

Easy AIRFRYER 100 Family

Put your air fryer to good use with the 100 awesome family-friendly recipes in this cookbook.

Add variety to your breakfast routine, create simple lunches and lunch box snacks, make family favorite dinners – and don't forget dessert: made simple and delicious in your air fryer.



Easy AIRFRYER 100 Family

Captain Honey 

WHY AIR FRY?

Air fryers are well known for providing a healthier alternative to deep-frying food, but with similar (some say even better) results. That's why they are such a hit with families who want to keep on eating their favourite crispy chips and nuggets (whether homemade or pre-packaged) but with little or no fat. The health benefit of an air fryer is number one for many people, especially those looking to conserve calories or make the shift to a healthier diet, but there are other worthwhile benefits too.

For busy people, the air fryer delivers the benefit of speed. Ready-made food can be cooked in about half the time a conventional oven would take. Food can be cooked from frozen too, so you save on defrosting time (and you don't have to remember to get it out of the freezer in advance). It's so easy as well, and you'll find lots of ideas and tips for cooking ready-made food in chapter two of this book.

It's called a 'fryer', but this machine can grill, bake and roast foods as well so it's definitely not limited to chicken nuggets and chips. It is extremely versatile and should be viewed like a conventional oven in terms of its capability to cook different foods.

Last but certainly not least for busy people, is the ease of clean up. Traditional fryers and even ovens tend to use a lot of oil and make a splashy mess around the place. The air fryer, by contrast, uses little oil and all 'mess' is contained within the appliance. Most have been designed to be very easy to clean, with removable non-stick parts that are dishwasher friendly.

CHOOSING AN AIR FRYER

The two factors to consider when choosing the best air fryer for you are size (capacity) and wattage (power).

Size is measured by litre capacity. Air fryers come in three main sizes - small, medium and large. The small sizes range between 3L and 3.5L (2-3 Quarts), the medium between 4L and 5L (4-6 Quarts) and large sizes range from 7L to 12L (7-8 Quarts) in capacity. These larger versions take up more bench space, but they often come with extra features such as a rotisserie or dehydrator.

If you have a large family to cook for, you will probably want to opt for a medium

or large air fryer, or maybe even more than one. For couples or small families, a small air fryer may be enough. Do your homework and decide what's best for you.

Power is an important consideration during your research too. Power is measured by wattage. A higher wattage means greater power which means food will cook more quickly. If this is a priority, look for an air fryer with a high wattage.

AIR FRYER COOKING TIPS

PREHEAT

If a recipe specifies preheating, you can use the preheat setting on your air fryer or, if it doesn't have one, simply set to the desired temperature and let it run for 3 minutes.

PAT DRY

Use paper towel to pat foods dry before cooking to avoid splattering and excess smoke.

SPRITZ

Lightly spritz foods with cooking spray or toss in a small amount of oil to minimise the chance of sticking to the basket and to maximise results.

SPRITZ AGAIN DURING COOKING

Give an extra spritz with oil during cooking for anything that's coated in breadcrumbs, especially on any dry, floury areas, for a crispier result.

DON'T OVERCROWD THE BASKET

Give food plenty of space so that the air can circulate. This will deliver the best and crispiest results. Cook in batches or use a double layer accessory to maximise available space.

SHAKE THE BASKET

For best results, shake the basket and/or rotate food every 5-10 minutes. This will allow the air to circulate better and will result in more uniform cooking.

ACCESSORIES

The great news is that you don't have to make a big investment in air fryer accessories up front. You can use any existing dish, ramekin, cake tin, bowl or other utensil in your air fryer so long as it is made from an ovenproof material such as glass, ceramic, metal or silicone, and fits in your air fryer basket. Likewise you can use baking paper, patty pans (paper or silicone) and aluminium foil in your air fryer, just as long as this does not completely cover the bottom of the basket, which would disrupt air flow.

However, you might decide to invest in extras designed specifically for the air fryer that you feel would be helpful. Experiment with the recipes in this book and see what you most need. We have provided a list of the basics on the next page. Or, if you are a complete beginner, you might prefer to invest in a starter pack, which will generally include a cake tin with a convenient handle, a double layer accessory (to expand your cooking surfaces), a pizza pan, a cooking rack with skewer holders, and a silicone mat to protect cooking surfaces. You can also buy accessory kits to suit your cooking interests, such as baking accessory kits or grilling accessory kits.

Note: One of the best things about appliances made specifically for the air fryer is their shape and size. They are designed to fit in the air fryer, whereas utensils designed for the oven tend to be bigger.

COOKING WITH PANS AND TINS

When placing a pan or tin in the air fryer basket, leave a little space around it so that the air can circulate. For the same reason, always put the pan into the air fryer basket and never directly into the air fryer. Use oven mitts when removing pans and tins from the air fryer.

COOKING SPRAY

Not exactly an accessory, cooking oil spray is nonetheless an essential ingredient for cooking in an air fryer. Invest in a sprayer bottle (or two) that you can refill. Depending on how and what you cook, you might like to have one filled with a non-stick cooking oil and the other with olive oil (for flavour as well as its non-stick properties).

A pastry brush is also handy for applying oil to food and glaze or egg wash to pies and pastries.

Note: We have not included cooking spray in the ingredients lists for recipes, but have assumed it is a kitchen staple.

THERMOMETER

A great investment if you are serious about cooking in an air fryer is an instant-read kitchen thermometer. This is be particularly helpful for cooking chicken, helping you achieve the best (and safest) results with the least fuss. Chicken needs to reach a certain temperature to be safe. It is cooked when the internal temperature reaches 74°C (165°F), but note that a thicker piece of meat might require a few more minutes' cooking.

Practice makes perfect, but a good rule of thumb for cooking red meat is:

- For rare meat: 50°C (125°F)
- For medium meat: 55°C (145°F)
- For well-done meat: 60°C (160°F)

COMMON AIR FRYER ACCESSORIES

- Baking pan
- Cake tin
- Pizza pan
- Ramekins
- Grill pan
- Double layer accessory (or metal rack)
- Bread rack
- Silicone cupcake moulds
- Silicone mat

The double layer accessory is especially useful because it doubles the space you have available to cook in. As the air fryer is small compared to the conventional oven, it will enable you to create food for the family without having to cook in batches.

Note: For the purposes of this book, we have assumed that you don't have any special air fryer accessories. Where a utensil is required, we have listed it in the ingredients. You will need to ensure that it fits in your air fryer and is ovenproof.

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Apple Pancakes

- 60g butter, melted
- 1 egg
- 1 cup (250ml, 8fl oz) milk
- 1¼ cups (150g, 5oz) plain flour (all-purpose flour), sifted
- 1 tsp baking powder
- Pinch of ground cinnamon
- 2 tbsps brown sugar
- 1 apple, grated
- Baking pan, lightly greased

Preheat the air fryer to 180°C (350°F). Whisk together the butter, egg and milk in a large bowl. Combine the flour, baking powder, cinnamon and sugar in a separate bowl. Pour the wet ingredients into the dry and stir until just combined. Gently stir in the apple.

Scrape 2 heaped tablespoons of batter into the pan. Cook for 7 minutes or until golden. Repeat for remaining mixture.

SERVES 2
PREP + COOK TIME: 20 MINS

Scrambled Eggs

- 4-5 eggs
- Knob of butter
- Baking pan

Preheat the air fryer to 220°C (430°F).

Whisk the eggs until fully combined.

Place butter in the baking pan and insert the pan into the air fryer. Heat butter until just melted (approximately 1 minute).

Add the eggs and cook for 1 minute. Remove, stir and check the consistency. Repeat until the eggs are cooked to your liking.

SERVES 2
PREP + COOK TIME: 5 MINS

Sausages

8 sausages

Prick the sausages on one side.

Place the sausages in the air fryer basket, pricked-side down. Allow enough space between them that they don't touch. Cook in batches or use a double layer accessory if needed.

Cook for 15 minutes at 180°C (350°F).

Halfway through the cooking cycle, flip the sausages.

Remove sausages from the air fryer basket and serve.

SERVES 2
PREP + COOK TIME: 15 MINS





Cinnamon Scrolls

1 cup (250ml, 8fl oz) milk
3 tbsps butter + 2 tbsps butter, melted
2¼ tps instant yeast
¼ tsp salt
¼ cup (55g, 2oz) firmly packed brown sugar
5½ cups (660g) plain flour (all-purpose flour), sifted
2 tps ground cinnamon
¾ cup (100g, 3½ oz) pecans, toasted and roughly chopped
Cake tin, greased

Gently heat the milk and 3 tablespoons of butter in a saucepan over medium heat. Stir until butter has melted. Do not allow to boil. Remove from the heat and allow to cool until the mixture is warm to the touch. Transfer to a large mixing bowl.

Sprinkle the yeast on top and set aside for 10 minutes to activate. Add salt and 1 tablespoon of the brown sugar and stir to combine.

Add the flour in thirds, stirring after each addition. When a sticky dough forms transfer this to a floured work surface. Wipe and then lightly spray the mixing bowl with oil and set aside.

Knead the dough for 1-2 minutes until workable. Place in the greased bowl and cover with plastic wrap. Transfer to a warm place for 1 hour to rise.

To make the filling, stir together the remaining brown sugar and cinnamon, breaking up any lumps with the back of the spoon. Stir in the pecan nuts.

On a lightly floured surface, roll out the dough into a thin rectangle. Brush with some of the melted butter and sprinkle evenly with the brown sugar mixture, leaving a 1cm (½ in) border.

Starting at one end, roll up the dough tightly and place with the seam side down. Cut the roll into approximately 1½ cm sections and place in the prepared tin. Brush with the remaining melted butter.

Preheat air fryer to 180°C (350°F).

Bake rolls for 25-30 minutes or until slightly golden brown.

MAKES 8-10
PREP + COOK TIME: 1HR

Breakfast Burritos

- 6 flour tortillas
- 6 eggs, scrambled (see p 12)
- 4 cooked sausages, chopped (see p 15)
- ½ cup (60g, 2oz) Cheddar cheese, grated
- 1 cup (270g, 9oz) tomato salsa
- Fresh parsley, to serve

Preheat the air fryer to 180°C (350°F). Spray the air fryer basket with olive oil spray.

Combine the egg, sausage, cheese and salsa in a mixing bowl.

Spoon ½ cup of the mixture into the centre of a flour tortilla. Fold in the sides and then roll to form a burrito.

