



## Air Fryer Cooking Tips

1. Don't overload your air fryer basket.
2. To ensure food is crispy, shake the basket occasionally during cooking or turn the food once or twice.
3. For healthier cooking use a spray oil. This ensures you don't use too much oil in your dish.
4. Cook wetter dishes in tinfoil or oven proof containers.
5. Air fryer basket liners are good for certain dishes but they can prevent the food going nice and crispy.
6. Pretty much anything that you cook in a standard oven can be cooked in an air fryer.
7. Even though preheating the air fryer isn't always needed, I feel you get better results for most dishes.
- 8 Air fryers do vary so cooking times and temperatures may vary for the dishes. Practice makes perfect.

## Loaded chicken nachos recipe

Serves 4

½ cooked chicken, meat chopped  
80g Cheddar cheese, grated  
100g grated mozzarella  
200g bag lightly salted tortilla chips  
50g sliced Jalapenos  
400g tin of black beans  
1 x 200g jar of tomato salsa  
Sour cream to serve  
Chopped coriander to serve  
Sliced spring onions to serve  
Guacamole to serve

1. Preheat air fryer at 180c.
2. Place a layer of nachos in the airfryer basket.
3. Top some chicken, cheese, black beans, salsa and jalapenos.
4. Repeat with 2 more layers, finishing with a layer of cheese.
5. Place in the air fryer and cook for 5-8 minutes until piping hot.
6. Remove from the basket and top with the sour cream, spring onions, guacamole and chopped coriander.

## **Crispy chilli beef recipe**

**Serves 2**

1 x 300g striploin steak, thinly sliced  
1 small egg  
3-4 tbsp cornflour

For the sauce

1 onion sliced  
1 green pepper, cut into thin strips  
1 tsp chopped garlic  
1 tsp grated fresh ginger  
50ml tomato ketchup  
50ml sweet chilli sauce  
2 tbsp soy sauce  
1 tbsp white wine vinegar  
1 red chilli thinly sliced.

1. Preheat air fryer to 210c.
2. Coat the steak with the egg then add the corn flour, Mix well to coat.
3. Place the beef into the air fryer and spray with some oil.
4. Cook for 10 minutes, shaking half way through.
5. While the beef is cooking add a little oil to a frying pan and heat on a high heat.
6. Add the onions, peppers, garlic and ginger. Fry for 2 minutes.
7. Add the rest of the ingredients(except the sliced chili) and cook for a further 3 minutes until reduced and sticky.
8. Add the beef to the pan and toss in in the sauce. Finish with the sliced chillies.

## **Air fryer frittata recipe**

**Serves 2**

**You can add what ever ingredients you like this.**

**Chopped ham, chicken, chorizo and goats cheese are my favourite.**

spray oil  
2 spring onions, thinly sliced  
½ red pepper, finely chopped  
50g mozzarella & cheddar mix  
4 large eggs

1. Preheat the air-fryer to 180°C. Line the air-fryer either with a sheet of baking paper or a round paper cake tin liner. Spray all over with oil.
2. Add the chopped spring onion, red pepper and half of the cheese to a large jug or bowl and crack over the eggs. Season with salt and black pepper and beat together.

3. Pour the mixture into the lined air-fryer and cook for 10mins. Sprinkle over the rest of the cheese and return to the air-fryer to cook for another 6-10 mins, or until golden brown and well risen. Allow to stand for 5 mins before slicing to serve.

### **Buttermilk chicken burger recipe**

**Serves 4**

3 chicken fillets, each cut into 5 strips  
200ml buttermilk (see tips to make your own)  
1 egg

For the buttermilk brine

zest 1 lemon  
1 tsp chopped thyme  
1 tsp paprika  
1 tsp onion salt  
1 tsp garlic granules  
1 tsp flaky sea salt  
150ml buttermilk

For the spiced flour

225g plain flour  
2 tbsp cornflour  
2 tsp garlic granules  
2 tsp salt  
2 tsp chilli powder

Panko bread crumbs

Brioche buns to serve

Katsu curry mayonnaise (see recipe)

Sliced tomato, lettuce and red onions to serve

1. Put all the brine ingredients in a large dish. Add the chicken, toss to coat well, then cover and chill for 12 hours.
2. Put all the spiced flour ingredients in another dish or a large bowl, add a good grind of black pepper and combine well.
3. Crack the egg in another bowl and lightly whisk until well combined.
4. Start to coat the chicken. Using one hand, dip the pieces in the seasoned flour coating well.
5. Then dip the flour in the egg mix and finally in the panko crumbs.
6. Spray or brush the chicken with a little oil.
7. Preheat air fryer to 200c and then place the chicken in the basket.
8. Cook for 6 minutes then turn the chicken and cook for a further 6 minutes.

