NEW EASY & DELICIOUS

ALL OF THE FLAVOUR, NONE OF THE GUILT

# THE COMPLETE AIR FRYER RECIPE GUIDE

*Amazing*

## MEALS IN MINUTES!

- Fast breakfasts
- Awesome appetisers
- Perfect main courses
- Savoury side dishes
- Decadent desserts

AIR FRY IT • BAKE IT, ROAST IT OR

*Inside*

**150**

Recipes & Ideas

**+**

- Kid-friendly
- Guest-worthy
- Veggie & vegan
- Gluten & nut-free

Crispy Buttermilk Fried Chicken

**Digital** Edition

FUTURE

FOURTH EDITION



# THE COMPLETE AIR FRYER RECIPE GUIDE

A NOTE FROM THE EDITORS

## Cook With Air!

Air fryers first hit the market in 2010, and they just keep growing in popularity—especially over the past few years, when we've all embraced home cooking. And whether you've been using an air fryer since the beginning (and are happy with the tasty, healthy, lower-fat results) or you're thinking about jumping on board, it's a great time to add some new recipes to your repertoire.

Despite its name, this small convection oven does much more than just fry foods. You'll find yourself using it for baking, roasting and reheating foods, too. And new models have even more features at lower price points.

This issue is loaded with recipes for delicious dishes, from breakfast (Eggnog French Toast, pg. 11) to dessert (Molten Lava Cakes, pg. 113), plus main courses, sides and appetisers—that's every meal, plus plenty of party fare, with this handy appliance. And if you just want a snack, the air fryer has you covered, too, from sweet (Apple Chips, pg. 39) to savoury (Curried Snack Mix, pg. 47).

These recipes were designed for a 23-litre (24.5-quart) air fryer with a 60-minute timer; check your owner's manual for a guide to adjusting recipes for your model. We know you'll enjoy preparing and eating these mouthwatering dishes as much as we did!

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Fried Avocado Tacos

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Turkey Meatloaf With Chipotle Barbecue Sauce

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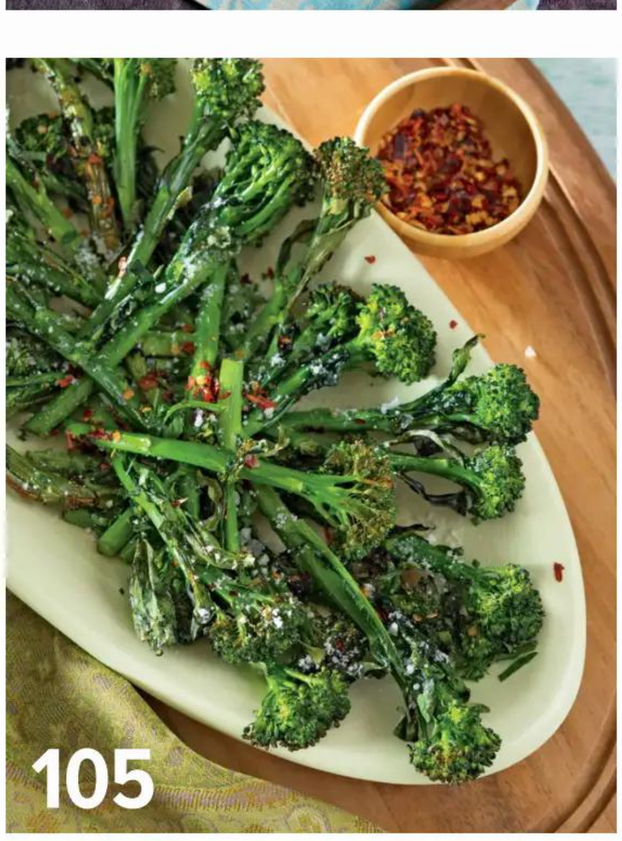

















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# Air Fryer Basics

**READY TO GET UP AND RUNNING WITH YOUR NEW AIR FRYER? HERE ARE A FEW TIPS TO GET YOU STARTED. CHECK YOUR USER MANUAL FOR ADDITIONAL DETAILS ON SAFETY AND SETUP, AS WELL AS FOR GENERAL CARE AND CLEANING TIPS**




**LIKE THIS AIR FRYER, MOST MODELS OFFER A TIMER AND A VARIETY OF TEMPERATURE SETTINGS.**



## Cook's Notes

There's never been a better time to check out an air fryer: Top-of-the line models do everything but the dishes, and many brands have introduced lower-priced machines. If you didn't know, now you know!

SEE PG. 85

Fried Fish Sandwiches

## OVERVIEW

An air fryer is a multifunctional and versatile gadget. Since it works like a convection oven, you can use it on many dishes that are traditionally prepared in an oven.

Before you start cooking, read through the owner's manual and familiarise yourself with the temperature and timer settings on your fryer. (Your model may have more bells and whistles for you to explore later.)

Since your model might be a different size than the one we used, your recipes might need more or less cooking time. When the timer goes off, remove the basket of food from the fryer and place it on a level, heatproof surface. If it's not cooked to your liking, return the basket to the fryer and reset the timer dial for additional cooking time.

If a recipe calls for shaking the basket during cooking, remove the basket from the fryer and gently shake it from side to side, then replace it in the fryer.

**NOTE** Oil and juices may collect in the basket holder during cooking; this is to be expected and does not affect the cooking process.

## TIPS & TRICKS

* Fryer components may be hot to the touch; always use oven mitts! Use heat-resistant kitchen tongs to remove fragile or large ingredients from the basket after cooking.

* If you need to check the food while it's cooking, or when you're finished cooking it, remove the basket and place it on a level, heatproof surface.

* To help prevent foods from sticking to the basket, lightly coat ingredients and the basket with some cooking spray, or a misting of oil, before cooking. (Consider buying a mister that you can fill with your favourite oil.)

## AIR FRYERS ARE MULTITASKERS!

Air fryer manufacturers are taking a cue from Instant Pot's success (BTW, Instant Pot makes air fryers now, too!) and adding even more functions. Black & Decker (below) offers an air fryer/toaster oven combo that can hold a 33x23cm (13x9in) baking pan; the Ninja Foodi does double duty as an air fryer and a pressure cooker; and with T-fal's ActiFry, your chips can cook in the lower pan while your chicken bakes on the upper tray.



Black & Decker's Crisp N' Bake Air Fryer Toaster can also be used to bake, grill and toast.

YUMMY

# BREAKFAST

**HOW DO YOU LIKE TO START THE DAY? WITH A QUICK BITE, A FULL MEAL OR A GRAB-AND-GO? WHICHEVER YOU PREFER, WE (AND YOUR AIR FRYER, OF COURSE) HAVE YOU COVERED**

SEE PG. 11

Shirred Eggs With Chives


SHIRRED EGGS WILL HAVE RUNNY YOLKS, WHILE THE WHITES WILL BE COMPLETELY SET AND COOKED THROUGH.

## Cook's Notes

When making French toast, opt for thick-cut bread (or buy a whole loaf and slice it yourself). And choose a dense bread—like brioche, challah or sourdough—rather than an airier, lighter type.

Eggnog French Toast

## SHIRRED EGGS WITH CHIVES

EASY | FAMILY FAVOURITE | NUT-FREE

**Use your favourite herbs—tarragon is another delicious choice—for these baked eggs (and serve with toast for dipping into the yolks!)**

**Start to finish** 15 minutes
(5 minutes active)
**Servings** 4

- **Cooking spray**
- **4 large eggs**
- **4 teaspoons double cream, divided**
- **½ teaspoon kosher salt**
- **¼ teaspoon ground black pepper**
- **Sliced chives and chopped parsley, for garnish**

1 Coat four 110ml (4oz) ramekins with cooking spray.
2 Carefully break 1 egg into each ramekin. Top each with 1 teaspoon double cream and sprinkle with salt and pepper. Place ramekins in the basket or tray of an air fryer.
3 Cook at 150°C/300°F/Gas 2 for 8 to 10 minutes, or until egg whites are just set.
4 Carefully remove ramekins from air fryer. Sprinkle eggs with chives and parsley and serve immediately.

## EGGNOG FRENCH TOAST

FAMILY FAVOURITE | GUEST-WORTHY
NUT-FREE

**When making French toast, use day-old bread for the best results**

**Start to finish** 20 minutes
(10 minutes active)
**Servings** 6

- **4 large eggs**
- **160 millilitres (⅔ cup) eggnog**
- **32 grams (¼ cup) all-purpose flour**
- **50 grams (¼ cup) granulated sugar**
- **¼ teaspoon salt**
- **1 teaspoon grated nutmeg**
- **½ teaspoon cinnamon**
- **1 teaspoon vanilla extract**
- **6 slices white bread**
- **Cooking spray**
- **Icing sugar, sweetened whipped cream and fresh grated nutmeg, for garnish**

1 In a shallow dish, whisk eggs, eggnog, flour, sugar, salt, nutmeg, cinnamon and vanilla until combined.
2 Coat the basket or tray of an air fryer with cooking spray.
3 Dip each slice of bread into the egg mixture, dredging well on both sides, and then place in the basket or tray in a single layer.
4 Cook at 180°C/350°F/Gas 4 for 4 minutes; flip and cook for 3 to 4 minutes more.
5 Sprinkle with icing sugar and top with whipped cream and nutmeg to serve.



Buttermilk Biscuits

## BUTTERMILK BISCUITS

FAMILY FAVOURITE | KID-FRIENDLY | NUT-FREE

**Try these topped with your favourite jam**

**Start to finish** 35 minutes (15 minutes active)
**Servings** 8

- **250 grams (2 cups) self-raising flour, plus more for dusting**
- **3 tablespoons butter, cut into small pieces**
- **2 tablespoons shortening, cut into small pieces**
- **180 millilitres (¾ cup) whole buttermilk**
- **2 tablespoons melted butter**

1 In a large bowl, add flour. Using a pastry blender, cut in butter and shortening to form chunks that are the size of small peas.
2 Make a well in the bowl; pour in buttermilk. Mix until combined into a soft and sticky dough.
3 Dust a large chopping board with flour. Place dough in centre. With floured hands, knead dough one or two times until smooth. Pat dough into a 2½cm (in) thick square.
4 Dust a 5cm (2in) biscuit cutter with flour; cut out 8 biscuits, rerolling dough if needed.
5 Line a rimmed baking tray with baking paper. Place biscuits on sheet, spaced 2½cm (1in) apart; refrigerate for 10 minutes or more.
6 Place sheet in air fryer basket or tray and cook at 200°C/400°F/Gas 6 for 10 minutes, until golden.
7 Brush with melted butter to serve.



**TRY . . . making several batches, and wrapping the loaves to give to dinner guests as they leave.**

Mini Gingerbread Loaf

## MINI GINGERBREAD LOAF

CLASSIC | FAMILY FAVOURITE | NUT-FREE

**This spiced quick bread is the perfect size for a brunch treat**

**Start to finish** 50 minutes (15 minutes active)
**Servings** 4

- Cooking spray
- 125 grams (1 cup) all-purpose flour
- ½ teaspoon bicarbonate of soda
- ½ teaspoon salt
- 1 teaspoon ground ginger
- 1 teaspoon ground cinnamon
- 55 grams (¼ cup) butter, softened
- 113 grams (⅓ cup) molasses
- 120 millilitres (⅓ cup) boiling water
- 1 large egg

1 Coat a 15cm (6in) disposable aluminium loaf pan with cooking spray. Set aside.
2 In a large mixing bowl, whisk together flour, bicarbonate of soda, salt, ginger and cinnamon.
3 In another mixing bowl, whisk butter, molasses and water until butter is melted. Cool for 5 minutes. Add egg and whisk until it is well combined.
4 Add wet ingredients to the dry ingredients and whisk until the batter is smooth.
5 Pour batter into pan and place in the basket or tray of an air fryer. Cook at 170°C/325°F/Gas 3 for 15 minutes. Check cake and bake an additional 8 to 10 minutes as needed or until a toothpick inserted in the centre comes out clean.
6 Let cool completely before serving.

## BACON AND EGG CUPS

EASY | GUEST-WORTHY | NUT-FREE

**Customise these with other veggies you like, or swap in your favourite cheese**

**Start to finish** 25 minutes
(10 minutes active)
**Servings** 6

- 6 large eggs
- 2 tablespoons milk
- ¼ teaspoon kosher salt
- ¼ teaspoon ground black pepper
- 75 grams (½ cup) chopped red pepper
- 25 grams (¼ cup) chopped spring onions
- 10 grams (⅓ cup) chopped fresh spinach
- 85 grams (¾ cup) grated cheddar cheese
- 4 slices (¼ cup) cooked, crumbled bacon
- Cooking spray
- Chopped parsley, for garnish

1 In a large mixing bowl, whisk together eggs, milk, salt and black pepper to combine.
2 Stir in red pepper, spring onions, spinach, cheese and bacon until well combined.
3 Coat a silicone baking mould with cooking spray. Pour egg mixture into each cup of the mould. Place the mould in the basket or tray of an air fryer.
4 Cook for 13 to 15 minutes at 150°C/300°F/Gas 2 or until the eggs are set. Garnish to serve.

## BROWN SUGAR AND PECAN FRIED BACON

FAMILY FAVOURITE | KID-FRIENDLY

**This sweet and salty bacon turns any breakfast into a special occasion**

**Start to finish** 15 minutes
(5 minutes active)
**Servings** 4

- 227g (½lb) thick-cut applewood-smoked bacon
- 100 grams (½ cup) dark brown sugar
- ½ teaspoon ground black pepper
- 55 grams (½ cup) chopped pecans

1 Cut bacon strips in half crosswise. Add strips in an even layer to the basket or tray of an air fryer.
2 Sprinkle strips with sugar, pepper and pecans.
3 Cook at 200°C/400°F/Gas 6 for 5 minutes on each side.

LET THIS BACON COOL, THEN CRUMBLE IT OVER A SCOOP OF VANILLA ICE CREAM (YOU CAN THANK US LATER!).

Brown Sugar and Pecan Fried Bacon

## Cook's Notes

Bosc or Comice pears are the best choice for this recipe. They'll hold their shape better than most other varieties when baking. If you can't find these choose a ripe, but firm pear.

Baked Pears With Granola and Yoghurt

## BAKED PEARS WITH GRANOLA AND YOGHURT

**EASY** | **FAMILY FAVOURITE** | **NUT-FREE**

**Creamy Greek yoghurt and crunchy granola add contrast to the fruit**

**Start to finish** 15 minutes
(5 minutes active)
**Servings** 4

- **2 Ripe but firm pears, halved and cored**
- **4 teaspoons butter, divided**
- **170 grams (½ cup) honey**
- **¼ teaspoon apple pie spice**
- **1 teaspoon vanilla extract**
- **Granola and vanilla Greek yoghurt, for serving**

1 In the basket or tray of an air fryer, place pear halves cut-side up. Top each with 1 teaspoon of butter.
2 In a small bowl, whisk together honey, apple pie spice and vanilla. Drizzle over pears.
3 Cook at 180°C/350°F/Gas 4 for 10 minutes or until lightly browned.
4 Remove from air fryer; place on serving plates and top with granola and yoghurt to serve.

## BLUEBERRY SCONES

**EASY** | **FAMILY FAVOURITE** | **NUT-FREE**

**These not-too-sweet scones stay light and moist in the air fryer**

**Start to finish** 30 minutes
(15 minutes active)
**Servings** 4

- **250 grams (2 cups) all-purpose flour**
- **67 grams (⅓ cup) sugar**
- **1 teaspoon baking powder**
- **½ teaspoon salt**
- **113 grams (½ cup) cold butter, cubed**
- **125 mililitres (½ cup) plus 1 tablespoon double cream**
- **160 grams (1 cup) dried blueberries**

1 Line a small baking tray with baking paper. Set aside.
2 In a food processor, mix flour, sugar, baking powder and salt. Add butter and pulse until butter is incorporated and flour is the texture of small peas.
3 Pour 125ml (½ cup) cream into food processor and pulse to combine. Fold in dried blueberries.
4 Turn dough out onto a floured surface and knead a few times to form a soft dough. Pat into a circle about 2.5cm (1in) thick. Using a sharp knife, cut circle into 4 wedges.
5 Place scones on baking sheet; brush with remaining cream. Place in the basket or tray of an air fryer.
6 Cook at 170°C/325°F/Gas 3 for 15 to 18 minutes or until scones are crispy on the outside. Serve warm.

## BREAKFAST BURRITOS

**EASY** | **FAMILY FAVOURITE** | **NUT-FREE**

**You can cook the eggs, sausage and bacon the night before so these will be ready to assemble and air-fry in the morning**

**Start to finish** 20 minutes
(15 minutes active)
**Servings** 6

- **6 eggs, scrambled and cooked**
- **130 grams (1 cup) cooked ground sausage**
- **75 grams (½ cup) diced red pepper**
- **5 slices (⅓ cup) cooked bacon, chopped**
- **57 grams (½ cup) grated cheddar cheese**
- **2 tablespoons chopped coriander**
- **6 flour tortillas**
- **Cooking spray**
- **Salsa and guacamole, to serve**

1 In a large bowl, stir together eggs, sausage, pepper, bacon, cheese and coriander.
2 In the centre of each tortilla, spoon a ⅙th of the egg mixture. Fold in the sides, then roll to form burritos.
3 In the basket or tray of an air fryer, add burritos in a single layer. Coat with cooking spray.
4 Cook at 180°C/350°F/Gas 4 for 5 minutes or until lightly browned.
5 Serve with salsa and guacamole on the side.



## Cook's Notes

You can mix and portion out the porridge mixture the night before, and refrigerate it until you're ready to bake it in the morning. Add the fresh berries and honey just before serving.

Baked Porridge With Fruit

## QUICK TIP

Always store oats in a covered container in a cool, dry place. Due to their fat content, they can spoil more quickly than other grains.

## BAKED PORRIDGE WITH FRUIT

EASY | FAMILY FAVOURITE | KID-FRIENDLY

**Add your own favourite dried fruits to this dish—the more, the merrier!**

**Start to finish** 20 minutes (5 minutes active)
**Servings** 4

- **160 grams (2 cups) instant oats**
- **240 millilitres (1 cup) boiling water**
- **80 grams (½ cup) dried cherries**
- **65 grams (½ cup) dried cranberries**
- **46 grams (½ cup) sliced almonds**
- **59 grams (½ cup) candied walnuts**
- **½ teaspoon vanilla extract**
- **2 tablespooms (⅛ cup) whole milk**
- **2 tablespoons (⅛ cup) single cream**
- **Cooking spray**
- **Toppings: fruit, honey**

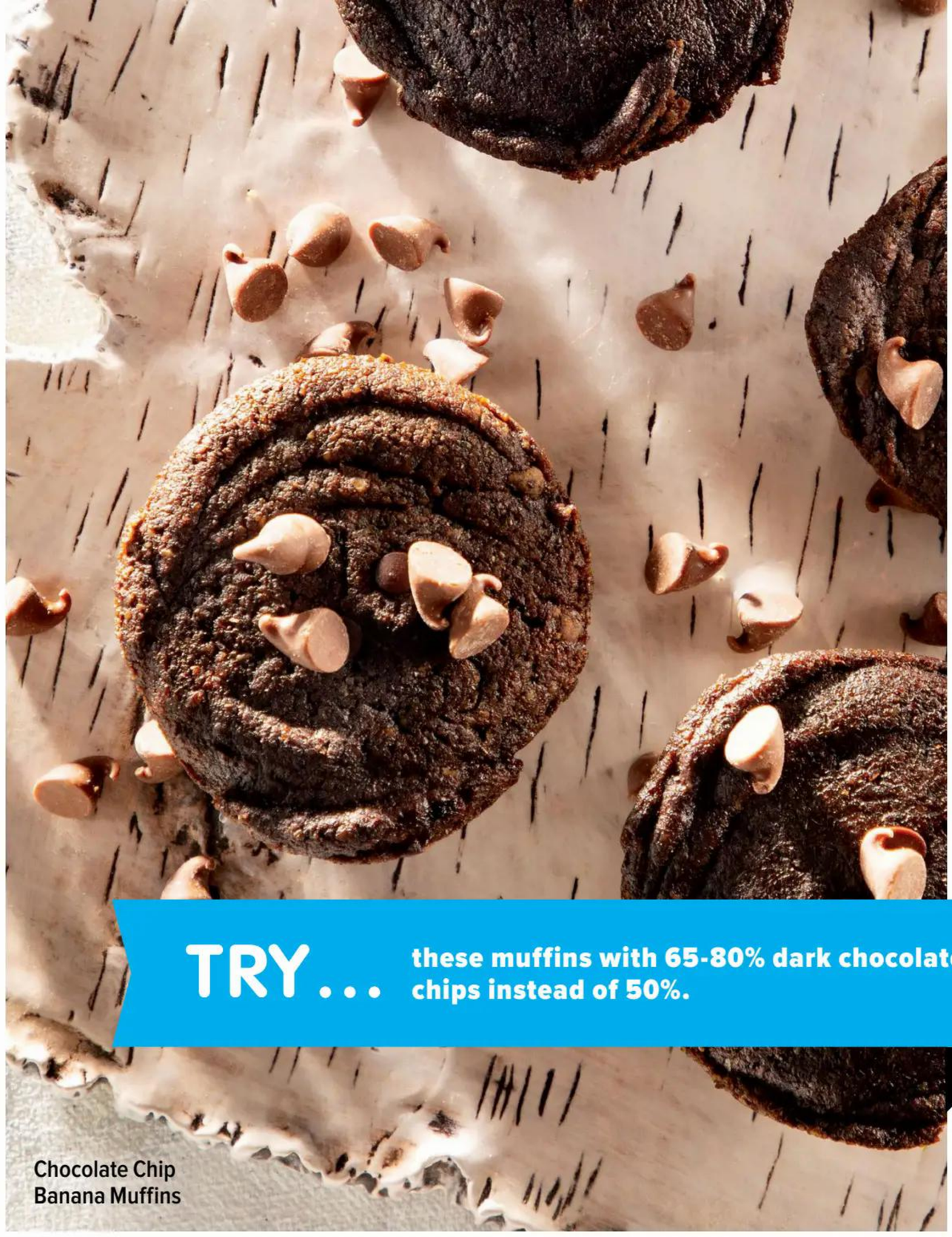
1 In a large bowl, combine oats and boiling water. Stir in dried cherries, cranberries, almonds, walnuts and vanilla. Gently stir in milk and cream.
2 Coat four 113g (4oz) ramekins with cooking spray. Divide oat mixture among ramekins.
3 Cook at 180°C/350°F/Gas 4 for 5 to 7 minutes. Allow to cool slightly; top with fruits and honey to serve.

## CHOCOLATE CHIP BANANA MUFFINS

CLASSIC | KID-FRIENDLY | NUT-FREE

**Best use of overripe bananas—ever!**

**Start to finish** 25 minutes (10 minutes active)
**Servings** 6



**TRY . . . these muffins with 65-80% dark chocolate chips instead of 50%.**

Chocolate Chip Banana Muffins

- **Cooking spray**
- **3 very ripe bananas, mashed**
- **2 large eggs, beaten**
- **115 grams (½ cup) melted butter**
- **150 grams (¾ cup) granulated sugar**
- **1 teaspoon vanilla extract**
- **125 grams (1 cup) all-purpose flour**
- **60 grams (½ cup) unsweetened cocoa powder**
- **1 teaspoon baking soda**
- **¼ teaspoon baking powder**
- **84 grams (½ cup) dark chocolate chips**

1 Coat a silicone muffin pan with cooking spray; set aside.
2 In a large bowl, combine bananas, eggs, butter, sugar and vanilla.
3 Mix in flour, cocoa, baking soda and baking powder, stirring to combine. Fold in chocolate chips.
4 Spoon batter into pan. Place pan in the basket or rack of an air fryer and bake at 170°C/325°F/Gas 3 for 15 minutes or until a toothpick inserted in a muffin comes out clean.

## ITALIAN SAUSAGE LINKS

EASY | FAMILY FAVOURITE | NUT-FREE

**Italian sausage is slightly more seasoned than traditional breakfast links, but goes just as well with the rest of your morning meal. Go for hot instead of sweet if you like a little spice**

**Start to finish** 15 minutes (2 minutes active)
**Servings** 6

- **1 538g (19oz) package mild sweet Italian sausages**
- **Cooking spray**

1 Use a fork to poke sausages all over, breaking the casing. Spray links with cooking spray.
2 In the basket or tray of an air fryer, arrange sausages in a single layer.
3 Cook at 200°C/400°F/Gas 6 for 10 to 12 minutes or until sausages are browned. Slice and serve.

## DOUGHNUTS WITH LEMON FILLING

FAMILY FAVOURITE | KID-FRIENDLY | NUT-FREE

**With just two ingredients, these doughnuts couldn't be quicker! Try them for dessert with a scoop of vanilla ice cream**

**Start to finish** 10 minutes (5 minutes active)
**Servings** 8

- **Cooking spray**
- **1 454g (16oz) can jumbo flaky refrigerated biscuits (or make buttermilk biscuits)**
- **320 grams (1 cup) lemon curd**
- **Icing sugar**

1 Lightly coat the basket or tray of an air fryer with cooking spray.
2 Separate biscuits and place in air fryer basket or tray.
3 Cook at 180°C/350°F/Gas 4 for 3 minutes; flip, then cook for 2 more minutes or until golden brown.
4 Remove from air fryer and immediately use the handle of a wooden spoon to press into the side of each doughnut to make a deep opening.
5 Add lemon curd to a pastry bag fitted with a round tip. (If you don't have a pastry bag, add curd to a zip-seal plastic bag, and cut off one lower corner of the bag at an angle.)
6 Fill doughnuts with curd. Sprinkle with icing sugar to serve.

## SPRINKLED DOUGHNUTS

CLASSIC | FAMILY FAVOURITE | KID-FRIENDLY

**It takes time to allow these doughnuts to rise, but it's worth it! Air-fry the holes separately from the rings; the holes cook more quickly**

**Start to finish** 2 hours 15 minutes (25 minutes active)
**Servings** 10

- **250 mililitres (1 cup) warm milk**
- **50 grams (¼ cup) plus 1 teaspoon sugar**
- **½ teaspoon salt**
- **2½ teaspoons instant dry yeast**
- **1 large egg, beaten**
- **4 tablespoons melted butter**
- **375 (3 cups) all-purpose flour, divided**
- **Cooking spray**
- **Glaze icing (mix 240g/2 cups icing sugar, 80ml/⅓ cup whipping cream and ½ teaspoon vanilla extract)**
- **Assorted sprinkles**

1 In a bowl of a stand mixer fitted with a dough hook, add milk, 1 teaspoon sugar, salt and yeast. Let sit for about 8 to 10 minutes, until foamy.
2 Add remaining sugar and egg to bowl; stir to combine. On low speed, add butter and flour. Dough should start to pull away from sides of bowl. Increase speed to medium-low and knead for 5 minutes. Dough will become smooth and elastic, but still sticky.
3 Transfer dough to a greased bowl, cover with plastic wrap and let rise until doubled, about 30 minutes.
4 Punch down dough and turn out on lightly floured surface. Gently roll out dough to 1cm (½in) thickness. Cut with doughnut cutter. Reroll dough as needed to make 10 doughnuts.
5 Place doughnuts (and holes) on baking paper to rise again, about 30 minutes.
6 Spray air fryer basket or tray with cooking spray. Place doughnuts inside and spray tops (you may need to work in batches).
7 Cook at 180°C/350°F/Gas 4 for 3 minutes, flip doughnuts and cook 2 more minutes or until golden. Cook holes for 3 minutes total.
8 Remove from air fryer and cool completely on wire rack. Dip tops in glaze and roll in sprinkles; place on wire rack to set.