Repeat with the remaining ingredients.

Place the burritos into the air fryer basket and cook for 5 minutes.

SERVES 3
PREP + COOK TIME: 30 MINS

Easy French Toast

- 2 eggs
- ⅔ cup (160ml, 5fl oz) milk
- 1 tsp vanilla essence (optional)
- 4 slices bread
- Baking pan

Spray the baking pan with non-stick spray.

Combine the eggs, milk, and vanilla essence, if using, in a small bowl. Whisk together until well combined.

Dip a slice of bread into the mixture. Coat well, then shake to remove the excess. Place into the prepared pan.

Place into the air fryer and cook for 3 minutes at 175°C (350°F). Flip over and cook for a further 3 minutes.

Repeat with the remaining slices of bread.

SERVES 2
PREP + COOK TIME: 35 MINS





Egg, Tomato and Thyme Tarts

Plain flour (all-purpose flour), for dusting
1 sheet frozen puff pastry, just thawed
 $\frac{3}{4}$ cup (90g, 3oz) Cheddar cheese, grated
4 large eggs
8 cherry tomatoes, halved
1 tbsp fresh thyme leaves

Preheat the air fryer to 200°C (400°F).

Place the pastry sheet on a floured workbench and cut into four squares. Place one or two squares (depending on space) in the air fryer basket, spacing them apart so they do not touch. Cook for 10 minutes or until pastry is golden brown.

Remove the basket from the air fryer. Using a spoon, press down in the centre of the pastry to make an indentation. Sprinkle cheese into each indentation and then crack an egg into it. Dot the cherry tomato halves around the corners of each and sprinkle with thyme leaves.

Return to the air fryer and cook for a further 6-8 minutes. Transfer to a wire rack and allow to cool for 5 minutes. Serve warm.

Repeat steps with the remaining ingredients until you have made four tarts.

SERVES 4
PREP + COOK TIME: 30 MINS

Homemade Hash Browns

- 4 large potatoes, peeled and finely grated
- 2 tbsps cornflour (cornstarch)
- ½ tsp salt
- 2 tsps olive oil

Place the grated potatoes in a bowl of cold water and soak for 30 minutes. Drain and then pat dry with a paper towel. Transfer to a clean, dry bowl.

Add the cornflour, salt and oil and mix together. Form into small patties and transfer to the fridge for 10 minutes.

Preheat the air fryer to 200°C (400°F).

Lightly spray the air fryer basket. Place the patties in the basket and cook for 15 minutes, flipping halfway through cooking.

SERVES 2
PREP + COOK TIME: 5 MINS

Bacon

8 thin rashers bacon

Preheat the air fryer to 200°C (400°F).

Place the bacon in the air fryer basket in a single layer (you may need to cook in two batches or use a double layer accessory).

Cook for 5 minutes, checking halfway and rearranging with tongs as needed.

For thicker bacon, cook for 10 minutes.

SERVES 2
PREP + COOK TIME: 5 MINS





Spinach Omelette

- 2 eggs
- ¼ cup (60ml, 2fl oz) milk
- Pinch of salt
- 100g (3½ oz) baby spinach
- ¼ cup (30g, 1oz) Cheddar cheese, grated
- Baking pan

Whisk the eggs, milk and salt in a small bowl until well combined. Add the spinach and loosely combine.

Pour the mixture into a well-greased baking pan.

Place the pan into the air fryer basket and cook for 4 minutes at 180°C (350°F). Sprinkle the cheese over the top and return to cook for a further 4 minutes.

Use a thin spatula to loosen the omelette from the sides of the pan and transfer to a plate. Flip one half of the omelette over.

SERVES 1
PREP + COOK TIME: 20 MINS

Ham and Cheese Puffs

2 sheets frozen puff pastry, thawed
1 ham steak, diced
1½ cups (200g, 7oz) Cheddar cheese, grated
Milk, to glaze

Preheat the air fryer to 200°C (400°F).

Mix the ham and cheese together in a mixing bowl.

Roll and cut the pastry into squares of 5 x 5cm (2in) and scoop a heaped teaspoon of filling onto each square.

Fold over the corners of squares so that they almost meet in the centre.

Place the parcels in the air fryer basket and brush the pastry with milk. Be careful not to overcrowd the basket. Cook in batches or use a double layer accessory if needed.

Slide the basket into the air fryer and cook for 10 minutes until crispy and golden.

SERVES 2
PREP + COOK TIME: 20 MINS

Poached Eggs

4 eggs
Baking pan

Place the baking pan in the air fryer basket.

Using a jug or the kettle, fill to halfway with boiling water.

Carefully crack the eggs and slide them into the water.

Cook the eggs at 200°C (400°F) for 3 and a half minutes for soft yolks or longer to suit your preference.

Remove from the air fryer using a slotted spoon.

SERVES 4
PREP + COOK TIME: 5 MINS





Bacon and Egg Cups

- 6 large eggs
- 2 tbsps cream
- Pinch of salt and pepper
- ½ red capsicum (bell pepper), diced
- ¼ small onion, diced
- ½ cup (60g, 2oz) Cheddar cheese, grated
- 3 rashers bacon, cooked and chopped
- ¼ cup (30g, 1oz) mozzarella cheese, grated
- 1 tbsp chopped fresh chives, to garnish
- 6 silicone moulds

Lightly spray the moulds with oil and transfer to the air fryer.

Place the eggs, milk, salt and pepper in a large mixing bowl and whisk to combine.

Sprinkle in the capsicum, onion, Cheddar cheese and bacon and stir to combine.

Pour the egg mixture into the silicone moulds. Sprinkle the mozzarella cheese over the top.

Cook for 15 minutes at 160°C (320°F). Garnish with chives, if desired.

MAKES 6
PREP + COOK TIME: 30 MINS

Pigs in Blankets

- 12 cocktail frankfurts
- 3 sheets frozen puff pastry, thawed
- 1 tbsp mustard
- 1 tbsp fennel seeds, to serve (optional)

Preheat the air fryer to 200°C (400°F).

Using paper towel, thoroughly dry the cocktail franks.

Lay a pastry sheet on a floured surface and cut into rectangular strips wide enough to hold the franks.

Coat the strips with a thin layer of mustard.

Roll each sausage into a strip of pastry. Seal the edge using water.

Place half the pigs in blankets into the air fryer basket and slide it into the air fryer. Cook for 10 minutes or until golden grown.

Repeat the process with the remaining pigs in blankets.

Sprinkle with fennel seeds to serve, if using.

SERVES 4
PREP + COOK TIME: 30 MINS

Easy Pizza Rolls

- 250g (9oz) pizza dough
- 1 cup passata (tomato puree) (or pizza sauce)
- 1 cup (125g, 4oz) mozzarella cheese, grated

Roll out the pizza dough in a rectangle (approximately 30cm x 40 cm) to the desired thickness. Spoon passata over the dough and sprinkle with the cheese.

Roll up the dough to form a firm log. Use a sharp knife to slice the log into circular pieces.

Lightly spray the air fryer basket and carefully place each roll into the basket.

Cook at 190°C (375°F) for 20 minutes.

SERVES 4
PREP + COOK TIME: 40 MINS





French Fries

1kg (2lb) frozen French fries
Salt, to taste

Preheat the air fryer to 200°C (400°F).

Place the frozen fries in the air fryer basket and spread evenly over the base.

Cook for 15 minutes, removing and shaking the basket a couple of times during cooking.

Continue to cook for a few extra minutes if needed to crisp up the fries.

Season with salt before serving.

SERVES 6
PREP + COOK TIME: 15 MINS

Party Meatballs

- 500g (1lb) lean beef mince
- 1 clove garlic, crushed
- 1 tsp dried mixed herbs
- 1 egg, beaten
- 1 tbsp fresh breadcrumbs
- 175g Masterfoods Tuscan meatballs recipe base

Mix together all ingredients except recipe base until well combined.

Form mini meatballs (you should get about 14) using your hands.

Lightly spray the air fryer basket and carefully place meatballs into the basket.

Cook at 200°C (400°F) for 7 minutes, turning halfway.

Meanwhile, prepare the Tuscan recipe base sauce per the packet instructions.

Allow meatballs to cool slightly then coat with the sauce.

Insert toothpicks to serve.

SERVES 4
PREP + COOK TIME: 30 MINS

Mini Quiches

- 1 shortcrust pastry sheet
- 1 egg
- 3 tbsps thick cream
- ½ cup (40g, 1½ oz) Cheddar cheese, grated
- Pinch of salt and pepper
- 1 cup (165g, 6oz) broccoli, cooked and chopped
- 2 pie moulds (or use ramekins)

Preheat the air fryer to 200°C (400°F) and lightly spray the moulds with oil.

Cut two rounds of approximately 7cm from the pastry sheet. Press down into the moulds. Transfer to the air fryer.

Beat the egg, cream, cheese, salt and pepper together until combined. Pour the mixture into the pastry moulds and add the broccoli.

Cook for 12 minutes until firm and golden.

Remove the quiches from the moulds before serving.

SERVES 2
PREP + COOK TIME: 35 MINS





Crispy Chicken

1 egg, beaten

½ cup (60g, 2oz) plain flour (all-purpose flour)

1 cup (125g, 4oz) panko breadcrumbs or rice crumbs

2 chicken breasts, cut into thick strips

Preheat the air fryer to 200°C (400°F).

Place the egg, flour and panko in three separate shallow bowls.

Dredge the chicken strips through the flour mixture, then into the egg, then through the panko, pressing in firmly to ensure they are covered. Spray the chicken lightly with cooking spray.

Place the chicken into the air fryer basket. Be careful not to overcrowd the basket. Cook in batches or use a double layer accessory if needed. Cook for 20 minutes, turning halfway.

SERVES

PREP + COOK TIME: 40 MINS

Spinach and Gorgonzola Puffs

- 500g (1lb) baby spinach
- 195g gorgonzola, crumbled
- ½ cup (75g, 3oz) Cheddar cheese, grated
- 1 egg, lightly beaten
- ¼ cup (30g, 1oz) walnuts, chopped + 16 walnut halves
- Salt and pepper, to taste
- 4 sheets frozen puff pastry, just thawed
- 2 tbsps sesame seeds

Bring a large pan of water to the boil. Add the spinach and cook for 30 seconds, until wilted.

Drain well to remove all the water. Transfer to a large bowl.