### **Katsu curry mayonnaise recipe**

50ml ketchup  
1 tsp toasted sesame oil  
1 tsp soy sauce  
1 tbsp Worcestershire sauce  
½ tbsp honey  
juice ½ lime  
2 tsp medium curry powder

3 tbsp mayonnaise

1. Place all the ingredients in a bowl and mix well.

### **Meat ball kebabs with Baba Ganoush and chilli honey recipe**

#### **Serves 4**

12 beef meatballs  
4 spring onions, trimmed and cut into 3cm lengths  
1 red pepper, deseeded and cut into 3cm chunks  
1 green pepper, deseeded and cut into 3cm chunks  
3 tbsp clear honey  
1 tsp dried chilli flakes  
1 tsp apple cider vinegar  
Wooden skewers

1. Trim the wooden skewers to fit in the air-fryer, if needed.
2. Thread the meatballs, spring onions and peppers onto the skewers, alternating the ingredients.
3. Cook in your air-fryer at 200°C for 12-15 mins until the meatballs are golden and cooked through, and the vegetables are lightly charred.
4. Meanwhile, in a small pan, mix the honey and chilli together. Warm over a medium heat for 2 mins, then stir through the cider vinegar and set aside to infuse.
5. Using a pastry brush, glaze the meatballs and vegetables all over with the hot honey. Serve

#### **Baba Ganoush recipe**

2 small-to-medium aubergines  
A little olive oil for brushing  
2 garlic cloves  
2 tablespoons lemon juice  
60 g Tahini  
6-8 tablespoons extra virgin olive oil  
2 tablespoons of chopped flat leaf parsley  
Salt and pepper  
½ teaspoon ground cumin  
Smoked paprika to garnish

1. Preheat the air fryer to 220c
2. Halve the aubergines lengthwise, score a few times and brush the cut sides lightly with olive oil.
3. Line the air fryer baskets with baking parchment and place the aubergine in the baskets skin side up.
4. Roast the aubergines until the flesh is very tender throughout and the skin is collapsing (approx.30-40 minutes depending on the size of your aubergines)
5. Set the aubergine aside to cool for a few minutes. Flip the eggplants over and scoop out the flesh with a large spoon, leaving the skin behind.
6. Place a sieve over a mixing bowl, then transfer the flesh to the strainer and discard the skins. Pick out any stray bits of skin and discard. You want to remove as much moisture from the aubergine here as possible, so let it rest for a few minutes and shake and stir to release some more moisture.

7. Discard all of the aubergine drippings, and place the pulp into the bowl. Add the garlic and lemon juice to and stir vigorously with a fork until aubergine breaks down.
8. Add the tahini to the bowl and stir until it's incorporated. While stirring, slowly drizzle in the olive oil. Continue stirring until the mixture is pale and creamy, and use your fork to break down any bits of aubergine.
9. Stir in the parsley, salt and cumin. Season to taste with more salt and more lemon juice, if you'd like a more tart flavour.
10. Transfer the baba ganoush to a serving bowl and lightly drizzle olive oil on top. Lastly, sprinkle parsley and smoked paprika on top. Serve

### **Air fryer firecracker salmon bites recipe – Serves 4**

#### **For the salad**

- 2 tbsp white wine vinegar
- 2 tsp soy sauce
- 1 tsp sesame oil
- 1 tbsp caster sugar
- 1 green finger chilli, very thinly sliced
- 1 cucumber
- 200g cherry tomatoes, quartered
- 2 tbsp coriander, chopped

#### **For the salmon bites**

- 1 tbsp groundnut oil or sunflower oil
- 100g panko breadcrumbs
- juice 1 lime
- 1 tbsp honey
- 4 tbsp sweet chilli and garlic sauce
- 1 tsp ginger paste
- 1 tsp sesame oil
- 1 tbsp reduced-salt soy sauce
- 2 tbsp sesame seeds
- 1 green finger chilli, thinly sliced (optional)
- 4 boneless salmon fillets
- 1 spring onion, sliced

1. For the salad, stir together the vinegar, soy sauce, sesame oil, sugar and sliced chilli in a large bowl. Cut the cucumber into thin slices. then in half. Place in a bowl along with the cherry tomatoes and chopped coriander. Set aside to marinate for 10 mins while you cook the salmon, stirring occasionally.
2. In a wide bowl, mix together the panko breadcrumbs with the oil until well coated; set aside.
3. Stir together the lime juice, honey, sweet chilli sauce, ginger paste, sesame oil, soy sauce, sesame seeds and sliced chilli. Divide the sauce between 2 bowls.
4. If you don't like skin on your salmon, put the fillets skin side down on your chopping board and carefully run your knife between the flesh and the skin, as close to the skin as possible.

5. Preheat your air-fryer to 200°C.
6. Chop the salmon fillets into 3cm chunks and toss in one of the bowls of sauce until all the pieces are well coated.
7. Toss the salmon chunks in the panko breadcrumbs and discard any sauce that the raw salmon has been in. Once all of the pieces are coated, arrange in a single layer in the air-fryer.
8. Cook for 8-10 mins, turning the pieces over after 5 mins, until crisp and browned.
9. Gently toss the crispy salmon in the other bowl of sauce.
10. Cook the microwave rice according to pack instructions and divide between 4 plates.
11. Add some cucumber salad and a few pieces of crispy salmon to each plate. Scatter over sliced spring onion and drizzle over any remaining sauce before serving

#### **Air fryer French toast with Nutella recipe**

##### **Serves 4**

cooking spray  
3 eggs  
100ml milk  
8 slices brioche bread  
Nutella  
1 tsp cinnamon  
3 tbsp caster sugar

1. Preheat the air fryer 190c and line the air fryer with parchment paper and spray with cooking spray.
2. In a large shallow bowl, whisk together the eggs and milk.
3. Make Nutella sandwiches with the brioche. Cut the sandwiches into 3-4 fingers each
4. Dip each piece of bread into the egg mixture and then flip it over to coat both sides. Place the French toast sticks in the air fryer and repeat with as many pieces as will fit in the air fryer at once.
5. Cook for 3 minutes, turn the salmon over, or until the French toast is golden brown and puffed.
6. Toss the cooked French toast through the sugar and cinnamon. Serve.