Doughnuts With Lemon Filling

Sprinkled
Doughnuts




Dried Cranberry Scones

## DRIED CRANBERRY SCONES

CLASSIC | FAMILY FAVOURITE | NUT-FREE

**Serve these warm, topped with a dollop of clotted cream**

**Start to finish** 30 minutes (15 minutes active)
**Servings** 8

- **125 grams (1 cup) all-purpose flour**
- **67 grams (⅓ cup) granulated sugar**
- **1½ teaspoons baking powder**
- **½ teaspoon salt**
- **57 grams (¼ cup) cold butter, cut into pieces**
- **1 large egg**
- **80 millilitres (⅓ cup) double cream**
- **½ teaspoon vanilla extract**
- **65 grams (½ cup) dried cranberries**
- **Coarse sanding sugar (or Demerera)**

**1** In a large mixing bowl, stir flour, sugar, baking powder and salt. Add butter and cut with pastry blender until it resembles a crumbly mixture.
**2** Stir in egg, cream, vanilla and cranberries. Knead a few times to form a dough. Pat dough into a 15cm (6in) circle and cut into triangles. Sprinkle tops with sanding sugar.
**3** Place the triangles in the basket or tray of air fryer. Cook at 170°C/325°F/Gas 3 for 10 to 12 minutes.

## TEX-MEX BREAKFAST POTATOES

FAMILY FAVOURITE | KID-FRIENDLY | NUT-FREE

**Serve these with guacamole and salsa alongside eggs and sausage for a hearty breakfast**

**Start to finish** 35 minutes (20 minutes active)
**Servings** 4

- **2 white potatoes (Russet or Maris Piper) sliced into thin wedges**
- **2 tablespoons olive oil**
- **1 teaspoon kosher salt**
- **½ teaspoon cumin**

- **1 teaspoon ground black pepper**
- **Coriander, for garnish**
- **Guacamole and salsa, for serving**

**1** In a large bowl, add potatoes, olive oil, salt, cumin and pepper, tossing to combine.
**2** Add potatoes to the basket or tray of an air fryer and cook at 200°C/400°F/Gas 6 for 10 minutes.
**3** Sprinkle with coriander and serve with guacamole and salsa.

## MINI CHEESE AND SAUSAGE QUICHES

**CLASSIC** | **KID-FRIENDLY** | **NUT-FREE**

**Use bulk sausage, or remove the casing from your favourite links**

**Start to finish** 17 minutes (5 minutes active)
**Servings** 6

- **4 large eggs**
- **57 grams (½ cup) shredded cheddar cheese**
- **65 grams (½ cup) cooked and crumbled sausage**
- **1 tablespoon chopped parsley**
- **1 tablespoon sliced spring onions**
- **½ teaspoon kosher salt**
- **¼ teaspoon ground black pepper**
- **Cooking spray**

**1** In a large bowl, beat eggs, cheese, sausage, parsley, spring onions, salt and pepper.
**2** Coat a silicone mini-muffin pan with cooking spray. Divide egg mixture evenly between cups.
**3** Place pan in the basket or tray of an air fryer and cook at 170°C/325°F/Gas 3 for 12 minutes.



Tex-Mex Breakfast Potatoes

## SAUSAGE, CHEESE AND GRITS CASSEROLE

**CLASSIC** | **FAMILY FAVOURITE** | **NUT-FREE**

**No need to cook stone-ground grits for hours when you have an air fryer!**

**Start to finish** 20 minutes (10 minutes active)
**Servings** 6

- **360 grams (1½ cups) boiling water**
- **320 grams (1⅓ cups) instant grits (or polenta)**
- **2 large eggs, beaten**
- **138 grams (1 cup) cooked pork sausage**
- **1 tablespoon melted butter**
- **1 teaspoon minced garlic**
- **1 teaspoon salt**
- **½ teaspoon ground black pepper**
- **226 grams (2 cups) grated Mexican-blend cheese (Monterey Jack, Cheddar and Gouda)**
- **Sliced spring onions, for garnish**

**1** In a 15cm (6in) heatproof pan, mix together water, grits, eggs, sausage, butter, garlic, salt and pepper. Fold in 113g (1 cup) grated cheese. (Mixture will be soupy.)
**2** Place pan in the basket or tray of an air fryer. Cook at 200°C/400°F/Gas 6 for 10 to 12 minutes until knife comes out clean.
**3** Top with remaining cheese and spring onions and serve.

TEMPTING

# APPETISERS

**THESE SMALL BITES ARE PERFECT BEFORE A MEAL, AND THEY'RE ALSO THE IDEAL SIZE FOR PARTY SNACKS OR EVEN A LIGHT SUPPER**

SEE PG. 25

Chicken Sausage Puff Pastry Bites

THEY'RE JUST THE RIGHT SIZE FOR A HALFTIME SNACK DURING A BIG GAME, TOO!

## Cook's Notes

Turn these into a main course. They're great on a long roll, topped with grated cheddar, or keep it simple with some mashed potatoes and a green veggie. For a party, serve them with warm barbecue sauce for dipping.

Barbecue Turkey Meatballs

## BARBECUE TURKEY MEATBALLS

CLASSIC | KID-FRIENDLY | NUT-FREE

**Use your favourite barbecue sauce on these savoury meatballs**

**Start to finish** 25 minutes (15 minutes active)
**Servings** 4

- ½ kilogram (1lb) ground turkey breast
- 54 grams (½ cup) plain breadcrumbs
- 1 large egg
- 1 tablespoon soy sauce
- ½ teaspoon ground black pepper
- Cooking spray
- 280 grams (1 cup) barbecue sauce, warmed
- Radish microgreens, for garnish

1 In a large bowl, combine turkey, breadcrumbs, egg, soy sauce and pepper. Form into 2½cm (1in) balls.
2 Coat the basket or tray of an air fryer with cooking spray; place meatballs in basket.
3 Cook at 200°C/400°F/Gas 6 for 5 minutes, then flip and cook for another 5 minutes or until browned.
4 Remove from air fryer and place in a large bowl. Pour barbecue sauce over top and toss to coat. Garnish with microgreens and serve.

## CHICKEN SAUSAGE PUFF PASTRY BITES

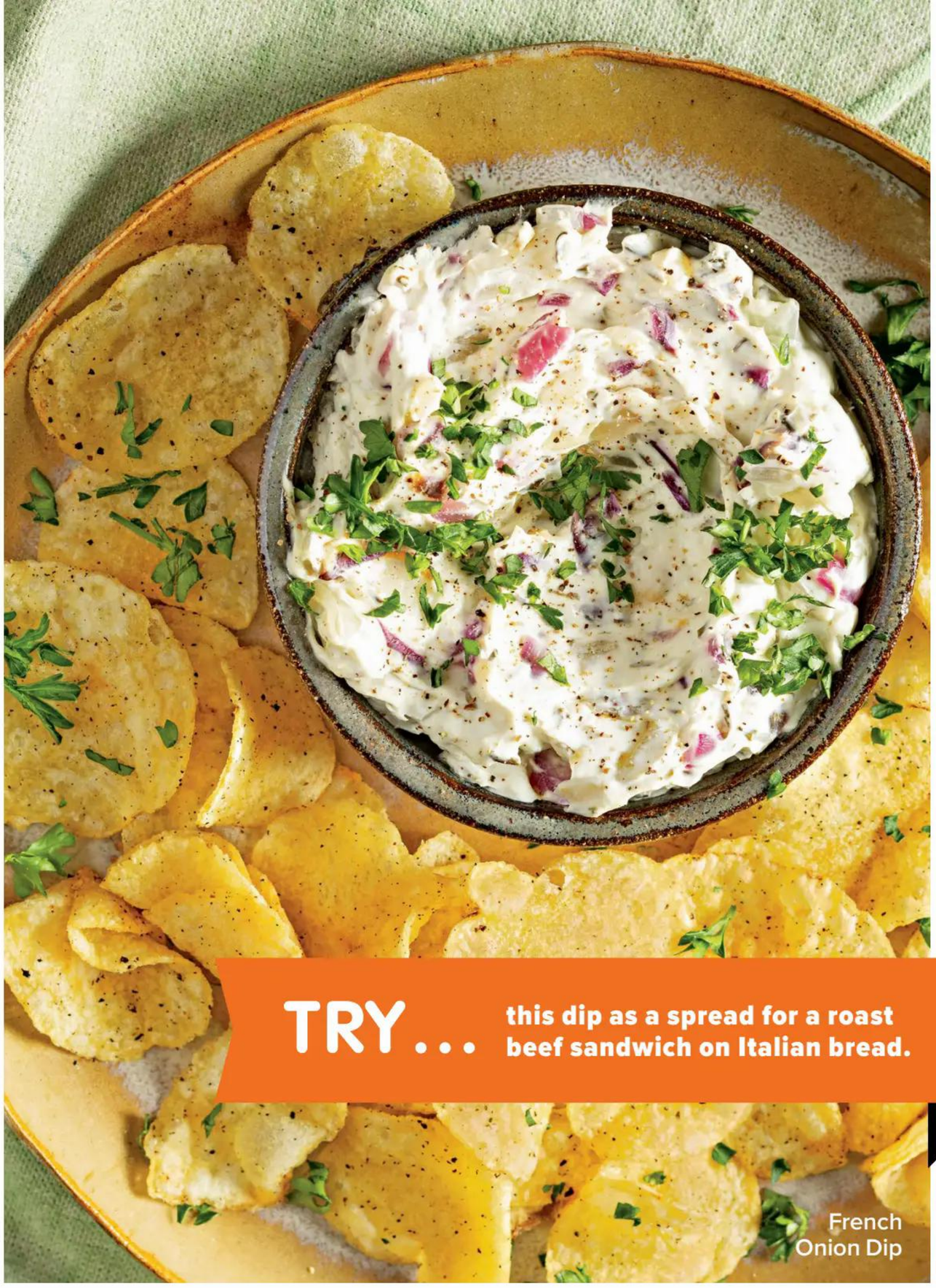
EASY | GUEST-WORTHY | NUT-FREE

**Try these with other varieties of sausage if you like**

**Start to finish** 25 minutes (15 minutes active)
**Servings** 24 bites

- 1 (600g/21oz) frozen puff pastry, thawed (2 sheets)
- 4 tablespoons Dijon mustard
- 1 (340g/12oz) package of 4 chicken-and-apple smoked sausage links
- Cooking spray

1 On a large chopping board, place each pastry sheet; cut each in half (4 equal pieces). Spread 1 tablespoon of mustard on each sheet.
2 Place 1 sausage near edge of each sheet; roll pastry up to enclose sausage. Cut each roll into 6 pieces.
3 Coat the basket or tray of an air fryer with cooking spray. Place bites in basket.
4 Cook at 200°C/400°F/Gas 6 for 8 to 10 minutes or until browned. Serve with extra mustard on the side for dipping.



**TRY... this dip as a spread for a roast beef sandwich on Italian bread.**

French Onion Dip

## FRENCH ONION DIP

EASY | NUT-FREE | VEGETARIAN

**Air-frying the onions adds caramelised flavour to this dip. Serve it with crisps or crackers**

**Start to finish** 30 minutes (10 minutes active)
**Servings** 4

- 1 small sweet onion, sliced
- 1 small red onion, sliced
- Cooking spray
- 1 (200g/7½oz) tub chive cream cheese
- 57 grams (½ cup) grated mozzarella cheese
- 1 tablespoon grated Parmesan cheese
- Chopped parsley, for garnish

1 Place onion slices in basket or tray of an air fryer and spray with cooking spray.
2 Cook at 200°C/400°F/Gas 6 for 10 minutes or until the slices start to turn golden brown. Remove to a chopping board; let cool slightly, then roughly chop and set aside.
3 In a large bowl, mix cream cheese, mozzarella and Parmesan until combined. Stir in reserved onion.
4 Place in a serving dish and garnish with chopped parsley and serve.



Pork Dumplings

## POLENTA CHIPS

GLUTEN-FREE | NUT-FREE | VEGETARIAN

**Precooked rolls of polenta are are ideal for these easy chips**

**Start to finish** 25 minutes
(7 minutes active)
**Servings** 6

- **1 (500g/18oz) roll polenta**
- **Cooking spray**
- **1 teaspoon kosher salt**
- **½ teaspoon ground black pepper**
- **1 teaspoon Italian spice blend**
- **Chopped parsley, for garnish**
- **Marinara sauce (Italian tomato pasta sauce), warmed, for dipping**

**1** On a chopping board, cut polenta into chips and place them in a large bowl.
**2** Coat chips with cooking spray; sprinkle with salt, pepper and Italian herbs.
**3** In an air fryer basket, place chips in a single layer (you may need to work in batches). Cook at 200°C/400°F/Gas 6 for 15 to 18 minutes, shaking the basket halfway through for even cooking.
**4** Garnish and serve with sauce.

## PORK DUMPLINGS

EASY | FAMILY FAVOURITE | KID-FRIENDLY

**Try these with sesame dipping sauce—it's a great complement to pork!**

**Start to finish** 40 minutes
(15 minutes active)
**Servings** 8

- **¼ kg (½ lb) ground pork**
- **1 (113g/4oz) can chopped water chestnuts, drained**
- **2 tablespoons soy sauce**
- **2 tablespoons teriyaki sauce**
- **2 tablespoons toasted sesame oil**
- **1 (340g/12oz) package round dumpling wrappers**
- **Black and/or white sesame seeds, sliced spring onions and coriander leaves, for garnish**
- **Sesame dipping sauce**

**1** In a large frying pan over medium-high heat, combine pork, water chestnuts, soy sauce, teriyaki sauce and sesame oil. Cook about 6 minutes, or until pork is no longer pink. Remove from heat; let cool for 20 minutes.
**2** On a clean surface, place dumpling wrappers. Add 1 teaspoon pork mixture in the centre of each wrapper. Pull both sides up like a taco and pinch the tops until sealed.
**3** Cook in the air fryer at 200°C/400°F/Gas 6 for 3 minutes. Use tongs to flip dumplings and cook 3 minutes more.
**4** Garnish and serve with sesame dipping sauce.

## RISOTTO BALLS

CLASSIC | FAMILY FAVOURITE | NUT-FREE

**These are a great way to use up leftover risotto, which is made with arborio rice, a sticky short-grain variety (don't try with regular rice; it won't keep its shape). These cheesy bites are delicious as is, or try them with marinara sauce on the side for dipping**

**Start to finish** 1 hour 40 minutes
(30 minutes active)
**Servings** 8

- **1 tablespoon olive oil**
- **¼ onion (½ cup), chopped**
- **1 teaspoon minced garlic**
- **½ teaspoon Italian herbs**
- **197 grams (1 cup) cooked risotto, made with arborio rice**
- **100 grams (1 cup) grated Parmesan cheese**
- **216 grams (2 cups) plain breadcrumbs**
- **2 large eggs**
- **Chopped basil leaves, for garnish**

**1** In a large saucepan over medium heat, warm oil. Stir in onion, garlic and Italian herbs; cook for 5 minutes or until onion is soft.
**2** Let cool, then stir in rice and cheese.
**3** In a shallow bowl, add breadcrumbs. In another shallow bowl, beat eggs.
**4** Roll rice mixture into 2½cm (1in) balls. Dip each into egg, then breadcrumbs, rolling to coat thoroughly. Refrigerate for 1 hour.
**5** Place balls in the basket of an air fryer. Cook at 200°C/400°F/Gas 6 for 8 to 10 minutes or until golden.
**6** Garnish with basil and serve.




Polenta Chips

## BOURBON-GLAZED CHICKEN WINGS

CLASSIC | EASY | GLUTEN-FREE | NUT-FREE

**Get "party style" wings for this dish; they're already cut into drumettes and flats, saving you even more time!**

**Start to finish** 35 minutes
(15 minutes active)
**Servings** 8

- **1 tablespoon dark brown sugar**
- **1 teaspoon minced garlic**
- **¼ teaspoon kosher salt**
- **3 tablespoons bourbon**
- **2 tablespoons white distilled vinegar**
- **1 teaspoon cornflour**
- **2 teaspoons water**
- **1 kilogram (2lb) "party style" chicken wings**
- **Cooking spray**

1 In a small saucepan over medium-high heat, add sugar, garlic, salt, bourbon and vinegar; bring to a boil. Reduce heat to low; simmer, uncovered, until slightly thickened, about 5 minutes.
2 In a small bowl, mix cornflour and water until smooth; stir into bourbon mixture. Return to a boil, stirring constantly; cook and stir 2 minutes or until thickened.
3 Place wings in a large bowl; pour bourbon mixture over wings; toss to coat.
4 Coat the basket or tray of an air fryer with cooking spray. Place wings in basket and cook at 200°C/400°F/Gas 6 for 6 to 8 minutes. Flip wings; cook an additional 6 minutes or until browned and juices run clear.


Bourbon-Glazed Chicken Wings

## ONION RINGS WITH SOUR CREAM CHIVE SAUCE

CLASSIC | EASY | KID-FRIENDLY

**Vidalia or sweet yellow onions are a good choice for this favourite side**

**Start to finish** 40 minutes
(25 minutes active)
**Servings** 4

- **64 grams (½ cup) all-purpose flour**
- **1 teaspoon kosher salt**
- **½ teaspoon ground black pepper**
- **118 millilitres (½ cup) whole buttermilk**
- **2 large eggs**
- **1 cup plain panko breadcrumbs**
- **1 tablespoon olive oil**
- **1 large yellow sweet onion, sliced 1cm (½-in) thick and separated into rings**
- **237 millilitres (1 cup) sour cream**
- **1 tablespoon chopped chives**
- **1 teaspoon lemon juice**
- **Cooking spray**
- **Lemon zest, for garnish**

1 Line a rimmed baking tray with baking paper.
2 In a shallow bowl, combine flour, salt and pepper. In another shallow bowl, beat buttermilk and eggs. In a third shallow bowl, combine panko and oil.
3 Using a fork, dredge each onion ring in flour mixture, drop in buttermilk mixture, then dredge in panko mixture, shaking off excess and placing on baking tray as you go. Place in freezer for 15 minutes.
4 Meanwhile, to make sauce, in a small mixing bowl, combine sour cream, chives and lemon juice; refrigerate.
5 Coat the basket of an air fryer with cooking spray. Place rings in a single layer in basket (in batches).
6 Cook at 200°C/400°F/Gas 6 for about 12 to 15 minutes, until golden brown and crispy.
7 Garnish rings with lemon zest and serve with sauce.

## QUICK TIP

**With many air fryer recipes, you should cook items in batches. That's because an air fryer depends on air circulating around the food to do its job, so it's important to allow space between individual pieces of food.**

Onion Rings
With Sour Cream
Chive Sauce

## Cook's Notes

If you prefer your onion rings to have a milder flavour, you can soak them in water—or better yet, buttermilk—for up to an hour. (Buttermilk will also help the coating adhere better.)

ADD SOME SPRING ONION SLICES AND CHILLI FLAKES TO PURCHASED SWEET CHILLI SAUCE FOR TEXTURE.

Vegetable
Spring Rolls

## VEGETABLE SPRING ROLLS

FAMILY FAVOURITE | GUEST-WORTHY

**These spring rolls get perfectly browned and crisp in an air fryer**

**Start to finish** 45 minutes
(35 minutes active)
**Servings** 8

- **1 tablespoon sesame oil**
- **100 grams (1 cup) sliced spring onions**
- **100 grams (1 cup) sliced mangetout**
- **1 tablespoon chopped fresh ginger**
- **1 teaspoon minced garlic**
- **178 grams (2 cups) shredded cabbage**
- **110 grams (1 cup) shredded carrots**
- **1 tablespoon soy sauce**
- **½ teaspoon red pepper flakes**
- **8 spring roll wrappers**
- **Water**
- **Cooking spray**
- **Sliced spring onions, for garnish**
- **Sweet chilli sauce, for serving**

**1** In a large frying pan over medium heat, warm oil. Add spring onions, mangetout, ginger and garlic; cook 2 minutes.
**2** Stir in cabbage, carrots, soy sauce and red pepper flakes. Cook 5 minutes or until vegetables are tender. Remove from heat; let filling cool completely, about 20 minutes.
**3** On a chopping board, place 1 spring roll wrapper. Place ⅛ of the filling in centre of wrapper. Fold lower edge of wrapper up over filling. Use water to lightly moisten remaining edges of wrapper.
**4** Fold in both sides of wrapper. Roll up tightly to seal and place on plate. Cover with damp paper towel. Repeat with remaining wrappers and filling. Coat tops of rolls with cooking spray.
**5** Coat the basket or tray of an air fryer with cooking spray. Place spring rolls in basket and cook at 200°C/400°F/Gas 6 for 5 to 7 minutes or until browned.
**6** Garnish with spring onions and serve with sweet chilli sauce.

## GARLIC-ROSEMARY CHIPS

EASY | KID-FRIENDLY | NUT-FREE

**Serve with purchased lemon aioli, or mix up a simple version with mayo, minced garlic and lemon zest**

**Start to finish** 30 minutes
(10 minutes active)
**Servings** 6

- **½ kilogram (1lb) unpeeled white potatoes, cut into thin chips**
- **3 tablespoons (¼ cup) olive oil**
- **3 tablespoons chopped garlic**
- **1 tablespoon chopped fresh rosemary**
- **1 teaspoon kosher salt**
- **½ teaspoon ground black pepper**
- **Rosemary sprigs and lemon zest, for garnish**
- **Lemon aioli, for serving**

**1** In an air fryer basket, add the chips in a single layer. Cook at 200°C/400°F/Gas 6 for 18 to 20 minutes.
**2** Meanwhile, in a large bowl, stir together oil, garlic, rosemary, salt and pepper.
**3** Remove chips from air fryer; toss in oil mixture.
**4** Garnish with rosemary and lemon zest and serve with aioli on the side.

## FRIED CHEESE CURDS

FAMILY FAVOURITE | NUT-FREE | VEGETARIAN

**Dip these in tomato-basil sauce for a fun start to dinner**

**Start to finish** 20 minutes
(10 minutes active)
**Servings** 6

- **64 grams (½ cup) all-purpose flour**
- **1 large egg**
- **108 (1 cup) plain breadcrumbs**
- **½ teaspoon garlic powder**
- **142 grams ( 5oz bag) cheese curds or cottage cheese**
- **Cooking spray**
- **Basil leaves, for garnish**

**1** Heat air fryer to 180°C/350°F/Gas 4. Line a rimmed baking tray with baking paper.
**2** In a bowl, place flour. In another bowl, beat egg. In a third bowl, mix breadcrumbs and garlic powder.
**3** Dredge curds in flour, then dip in egg, roll in crumbs, shake off excess and place on tray as you go.
**4** Place curds in a single layer in air fryer basket; spray curds with cooking spray.
**5** Cook for 5 to 7 minutes or until light brown and the curds begin to melt.
**6** Garnish with basil leaves to serve.



Fried Cheese Curds

## WONTON NACHOS

EASY | FAMILY FAVOURITE | VEGETARIAN

**Wonton wrappers are perfect for making nachos**

**Start to finish** 10 minutes
(5 minutes active)
**Servings** 6

- **6 refrigerated wonton wrappers**
- **Cooking spray**
- **1 teaspoon taco seasoning mix**
- **1 teaspoon kosher salt**
- **½ teaspoon ground black pepper**
- **6 tablespoons Mexican-blend cheese (Monterey Jack, Cheddar and Gouda)**
- **6 tablespoons cooked black beans**
- **Coriander leaves, chopped yellow tomatoes, diced red onion, sliced jalapeño peppers and salsa, for garnish**

1 Line a small rimmed baking tray with baking paper.
2 Place wontons on sheet; coat with cooking spray, then sprinkle evenly with seasoning, salt and pepper. Place in air fryer and cook at 180°C/350°F/Gas 4 for 4 minutes.
3 Remove from air fryer; top each wonton with 1 tablespoon cheese and 1 tablespoon black beans. Return to air fryer and cook 1 minute or until cheese is melted.
4 Top with desired garnishes and serve.

## ITALIAN SPICED COURGETTE CHIPS

EASY | NUT-FREE | VEGETARIAN

**Try adding some grated Parmesan cheese to the breadcrumbs—yum!**

**Start to finish** 20 minutes
(10 minutes active)
**Servings** 4

- **1 large egg**
- **1 tablespoon water**
- **2 large courgettes, cut into chips**
- **71 grams (⅔ cup) Italian breadcrumbs (or breadcrumbs with 2½ tsp Italian herbs)**
- **1 teaspoon Italian herbs**
- **1 teaspoon garlic powder**
- **2 tablespoons Parmesan cheese**
- **1 teaspoon kosher salt**
- **½ teaspoon ground black pepper**
- **Cooking spray**
- **Marinara (Italian tomato pasta sauce) sauce, warmed, for dipping**

1 In a shallow bowl, whisk egg and water until frothy. Add chips and toss to coat.
2 In another shallow bowl, add breadcrumbs, Italian herbs, garlic powder, cheese, salt and pepper. Add chips a few at a time, and toss to coat well; place chips in an air fryer basket.
3 Repeat until all chips are coated (you may need to work in batches).
4 Coat chips with cooking spray.
5 Cook at 200°C/400°F/Gas 6 for 7 to 9 minutes or until browned. Remove from air fryer and serve with marinara sauce for dipping.

## SQUASH CROQUETTES

EASY | GUEST-WORTHY | NUT-FREE

**Squeeze as much moisture as you can from the squash so the croquettes hold together well**

**Start to finish** 35 minutes
(20 minutes active)
**Servings** 8

- **2 yellow courgettes, grated**
- **1 cup grated cheddar cheese**
- **1 large egg**
- **64 grams (½ cup) flour**
- **1 tablespoon chopped chives**
- **1 tablespoon chopped dill**
- **1 teaspoon kosher salt**
- **1 teaspoon ground black pepper**
- **Dill sprigs, for garnish**
- **Sour cream, for serving**

1 Line a rimmed baking tray with baking paper.
2 Wrap grated courgette in cheesecloth and squeeze out excess water.
3 In a large bowl, combine courgette, cheese, egg, flour, chives, dill, salt and pepper. Form into 8 croquettes, placing on baking tray as you go. Place tray in freezer for 15 minutes.
4 Place croquettes in an air fryer on 180°C/350°F/Gas 4 and cook for 5 minutes; flip each and cook for an additional 8 to 10 minutes or until brown.
5 Garnish with dill sprigs and serve with sour cream.

## SPINACH DIP–STUFFED MUSHROOMS

CLASSIC | EASY | VEGETARIAN

**You can finely chop the mushroom stems and gills and add them to the stuffing**

**Start to finish** 25 minutes (15 minutes active)
**Servings** 6

- **6 portobello mushrooms**
- **39 grams (¼ cup) frozen chopped spinach, thawed and squeezed dry**
- **60 grams (¼ cup) softened cream cheese**
- **2 tablespoons grated Parmesan cheese**
- **1 teaspoon lemon juice**
- **¼ teaspoon kosher salt**
- **¼ teaspoon ground black pepper**
- **54 grams (½ cup) plain breadcrumbs**

1 Gently wash and dry mushrooms; remove the stems and gills.
2 In a bowl, mix spinach, cream cheese, Parmesan, lemon juice, salt and pepper. Fill each mushroom with spinach mixture; sprinkle with breadcrumbs.
3 Place mushrooms in the basket or tray of an air fryer.
4 Cook at 200°C/400°F/Gas 6 for 6 minutes, until the filling is starting to brown.

## Cook's Notes

For heartier nachos, sauté some ground beef or turkey (or veggie crumbles, to keep it vegetarian-friendly) with some taco seasoning and add a spoonful to each wonton when you add the black beans.

Wonton Nachos

## Cook's Notes

If you can find it, get sheep's milk feta (rather than the more common cow's milk type) for baking. It's less crumbly and will hold together better when heated.