Add the gorgonzola, Cheddar, egg and chopped walnuts and roughly chop the mixture with a knife to combine. Season with salt and pepper.

Preheat the air fryer to 200°C (400°F).

Cut each pastry sheet into four squares. Place a tablespoon of the mixture onto each square. Fold the corners into the centre and seal with a walnut half. Sprinkle with sesame seeds.

Cook for 4 minutes (you may need to cook in batches or use a double layer accessory). Cook for a further minute or two, as needed, until golden brown

SERVES 4
PREP + COOK TIME: 35 MINS

Sausage Rolls

500g (1lb) (12 pieces) frozen party-size sausage rolls

Preheat the air fryer to 180°C (350°F).

Place all the frozen

in the air fryer basket.

Cook for 13 minutes, turning halfway.

SERVES 4
PREP + COOK TIME: 13 MINS





Homemade Crispy Spring Rolls

125g cooked chicken breast, roughly shredded

1 stalk celery, sliced into strips

1 small carrot, sliced into strips

2 button mushrooms, finely diced

1 tsp ginger, finely chopped

1 tsp sugar

1 tsp chicken stock powder

1 egg

1 tsp cornflour (cornstarch)

8 spring roll wrappers

Place the shredded chicken, celery, carrot and mushrooms into a bowl and mix together. Add the ginger, sugar and chicken stock powder and stir to combine.

In a separate bowl, whisk the egg, then add the cornflour and stir to create a paste. Set aside.

Place a spring roll wrapper on a non-stick or floured surface. Spoon on an eighth of the mixture in a line. Fold over the ends and roll up. Seal the edge with the egg paste. Brush or spray with a little oil. Repeat with the remaining ingredients.

Preheat the air fryer to 200°C (400°F).

Place the rolls into the air fryer basket and cook for 15 minutes, removing the basket and turning once or twice during cooking.

MAKES 8

PREP + COOK TIME: 1HR

Grilled Cheese Sandwich

- 2 slices wholemeal bread
- Butter, for spreading
- 4 slices Cheddar cheese

Preheat the air fryer to 180°C (350°F).

Butter the two slices of bread.

Place the cheese between the two unbuttered sides of the bread (the buttered sides should face out).

Place in the air fryer basket and cook for 5 minutes. Cook for another minute or two to crisp the bread up further, if desired.

SERVES 1
PREP + COOK TIME: 15 MINS

Salmon and Ricotta Puff Pastry Bites

- ¾ cup (200g, 7oz) ricotta
- 100g (3½ oz) smoked salmon
- 1 tbsp chives, finely chopped
- 4 sheets frozen puff pastry, just thawed
- 3 tbsps milk
- 2 tbsps sesame seeds

Preheat the air fryer to 200°C (400°F).

Combine the ricotta, smoked salmon and chives in a mixing bowl.

Cut each pastry sheet into four squares.

Place a heaped teaspoon of filling onto each square.

Fold the squares into triangles and moisten the edges with water. Press the edges firmly together using a fork.

Place four parcels in the basket and brush with half the milk. Sprinkle with half the sesame seeds.

Slide the basket into the air fryer and cook for 10 minutes, or until golden brown.

Repeat the process for the remaining parcels.

SERVES 40 MINS
PREP + COOK TIME: 40 MINS





Bruschetta with Roasted Tomatoes

2 large tomatoes
Pinch of salt and pepper
1 tbsp fresh basil, finely chopped + leaves
to garnish
¼ small onion, finely diced
1 tbsp garlic, finely chopped (or use a
puree)
3 tbsps olive oil
1 ciabatta loaf
8 slices mozzarella cheese
Grill pan

Finely dice the tomato and mix together with the salt and pepper, basil and onion in a mixing bowl.

Place the garlic and olive oil in a small mixing bowl. Stir and set aside.

Slice the ciabatta into eight medium slices and place on the grill pan. Using a pastry brush, coat one side of the bread with the garlic oil. Turn the slices of bread over so that the oil side is down on the pan. Place the slices of mozzarella and seasoned tomatoes on top.

Transfer (in batches) to the air fryer and cook for 5 minutes per batch at 180°C (350°F).

Garnish with fresh basil, if desired.

SERVES 4
PREP + COOK TIME: 30 MINS

Potato Gems

1kg (2lb) frozen potato gems, potato royals or potato minis

Salt, to taste

Preheat the air fryer to 200°C (400°F).

Place the gems in the air fryer basket and spread evenly over the base.

Cook for 15 minutes, removing and shaking the basket a couple of times during cooking.

Continue to cook for a few extra minutes if needed to crisp up the gems.

Season with salt before serving

SERVES 4
PREP + COOK TIME: 15 MINS

Medium-Rare Roast Beef

1 tsp salt
1 tsp pepper
1 tsp dried rosemary
1 tbsp olive oil
1.3kg (3lb) beef roast

Preheat the air fryer to 180°C (350°F).

Place the salt, pepper, rosemary and oil on a plate. Take the beef roast and turn it around through the mixture to ensure even coating.

Place the beef in the basket of the air fryer and cook for 45 minutes. To confirm meat is cooked to medium rare, check with a meat thermometer. The meat should be at 55°C.

Cook for longer if you prefer meat more well done.

Remove from the air fryer, cover with foil and rest for 10 minutes before serving.

SERVES 4
PREP + COOK TIME: 55 MINS





Cheese and Tomato Mini Pizza

2 sheets frozen puff pastry, just thawed
1 egg, beaten
1 cup (125g, 4oz) Colby cheese, grated
8 cherry tomatoes, halved
Baking tin, lightly greased

Preheat the air fryer to 200°C (400°F).

Cut pastry sheets into two shapes corresponding to the shape of your tin. Place one piece of pastry in the fridge and press the other into the tin. Brush the edges with the beaten egg. Transfer to the air fryer basket. Cook for 10 minutes or until pastry is golden brown.

Remove the basket from the air fryer. Using a spoon, press down in the centre of the pastry to make an indentation. Sprinkle cheese into the indentation and then dot with the cherry tomato halves.

Return to the air fryer and cook for a further 6-8 minutes until cheese is gooey. Transfer to a wire rack and allow to cool for 5 minutes. Repeat for the other piece of pastry.

Serve warm.

SERVES 2
PREP + COOK TIME: 30 MINS

Spinach Pie

- 1 egg yolk + 1 egg
- 100g (3½ oz) feta
- 2 tbsps parsley, finely chopped
- 300g (10oz) frozen spinach, thawed
- 1 spring onion, finely sliced
- Pinch of pepper
- 2 sheets frozen filo pastry, thawed
- 1 tbsp black sesame seeds (optional)
- Baking pan or roasting tin, lightly sprayed

Beat the egg yolk in a bowl and then mix in the feta, parsley, spinach and spring onion. Season with pepper.

Fold one sheet of filo in 4, spraying with oil at each fold. Place in the pan. Scoop the feta mixture on top. Repeat with the second sheet of pastry and place it on top.

Preheat the air fryer to 200°C (400°F).

Beat the egg in a small bowl. Brush the pastry with egg and sprinkle with black sesame seeds, if using, and slide the basket into the air fryer. Cook for 6 minutes.

SERVES 2
PREP + COOK TIME: 30 MINS

Nachos

- 230g tortilla chips
- 285g canned red kidney beans, drained and rinsed
- 200g (7oz) jalapenos, sliced
- 2 cups (250g, 9oz) Colby cheese, grated
- Tomato salsa and sour cream, to serve

Line the basket of the air fryer with foil and lightly spritz with cooking spray.

Place the chips in first and then add beans, gherkins and cheese on top.

Cook at 180°C (350°F) for 5 minutes until the cheese has melted. Serve with tomato salsa and sour cream.

SERVES 2
PREP + COOK TIME: 30 MINS

Note: Add your preferred ingredients such as cherry tomatoes, black beans, gherkins or spring onion.





Popcorn Chicken

3 cups (90g, 3oz) cornflakes, crushed
1 tsp Kentucky-style chicken seasoning
½ tsp salt
Pinch of pepper
½ cup (50g, 2oz) plain flour (all-purpose flour)
1 egg, beaten
500g (1lb) chicken mince

Blitz the cornflakes into fine crumbs using a food processor. If you don't have one, place in a bag and crush with a rolling pin. Add the Kentucky seasoning, salt and pepper and stir to combine. Place on a flat plate and set aside.

Place the flour in a shallow bowl. Place the egg in a second shallow bowl.

Roll the chicken mince into small balls. Dredge the balls in the flour, shaking off excess. Dip in the beaten egg, and then roll in the cornflake crumbs until well coated.

Place the crumbed chicken balls in the air fryer basket, leaving a little space between them.

Cook at 180°C (350°F) for 10 minutes or until chicken is cooked through and crispy on the outside.

SERVES 6
PREP + COOK TIME: 45 MINS

Chicken Fried Rice

- 3 cups (495g, 1lb 1oz) cold cooked white rice
- 6 tbsps soy sauce
- 1 tbsp vegetable oil
- 1 cup (170g, 6oz) chopped mixed veg (frozen is fine)
- 1 cup (125g, 4oz) cooked and sliced chicken
- 1 large onion, diced
- 1 egg
- Cake tin

Preheat the fryer to 180°C (350°F).

Place the rice into a large mixing bowl. Add the soy sauce and vegetable oil and stir to combine.

Add the remaining ingredients except the egg and combine well.

Empty the mixture into the cake tin.

Place the pan into the air fryer and cook for 20 minutes. Stir a few times. Break the egg on top in the last 5 minutes and stir to combine.

SERVES 2
PREP + COOK TIME: 35 MINS

Cheesy Garlic Bread

- 1 small baguette
- Butter, for spreading
- 1 tbsp minced garlic
- 1 cup (125g, 4oz) mozzarella cheese, grated
- Wire rack

Preheat the air fryer to 180°C (350°F).

Slice the baguette in half lengthwise, and cut in half so that the pieces fit into the air fryer.

Liberally butter both sides and then spread the minced garlic on top. Sprinkle with cheese.

Place the baguettes onto the wire rack and transfer to the air fryer.

Cook for 8 minutes until cheese is nicely browned.

SERVES 2
PREP + COOK TIME: 15 MINS





Honey Chicken Kebabs

- 2 chicken breasts, diced
- Pinch of salt and pepper
- ½ cup (115g, 4oz) honey
- ½ cup (80ml, 3fl oz) soy sauce
- 1 small zucchini, sliced into rounds
- 1 red capsicum (bell pepper), deseeded and cut into chunks
- Skewer tray

Spray the chicken breasts with oil and season with salt and pepper.

Put the honey and soy sauce in a small bowl and whisk to combine.

Thread the chicken, zucchini and capsicum onto the skewers.

Coat kebabs with the sauce and transfer to the fridge for a minimum of 1 hour.

Preheat the air fryer to 170°C (340°F).

Place the kebabs on the skewer tray and place in the air fryer. Cook for 15 minutes.

SERVES 2
PREP + COOK TIME: 40 MINS

Chicken Burger

- 500g (1lb) chicken mince
- 1 tsp olive oil
- 1 tsp Worcestershire sauce
- 1 tsp salt
- ¼ tsp pepper
- 4 hamburger buns, to serve
- Salad vegetables, to serve

Combine all the ingredients apart from the buns and salad in a large bowl and mix well.

Using damp hands, gently shape into 4 burger patties.

Preheat the air fryer to 180°C (350°F).

Spritz the air fryer basket with cooking spray and gently slide two burgers into the basket.

Cook for 5 minutes. Increase the temperature to 200°C (400°F) and flip the burger over in the basket. Return to cook for a further 4 minutes.

Repeat with the remaining two burgers.

Serve in buns with salad.

SERVES 4
PREP + COOK TIME: 40 MINS

Easy BBQ Wings

- 1kg (2lb) chicken wings
- ½ cup (125ml, 4fl oz) BBQ sauce

Preheat the air fryer to 190°C (375°F).

Toss the wings in sauce to fully coat. Cover and transfer to the fridge to marinate for 30 minutes.

Liberally spray wings with oil.

Place wings in a single layer in the air fryer basket and cook for 20 minutes, shaking halfway.

SERVES 6
PREP + COOK TIME: 1 HR





Spicy Barbecue Drumsticks

6 chicken drumsticks
2 cloves garlic, crushed
1 tbsp mustard
2 tbsps olive oil
3 tsps brown sugar
1 tsp chilli powder

Combine all the ingredients except for the chicken in a small bowl and whisk to combine. Completely coat the drumsticks in the marinade. Place in a container with a lid. Cover and transfer to the refrigerator for 30 minutes.

Preheat the air fryer to 200°C (400°F).

Shake off any excess marinade then transfer the drumsticks (top to tail) into the air fryer basket and cook for 10 minutes until browned. Turn down the temperature to 150°C (300°F) and cook for a further 10 minutes.

SERVES 2
PREP + COOK TIME: 40 MINS

Homemade Fries

- 4 medium potatoes
- 4 tbsps olive oil
- Salt and pepper, to season

Preheat the air fryer to 180°C (350°F).

Peel the potatoes and cut into fries of the desired thickness. Place in a bowl and add the olive oil. Toss to coat the potatoes in oil.

Place in the air fryer basket and slide into the air fryer. Cook for 20 minutes, shaking after the first 2 minutes and twice more during cooking.

Cook for an additional 5 minutes, if required, to further crisp the fries.

Season with salt and pepper to serve.

SERVES X
PREP + COOK TIME: 20 MINS

BBQ-Glazed Chicken Meatballs

- 450g (1lb) chicken mince
- ½ cup (60g, 2oz) breadcrumbs
- 1 egg
- ½ cup (125ml, 4fl oz) Buffalo sauce
- 1 tsp garlic powder
- ½ tsp onion powder
- ½ tsp salt
- Cooking spray

Combine the chicken, breadcrumbs, egg, half of the Buffalo sauce, the garlic powder, onion powder and salt in a large bowl and stir to fully combine.

Spritz the air fryer basket with cooking spray.

Using clean hands, roll meat into 12 golf-ball-size meatballs.

Place the meatballs into the air fryer basket. (You may need to cook in batches or use a double layer accessory.) Cook on 200°C (400°F) for 12 minutes.

Toss meatballs with the remaining Buffalo sauce before serving.

SERVES 4
PREP + COOK TIME: 40 MINS





Pork Satay with Peanut Sauce

2 tbsps garlic, crushed
1 tbsp fresh ginger, minced
2 tsps hot chilli sauce, divided
2 tbsps kecap manis
2 tbsps vegetable oil, divided
400g (14oz) lean pork chops, cut into cubes
1 spring onion, finely chopped
1 tsp ground coriander
 $\frac{3}{4}$ cup (200ml, 7fl oz) coconut milk
 $\frac{1}{2}$ cup (100g, 3 $\frac{1}{2}$ oz) unsalted peanut butter
1 tbsp soy sauce
Skewer rack

Whisk together the garlic, ginger, 1 teaspoon hot chilli sauce, kecap manis and 1 tablespoon of the oil in a large bowl. Add the meat and stir to combine. Cover and place in the fridge to marinate for 30 minutes.

Thread the pork cubes onto skewers. Place the kebabs on the skewer rack and spritz with oil.

Preheat the air fryer to 190°C (375°F). Spritz the air fryer basket with cooking spray.

Place the skewer rack in the air fryer. Cook for 12 minutes until golden and cooked through, turning halfway during cooking.

To make the peanut sauce, heat 1 tablespoon of the oil in a saucepan. Add the spring onion and coriander and stir-fry for a minute. Pour in the coconut milk, peanut butter, soy sauce and remaining chilli sauce and bring to the boil. Cook for 5 minutes, stirring constantly. Add a little water if the sauce is too thick. Serve sauce on the side as an accompaniment to the satay.

SERVES 3
PREP + COOK TIME: 50 MINS

Note: You can easily substitute store-bought satay marinade to make this recipe super quick and easy.

Baked Potatoes

- 4 potatoes
- 2 tbsps olive oil
- Pinch of salt and pepper
- Sour cream, to serve

Clean the potatoes and pat dry. Rub with olive oil and season with salt and pepper.

Place in the air fryer and cook at 200°C (400°F) for 45 minutes.

Serve with sour cream.

SERVES 4
PREP + COOK TIME: 50 MINS

Dry Spice Ribs

- 1 tbsp salt
- 1 tbsp dark brown sugar
- 1 tbsp sweet paprika
- 1 tsp garlic powder
- 1 tsp onion powder
- ½ tsp mustard powder
- ½ tsp pepper
- 800g (1¾ lb) pork spare ribs

Place all the seasonings in a large bowl and stir to combine.

Place the ribs in the bowl and coat with the seasonings using your hands to rub them well into the skin.

Preheat the air fryer to 180°C (350°F).

Arrange the ribs so that they are upright and leaning against the edges of the air fryer basket.

Cook for 35 minutes until tender.

SERVES 4
PREP + COOK TIME: 50 MINS





Homemade Calamari Rings

300g (10oz) calamari tubes
1½ cups (400ml) buttermilk
½ cup (50g, 2oz) cornflour (cornstarch)
Salt and pepper, to season
½ cup (60g, 2oz) panko breadcrumbs
1 egg
Baking mat (optional)

Clean and debone the calamari tubes (or get your fishmonger to do this).

Place the calamari tubes in a large bowl and cover with the buttermilk. Place in the fridge to soak overnight.

Place cornflour in a shallow bowl. Season with salt and pepper. Place breadcrumbs in second shallow bowl. Whisk egg in a third shallow bowl.

Lightly toss calamari rings in cornflour. Dip in the egg, shaking off any excess, then roll in breadcrumbs.

Preheat the air fryer to 180°C (350°F).

Spray calamari rings with oil, ensuring each one is lightly coated.

Spritz the air fryer basket with cooking spray.

Place in the air fryer basket or onto a baking mat and cook for 8 minutes, removing and gently shaking the basket halfway through cooking.

SERVES 2
PREP + COOK TIME: 40 MINS

Teriyaki Pork

- 450g (1lb) pork shoulder, trimmed and cut into pieces
- ½ cup (125ml, 4fl oz) + 1 tbsp teriyaki sauce
- 2 tbsps water
- 1 tbsp honey
- Cooked rice, to serve
- 2 tbsps sesame seeds
- 1 small red chilli, sliced (optional)

Toss the pork in the ½ cup of teriyaki sauce and water, and then cover and transfer to the fridge to marinate for 45 minutes.

Preheat the air fryer to 220°C (430°F).

Transfer the pork into the basket of the air fryer and cook for 15 minutes, removing the basket and shaking three times during cooking.

Whisk together the remaining tablespoon of teriyaki sauce with the honey.

Pour the sauce over the cooked pork to serve. Serve with cooked rice and garnish with sesame seeds and sliced chilli, if desired.

SERVES 2
PREP + COOK TIME: 1HR 10 MINS

Parmesan Chicken Nuggets

- 1 chicken breast
- ½ tsp salt
- Pinch of pepper
- 115g (4oz) butter
- ½ cup (60g, 2oz) breadcrumbs
- 2 tbsps Parmesan cheese, grated
- 1 tbsp chicken seasoning

Preheat the air fryer to 200°C (400°F).

Trim any excess fat from the chicken breast, then cut into thick slices. Cut each slice into 3 or 4 nuggets. Season with salt and pepper.

Melt the butter in a small saucepan over medium heat (or in the microwave). Place melted butter in a small, shallow bowl. Combine the breadcrumbs, Parmesan and chicken seasoning and place in a second shallow bowl.

Dredge each piece of chicken in butter, then breadcrumbs.

Place in a single layer in the air fryer basket. (You may need to do multiple batches.)

Cook for 12 minutes, removing and shaking the basket halfway through.

SERVES 2
PREP + COOK TIME: 45 MINS





Air Fryer Pot Roast

1 tbsp rosemary, chopped
½ onion, finely chopped
3 tbsps olive oil
1 tbsp balsamic vinegar
1 tsp salt
½ tsp pepper
1.2kg (4lb) (2½ lb) beef chuck roast, thawed

Place the rosemary, onion, olive oil, vinegar, salt and pepper in a small bowl and whisk to combine.

Pour the mixture over the roast, cover and transfer to the fridge to marinate for 8 hours.

Preheat the air fryer to 200°C (400°F).

Place roast in the air fryer basket.

Cook for 30 minutes, flipping roast halfway through.

Allow to rest for at least 5 minutes.

Slice into thick cuts to serve.

SERVES 4-6
PREP + COOK TIME: 8HRS 30 MINS

Beef Kofte

- 1 tbsp oil
- 500g (1lb) beef mince
- 4 tbsps parsley, chopped
- 2 cloves garlic, minced
- 1 tbsp all-purpose seasoning
- 1 tsp salt
- Skewer rack

Combine all the ingredients in a large mixing bowl.

Cover and transfer to the fridge to chill for 30 minutes (or longer if convenient).

Form the kebabs into sausage shapes using your hands. When roughly done insert a skewer in the centre and then gently roll to reshape if needed.

Place kebabs on the skewer rack and spritz with olive oil.

Preheat the air fryer to 190°C (375°F). Cook for 10 minutes or to an internal temperature of 71°C with a thermometer.

SERVES 4
PREP + COOK TIME: 50 MINS

Cheesy Meatballs

- 500g (1lb) beef mince
- 1½ tps Italian herbs
- ½ cup (60g, 2oz) breadcrumbs
- 1 tsp ground paprika
- 2 tps garlic powder
- 100g (3½ oz) Cheddar cheese, cut into chunks

Combine all the ingredients, except the cheese, together in a large bowl.

Using damp hands, rolls the mixture into golf-ball-size balls.

Push a chunk of cheese into the middle of each portion and then gently roll again to re-form meatballs.

Preheat the air fryer to 180°C (350°F). Spritz the air fryer basket with cooking spray.

Place the meatballs in the air fryer basket and lightly spray the tops. Be careful not to overcrowd the basket. Cook in batches or use a double layer accessory if needed.

Cook 18 minutes.

SERVES 4
PREP + COOK TIME: 40 MINS





Bacon and Tomato Stuffed Chicken

1 tbsp olive oil
4 rashers bacon
1 small onion, finely chopped
1 clove garlic, minced
1 tomato, chopped
4 chicken breasts
Pinch of salt and pepper
2 eggs
½ cup (60g, 2oz) plain flour (all-purpose flour)
¼ tsp garlic powder
¼ tsp paprika
½ cup (120g, 4oz) sun-dried tomato pesto
½ cup (50g, 2oz) Colby cheese, grated

Heat the olive oil in a large frying pan. Cook the bacon on both sides for 1-2 minutes. Remove from the pan and set aside. Add the chopped onion to the pan and cook for 2-3 minutes on medium heat. Add the minced garlic and tomato and cook for 1 minute. Set aside to cool.

Insert a sharp knife into the thick end of each chicken breast and cut across it lengthwise to create a deep pocket. Be careful not to cut through the breast. Open the pocket and stuff with the onion mixture. Place a slice of bacon in each and season with salt and pepper.

Whisk the eggs in a shallow bowl.

In a second shallow bowl place the flour, garlic powder and paprika and mix together.

Dip each stuffed chicken breast into the flour mixture, then into the eggs, and then back into the flour mixture.

Preheat the air fryer to 200°C (400°F).

Place the chicken into the air-fryer basket. Lightly spritz with oil.

Cook for about 20 minutes, turning halfway through cooking.

Reduce temperature to 190°C (375°F). Spoon tomato pesto on top of each chicken breast and sprinkle with cheese. Cook for a further 10 minutes.

SERVES 4
PREP + COOK TIME: 35 MINS

Baked Lemon Salmon

2 medium salmon fillets, bones removed
1 tsp dried dill
½ tsp salt
Pinch of pepper
1 tsp lemon rind, finely grated

Preheat the air fryer to 180°C (350°F).

Spray the salmon with oil and gently rub into the flesh. Sprinkle with dill, salt, pepper and lemon rind.

Place salmon in the air fryer basket. Cook for 8 minutes.

Check the salmon with a fork to make sure it's cooked to your preference. Cook for an additional minute or longer as needed.

SERVES 2
PREP + COOK TIME: 20 MINS

Rosemary Roast Potatoes

12 baby new potatoes
1 tbsp olive oil
1 small stem rosemary, leaves picked (or 1 tsp dried)
½ tsp salt
½ tsp pepper

Scrub potatoes well and cut in half.

Place in a bowl with the olive oil and rosemary, and toss until well coated.

Preheat the air fryer to 180°C (350°F).

Place the potatoes in the air fryer basket, being careful not to overcrowd the basket. (Cook in batches or use a double layer accessory if needed.)

Cook for 18 minutes, shaking a few times during cooking.

When cooked, transfer to a bowl. Sprinkle with salt and pepper and toss to combine.

SERVES 4
PREP + COOK TIME: 30 MINS





Garlic Butter Prawns

125g butter, just melted
5 cloves garlic, minced
1 tsp fresh parsley + more to garnish
½ lemon, juiced
1kg (2lb) king prawns, tails intact
Salt and pepper, to season

Combine the butter, garlic, parsley and lemon juice in a large bowl. Set aside.

Peel, devein and rinse the prawns, and then pat dry using paper towels to remove any moisture.

Cut the outside edge and open the prawns up. Press down gently.

Place the prawns in the mixing bowl with the butter mixture and toss to ensure that they are evenly coated. Generously season the prawns with salt and pepper.

Preheat the air fryer to 200°C (400°F).

Arrange the prawns in the basket in an even layer, making sure they are not crowded.

Cook for 6-8 minutes, until bright pink and cooked through.

Serve with lemon slices.

SERVES 3
PREP + COOK TIME: 30 MINS

Sweet Potato Chips

2 sweet potatoes
Salt, to season (optional)

Peel the sweet potatoes, then slice into chips of a consistent size. Place into a large bowl.

Preheat the air fryer to 180°C (350°F).

Spray the potatoes with olive oil and then toss to coat. Sprinkle with salt if desired.

Place the sweet potatoes into the air fryer basket.

Cook for 20 minutes, shaking once during cooking.

SERVES 2
PREP + COOK TIME: 40 MINS

Vegetable Tots

½ cup (60g, 2oz) plain flour (all-purpose flour)
¼ tsp salt
1 tsp garlic powder
2 tsp dried basil
2 medium zucchinis
1 small onion, peeled
2 eggs + 1 egg white
½ cup (50g, 2oz) Parmesan cheese, finely grated
Sweet chilli sauce, to serve

Preheat the air fryer to 200°C (400°F).

Grate the zucchinis and onion. Squeeze the liquid out by placing the grated vegetables in a tea towel, rolling up the towel and twisting it.

In a medium bowl, combine all the ingredients.

The mixture should be thick but quite soft. For best results, cover the bowl and place the mixture in the refrigerator to chill for 1 hour.

Form balls using wet hands, and place in the air fryer in a single layer. (Be careful not to overcrowd the basket. Cook in batches or use a double layer accessory if needed.)

Cook for 10 minutes.

Serve with sweet chilli sauce.

SERVES 2
PREP + COOK TIME: 1HR 10 MINS





Mashed Potato Croquettes

3 medium potatoes, peeled and cut into chunks
30g butter
1 egg yolk
½ cup (50g, 2oz) Parmesan cheese, grated
2 tbsps flour
Salt and pepper, to season
½ cup (50g, 2oz) breadcrumbs
2 tbsps olive oil

Place the potatoes in a large saucepan of cold salted water and bring to the boil. Cook for 15 minutes, until soft. Drain and mash with butter until creamy. Set aside until cool enough to handle.

Add the egg yolk, cheese and flour to the bowl with the mashed potato. Season with salt and pepper and mix to fully combine.

Preheat the air fryer to 200°C (400°F).

Combine the breadcrumbs and olive oil and place on a shallow bowl or plate.

Form the croquettes into balls and roll in the breadcrumb mixture. Press in to ensure fully coated.

Transfer to the basket of the air fryer in an even layer. (Be careful not to overcrowd the basket. Cook in batches or use a double layer accessory if needed.)

Cook for 5 minutes per batch, shaking halfway through.

SERVES 4
PREP + COOK TIME: 45 MINS

Cheesy Vegetable Tart

- 1 savoury pie crust, chilled (see note)
 - 2 eggs
 - ¼ cup (60ml, 2fl oz) milk
 - Pinch of salt and pepper
 - ½ cup (90g, 3oz) zucchini, chopped
 - ½ cup (75g, 3oz) onion, chopped
 - ¼ cup (50g, 2oz) tomato, chopped
 - 2 button mushrooms, sliced
 - ¼ cup (30g, 1oz) mozzarella cheese, grated
 - ¼ cup (30g, 1oz) Cheddar cheese, grated
- Tart pan

Preheat the air fryer to 180°C (350°F).

Line the tart pan with the crust and trim off any excess. Prick the base a few times with a fork.

Beat the eggs with an electric mixer until they are pale and fluffy. Add milk, salt and pepper, zucchini, onion, tomato, mushroom and mozzarella cheese. Stir well to combine.

Transfer the mixture into the prepared crust. Don't fill it quite to the top, so there is room for the tart to rise.

Place the tart into the basket of the air fryer. Cook for 15 minutes then remove and sprinkle the top of the tart with the Cheddar cheese. Return to the air fryer to cook for a further 4 minutes until golden and cheese has melted.

SERVES 4
PREP + COOK TIME: 40 MINS

Note: Purchase a pre-made pie crust or make your own. The crust should be big enough to line a 16cm tart pan.

Corn on the Cob

- 2 corn cobs
- Pinch of salt and pepper
- Fresh parsley, chopped, to garnish

Dehusk the corn cobs and break each one into three pieces. Spray with oil and season with salt and pepper.

Transfer into the basket of the air fryer and cook for 10 minutes at 190°C (375°F), shaking twice during cooking.

SERVES 3-4
PREP + COOK TIME: 12 MINS





Golden Wedges

4 medium potatoes (such as Russet Burbank or Sebago)

1 tbsp olive oil

Salt, to season

Scrub the potatoes and pat dry with a paper towel. Cut into wedges and place in a large bowl.

Toss in the olive oil and sprinkle with salt.

Preheat the air fryer to 200°C (400°F).

Place in the air fryer basket and slide into the air fryer. (Be careful not to overcrowd the basket. Cook in batches or use a double layer accessory if needed.)

Cook for 20 minutes, turning over once or twice during cooking.

SERVES 2

PREP + COOK TIME: 40 MINS

Crumbed Fish

- 4 tbsps vegetable oil
- ¾ cup (100g, 3½ oz) breadcrumbs
- 1 tbsp mixed herbs
- Pinch of salt and pepper
- 1 egg, beaten
- 4 white fish fillets (such as snapper)

Preheat the air fryer to 180°C (350°F).

Mix the oil, breadcrumbs, mixed herbs, salt and pepper together until the mixture is crumbly. Transfer to a shallow bowl or plate.

Place the egg in a shallow bowl.

Dredge the fish fillets into the egg, shaking off any excess. Dredge the fish fillets into the crumb mixture, pressing in to ensure even and full coverage.

Spritz the air fryer basket with cooking spray, then lay the fillets in the air fryer basket and cook for 12 minutes.

SERVES 4
PREP + COOK TIME: 40 MINS

Honey Carrots

- Bunch of baby carrots
- 1 tbsp honey
- 1 tbsp olive oil
- Pinch of salt and pepper

Scrub clean the carrots and trim the ends if needed.

Combine the carrots, honey and olive oil in a shallow mixing bowl and toss to fully coat. Season with salt and pepper.

Preheat the air fryer to 200°C (400°F).

Transfer the carrots into the air fryer basket and slide into the air fryer. Cook for 12 minutes.

SERVES 4
PREP + COOK TIME: 20 MINS





Zucchini and Feta Slice

5 eggs
1 cup (125g, 4oz) self-raising flour
3 large zucchinis, grated
3 spring onions, chopped
80g soft feta, cut into small pieces
½ cup (125ml, 4fl oz) oil
Pinch of salt and pepper
½ cup (60g, 2oz) Cheddar cheese, grated
Cake tin

Preheat the air fryer to 180°C (350°F).

Whisk the eggs in large bowl. Add the flour and beat until smooth, then add the zucchini, spring onion, feta, oil, salt and pepper and stir to combine.

Pour the mixture into the cake tin and sprinkle with the Cheddar cheese. Transfer to the air fryer.

Cook for 30 minutes.

SERVES 4
PREP + COOK TIME: 45 MINS

Note: When cooked, a skewer inserted in the centre should come out clean.

Spinach and Ricotta Lasagne

- 4 sheets lasagne noodles
- 1 cup (225g, 8oz) passata (tomato puree)
- ¾ cup (200g, 7oz) ricotta
- 1 cup baby spinach leaves, chopped
- ½ zucchini, grated
- ½ cup basil, chopped
- Loaf tin

Cook the lasagne sheets according to the directions on the packet. Drain and set aside to cool slightly.

Line the bottom of the loaf tin with 2 tablespoons of passata and place a lasagne sheet over the top. Next add a similar amount each of the ricotta, spinach and zucchini. Place another lasagne sheet on top. Continue like this until all ingredients have been used up, finishing with a layer of the passata.

Cover the loaf tin with foil and transfer to the air fryer.

Cook for 10 minutes on 200°C (400°F), then remove the foil and return to the air fryer to cook for a further 3 minutes.

Transfer to a plate to serve.

SERVES 2
PREP + COOK TIME: 50 MINS

Note: A large air fryer can accommodate two loaf tins.

Falafel

- 1½ cups (250g, 9oz) dried chickpeas (garbanzo beans), soaked overnight (or use canned)
- 2 cloves garlic, minced
- 1 red onion, chopped
- ¼ cup (10g, ¼ oz) fresh coriander (cilantro), roughly chopped
- 3 tbsps olive oil
- 1 tsp ground coriander
- 1 tsp ground cumin
- Pinch of allspice (optional)
- ½ tsp salt
- ½ tsp baking powder
- 4 tbsps almond meal

Place the chickpeas, garlic, onion and chopped coriander in the bowl of a food processor and whiz until a rough paste forms. Slowly add the olive oil and continue to process until smooth and combined.

Transfer the mixture to a bowl. Add the ground coriander, cumin, allspice, if using, salt, baking powder and almond meal and mix well.

Cover and place in the fridge for 1 hour (min).

Roll the mixture into small balls using wet hands, and transfer to a plate.

Place the falafel in the air fryer basket, ensuring they do not touch. (Be careful not to overcrowd the basket. Cook in batches or use a double layer accessory if needed.)

Cook at 190°C (375°F) for 15 minutes until crisp and golden, shaking air fryer basket halfway through cooking.

Serve with tahini yoghurt sauce.

SERVES 2
PREP + COOK TIME: 1HR 30 MINS





Fish Nuggets

1 cup (30g, 1oz) cornflake crumbs
1 tbsp vegetable oil
2 white fish fillets (such as snapper)
Salt and pepper, to season
½ cup (60g, 2oz) flour
1 egg, beaten

Pulse cornflakes and vegetable oil in a food processor until a rough crumb forms. Place in a shallow bowl. Place the flour in a second shallow bowl. Place the egg in a third.

Preheat the air fryer to 180°C (350°F).

Cut the fish into nuggets (approximately 12). Season with salt and pepper then dredge in the flour, shaking off any excess. Dip into the egg and then into the crumbs, pressing in to ensure even and full coverage.

Place half the nuggets in the basket (or use a double layer accessory) and cook for 15 minutes. Repeat with the remaining half.

SERVES 2
PREP + COOK TIME: 40 MINS

Greek Fries

- 2 potatoes, peeled
- 2 tbsps olive oil
- ½ tsp salt
- ¼ tsp pepper
- 2 tbsps dried oregano
- 10 Kalamata olives, pitted and chopped
- 50g feta cheese, crumbled

Preheat air fryer to 180°C (350°F).

Cut the potatoes into chips of even size. Place in a bowl of cold water and soak for 30 minutes.

Drain and pat dry. Place in a large mixing bowl and add the olive oil, salt, pepper and oregano. Toss well to coat the potatoes evenly.

Cook the potatoes in the air fryer for 25 minutes, shaking the basket a couple of times during cooking.

Serve with the feta cheese, Kalamata olives and chopped parsley over the top.

SERVES 4
PREP + COOK TIME: 1HR

Chicken and Parsley Meatballs

- 675g (1½ lb) chicken mince
- 1 egg, beaten
- ¾ cup (90g, 3oz) Cheddar cheese, grated
- ½ cup (20g, ¾ oz) fresh parsley, finely chopped
- Salt and pepper, to taste

Preheat the air fryer to 200°C (400°F).

Combine all the ingredients together in a bowl.

Using your hands, roll into golf-ball-sized meatballs.

Place half the meatballs a single layer in the air fryer basket.

Cook for 8 minutes until lightly browned, shaking the basket halfway through cooking.

Repeat with the remaining meatballs.

SERVES 4
PREP + COOK TIME: 30 MINS





Hasselback Potatoes

4 large potatoes
75g butter, melted
4 cloves garlic, thinly sliced
4 rashers bacon, cooked and sliced
1 cup (125g, 4oz) mozzarella cheese, grated
2 spring onions, finely sliced

Scrub the potatoes and pat dry with a paper towel.

Cut slits along the potatoes approximately 1cm (½ in) apart and down to 1cm (½ in) from the base.

Preheat the air fryer to 180°C (350°F).

Brush the potatoes with butter, and insert the slices of garlic in the slits. Place cut-side down in basket and cook for 30 minutes.

Remove from the basket and turn the potatoes over using tongs.

Top the potatoes with bacon, cheese and spring onion. Return to the air fryer and cook for a further 20 minutes until potatoes are tender and cheese has melted.

SERVES 4
PREP + COOK TIME: 1HR

Pork Belly Roast

750g (1½ lb) pork belly
1 tbsp salt
2 tbsps olive oil

Preheat the air fryer to 200°C (400°F).

Dry the skin of the pork using paper towels.

With a sharp knife, score the skin about halfway towards the meat at regular intervals.

Sprinkle salt into the cuts, rubbing it in well.

Drizzle with the oil and rub well into the skin, ensuring it is completely covered.

Place in the air fryer basket skin-side up.

Cook for 30 minutes.

Reduce the heat to 180°C (350°F), and cook for a further 45 minutes.

SERVES 4
PREP + COOK TIME: 1HR 30 MINS

Baked Zucchini Fries

3 medium zucchinis
2 egg whites
Pinch of salt and pepper
½ cup (60g, 2oz) panko breadcrumbs
¼ tsp garlic powder
¼ cup (25g, 1oz) Parmesan cheese, grated

Cut the zucchinis into sticks.

Preheat the air fryer to 200°C (400°F). Spritz the air fryer basket with cooking spray.

Beat the egg whites in a small bowl and season with salt and pepper.

Place the panko, garlic powder and cheese into a second bowl and mix well.

Dip the zucchini sticks into the egg whites then into the panko and cheese mixture, a few at a time, ensuring that each is well coated.

Spray all sides of the zucchini sticks with oil.

Place the zucchini sticks in a single layer in the basket. (Be careful not to overcrowd the basket. Cook in batches or use a double layer accessory if needed.)

Bake for 20 minutes, or until crisp and golden.

SERVES 2
PREP + COOK TIME: 45 MINS





Tomato and Feta Pasta

500g (1lb) cherry tomatoes on the vine
2 tbsps olive oil
1 tbsp white wine vinegar
1 clove garlic, minced
1 tsp Italian herbs
1 tbsp fresh basil, chopped
Salt and pepper, to taste
250g (9oz) penne pasta, cooked
Soft feta, to serve

Preheat the air fryer to 200°C (400°F).

Place the tomatoes, olive oil, vinegar, garlic, Italian herbs and basil in a large mixing bowl. Season with salt and pepper and toss to combine.

Transfer the ingredients to basket of the air fryer.

Cook for 20 minutes. During cooking remove from the air fryer a few times to stir with a wooden spoon, crushing some of the tomatoes to create the sauce.

When cooked, toss the cooked pasta with the tomato sauce.

Pour over any liquid from the bottom drawer of the air fryer that has leaked through the basket.

Sprinkle with soft feta to serve.

SERVES 2
PREP + COOK TIME: 40 MINS

Lamb Cutlets

- 4 lamb cutlets
- 2 tbsps olive oil
- 1 tsp garlic, minced
- Pinch of salt and pepper

Preheat the air fryer to 180°C (350°F).

Rinse and pat dry lamb cutlets with a paper towel.

Whisk together oil, garlic, salt and pepper.

Rub the mixture generously over the cutlets and transfer to the air fryer basket.

Cook for 12 minutes, turning once halfway through cooking.

SERVES 2
PREP + COOK TIME: 20 MINS

Toasted Brussels Sprouts

- 500g (1lb) Brussels sprouts
- 2 tbsps olive oil
- 1 tsp all-purpose seasoning
- Pepper, to taste

Clean the sprouts and remove the tough outer leaves.

Place the sprouts in a large bowl and add the oil, seasoning and pepper. Toss to coat.

Transfer to the air fryer basket. Cook for 12 minutes at 200°C (400°F), shaking the basket halfway through.

SERVES 4
PREP + COOK TIME: 30 MINS





Doughnut Holes

1¼ cups (155g, 5oz) plain flour (all-purpose flour)

2 tbsps caster sugar

¾ tsp baking powder

¼ tsp salt

100g (3½ oz) chilled butter, cut into small pieces

¼ cup (60ml, 2fl oz) milk

½ cup (70g, 2½ oz) sugar

1½ tsps cinnamon

Combine the flour, caster sugar, baking powder and salt in a medium bowl and mix together. Cut in the butter and rub using fingertips until a fine crumble forms. Add the milk and stir until coated.

Transfer the mixture to a floured workbench and knead for approximately a minute until it forms a smooth dough ball. Cut the dough into equal portions and roll each into a ball.

Line the air fryer basket with greaseproof paper and preheat it to 180°C (350°F).

Combine cinnamon and the sugar in a medium bowl. Roll the dough balls in the cinnamon sugar and place in the air fryer basket. (Be careful not to overcrowd the basket. Cook in batches or use a double layer accessory if needed.)

Cook for 8 minutes until puffed and golden.

MAKES 12

PREP + COOK TIME: 40 MINS

Easy Chocolate Cake

- 3 eggs
- ½ cup (125ml, 4fl oz) sour cream
- 1 cup (125g, 4oz) plain flour (all-purpose flour)
- ⅔ cup (140g, 5oz) sugar
- Pinch of salt (optional)
- 115g (4oz) butter, softened
- ⅓ cup (35g, 1¼ oz) cocoa powder
- 1 tsp baking powder
- ½ tsp bicarbonate of soda (baking soda)
- 1 tsp vanilla extract
- 500g (1lb) chocolate mirror glaze
- Cake tin

Preheat the air fryer to 160°C (320°F). Lightly spritz the cake tin with non-stick spray.

Combine all ingredients except the glaze in a large mixing bowl. Stir well.

Scrape the batter into the prepared cake tin and transfer to the air fryer basket.

Cook for 25 minutes. Remove and test with a wooden skewer, which should come out clean when the cake is cooked.

Cool for 5 minutes in the tin then remove and cool on a wire rack. Drizzle with the chocolate mirror glaze.

SERVE 6
PREP + COOK TIME: 40 MINS

Banana Choc Chip Muffins

- 1¼ cups (225g, 8oz) self-raising flour
- 1 cup (225g, 8oz) caster sugar
- 100g (3½ oz) butter, cold, cut into cubes
- 2 eggs
- 5 tbsps milk
- 1 tsp vanilla essence
- 3 very ripe bananas, mashed
- ¾ cups (100g, 3½ oz) milk chocolate chips
- Muffin tray

Combine the flour and sugar in a large mixing bowl. Add butter. Rub mixture together with fingertips until it forms a crumble.

Whisk the eggs and milk together in a small bowl.

Pour egg mixture into the crumble mixture and add the vanilla essence. Stir well. Add bananas and chocolate chips and stir to combine thoroughly.

Preheat the air fryer to 180°C (350°F).

Line the muffin tray with patty pans. Spoon the batter into the patty pans and place in the basket of the air fryer. (You may need to cook in batches.)

Cook for 10 minutes. Reduce heat to 160°C (320°F) and cook for a further 5 minutes.

Remove and test with a wooden skewer, which should come out clean when the muffins are cooked.

When cooked, cool for 5 minutes in the tray then remove and cool on a wire rack.

MAKES 12
PREP + COOK TIME: 40 MINS





Brioche French Toast

Cooking spray

250g (9oz) brioche loaf

3 eggs

1 cup (250ml, 8fl oz) milk

1 tsp cinnamon

1½ tsps vanilla extract

1½ cups (185g, 6oz) mixed berries

¼ cup (80g, 3oz) maple syrup

½ cup (125ml, 4fl oz) whipped cream

2 tbsps icing sugar (powdered sugar)

Spray a cake tin or small pan with cooking spray.

Thickly slice brioche loaf then use a round pastry cutter to cut brioche into 12 rounds.

In a small bowl whisk together the eggs, milk, cinnamon and vanilla.

Dip each piece of brioche into the mixture and then shake to remove the excess. Place two at a time into the prepared pan.

Cook for 3 minutes at 160°C (320°F) then flip over and cook for another 3 minutes.

Top with fresh berries, maple syrup, whipped cream and a dusting of icing sugar

SERVE 6

PREP + COOK TIME: 40 MINS

Fruit Crumble

- 1 red apple, cored and chopped
- 4 plums
- 1 cup (150g, 5oz) frozen berries
- 1 tbsp lemon juice
- 1 tsp cinnamon
- ⅔ cup (75g, 3oz) plain flour (all-purpose flour)
- 2½ tbsps caster sugar
- 35g butter
- 2 tbsps oats
- Pie dish

Preheat the air fryer to 180°C (350°F).

Place the fruit in the pie dish. Squeeze over the lemon juice and sprinkle with cinnamon.

Combine the flour, sugar and butter in a small bowl. Rub together with fingertips to form a rough crumble. Spoon the crumble over the fruit. Sprinkle oats on top.

Cook in the air fryer for 15 minutes.

SERVE 6
PREP + COOK TIME: 30 MINS

Giant Chocolate Chip Cookie

- 120g (4oz) butter
- ½ cup (110g, 4oz) sugar
- ½ cup (80g, 3oz) light brown sugar
- 1 egg
- 1 tsp vanilla essence
- 1½ cups (185g, 6oz) plain flour (all-purpose flour)
- ½ tsp bicarbonate of soda (baking soda)
- ¼ tsp salt
- 1 cup (155g, 5oz) milk chocolate chips
- 2 cake tins, greased

Preheat the air fryer to 180°C (350°F).

Place the butter, sugar and brown sugar in the bowl of an electric beater or stand mixer. Beat until light and fluffy, then add the egg and vanilla. Beat again until combined. Add the flour, bicarb (baking soda) and salt and gently beat to combine. Finally stir in the chocolate chips using a spoon.

Press the dough into the prepared cake tins. Transfer one to the fridge and place the other in the air fryer basket. Cook for 12 minutes until just golden.

Repeat with the other cookie.

SERVES 4
PREP + COOK TIME: 25 MINS





Apple Pie

2 apples
2 sheets frozen shortcrust pastry
1 tbsp lemon juice
1 tbsp ground cinnamon
1 tsp vanilla extract
3 tbsps brown sugar, divided
20g butter, cut into small pieces
1 egg, beaten
Cake tin

Peel and slice the apples.

Preheat the air fryer to 200°C (400°F).

Place the pastry sheets on a lightly floured surface and cut around the cake tin to make two circles, one larger than the other to extend up the sides of the tin.

Lightly grease the cake tin. Place the larger circle into the base of the tin, pressing the pastry up the sides. Place the tin into the basket of the air fryer.

Place the sliced apple, lemon juice, cinnamon, vanilla extract and 1 tablespoon brown sugar in a bowl and stir to combine.

Pour the filling into the cake tin on top of the pastry. Top with butter and remaining brown sugar.

Gently lower the second pastry circle on top of the filling. Pinch the edges to seal. Use a sharp knife to make a few slits in the surface of the pastry.

Brush the beaten egg over the top of the pastry and then transfer to the air fryer. Cook for 10 minutes, moving the tin around once or twice during cooking.

SERVES 4
PREP + COOK TIME: 50 MINS

Chocolate Mug Cake

- ¼ cup (30g, 1oz) self-raising flour
- 2 tbsps caster sugar
- 1 tbsp cocoa powder
- 3 tbsps milk
- 2 tsps mild-tasting oil (such as canola)
- Ovenproof mug, greased

Combine all the ingredients together in a bowl until well mixed.

Transfer to the prepared mug.

Place the mug in the air fryer and cook for 10 minutes at 200°C (400°F).

SERVES 4
PREP + COOK TIME: 15 MINS

Chocolate Chip Biscuits

- ¾ cup (80g, 3oz) plain flour (all-purpose flour)
- ¼ tsp bicarbonate of soda (baking soda)
- ⅞ tsp salt
- ⅓ cup (50g, 2oz) brown sugar
- 60g unsalted butter, at room temperature
- 2 tbsps white sugar
- 1 egg yolk
- ½ tsp vanilla extract
- ½ cup (80g, 3oz) dark chocolate chips

Preheat air fryer to 180°C (350°F). Line air fryer basket with foil.

Whisk flour, bicarb (baking soda) and salt together in a small bowl.

Combine brown sugar, butter and white sugar in a separate bowl. Add egg yolk and vanilla extract and whisk to combine.

Stir flour mixture into butter mixture until dough is just combined. Gently fold in chocolate chips.

Roll dough into walnut-sized balls and, working in batches, place onto the foil-lined air fryer basket, 2cm (1in) apart.

Cook for 5-6 minutes until golden brown.

Remove biscuits and the foil and allow to cool.

Repeat with remaining dough

SERVES 4
PREP + COOK TIME: 35 MINS





Peach and Blueberry Cobbler

4 peaches, sliced
1 cup (100g, 3½ oz) blueberries
1 tbsp coconut sugar
1 tsp ground cinnamon
1 tbsp butter, cubed

TOPPING

2 tbsps almond meal
80g butter
⅓ cup (30g, 1oz) oats
¼ cup (20g, ¾ oz) coconut flakes
½ cup (80g, 3oz) coconut sugar
¼ tsp cinnamon
Cake tin or pie dish

Grease cake tin or pie dish.

Arrange peaches and blueberries in the dish. Sprinkle with sugar, cinnamon and salt, and dot with butter.

Place almond meal and butter in a large bowl. Cut through the butter with a knife until the mixture resembles coarse crumbs. Add oats, coconut flakes, sugar and cinnamon. Stir to combine.

Sprinkle topping over peach filling.

Preheat air fryer to 175°C (350°F).

Place dish into air fryer and bake for 18-20 minutes until fruit is bubbling and topping is crisp and golden brown.

SERVES 4

PREP + COOK TIME: 50 MINS

Fruit Chips

2 red apples (such as Pink Lady), thoroughly washed and cored
½ tsp cinnamon

Thinly slice the apples. Sprinkle with cinnamon.

Preheat the air fryer to 200°C (400°F).

Arrange the apple slices in the air fryer basket in a single layer. You will need to cook these in batches.

Cook for 8 minutes, flipping halfway through cooking.

Repeat the process until all apples are cooked.

Cool the chips on a wire rack.

SERVES 2
PREP + COOK TIME: 15 MINS

Banana Muffins

2 large bananas
2 large eggs
1 cup (250ml, 8fl oz) Greek yoghurt
2 cups (175g, 6oz) oats
1½ tsps baking powder
4 tbsps honey
1 tsp vanilla extract
¼ cup (30g, 1oz) flaked almonds
Muffin tray or silicone moulds

Preheat air fryer to 180°C (350°F).

Place bananas, eggs, yoghurt, oats, baking powder, honey and vanilla in a food processor and blend until smooth.

Pour into silicone moulds or paper liners inside an air fryer muffin tray.

Working in batches place in air fryer basket and cook for 10 minutes. Scatter with flaked almonds then cook for 3-5 minutes until an inserted skewer comes out clean.

MAKES 10
PREP + COOK TIME: 30 MINS





Gluten-Free Bakewell Tart

JAM

- 1 cup (125g, 4oz) raspberries
- 1½ tbsps chia seeds
- 2 tbsps agave syrup
- 2 tbsps water

BASE

- 1 cup (90g, 3oz) gluten-free oat flour
- 3 tbsps agave syrup
- 2 tbsps butter or coconut oil, melted

FRANGIPANE

- 1 cup (120g, 4oz) almond meal
 - 1 tsp baking powder
 - Pinch of salt
 - 1 egg
 - 3 tbsps agave syrup
 - 3 tbsps butter or coconut oil, melted
 - 1 tbsp milk of choice
 - 2 tbsps flaked almonds for topping
- Cake tin

Grease and line cake tin with greaseproof paper.

Place ingredients for jam in a small pan over low heat. Bring to a simmer, stirring and mashing raspberries, then leave to cool for 5 minutes to thicken.

Mix together base ingredients, then press into the prepared cake tin. Spread with chia jam.

Combine ingredients for frangipane in a large bowl and mix well. Pour on top of jam and sprinkle with flaked almonds.

Preheat air fryer to 160°C (320°F).

Place cake tin in air fryer and bake for around 20-25 minutes until golden.

Leave to cool completely before removing from cake tin.

SERVES 6

PREP + COOK TIME: 45 MINS

Chocolate Brownies

- ½ cup (60g, 2oz) plain flour (all-purpose flour)
- 6 tbsps cocoa powder
- ¾ cup (165g, 6oz) sugar
- 60g unsalted butter, melted
- 2 large eggs
- 1 tbsp vegetable oil
- ½ tsp vanilla extract
- ¼ tsp salt
- ¼ tsp baking powder

Grease a baking tin that will fit into your air fryer.

Preheat air fryer to 165°C (330°F).

Add flour, cocoa powder, sugar, butter, eggs, vegetable oil, vanilla extract, salt and baking powder into a large bowl and stir until thoroughly combined.

Pour into the prepared baking pan and smooth out the top.

Transfer to air fryer and cook for 15 minutes or until an inserted toothpick comes out mostly clean.

Remove from air fryer and allow to cool in the pan before cutting

SERVES 4
PREP + COOK TIME: 20 MINS

Strawberry Tarts

- 2 sheets frozen puff pastry, thawed
- 1½ cups (300g, 10oz) strawberries, sliced
- 1 tbsp sugar
- Icing sugar to serve

Cut the pastry into six 12½ x 9cm rectangles, rerolling the scraps as needed. Score a border around each rectangle, 1cm (½ in) from the edge, using a sharp knife. Arrange the sliced strawberries within the border and sprinkle with sugar. Place as many pastries into your air fryer as will fit in one layer.

Cook at 180°C (350°F) for 10-12 minutes until golden. Repeat with the remaining pastries. Dust with icing sugar to serve.

SERVES 6
PREP + COOK TIME: 15 MINS





Molten Lava Cakes

150g (5oz) dark chocolate
125g unsalted butter
2 eggs
3½ tbsps caster sugar
½ cup (70g, 2½ oz) self-raising flour
Icing sugar (powdered sugar), for dusting
4 individual ovenproof ramekins

Grease and flour the ramekins. Place them in the air fryer basket.

Break the chocolate into pieces and place it in a microwave-safe bowl with the butter. Melt in the microwave until the mixture has a smooth, even consistency.

Using an electric mixer, beat the eggs and caster sugar until pale and fluffy.

Remove the bowl and pour the melted chocolate mixture into the egg mixture. Gently stir in the flour using a rubber spatula.

Preheat the air fryer to 190°C (375°F).

Fill each ramekin three-quarters full with the cake mixture.

Cook for 10 minutes.

Remove from the air fryer and cool in ramekins for a few minutes. Carefully turn ramekins upside down onto a serving plate. Tap with a knife around the edges and bottom to loosen. Gently slide the cake onto the plate.

Sprinkle with icing sugar to serve.

SERVES 4
PREP + COOK TIME: 35 MINS

Monkey Bread Balls

- 1 cup (125g, 4oz) self-raising flour
- 1 cup (250ml, 8fl oz) Greek yoghurt
- 1 tbsp cinnamon sugar
- 115g (4oz) butter, melted
- ¾ cup (120g, 4oz) brown sugar
- Cake tin

Place the flour and yoghurt into a mixing bowl and stir to combine until a crumbly mixture forms.

Shape into a round ball. Flatten the ball and cut into pieces to make the process more manageable. Roll each piece into a small ball.

Place dough balls in a large bowl and sprinkle with the cinnamon sugar. Gently toss to coat them thoroughly.

Light spritz the cake tin with non-stick spray. Preheat the air fryer to 190°C (375°F).

In small bowl, mix together the melted butter and brown sugar.

Transfer the dough balls into the cake tin, trying not to overcrowd them. Pour the butter and sugar mixture over the top.

Slide pan into the air fryer and cook for 12 minutes.

Remove and test with a wooden skewer, which should come out clean when they are cooked.

SERVES 4
PREP + COOK TIME: 50 MINS

Banana and Walnut Bread

- 1¼ cups (225g, 8oz) self-raising flour
- ½ tsp bicarbonate of soda (baking soda)
- ¾ cup (180g, 6oz) caster sugar
- 75g butter, softened
- 2 eggs
- 3 small, ripe bananas, mashed
- 1¼ cups (150g, 5oz) walnuts, roughly chopped
- Loaf tin

Lightly spritz the loaf tin with non-stick spray.

Combine flour and bicarb (baking soda) in a large mixing bowl.

Place sugar and butter in the bowl of an electric mixer and beat until pale and fluffy. Add the eggs one at a time, beating well after each addition.

Remove bowl from mixer and gently stir in the flour using a wooden spoon. Add banana and walnuts and stir to combine.

Preheat air fryer to 180°C (350°F).

Scrape the mixture into the prepared tin and transfer to the air fryer. Cook for 15 minutes. Reduce temperature to 170°C (340°F) and cook for a further 15 minutes.

Remove and test with a wooden skewer, which should come out clean when the loaf is cooked. Cool for 5 minutes in the tin then remove and cool on a wire rack.

When the doughnuts have cooled, place the icing over the top, and finish with sprinkles to decorate.

MAKES 6
PREP + COOK TIME: 40 MINS





Mini Fruit Pies

$\frac{3}{4}$ cup (80g, 3oz) plain flour (all-purpose flour)

1 tbsp caster sugar

35g butter

1 tbsp water (+ more, as needed)

2 apples, peeled, cored and diced

4 tbsps fruit mince mix

Pinch of cinnamon

Mini pie tins, lightly greased

Combine the flour, sugar and butter in a small bowl. Rub together with fingertips to form a rough crumble.

Add the water until the mixture comes together as a dough.

Turn out onto a lightly floured surface and knead until a smooth dough forms. Roll out the pastry.

Drape pastry over the pie tins and cut around the edges. Press pastry into the tins.

Roll out leftover pastry, and make the pastry lids by cutting it into circles the same circumference as the pie tins.

Preheat the air fryer to 180°C (350°F).

Spoon the apple and fruit mince evenly into the pastry cases.

Place pastry lids on top and seal the edges with a fork. Cut holes in the surface with a sharp knife.

Cook for 18 minutes

MAKES 4

PREP + COOK TIME: 55 MINS

Note: Use ramekins if you don't have mini pie tins and don't want to invest in them. Use store-bought pastry to make this recipe even easier.

M&M’S Cookies

- ½ cup (80g, 3oz) brown sugar
- 60g butter, softened
- 1 egg
- 1 tsp vanilla
- 1 cup (125g, 4oz) plain flour (all-purpose flour)
- ¼ tsp bicarbonate of soda (baking soda)
- ¼ tsp salt
- ½ cup (80g, 3oz) M&M’S
- ½ cup (80g, 3oz) chopped dark chocolate

In a medium bowl cream together the butter and sugar with an electric hand mixer until light and fluffy. Add the egg and vanilla and mix until smooth and creamy.

In another bowl combine the flour, bicarb (baking soda) and salt and stir to combine. Add dry ingredients to the wet ingredients and mix to incorporate. Fold in the M&M’S and chopped chocolate.

Preheat air fryer to 175°C (350°F).

Working in batches form the dough into balls using a cookie scoop or two spoons. Place a sheet of greaseproof paper into the air fryer and place the dough balls, evenly spaced in one layer, in the basket. Flatten slightly with the back of a spoon.

Air fry for 5 minutes but leave the cookies in the air fryer with it closed for another 1-2 minutes. Transfer to a wire rack to cool. Continue with the remaining dough.

MAKES 16
PREP + COOK TIME: 20 MINS

Salted Caramel Sauce

- 1 cup (220g) sugar
- 90g unsalted butter, cut into pieces
- ½ cup (125ml, 4fl oz) double cream
- 1 tsp vanilla extract
- ½-1 tsp salt (adjust to taste)

In a heavy-bottomed saucepan, heat the sugar over medium-high heat, stirring constantly with a whisk or wooden spoon. Continue stirring until the sugar melts and turns into an amber-coloured liquid, about 5-7 minutes. