pesto for a smoky flavour.







CREAMY BEAN GRATIN

A substantial side dish which is great served with chicken. A 20cm (8in) silicone cake pan works perfectly in the air fryer for this

SERVES **4**
PREP TIME **5 minutes**
AIR FRYER TIME **15 minutes**

- **200g** (7oz) sugar snap peas
- **250g** (9oz) green beans, trimmed
- **250ml** (9fl oz) double cream or crème fraîche
- **2** eggs, beaten
- **150g** (5oz) mature Cheddar, grated
- **3tbsp** breadcrumbs
- Olive oil spray

1 Heat the air fryer to 180°C/350°F. Put the sugar snaps and beans into a bowl. Mix together the cream, eggs and 100g (3½oz) of the cheese. Toss the veg well in this mixture and season.
2 Pile it into a 20cm (8in) dish which fits your air fryer. Scatter over the remaining cheese and the breadcrumbs, spray with oil and bake for 15 mins until lightly soufflé and golden.









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BLACK BEAN QUESADILLAS WITH SALSA

The trick to making quesadillas in an air fryer is to ensure there's cheese around the edge. This will act as the "glue" to hold the tortillas together – otherwise the fan will blow them open

SERVES 2
PREP TIME 5 minutes
AIR FRYER TIME 8 minutes

- **400g** (14oz) can black beans, drained
- **50g** (2oz) canned sweetcorn, drained
- **¼tsp** chilli flakes
- **1tsp** smoked paprika
- **3** spring onions, thinly sliced
- **150g** (5oz) Wensleydale or any strong cheese, grated
- Small bunch coriander, finely chopped
- **2** flour tortillas
- Oil spray
- Salsa and lime wedges, to serve

1 Mix together the black beans, sweetcorn, chilli flakes, smoked paprika, spring onions and half the cheese and coriander, then season.
2 Sprinkle a quarter of the cheese over half of one tortilla and top with half the bean mixture. Top with another handful of cheese, ensuring you have cheese on the border, and fold the tortilla over. Repeat with the other tortilla.
3 Heat the air fryer to 180°C/350°F. Spray with oil and cook for a minute, then use a fish slice to flatten it once the cheese has started to melt. Cook for a further 3 minutes, flip over, spray and cook for another 4 minutes.
4 Halve each quesadilla and serve with salsa and the remaining coriander, and lime wedges on the side.







CHEAT'S CHICKEN SATAY

Using peanut butter to make this speedy sauce tastes much better than any shop bought

SERVES 4
PREP TIME 10 minutes
AIR FRYER TIME 10 minutes

- **1** cucumber, halved lengthways, deseeded, cut into half moons
- **½** red chilli, deseeded, finely chopped
- **3tbsp** apple cider vinegar or rice wine vinegar
- **2tbsp** soy sauce
- **2tsp** caster sugar
- **450g** (1lb) skinless, boneless chicken thigh fillets
- Oil spray
- **2** cooked rice pouches (we used a coconut and lime flavoured one)
- **4** roasted peppers from a jar, sliced
- **1** spring onion, sliced lengthways

FOR THE SATAY SAUCE:

- **3tbsp** smooth peanut butter
- **1tbsp** soy sauce
- **1tsp** dark brown sugar
- **1tbsp** fish sauce
- **175ml** (6fl oz) coconut milk

1 Combine the cucumber, chilli, vinegar, soy and sugar in a bowl, set aside.

2 Put the ingredients for the satay sauce in a saucepan over a medium heat. Stir for 5 mins until it begins to thicken. Set aside. Heat the air fryer to 200°C/400°F.

3 Spray the chicken with a little oil and season. Roast for 5 mins on an air fryer liner, then flip over and brush with some of the satay sauce. Roast for 5 mins more until cooked through. Set aside to rest.

4 Microwave the rice according to instructions, divide between 4 bowls. Top with the cucumber salad, peppers and spring onion. Chop the chicken, pile on top and drizzle with satay sauce to serve.

CHEAT'S STEAK BÉARNAISE WITH ROSEMARY CHIPS

This bistro classic comes together in a flash, thanks to some basic cupboard staples

MAKES 2
PREP TIME 5 minutes
AIR FRYER TIME 12 minutes

- **2** thin-cut sirloin or minute steaks – each about 150g (5oz)
- **1tbsp** olive oil
- **250g** (9oz) French fry (skinny) oven chips
- **2tsp** finely chopped rosemary
- Zest of ½ lemon
- **1tsp** flaked sea salt
- Watercress or rocket, to serve

FOR THE BÉARNAISE SAUCE:

- **4tbsp** mayonnaise
- **2tbsp** full-fat crème fraîche
- **2tsp** wholegrain mustard
- **½tsp** white wine vinegar
- Squeeze of lemon juice
- **1-2tbsp** roughly chopped fresh tarragon leaves

1 Mix all the Béarnaise sauce ingredients together in a bowl and season with a pinch of salt and black pepper.
2 Heat the air fryer to 180°C/350°F. Rub the steaks with oil, air fry for 2 mins a side. Set aside to rest.
3 Turn up the air fryer to 200°C/400°F and air fry the oven chips for 8 mins, or until well browned, shaking the basket a few times.
4 Rub the rosemary and lemon zest into the flaky salt, then toss with the steak.
5 Serve the steaks with a big dollop of the Béarnaise sauce, chips and watercress on the side.

COOK'S TIP

If you want to save time or are missing ingredients you can use a good quality mayonnaise instead of the Béarnaise.





CHICKEN PEPERONATA

Mediterranean-style chicken which is quick and easy to prepare. It's great served with rice

SERVES 4
PREP TIME 15 minutes
AIR FRYER TIME 12 minutes

- **4 boneless chicken breasts**
- **Olive oil spray**
- **2 onions, sliced**
- **4 garlic cloves, crushed**
- **4 red peppers, sliced**
- **250g** (9oz) **mushrooms, sliced**
- **250ml** (8fl oz) **hot chicken stock**
- **1tbsp fresh oregano leaves**

1 Heat the air fryer to 180°C/350°F. Coat the chicken with a little oil and seasoning. Bake in the air fryer for 12 mins, turning halfway through.
2 Meanwhile, fry the onions in the spray oil in a non-stick sauté pan for 5 mins. Add the garlic, peppers and mushrooms and cook for 5 more mins.
3 Pour in the stock, add the oregano and bring to the boil. Turn the heat down, simmer for 5 mins. Spoon mixture over the chicken to serve, pouring over any remaining liquid.







CIABATTA PIZZAS

Jars of antipasti make great pizza toppers. If you like, you could use pittas or tortillas instead of ciabatta

SERVES 4
PREP TIME 5 minutes
AIR FRYER TIME 7 minutes

- **2** half-sized ciabatta loaves (about 80g/3oz each), sliced open
- **2tsp** extra virgin olive oil
- 1 small garlic clove, left whole
- **8tbsp** passata
- **400g** (14oz) mixed antipasti (such as artichokes, peppers, sun-dried tomatoes and olives), drained
- **250g** (9oz) mozzarella light, torn into pieces
- A handful of fresh basil leaves

1 Heat the air fryer to 200°C/400°F. Brush the cut side of the ciabatta with the oil then air fry for 2 mins, cut side up.
2 Lightly rub the toasted surface of the ciabatta slices with the garlic clove. Raw garlic is very powerful, so you won't need it all.
3 Spread each slice with passata, then add the antipasti. Top with the mozzarella, then cook for 5 mins until the cheese has melted. Sprinkle with basil to serve.

COOK'S TIP

Add some Parma ham or spicy salami to your ciabatta pizza for a meaty twist.



EXPRESS PIZZA

Hold the takeaway and save money with these speedy thin and crispy pizzas – you'll save on calories as well. You'll need to bake them in two batches

SERVES 2
PREP TIME 10 minutes
AIR FRYER TIME 6 minutes, per batch

- **100ml** (3½fl oz) tomato passata
- **½tsp** sugar
- Juice of ½ lemon
- **1tsp** dried oregano
- **200g** (7oz) baby spinach leaves
- **2** flatbreads or soft flour tortillas
- **1tbsp** pitted black olives, drained and sliced
- **60g** (2oz) half-fat mature Cheddar, grated
- **2** eggs

1 Heat the air fryer to 180°C/350°F. Heat the passata in a pan with the sugar, lemon juice and oregano. Simmer for 5 mins to thicken slightly.
2 At the same time, put the spinach leaves in a bowl, cover with boiling water and leave for 2 mins until wilted. Drain, squeeze out the excess water, then chop.
3 Put the flatbreads on two pieces of baking parchment. Spread the passata over the top and scatter over the spinach, olives and cheese, leaving a gap in the centre of each one for the egg. Lower the first pizza into the air fryer drawer, then crack an egg into the centre of each pizza and bake for 6 mins until the base is crispy and the eggs are cooked but the yolks are still runny.

COOK'S TIP

Sprinkle a few dried chilli flakes or some Sriracha over the spinach for a spicy kick.

FAST FISH SUPPER

Our healthy twist on a takeaway classic will certainly leave you satisfied, with no deep-frying required

SERVES 4
PREP TIME 10 minutes
AIR FRYER TIME 8 minutes

- **300g** (10oz) large raw prawns
- **1** free-range egg, beaten
- **2tbsp** cornflour
- **5tbsp** dried breadcrumbs
- Zest and juice of 1 lemon
- **3tbsp** sunflower oil
- **300g** (10oz) frozen peas, defrosted
- Knob of butter
- **1** avocado, peeled

1 Pat the prawns dry with some kitchen paper. In a bowl, mix together the egg, cornflour and a splash of water. In a separate bowl, mix together the breadcrumbs with the lemon zest and lots of freshly ground black pepper.
2 Mix the prawns with the egg mixture, a few at a time, shake off the excess and dip into the crumbs. Heat the air fryer to 180°C/350°F.
3 Cook the prawns in a single layer for 8 mins, turning halfway through.
4 Meanwhile, heat the peas in a small pan with the butter, 2tbsp water and the lemon juice. Whizz in a food processor with the avocado until smooth. Return to the pan and heat gently for 1 min, then serve with the breaded prawns and some cooked chunky chips.



GOURMET FISH FINGER AND TARTARE SARNIE

Once you've cooked an air-fried home made fish finger, you'll never look back! So light and crisp, without a hint of oil required

SERVES 2
PREP TIME 10 minutes
AIR FRYER TIME 7 minutes

- **200g** (7oz) skinless, boneless cod fillets, cut into thick strips
- **2tbsp** plain flour, seasoned
- **75g** (2½oz) breadcrumbs
- Zest of 2 lemons
- **1** egg, beaten
- **1** mini ciabatta or bread roll, halved
- Rocket leaves

FOR THE TARTARE SAUCE:
- **2tbsp** mayonnaise
- **3** gherkins, chopped
- **1tbsp** parsley, roughly chopped
- **1tsp** lemon juice

1 Mix together all the ingredients for the tartare sauce and set aside.
2 Heat the air fryer to 180°C/350°F. Put the fish pieces into a large bowl and add the flour. Toss together until the fish pieces are well coated. In a separate bowl, mix together the breadcrumbs and lemon zest.
3 Dip each piece in the beaten egg, then in the breadcrumbs to coat. Air fry, spacing them a little apart, for 7 mins.
4 Slice and toast the ciabatta, spread over the mayonnaise, sprinkle with rocket and top with fish fingers to serve.

COOK'S TIP

As an alternative to cod, try substituting it for a more sustainable fish such as coley or pollock.







HEALTHIER SAUSAGE AND MASH

Swapping pork sausages for chicken is an easy way to reduce the calories; for hungrier appetites, serve 3 sausages per person

SERVES 4
PREP TIME 30 minutes
AIR FRYER TIME 10 minutes

- **500g** (17oz) floury potatoes (we used Maris Piper), peeled and roughly chopped
- **75g** (2½oz) butter, melted
- **2** large red onions, sliced into wedges
- **2** sprigs rosemary, leaves picked
- **2tbsp** olive oil
- **8–12** chicken sausages
- **½** savoy cabbage or kale, finely shredded
- **3tbsp** semi-skimmed milk

FOR THE GRAVY:

- **15g** (½oz) unsalted butter
- **1** white onion, finely chopped
- **1** garlic clove, crushed
- **1–2tbsp** balsamic vinegar
- **2tbsp** plain flour
- **350ml** (12fl oz) hot chicken stock
- **1tsp** wholegrain mustard

1 Boil the potatoes in a pan of cold, salted water for 15 mins until tender. Drain, let cool then mash with butter.

2 Meanwhile, heat the air fryer to 200°C/400°F. Toss the onion wedges, rosemary and olive oil together. Cook the sausages in the air fryer for 5 mins, turn, add the onion mixture and cook for a further 5 mins. It can all stay warm in the switched-off air fryer until the gravy is ready.

3 Meanwhile, blanch the cabbage or kale in boiling water until just tender. Drain and add to the mashed potatoes with the milk. Put back on the heat and warm gently for 2 mins, beating together well.

4 For the gravy, add the butter to a small pan with the onion and garlic, and cook over a medium heat, stirring regularly until caramelising, about 10 mins. Add the vinegar and turn up the heat, then simmer for 1 min.

5 Mix in the flour, then slowly add the stock, stirring continuously. Turn up the heat and keep stirring until thickened. Add the mustard and season.

6 Serve the mashed potatoes on plates topped with the sausages, onions and gravy.

HERB-CRUSTED COD WITH PETITS POIS

White fish is low in calories and packed with vitamins, minerals and protein to keep you full for longer

SERVES 4
PREP TIME 10 minutes
AIR FRYER TIME 8 minutes

- **2tbsp** basil
- **2tbsp** parsley
- **2** slices bread
- 2tbsp grated parmesan or Grana Padano
- Zest of ½ lemon, plus extra wedges to serve
- **1** medium free-range egg white
- **4 x 175g** (6oz) chunky cod fillets
- **1tbsp** olive oil, plus extra to drizzle
- **350g** (12oz) frozen petits pois
- **70g** (2½oz) bag mixed salad leaves
- **1tbsp** French dressing

1 Heat the air fryer to 180°C/350°F.
2 Put the herbs into a processor and whizz to chop. Add the bread and blitz again to make breadcrumbs. Add the cheese, lemon zest and egg white. Season then pulse to combine.
3 Season the cod again. Brush over the olive oil then press crumbs on top, cementing down.
4 Drizzle with a little olive oil; bake for 8 mins on a liner until the fish is cooked through.
5 Cook the peas in boiling salted water for a few mins. Drain and serve with the cod, salad leaves, lemon wedges and a drizzle of French dressing.

KEBAB-SHOP PIZZAS

Inspired by Turkish pide, these flatbreads pack in the flavour with a few savvy shortcuts. You'll need to cook them in two batches, depending on the size of your air fryer

SERVES 4
PREP TIME 10 minutes
AIR FRYER TIME 3 minutes, per batch

- **½ red onion, thinly sliced**
- **1tbsp red wine vinegar**
- **250g (9oz) lamb mince**
- **2tbsp harissa paste**
- **Juice ½ lemon, plus wedges**
- **Small bunch parsley and a handful of mint leaves, roughly chopped**
- **4 small Lebanese-style flatbreads (about 90g each)**
- **100g (3½oz) feta, crumbled**
- **200g (7oz) tub shop-bought tzatziki, to serve (optional)**

1 In a bowl, mix together the onion and vinegar with a pinch of sugar and salt. Set aside to quick-pickle.

2 Put the lamb in a frying pan over a high heat, break up with a spoon, season well and stir through the harissa. Cook for 8 mins until cooked through. Stir in the lemon juice and half of the herbs. Heat the air fryer to 200°C/400°F.

3 Top the flatbreads with the mince and feta, then air fry for 3 mins. Top with the onion and remaining herbs, and serve with tzatziki and extra lemon for squeezing, if liked.



LAMB CHOPS WITH ITALIAN BEAN SALAD

A speedy supper with few ingredients is perfect for midweek dining

SERVES 4
PREP TIME 5 minutes
AIR FRYER TIME 5-8 minutes

- **8** lean lamb cutlets
- **2 x 400g** (14oz) cans three-bean salad in water, drained
- **4tbsp** Italian salad dressing
- A few sprigs rosemary, finely chopped
- **100g** (3½oz) baby spinach
- **1tbsp** balsamic vinegar
- Mint leaves, to garnish

1 Heat the air fryer to 180°C/350°F. Season the lamb cutlets on both sides with freshly ground black pepper. Air fry the cutlets for 5-8 mins, depending how you like your lamb. Turn once halfway through.
2 While the lamb is cooking, mix the bean salad with the Italian dressing and rosemary. Serve with the lamb cutlets, spinach and a drizzle of balsamic vinegar. Garnish with mint.

COOK'S TIP

If you don't have rosemary and mint, you could use fresh oregano and parsley instead.







LEMON LAMB

Lamb has a natural affinity with lemon and oregano, which contrast with the sweetness of the lamb

SERVES 4
PREP TIME 15 minutes
AIR FRYER TIME 5-8 minutes

- **4 x 100g** (3½oz) lamb cutlets
- **Finely grated zest and juice of 1 lemon**
- **2 garlic cloves, crushed**
- **1tsp** dried oregano
- **1** leek, washed and sliced
- **150ml** (5fl oz) vegetable stock
- **100g** (3½oz) green beans, trimmed
- **400g** (14oz) can cannellini beans, rinsed and drained
- **Lemon wedges, to serve (optional)**

1 Heat the air fryer to 180°C/350°F. Season the lamb generously with salt and ground black pepper, squeeze on the lemon juice, sprinkle over the zest, garlic and oregano. Cook on a liner for 5-8 mins, depending how pink you like your lamb. Turn halfway through cooking.

2 Dry fry the leek in a non-stick pan for 10 mins, until softened.

3 Add the stock to the leeks, add the green beans and cannellini beans. Cook for a few mins to warm through.

4 Season the beans and serve with the chops and extra lemon wedges.

COOK'S TIP

Look out for lamb neck fillet or lamb leg steaks - they save time as they don't have any visible fat to be trimmed.

PERI-PERI CHICKEN AND CHORIZO BURGER

Home-made burgers are so much better than takeaway and far lighter on calories

MAKES 4
PREP TIME 5 minutes
AIR FRYER TIME 16 minutes

- **1tsp** peri-peri seasoning rub
- **1** garlic clove, crushed
- **1tbsp** olive oil
- **1tbsp** lemon juice
- **2** chicken breast fillets, cut in half horizontally
- **100g** (3½oz) cooking chorizo, thickly sliced
- **4** sourdough or wholemeal rolls, halved
- **2tbsp** light mayonnaise
- **8–10** lettuce leaves
- **50g** (1¾oz) feta cheese, crumbled
- Small handful basil leaves

1 Mix together the peri-peri seasoning, garlic, oil and lemon juice. Rub all over the chicken breasts.
2 Heat the air fryer to 180°C/350°F. Cook the chicken for 5 mins each side until browned and cooked through. Set aside, then add the chorizo to the air fryer (on a liner as they throw off so much oil) and cook for a further 4 mins, turning halfway through. Toast the buns in the air fryer, cut side up for a minute or two.
3 Spread the buns with mayonnaise and top with lettuce, the chicken, chorizo, feta and basil. Serve.

COOK'S TIP

If you have some extra time, serve with roasted wedges of sweet potato, skin on, for an extra serving of fibre.



PORK SCHNITZEL WITH WINTER SLAW

Air fryer schnitzels are the best! Crunchy, crisp and tender, with no oil at all

SERVES 4
PREP TIME 10 minutes
AIR FRYER TIME 10 minutes, per batch

- **4** pork loin steaks
- **60g** (2oz) plain flour, seasoned
- **2** eggs, beaten
- **90g** (3oz) breadcrumbs
- **½** lemon, cut into wedges

FOR THE WINTER SLAW:

- **¼** red cabbage, sliced
- **½** bulb fennel, sliced
- **2tbsp** crème fraîche
- **1tsp** Dijon mustard
- Juice **½** lemon

1 To make the winter slaw, mix the veg with the crème fraîche, mustard and lemon juice. Season and set aside.

2 Place the pork steaks one by one between two sheets of cling film. Use a rolling pin to thin them evenly out to just under 5mm (¼in).

3 Tip the flour, egg and breadcrumbs onto three separate plates. Coat the meat in the flour, then the egg and, finally, the breadcrumbs.

4 Heat the air fryer to 180°C/350°F. Air fry the schnitzels for 10 mins – you may need to do this in two batches. Serve with the winter slaw.

COOK'S TIP

Remember if you need to air fry in batches, you can always pop the first ones back into the air fryer for a minute or two to reheat.





SALMON TACOS

Spicy chilli, citrusy lime and succulent salmon – this zingy combination is sure to excite your taste buds

SERVES 2
PREP TIME 5 minutes
AIR FRYER TIME 8 minutes

- **1tsp** olive oil
- **2** skin-on salmon fillets
- **½tsp** chilli flakes, plus extra for garnish (optional)
- **1** romaine lettuce, shredded
- Juice of **½** lime, plus wedges, to serve
- **½tsp** honey
- **2tbsp** natural yoghurt
- **1tbsp** coriander, finely chopped, plus leaves for garnish
- **4** soft taco wraps
- **1** ripe avocado, stoned, peeled and sliced

1 Heat the air fryer to 200°C/400°F. Rub the oil over the salmon and scatter over the chilli flakes. Roast, skin side up in the air fryer for 8 mins, turning halfway through.
2 Meanwhile, combine the shredded lettuce in a bowl with the lime juice and honey. Season with a generous pinch of salt and set aside.
3 Mix the yoghurt and coriander together with a splash of water, then season.
4 When the salmon is cooked, discard the skin. Use a fork to flake the fish.
5 Warm the wraps, if liked, in the switched off air fryer, then assemble by filling with salmon, sliced avocado and shredded lettuce, and drizzle over some yoghurt dressing. Garnish with coriander leaves and serve with lime wedges.

COOK'S TIP

If cooking for people who don't like spice, omit the chilli and simply cook with the oil and a squeeze of lime.



SEA BREAM WITH VEGETABLE COUSCOUS

Fish is great for a quick meal as it cooks in no time. Any white fish would work here

SERVES 4
PREP TIME 20 minutes
AIR FRYER TIME 5 minutes

- **2tbsp** olive oil
- **250g** (9oz) cherry tomatoes
- **2** aubergines, roughly chopped
- **1** garlic clove, crushed
- **500ml** (16fl oz) hot vegetable stock
- **200g** (7oz) giant couscous
- **4** sea bream fillets
- Zest and juice of 1 lemon
- Small bunch of basil, shredded
- **2tbsp** pine nuts, toasted

1 Heat 1tbsp of oil in a large frying pan over a medium heat. Add the tomatoes, aubergines and garlic. Cook for 10 mins until the aubergines are golden. Pour the stock into a large saucepan, add the couscous and simmer over a low heat for 6-8 mins until tender.

2 Meanwhile, heat the air fryer to 180°C/350°F. Brush the fish on both sides with the remaining oil, season then scatter over the lemon zest. Cook for 5 mins.

3 Drain the couscous and stir through the tomato mix, lemon juice and basil. Divide between plates then top with the bream and pine nuts.





SALMON WITH PARMESAN AND FENNEL CRUST

With a few ingredients, this air-fried salmon dish will give a flavoursome, juicy meal in no time at all

SERVES 6
PREP TIME 5 minutes
AIR FRYER TIME 10 minutes

- **1** bulb fennel, finely sliced
- **1tbsp** extra virgin olive oil
- **75g** (3oz) breadcrumbs
- **100g** (4oz) parmesan, finely grated
- **6** salmon fillets
- Olive oil spray

1 Heat the air fryer to 180°C/350°F. Bring a small pan of salted water to the boil, add the fennel slices and cook for 1 or 2 mins. Rinse in cold water, drain and set aside to dry on kitchen towel.

2 Mix the fennel, olive oil, breadcrumbs and half the parmesan with some seasoning, use to coat the salmon fillets and top with the remaining parmesan. Spray lightly with oil, then press the parmesan down with a fish slice – this keeps it "glued" down or it may be dislodged with the power of the fan. Put the fish on to a silicone mat or parchment lining to prevent sticking. Air fry for 10 mins. Depending on the size of the salmon fillets, this may need to be done in two batches. Serve with new potatoes and green beans.

COOK'S TIP

This recipe would work equally well with any white, meaty fish, such as hake or cod.

SPICED LAMB FLATBREADS WITH A HERBY YOGHURT

Baharat is a Middle Eastern spice blend, and it's a fantastic way of adding an instant Lebanese taste to a dish

SERVES 4
PREP TIME 10 minutes
AIR FRYER TIME 10 minutes

- **400g** (14oz) lamb loin fillet
- **1tbsp** baharat spice mix
- **2tbsp** olive oil
- **2** small red onions, peeled and cut into 8 chunks
- **1** aubergine, cut into bite-sized pieces
- **4** flatbreads or pitta breads
- **1** pomegranate, seeds scooped out
- Pickled gherkins, to serve
- **1** lemon, cut into wedges

FOR THE YOGHURT TOPPING:

- **2tbsp** tahini
- **8tbsp** natural yoghurt
- **2tsp** sumac
- **15g** (½oz) dill, finely chopped, plus extra to garnish
- Zest of 1 lemon
- **5g** (¼oz) mint, leaves chopped

YOU WILL NEED:

- **6 metal skewers**

1 Mix the ingredients for the yoghurt topping together.
2 Slice the lamb into thickish pieces, around 1cm (½in). Heat the air fryer to 180°C/350°F. Mix the baharat spice mix and the olive oil in a large bowl, then toss through the lamb, onions and aubergine, then thread onto skewers. Air fry the skewers for 3-5 mins, depending how pink you like your lamb. Remove to a plate, heat the flatbreads in the switched off air fryer for a couple of mins.
3 Pull the lamb and vegetables off the skewers and pile onto the flatbreads. Spoon over the yoghurt and top with the pomegranate seeds, pickles and extra dill. Serve with lemon wedges.



SPICY VEGGIE TACOS

A quick throw-together meal. The spice mix is a great cheat to get a lovely level of spice without the faff

SERVES 4
PREP TIME 5 minutes
AIR FRYER TIME 6-7 minutes

- **1** small pineapple, approx 400g (14oz), chopped
- **1tbsp** Fajita and taco mix
- Small bunch coriander leaves, roughly chopped, plus extra leaves to serve
- Zest and juice 1 lime, plus lime wedges, to serve
- **1tbsp** olive oil
- Olive oil spray
- **250g** (9oz) block halloumi, sliced into fingers
- **8** small soft flour tortillas
- Tzatziki, aioli or soured cream (optional)

1 Toss together the pineapple, spice mix, coriander, lime zest and juice in a medium bowl. Add the olive oil, and season with salt and pepper, then toss again. Leave in the fridge to chill.
2 Heat the air fryer to 200°C/400°F. Spray the halloumi slices with oil and air fry for 6-7 mins, turning a few times.
3 Warm the wraps in the switched off air fryer, then serve with the halloumi, chilled pineapple salsa, extra coriander leaves and lime wedges for squeezing, if you like. Serve with tzatziki or other sauce, if liked





SRIRACHA VEGAN HOT DOGS

The ultimate fast food. These hot dogs have a spicy sauce to take them to the next level. The cooking time will vary by a few minutes depending on your choice of hot dog

SERVES 6
PREP TIME 10 minutes
AIR FRYER TIME 8 minutes

- **1tbsp** olive oil
- **1** red onion, sliced
- **1** red, **1** orange and **1** yellow pepper, deseeded and sliced
- **6** tofu hot dogs or other plant-based hot dogs
- Oil spray
- **6** vegan brioche-style hot-dog rolls
- Sweet mustard and ketchup

FOR THE SPICY SALSA:

- Dash of sriracha hot sauce
- **1** tomato, chopped
- **1** stick celery, finely chopped
- **200g** (7oz) ready-made tomato salsa

1 Heat the oil in a frying pan, add the red onion and a pinch of salt, and cook for 2-3 mins to soften. Add the peppers and cook for another 2-3 mins, until everything is soft. Heat the air fryer to 190°C/375°F.

2 To make the spicy salsa, stir the sriracha, tomato and celery through the ready-made tomato salsa.

3 Spray the hot dogs with oil. Cook for 4 mins a side.

4 Put a hot dog in each of the brioche rolls. Top with some tomato salsa, the pepper and onion mixture, and a dollop of mustard and/or ketchup.

STEAK AND EGG SANDWICH

One steak serves two in this deliciously messy dinner, guaranteed to please

SERVES 2
PREP TIME 20 minutes
AIR FRYER TIME 10 minutes

- **3tsp** vegetable oil
- **1** large onion, sliced
- Few dashes Worcestershire sauce
- **1** rump steak (about 200g/7oz), at room temperature
- **2** medium free-range eggs
- **3tbsp** mayonnaise
- **1tbsp** Dijon mustard
- **2** ciabatta rolls, or other crusty rolls, halved, toasted
- **50g** (1¾oz) Gruyère or Cheddar cheese
- Handful rocket, or other salad leaves

1 Heat a frying pan over medium heat, add 1tsp of the oil and fry the onion for 10 mins, stirring until softened, add a splash of water if it starts to stick. Add the Worcestershire sauce and continue to cook for 5 mins until golden and sticky.

2 Meanwhile, heat the air fryer to 180°C/350°F. Pat the steak dry and brush with 1tsp oil. Season, then cook for 4 mins each side for medium rare. Set aside to rest, then slice thinly.

3 Return the pan to a medium heat and add the last 1tsp oil. Crack in the eggs and fry for 2 mins, until crispy and cooked to your liking.

4 In a small bowl, mix the mayo and mustard. Spread half over the bun bottoms and top with onions and cheese. Pop into the switched-off air fryer for 2 mins, then divide the steak and rocket between them. Top each with an egg. Spread the rest of the mayo mixture over the bun tops and serve straight away.



STICKY CHICKEN DRUMSTICKS

For an alternative roast we love chicken drumsticks served with a side of fresh coleslaw. Bonus points for serving with homemade chips!

SERVES 4
PREP TIME 5 minutes
AIR FRYER TIME 12 minutes

- **4tbsp** honey
- **4tbsp** soy sauce
- **4tbsp** tomato ketchup
- **8** chicken drumsticks

FOR THE SLAW:

- **2tsp** black sesame seeds
- **2tbsp** rice wine vinegar
- **3tbsp** soy sauce
- **2tsp** sesame oil
- **1tsp** sugar
- **4** carrots, thinly sliced
- **2** cucumbers, thinly sliced
- **6** spring onions, thinly sliced
- **1** chilli, thinly sliced

1 Heat the air fryer to 200°C/400°F. Combine the honey, soy sauce and ketchup in a large mixing bowl.
2 Slash the skins of the drumsticks and add to the bowl, tossing to coat in the sauce. Air fry on a silicon liner for 12 mins, turning once.
3 Combine the sesame seeds, vinegar, soy, sesame oil, and sugar in a bowl. Add the remaining ingredients, tossing well.
4 Serve the chicken with the slaw.

COOK'S TIP

For extra flavour leave the chicken to marinate overnight.

STICKY GLAZED CHICKEN WITH HOISIN SAUCE

This delicious marinade makes a sticky sauce which is full of flavour

MAKES 6
PREP TIME 5 minutes
AIR FRYER TIME 10 minutes

- **6** boneless, skinless chicken breasts and 6 chicken thighs, scored and cut into strips
- Grated zest and juice of 1 lemon and 1 lime
- **3tbsp** maple syrup
- **3tbsp** light soy sauce
- **1-2tbsp** chilli sauce
- **75g** (3oz) unsalted butter

FOR THE SAUCE:

- **6tbsp** hoisin sauce
- **1tbsp** light sweet soy sauce
- **1tbsp** toasted sesame seeds
- **2tbsp** chopped fresh coriander

YOU WILL NEED:

- **6** metal skewers

1 Arrange the chicken in a shallow non-metallic dish. Heat the grated rind and juice of the lemon and lime, maple syrup, soy sauce, chilli sauce and butter until melted and combined. Leave to cool.

2 Heat the air fryer to 190°C/375°F. Pour the glaze over the chicken and toss to coat. Thread the chicken on to the skewers. Air fry for 10 mins. Serve with lime wedges, rice and your favourite dipping sauce.

COOK'S TIP

If using bamboo sticks, soak them in water for 30 mins or cover the ends in foil to stop them from burning.





THAI BEEF AND NOODLES

A super-speedy and satisfying option that's on the table in just 15 minutes

SERVES **4**
PREP TIME **5 minutes**
AIR FRYER TIME **9 minutes**

- **2 x 200g** (7oz) sirloin steaks
- Sesame oil for rubbing
- **300g** (10oz) cooked rice noodles
- **¼** cucumber, deseeded and cut into half moons
- **250g** (9oz) cherry plum tomatoes, halved
- **6** spring onions, finely sliced
- Handful Thai (or regular) basil leaves, torn, plus extra to serve
- Handful coriander leaves, chopped, plus extra to serve
- Handful fresh mint leaves, chopped, plus extra to serve
- **1** baby gem lettuce, leaves separated
- **2tbsp** salted peanuts, chopped, to serve (optional)

FOR THE DRESSING:

- **4tbsp** sesame oil
- **½-1** red chilli, finely chopped (the rest sliced to serve, optional)
- **2tsp** palm sugar or demerara
- Juice **2** limes, plus extra wedges to garnish
- **2tsp** fish sauce

1 Take the steaks out of the fridge 10 mins ahead of cooking. Rub the steaks with sesame oil. Heat the air fryer to 180°C/350°F. Air fry for 5 mins, then flip and cook for 4 mins, for medium rare. Set aside to rest.

2 Meanwhile, toss the noodles and remaining salad ingredients in a large bowl or on a platter.

3 Mix together the dressing ingredients in a jar or whisk in a bowl. Toss most of the dressing with the salad. Slice the steak thinly, then arrange on top of the noodles/veg and drizzle over the remaining dressing.

4 Serve on the platter or on plates with the extra herbs and nuts, if using.







COOK'S TIP

If you don't have time to make the pickles, use sliced gherkins instead.

ULTIMATE BURGER

Plenty of salad with this indulgent burger makes it healthy too

SERVES 4
PREP TIME 5 minutes, plus pickling
AIR FRYER TIME 18 minutes

- Oil spray
- 4 x 150g (5oz) top-quality burgers
- 4 brioche burger buns, sliced in half

FOR THE PICKLES:

- **1** cucumber, finely sliced
- **3tbsp** sugar
- **2tbsp** red wine vinegar
- **1** red onion, finely sliced into rounds
- Juice of **1** lemon
- 1tbsp white wine vinegar

FOR THE TOPPINGS:

- **4** maple-cured bacon rashers
- **4** leaves little gem lettuce
- **2** beef tomatoes, sliced
- **1** avocado, peeled, in wedges
- **2tbsp** tomato ketchup

FOR THE SPECIAL BURGER SAUCE:

- **2tbsp** home-made tomato ketchup
- **4tbsp** mayonnaise
- A splash Worcestershire sauce
- **½tsp** Dijon mustard

1 Place the cucumber in a bowl and mix with half the sugar, the red wine vinegar and 1tsp salt. Mix and cover. In another bowl, mix the onion with the remaining sugar, 1tsp salt, lemon juice and white wine vinegar. Mix well and cover. Leave to stand for 1hr, until the sugar has dissolved.

2 Heat the air fryer to 190°C/375°F. Spray the basket with oil. Add the burgers and cook for 5 mins on each side for medium-rare. Add the bacon after a few mins and cook for 3 mins each side. Finally, toast the buns cut-side up for a min or two.

3 Mix the sauce ingredients and spread half over the buns. Add the lettuce, tomato and avocado and top with the remaining sauce.

4 Once cooked, place the burgers on top of the buns and top with ketchup, bacon and the pickled veg.



TIKKA SALMON KEBABS WITH MINTY YOGHURT

A speedy lunch for one – it's worth allowing a little time for the salmon to marinate for maximum flavour. These are best air-fried on a silicone mat

SERVES 1
PREP TIME 5 minutes, plus marinating
AIR FRYER TIME 7 minutes

- **1** salmon fillet, cut into 2cm (¾in) cubes
- **1** red onion, cut into wedges
- **2tbsp** tikka curry paste
- **3tbsp** natural yoghurt
- **½** lemon
- **¼** cucumber, diced
- Few mint leaves, roughly chopped
- Oil spray
- Naan bread, to serve

1 Thread your salmon onto two metal skewers, alternating with the onion wedges. Mix the tikka paste with 1tbsp of the yoghurt and a good squeeze of lemon juice, and spread onto your kebabs. Leave to marinate for 15 mins. Heat the air fryer to 180°C/350°F.

2 To make the minty yoghurt, mix together the remaining yoghurt with the cucumber and mint leaves. Season to taste.

3 Spray the skewers with a little oil, then air fry for 7 mins, turning once. Serve with the minty yoghurt and naan bread, or other flatbread of your choice.



TURKEY AND CHORIZO BURGERS

Air-fried burgers are always juicy, with little risk of them drying out. The addition of chorizo sausage adds a welcome kick of spice

SERVES 4
PREP TIME 5 minutes
AIR FRYER TIME 16 minutes

- **125g** (4oz) diced raw chorizo sausage
- **450g** (1lb) minced turkey leg (or use chicken thighs, if you prefer)
- **1** egg, beaten
- **1tsp** smoked paprika
- Oil spray
- **4** slices of strong cheese
- Burger buns, pickles, tomato and baby gem lettuce, to serve

1 Heat the air fryer to 190°C/375°F. Combine the chorizo, turkey mince, egg and paprika in a large bowl. Season well, and mix until blended. Shape the mixture into 4 burgers.
2 Spray the top of each burger and air fry for 15 mins or so. (This will depend on the thickness of your burgers). Flip halfway through, spray again. Once the air fryer has stopped, top each burger with a slice of cheese and return to the air fryer for a min. The reason for this is the fan will blow off the cheese! So ensure it's off, though the air fryer will still be hot.
3 Serve on toasted burger buns with pickles, slices of tomato and baby gem lettuce.

COOK'S TIP

Mix up your toppings. Try blue cheese instead of Cheddar and add chilli jam for a kick.

WARM HALLOUMI AND COUSCOUS SALAD

Sweet, salty and a little spicy, this moreish salad is just as good cold, so make extra and you'll have lunch sorted too!

SERVES 4
PREP TIME 25 minutes
AIR FRYER TIME 5 minutes

- **2** large courgettes, cut into 1½cm (¾in) chunks
- **2** red onions, cut into thin wedges
- **1tbsp** olive oil
- **250g** (9oz) cherry tomatoes
- **275ml** (9fl oz) vegetable stock
- **200g** (7oz) wholewheat couscous
- Zest and juice of 1 lemon
- Zest and juice of 1 orange
- **250g** (9oz) halloumi, cut into 12 slices
- **2tsp** harissa paste
- Oil spray
- Small bunch mint, finely chopped
- **2tbsp** pumpkin seeds, toasted

1 Heat the oven to 230°C/Gas 8. Put the courgettes and onions on a large baking tray and drizzle with 2tsp oil. Roast for 12 mins, add the tomatoes and roast for a further 5 mins.
2 Meanwhile, bring the stock to a simmer. Put the couscous in a bowl and pour over the hot stock. Cover and leave for 5 mins. Fluff the grains with a fork, then stir in citrus zest and juice and season well. Heat the air fryer to 200°C/400°F.
3 Pat the halloumi dry. Brush with the harissa paste, then some oil spray, then air fry for 5 mins, giving the draw a shake halfway through.
4 Stir the roasted veg and mint into the couscous and serve topped with the harissa-spiced halloumi and toasted pumpkin seeds.







FRIDAY NIGHT MUSHROOM BURGER

This simple supper is so quick to make and it's easy to omit the bacon for vegetarians. Just add a sprinkling of smoked paprika into the mayo

SERVES 4
PREP TIME 5 minutes
AIR FRYER TIME 10 minutes

- Small knob butter
- 1tbsp olive oil
- 2 cloves garlic, finely chopped
- 4 large Portobello mushrooms
- 2tbsp flat-leaf parsley, chopped
- 8 rashers streaky bacon
- 4 ciabatta rolls, halved
- Garlic mayonnaise
- 100g (3½oz) mixed salad leaves
- 2 beef tomatoes, sliced
- 1 red onion, sliced into thin rings
- 4 Gruyère slices
- Oven chips, to serve

1 Melt the butter in a frying pan, add the oil and garlic and fry for a couple of minutes. Heat the air fryer to 180°C/350°F. Add the mushrooms and spoon in the garlic mixture. Season well. Add the bacon, together with the parsley. Cook for 7 mins, turning the bacon halfway through.

2 Remove the bacon and mushrooms then toast the ciabatta cut side up for a few mins.

3 Spread the ciabatta with mayo and add salad leaves, tomato and onion rings. Top with a slice of cheese, bacon, a mushroom and parsley. Serve with oven chips.





SESAME TUNA WITH NOODLES

Topped with a zesty caper dressing, this fish dish is sure to be a new favourite

SERVES 2
PREP TIME 15 minutes
AIR FRYER TIME 4 minutes

- **2** tuna steaks
- **1tbsp** toasted sesame oil, plus a little to brush the tuna
- **250g** (9oz) straight-to-wok egg noodles
- **1tbsp** soy sauce
- **1tbsp** sesame seeds
- **1** lime, to serve

FOR THE QUICK PICKLED CUCUMBER:

- **1** cucumber, deseeded, cut into sticks
- **150ml** (5fl oz) white wine vinegar
- **1tbsp** caster sugar

FOR THE CRISPY CAPERS:

- **1tsp** olive oil
- **3tbsp** capers, drained

1 For the pickled cucumber, put the cucumber into a small pan with the vinegar and caster sugar, plus 5tbsp water and 1tsp salt. Bring to the boil and heat for 2-3mins. Set aside to cool.

2 For the crispy capers, heat the oil in a frying pan, add the capers and fry until crisp. Set aside. Heat the air fryer to 200°C/400°F. Brush the tuna with oil on both sides, then cook for 2 mins a side. Leave to rest while you cook the noodles.

3 Heat the 1tbsp sesame oil in the pan, and add the noodles and soy sauce, then heat through for 2-3mins.

4 Serve the fish and noodles scattered with the capers, pickled cucumber, sesame seeds and a squeeze of lime.



LA VEGAN BURGERS

If you've got time, make up the patties in advance, cover and chill until needed

SERVES 6
PREP TIME 15 minutes
AIR FRYER TIME 8 minutes

- **2tbsp** olive oil
- **1** onion, diced
- **2** garlic cloves, crushed
- **1tsp** nigella seeds
- **2** sweet potatoes
- **200g** (7oz) raw beetroot, grated
- **100g** (3½oz) breadcrumbs
- **250g** (9oz) cooked mixed grains
- **8tbsp** uncooked quinoa
- **6** poppy seed buns
- **4tbsp** vegan mayonnaise
- **75g** (2½oz) rocket
- **2** avocados, mashed with juice 1 lime
- **75g** (2½oz) semi-dried tomatoes
- **4tsp** fried onion

1 Heat half the oil in a pan and fry the onion and garlic until soft. Add the nigella seeds and cook until golden.

2 Prick the potatoes and microwave for 6-8mins until soft. Scoop out the inside into a food processor and whizz until smooth. Add the beetroot, breadcrumbs, grains and onion; pulse until combined, but coarse. Heat the air fryer to 200°C/400°F.

3 Divide into 6 burgers. Coat each in quinoa and brush with the remaining oil. Air fry for 4 mins each side. Serve in buns with vegan mayo, rocket, avocado, tomatoes and fried onion.



PRAWN FILO PARCELS

Serve with a crisp green salad for a lighter lunch or dinner. Buying the sauce makes speedy work of the dish

MAKES 4
PREP TIME 15 minutes
AIR FRYER TIME 8 minutes

- **500g** (17oz) washed baby spinach
- **60g** (2oz) melted butter, plus a little extra
- **1** leek, trimmed and thinly sliced
- **1** garlic clove, chopped
- **200ml** (7fl oz) béchamel sauce
- **200g** (7oz) cooked king prawns
- **60g** (2oz) mature Cheddar, grated
- **1tbsp** dill, finely chopped
- **2tbsp** double cream
- **4** sheets filo pastry

1 Microwave the spinach on high for 2-3 mins until wilted. Allow to cool, squeezing out any excess moisture.
2 Melt a knob of butter in a frying pan and add the leek. Cook for 5 mins, stir in the garlic and cook for 1 min. Add the white sauce and heat through. Then add the prawns for a few mins. Remove from the heat then add the cheese, dill, cream and spinach. Season well. Heat the air fryer to 200°C/400°F.
3 Brush the filo with melted butter, put a quarter of the filling onto each sheet. Roll and fold in the edges to seal. Brush with remaining butter and bake for 8 mins, turning halfway through.

COOK'S TIP

Make some extra parcels for packed lunches the next day instead of making sandwiches.

CHORIZO MAC 'N' CHEESE

A sophisticated twist on everyone's favourite comfort dish. If you can't find Manchego cheese, use any hard sheep's cheese

MAKES 4
PREP TIME 20 minutes
AIR FRYER TIME 12-14 minutes

- **250g** (9oz) macaroni
- **2tsp** olive oil
- **175g** (6oz) cooking chorizo, sliced
- Half a jar of piquillo peppers (115g/4oz), drained
- **300ml** (½pt) whole milk
- **1tsp** paprika
- **1** garlic clove, crushed
- **1tbsp** plain flour
- **150g** (5oz) Manchego cheese, grated
- **100g** (3½oz) Cheddar cheese, grated
- **2tbsp** breadcrumbs or panko

YOU WILL NEED:
- **1** baking dish which fits your air fryer, or 4 individual dishes

1 Cook the pasta for 6 mins, then drain. Toss in the oil to prevent sticking.
2 Meanwhile, fry the chorizo for 5 mins. Transfer to a plate, reserving the fat in the pan. Blend together the peppers, milk, paprika and garlic, and season.
3 Heat the chorizo pan, whisk the flour into the fat, then add the milk mixture, whisking as you go until the sauce has thickened. Stir in half the cheeses, whisking until smooth. Heat the air fryer to 180°C/350°F.
4 Add the macaroni and chorizo. Stir well to combine before transferring to the baking dish. Sprinkle with the remaining cheese and the breadcrumbs. Bake for 12-14 mins, until the topping is golden.



CAULIFLOWER AND SPINACH GNOCCHI BAKE

You can use plain or spinach gnocchi for this easy supper dish. Adding a little soft blue cheese would make it extra special

SERVES 4
PREP TIME 10 minutes
AIR FRYER TIME 10 minutes

- **500g** (17oz) pack gnocchi
- **200g** (7oz) cauliflower, divided into small florets
- **250g** (9oz) bag baby spinach
- **500g** (17oz) four-cheese sauce
- **4** tomatoes, sliced
- **60g** (2oz) Cheddar, coarsely grated

1 Heat the air fryer to 200°C/400°F. Bring a saucepan of water to the boil, add the gnocchi and cauliflower and cook for 1-2 mins or until the gnocchi rises to the surface, drain. Wilt the spinach in the microwave according to pack instructions.

2 In a gratin dish, combine half the cooked gnocchi, cauliflower, spinach and cheese sauce. Layer half the tomatoes on top then combine the rest of the ingredients, finishing with a layer of tomatoes. Scatter over the Cheddar, pushing it down with a spoon, then season with sea salt and black pepper and bake for 10 mins until golden and bubbling.





COOK'S TIP

Save time and buy Vietnamese dipping sauce instead.

GRIDDLED VIETNAMESE-STYLE PORK PATTIES

Nuoc cham is a zippy dressing and dipping sauce that's widely used in traditional dishes. If you have a mini chopper or food processor attachment, put it to good use with the sauce to save time

SERVES 4
PREP TIME 15 minutes, plus chilling
AIR FRYER TIME 10 minutes, per batch

- **2** garlic cloves, peeled and finely chopped
- **1** red chilli, deseeded and finely chopped
- **2** lemongrass stalks, ends trimmed, outer layers removed finely chopped
- Thumb-size piece fresh ginger, peeled and finely chopped
- **3½tbsp** honey
- **4tbsp** Thai fish sauce
- **600g** (1¼lb) pork mince
- Juice of 1 lime
- **3tbsp** rice wine vinegar
- Large handful of mint
- Large handful of coriander
- Oil spray
- **250g** (9oz) pouch pre-cooked Thai sticky rice
- **½** cucumber, sliced
- **150g** (5oz) beansprouts
- **60g** (2oz) roasted cashews, crushed

1 Combine the garlic, chilli, lemongrass and ginger in a small bowl with 3tbsp of the honey and the fish sauce. Transfer 2tbsp of this mixture to a large bowl with the pork mince. Add the lime juice, vinegar and 2tbsp water to the remaining mixture to make the nuoc cham dressing. Cover and chill until needed.

2 Chop a third of the mint and coriander, setting the rest aside. Add the chopped herbs to the mince and mix well to combine evenly (this is easiest to do with wet hands). Shape into about 12 rounds, then flatten slightly with the palm of your hand to form patties. Heat the air fryer to 190°C/375°F.

3 Spray the patties with a little oil. Cook in two batches, if needed, in the air fryer for 10 mins, turning halfway through. Meanwhile, heat the rice in the microwave.

4 Divide the rice, cucumber, beansprouts and remaining mint and coriander between four plates. Spoon a little of the nuoc cham sauc over each serving and put the rest in small dipping bowls to serve alongside. Add the patties, drizzle over remaining honey. Scatter with the crushed cashews to finish.



SPEEDY FRIED CHICKEN

Bake the potato wedges in the main oven, or cook them in the air fryer then reheat quickly to serve once the chicken is cooked

SERVES 4
PREP TIME 15 minutes
AIR FRYER TIME 10-12 minutes

- **400g** (14oz) free-range chicken mini breast fillets
- **100ml** (3½fl oz) buttermilk
- **150g** (5oz) polenta
- **3tbsp** plain flour
- **1tbsp** Cajun spice mix
- Oil spray
- Sweet chilli sauce and spicy potato wedges, to serve

FOR THE SLAW:

- **⅓** small white cabbage, finely shredded
- **200g** (7oz) Greek yoghurt
- **1** large carrot, grated
- **1** small red onion, finely sliced

1 Mix the chicken and buttermilk in a small dish, leave to marinate for 10 mins. Heat the air fryer to 180°C/350°F. Mix together the polenta, flour and spice mix, season with lots of salt and pepper. Shake off excess buttermilk from chicken, then roll in the polenta.

2 Air fry the chicken for 10-12 mins, turning halfway through.

3 Mix the remaining ingredients (apart from chilli sauce) in a bowl to make a coleslaw, season and serve with the chicken, wedges and some sweet chilli sauce on the side.



SPEEDY SPICED SALMON

It's every busy mum's dream come true – big flavours, no faff and on the table fast

SERVES 4
PREP TIME 10 minutes
AIR FRYER TIME 12 minutes

- **4** salmon fillets
- **1–2tsp** oil
- **2tsp** garam masala
- **200g** (7oz) baby plum or cherry tomatoes
- **2** small onions, peeled and sliced
- **2** garlic cloves, sliced
- **2** packs pre-cooked pilau rice, to serve
- Lemon or lime wedges, to serve

1 Heat the air fryer to 200°C/400°F. Rub the salmon fillets with 1tsp of the oil and the garam masala. Toss the tomatoes, onions and garlic with the remaining oil. Arrange in a shallow dish, which will fit your air fryer, salmon on top. Season and roast for 12 mins.
2 Meanwhile, heat the pilau rice, according to the pack instructions. Serve with the salmon and vegetables and a squeeze of lemon or lime juice, plus some chutney and poppadoms.

COOK'S TIP

Gather up any leftovers and make a healthy lunchbox to take to work the next day.

HARISSA-SPICED PORK WITH MED VEG

Healthy and full of flavour, the harissa and orange give this meal a real oomph!

SERVES 4
PREP TIME 10 minutes
AIR FRYER TIME 15 minutes

- **500g** (17oz) pork tenderloin, cut into strips
- **1tsp** harissa
- Zest and juice of 1 orange
- Olive oil spray
- **400g** (14oz) mixed antipasto vegetables
- **400ml** (14fl oz) hot vegetable stock
- Pinch saffron (optional)
- **220g** flavoured couscous

1 Heat the air fryer to 180°C/350°F. In a bowl, mix the pork with the harissa and orange zest; season well. Spray with a little oil. Put into a shallow dish which fits your air fryer, then cook for 10 mins, stirring a few times. Add the antipasto and heat through for a few minutes.

2 Meanwhile, mix the orange juice with enough stock to make up to 400ml (14fl oz). In a saucepan, bring it to a simmer with saffron and remaining oil, add the couscous, stir, cover, turn off the heat and leave to steam for 5 mins. Fork through just before serving with the pork and vegetables.

COOK'S TIP

The orange can be replaced with lime instead and you can use quinoa or bulgar wheat instead of couscous .







ALL-IN-ONE SAUSAGE AND SQUASH ROAST

Paprika and lemon zest add zing to this meat-and-two-veg combo

SERVES 2
PREP TIME 5 minutes
AIR FRYER TIME 15 minutes

- **4** good-quality sausages of your choice
- **175g** (6oz) prepared squash, cut into 2cm (¾in) chunks
- **250g** (9oz) new potatoes, halved
- **1tbsp** oil
- **1tsp** paprika
- Zest 1 lemon
- **2** tbsp half-fat crème fraîche
- Few fresh basil leaves

1 Heat the air fryer to 180°C/350°F. Arrange the sausages, squash and potatoes in a shallow roasting tin or dish which fits your air fryer. Toss in the oil, paprika and lemon zest. Season well and roast for 15 mins, shaking the drawer a couple of times.
2 To serve, dot the crème fraîche around the dish and scatter with basil.









SWEETS

108 AMARETTI BISCUITS

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AMARETTI BISCUITS

Oven-baked Amaretti are coated in icing sugar before baking, but this makes a real mess in an air fryer, as the fan blows much of the sugar off. So we dust them once baked. They are still utterly delicious!

MAKES 12
PREP TIME 10 minutes
AIR FRYER TIME 10 minutes

- **1** egg white
- **50g** (1½oz) soft light brown sugar
- **75g** (2½oz) golden icing sugar
- **225g** (8oz) ground almonds
- Zest of **1** lemon
- **2tbsp** Amaretto liqueur

1 Whisk the egg white to stiff peaks, add a pinch of salt and the sugar, a spoon at a time, while whisking until the egg white is thick and glossy. Fold in 50g (1½oz) icing sugar, the ground almonds, lemon zest and Amaretto liqueur.
2 Heat the air fryer to 180°C/350°F. In your hands, roll the mixture into 12 balls. Place on baking parchment or a silicone liner and air fry for 10 mins, flipping halfway through..
3 Dust generously with icing sugar and leave to cool on a wire rack.

COOK'S TIP

These cute little biscuits are the perfect accompaniment to an espresso coffee.





SCOTCH PANCAKES WITH BANANA, MAPLE BUTTERSCOTCH AND PEANUT SAUCE

A new twist for Pancake Day, so good you'll make them all year

SERVES **4**
PREP TIME **10 minutes**
AIR FRYER TIME **8 minutes**

- **4 small bananas, halved lengthways**
- **1tbsp caster sugar**
- **1tsp ground cinnamon**
- **45g (1½oz) butter, melted**
- **150ml (5fl oz) maple syrup**
- **75ml (3fl oz) double cream**
- **3tbsp lightly salted roasted peanuts**
- **8 Scotch pancakes**
- **Whipped cream, to serve**

1 Heat the air fryer to 200°C/400°F. Put the bananas, cut side up, into a shallow baking dish which fits your air fryer or make a "dish" with a double piece of foil.

2 Mix together the caster sugar and the cinnamon. Sprinkle over the cut side of the bananas. Pour the melted butter over the bananas and cook for 6 mins, or until golden. Add the maple syrup, cream and peanuts; cook for 2 mins until slightly thickened. Serve the pancakes topped with a banana, sauce and cream.



BAKED NECTARINES WITH ORANGE AND HONEY

Lovely as a breakfast or dessert, you could add a scattering of granola instead of the almonds

SERVES **4**
PREP TIME **5 minutes**
AIR FRYER TIME **10 minutes**

- **15g** (½oz) butter, melted
- **2tsp** honey
- Zest and juice of an orange
- **4** nectarines, stones removed
- **125g** (4oz) Greek-style yoghurt
- **30g** (1oz) toasted flaked almonds

1 Heat the air fryer to 180°C/350°F. Mix the butter with 1tsp honey, half the orange zest and all the juice. Toss with the nectarines then put into a shallow dish which will fit your air fryer. Cook for 10 mins, or until tender.
2 Meanwhile, combine the yoghurt with the remaining zest and honey.
3 Serve in small bowls with a sprinkling of almonds and any cooking juices.

COOK'S TIP

Add a splash of amaretto to the cooking liquid for a boozy twist to this healthy dessert.





BLUEBERRY JAM SCONES

Scones need a light hand – an over-worked dough makes them tough and chewy

MAKES 12
PREP TIME 10 minutes, plus cooling
AIR FRYER TIME 10 minutes

- **225g** (8oz) self-raising flour, plus extra for dusting
- **60g** (2oz) cold butter, diced
- **45g** (1½oz) caster sugar
- **150ml** (5fl oz) buttermilk
- Milk, for brushing
- **1tbsp** demerara sugar
- Clotted or whipped cream and blueberry conserve, to serve

1 Place the flour and a pinch of salt in a large bowl. Rub in the butter, using your fingertips (don't worry - a few lumps makes for a flakier scone). Stir in the sugar.

2 Warm the buttermilk until steaming, then add to the flour mixture and use a table knife to incorporate. Don't overwork it.

3 On a lightly floured surface, pat the dough out to a 10-13cm (4-5in) square. Cut into 12 squares or use a 2½-4cm (1-1½in) cutter and cut out circles, then re-roll to use the rest of the dough. Transfer to a liner, spaced a little apart. Heat the air fryer to 180°C/350°F. Brush the tops with milk and sprinkle with demerara sugar. Air fry for 10 mins, flipping halfway through.

4 Cool on a rack for 10 mins. Split open; spread with cream and jam.





CHERRY AND AMARETTO SOUFFLÉS WITH CHERRY AND RASPBERRY SAUCE

A special occasion dessert, but all the components can be prepared ahead of time then simply assembled to bake

SERVES 4
PREP TIME 30 minutes, plus chilling
AIR FRYER TIME 10 minutes

FOR THE SOUFFLÉS:

- **150ml** (5fl oz) whole milk
- **100ml** (3½fl oz) double cream
- **3** large egg yolks
- **140g** (4½oz) caster sugar
- **4tsp** plain flour
- **1tbsp** cornflour
- **400g** (14oz) fresh or frozen pitted cherries
- **1** vanilla pod, split
- **1½tbsp** amaretto (optional)
- **2** large egg whites

FOR THE SOUFFLÉ DISHES:

- Soft butter and granulated sugar

FOR THE SAUCE:

- **150g** (5oz) fresh or frozen pitted cherries
- **200g** (7oz) raspberries
- **3tbsp** caster sugar
- **2tbsp** lemon juice

1 Start by making the crème pâtissière soufflé base (which can be kept chilled for up to 3 days). Heat the milk and cream in a pan until nearly boiling. Beat the egg yolks with 40g (1¼oz) caster sugar in a mixing bowl. Sift in the flour and cornflour and mix well; add a splash of the hot milk mixture while whisking. Gradually whisk in the remaining milk mixture. Return everything to the pan and stir over a medium heat for 3-4 mins, until thick and smooth. Lay cling film over the surface to prevent a skin forming; leave to cool, then chill until needed.

2 Put the cherries in a pan with 50g (1¾oz) sugar and the split vanilla pod. Cover and simmer for 5 mins, then remove the vanilla pod, scraping the seeds back in, and purée the cherries using a stick blender. Leave to cool, then fold into the crème pâtissière with the amaretto, if using.

3 To make the cherry and raspberry sauce, blitz all the ingredients together in a blender until smooth.

4 When ready to cook the soufflés, heat the air fryer to 200°C/400°F. Brush four 150ml (5fl oz) ramekins or cups with soft butter using upward strokes. Coat evenly with granulated sugar, tapping the excess away, and chill for a few mins to set the butter.

5 Whisk the egg whites in a clean bowl until firm. Gradually whisk in the remaining caster sugar. Whisk a tbsp of this meringue into the crème pâtissière to loosen, then carefully fold in the rest with a large spoon. Spoon into each ramekin to fill by half. Tap the ramekins gently to make sure the soufflé mix reaches the bases. Run a thumb around the top edge of each soufflé to stop them spilling over. Bake in air fryer for about 10 mins, until well risen and lightly golden. Serve at once, with the sauce which should be poured into each soufflé as it is eaten.

COOK'S TIP

The key to a good soufflé is to be very careful when folding in the egg whites so that they remain light and airy.



CHOCOLATE CHIP PEANUT BUTTER COOKIES

Peanut butter and chocolate combine perfectly to make this crisp and chewy bake

MAKES 20
PREP TIME 10 minutes, plus chilling
AIR FRYER TIME 10 minutes, per batch

- **100g** (3½oz) butter, softened
- **60g** (2oz) crunchy peanut butter
- **100g** (3½oz) light brown soft sugar
- **1** egg
- **½tsp** vanilla extract
- **200g** (7oz) medium ground gluten-free oatmeal
- **45g** (1½oz) gluten-free plain white flour
- **¼tsp** gluten-free baking powder
- **100g** (3½oz) dark or milk chocolate chunks

1 Cream the butter, peanut butter and sugar until light and fluffy. Mix in the egg and vanilla extract, then the oatmeal, flour, baking powder and chocolate chips. Chill the dough for 20 mins.

2 Divide the mixture between 2 pieces of cling film. Shape into 2 x 15cm (6in) long logs, and chill in the fridge or freezer until firm.

3 Heat the air fryer to 180°C/350°F. Cut each dough roll into 1½cm (½in) thick discs. Space the cookies out on 2 liners.

4 Air fry in batches for 6-8 mins or until golden, then leave in the basket for a few mins to firm up.

COOK'S TIP

You can melt the chocolate in the microwave, but it burns easily. Try short bursts of 30 secs until melted.



COCONUT MACAROONS

Always a favourite and so quick to rustle up, with very little washing up

MAKES 12
PREP TIME 20 minutes
AIR FRYER TIME 5 minutes

- **1** egg white
- **45g** (1½oz) caster sugar
- **1tsp** almond extract
- **100g** (3½oz) desiccated coconut
- **45g** (1½oz) dark chocolate, melted

1 Whisk the egg white until just firm. Add the sugar and almond extract and whisk together. Stir in the coconut. Heat the air fryer to 160°C/300°F.

2 Spoon large walnut-sized blobs of the mixture onto baking parchment or silicone liner. Air fry for 5 mins, or until set and lightly browned.

3 Melt the chocolate in a bowl set over a pan of simmering water. Dip the base of each macaroon into the melted chocolate and return them to the baking parchment to set. Drizzle over the remaining chocolate.



FILO PLUM AND CUSTARD TART

A lighter dessert that's very easy to put together. You could also use peaches or nectarines

SERVES **4**
PREP TIME **10 minutes, plus cooling**
AIR FRYER TIME **13 minutes**

- **1** sheet filo pastry, cut in half
- Oil spray
- **5** stoned plums, halved
- **1tbsp** clear honey
- Splash rosé or white wine
- **150ml** (5fl oz) custard
- **2tbsp** natural yoghurt
- Dash of vanilla extract
- **1tbsp** pistachios, toasted and chopped

1 Heat the air fryer to 200°C/400°F. Spritz the filo with spray oil, then lay each half at an angle in a 20cm (8in) tart tin. Bake for 2-3 mins, until golden brown and crisp. Let it set, then carefully remove and leave to cool.

2 Meanwhile, put the plum halves, cut side up, in a snug baking dish, drizzle over the honey and wine, and bake in the air fryer for 10 mins, until soft and juicy. Set aside to cool.

3 Just before serving, mix together the custard and yoghurt in a small bowl with the vanilla extract. Put the tart case on a serving plate, then spoon in the custard filling. Top with the plums and a drizzle of the juice. Sprinkle with pistachios.



HAZELNUT SANDWICH COOKIES

These wonderfully crisp and flaky biscuits can be filled with your favourite conserve

MAKES 12
PREP TIME 15 minutes, plus chilling
AIR FRYER TIME 15 minutes

- **200g** (7oz) plain flour
- **100g** (3½oz) roasted blanched hazelnuts
- **125g** (4oz) caster sugar
- **175g** (6oz) cold unsalted butter, cut into cubes
- **3tbsp** jam – any flavour you like
- Icing sugar, for dusting

YOU WILL NEED:
- **7½cm** (3in) cm and 2½cm (1in) cookie cutters
- **2** baking trays, lined with non-stick baking paper
- Solid, non-perforated parchment liners

1 Whizz the flour and hazelnuts in a food processor to a fine powder. Add the sugar and butter, then whizz again until the mixture comes together to make a lovely soft dough.
2 Lightly knead the dough several times to bring it together, then cut it in half. Roll each piece between 2 sheets of baking paper until roughly 5mm (¼in) thick. Chill for 30 mins.
3 Heat the air fryer to 160°C/300°F. Peel away 1 sheet of baking paper and stamp out shapes from the dough using the 7½cm (3in) cookie cutter. Cut out a window in the centre of half the biscuits using the 2½cm (1in) cookie cutter. Bake in batches on the liners for 15 mins until firm and light golden. Leave to cool completely on the liners.
4 Spread a little jam on the whole biscuits, then sandwich them together with a biscuit that has a window cut out. Dust with icing sugar to finish.



MELTING MIDDLE CHOCOLATE POTS

A light chocolate sponge with a hot, ganache-like filling. Also lovely topped with a spoonful of whipped cream, which melts into the filling

SERVES 2
PREP TIME 10 minutes
AIR FRYER TIME 10 minutes

- **60g** (2oz) butter, plus extra for greasing
- **45g** (1½oz) dark chocolate, plus extra for melting
- **1tbsp** rum or Tia Maria
- **1** egg white
- **2** egg yolks
- **2tbsp** caster sugar
- Mini marshmallows or chopped nuts to serve

YOU WILL NEED:
- **2 x 6cm** (2½in) ramekin dishes or similar, buttered

1 In a small pan, melt the butter and chocolate with the liqueur.
2 Whisk the egg white until it softly begins to peak.
3 Whisk the egg yolks with the caster sugar until it has a mousse-like consistency. With a balloon whisk, gently fold the melted chocolate and the whisked egg white into the sugar mousse mixture. Pour into the ramekins.
4 Heat the air fryer to 200°C/400°F. Air fry for 10 mins. Drizzle with extra melted chocolate and mini marshmallows or nuts to serve.

COOK'S TIP

Use a blowtorch to gently toast the marshmallow topping and add crushed digestive biscuits for a smores effect.

ORANGE CUPCAKES

These individual free-from-dairy cakes are infused with fresh citrus and are perfect for elevenses

MAKES **8**
PREP TIME **10 minutes, plus cooling**
AIR FRYER TIME **12 minutes**

- **125g** (4oz) gluten-free plain white flour
- **1tsp** gluten-free baking powder
- **125g** (4oz) dairy-free spread
- **90g** (3oz) Fruisana fruit sugar, plus 1 extra tbsp
- **2** eggs
- **Juice and zest of 1 orange**

YOU WILL NEED:

- **8** silicone muffin cases

1 Heat the air fryer to 170°C/325°F. Put the flour, baking powder, spread, sugar and eggs in a mixing bowl, and add half the grated orange zest and 1tbsp water. Beat well with a spatula until combined. Evenly spoon the batter into the cases. Bake for 12 mins.
2 Once golden, remove from the air fryer and transfer to a wire rack..
3 Boil the orange juice and the 1tbsp sugar in a small pan with 1tbsp water until syrupy.
4 Pour over the warm cakes, then sprinkle with the remaining orange zest. Leave to cool before serving.

COOK'S TIP

If you can't find Fruisana, a low GI fructose sugar, you can use 125g (4½oz) caster sugar instead.



QUICK CUPCAKES

This simple recipe uses the all-in-one method. You may need to bake in two batches, depending on the size of your air fryer

MAKES **12**
PREP TIME **5 minutes**
AIR FRYER TIME **10–12 minutes**

- **125g** (4oz) unsalted butter, softened
- **125g** (4oz) caster sugar
- **125g** (4oz) self-raising flour
- **2** eggs
- **2tbsp** milk
- Few drops vanilla extract

FOR THE BUTTERCREAM:

- **175g** (6oz) unsalted butter, softened
- **350g** (12oz) icing sugar
- Few drops vanilla extract
- Small pinch of salt
- 1–2tbsp boiling water
- Sprinkles, to decorate

YOU WILL NEED:

- **12** silicone cupcake moulds
- Piping bag and star nozzle

1 Heat the air fryer to 160°C/300°F. Put all the ingredients in a large bowl and beat together until the mixture is smooth. Divide the mixture between the moulds, using an ice cream scoop if you have one.

2 Bake the cakes in the air fryer for 10–12 mins, or until they have risen and feel just firm to the touch in the centre. Remove them from the air fryer and transfer to a wire rack to cool completely.

3 Beat the butter, then add the icing sugar, vanilla, salt and water, and beat until the mixture is smooth.

4 Fit a piping bag with a large star nozzle (eg Jem 1M). Fill the bag with buttercream and pipe a swirl on each cupcake. Scatter with sprinkles to decorate.



COOK'S TIP

To make the buttercream chocolatey, swap 50g (2oz) icing sugar for cocoa powder.



ROASTED PEARS

Delightfully simple, this dessert is a great way to liven up pears and transform them into something special

SERVES 6
PREP TIME 5 minutes
AIR FRYER TIME 17 minutes

- 3 just-ripe pears
- 2 vanilla pods
- 30g (1oz) butter
- 45g (1½oz) pecans

1 Heat the air fryer to 190°C/375°F. Cut the pears in half lengthways, then use a melon baller to scoop out the seeds and sinewy parts of the core.

2 Split the pods in half lengthways and scrape out the seeds with a knife. Put the pears into a shallow dish and place the vanilla seeds and butter in the cavities. Bake for 15 mins, then scatter over the pecans and bake for 2 more mins.





BLACKENED BANANAS WITH ICE CREAM AND COCONUT TOFFEE SAUCE

So simple, yet ridiculously wicked and delicious. Normally the bananas are cooked over coals, but you can rustle this dish up in no time with an air fryer

SERVES 4
PREP TIME 10 minutes
AIR FRYER TIME 10 minutes

- **60g** (2oz) soft brown sugar
- **60g** (2oz) unsalted butter
- **100ml** (3½fl oz) coconut cream
- Pinch of ground star anise or ground mixed spice
- **4** just-ripe bananas
- Desiccated coconut, lightly toasted, to serve
- Vanilla ice cream, to serve

1 Put the sugar, butter, coconut cream and spice in a small saucepan. Cook on a low heat until the butter is melted. Increase the heat and simmer for 2-3 mins until the sauce is thick and glossy. Cool for 10 mins.

2 Heat the air fryer to 200°C/400°F. Put the bananas, still in their skins, into the air fryer. Cook for 10 mins, turning halfway through. Transfer to bowls, cut a slice into the peel, open out and drizzle the flesh with the coconut sauce. Serve with the toasted coconut and some vanilla ice cream.

COOK'S TIP

If your bananas are green, place them in a paper bag overnight to help them ripen more quickly.

STICKY TOFFEE APPLE TARTS

The apple slices add a lovely freshness to these sweet tartlets

SERVES 4
PREP TIME 10 minutes
AIR FRYER TIME 10–12 minutes

- **150g** (5oz) ready-rolled all-butter puff pastry
- **4tbsp** Carnation caramel
- **1** small red-skinned apple, cored
- **1tbsp** lemon juice
- Pinch ground cinnamon
- Little demerara sugar

YOU WILL NEED:
- **10cm** (4in) cutter or a small saucer

1 Heat the air fryer to 200°C/400°F. Cut 4 rounds out of the pastry using the cutter and put on to a perforated air fryer liner. Score a 1cm (½in) border inside the edge of each pastry disc, then prick the inner circle with a fork. Spread 1tbsp caramel over each inner circle, leaving a 1cm (½in) gap from the scored edge.
2 Thinly slice the cored apple into half-moon shapes, then toss with the lemon juice and cinnamon. Overlap the apple slices on top of the caramel. Sprinkle with a little sugar and bake for 10 to 12 mins, until the pastry is cooked and golden. Serve warm.

COOK'S TIP

If you want to save time, use a melon baller to help you remove the cores from the halved apples.





QUICK UPSIDE-DOWN CHEESECAKE

Creamy, fruity with a lovely added crunch from toasted biscuits

SERVES 4
PREP TIME 15 minutes
AIR FRYER TIME 3-4 minutes

FOR THE CRUMBLE:
- **30g** (1oz) butter, melted
- **50g** (1¾oz) digestive biscuits, finely crushed

FOR THE RASPBERRY LAYER:
- **200-250g** (7-8oz) raspberries
- **2** level tablespoons icing sugar

FOR THE CHEESE LAYER:
- **200g** (7oz) full-fat cream cheese
- Finely zested rind and juice of 1 lemon
- **2** level tablespoons icing sugar
- **3-4** tablespoons milk
- Sprigs of mint, to decorate

1 To make the crumble: heat the air fryer to 180°C/350°F. Stir the butter into crushed biscuits and spread out a baking tray or shallow tin which fits your air fryer. Bake for 3-4 mins, or until the biscuits are starting to tinge a golden colour, then remove and leave to cool.

2 To make the raspberry layer, reserve 3-4 raspberries for decoration, then crush half the remainder with the icing sugar and stir in the other half. Divide mixture between serving glasses.

3 To make the cheese layer, beat all the ingredients together, adding milk to give the desired consistency. Spoon on to the raspberry mixture in the glasses. Sprinkle over the crumble, decorate with the reserved raspberries and the mint.

MARS BAR COOKIES

Everyone needs a great cookie recipe and using Mars bars gives you a guaranteed gooey centre. Air fryer cookies are best open frozen, then baked from frozen when you need a cookie fix

MAKES 10–12
PREP TIME 15 minutes, plus open-freezing
AIR FRYER TIME 15 minutes, per batch

- **100g** (3½oz) lightly salted butter, softened
- **125g** (4oz) soft dark brown sugar
- **1** egg
- **175g** (6oz) self-raising flour
- **3** Mars bars, chopped roughly into quarters

YOU WILL NEED:

- Solid air fryer parchment air fryer liners (like ready-made cake tin liners)
- Baking tray lined with parchment

1 Put the butter and sugar in a large bowl and beat with an electric hand mixer until pale and fluffy. Add the egg and beat again until well combined. Stir in the flour until just combined, followed by the chopped Mars bars, mixing to combine evenly.

2 Use a dessert spoon or small ice cream scoop to shape the dough into 10-12 portions, then put on the baking tray and open freeze. Once solid, you can transfer them to freezer bags if you don't want to bake them all immediately.

3 Heat the air fryer to 160°C/300°F. Transfer around four cookies to a solid liner. Bake for 15 mins until firm at the edges and still a bit soft in the middle. Leave to cool on the liner – they'll firm up as they cool.

COOK'S TIP

Solid air fryer parchment liners are very useful! Here, it means you can easily lift out the cookies from the air fryer.







FRIANDS WITH GOOSEBERRIES AND HAZELNUTS

Friands are also called "financiers" and originate from France. They are very light and just melt in the mouth

MAKES 8
PREP TIME 10 minutes
AIR FRYER TIME 12-14 minutes

- **125g** (4oz) gooseberries
- Zest and juice of a lemon
- **100g** (3½oz) ground almonds
- **50g** (2oz) plain flour
- **175g** (6oz) icing sugar
- **3** egg whites
- **125g** (4oz) butter, melted
- **2tbsp** chopped hazelnuts

YOU WILL NEED:
- Silicone moulds or muffin cases, brushed with melted butter

1 Cook the gooseberries with 2tsp lemon juice over a medium heat for a few mins until they begin to burst open. Set aside to cool.

2 Combine the ground almonds and flour in a large bowl and sift in the icing sugar. Mix well and set aside.

3 Whisk the egg whites until stiff, place on to the flour mix with the melted butter and lemon zest. Fold gently together until combined. Heat the air fryer to 170°C/325°F.

4 Spoon the batter into the moulds or cases to around three-quarters full. Place a spoonful of the gooseberries on top and a sprinkling of hazelnuts. Bake for 12-14 mins until slightly risen and golden.

DULCE DE LECHE AND NUTELLA OVERLOAD BISCUITS

More is sometimes, most definitely, more. These biscuits are the perfect indulgence for special occasions

MAKES 15
PREP TIME 10 minutes
AIR FRYER TIME 12 minutes, per batch

- **100g** (3½oz) butter, softened
- **2tbsp** Nutella
- **50g** (2oz) caster sugar
- **150g** (5oz) plain flour
- **30g** (1oz) malted drinking powder (we used Horlicks)
- **2tbsp** each of Nutella and dulce de leche (or caramel), to decorate
- Pinch of flaky sea salt

1 Heat the air fryer to 160°C/300°F. Beat together the butter, Nutella and sugar until well combined. Add the flour and malted drinking powder, and briefly beat once more until brought together.
2 Roll the mixture into 15 balls.
3 Bake in two batches for 12 mins. Use the back of a spoon to make an indent in each one, then leave to cool. Spoon a little Nutella or dulce de leche into the dent of each biscuit and sprinkle with flaky sea salt.

COOK'S TIP

Put the biscuits in the fridge to firm up the Nutella or dulce de leche if you want to serve them straightaway.





JAM TARTS

Get the kids involved with these simple tarts, a great way to get little ones into the kitchen! You'll need to bake in two batches

MAKES **12**
PREP TIME **10 minutes**
AIR FRYER TIME **15 minutes, per batch**

- **250g** (9oz) **ready-rolled shortcrust pastry**
- **4tbsp jam of your choice**
- **1 egg, beaten, to glaze**
- **Icing sugar, to decorate**

YOU WILL NEED:

- **12 silicone or metal patty moulds or a fluted cutter**

1 Cut out 12 circles from the pastry which will fit your moulds. Line the moulds. You could decorate the edges with a fork.

2 Heat the air fryer to 180°C/350°F. Put a teaspoon of jam into each pastry. You can add shapes of leftover pastry to the top which you would then glaze. Otherwise you can dust with icing sugar shapes once cooled.

3 Bake for around 15 mins until the pastry is golden and the jam is bubbling. Allow to cool on a wire rack.



20-MINUTE AIR FRYER MEALS

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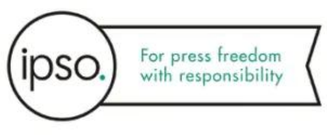


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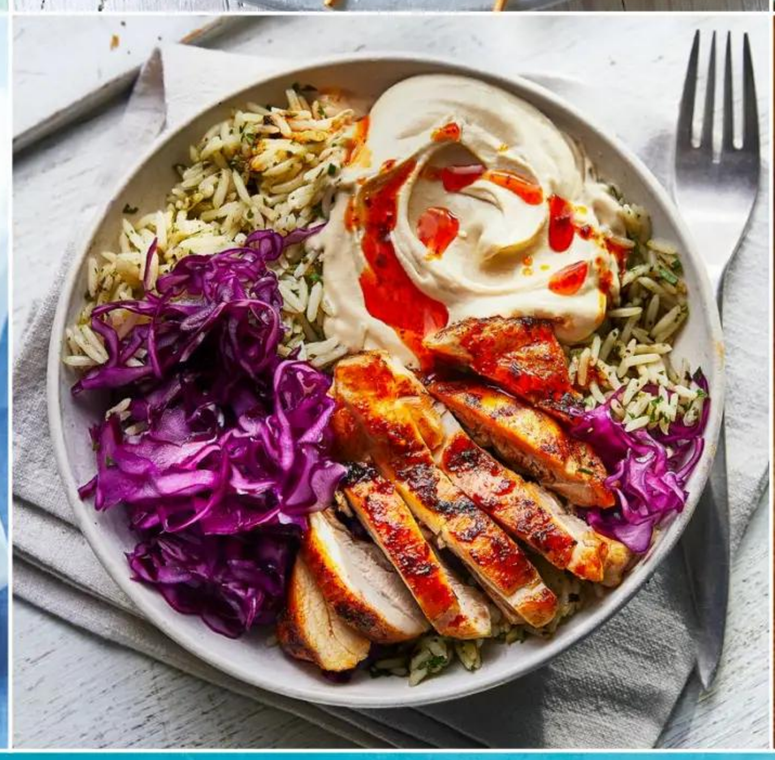
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