Baked Feta Cheese

## BAKED FETA CHEESE

EASY | FAMILY FAVOURITE
NUT-FREE | VEGETARIAN

**Feta gets warm and soft, but not completely melted, when baked**

**Start to finish** 15 minutes (5 minutes active)
**Servings** 4

- **227 grams (8oz block) feta cheese**
- **2 tablespoons olive oil**
- **1 lime, sliced**
- **1 red chilli pepper, sliced**
- **½ teaspoon kosher salt**
- **½ teaspoon freshly cracked pepper**
- **Crackers or crostini**

1 In a small baking pan, place feta; drizzle with olive oil. Top with lime and pepper slices. Sprinkle with salt and pepper.
2 Place baking pan in the basket or tray of an air fryer. Cook at 180°C/350°F/Gas 4 for 8 to 10 minutes or until feta is soft and browned.
3 Serve with crackers or crostini.

## CORNFLAKE-CRUSTED CHICKEN GOUJONS

FAMILY FAVOURITE | KID-FRIENDLY | NUT-FREE

**Try these with our Onion Rings (pg. 28) and some mixed greens for a complete meal**

**Start to finish** 35 minutes (20 minutes active)
**Servings** 6

- **2 large eggs**
- **77 grams (⅓ cup) mayonnaise**
- **1 tablespoon lemon juice**
- **50 grams (2 cups) cornflakes**
- **1 teaspoon kosher salt**
- **½ teaspoon ground black pepper**
- **12 boneless, skinless chicken goujons**
- **Honey mustard and gherkin slices, for serving**

1 In a shallow bowl, whisk together eggs, mayonnaise and lemon juice until smooth.
2 In a food processor, pulse cornflakes, salt and pepper until finely ground; add to another shallow bowl.
3 Dip each goujon in egg mixture, coating all surfaces. Roll goujons in cornflake mixture.
4 Place goujons in the basket or rack of an air fryer in a single layer (you may need to work in batches).
5 Cook at 200°C/400°F/Gas 6 until they have reached an internal temperature of 74°C/165°F, about 12 to 14 minutes.
6 Serve with honey mustard and gherkin slices on the side.



Vegetable Samosas

## VEGETABLE SAMOSAS

CLASSIC | NUT-FREE | VEGETARIAN

**Try these with mint and coriander chutney for dipping**

**Start to finish** 40 minutes (40 minutes active)
**Servings** 10

- **1 teaspoon ghee or vegetable oil**
- **1 teaspoon cumin seeds**
- **134 grams (1 cup) frozen green peas, thawed**
- **250 grams (1 cup) cooked, mashed potatoes**
- **½ teaspoon ground turmeric**
- **1 teaspoon garam masala**
- **½ teaspoon kosher salt**
- **1 tablespoon chopped coriander**
- **10 frozen samosa or spring roll pastry, thawed**
- **Cooking spray**

1 In a large frying pan over medium heat, heat ghee or oil; add cumin seeds and cook for 1 minute.
2 Stir in the peas, potatoes, turmeric, garam masala, salt and coriander.
3 On a clean work surface, place pastry sheet. Place 1 tablespoon of filling onto left corner. Wet the edges of the sheet with water and press together. Repeat.
4 Coat an air fryer basket or tray with cooking spray; place samosas in basket. Cook at 180°C/350°F/Gas 4 for 18 to 20 minutes or until golden brown. Serve immediately.

SERVE GRAINY MUSTARD FOR DIPPING. IF YOU LIKE IT SWEET AND SPICY, STIR IN SOME HONEY.

SUPER

# SNACKS

**WHETHER YOU'RE CRAVING SOMETHING SWEET OR SAVOURY, WE'VE GOT YOU COVERED HERE**



SEE PG. 39

Pizza Dough Pretzel Bites

ALWAYS LEAVE THE SKIN ON APPLES—IT'S LOADED WITH NUTRIENTS.

Apple Crisps

## APPLE CHIPS

**EASY** | **KID-FRIENDLY** | **NUT-FREE**

**These make a fun lunch box treat for school or office**

**Start to finish** 20 minutes (10 minutes active)
**Servings** 4

- **2 small Pink Lady apples, cored**
- **Cooking spray**
- **¾ teaspoon apple pie spice (cinnamon, all spice and ground nutmeg)**
- **¼ teaspoon sea salt**
- **Caramel sauce, for dipping**

**1** Using a mandoline or sharp knife, cut apples into 20cm (⅛in) rounds. Coat with cooking spray.
**2** Sprinkle with apple pie spice and salt. Place in a single layer in the basket or tray of an air fryer.
**3** Cook at 200°C/400°F/Gas 6 for 8 minutes, flipping halfway through.
**4** Serve with caramel sauce.

## PIZZA DOUGH PRETZEL BITES

**FAMILY FAVOURITE** | **NUT-FREE**

**Think beyond pizza the next time you see refrigerated pizza dough!**

**Start to finish** 35 minutes (20 minutes active)
**Servings** 6

- **½ kilogram (1lb) refrigerated pizza dough**
- **1 litre (5 cups) water**
- **110 grams (½ cup) bicarbonate of soda**
- **1 egg white, beaten**
- **Coarse sea salt**
- **Grainy mustard, for serving**

**1** On a chopping board, roll dough into 1cm (½in) size balls (lightly dust chopping board with flour).
**2** In a medium saucepan over medium-high heat, add 1 litre (5 cups) water; bring to a boil. Remove from heat; stir in bicarbonate of soda. Return to the stove and simmer.
**3** Add half of dough balls to water and cook for 1 minute or until puffed. Remove with a slotted spoon and place on a baking paper-lined baking tray. Repeat with remaining balls.
**4** Brush dough balls with egg white and sprinkle with salt.
**5** Arrange balls in a single layer in the air fryer (in batches). Cook at 200°C/400°F/Gas 6 for 8 to 10 minutes or until browned.
**6** Place pretzel bites on a serving platter with grainy mustard on the side to serve.



Sweet and Spicy Walnuts

## SWEET AND SPICY WALNUTS

**EASY** | **GUEST-WORTHY**

**Perfect for a cocktail party or anytime snack**

**Start to finish** 20 minutes (15 minutes active)
**Servings** 8

- **234 grams (2 cups) walnut halves**
- **1 tablespoon soy sauce**
- **1 tablespoon dark brown sugar**
- **½ teaspoon kosher salt**
- **½ teaspoon cayenne pepper**
- **Cooking spray**
- **Rosemary leaves, for garnish**

**1** In a medium bowl, add walnuts, soy sauce, brown sugar, salt and cayenne. Stir together to coat nuts. Let stand for 10 minutes.
**2** Coat the basket or tray of an air fryer with cooking spray.
**3** Cook at 170°C/325°F/Gas 3 for about 3 to 5 minutes, shaking the basket halfway through.
**4** Let cool slightly. Garnish and serve.

## QUICK TIP

You can find fresh or frozen pizza dough in most supermarkets. Some variations include vegan and gluten free.




Spicy Roasted Whole Peanuts

## CAULIFLOWER BITES

NUT-FREE | VEGETARIAN

**Try serving these bites with melted cheese over the top**

**Start to finish** 30 minutes (20 minutes active)
**Servings** 8

- Cooking spray
- 428 grams (4 cups) cauliflower florets, lightly steamed
- 1 large egg, lightly beaten
- 113 grams (1 cup) grated cheddar cheese
- 100 grams (1 cup) grated Parmesan cheese
- 72 grams (⅔ cup) panko breadcrumbs
- 2 tablespoons freshly chopped chives
- 1 teaspoon kosher salt
- ½ teaspoon ground black pepper

1 In a food processor, pulse cauliflower until finely chopped. Wrap in a clean kitchen towel and squeeze out as much water as possible.
2 In a large bowl, stir together cauliflower, egg, cheddar, Parmesan, panko, chives, salt and pepper.
3 Scoop mixture by tablespoon and roll each into a rounded shape.
4 In the basket or tray of an air fryer, add bites in a single layer (you may need to work in batches). Cook at 190°C/375°F/Gas 5 for 10 minutes, until golden.
5 Serve hot.

## SPICY ROASTED WHOLE PEANUTS

EASY | VEGETARIAN

**The seasonings get through the shell, providing just a bit of heat**

**Start to finish** 10 minutes (2 minutes active)
**Servings** 4

- 126 grams (2 cups) raw peanuts in shells
- 2 tablespoons hot sauce
- 1 tablespoon kosher salt
- 1 teaspoon cayenne pepper

1 In a large bowl, toss all ingredients.
2 In the basket or tray of an air fryer, spread peanuts in a single layer.
3 Cook at 120°C/250°F/Gas ½ for 10 to 12 minutes.

## BEETROOT CRISPS WITH RANCH DIP

FAMILY FAVOURITE | NUT-FREE

**Make these more colourful by using both red and golden beetroots**

**Start to finish** 20 minutes (5 minutes active)
**Servings** 4

- 2 beetroots, peeled and thinly sliced
- 1 tablespoon olive oil
- 230 grams (1 cup) sour cream
- 14 grams (½ packet) dry ranch dip mix (onion and garlic powder, onion flakes, dill, parsley, salt, pepper, dried chives)
- 1 teaspoon kosher salt
- ½ teaspoon ground black pepper

1 In a large bowl, toss beetroot slices in oil to coat. Place in a single layer in the basket or tray of an air fryer.
2 Cook at 150°C/300°F/Gas 2 for 15 to 20 minutes.
3 Blend sour cream and dip mix.
4 While warm, sprinkle slices with salt and pepper and serve with dip.

## Cook's Notes

To get perfectly even, thin slices, chefs (and home chefs) swear by a mandoline. Many have adjustable blades for different thicknesses, and some can make wavy edges or waffle cuts as well. Plus, they start at around £6.

Beetroot Crisps With Ranch Dip

## TORTILLA CHIPS

CLASSIC | EASY | NUT-FREE

**You'll love the taste of warm tortilla chips straight from the air fryer**

**Start to finish** 15 minutes
(10 minutes active)
**Servings** 6

- **6 (15cm/6in) corn tortilla wraps**
- **Cooking spray**
- **1 teaspoon coarse sea salt**
- **Salsa, for serving**

1 Cut each tortilla into 6 triangles. Lightly coat on all sides with cooking spray; sprinkle with salt.
2 In the basket or tray of an air fryer, add chips in a single layer (you may need to work in batches).
3 Cook at 200°C/400°F/Gas 6 for 3 minutes, flip and coat with cooking spray, and cook for another 2 to 3 minutes or until browned and crisp.
4 Let cool (chips will get crispier as they cool), then serve with salsa.

## FRIED MUSHROOMS

FAMILY FAVOURITE | NUT-FREE | VEGETARIAN

**Serve these as a snack or a side dish, with your favourite dipping sauce on the side**

**Start to finish** 15 minutes
(10 minutes active)
**Servings** 4

- **2 large eggs**
- **64 grams (½ cup) all-purpose flour**
- **54 grams (½ cup) plain breadcrumbs**
- **50 grams (½ cup) grated Parmesan cheese**
- **½ teaspoon garlic powder**
- **¼ teaspoon ground black pepper**
- **220 grams (8oz) Portobello mushrooms, cleaned and cut into large chunks**
- **Cooking spray**
- **Dipping sauce, like aioli or rémoulade,**

1 In a small bowl, lightly beat eggs with 1 teaspoon water.
2 In a large bowl, combine flour, breadcrumbs, cheese, salt, garlic powder and pepper.
3 With a fork, dip each mushroom chunk first into egg, then into flour mixture, coating thoroughly.
4 Coat mushrooms with cooking spray. Cook in air fryer at 190°C/375°F/Gas 5 for 5 to 7 minutes.
5 Let cool slightly before serving with dipping sauce.

## CRISPS WITH BLUE CHEESE AND CHIVES

EASY | NUT-FREE | VEGETARIAN

**This salty, savoury dish makes a great addition to your game-day spread**

**Start to finish** 40 minutes
(15 minutes active)
**Servings** 4

- **2 medium Maris Piper potatoes**
- **1 tablespoon rapeseed oil**
- **1 teaspoon kosher salt**
- **142 grams (5oz) crumbled blue cheese**
- **Chopped chives, for garnish**

1 Using a mandoline or a sharp knife, cut potatoes into thin slices. In a large bowl, add slices and cover with very cold water.
2 Soak for 20 minutes; drain well and pat dry with paper towels.
3 In a large bowl, add potato slices, oil and salt; toss to coat.
4 In the basket or tray of an air fryer, add 2 layers of potato slices (in batches). Cook at 93°C/200°F/Gas ¼ for 20 minutes.
5 Toss crisps. Raise air fryer temperature to 200°C/400°F/Gas 6, sprinkle cheese over crisps and cook for 5 minutes more.



## Cook's Notes

Since blue cheese takes centre stage here, opt for one you love. Stilton, Roquefort, Cabrales, Gorgonzola and Maytag Blue are the most common. If you've got a cheese shop nearby, you can buy a small piece of each to compare.

Crisps With
Blue Cheese and Chives

## Cook's Notes

The key to getting these crisps to cook evenly is cutting them all to about the same thickness, and placing them in the air fryer in a single layer. Some other root veggies to turn into crisps: carrots, parsnips, celery root and turnips.

Root Vegetable Crisps

## ROOT VEGETABLE CRISPS

**EASY** | **FAMILY FAVOURITE** | **NUT-FREE**

**Try these colourful crisps alongside a burger**

**Start to finish** 30 minutes (15 minutes active)
**Servings** 4

- **1 small sweet potato, peeled**
- **1 small sweet potato with white flesh, peeled**
- **1 small beetroot, peeled**
- **1 tablespoon olive oil**
- **½ teaspoon kosher salt**
- **Freshly ground black pepper**
- **1 tablespoon cajun seasoning**

**1** Using a mandoline or sharp knife, slice sweet potatoes and beetroot into 3mm (⅛in) thick rounds.
**2** In a large bowl, add vegetable slices; drizzle with oil. Sprinkle with salt, pepper and cajun seasoning, tossing to coat.
**3** In the basket or tray of an air fryer, add slices in a single layer (you may need to work in batches). Cook at 180°C/350°F/Gas 4 for about 15 minutes, flipping halfway through.
**4** If not serving immediately, store in an airtight container.

## EVERYTHING BAGEL CRISPS

**EASY** | **FAMILY FAVOURITE** | **NUT-FREE**

**Take these to the next level by spreading them with cream cheese**

**Start to finish** 15 minutes (5 minutes active)
**Servings** 2

- **1 large bagel, unsliced**
- **2 tablespoons olive oil**
- **½ teaspoon garlic salt**
- **½ teaspoon onion powder**
- **½ teaspoon ground black pepper**

**1** Place bagel on a chopping board. Using a serrated knife, cut bagel in half vertically, then cut each half into 5mm (¼in) thick slices.
**2** In a large mixing bowl, add bagel slices and remaining ingredients. Toss to coat.
**3** In the basket or tray of an air fryer, add chips in an even layer. Cook at 150°C/300°F/Gas 2 for 10 minutes, flipping halfway through cooking.
**4** Remove from air fryer and let cool before serving.

## CHILLI NUT SNACK MIX

**FAMILY FAVOURITE** | **GUEST-WORTHY**

**This crowd-pleasing combination of nuts is a healthy anytime snack**

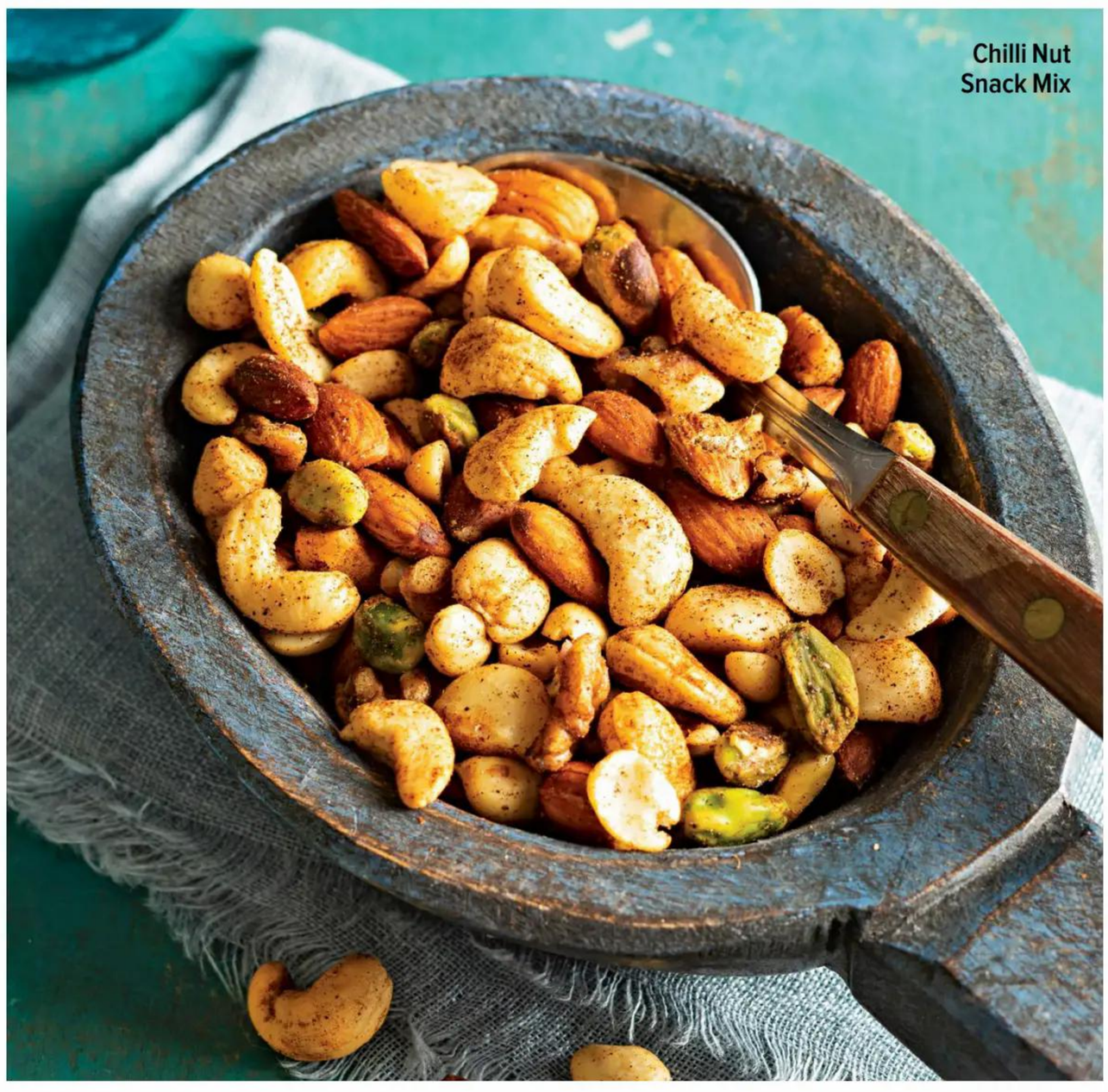
**Start to finish** 11 minutes (5 minutes active)
**Servings** 8

- **69 grams (½ cup) cashew nuts**
- **72 grams (½ cup) almonds**
- **55 grams (½ cup) pecans**
- **88 grams (½ cup) pistachios**
- **73 (½ cup) peanuts**
- **66 (½ cup) macadamia nuts**
- **2 teaspoons chilli powder**
- **1 teaspoon dried thyme**
- **1 teaspoon cumin**
- **1 teaspoon sea salt**
- **½ teaspoon ground black pepper**
- **3 tablespoons olive oil**

**1** In a large mixing bowl, add all of the nuts, spices and seasoning. Stir until coated.
**2** In the basket or tray of an air fryer, add the nut mixture and spread evenly. Cook at 180°C/350°F/Gas 4 for 6 minutes.
**3** Meanwhile, line a baking tray with baking paper. Pour the mixture onto baking tray to cool before serving.

## QUICK TIP

Experiment with other seasonings – try cinnamon and sugar, or rosemary and oregano.



Chilli Nut Snack Mix




## Cook's Notes

For a gluten-free snack mix, substitute rice Chex for corn and opt for gluten-free pretzel sticks. And check the label on nuts to make sure they're marked gluten free and are processed in a gluten-free facility.



Curried Snack Mix

## CURRIED SNACK MIX

EASY | GUEST-WORTHY

**Try something a little different the next time you make party mix!**

**Start to finish** 20 minutes (5 minutes active)
**Servings** 6

- **62 grams (2 cups) corn Chex cereal (or substitute for multigrain cheerios)**
- **67 grams (½ cup) mixed nuts**
- **42 grams (½ cup) pretzel sticks**
- **2 tablespoons butter, melted**
- **1 tablespoon Worcestershire sauce**
- **½ teaspoon kosher salt**
- **2 teaspoons curry powder**

1 In a large bowl, stir together all ingredients.
2 In the basket or tray of an air fryer, add cereal mixture.
3 Cook at 130°C/250°F/Gas ½ for 14 to 16 minutes, shaking basket every 5 minutes.
4 Let cool before serving.

## SPICED ALMONDS

CLASSIC | EASY | GUEST-WORTHY

**Soy sauce enhances the balance of pepper and garlic in these tasty nuts**

**Start to finish** 25 minutes (5 minutes active)
**Servings** 8

- **1 tablespoon soy sauce**
- **1 tablespoon garlic powder**
- **1 teaspoon paprika**
- **½ teaspoon ground black pepper**
- **286 (2 cups) raw almonds**
- **Sage leaves, for garnish**

1 In a large bowl, stir together soy sauce, garlic powder, paprika and pepper. Add almonds, stirring to coat well.
2 In the basket or tray of an air fryer, add almonds. Cook at 150°C/300°F/Gas 2 for 6 to 8 minutes, shaking every 2 minutes to prevent sticking.
3 Cool, garnish and serve.

## WARM MARINATED OLIVES

CLASSIC | GUEST-WORTHY | NUT-FREE

**Serve these alongside a cheese or charcuterie board**

**Start to finish** 15 minutes (5 minutes active)
**Servings** 4

- **1 (200g/7oz) jar pitted Kalamata olives**
- **2 tablespoons extra-virgin olive oil**
- **3 whole garlic cloves**
- **1 teaspoon sea salt**
- **½ teaspoon ground black pepper**
- **½ teaspoon dried oregano**
- **1 bay leaf**
- **1 sprig rosemary**
- **½ teaspoon red pepper flakes**

1 In a large bowl, add all ingredients. Mix well. Let stand for 5 minutes.
2 Cover the basket or tray of an air fryer with foil.
3 Spread marinated olives in basket. Cook at 150°C/300°F/Gas 2 for 5 minutes.

## CANDIED MIXED NUTS

CLASSIC | GUEST-WORTHY

**You can use your own favourite mix of nuts to make this snack**

**Start to finish** 20 minutes (5 minutes active)
**Servings** 6

- **2 tablespoons butter, melted**
- **1 egg white**
- **50 grams (¼ cup) sugar**
- **283 grams (10oz) unsalted mixed nuts**

1 Line the basket or tray of an air fryer with foil. Spread melted butter on foil.
2 In a small bowl, beat egg white and sugar. Add nuts and toss until fully coated. Spread in basket or tray.
3 Cook at 150°C/300°F/Gas 2 for 5 minutes. Shake basket and cook 5 minutes more. Shake again. Cook for 2 to 4 minutes more. Cool before serving.



Spinach Tortilla Chips With Bean Salsa

## SPINACH TORTILLA CHIPS WITH BEAN SALSA

**EASY** | **NUT-FREE** | **VEGETARIAN**

**Spinach adds vitamins and minerals to these chips**

**Start to finish** 10 minutes (5 minutes active)
**Servings** 8

- **8 (20cm/8in) spinach tortillas**
- **2 teaspoons rapeseed oil**
- **1 teaspoon kosher salt**
- **Bean salsa, for serving**

**1** Cut each tortilla into 6 triangles. Brush both sides of each chip with oil; sprinkle with salt.
**2** In the basket or tray of an air fryer, add chips in a single layer (you may need to work in batches).
**3** Cook at 200°C/400°F/Gas 6 for 3 minutes, flip and brush with oil, and cook for another 2 to 3 minutes or until browned and crisp.
**4** Let cool (chips will get crispier as they cool), then serve with salsa.

## FIVE-SPICE EDAMAME

**EASY** | **VEGETARIAN**

**Good-for-you edamame get a fragrant, crispy makeover here**

**Start to finish** 15 minutes (5 minutes active)
**Servings** 4

- **310 grams (2 cups) shelled edamame**
- **1 tablespoon olive oil**
- **2 teaspoons five-spice powder**
- **½ teaspoon sea salt**
- **½ teaspoon ground black pepper**

**1** In a large bowl, add edamame and oil; toss to coat. Add all seasonings and toss to coat again.
**2** In the basket or tray of an air fryer, spread edamame in a single layer (you may need to work in batches).
**3** Cook at 190°C/375°F/Gas 5 for 8 to 10 minutes or until crisp.

Five-Spice Edamame

EDAMAME ARE PACKED WITH PROTEIN, FIBRE AND ANTIOXIDANTS LIKE VITAMINS A AND C.




SEE
PG. 53

Steak Frites



# TENDER MEAT

THESE BEEF, PORK AND LAMB DISHES, INCLUDING STEAKS, KEBABS, BURRITOS, PIZZA AND MORE, COOK UP MOIST AND TENDER IN THE AIR FRYER

## Cook's Notes

With a chunky, meaty sauce like this, you'll want a pasta shape that's relatively short, so there's space to hold the sauce and meat. We used ziti in this dish, but penne and rigatoni also work well.

Baked Ziti With Meat Sauce

## BAKED ZITI WITH MEAT SAUCE

FAMILY FAVOURITE | GUEST-WORTHY | NUT-FREE

**Serve some grated Parmesan cheese alongside this classic dish**

**Start to finish** 35 minutes
(20 minutes active)
**Servings** 6

- **2 tablespoons olive oil**
- **1 teaspoon chopped garlic**
- **1 medium onion, chopped**
- **½ kilogram (1lb) ground sirloin**
- **1 cup tomato sauce (homemade or from a jar)**
- **2 tablespoons tomato paste**
- **1 teaspoon dried Italian herbs**
- **2 tablespoons chopped basil**
- **½ teaspoon kosher salt**
- **¼ teaspoon ground black pepper**
- **1 (450g/16oz) pack ziti, cooked according to package directions**
- **57 grams (½ cup) grated mozzarella cheese**
- **Chopped flat-leaf parsley, for garnish**

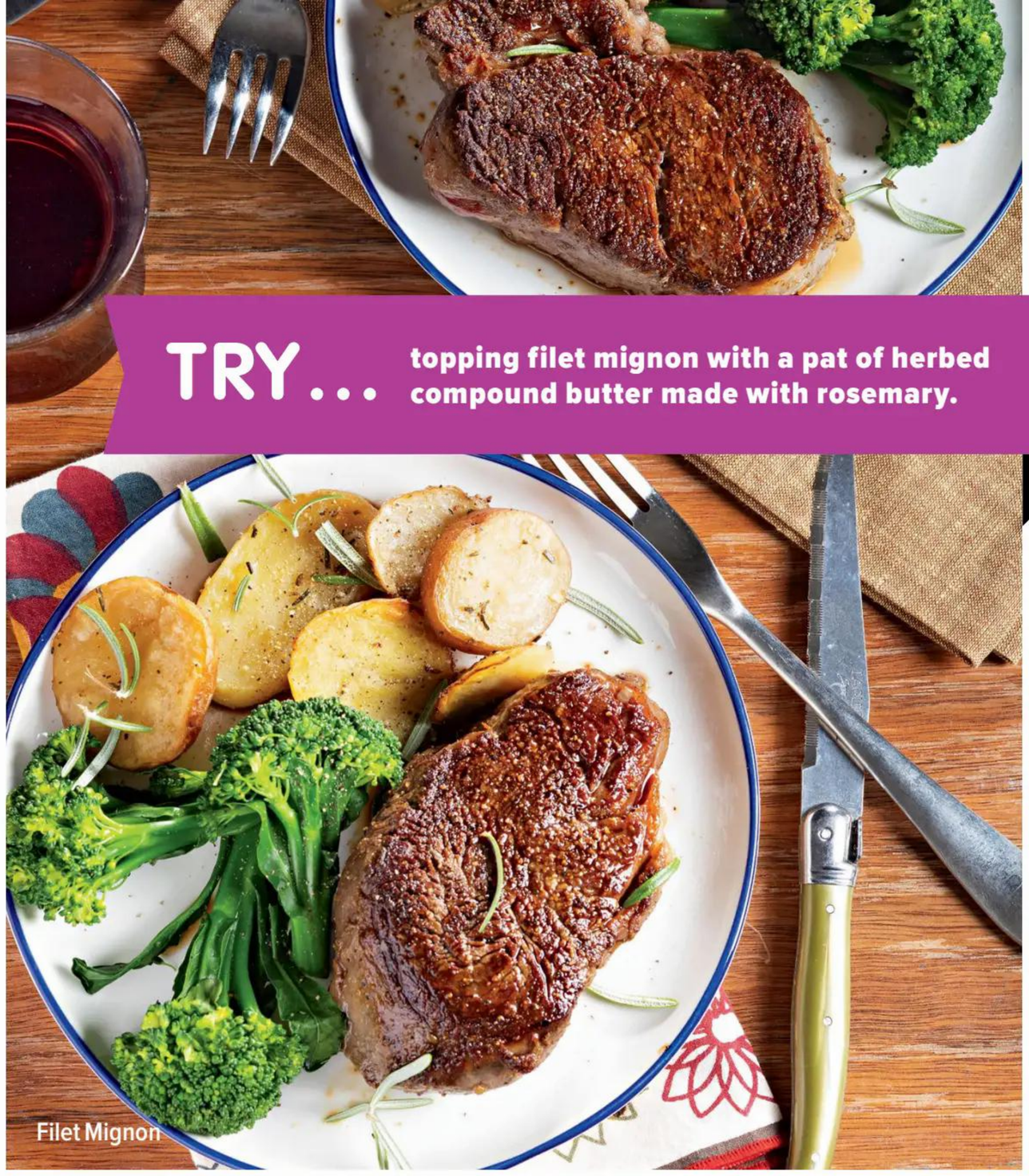
1 In a large frying pan over medium-high heat, heat oil. Add garlic and onion and cook for 5 minutes.
2 Add beef; cook for 5 to 7 minutes, stirring to break up beef, until browned.
3 Stir in tomato sauce, tomato paste, Italian herbs, basil, salt and pepper. Cook for 5 minutes, stirring occasionally. Add ziti and stir to combine.
4 Place in a small baking dish in an air fryer. Sprinkle with cheese. Cook at 180°C/350°F/Gas 4 for 15 minutes.
5 Garnish and serve.

## STEAK FRITES

EASY | GUEST-WORTHY | NUT-FREE

**Make it a date night with this French bistro classic**

**Start to finish** 30 minutes
(25 minutes active)
**Servings** 2



**TRY... topping filet mignon with a pat of herbed compound butter made with rosemary.**

Filet Mignon

- **2 sirloin steaks, 2½cm (1in)thick**
- **½ teaspoon kosher salt**
- **½ teaspoon ground black pepper**
- **Cooking spray**
- **425 grams (15oz) frozen straight cut chips or French fries**
- **5⅓ tablespoons (⅓ cup) olive oil**
- **3 tablespoons white wine vinegar**
- **2 teaspoons Dijon mustard**
- **½ teaspoon chopped thyme**
- **½ teaspoon kosher salt**
- **½ teaspoon ground black pepper**
- **Thyme sprigs, for garnish**

1 Season the steaks with salt and pepper. Coat the basket or tray of an air fryer with cooking spray. Place steaks in basket.
2 Cook at 200°C/400°F/Gas 6 for 4 to 6 minutes. Flip and cook 4 to 6 more minutes for medium rare. Transfer steaks to a chopping board; tent with foil to keep warm.
3 Place chips in basket. Cook until golden and crisp, 10 to 12 minutes.
4 Meanwhile, in a large bowl, whisk together oil, vinegar, mustard, thyme, salt and pepper to make sauce.
5 Slice steaks and place on serving plates with chips and sauce. Garnish and serve.

## FILET MIGNON

CLASSIC | GUEST-WORTHY | NUT-FREE

**The perfect celebration dinner. Serve it with new potatoes and broccoli**

**Start to finish** 20 minutes (5 minutes active)
**Servings** 2

- **2 (225g/8oz) filet mignon steaks**
- **Cooking spray**
- **½ teaspoon kosher salt**
- **½ teaspoon ground black pepper**
- **Rosemary sprigs, for garnish**

1 Coat all sides of filets with cooking spray; sprinkle with salt and pepper.
2 Place filets in the basket or tray of an air fryer. Cook at 190°C/375°F/Gas 5 for 10 minutes. Flip and cook for 5 minutes more.
3 Let filets rest for 10 minutes. Garnish and serve.

## CHICKEN-FRIED STEAK

CLASSIC | FAMILY FAVOURITE | NUT-FREE

**Try this Southern favourite with mashed potatoes and green beans**

**Start to finish** 20 minutes (5 minutes active)
**Servings** 4

- **1 large egg**
- **64 grams (½ cup) plus 2 tablespoons all-purpose flour, divided**
- **1 teaspoon onion powder**
- **½ teaspoon paprika**
- **1 teaspoon kosher salt, divided**
- **½ teaspoon ground black pepper, divided**
- **½ kilogram (1lb) minute steaks, cut into 4 portions**
- **2 tablespoons butter**
- **180 millilitres (¾ cup) whole milk**
- **Parsley leaves, for garnish**

1 In a shallow bowl, beat egg and 60ml (¼ cup) water.
2 In another bowl, combine 64g (½ cup) flour, onion powder, paprika, ½ teaspoon salt and ¼ teaspoon pepper.
3 Dip steaks in flour mixture, then egg, then dredge in flour mixture again until fully coated.
4 In the basket or tray of an air fryer, place steaks. Cook at 190°C/375°F/Gas 5 for 12 to 15 minutes, flipping halfway through.
5 Meanwhile, make gravy. In a small saucepan over medium heat, melt butter. Slowly whisk in remaining flour, milk, remaining salt and remaining pepper. Cook until thickened. Remove from heat.
6 Garnish and serve with gravy.

## BEEF PASTIES

EASY | KID-FRIENDLY | NUT-FREE

**You can make your own pizza dough or buy it at the supermarket**

**Start to finish** 40 minutes (30 minutes active)
**Servings** 2

- **340 grams (¾lb) lean ground beef**
- **½ medium onion (½ cup), chopped**
- **1 teaspoon chopped garlic**
- **1 teaspoon seasoned salt**
- **1 teaspoon kosher salt**
- **1 teaspoon ground black pepper**
- **400 grams (13.8oz) ready to roll pizza dough**
- **226 grams (2 cups) grated mozzarella cheese, divided**
- **1 egg**
- **Cooking spray**

1 In a large frying pan over medium heat, add beef, onion, garlic, seasoned salt, salt and pepper. Cook, breaking up beef, until no longer pink. Drain; set aside.
2 On a lightly floured chopping board, cut dough in half. Shape each half into a ball; roll each into a circle.
3 On one half of each circle, leaving a 2½cm (1in) dough border on edges, add beef mixture and cheese.
4 In a small bowl, beat egg. Brush on outer edge of each dough circle. Fold dough over fillings; fold and use a fork to press edges together to seal.
5 Coat the basket or tray of an air fryer with cooking spray. Place pies in basket or tray. Coat with cooking spray.
6 Cook at 180°C/350°F/Gas 4 for 5 minutes. Flip and cook for another 4 minutes.



Chicken-Fried Steak

## SOUTHERN-STYLE BABY BACK RIBS

EASY | GUEST-WORTHY | NUT-FREE

**Add some coleslaw or potato salad on the side for the perfect picnic!**

**Start to finish** 50 minutes (5 minutes active)
**Servings** 4

- **1 (1½/3lb) rack pork baby back ribs cut in half, membrane removed**
- **3 tablespoons barbecue rub**
- **280 grams (1 cup) barbecue sauce, plus more for serving**
- **Chopped parsley, for garnish**

1 Season ribs on all sides with rub; place in the basket or tray of an air fryer.
2 Cook at 190°C/375°F/Gas 5 for 20 minutes. Flip and cook for 10 minutes more.
3 Coat ribs with barbecue sauce. Return to air fryer and cook for 5 minutes more.
4 Let ribs rest for 10 minutes. Cover with more sauce, garnish and serve.

Southern-Style
Baby Back Ribs

## Cook's Notes

Baby back ribs are tender and lean, and they generally range in length from 7½ to 15cm (3 to 6in) - ideal for the air fryer. They have lots of meat on all sides, and between the bones, too. Dig in!


THE CRUSTS ARE PARTIALLY BAKED IN THE AIR FRYER BEFORE THE TOPPINGS ARE ADDED.



Deep Dish
Meat-Lovers' Pizza

## DEEP DISH MEAT-LOVERS' PIZZA

KID-FRIENDLY | NUT-FREE

**Add your other favourite meats to top these filling pizzas**

**Start to finish** 25 minutes (5 minutes active)
**Servings** 2

- **1 (400g/13.8oz) pack refrigerated pizza crust**
- **1 tablespoon olive oil**
- **86 grams (⅓ cup) pizza sauce**
- **113 grams (1 cup) grated mozzarella cheese**
- **57 grams (½ cup) grated cheddar cheese**
- **12 pepperoni slices**
- **138 grams (1 cup) cooked, crumbled sausage**
- **Red pepper flakes and basil leaves, for garnish**

1 On a lightly floured chopping board, cut dough in half. Shape each half into a ball; roll each into a circle.
2 Press dough into bottom and up sides of two 15cm (6in) round pans. Brush with oil. Arrange pans in air fryer. Cook at 170°C/325°F/Gas 3 for 10 minutes.
3 Divide pizza sauce between crusts; spread to edges. Top evenly with mozzarella, cheddar, pepperoni and sausage. Cook 5 minutes longer or until cooked through.
4 Cool slightly; garnish and serve.

## BEEF STROMBOLI

KID-FRIENDLY | NUT-FREE

**This savoury dish is rolled up, then baked and sliced before serving**

**Start to finish** 50 minutes (30 minutes active)
**Servings** 4

- **1 (400g/13.8oz) pack refrigerated pizza crust**
- **227 grams (½lb) sliced, cooked roast beef**
- **6 slices cheddar cheese**
- **57 grams (½ cup) grated mozzarella cheese**
- **1 large egg yolk**
- **1 tablespoon whole milk**
- **Horseradish sauce, for serving**

1 On a large chopping board, roll out pizza dough into a 5mm (¼in) thick rectangle.
2 Layer beef and cheeses on dough, leaving 7½cm (3in) empty along 1 long edge (top edge) and 2½cm (1in) empty along the other edges.
3 In a small bowl, beat yolk and milk to make a wash. Brush over dough edges.
4 Starting at the bottom long edge, tightly roll dough to enclose fillings.
5 In an air fryer basket or tray, place stromboli, seam-side down; brush egg wash over top.
6 Cook at 180°C/350°F/Gas 4 for 15 minutes. Flip and cook an additional 5 minutes or until browned.
7 Cut into wide slices and serve.

## BRATS WITH PEPPERS AND ONIONS

CLASSIC | FAMILY FAVOURITE | NUT-FREE

**Bratwurst is delicious on sub or finger rolls with a little mustard**

**Start to finish** 20 minutes (5 minutes active)
**Servings** 5

- **1 small onion, sliced**
- **1 small red onion, sliced**
- **1 red pepper, sliced**
- **1 green pepper, sliced**
- **2 tablespoons olive oil**
- **½ teaspoon Italian herbs**
- **½ teaspoon kosher salt**
- **½ teaspoon ground black pepper**
- **5 precooked Bratwurst sausages**
- **Red pepper flakes, for garnish**

1 In a large bowl, add onions, peppers, olive oil, Italian herbs, salt and pepper. Toss to coat.
2 Place mixture in air fryer tray or basket. Cook at 170°C/325°F/Gas 3 for 3 minutes, then place brats on top.
3 Cook for 5 minutes, then flip brats and cook an additional 8 to 10 minutes.
4 Garnish and serve.

Beef and
Bean Burritos

## Cook's Notes

Enchilada sauce comes in both red (red chilli–based) and green (tomatillo and green chilli–based) varieties. They can each range from mild to spicy, depending on the types of chillies used, so check the ingredients before buying.



Pork Tenderloin Medallions

## PORK TENDERLOIN MEDALLIONS

EASY | FAMILY FAVOURITE | NUT-FREE

**A fruity side like cranberry sauce nicely balances the pork flavour**

**Start to finish** 25 minutes (15 minutes active)
**Servings** 4

- **½ kilogram (1lb) pork tenderloin, sliced into thick medallions**
- **Cooking spray**
- **54 grams (½ cup) seasoned breadcrumbs**
- **½ teaspoon kosher salt**
- **¼ teaspoon ground black pepper**
- **Hot cooked rice, for serving**
- **Cranberry sauce, for serving**
- **Sage leaves, for garnish**

**1** Coat pork slices with cooking spray.
**2** In a shallow bowl, stir together breadcrumbs, salt and pepper. Roll pork in crumbs, patting to adhere.
**3** Coat the basket or tray of an air fryer with cooking spray. Place pork in basket. Cook at 190°C/375°F/Gas 5 for 4 minutes per side or until a meat thermometer reads 63°C/145°F.
**4** Divide rice among serving plates. Top rice with pork, garnish and serve with chutney on the side.

## BEEF AND BEAN BURRITOS

FAMILY FAVOURITE | NUT-FREE

**These meaty, cheesy burritos are so big, you might need a knife and fork!**

**Start to finish** 18 minutes (10 minutes active)
**Servings** 4

- **238 grams (1 cup) refried beans**
- **150 grams (1 cup) cooked beef mince**
- **454 grams (16oz) enchilada sauce**
- **226 grams (2 cups) Mexican-blend cheese or grated four cheese mix**
- **4 burrito-sized flour tortillas**
- **Cooking spray**
- **Toppings: chopped red onion, yellow and red cherry tomatoes, sour cream Lime wedges and coriander, for garnish**

**1** Mix together beans, beef, enchilada sauce and cheese in medium bowl.
**2** Divide bean mixture among tortillas, placing mixture in centre. Fold up lower edge of each tortilla, then fold in sides and roll into burritos.
**3** Place burritos in a single layer in air fryer. Coat lightly with cooking spray. Cook at 200°C/400°F/Gas 6 for 8 minutes, turning once.
**4** Place on serving plates; add toppings and garnish to serve.

## BEEF KEBABS

CLASSIC | KID-FRIENDLY | NUT-FREE

**You can marinate these ahead of time, then get them on the table in 15 minutes!**

**Start to finish** 1 hour (15 minutes active)
**Servings** 8

- **1 kilogram (2lb) beef top sirloin steak, cut into cubes**
- **1 green pepper, cut into squares**
- **1 onion, peeled and cut into cubes**
- **250 grams (1 cup) Italian dressing**
- **1 (140g/5oz) pack rocket, for serving**
- **Lemon wedges, for garnish**

1 In a large zip-seal bag, add steak, peppers, onion and dressing. Seal bag and place in refrigerator to marinate for 30 minutes. Meanwhile, soak 8 to 12 bamboo skewers in water.
2 Remove steak, pepper and onion from bag; discard marinade.
3 Thread 4 beef cubes, 4 pepper squares and 4 onion cubes on each skewer, placing vegetables between meat.
4 In an air fryer basket or tray, arrange kebabs in a single layer. Cook at 180°C/350°F/Gas 4 for 10 to 12 minutes.
5 Divide arugula among 4 serving plates; top with kebabs, garnish and serve.

## HOISIN RIBS

FAMILY FAVOURITE | KID-FRIENDLY

**Sweet and salty hoisin sauce adds rich flavour to these ribs**

**Start to finish** 50 minutes (40 minutes active)
**Servings** 4

- **1 tablespoon sesame oil**
- **1 tablespoon hot chilli oil**
- **1 teaspoon chopped garlic**
- **1 teaspoon chopped ginger**
- **2 tablespoons hoisin sauce**
- **2 tablespoons rice wine vinegar**
- **2 tablespoons soy sauce**
- **1 tablespoon honey**
- **½ kilogram (1lb) spare ribs, cut into small pieces**
- **Coriander, for garnish**

1 In a large bowl, stir together sesame oil, chilli oil, garlic, ginger, hoisin sauce, vinegar, soy sauce and honey.
2 Add spare ribs to bowl, tossing to combine. Cover with plastic wrap and marinate for 30 minutes.
3 Remove ribs from marinade and place in the basket or tray of an air fryer. (Discard excess marinade.)
4 Cook at 190°C/375°F/Gas 5 for 8 to 10 minutes, or until the ribs reach an internal temperature of 74°C/165°F.
5 Garnish and serve.

## SAUSAGE CALZONES

CLASSIC | EASY | NUT-FREE

**Serve these with marinara on the side for dipping. Select hot or sweet sausage, or a mixture of both, depending on your spice preference**

**Start to finish** 20 minutes (14 minutes active)
**Servings** 2

- **1 (400g/13.8oz) pack refrigerated pizza crust**
- **113 grams (1 cup) grated mozzarella cheese**
- **246 grams (1 cup) ricotta cheese**
- **138 grams (1 cup) cooked sausage, crumbled**
- **1 large egg**
- **Flat-leaf parsley sprigs, for garnish**

1 On a lightly floured chopping board, cut dough in half. Shape each half into a ball; roll each into a circle.
2 On one half of each dough, leaving a 2½cm (1in) dough border on edges, add mozzarella, ricotta and sausage.
3 In a small bowl, beat egg. Brush on outer edge of each dough circle. Fold dough over fillings; fold and crimp edges to seal. Cut several small slits in top of dough. Brush top with egg wash.
4 Place calzones in air fryer. Cook at 190°C/375°F/Gas 5 for 6 to 7 minutes.
5 Garnish and serve.



## Cook's Notes

If you're using bamboo skewers to make these kebabs, always soak them in water first. That way, they won't burn when you cook the kebabs. (Obviously, if you're using metal skewers, this doesn't apply!)

Beef Kebabs

A PROTEIN-PACKED BOWL THAT CAN BE CUSTOMISED TO EVERYONE'S TASTE!

Steak Fajita Bowls

## STEAK FAJITA BOWLS

**FAMILY FAVOURITE** | **NUT-FREE**

**You can marinate the steak overnight so it's ready to cook for dinner the next night**

**Start to finish** 1 hour, 35 minutes (15 minutes active)
**Servings** 4

- **3 tablespoons olive oil**
- **2 tablespoons honey**
- **4 tablespoons (¼ cup) soy sauce**
- **1 tablespoon lime juice**
- **1 teaspoon chopped garlic**
- **½ teaspoon ground black pepper**
- **½ kilogram (1-pound) skirt steak**
- **1 medium red onion, sliced**
- **1 small green pepper, sliced**
- **1 small red pepper, sliced**
- **Hot cooked Spanish rice, for serving**
- **180 grams (1 cup) canned black beans, for serving**
- **Chopped avocado, for serving**
- **Coriander sprigs, for garnish**

**1** In a large zip-sealbag, add oil, honey, soy sauce, lime juice, garlic and pepper. Add steak to bag. Seal bag; shake to distribute marinade and refrigerate for 1 hour.
**2** Remove steak from bag; discard marinade. Slice steak into strips.
**3** In the basket or tray of an air fryer, add onion and peppers. Cook at 200°C/400°F/Gas 6 for 8 to 10 minutes. Remove from air fryer; set aside.
**4** Place steak in basket or tray. Cook for 6 to 8 minutes.
**5** Divide rice among 4 serving bowls. Top with onion, peppers and steak. Add beans and avocado. Garnish and serve.

## LAMB LOLLIPOPS

**CLASSIC** | **EASY** | **NUT-FREE**

**These tasty, two-bite chops also make an elegant starter**



Lamb Lollipops

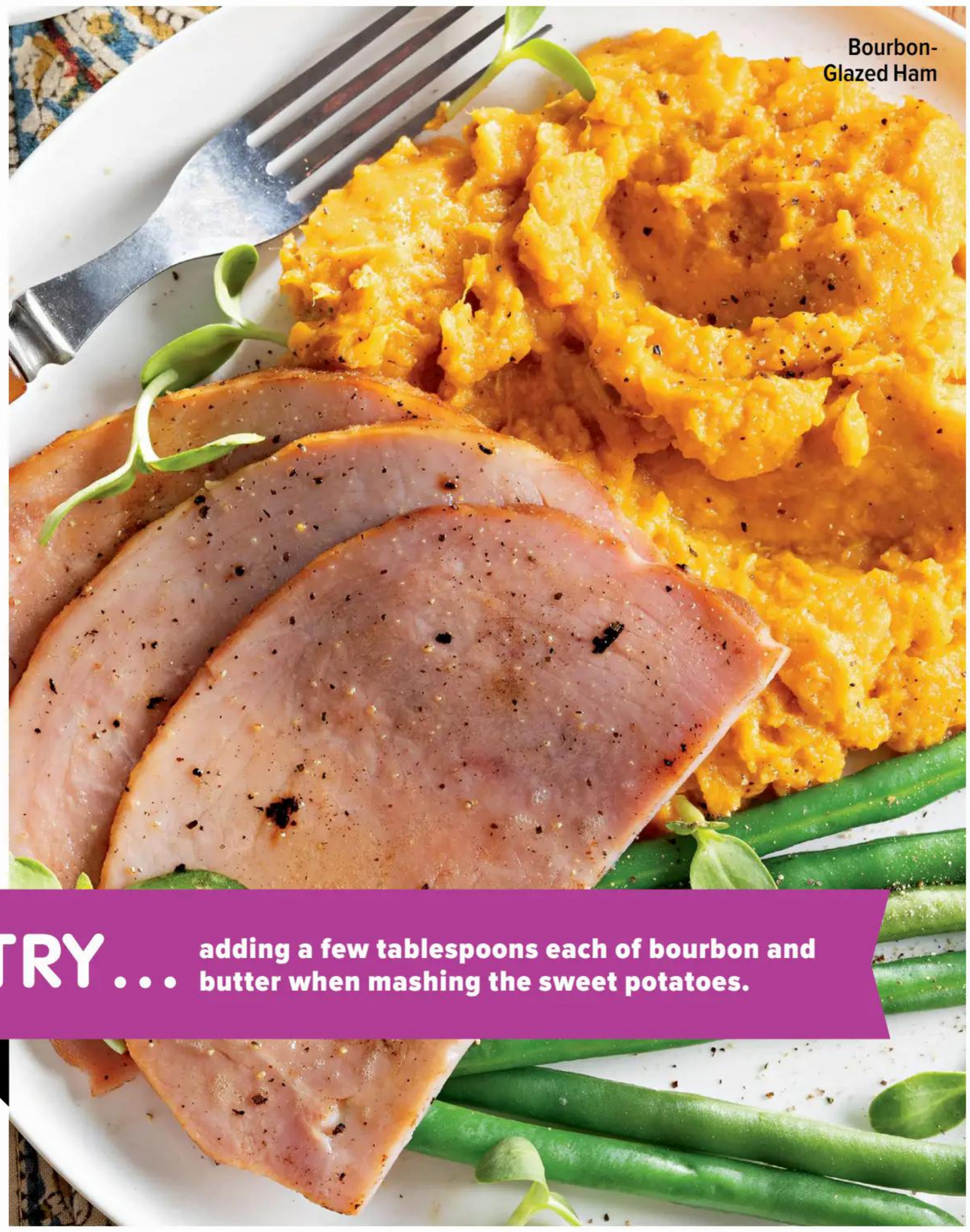
**Start to finish** 1 hour, 25 minutes (5 minutes active)
**Servings** 2

- **6 trimmed lamb cutlets/chops**
- **1 tablespoons extra virgin olive oil**
- **1 teaspoon chopped oregano**
- **1 teaspoon chopped garlic**
- **½ teaspoon kosher salt**
- **½ teaspoon ground black pepper**
- **Mixed greens, for serving**

**1** In a large zip-seal plastic bag, add chops, oil, oregano, garlic, salt and pepper.
**2** Seal bag; massage to coat chops evenly. Place in refrigerator to marinate for 1 hour.
**3** Remove chops from bag and place in a single layer in the basket or tray of an air fryer. Discard marinade.
**4** Cook at 180°C/350°F/Gas 4 for 6 minutes. Flip chops and cook for 6 minutes more.
**5** Let chops rest for 5 minutes. Serve with mixed greens.

### QUICK TIP

Heavy-duty zip-seal bags are ideal for marinating meats. Flip or shake them to redistribute the marinade.




**TRY . . . adding a few tablespoons each of bourbon and butter when mashing the sweet potatoes.**

## FLANK STEAK WITH CHIMICHURRI

CLASSIC | GUEST-WORTHY | NUT-FREE

**If you have leftover chimichurri, try it with eggs or tossed in a pasta salad**

**Start to finish** 35 minutes (15 minutes active)
**Servings** 6

- **1 kilogram (2lb) flank steak, at room temperature**
- **6 tablespoon extra-virgin olive oil, divided**
- **1½ teaspoons kosher salt, divided**
- **¾ teaspoon ground black pepper, divided**
- **30 grams (½ cup) chopped parsley**
- **8 grams (½ cup) chopped coriander**
- **½ teaspoon chopped garlic**
- **½ teaspoon red pepper flakes**
- **2 tablespoons red wine vinegar**
- **Red pepper flakes and coriander sprigs, for garnish**

**1** Rub steak with 1 tablespoon oil; sprinkle with ½ teaspoon salt and ¼ teaspoon pepper.
**2** In the basket or tray of an air fryer, place steaks. Cook at 200°C/400°F/Gas 6 for 15 to 20 minutes, flipping halfway through.
**3** Meanwhile, make chimichurri. In a large bowl, stir parsley, coriander, remaining salt, remaining pepper, garlic, red pepper flakes, remaining oil and vinegar until combined. Set aside.
**4** Let steak rest for 5 minutes before slicing. Place on serving platter; drizzle with some chimichurri. Garnish and serve with remaining chimichurri on the side.

## BOURBON-GLAZED HAM

CLASSIC | GUEST-WORTHY | NUT-FREE

**For the holidays or any special occasion, nothing beats a sweet and smoky ham**

**Start to finish** 45 minutes (10 minutes active)
**Servings** 8

- **1⅓ kilogram (3lb) cooked, boneless ham**
- **125 grams (1 cup) dark brown sugar**
- **3 tablespoons Dijon mustard**
- **2 tablespoons melted butter**
- **¼ teaspoon ground cloves**
- **¼ teaspoon garlic salt**
- **1 tablespoon soy sauce**
- **125 mililitres (½ cup) bourbon**
- **Mashed sweet potatoes, for serving**
- **Green beans, for serving**
- **Sunflower or other micro greens, for garnish**

**1** Using a paring knife, score ham with shallow cuts about 5mm (¼in) apart.
**2** Make glaze. In a small bowl, stir brown sugar, mustard, butter, cloves, garlic salt and soy sauce to form a thick paste.
**3** Line a baking pan with foil and allow foil to overhang about 15cm (6in) at both ends. Press foil into pan corners. Pour bourbon into pan; place ham, cut-side down, in pan. Brush half of glaze over ham.
**4** Top ham with a sheet of baking paper, then a sheet of foil. Fold overhanging edges of foil over ham.
**5** Place pan in air fryer. Cook at 190°C/375°F/Gas 5 for 30 minutes.
**6** Remove top foil and paper; brush ham with drippings and remaining glaze. Return to the air fryer for 5 minutes.
**7** Slice ham and divide among 6 serving plates. Add sweet potatoes and green beans to plate. Pour pan drippings over ham; garnish and serve.

CHIMICHURRI IS AN ARGENTINIAN CLASSIC THAT COMPLEMENTS ANY TYPE OF STEAK (AND LOTS OF OTHER DISHES).

Flank Steak
With Chimichurri

A LITTLE GHERKIN JUICE IN THE MARINADE FOR THE CHICKEN IN THESE SANDWICHES ADDS FLAVOUR AND MAKES THEM TENDER.

# PERFECT POULTRY

CHICKEN AND TURKEY ARE ALWAYS FAVOURITES, AND NO MATTER HOW YOU CHOOSE TO SERVE THEM, THE AIR FRYER KEEPS THEM MOIST AND FLAVOURFUL

SEE PG. 68

Nashville Hot Chicken Goujons




Individual Barbecue Chicken Pizzas

## INDIVIDUAL BARBECUE CHICKEN PIZZAS

KID-FRIENDLY | NUT-FREE

**Start with flour tortillas for a fun twist on a thin-crust pizza**

**Start to finish** 12 minutes (5 minutes active)
**Servings** 2

- **4 tablespoons barbecue sauce, divided**
- **2 (20cm/8in) flour tortillas**
- **57 grams (½ cup) shredded mozzarella cheese, divided**
- **70 grams (½ cup) pulled rotisserie chicken, divided**
- **4 tablespoons sweetcorn, divided**
- **Sliced spring onions and red pepper flakes, for garnish**

**1** Drizzle 2 tablespoons of barbecue sauce on each tortilla. Sprinkle evenly with cheese, chicken and corn.
**2** Place tortillas in the basket or tray of an air fryer. Cook at 200°C/400°F/Gas 6 for 5 to 7 minutes.
**3** Remove from air fryer; garnish and cut into wedges to serve.

## NASHVILLE HOT CHICKEN GOUJONS

CLASSIC | FAMILY FAVOURITE | NUT-FREE

**Bake up your favourite buttermilk biscuits or savoury scones to go with**

**Start to finish** 1 hour, 45 minutes (30 minutes active)
**Servings** 6

- **2 tablespoons gherkin juice, divided**
- **2 tablespoons hot sauce, divided**
- **1 teaspoon kosher salt, divided**
- **1 kilogram (2lb) mini chicken fillets**
- **1 cup all-purpose flour**
- **½ teaspoon ground black pepper**
- **1 large egg**
- **237 millilitres (½ cup) buttermilk**
- **Cooking spray**
- **8 tablespoons (½ cup) olive oil**
- **2 tablespoons cayenne pepper**

## QUICK TIP

A few minutes under a grill will make the coating on these wings a bit stickier and closer in texture to what you may have had in restaurants.

- **1 teaspoon chilli powder**
- **Warm, fresh-baked buttermilk biscuits or savoury scones, to serve**
- **Gherkin chips, for serving**

**1** In a bowl, stir 1 tablespoon gherkin juice, 1 tablespoon hot sauce and ½ teaspoon salt. Add chicken and turn to coat. Refrigerate, covered, for 1 hour. Drain and discard marinade.
**2** In a shallow bowl, mix flour and remaining salt and pepper. In another shallow bowl, whisk egg, buttermilk, remaining gherkin juice and remaining hot sauce. Dip chicken in flour to coat all sides; shake off excess. Dip in egg mixture, then again in flour mixture.
**3** Arrange chicken in a single layer in the basket or tray of an air fryer (you may need to work in batches). Cook at 190°C/375°F/Gas 5 until golden brown, 5 to 6 minutes. Flip and cook until golden brown, 5 to 6 minutes longer.
**4** Meanwhile, in a small bowl, whisk together oil, cayenne and chilli powder. When chicken is done, pour sauce over it and toss to coat.
**5** Split biscuits or savoury scones. Top bottom with chicken and gherkins; top with upper halves to serve.



Sticky Sesame Chicken Wings

## STICKY SESAME CHICKEN WINGS

FAMILY FAVOURITE | KID-FRIENDLY

**You can marinate the wings overnight to save prep time the next day**

**Start to finish** 1 hour 25 minutes
(5 minutes active)
**Servings** 4

- **2 tablespoons soy sauce**
- **2 tablespoons teriyaki sauce**
- **2 tablespoons honey**
- **1 tablespoon sesame oil**
- **1 teaspoon minced garlic**
- **½ kilogram (1lb) chicken wings**
- **Black and white sesame seeds, for garnish**

**1** In a large shallow dish, combine soy sauce, teriyaki sauce, honey, sesame oil and garlic. Add chicken; toss to coat. Marinate in refrigerator for 1 hour.
**2** Remove wings from marinade; pour marinade into a small saucepan and set aside.
**3** Line the basket or tray of an air fryer with foil. Place wings in basket or tray.
**4** Cook at 200°C/400°F/Gas 6 for 8 minutes. Preheat a grill.
**5** Flip wings; cook 8 minutes more or until golden brown and cooked through.
**6** Grill wings 5 to 8 minutes more, or until golden and sticky.
**7** While wings are grilling, place the small saucepan of marinade over medium-high heat. Bring to a boil and cook for 5 minutes, stirring frequently.
**8** Place wings on serving platter; pour marinade over and garnish to serve.

TRY THIS PEANUT SAUCE ON DUMPLINGS, OR MIX SOME WITH A LITTLE COCONUT MILK AND USE IT AS A SALAD DRESSING.

Chicken Satay With Peanut Dipping Sauce



## CHICKEN SATAY WITH PEANUT DIPPING SAUCE

CLASSIC | GUEST-WORTHY | KID-FRIENDLY

**Stir-fry some vegetables for an easy side dish**

**Start to finish** 4 hours, 45 minutes (30 minutes active)
**Servings** 4

- **80 grams (⅓ cup) coconut milk**
- **1 teaspoon grated fresh ginger**
- **3 tablespoons soy sauce**
- **2 teaspoons minced garlic, divided**
- **1 teaspoons ground turmeric**
- **½ teaspoon ground cumin**
- **¼ teaspoon kosher salt**
- **¼ teaspoon ground black pepper**
- **½ kilogram (1lb) mini chicken fillets/ chicken tenders**
- **8 tablespoons (½ cup) teriyaki sauce**
- **5 tablespoons and 1tsp (⅓cup) peanut or cashew butter**
- **3 tablespoons orange juice**
- **1 teaspoon cayenne pepper**
- **Hot cooked rice**
- **2 tablespoons chopped peanuts or cashew nuts**
- **Coriander sprigs and lime wedges, for garnish**

**1** In a 4½-litre/gallon-size zip-seal bag, add coconut milk, ginger, soy sauce, 2 teaspoons garlic, turmeric, cumin, salt and pepper. Add chicken and seal, and gently squeeze the chicken pieces until all are coated with marinade. Refrigerate for at least 4 hours.
**2** Meanwhile, soak 4 bamboo skewers in water (or use metal ones).
**3** To make sauce, in a medium bowl, stir together teriyaki sauce, peanut butter, orange juice, remaining garlic and cayenne. Refrigerate until ready to serve.
**4** Thread chicken on skewers; place in the basket or tray of an air fryer. (You may have to work in batches.)
**5** Cook at 200°C/400°F/Gas 6 for 8 minutes. Turn each skewer, and continue cooking for an additional 4 minutes or until internal temperature reaches 74°C/165°F.
**6** Divide sauce among 4 small bowls. Divide rice among 4 plates. Place chicken over rice, top with nuts, garnish and serve with sauce.

## TURKEY MEATLOAF WITH CHIPOTLE BARBECUE SAUCE

FAMILY FAVOURITE | NUT-FREE

**Chipotles add a smoky flavour to this meatloaf**

**Start to finish** 55 minutes (15 minutes active)
**Servings** 4

- **1 teaspoon olive oil**
- **½ medium onion (½ cup), chopped**
- **½ kilogram (1lb) turkey mince**
- **27 grams (¼ cup) Italian breadcrumbs (or breadcrumbs with Italian herbs)**
- **3 tablespoons barbecue sauce, divided**
- **1 teaspoon Worcestershire sauce**
- **1 teaspoon Italian herbs**
- **½ teaspoon garlic powder**
- **½ teaspoon kosher salt**
- **¼ teaspoon ground black pepper**
- **1 large egg, beaten**
- **½ teaspoon chipotle chilli powder**
- **Snipped chives, for garnish**

**1** Line the basket or tray of an air fryer with foil; set aside.
**2** In a frying pan, over medium heat, add oil and onion; sauté for 5 minutes.
**3** In a large mixing bowl, add cooked onion, turkey mince, breadcrumbs, 2 tablespoons barbecue sauce, Worcestershire sauce, Italian herbs, garlic powder, salt, pepper and egg. Mix until just incorporated.
**4** Place mixture in basket or tray; shape into a 10x15cm (4x6in) loaf.
**5** Cook at 190°C/375°F/Gas 5 for 20 minutes. Remove meatloaf but do not turn off air fryer.
**6** Meanwhile, in a small bowl, stir together remaining barbecue sauce and chipotle powder.
**7** Spread barbecue sauce mixture on loaf. Return to air fryer and cook for 8 to 10 more minutes or until internal temperature reaches 74°C/165°F.
**8** Rest for 10 mins, garnish and serve.



Turkey Cutlets

## CHICKEN ALFREDO AND PESTO CALZONES

EASY | KID-FRIENDLY

**You can make and freeze these ahead of time. Let cool completely, wrap them in plastic wrap and freeze for up to a month**

**Start to finish** 20 minutes (12 minutes active)
**Servings** 2

- **1 (400g/13.8oz) refrigerated pizza crust**
- **64 grams (¼ cup) Alfredo sauce (or Carbonara sauce)**
- **64 grams (¼ cup) pesto**
- **70 grams (½ cup) cooked and shredded chicken**
- **57 grams (½ cup) grated mozzarella cheese**
- **1 tablespoon chopped parsley**
- **Cooking spray**

**1** On a chopping board, roll pizza dough in a rectangle; cut in half.
**2** In a bowl, stir together Alfredo sauce, pesto, chicken, cheese and parsley.
**3** Place half of mixture near one edge of each dough half; fold dough over filling and crimp edges. Coat with cooking spray.
**4** Place in the basket or tray of an air fryer. Cook at 200°C/400°F/Gas 6 for 6 to 8 minutes or until golden brown. Let cool on a wire rack for 5 minutes before serving.

## TURKEY CUTLETS

FAMILY FAVOURITE | GUEST-WORTHY | NUT-FREE

**Any leftovers? Slice and serve them over a salad for lunch the next day**

**Start to finish** 10 minutes (10 minutes active)
**Servings** 4

- **½ kilogram (1lb) thinly sliced turkey steaks**
- **½ teaspoon kosher salt**
- **½ teaspoon ground black pepper**
- **½ teaspoon garlic powder**
- **64 grams (½ cup) all-purpose flour**
- **2 large eggs**
- **54 grams (½ cup) plain breadcrumbs**
- **57 grams (½ cup) grated Parmesan cheese**
- **Cooking spray**
- **Thyme sprigs and lemon wedges, for garnish**

**1** Season both sides of each steak with salt, pepper and garlic powder.
**2** In a shallow bowl, add flour. In another bowl, beat eggs. In a third bowl, add breadcrumbs and cheese.
**3** Dip each steak into flour on both sides, tapping off excess. Dip steak into eggs, letting excess drip off. Place steak in breadcrumb mixture, pressing coating to adhere to all sides.
**4** Coat the basket or tray of an air fryer with cooking spray. Place steaks in basket or tray in a single layer. Cook at 200°C/400°F/Gas 6 for 5 minutes. Flip over and cook another 5 minutes.
**5** Garnish and serve.

## TURKEY, CHEDDAR AND BACON SLIDERS

CLASSIC | KID-FRIENDLY

**Smoky bacon and brioche rolls make these sliders super tasty**

**Start to finish** 20 minutes (10 minutes active)
**Servings** 6

- **6 sweet Hawaiian or brioche rolls, halved**
- **2 tablespoons ranch or Caesar dressing**
- **227 grams (½lb) sliced smoked turkey**
- **3 slices cheddar cheese, halved**
- **4 slices (¼ cup) cooked, crumbled bacon**
- **3 tablespoons melted butter**
- **50 grams (¼ cup) brown sugar**
- **1 teaspoon poppy seeds**
- **1 teaspoon Worcestershire sauce**
- **¼ teaspoon garlic salt**

**1** Line air fryer tray or basket with foil.
**2** Separate top and bottom of rolls. Spread dressing on bottom halves. Place bottoms, dressing-side up, in basket. Top rolls with turkey and cheese. Sprinkle with bacon.
**3** Cook at 150°C/300°F/Gas 2 for 5 to 7 minutes or until hot and melted.
**4** Meanwhile, in a small bowl, stir together butter, brown sugar, poppy seeds, Worcestershire sauce and garlic salt.
**5** Pour mixture over tops of sliders. Cook for 5 minutes more.
**6** Top with the upper rolls and serve.

## Cook's Notes

As you crimp the edges of these calzones, curve them to form the traditional half-moon shape shown here. Alternatively, divide the dough in half and roll out each half into a circle.

**Chicken Alfredo and Pesto Calzones**

RÉMOULADE IS A MAYONNAISE-BASED FRENCH SAUCE. IN THE SOUTHERN U.S., IT'S OFTEN SEASONED WITH HERBS, PAPRIKA AND MUSTARD.

**Chicken Cakes With Rémoulade**

## CHICKEN CAKES WITH RÉMOULADE

FAMILY FAVOURITE | NUT-FREE

**If you can't find Creole mustard, you can use another wholegrain mustard**

**Start to finish** 35 minutes
(10 minutes active)
**Servings** 8

- **Cooking spray**
- **75 (½ cup) chopped red pepper**
- **3 spring onions, thinly sliced**
- **1 teaspoon minced garlic**
- **420 grams (3 cups) chopped cooked chicken breast**
- **108 grams (1 cup) breadcrumbs**
- **1 large egg, beaten**
- **2 tablespoons mayonnaise**
- **1 tablespoon Creole or wholegrain mustard**
- **1 teaspoon Creole or cajun seasoning**
- **Rémoulade (or substitute for tartar sauce), for serving**
- **Pea shoots, for garnish**

**1** In a nonstick frying pan coated with cooking spray over medium heat, sauté pepper, spring onions and garlic for 4 minutes or until vegetables are tender.
**2** In a large bowl, stir together pepper mixture, chicken, egg, breadcrumbs, mayonnaise, mustard and Creole or cajun seasoning.
**3** Shape mixture into 8 (9cm/3½in) patties. Cover and chill 15 minutes.
**4** Place patties in the basket or tray of an air fryer. Cook at 200°C/400°F/Gas 6 for 10 minutes, flipping after 5 minutes.
**5** Garnish and serve with rémoulade on the side.

## VIETNAMESE-INSPIRED QUAIL

EASY | GUEST-WORTHY

**Serve with a dipping sauce made with lime, salt and pepper**

**Start to finish** 1 hour, 35 minutes
(15 minutes active)
**Servings** 6

- **½ teaspoon kosher salt**
- **½ teaspoon sugar**
- **½ teaspoon five-spice powder**
- **¼ teaspoon ground black pepper**
- **1 tablespoon soy sauce**
- **1 tablespoon oyster sauce**
- **6 frozen quails, thawed, rinsed, cut in half**
- **Olive oil, for rubbing**
- **3 tablespoons melted butter**
- **1 tablespoon minced garlic**
- **Vietnamese (or regular) coriander and rocket, for serving**
- **Coriander and lime wedges, for garnish**

**1** In a large bowl, combine salt, sugar, five-spice powder, pepper, soy sauce and oyster sauce; stir well to dissolve. Add quail halves to bowl; toss and let marinate in refrigerator for 1 hour.
**2** Remove quail halves from marinade, rub each with oil and place in a single layer in the basket or tray of an air fryer (you may have to cook in batches).
**3** Cook at 200°C/400°F/Gas 6 for 8 minutes; flip each piece, rub with more oil and cook an additional 6 to 8 minutes until golden brown.
**4** When all pieces have been cooked, in a large saucepan over medium heat, warm butter and garlic. When fragrant, add pieces to pan; stir and mix well.
**5** Place a layer of rocket and some coriander on each plate; top with 2 quail halves, garnish and serve.



Vietnamese-Inspired Quail

## CRISPY BUTTERMILK FRIED CHICKEN

KID-FRIENDLY | NUT-FREE

**A dip in buttermilk ensures that your chicken will be tender**

**Start to finish** 40 minutes (10 minutes active)
**Servings** 4

- **250 grams (2 cups) all-purpose flour**
- **1 tablespoon garlic powder**
- **2 teaspoons paprika**
- **1 teaspoon onion powder**
- **2 teaspoons kosher salt, divided**
- **2 teaspoons ground black pepper, divided**
- **490 grams (2 cups) buttermilk**
- **2 large eggs**
- **1 (1½-2kg/3–4lb) chicken, cut into pieces**
- **Cooking spray**
- **Honey, for serving**
- **Chives, for garnish**

1 In a shallow dish, whisk together flour, garlic powder, paprika, onion powder, 1 teaspoon salt and 1 teaspoon pepper. In another shallow dish, whisk together buttermilk, eggs, remaining salt and remaining pepper until well combined.
2 Roll chicken pieces in flour mixture to coat, then dip in buttermilk mixture and dredge in flour mixture again.
3 Coat the basket or tray of an air fryer with cooking spray.
4 Cook at 190°C/375°F/Gas 5 for 15 to 20 minutes, then flip chicken and coat with cooking spray again.
5 Cook for an additional 5 to 10 minutes or until golden brown and internal temperature reaches 74°C/165°F.
6 Drizzle with honey and garnish to serve.

## TURKEY CAPRESE

EASY | FAMILY FAVOURITE | NUT-FREE

**Serve on a bed of rocket tossed with olive oil and balsamic vinegar**

**Start to finish** 21 minutes (10 minutes active)
**Servings** 4

- **4 turkey breast steaks**
- **1 teaspoon Italian herbs**
- **¼ teaspoon garlic powder**
- **1 teaspoon kosher salt**
- **½ teaspoon ground black pepper**
- **4 slices fresh mozzarella cheese**
- **4 tomato slices**
- **Basil leaves and balsamic reduction, for garnish**

1 Sprinkle steaks with Italian herbs, garlic powder, salt and pepper.
2 Place steaks in the basket or tray of an air fryer and cook at 200°C/400°F/Gas 6 for 5 minutes; flip and cook for another 5 minutes.
3 Top each steak with a slice of cheese and a slice of tomato. Cook for 2 minutes or until cheese has melted.
4 Let steaks rest for 5 minutes. Place on serving plates; garnish and serve.



Crispy Buttermilk Fried Chicken

## Cook's Notes

You can buy balsamic reduction, aka balsamic glaze, but it's easy to make. Heat 2 cups of good-quality balsamic vinegar over medium heat until it boils. Turn heat to low and simmer, stirring occasionally, for 20 mins (it'll cook down to around 125ml/½ cup).

Turkey Caprese

## Cook's Notes

In vodka sauce, the vodka helps the tomato and cream flavours meld. Make a quick version. Heat 700g (24oz) of marinara sauce with 125ml (½ cup) vodka over medium-high heat for 5 minutes. Remove from heat; stir in 125ml (½ cup) double cream.

**Turkey Meatballs With Vodka Sauce**

## TURKEY WITH APPLES

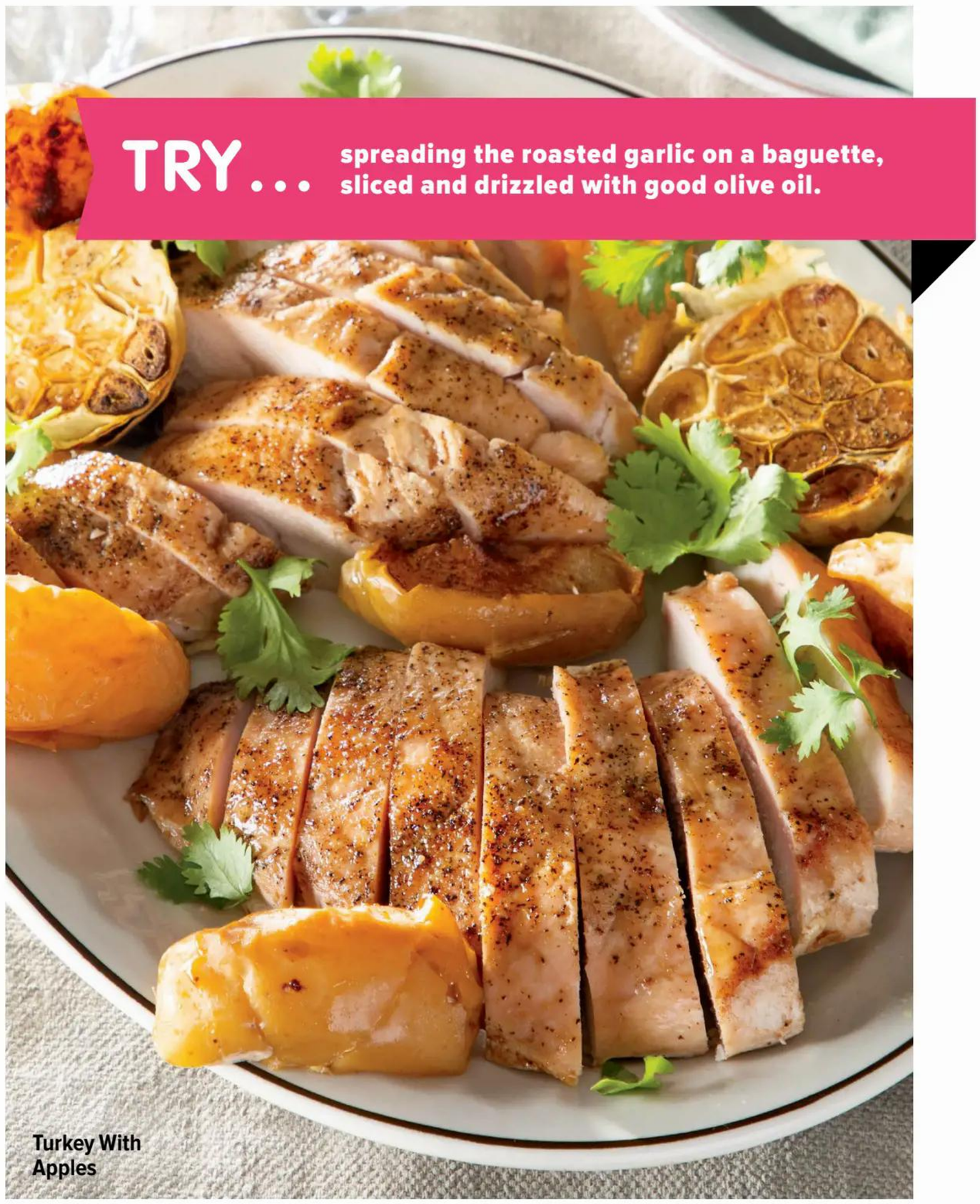
FAMILY FAVOURITE | GUEST-WORTHY | NUT-FREE

**Red Delicious apples hold their shape well during cooking. If you can't find them, Pink Lady apples also work well**

**Start to finish** 45 minutes (10 minutes active)
**Servings** 4

- ½ kilogram (1b) boneless turkey breast tenderloins
- 2 Red Delicious apples, quartered
- 1 head garlic, halved
- 2 tablespoons olive oil
- ¼ teaspoon cinnamon
- 1 teaspoon chicken seasoning
- ½ teaspoon garlic powder
- ½ teaspoon kosher salt
- ¼ teaspoon ground black pepper
- Coriander leaves, for garnish

1 In a medium bowl, add turkey, apples and garlic; drizzle with olive oil and toss. Place apples in a separate bowl; toss apples with cinnamon.
2 In a small bowl, mix chicken seasoning, garlic powder, salt and pepper. Sprinkle over turkey and garlic.
3 In the basket or tray of an air fryer, add turkey, apples and garlic. Cook at 180°C/350°F/Gas 4 for 20 to 25 minutes, flipping halfway through, or until internal temperature of turkey reaches 74°C/165°F.
4 Let rest 10 minutes before slicing. Garnish and serve.



Turkey With Apples

## TURKEY MEATBALLS WITH VODKA SAUCE

FAMILY FAVOURITE | NUT-FREE

**Use your own vodka sauce recipe, buy a good-quality jar or make a quick one (see Cook's Notes, pg. 78)**

**Start to finish** 15 minutes (5 minutes active)
**Servings** 4

- ½ kilogram (1lb) turkey mince
- 1 large egg, beaten
- 15 grams (¼ cup) chopped parsley
- ½ teaspoon garlic powder
- ½ teaspoon kosher salt
- ½ teaspoon ground black pepper
- Cooking spray
- 227 grams (8oz) linguine
- 680 grams (24oz) vodka sauce, heated
- Oregano sprigs and red pepper flakes, for garnish

1 In a large bowl, mix turkey, egg, parsley, garlic powder, salt and pepper. Shape into 2½cm (1in) meatballs. Coat with cooking spray.
2 Place meatballs in a single layer in the air fryer (you may need to work in batches). Cook at 200°C/400°F/Gas 6 for 8 to 10 minutes or until lightly browned and cooked through.
3 Meanwhile, cook linguine according to package directions; drain and set aside.
4 In a large bowl, toss meatballs with sauce.
5 Divide pasta among 4 serving bowls; top with meatballs and sauce, and garnish to serve.

### QUICK TIP

You can use precooked frozen turkey meatballs in this recipe. Keep the temperature the same, and add 1 to 2 minutes to the cooking time.

## SWEET AND SOUR CHICKEN

CLASSIC | EASY | NUT-FREE

**This restaurant favourite cooks up quickly in an air fryer**

**Start to finish** 15 minutes (5 minutes active)
**Servings** 4

- ½ kilogram (1lb) chicken thighs, cut into 5cm (2in) chunks
- 4 tablespoons cornflour, divided
- 237 millilitres (1 cup) pineapple juice
- 64 grams (½ cup) light brown sugar
- 2 tablespoons rice wine vinegar
- 2 tablespoons soy sauce
- 1 teaspoon freshly grated ginger
- 2 tablespoons water
- 83 grams (½ cup) pineapple chunks
- 75 grams (½ cup) chopped green pepper
- Cooked rice, for serving

1 In a large bowl, add chicken; toss with 2 tablespoons of cornflour to fully coat.
2 Spread chicken in an air fryer. Cook at 200°C/400°F/Gas 6 for 7 to 9 minutes, shaking basket halfway through. Set aside; keep warm.
3 Meanwhile, in a saucepan over medium-high heat, stir together juice, sugar, vinegar, soy sauce and ginger; bring to a simmer and cook for 5 minutes, stirring occasionally.
4 Whisk together remaining cornflour and water. Whisk into juice mixture. Stir in pineapple chunks and peppers. Let simmer for 1 minute then remove from heat. Stir in chicken.
5 Divide rice between serving plates; top with chicken and sauce to serve.

## PANKO-CRUSTED CHICKEN BREASTS

EASY | KID-FRIENDLY | NUT-FREE

**For a change of pace, make this dish with seasoned panko**

**Start to finish** 20 minutes (5 minutes active)
**Servings** 4

- 4 boneless, skinless chicken breasts
- Cooking spray
- ½ teaspoon kosher salt
- ½ teaspoon ground black pepper
- 54 grams (½ cup) plain panko breadcrumbs
- 1 teaspoon Italian herbs
- 1 teaspoon paprika
- 1 teaspoon garlic powder
- Mixed greens, for serving

1 Coat chicken breasts on all surfaces with cooking spray.
2 Place each breast between two layers of baking paper. Use a meat mallet to gently pound chicken to an even thickness.
3 In a shallow bowl, combine salt, pepper, panko, Italian herbs, paprika and garlic powder. Coat each chicken breast in mixture.
4 Place chicken in the basket or tray of an air fryer. Cook at 200°C/400°F/Gas 6 for 8 minutes. Flip and cook another 6 to 8 minutes until chicken is crispy and internal temperature reaches 74°C/165°F.
5 Serve over mixed greens.

## LEMON PEPPER CHICKEN

CLASSIC | EASY | FAMILY FAVOURITE | NUT-FREE

**Try this with mashed sweet potatoes**

**Start to finish** 35 minutes (5 minutes active)
**Servings** 3

- ½ whole roasting chicken, cut up into 3 pieces
- Cooking spray
- 1 tablespoon lemon pepper
- 1 teaspoon kosher salt
- 1 teaspoon granulated garlic
- Radish micro greens, for garnish

1 Coat chicken with cooking spray. Sprinkle with pepper, salt and garlic.
2 Place chicken in the basket or tray of an air fryer. Cook at 200°C/400°F/Gas 6 for 25 to 30 minutes, flipping pieces halfway through.
3 Place chicken on a serving platter; garnish and serve.

### QUICK TIP

Dress up this lemon pepper chicken with slices of fresh lemon and a few twists of cracked black pepper.

## CHICKEN TAQUITOS

GUEST-WORTHY | KID-FRIENDLY | NUT-FREE

**You can have these tasty taquitos on the table in minutes!**

**Start to finish** 20 minutes (12 minutes active)
**Servings** 4

- 280 grams (2 cups) shredded rotisserie chicken
- 65 grams (¼ cup) salsa
- 113 grams (4oz) cream cheese, softened
- 170 grams (1½ cups) grated mature cheddar cheese
- 113 grams (4oz) chopped green chillies in a jar
- 12 (15cm/6in) flour tortillas
- Cooking spray
- Sour cream, for serving
- Guacamole, for serving
- Lime wedges, for garnish

1 In a large bowl, stir together chicken, salsa, cream cheese, cheddar and chillies.
2 Moisten 2 paper towels; place 4 tortillas between them and microwave for 10 seconds to soften.
3 Working with 1 tortilla at a time, place about 2 tablespoons of the chicken mixture closest to one end of the tortilla; starting at the filled end, roll tightly. Place seam-side down on a baking tray. Repeat with the remaining tortillas. Coat with cooking spray.
4 Place taquitos seam-side down in the air fryer. Cook at 200°C/400°F/Gas 6 for 6 to 8 minutes until crispy.
5 Serve taquitos on 4 plates with sour cream, guacamole and lime wedges.



Panko-Crusted Chicken Breasts

## Cook's Notes

Pounding the chicken breasts to an even thickness allows them to cook evenly without becoming dry. The goal isn't to pound them very thin; you just want to ensure the centre section will be cooked through.

# FABULOUS

# FISH & SEAFOOD

ADD SOME HEART-HEALTHY SEAFOOD TO YOUR DIET WITH THESE MOUTHWATERING RECIPES—ALL OF WHICH CAN BE ON THE TABLE IN 40 MINUTES OR LESS

SEE PG. 85

Hawaiian Shrimp Kebabs

SERVE THESE SKEWERS ON A BED OF COCONUT RICE FOR A REAL ISLAND VIBE.

## Cook's Notes

Try this simple tartar sauce, which is perfect with any type of fried seafood. Stir together 232g (1 cup) mayonnaise, 40-80g (¼–½ cup) finely chopped gherkins and 1 teaspoon Dijon mustard; season with ground black pepper to taste.

Fried Fish Sandwiches

## FRIED FISH SANDWICHES

CLASSIC | FAMILY FAVOURITE | NUT-FREE

**Frozen cod fillets work well for these; let thaw before cooking**

**Start to finish** 40 minutes
(25 minutes active)
**Serving** 4

- **4** (170g/6oz) cod fillets
- **½** teaspoon kosher salt
- **¼** teaspoon ground black pepper
- **125** grams (1 cup) all-purpose flour
- **1** teaspoon Old Bay Seasoning (equal parts paprika and celery salt)
- **2** large eggs, beaten
- **189** grams (1¾ cups) plain panko breadcrumbs
- Cooking spray
- **232** grams (1 cup) tartar sauce
- **4** brioche buns
- Shredded lettuce, onion slices, tomato slices, gherkin slices, for serving

1 Season cod fillets with salt and pepper; set aside.
2 In a shallow bowl, stir together flour and Old Bay. In a second shallow bowl, beat eggs. In a third shallow bowl, add panko.
3 Dredge 1 fillet in flour mixture, then eggs, then panko, shaking off excess after each step. Coat remaining fillets in the same manner.
4 Coat fillets with cooking spray. Place in the basket of an air fryer and cook at 180°C/350°F/Gas 4 for 6 minutes, then flip and cook for an additional 6 minutes.
5 Spread tartar sauce on buns. Top each bottom bun with a fillet, then add desired toppings and top buns.

## HAWAIIAN SHRIMP KEBABS

CLASSIC | EASY | KID FRIENDLY

**You can use fresh or canned pineapple chunks in this recipe**

**Start to finish** 25 minutes (10 minutes active)
**Servings** 4



Shrimp Dumplings With Dipping Sauce

- **½** kilogram (1lb) medium raw shrimp, peeled and deveined
- **165** grams (1 cup) pineapple chunks
- **149** (1 cup) green pepper chunks
- **160** grams (1 cup) red onion chunks
- **273** grams (1 cup) sweet and sour sauce
- Chopped coriander, for garnish

1 Soak 16 wood skewers in water for 30 minutes.
2 On each skewer, add about 3 shrimp alternating with chunks of pineapple, pepper and onion to fill skewer. Place each skewer on a large baking tray as you go.
3 Using a pastry brush, coat all sides of each skewer with sweet and sour sauce.
4 In the basket or tray of an air fryer, add skewers in a single layer (you may need to work in batches). Cook at 180°C/350°F/Gas 4 for 6 to 8 minutes or until shrimp are pink.
5 Garnish with coriander to serve.

## SHRIMP DUMPLINGS WITH DIPPING SAUCE

EASY | FAMILY FAVOURITE | KID FRIENDLY

**An authentic dipping sauce complements any Asian dumpling**

**Start to finish** 15 minutes (5 minutes active)
**Servings** 4

- **2** teaspoons sugar
- **2** tablespoons hot water
- **4** tablespoons (¼ cup) soy sauce
- **2** teaspoons rice vinegar
- **1** tablespoon chilli oil
- **1** tablespoon minced garlic
- **1** teaspoon toasted sesame seeds
- **1–2** teaspoons sesame oil
- **24** frozen shrimp dumplings
- Cooking spray
- Sriracha sauce, for serving

1 Make dipping sauce. In a small bowl, stir together sugar and water. Stir in soy sauce, vinegar, chilli oil, garlic, sesame seeds and sesame oil. Set aside.
2 Add dumplings to air fryer in a single layer (in batches). Coat dumplings with cooking spray.
3 Cook at 200°C/400°F/Gas 6 for 8 minutes. Flip, turn temperature down to 193°C/380°F and cook for another 4 to 6 minutes until crispy.
4 Drizzle dumplings with Sriracha. and serve with dipping sauce.



**TRY . . .** these salmon cakes in a sandwich on soft brioche rolls, topped with caper mayo.

Salmon Cakes With Lemon-Dill Sauce

## SHRIMP TACOS

EASY | KID-FRIENDLY | NUT-FREE

**Yoghurt keeps the shrimp extra juicy**

**Start to finish** 35 minutes
(10 minutes active)
**Servings** 6

- **2 tablespoons plain Greek yoghurt**
- **1 teaspoon Sriracha sauce**
- **1 teaspoon taco seasoning**
- **81 (¾ cup) plain panko breadcrumbs**
- **½ kilogram (1lb) medium shrimp, peeled, deveined, tails removed**
- **Cooking spray**
- **6 flour tortillas, charred**
- **89 grams (1 cup) slaw mix or shredded mixed cabbage and carrot**
- **Toppings: chopped red onion, coriander sprigs, lime wedges**

1 In a shallow bowl, stir together yoghurt and Sriracha. In another shallow bowl, add the taco seasoning and panko breadcrumbs and stir to combine.
2 Add shrimp to yoghurt mixture and toss. Roll shrimp in breadcrumb mixture to coat thoroughly.
3 Coat basket or tray of an air fryer with cooking spray. Place half the shrimp in basket; coat again with cooking spray.
4 Cook at 200°C/400°F/Gas 6 for 10 minutes, flipping halfway through. Cook remaining shrimp in the same manner.
5 Place a tortilla on each serving plate. Top with shrimp, slaw mix and toppings to serve.

## SALMON CAKES WITH LEMON-DILL SAUCE

CLASSIC | GUEST-WORTHY | NUT-FREE

**You can purchase lemon-dill sauce or make a batch with our easy recipe (see Cook's Notes, pg. 87)**

**Start to finish** 30 minutes
(15 minutes active)
**Servings** 4

- **2 (140/5oz) cans salmon, deboned and skin removed**
- **1 celery stalk, diced**
- **1 large egg, beaten**
- **108 grams (1 cup) plain panko breadcrumbs**
- **2 tablespoons mayonnaise**
- **1 teaspoon Old Bay Seasoning (equal parts paprika and celery salt)**
- **1 tablespoon chopped parsley**
- **1 teaspoon chopped dill**
- **Cooking spray**
- **Dill sprigs, parsley leaves and lemon slices, for garnish**
- **Lemon-dill sauce, for serving**

1 In a large bowl, combine salmon, celery, egg, panko, mayonnaise, Old Bay, parsley and dill. Form into 4 patties, each about 5cm (2in) in diameter.
2 Coat all sides of patties with cooking spray. Place patties in basket or tray of an air fryer. Cook at 200°C/400°F/Gas 6 for 8 minutes; flip and cook an additional 5 minutes or until browned.
3 Garnish and serve topped with lemon-dill sauce.

## OYSTERS ROCKEFELLER

EASY | GUEST-WORTHY | NUT-FREE

**This variation on the classic dish is the perfect way to start an elegant meal**

**Start to finish** 25 minutes
(15 minutes active)
**Servings** 4

- **16 oysters, shucked**
- **100 grams (1 cup) grated Parmesan cheese**
- **2 tablespoons Worcestershire sauce**
- **2 tablespoons chopped parsley**
- **1 tablespoon hot pepper sauce**

1 In the basket or tray of an air fryer, place 8 oysters in their bottom shells. Sprinkle 1 tablespoon cheese over each. Cook at 200°C/400°F/Gas 6 for 4 minutes.
2 Top cooked oysters with hot sauce, Worcestershire and parsley.
3 Repeat with remaining oysters.

## QUICK TIP

Medium shrimp are ideal for tacos that have lots of other flavours in the mix. For dishes like shrimp cocktail, opt for jumbo.

## Cook's Notes

Try this creamy lemon-dill sauce with your salmon cakes and other seafood dishes. In a bowl, combine 170g (6oz) Greek yoghurt, 2 tablespoons chopped dill, 1–2 tbsp lemon juice and 1 tsp lemon zest. Season with ground black pepper to taste.

Shrimp Tacos



Roasted Shrimp Caesar Salad

## LOBSTER THERMIDOR

GUEST-WORTHY | NUT-FREE

**This variation on the classic dish is a rich treat for a special occasion**

**Start to finish** 30 minutes
(15 minutes active)
**Servings** 2

- **½ kilogram (1lb) large lobster tail, fresh or frozen and defrosted**
- **1 tablespoon chopped celery**
- **1 tablespoon chopped spring onions**
- **1 tablespoons chopped flat-leaf parsley**
- **1 tablespoon lemon juice**
- **77 grams (⅓ cup) mayonnaise**
- **2 tablespoons Old Bay Seasoning (equal parts paprika and celery salt)**
- **1 medium garlic clove, minced**
- **1 tablespoon Dijon mustard**
- **1 tablespoon panko breadcrumbs**
- **2 tablespoons melted butter**
- **Chopped parsley, for garnish**

1 Using kitchen scissors, cut through the top of the lobster shell down to the tail; flip over and cut the underside of the shell in the same manner. Cut through the end of the tail. Remove meat from shell; reserve shell halves.
2 Roughly chop meat. Place in a large bowl. Stir in celery, spring onions, parsley, lemon juice, mayonnaise, Old Bay, garlic and mustard.
3 Place shell halves, right side up, in air fryer. Divide lobster mixture between shells. Top with panko and drizzle with butter.
4 Cook at 200°C/400°F/Gas 6 for 10 to 15 minutes or until lobster is firm and browned. Garnish with parsley.

## PANKO-CRUSTED COD

EASY | FAMILY FAVOURITE | NUT-FREE

**This preparation is also delicious with mahi-mahi. Or try it served over linguine with tomato sauce**

**Start to finish** 17 minutes
(5 minutes active)
**Servings** 2

- **2 (113g/4oz) cod fillets**
- **½ teaspoon kosher salt**
- **½ teaspoon ground black pepper**
- **1 large egg**
- **54 grams (½ cup) plain panko breadcrumbs**
- **1 tablespoon Italian herbs**
- **25 grams (¼ cup) grated Parmesan cheese**

1 Sprinkle both sides of fillets with salt and pepper.
2 In a shallow dish, beat egg. In another shallow dish, combine panko, seasoning and cheese.
3 Dip each fillet into egg to coat on all sides; shake off excess then coat with panko mixture.
4 In the basket or tray of an air fryer, place fillets. Cook at 200°C/400°F/Gas 6 for 6 minutes, then flip and cook an additional 6 minutes or until crispy.

## ROASTED SHRIMP CAESAR SALAD

CLASSIC | EASY | NUT-FREE

**Use your favourite Caesar dressing in this quick salad**

**Start to finish** 25 minutes (10 minutes active)
**Servings** 4

- **64 grams (½ cup) all-purpose flour**
- **¾ teaspoon salt**
- **½ teaspoon ground black pepper, plus more for sprinkling**
- **½ kilogram (1lb) medium raw shrimp, peeled and deveined**
- **Cooking spray**
- **2 small romaine hearts (whole leaves)**
- **149 grams (1 cup) cherry tomatoes, halved**
- **25 grams (¼ cup) grated Parmesan cheese, plus more for sprinkling**
- **118 grams (½ cup) Caesar salad dressing**
- **Croutons**

1 In a shallow bowl, combine flour, salt and pepper. Add shrimp, a few pieces at a time, and toss to coat; shake off excess.
2 In the basket or tray of an air fryer, add shrimp in a single layer (you may need to work in batches).
3 Coat with cooking spray and cook at 190°C/375°F/Gas 5 until lightly browned. Flip and coat with cooking spray; cook until lightly browned and shrimp turn pink, 2 to 3 minutes longer. Repeat with remaining shrimp.
4 In a large serving bowl, add romaine and tomatoes; sprinkle with cheese. Drizzle with dressing and toss to coat.
5 Top salad with shrimp and croutons. Sprinkle with additional cheese and pepper to taste.

## SCALLOPS WITH SALSA VERDE

CLASSIC | GUEST-WORTHY | NUT-FREE

**This salsa contrasts nicely with the sweetness of the scallops**

**Start to finish** 15 minutes (9 minutes active)
**Servings** 2

- **227 grams (½lb) bay scallops, patted dry**
- **¼ teaspoon sea salt**
- **¼ teaspoon ground black pepper**
- **Cooking spray**
- **54 grams (¼ cup) extra-virgin olive oil**
- **2 tablespoons chopped coriander**
- **2 teaspoons capers**
- **1 teaspoon finely grated lime zest**
- **½ teaspoon finely chopped garlic**
- **Chopped red onion, for garnish**

1 Sprinkle scallops with salt and pepper. Coat the basket or tray of an air fryer with cooking spray.
2 Place scallops in basket and coat with cooking spray. Cook at 200°C/400°F/Gas 6 for about 4 to 6 minutes.
3 Make the salsa verde. Stir together oil, coriander, capers, lime zest and garlic. Drizzle over the scallops and garnish.



Scallops With Salsa Verde

HEALTHY

# VEGETARIAN

COLOURFUL VEGGIES, HEARTY LEGUMES AND PROTEIN-PACKED GRAINS ARE THE STARS OF THESE AIR FRYER DISHES

SEE PG. 93

Quinoa-Stuffed Peppers

GO FOR A RAINBOW OF PEPPER COLOURS IN THIS GOOD-FOR-YOU, PROTEIN-PACKED DISH.

## Cook's Notes

There are two keys to keeping black bean burgers from crumbling. First, finely chop or mash the ingredients (we suggest a food processor). And two, use a binder ingredient, like an egg (vegans can use 1 tablespoon ground flaxseed soaked in 3 tablespoons warm water).

Black Bean Burgers

## QUINOA-STUFFED PEPPERS

EASY | GUEST-WORTHY | NUT-FREE

**Quinoa is a complete protein that supplies the nine amino acids our bodies can't make, so it's great to include in a plant-based diet**

**Start to finish** 25 minutes (15 minutes active)
**Servings** 4

- **4 medium peppers**
- **180 grams (1 cup) chopped tomatoes**
- **165 grams (1 cup) frozen sweetcorn, thawed**
- **185 grams (1 cup) cooked quinoa**
- **1 (400g/14oz) can red beans, drained and rinsed**
- **2 tablespoons Italian herbs**
- **1 tablespoon Parmesan cheese, for serving**
- **Torn parsley leaves, for garnish**

1 Cut tops off peppers. Deseed and scrape out insides.
2 In a large bowl, combine tomatoes, corn, quinoa, red beans and Italian herbs.
3 Spoon mixture into peppers, filling almost to the top.
4 Place peppers, open end up, in the basket or tray of an air fryer. Cook at 180°C/350°F/Gas 4 for 12 minutes.
5 Sprinkle with cheese, garnish and serve.

## BLACK BEAN BURGERS

CLASSIC | FAMILY FAVOURITE | NUT-FREE

**Add any other toppings you enjoy, like onion slices and hot sauce**

**Start to finish** 20 minutes (10 minutes active)
**Servings** 4

- **1 (440g/15½oz) can black beans, rinsed and drained**
- **108 grams (⅔ cup) plain breadcrumbs**
- **1 jalapeño, seeded and finely chopped**
- **1 large egg**



Mediterranean-Inspired Tofu Bowls

- **1 teaspoon chopped coriander**
- **1 garlic clove, minced**
- **Cooking spray**
- **4 brioche hamburger buns, split**
- **Toppings: mashed avocado, tomato slices, jalapeño peppers**

1 In a food processor, add beans; cover and process until smooth. Add breadcrumbs, jalapeño, egg, coriander and garlic and process until combined. Shape into 4 patties.
2 Coat the basket or tray of an air fryer with cooking spray. Place patties in basket and cook for 3 to 4 minutes. Flip and cook 3 to 4 minutes longer.
3 Place burgers on bottom buns. Add desired toppings, top with upper buns and serve.

## MEDITERRANEAN-INSPIRED TOFU BOWLS

EASY | NUT-FREE

**If you enjoy tofu, consider purchasing a tofu press. It gets the excess moisture out more quickly, without paper towels**

**Start to finish** 1 hour, 30 minutes (15 minutes active)
**Servings** 2

- **½ (400g/14oz) package extra-firm tofu**
- **1 tablespoon olive oil**
- **2 tablespoons lemon juice**
- **Cooking spray**
- **1 (240g/8½oz) microwavable bag quinoa and brown rice with garlic, prepared according to package directions**
- **164 grams (1 cup) chickpeas**
- **149 grams (1 cup) roasted red peppers**
- **149 grams (1 cup) sliced cherry tomatoes**
- **Red onion slices, for serving**
- **Cucumber slices, for serving**
- **Micro mustard greens, for garnish**

1 Wrap tofu in several paper towels and set a plate on top to press out excess liquid. After 1 hour, unwrap tofu and cut into very small cubes.
2 In a large bowl, whisk together oil and lemon juice. Place tofu in bowl; marinate for 10 minutes.
3 Coat the basket or tray of an air fryer with cooking spray. Remove tofu from marinade; drain and add to basket (discard remaining marinade). Cook at 180°C/350°F/Gas 4 for 15 minutes, shaking basket every 5 minutes.
4 Divide quinoa evenly between 2 bowls. Top with tofu, chickpeas, peppers, tomatoes and onion and cucumber slices. Garnish and serve.



**TRY . . .** charring tortillas in a cast-iron pan over medium-high heat for 30 seconds on each side.

Fried Avocado Tacos

## FRIED AVOCADO TACOS

GUEST-WORTHY | KID-FRIENDLY | NUT-FREE

**Sprinkle lemon or lime juice over avocados after you slice them to prevent browning**

**Start to finish** 30 minutes (15 minutes active)
**Servings** 2

- **1 large, firm avocado**
- **1 large egg**
- **64 grams (½ cup) all-purpose flour**
- **1 teaspoon garlic powder**
- **½ teaspoon kosher salt**
- **½ teaspoon ground black pepper**
- **¼ teaspoon cumin**
- **¼ teaspoon chilli powder**
- **4 corn tortillas, charred**
- **Toppings: crumbled queso fresco (substitute with fresh ricotta or feta), shredded lettuce, pickled cabbage**
- **Avocado salsa, for serving**
- **Coriander leaves and sliced red chilli peppers, for garnish**

1 Cut avocado into thick slices.
2 In a shallow bowl, beat egg. In another shallow bowl, combine flour, garlic powder, salt, pepper, cumin and chilli powder.
3 Dip each avocado slice into egg, and then roll in flour mixture.
4 Place slices in the basket or tray of an air fryer. Cook at 180°C/350°F/Gas 4 for 10 to 12 minutes.
5 Place tortillas on serving plates. Divide avocado and toppings evenly between tortillas. Top with avocado salsa; garnish and serve.

## TOFU WITH STICKY RICE, PICKLED GINGER AND BABY CORN

EASY | GUEST-WORTHY

**You can find precooked, shelf-stable sticky rice in Asian supermarkets**

**Start to finish** 30 minutes (10 minutes active)
**Servings** 4

- **1 teaspoon minced garlic**
- **½ teaspoon sesame oil**
- **1 tablespoon lime juice**
- **½ teaspoon kosher salt**
- **¼ teaspoon cayenne pepper**
- **1 (450g/16oz) package extra-firm tofu, drained and patted dry**
- **576 grams (3 cups) prepared sticky rice, warmed**
- **Pickled ginger, for serving**
- **Baby corn, for serving**
- **Sliced spring onions, sliced chilli peppers, coriander leaves and black sesame seeds, for garnish**

1 In a large bowl, add garlic, sesame oil, lime juice, salt and cayenne; stir well to combine.
2 Cut tofu lengthwise into four slabs, then cut each slab into 12 cubes. Add to garlic mixture and toss gently. Let marinate for 10 minutes.
3 In the basket or tray of an air fryer, place tofu in a single layer (discard marinade). Cook at 200°C/400°F/Gas 6 for 10 minutes.
4 Divide sticky rice evenly among 4 serving bowls. Top with tofu, pickled ginger and baby corn. Garnish and serve.

## CAULIFLOWER STEAKS

EASY | GUEST-WORTHY | NUT-FREE

**Try these "steaks" with other seasoning combinations**

**Start to finish** 25 minutes (5 minutes active)
**Servings** 4

- **1 large cauliflower head, cut into 4 steaks (see Cook's Notes, pg. 95)**
- **1 tablespoon olive oil**
- **2 tablespoons Cajun seasoning**
- **Pesto, for serving**
- **Torn basil leaves and red pepper flakes, for garnish**

1 Brush cauliflower steaks with olive oil; sprinkle seasoning on both sides.
2 Place in the basket or tray of an air fryer (in batches) and cook at 200°C/400°F/Gas 6 for 15 to 20 minutes.
3 Place on serving plates; top with pesto. Garnish and serve.

## Cook's Notes

To cut cauliflower steaks, trim the stem end of a large head of cauliflower straight across. Place stem end down and cut through the centre. Cut 2 slices (2-2½cm/ ¾ to 1in thick) from each half. Use the remaining cauliflower in another recipe.

Tofu With Sticky Rice, Pickled Ginger and Baby Corn

## FALAFEL SALAD

CLASSIC | FAMILY FAVOURITE | GUEST-WORTHY

**This Mediterranean-inspired main-course salad is filled with different textures and flavours**

**Start to finish** 45 minutes (30 minutes active)
**Servings** 4

- **1 (400g/15oz) can chickpeas, rinsed and drained**
- **3 tablespoons all-purpose flour**
- **1 tablespoon chopped parsley**
- **1 tablespoon chopped dill**
- **1 tablespoon olive oil**
- **2 cloves garlic**
- **2 teaspoons Greek seasoning/Za'atar**
- **Cooking spray**
- **376 grams (8 cups) chopped romaine lettuce**
- **310 grams (2 cups) cooked edamame**
- **Toppings: pickled red onion, tzatziki sauce, Kalamata olives, crumbled feta cheese, chopped peperoncini peppers (or other chilli pepper), hummus**

1 In a food processor, place chickpeas, flour, parsley, dill, oil, garlic and Greek seasoning. Pulse until smooth, adding water if mixture seems dry. Shape mixture into 20 equal-sized balls.
2 In the basket or tray of an air fryer, add falafel; coat with cooking spray. Cook at 200°C/400°F/Gas 6 for 12 to 14 minutes or until browned. Let cool slightly.
3 Divide romaine and edamame evenly among 4 serving bowls. Add 3 falafel balls and desired toppings and serve.

## CAULIFLOWER MAC & CHEESE

EASY | KID-FRIENDLY | NUT-FREE

**A healthier take on a classic**

**Start to finish** 25 minutes (10 minutes active)
**Servings** 4

- **428 grams (4 cups) cauliflower florets**
- **1 tablespoon olive oil**
- **1 teaspoon sea salt**
- **½ teaspoon ground black pepper**
- **2 tablespoons butter**
- **1 (227g/8oz) package shredded cheddar cheese**
- **125 mililitre (½ cup) milk**
- **Paprika and chopped parsley, for garnish**

1 In a large bowl, toss together cauliflower, oil, salt and pepper.
2 In the basket or tray of an air fryer, add cauliflower. Cook at 200°C/400°F/Gas 6 for 15 minutes. Set cauliflower aside to cool slightly.
3 In a large saucepan over medium-high heat, add butter, cheese and milk; cook, stirring frequently, until cheese melts. Add cauliflower and cook for 1 minute more.
4 Pour cauliflower and cheese into a serving bowl. Garnish and serve.

## RED BEAN AND RICE BURRITO

GUEST-WORTHY | KID-FRIENDLY | NUT-FREE

**Swap brown rice for white for extra fibre**

**Start to finish** 15 minutes (10 minutes active)
**Servings** 4

- **1 (420g/15½oz) can red beans, drained and rinsed**
- **121 grams (½ cup) chopped tomato**
- **2 spring onions, chopped**
- **4 grams (¼ cup) chopped coriander**
- **1 teaspoon lime juice**
- **65 grams (¼ cup) salsa, plus more for serving**
- **186 grams (1 cup) cooked white rice**
- **113 grams (1 cup) grated Monterey Jack cheese**
- **4 flour tortillas**
- **Salsa and guacamole, for serving**

1 In a large bowl, add beans, tomato, spring onions, coriander, lime juice, salsa, rice and cheese, tossing to combine.
2 Place tortillas on a flat work surface. Add equal amounts of bean mixture to centre of each tortilla. Fold up bottom edges, fold in sides and roll into burritos.
3 Place burritos in the basket or tray of an air fryer. Cook at 180°C/350°F/Gas 4 for 5 minutes.
4 Serve with salsa and guacamole.

## QUICK TIP

You can make the falafels ahead of time, then reheat in the air fryer at 188°C/370°F/Gas 5 for 3 to 4 minutes

## SOUTHWESTERN SWEET POTATO WEDGES WITH BLACK BEANS AND QUESO FRESCO

EASY | KID-FRIENDLY | NUT-FREE

**Queso fresco has a slightly tangy flavour, similar to feta but less salty**

**Start to finish** 35 minutes (10 minutes active)
**Servings** 2

- **1 large sweet potato, cut into wedges**
- **1 tablespoon olive oil**
- **¼ teaspoon salt**
- **⅛ teaspoon chilli powder**
- **⅛ teaspoon garlic powder**
- **⅛ teaspoon paprika**
- **⅛ teaspoon dried oregano**
- **⅛ teaspoon cayenne pepper**
- **1 (420g/15½oz) can black beans, drained and rinsed, warmed**
- **Crumbled queso fresco (or feta), for serving**
- **Oregano leaves, for garnish**

1 In a large bowl, toss sweet potato wedges, oil, salt, chilli powder, garlic powder, paprika, oregano and cayenne together until wedges are evenly coated.
2 Add wedges to air fryer in a single layer. Cook at 200°C/400°F/Gas 6 for 12 minutes. Flip and continue cooking until crispy, 10 to 12 minutes more.
3 Divide wedges between 2 plates. Top with black beans and queso fresco. Garnish and serve.



SERVE THIS SALAD WITH SLIGHTLY WARM TRIANGLES OF PITTA ON THE SIDE.

Falafel Salad

THE YUKON GOLD IS THE IDEAL POTATO FOR THE AIR FRYER—IT GIVES YOU A GOLDEN CRUST AND CREAMY INSIDE.

SUPER

# SIDE DISHES

**NOW THAT YOU'VE SELECTED YOUR MAIN DISH, IT'S TIME TO PICK SOMETHING TO SERVE ALONGSIDE IT. HERE, YOU'LL FIND OPTIONS TO ROUND OUT YOUR MEAL**

SEE PG. 101

Crispy Potato Wedges

A SLIGHTLY SPICY DIPPING SAUCE COMPLEMENTS THE FLAVOUR OF ASPARAGUS.

Asparagus Chips

## CRISPY POTATO WEDGES

CLASSIC | EASY | KID-FRIENDLY | NUT-FREE

**Potatoes get a nice crunchy crust while staying moist on the inside when cooked in the air fryer**

**Start to finish** 25 minutes (5 minutes active)
**Servings** 4

- **4 small Yukon Gold potatoes, cut into wedges**
- **2 tablespoons olive oil**
- **1 teaspoon garlic powder**
- **1 teaspoon kosher salt**
- **½ teaspoon ground black pepper**
- **Chopped curly leaf parsley, for garnish**

**1** In a large bowl, toss together all ingredients.
**2** In the basket or tray of an air fryer, place potatoes in a single layer. Cook at 200°C/400°F/Gas 6 for 15 minutes, shaking every 5 minutes until golden.
**3** Garnish to serve.



Sweet Potato Casserole

## ASPARAGUS CHIPS

EASY | FAMILY FAVOURITE | GUEST-WORTHY

**Serve these with a sweet and spicy chilli sauce for dipping**

**Start to finish** 30 minutes (15 minutes active)
**Servings** 4

- **64 grams (½ cup) all-purpose flour**
- **1 teaspoon garlic powder**
- **1 large egg**
- **162 grams (1½ cups) Italian panko breadcrumbs (substitute with cracker or Cornflake crumb)**
- **½ kilogram (1lb) asparagus, trimmed**
- **Cooking spray**
- **Sweet chilli sauce, for serving**
- **Coriander leaves, for garnish**

**1** Line a baking tray with baking paper.
**2** In a shallow bowl, combine flour and garlic powder. In another bowl, beat egg. In a third bowl, add panko.
**3** Roll each asparagus spear in flour mixture, then dip in the egg, and dredge in panko, gently shaking off excess. Place spears on baking sheet; coat with cooking spray.
**4** Add spears to the air fryer in a single layer (in batches). Cook at 200°C/400°F/Gas 6 for 5 to 7 minutes. Garnish and serve with sweet chilli sauce.

## SWEET POTATO CASSEROLE

CLASSIC | FAMILY FAVOURITE | KID-FRIENDLY

**You can cook the sweet potatoes a day or two ahead of time**

**Start to finish** 40 minutes (15 minutes active)
**Servings** 6

- **Cooking spray**
- **165 grams (¾ cup) butter, softened, divided**
- **109 grams (1 cup) chopped pecans**
- **125 grams (1 cup) dark brown sugar**
- **64 grams (½ cup) all-purpose flour**
- **600 grams (3 cups) cooked sweet potatoes, cubed**
- **64 grams (½ cup) light brown sugar**
- **250 millilitres (½ cup) evaporated milk**
- **1 large egg**
- **1 teaspoon vanilla extract**

**1** Coat a small casserole dish with cooking spray.
**2** Make topping. In a small microwave-safe bowl, melt 55g (¼ cup) butter in 10-second increments. Add pecans, dark brown sugar and flour to melted butter. Set aside for topping.
**3** In a large bowl, add sweet potatoes and remaining butter. Using an electric mixer at medium speed, beat until light and fluffy.
**4** Add light brown sugar, evaporated milk, egg and vanilla, beating after each addition. Pour into dish.
**5** Sprinkle topping over sweet potato mixture. Place in air fryer and cook at 150°C/300°F/Gas 2 for 20 to 25 minutes or until set.



**TRY . . . sprinkling the bean bundles with Parmesan before wrapping them with prosciutto.**

Prosciutto-Wrapped Green Bean Bundles

## PROSCIUTTO-WRAPPED GREEN BEAN BUNDLES

EASY | GUEST-WORTHY | NUT-FREE

**Blanch green beans in boiling salted water for 4 minutes, then plunge into a bowl of ice water**

**Start to finish** 15 minutes (5 minutes active)
**Servings** 6

- **½ kilogram (1lb) French green beans, blanched**
- **6 slices prosciutto, halved**
- **Flaky sea salt**
- **Ground black pepper**

1 Divide green beans into 6 equal-sized bunches.
2 Wrap a slice of prosciutto around each bundle. Place bundles in the air fryer; sprinkle with salt and pepper.
3 Cook at 200°C/400°F/Gas 6 for 10 minutes, until prosciutto begins to crisp.

## ROASTED ROOT VEGETABLES

EASY | GUEST-WORTHY | NUT-FREE

**Use an assortment of your favourite root veggies**

**Start to finish** 25 minutes (10 minutes active)
**Servings** 4

- **133 grams (1 cup) cubed sweet potato**
- **205 grams (1 cup) cubed butternut squash**
- **1 medium carrot, sliced**
- **1 medium red onion, cubed**
- **2 tablespoons olive oil**
- **1 teaspoon sea salt**
- **1 teaspoon Italian herbs**
- **Sage leaves, for garnish**

1 In a large bowl, mix together all ingredients.
2 Place mixture in the basket or tray of an air fryer and cook at 200°C/400°F/Gas 6 for 10 to 15 minutes or until vegetables are tender and golden brown.
4 Garnish to serve.

## CORN CASSEROLE

EASY | KID-FRIENDLY | NUT-FREE

**This tasty casserole will be on the table in minutes! If corn isn't in season you can substitute it for tinned sweetcorn**

**Start to finish** 15 minutes (5 minutes active)
**Servings** 6

- **1 (240g/8½oz) box cornbread mix (substitute with polenta)**
- **1 (420g/15oz) can sweetcorn, drained and rinsed**
- **1 (420g/15oz) can creamed style corn**
- **230 grams (1 cup) sour cream**
- **112 grams (½ cup) melted butter**
- **2 large eggs**
- **½ teaspoon ground black pepper**
- **Cooking spray**
- **Chopped parsley, for garnish**

1 In a large mixing bowl, stir together cornbread mix, both cans of corn, sour cream, butter, eggs and pepper.
2 Coat a small casserole dish with cooking spray. Pour mixture into dish.
3 Place dish in the air fryer. Cook at 170°C/400°F/Gas 3 for 10 minutes; insert a toothpick in centre to check doneness.
4 Garnish to serve.

## EASY MARSALA MUSHROOMS

EASY | GUEST-WORTHY | NUT-FREE

**These are flavourful on their own or over polenta—and even better over a steak**

**Start to finish** 17 minutes (5 minutes active)
**Servings** 2

- **1 (227g/8oz) package sliced gourmet mushrooms, washed and dried**
- **1 tablespoon olive oil**
- **1 tablespoon Marsala**
- **½ teaspoon garlic powder**
- **1 teaspoon Worcestershire sauce**
- **1 tablespoon melted butter**
- **½ teaspoon kosher salt**
- **½ teaspoon ground black pepper**
- **Rosemary sprigs and lemon slices, for garnish**

1 In a large bowl, toss all ingredients.
2 Add mushrooms to the air fryer. Cook at 200°C/400°F/Gas 6 for 10 to 12 minutes, shaking and stirring halfway through.
3 Garnish to serve.

THIS COLOURFUL MEDLEY OF ROASTED VEGGIES ADDS TONS OF NUTRIENTS (AND FLAVOUR!) TO ANY MEAL.

Roasted Root Vegetables

## Cook's Notes

Tenderstem broccoli is a tender, slightly sweet cross between broccoli and Chinese broccoli. It's got long, thin stalks and a milder, earthier flavour, and cooking really brings out the taste.

Tenderstem Broccoli With Parmesan

## BROCCOLI, CHEDDAR AND RICE CASSEROLE

EASY | FAMILY FAVOURITE | NUT-FREE

**This is a tasty way to serve leftover rice and broccoli**

**Start to finish** 18 minutes (10 minutes active)
**Servings** 4

- **372 grams (2 cups) cooked rice**
- **91 grams (1 cup) cooked broccoli florets**
- **2 (300g/10½oz) cans cream of cheddar cheese soup (or cheese sauce)**
- **1 teaspoon onion powder**
- **1 teaspoon kosher salt**
- **½ teaspoon ground black pepper**
- **Cooking spray**
- **57 grams (½ cup) grated cheddar cheese**
- **Chopped parsley and cracked black pepper, for garnish**

**1** In a large bowl, stir together rice, broccoli, soup, onion powder, salt and pepper.
**2** Coat a small casserole dish with cooking spray. Pour mixture into dish. Sprinkle with cheese.
**3** Place dish in the basket or tray of an air fryer. Cook at 150°C/300°F/Gas 2 for 6 to 8 minutes.
**4** Garnish to serve.

## TENDERSTEM BROCCOLI WITH PARMESAN

EASY | FAMILY FAVOURITE | NUT-FREE

**You'll love the way vegetables keep their bright colours in the air fryer**

**Start to finish** 17 minutes (10 minutes active)
**Servings** 2

- **227 grams (8oz) Tenderstem broccoli**
- **1 tablespoon olive oil**
- **1 teaspoon garlic powder**
- **1 tablespoon lemon juice**
- **1 tablespoon grated Parmesan cheese**
- **½ teaspoon red pepper flakes**
- **1 teaspoon sea salt**
- **½ teaspoon ground black pepper**
- **Grated Parmesan cheese and red pepper flakes, for garnish**

**1** In a large mixing bowl, toss together all ingredients.
**2** Add Tenderstem broccoli to the air fryer. Cook at 180°C/350°F/Gas 4 for 5 to 7 minutes or until browned.
**3** Garnish to serve.



Broccoli, Cheddar and Rice Casserole

## TRUFFLE CHIPS

CLASSIC | EASY | NUT-FREE

**Truffle oil and Parmesan make these chips irresistible**

**Start to finish** 1 hour (10 minutes active)
**Servings** 4

- **½ kilogram (1lb) white/Maris Piper potatoes, peeled and cut into chips**
- **2 tablespoons white truffle-flavoured olive oil**
- **½ teaspoon paprika**
- **1 tablespoon grated Parmesan cheese**
- **2 teaspoons chopped fresh parsley**

**1** In a large bowl, add chips and 2 cups water; let soak for 30 minutes. Drain well and pat dry.
**2** Toss chips in oil and paprika.
**3** Add potatoes to the air fryer. Cook at 200°C/400°F/Gas 6 for 15 to 20 minutes, shaking basket every 5 minutes.
**4** Toss with Parmesan cheese and parsley to serve.

## SPICY GARLIC GREEN BEANS

EASY | FAMILY FAVOURITE

**For a less-spicy dish, use additional sesame oil instead of chilli oil**

**Start to finish** 20 minutes (10 minutes active)
**Servings** 4

- **340 grams (¾ pounds) green beans, trimmed**
- **1 tablespoon sesame oil**
- **1 tablespoon chilli oil**
- **2 teaspoons soy sauce**
- **1 teaspoon rice wine vinegar**
- **1 teaspoon chopped garlic**
- **½ teaspoon red pepper flakes, plus extra for garnish**

**1** In a large bowl, stir together all the ingredients. Toss to coat and leave to marinate for 5 minutes.
**2** Add beans to air fryer. Cook at 200°C/400°F/Gas 6 for 10 to 12 minutes, shaking basket halfway through cooking time.
**3** Garnish to serve.

## GARLIC-BALSAMIC BRUSSELS SPROUTS

EASY | GUEST-WORTHY | NUT-FREE

**Balsamic glaze's sweetness is nicely balanced by a hint of lime**

**Start to finish** 25 minutes
(5 minutes active)
**Servings** 4

- ½ kilogram (1lb) Brussels sprouts, trimmed and halved
- 2 tablespoons extra-virgin olive oil, divided
- ½ teaspoon kosher salt
- 2 garlic cloves, thinly sliced
- 4 tablespoons (¼ cup) balsamic glaze (purchased, or to make it, see pg. 77)
- 1 teaspoon lime juice
- 1 teaspoon soy sauce
- Chopped coriander, for garnish

1 Heat the air fryer to 200°C/400°F/Gas 6.
2 In the basket or tray, add Brussels sprouts. Drizzle with 1 tablespoon oil and sprinkle with salt. Cook for 15 minutes, shaking the sprouts halfway through.
3 Top sprouts with garlic. Cook until garlic is golden brown, 2 minutes more.
4 Meanwhile, in a large bowl, whisk remaining olive oil, balsamic glaze, lime juice and soy sauce.
5 Add Brussels sprouts to the bowl; toss to coat. Garnish to serve.

## ACORN SQUASH WITH GOAT'S CHEESE

EASY | GUEST-WORTHY | NUT-FREE

**Maple syrup and goat's cheese provide a nice contrast in this tasty side**

**Start to finish** 30 minutes (5 minutes active)
**Servings** 4

- 2 whole acorn (or butternut) squash, halved
- Cooking spray
- 2 tablespoons butter
- ½ teaspoon kosher salt
- ¼ teaspoon ground black pepper
- 4 tablespoons maple syrup
- 38 grams (¼ cup) crumbled goat's cheese
- Oregano sprigs, for garnish

1 Using a spoon, scoop out and discard squash seeds (or roast them; see page 107).
2 Coat squash skin with cooking spray. Place squash, cut-side down, in the basket or tray of an air fryer.
3 Cook at 200°C/400°F/Gas 6 for 10 to 15 minutes. Remove from air fryer; butter the insides of the squash and sprinkle with salt and pepper.
4 Place squash, cut-side up, back in the basket or tray and cook for another 10 minutes or until browned.
5 Drizzle with syrup, sprinkle with cheese and garnish to serve.

## ROASTED ONIONS

EASY | FAMILY FAVOURITE | NUT-FREE

**Add a spoonful of vegetable broth base with the butter for even more flavour**

**Start to finish** 30 minutes
(5 minutes active)
**Servings** 2

- 2 Vidalia or white onions, peeled
- 2 tablespoons butter, divided
- ½ teaspoon sea salt
- ½ teaspoon ground black pepper
- Thyme sprigs, for garnish

1 With a spoon, carve out a hole in centre of each onion. Place each onion, hole facing up, in the centre of a sheet of foil.
2 Place butter in each hole; sprinkle with salt and pepper. Wrap foil to cover onions completely.
3 Place onions in the basket or tray of an air fryer. Cook at 200°C/400°F/Gas 6 for 20 to 25 minutes.
4 Garnish to serve.



Acorn Squash
With Goat's Cheese

## Cook's Notes

Don't toss acorn squash seeds—roast them. Remove from the squash, wash them and remove any flesh; pat dry. Toss with a little olive oil and some seasoning and spread on a foil-lined baking tray. Bake at 140°C/275°F/Gas 1 for 15 minutes.

## Cook's Notes

We used red beetroots in this salad (with yellow tomatoes for contrast) but if you'd like, try golden beets. They're earthier and a bit less sweet than red ones, but they've got plenty of flavour.

Roasted Beetroot Salad

## CRISPY SPICY OKRA

EASY | FAMILY FAVOURITE | NUT-FREE

**Select okra pods that are similar in size for the best results**

**Start to finish** 20 minutes (10 minutes active)
**Servings** 4

- **1 large egg**
- **½ teaspoon paprika**
- **½ teaspoon chilli powder**
- **¼ teaspoon sea salt**
- **198 grams (1 cup) panko breadcrumbs**
- **1 teaspoon paprika**
- **½ teaspoon garlic powder**
- **¼ teaspoon cayenne pepper**
- **½ kilogram (1lb) okra**
- **Cooking spray**

**1** In a shallow bowl, add egg, paprika, chilli powder and salt. In another shallow bowl, mix panko, paprika, garlic powder and cayenne.
**2** Hold each okra pod by the stem to dip it into egg mixture, then roll it in panko.
**3** In the basket or tray of an air fryer, place okra in a single layer (you may need to work in batches). Coat with cooking spray.
**4** Cook at 200°C/400°F/Gas 6 for 4 to 5 minutes, then flip and cook 4 to 5 minutes longer until golden.



**TRY... serving these with ranch or Caesar dressing on the side for dipping.**

Crispy Spicy Okra

## GARLIC BABY POTATOES

CLASSIC | KID-FRIENDLY | NUT-FREE

**For a more colourful dish, use multihued potatoes**

**Start to finish** 25 minutes (5 minutes active)
**Servings** 4

- **½ kilogram (1lb) whole baby potatoes**
- **3 tablespoons olive oil**
- **1 teaspoon chopped garlic**
- **½ teaspoon kosher salt**
- **1 teaspoon ground black pepper**
- **1 teaspoon Italian herbs**
- **Chopped parsley, oregano and thyme, for garnish**

**1** In a large bowl, toss together all ingredients.
**2** In the basket or tray of an air fryer, add potatoes. Cook at 200°C/400°F/Gas 6 for 10 minutes.
**3** Shake basket; stir potatoes and cook for 8 minutes more, or until golden.
**4** Garnish to serve.

## CORN WITH CHIVES

CLASSIC | EASY | KID-FRIENDLY | NUT-FREE

**This simple preparation makes even out-of-season corn taste fresh picked**

**Start to finish** 20 minutes (10 minutes active)
**Servings** 4

- **4 ears fresh yellow corn, husked, silk removed, halved**
- **1 tablespoon olive oil**
- **½ teaspoon kosher salt**
- **¼ teaspoon ground black pepper**
- **55 grams (¼ cup) butter, softened**
- **2 tablespoons chopped fresh chives**

**1** Rub corn with olive oil and sprinkle evenly with salt and pepper.
**2** Place corn in a single layer in basket or tray of an air fryer and cook at 200°C/400°F/Gas 6 for 14 minutes, turning once halfway through.
**3** Rub corn with butter and sprinkle with chives to serve.

## ROASTED BEETROOT SALAD

EASY | GUEST-WORTHY | NUT-FREE

**Wear rubber gloves when working with beetroot to avoid stained hands**

**Start to finish** 30 minutes (10 minutes active)
**Servings** 4

- **2 small beetroots, peeled and sliced**
- **1 tablespoon olive oil**
- **½ teaspoon onion powder**
- **½ teaspoon kosher salt**
- **¼ teaspoon ground black pepper**
- **Mixed greens, halved yellow grape tomatoes and vinaigrette, for serving**

**1** In a large bowl, toss beetroot slices with oil, onion powder, salt and pepper.
**2** Place beetroot slices in the basket or tray of an air fryer. Cook at 200°C/400°F/Gas 6 for 15 to 20 minutes. Let cool.
**3** Divide greens and tomatoes among 4 serving plates; top with beetroot slices and drizzle with vinaigrette.

GOLDEN, CRISPY EDGES? CHECK. CRACKLED TOP? CHECK. JUST AS YUMMY AS THEY WERE WHEN YOU WERE A KID? CHECK!

SEE PG. 113

Sugar Cookies

TASTY

# DESSERTS & SWEETS

END THE MEAL WITH A COOKIE OR A CAKE, A TART OR A TURNOVER—THEY'RE ALL SO EASY TO CREATE WITH THE AIR FRYER

## Cook's Notes

You can make your own cherry pie filling (and adjust the sweetness). In a bowl, mix 66g (4 cups) pitted cherries (frozen or fresh), 125g (1 cup) sugar (start with less, and add to taste) and 64g (½ cup) flour. Stir to coat cherries.

Cherry Pie

## CHERRY PIE

FAMILY FAVOURITE | GUEST-WORTHY | NUT-FREE

**This easy pie is even better topped with a scoop of chocolate ice cream**

**Start to finish** 45 minutes (15 minutes active)
**Servings** 6

- **1 (14.1oz) package refrigerated pie crust/shortcrust pastry**
- **567 grams (20.1oz can) cherry pie filling**
- **1 large egg**
- **1 tablespoon water**
- **1 tablespoon granulated sugar**

1 On a chopping board, roll out the pie crusts.
2 Place 1 crust in a shallow 23cm (9in) pie tin. Spoon in pie filling.
3 Fold second crust in half; place folded edge across centre of pan. Open out crust to cover filling; crimp edges of crusts together. Cut several slits in top crust.
4 In a small bowl, whisk egg and water to make egg wash.
5 Brush egg wash over top of pie. Sprinkle with sugar.
6 Place pie pan in the basket or tray of an air fryer. Cook at 150°C/300°F/Gas 2 for 25 to 30 minutes, until golden brown and flaky on top.
7 Let cool on a wire rack before serving.

## SUGAR COOKIES

CLASSIC | EASY | KID-FRIENDLY

**For a twist on these cookies, use almond extract instead of vanilla**

**Start to finish** 15 minutes (10 minutes active)
**Servings** 12

- **225 grams (1 cup) butter**
- **96 grams (¾ cup) granulated sugar**
- **1 teaspoon vanilla extract**
- **2 large eggs**
- **250 grams (2 cups) all-purpose flour**
- **2 teaspoons baking powder**
- **Sanding sugar**

1 In the bowl of a stand mixer on medium speed, cream butter and sugar. Add vanilla and eggs to incorporate. Mix in flour and baking powder until a soft dough forms.
2 Scoop dough into small balls and sprinkle with sanding sugar. Place in the basket or tray of an air fryer, leaving about 1cm (½in) between cookies.
3 Cook at 180°C/350°F/Gas 4 for 4 to 6 minutes, until cookies are golden on top.
4 Place on wire rack to cool.

## MOLTEN LAVA CAKES

CLASSIC | EASY | FAMILY FAVOURITE | NUT-FREE

**The centres firm up as the cake cools, so for the most lava, serve straight away**

**Start to finish** 15 minutes (5 minutes active)
**Servings** 2

- **Cooking spray**
- **1 (110g/4oz) 60% dark chocolate bar, broken into pieces**
- **6 tablespoons butter, cut into pieces**
- **1 large egg**
- **1 large egg yolk**
- **½ teaspoon vanilla extract**
- **3 tablespoons granulated sugar**
- **3 tablespoons all-purpose flour**
- **60 grams (½ ) cup chocolate chips**
- **Icing sugar, for garnish**

1 Coat two 220g (8oz) ramekins with cooking spray. Set aside.
2 In a microwave-safe bowl, add dark chocolate and butter. Microwave for 1 minute, stirring every 15 seconds until melted. Set aside.
3 In the bowl of a stand mixer, beat egg, egg yolk, vanilla and sugar until well blended. Add flour and the chocolate mixture and stir until combined.
4 Pour mixture into ramekins. Place in air fryer and cook at 190°C/300°F/Gas 5 for 8 to 10 minutes.
5 Cool for 1 minute. Use a butter knife to loosen cake edges; invert each onto a plate. Sprinkle with chocolate chips.
6 Garnish and serve.



Molten Lava Cakes

## LEMON TARTS

EASY | GUEST-WORTHY | NUT-FREE

**These individual tarts are an elegant way to end a special meal**

**Start to finish** 10 minutes (8 minutes active)
**Servings** 6

- **1 (113g/4oz) package mini graham cracker tart crusts or 6 sweet pastry tartelets**
- **1 (300g/10oz) jar lemon curd**
- **375 mililitres (1½ cups) whipped cream, plus more for serving**
- **Lemon slices and blueberries, for garnish**

1 In the basket or tray of an air fryer, arrange crusts. Cook at 190°C/300°F/Gas 5 for 2 minutes.
2 Place on a wire rack to cool.
3 In a medium bowl, stir together lemon curd and whipped cream. Pour into crusts; smooth tops.
4 Top with a dollop of whipped cream, and garnish to serve.

## MIXED BERRY CRUMBLE

CLASSIC | NUT-FREE

**Sweet, fresh berries are enhanced by a crumble topping**

**Start to finish** 25 minutes (10 minutes active)
**Servings** 4

- **Cooking spray**
- **166 grams (1 cup) sliced strawberries**
- **74 grams (½ cup) blueberries**
- **62 grams (½ cup) raspberries**
- **32 grams (¼ cup) all-purpose flour**
- **3 tablespoons sugar**
- **½ teaspoon cinnamon**
- **2 tablespoons melted butter**
- **Vanilla ice cream, for serving**

1 Coat 4 medium-sized ramekins with cooking spray.
2 In a medium bowl, combine berries. Place mixture in ramekins.
3 In a small bowl, stir together flour, sugar, cinnamon and butter. Spoon mixture over fruit.
4 Place in the basket or tray of an air fryer and cook at 180°C/350°F/Gas 4 for 15 minutes.
5 Serve warm with ice cream.

## BLONDIES

CLASSIC | GUEST-WORTHY | KID-FRIENDLY

**Tuck one of these sweet butterscotch squares into a school (or work) lunch box**

**Start to finish** 30 minutes (15 minutes active)
**Servings** 9

- **Cooking spray**
- **6 tablespoons melted butter**
- **200 grams (1 cup) dark brown sugar**
- **2 large egg yolks**
- **1 teaspoon vanilla extract**
- **125 grams (1 cup) all-purpose flour**
- **1 teaspoon baking powder**
- **170 grams (1 cup) butterscotch chips or fudge chunks**
- **109 (½ cup) chopped pecans**
- **Icing sugar, for garnish**

1 Coat a 20cm (8in) square baking pan with cooking spray.
2 In a small mixing bowl, combine butter, brown sugar, egg yolks and vanilla. Stir in flour and baking powder. Fold in chips and pecans.
3 Pour into pan. Place in the air fryer and cook at 150°C/300°F/Gas 2 for 12 to 15 minutes.
4 Place on wire rack to cool. Cut into squares, garnish and serve.

### QUICK TIP

To freeze blondies, wait till they're completely cool, then wrap first in plastic, then in foil. They will keep for up to three months. Defrost them overnight in the fridge.



Lemon Tarts

## Cook's Notes

Fruit curd is made with fruit juice (and zest), egg yolks and sugar. It freezes well, whether baked in a tart as we did here or right in the jar (or in canning jars, if you make your own).

## Cook's Notes

Make a quick glaze for this cake. In a bowl, mix 250g (2 cups) icing sugar, 89g (¾ cup) unsweetened cocoa, 55g (¼ cup) melted unsalted butter and 2tsp vanilla extract. Add warm water 1tbsp at a time to reach desired consistency.

Chocolate Cake

## CHOCOLATE CAKE

CLASSIC | FAMILY FAVOURITE | NUT-FREE

**Use your favourite chocolate icing to glaze this easy cake (or try the one on pg. 116).**

**Start to finish** 40 minutes (10 minutes active)
**Servings** 6

- **Cooking spray**
- **189 grams (1½ cups) all-purpose flour**
- **150 grams (¾ cup) granulated sugar**
- **3 tablespoons unsweetened cocoa powder**
- **1 teaspoon bicarbonate of soda**
- **1 teaspoon salt**
- **1 teaspoon vanilla extract**
- **55 millilitres (¼ cup) vegetable oil**
- **250 millilitre (1 cup) water**
- **Topping: chocolate icing**
- **Dark and milk chocolate chips, for garnish**

1 Coat a 1.4l (6-cup) Bundt pan with cooking spray.
2 In a mixing bowl, combine flour, sugar, cocoa powder, bicarb, salt, vanilla, oil and water.
3 Pour batter into pan and cook at 166°C/330°F/Gas 3 for 25 to 30 minutes.
4 Remove from air fryer; let cool completely. Pour icing over cake; garnish and serve.

## HEATH BAR COOKIES

EASY | FAMILY FAVOURITE | KID-FRIENDLY

**You can use crushed Heath bars or Daim bars instead of Heath toffee bits in this recipe**

**Start to finish** 20 minutes (10 minutes active)
**Servings** 12

- **125 grams (1 cup) all-purpose flour**
- **¼ teaspoon bicarbonate of soda**
- **100 grams (½ cup) light brown sugar**
- **55 grams (¼ cup) butter, softened**
- **1 large egg**
- **½ teaspoon vanilla extract**
- **91 grams (½ cup) Heath toffee bits (fudge chunks or broken up Daim bar)**

1 In the bowl of a stand mixer, add brown sugar, butter, egg and vanilla; beat until smooth.
2 Add flour and bicarb, mixing just until combined. Fold in Heath bar bits.
3 Using a tablespoon, form dough into balls.
4 Place dough balls in the basket or tray of an air fryer (you may need to work in batches). Press down gently to flatten.
5 Cook at 180°C/350°F/Gas 4 for 5 minutes or until the tops start to turn golden brown.
6 Let cool on a wire rack.



Heath Bar Cookies

**TRY... using chocolate ice cream between two cookies to make ice cream sandwiches.**

## PUFF PASTRY TURNOVERS WITH BERRIES

GUEST-WORTHY | KID-FRIENDLY | NUT-FREE

**Try these pastries with any seasonal fresh berries**

**Start to finish** 35 minutes (15 minutes active)
**Servings** 8

- **120 grams (½ cup) cream cheese, softened**
- **32 grams (¼ cup) icing sugar**
- **1 tablespoon lemon juice**
- **148 grams (1 cup) blueberries**
- **50 grams (¼ cup) granulated sugar**
- **1 tablespoon cornflour**
- **1 tablespoon lemon zest**
- **1 (500g/17.3oz) box frozen puff pastry, thawed**
- **Whipped cream, for serving**
- **Icing sugar, for garnish**

1 In a small bowl, whisk cream cheese, icing sugar and lemon juice.
2 In another small bowl, mix blueberries, granulated sugar, cornflour and lemon zest. Set aside.
3 On a chopping board, roll out puff pastry. Cut each sheet into 4 squares (8 squares total).
4 Place 1 tablespoon cream cheese mixture near 1 corner of each square. Top with 1 tablespoon of blueberry mixture. Fold opposite corner of each square over filling to form a triangle; press to seal all edges.
5 Place pastries into air fryer (in batches). Cook at 170°C/325°F/Gas 3 for 18 minutes or until golden.
6 Top with whipped cream; garnish and serve.




Sweet Potato and Pecan Pie

## SWEET POTATO AND PECAN PIE

FAMILY FAVOURITE | GUEST-WORTHY

**Save a space for this pie on your holiday dinner table**

**Start to finish** 25 minutes (10 minutes active)
**Servings** 6

- **1 (400g/15oz) can sweet potato purée (substitute with pumpkin purée)**
- **200 grams (1 cup) light brown sugar, divided**
- **207 grams (½ cup) vegetable oil**
- **125 millilitres (½ cup) double cream**
- **2 large eggs**
- **1 teaspoon vanilla extract**
- **2 teaspoons pumpkin pie spice (equal parts cinnamon, ginger, nutmeg and allspice)**
- **109 grams (1 cup) chopped pecans**
- **1 frozen pie crust, thawed (or make your own with shortcrust pastry)**
- **Whipped cream, for serving**
- **Cinnamon, for garnish**

1 In a large bowl, mix together sweet potato purée, 100g (½ cup) brown sugar, oil, cream, eggs, vanilla and pumpkin pie spice. Set aside.
2 In a small bowl, stir together pecans and remaining brown sugar. Set aside.
3 Pour the sweet potato mixture into crust. Top with pecan mixture.
4 Cook at 150°C/300°F/Gas 2 for 15 minutes, or until pie is set.
5 Cool on a wire rack. Dollop with cream and sprinkle with cinnamon.

## SOUR CREAM POUND CAKE

CLASSIC | EASY | FAMILY FAVOURITE | NUT-FREE

**Sour cream makes this cake extra moist**

**Start to finish** 1 hour (15 minutes active)
**Servings** 6

- **Cooking spray**
- **189 grams (1½ cups) all-purpose flour**
- **½ teaspoon salt**
- **1 teaspoon baking powder**
- **112 grams (½ cup) butter, softened**
- **200 grams (1 cup) granulated sugar**
- **153 grams (⅔ cup) sour cream**
- **4 large eggs**
- **1 teaspoon vanilla extract**
- **Icing sugar, berries and mint sprigs, for garnish**

1 Coat a 1.4l (6-cup) Bundt pan with cooking spray.
2 In a medium bowl, stir together flour, salt and baking powder.
3 In a large bowl of a stand mixer, cream butter and sugar. Beat in sour cream and eggs, one at a time, add vanilla. Beat in flour mixture until combined.
4 Pour batter into pan. Cover with foil. Place in the air fryer. Cook at 170°C/350°F/Gas 3 for 15 minutes. Remove foil and cook for an additional 15 to 20 minutes. A toothpick inserted in centre should come out clean.
5 Cool on wire rack for 10 minutes. Turn cake over onto a plate. Sprinkle with icing sugar. Garnish and serve.

## Cook's Notes

If you have any pound cake left over, we've got ideas! Make French toast or bread pudding with it; crumble it over a bowl of mixed berries; or cut it into sticks and dip them halfway in melted chocolate or fudge chunks.

Sour Cream Pound Cake

## Cook's Notes

Macadamia nuts have a creamy texture and an almost buttery flavour. But even better, they're high in copper, vitamin B1 and iron; plus, they contain "good" fats that help lower cholesterol.

White Chocolate-Macadamia Cookies




## WHITE CHOCOLATE-MACADAMIA COOKIES

CLASSIC | EASY | FAMILY FAVOURITE

**These cookies bake up with soft centres and crispy edges**

**Start to finish** 20 minutes (10 minutes active)
**Servings** 24

- **225 grams (1 cup) butter, softened**
- **150 grams (¾ cup) granulated sugar**
- **150 grams (¾ cup) light brown sugar**
- **1 teaspoon vanilla extract**
- **2 large eggs**
- **314 grams (2½ cups) all-purpose flour**
- **1 teaspoon bicarbonate of soda**
- **364 grams (2 cups) white chocolate chips**
- **132 grams (1 cup) chopped macadamia nuts**

1 In the large bowl of a stand mixer, cream butter and sugars.
2 Beat in vanilla and eggs. Stir in the flour and bicarb. Fold in chocolate chips and nuts.
3 Scoop batter by heaping tablespoonfuls in the basket or tray of an air fryer (you may have to work in batches). Cook at 170°C/350°F/Gas 3 for 3 to 5 minutes. Let cool on a wire rack.

## CHOCOLATE CHIP COOKIE CAKE

CLASSIC | EASY | GUEST-WORTHY | NUT-FREE

**Pipe a special message on the centre of this cake for any celebration**

**Start to finish** 30 minutes (15 minutes active)
**Servings** 8

- **Cooking spray**
- **112 grams (½ cup) butter, softened**
- **100 grams (½ cup) granulated sugar**
- **100 grams (½ cup) light brown sugar**
- **1 large egg**
- **1 teaspoon vanilla extract**
- **½ teaspoon bicarbonate of soda**
- **¼ teaspoon salt**
- **189 grams (1½ cups) all-purpose flour**
- **168 grams (1 cup) dark chocolate chips**
- **Toppings: whipped cream, pastel sprinkles**

1 Coat a 23cm (9in) metal pan with cooking spray.
2 In the bowl of a stand mixer, cream together butter and sugars. Beat in egg and vanilla. Add bicarb, salt and flour. Fold in chocolate chips.
3 Press dough into bottom of pan. Cook at 170°C/350°F/Gas 3 for 10 to 12 minutes until lightly browned around the edges.
4 Cool on a wire rack. Pipe on whipped cream and add sprinkles, then serve.

### QUICK TIP

Add the sprinkles right before serving the cake, so they don't "bleed" into the whipped cream.

## SNICKERDOODLES

CLASSIC | EASY | NUT-FREE

**Everyone's favourite cinnamon-sugar cookie bakes perfectly in an air fryer**

**Start to finish** 20 minutes (15 minutes active)
**Servings** 24

- **4 tablespoons plus 300g (1½) cups granulated sugar, divided**
- **1 tablespoon cinnamon**
- **225 grams (1 cup) butter, softened**
- **2 large eggs**
- **2 teaspoons vanilla extract**
- **375 grams (3 cups) all-purpose flour**
- **1 teaspoon cream of tartar**
- **½ teaspoon bicarbonate of soda**

1 In a small bowl, stir 4 tablespoons sugar and cinnamon until combined.
2 In a large bowl of a stand mixer, cream butter and remaining sugar. Beat in eggs and vanilla. Stir in flour, cream of tartar and bicarb.
3 Roll dough into 24 small balls. Roll each ball in cinnamon-sugar mixture to coat completely.
4 Cook at 170°C/325°F/Gas 3 for 4 minutes (you may need to work in batches).
5 Let cookies cool on wire rack.

## PEANUT BUTTER COOKIES

CLASSIC | EASY | KID-FRIENDLY

**Gluten-free, just three ingredients and ready in minutes? Sign us up!**

**Start to finish** 10 minutes (5 minutes active)
**Servings** 24

- **516 grams (2 cups) creamy peanut butter**
- **400 grams (2 cups) granulated sugar**
- **2 large eggs**
- **Cooking spray**

1 In medium bowl of a stand mixer, beat peanut butter, sugar and eggs.
2 Roll dough into small balls.
3 Coat the basket or tray of an air fryer with cooking spray. Place balls in the basket (in batches). Gently press down dough. Cook at 170°C/350°F/Gas 3 for 5 minutes (in batches).
5 Let cookies cool on a wire rack.



**TRY . . . pressing a few M&Ms in the centre of each cookie before baking.**

Peanut Butter Cookies

## RED VELVET MUG CAKE

EASY | KID-FRIENDLY | NUT-FREE

**This is perfectly sized for an afternoon treat for one**

**Start to finish** 12 minutes (5 minutes active)
**Servings** 1

- **6 tablespoons red velvet cake mix**
- **3 tablespoons double cream**
- **2 tablespoons cream cheese icing**

1 In an ovenproof mug, mix cake mix and cream until well combined.
2 Place in the air fryer. Cook at 170°C/350°F/Gas 3 for 5 to 7 minutes.
3 Let cool, then ice.

## INDIVIDUAL BLUEBERRY TARTS

EASY | FAMILY FAVOURITE | NUT-FREE

**You may end up with leftover pie filling; put it to good use as a topping for ice cream or breakfast oatmeal**

**Start to finish** 20 minutes (5 minutes active)
**Servings** 6

- **400 grams (14.1oz) refrigerated pie crust or shortcrust pastry**
- **2 (600g/21oz) cans blueberry pie filling (substitute with black cherry pie filling)**
- **250 mililitres (1 cup) whipped cream**
- **Edible flowers, for garnish**

1 On a chopping board, roll out pie crusts. Cut three 18cm (7in) rounds from each crust.
2 Place crusts into 6 individual deep 11½cm (4½in) tart tins; trim or fold edges.
3 Cook at 170°C/325°F/Gas 3 for 4 to 6 minutes or until browned.
4 Let cool for about 10 minutes.
5 Fill crusts with pie filling. Add a dollop of whipped cream; garnish and serve.




Individual
Blueberry Tarts

A STAR PIPING TIP GIVES MACAROONS THEIR DISTINCTIVE SURFACE THAT GETS PARTIALLY BROWNED AND PARTIALLY GOLDEN.

Coconut Macaroons

## COCONUT MACAROONS

CLASSIC | EASY | NUT-FREE

**Toss the coconut with flour so it doesn't clump up in the batter**

**Start to finish** 30 minutes
(20 minutes active)
**Servings** 24

- **4 large egg whites, at room temperature**
- **133 grams (⅔ cup) granulated sugar**
- **¼ teaspoon salt**
- **¼ teaspoon almond or coconut extract**
- **1 (400g/14oz) package sweetened shredded (or dessicated) coconut**
- **64 grams (½ cup) all-purpose flour**
- **Cooking spray**

1 In a large bowl, mix egg whites, sugar, salt and almond extract until blended.
2 In another bowl, toss coconut with flour. Stir into egg white mixture.
3 Place batter in a pastry bag fitted with a large star tip.
4 Coat a baking tray with cooking spray. Pipe tablespoon-sized amounts of dough onto sheet.
5 Cook at 170°C/350°F/Gas 3 for 4 to 5 minutes ( in batches).
6 Let cool on a wire rack before serving.

## COCONUT CUPCAKES

CLASSIC | EASY | GUEST-WORTHY | NUT-FREE

**Toasted unsweetened coconut can be substituted for the sweetened variety**

**Start to finish** 20 minutes (10 minutes active)
**Servings** 12

- **1 box white or vanilla cake mix, plus additional ingredients per instructions**
- **½ teaspoon coconut extract/flavouring**
- **White or vanilla icing**
- **Sweetened shredded or dessicated coconut**

1 Prepare the cake mix according to package directions, adding coconut extract.
2 Place cupcake cases into each cup of a silicone muffin pan. Fill each cup about ¾ full. Place in the basket or tray of an air fryer.
3 Cook at 170°C/350°F/Gas 3 for 11 minutes or until a toothpick comes out clean.
4 Cool completely on a wire rack. Ice the cupcakes and top with coconut.

### QUICK TIP

Place the coconut in a shallow bowl, then dip and roll the frosted cupcake in it. Lightly tap off any excess before placing the cupcakes on a serving platter.



Coconut Cupcakes

## APPLE TURNOVERS

CLASSIC | EASY | NUT-FREE

**The whole family will love these autumn favourites**

**Start to finish** 25 minutes (10 minutes active)
**Servings** 4

- **1 large egg**
- **1 tablespoon water**
- **1 sheet frozen puff pastry, thawed**
- **1 (420g/15oz) can fried apples or canned apple slices**

1 In a small bowl, whisk egg and water to make egg wash.
2 On a chopping board, open up puff pastry sheet. Cut pastry into 4 squares.
3 Spoon apples into centre of each square; brush all edges of pastry with egg wash.
4 Fold pastry diagonally from corner to corner and use a fork to press the edges together.
5 Brush egg wash over tops of turnovers. Place the turnovers in a single layer in the basket or tray of an air fryer. Cook at 170°C/350°F/Gas 3 for 15 minutes or until golden brown.
6 Let cool for several minutes before serving.

## LEMON LOAF CAKE

EASY | GUEST-WORTHY | NUT-FREE

**This not-too-sweet cake would also make a nice addition to a brunch**

**Start to finish** 40 minutes (20 minutes active)
**Servings** 6

- **Cooking spray**
- **112 grams (½ cup) butter, softened**
- **200 grams (1 cup) granulated sugar**
- **2 large eggs**
- **1 teaspoon lemon zest**
- **1 teaspoon vanilla extract**
- **115 grams (½ cup) sour cream**
- **250 grams (2 cups) all-purpose flour**
- **¼ teaspoon bicarbonate of soda**
- **125 grams (1 cup) icing sugar**
- **2 tablespoons lemon juice**

1 Coat a 15cm (6in) loaf pan with cooking spray.
2 In a large mixing bowl of a stand mixer, cream butter and sugar. Beat in eggs, lemon zest, vanilla and sour cream. Stir in the flour and bicarb.
3 Pour batter into pan. Place in air fryer. Cook at 170°C/325°F/Gas 3 for 15 to 20 minutes.
4 Let cool on a wire rack.
5 In a small bowl, whisk together icing sugar and lemon juice. Place cake on platter. Pour icing over top and serve.

## STRAWBERRY SHORTCAKE

CLASSIC | KID-FRIENDLY | NUT-FREE

**You can bake and cool the biscuits ahead of time**

**Start to finish** 16 minutes (10 minutes active)
**Servings** 8

- **Cooking spray**
- **1 (227g/8oz) can refrigerated biscuits (substitute with homemade buttermilk biscuit dough)**
- **304 grams (2 cups) chopped strawberries**
- **50 grams (¼ cup) granulated sugar**
- **500 mililitres (2 cups) whipped cream**
- **Icing sugar**
- **Whole strawberries, for garnish**

1 Coat the basket or tray of an air fryer with cooking spray. Place biscuits in basket. Cook at 170°C/325°F/Gas 3 for 6 minutes or until golden brown. Remove biscuits from the air fryer; let cool on a wire rack. Cut biscuits in half crosswise.
2 In a bowl, combine strawberries and sugar. Using a fork, mash some of the strawberries to create a syrup.
3 On each bottom biscuit, add a spoonful of strawberry syrup, a dollop of whipped cream and a few strawberries.
4 Place top biscuits over berries; top with more syrup and cream. Garnish and serve.



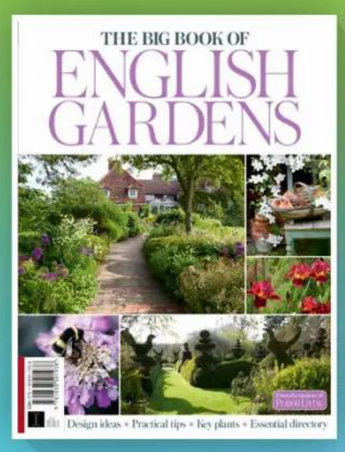
## Cook's Notes

Canned fried apples are similar to apple pie filling in texture, but they are less sweet and have less syrup. That makes them ideal with turnovers like these, because pie filling could seep out of the edges.

Apple Turnovers




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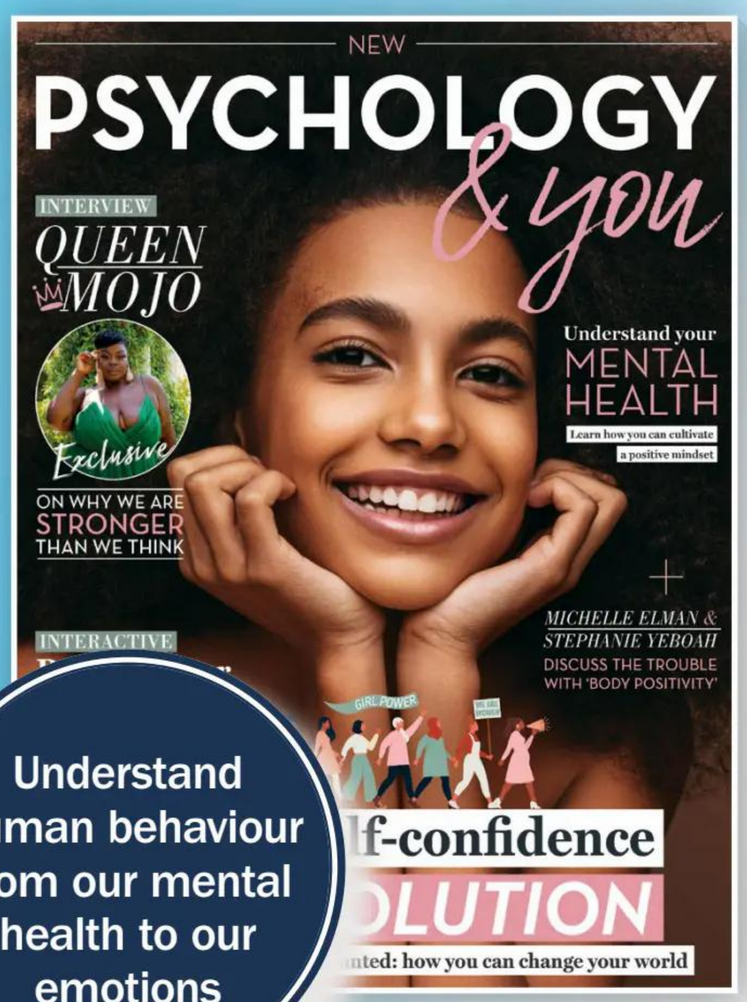













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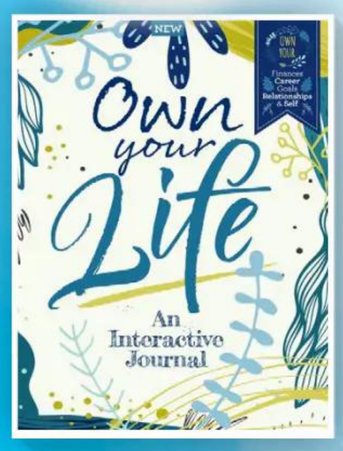









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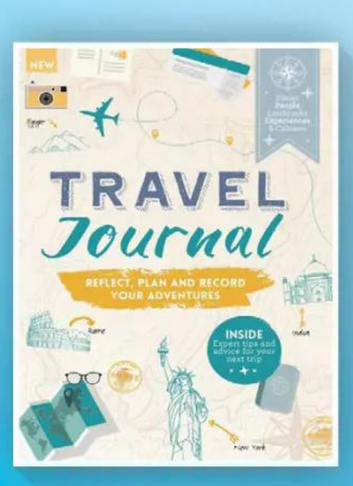













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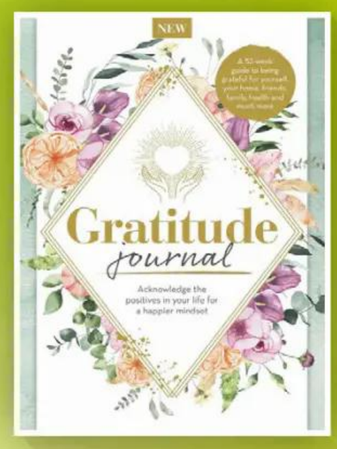
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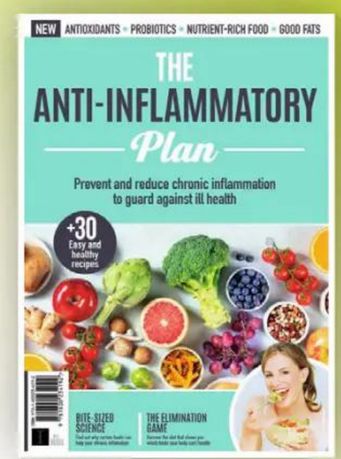




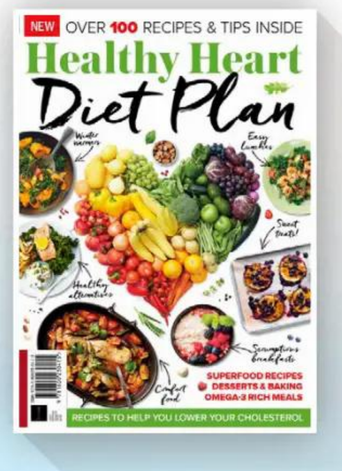





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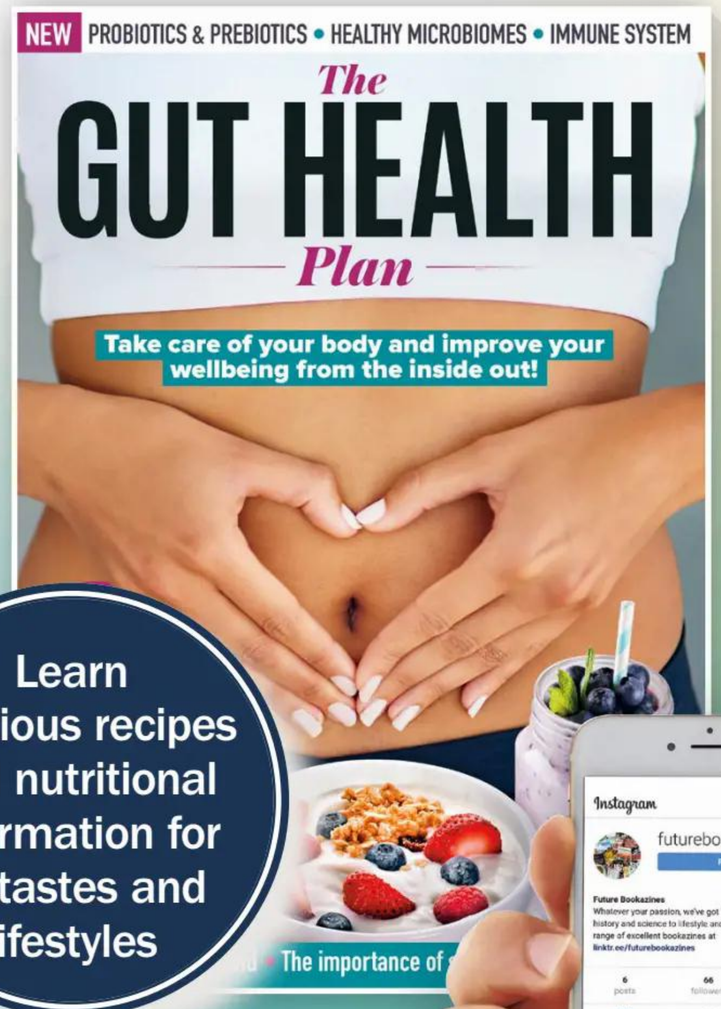
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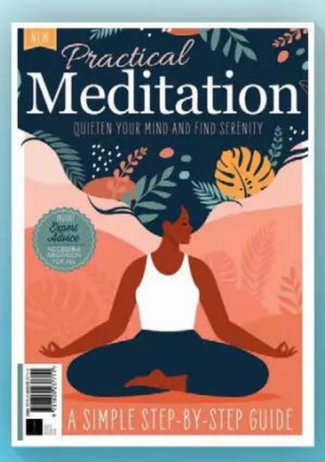














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# THE COMPLETE AIR FRYER RECIPE GUIDE

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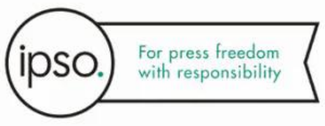



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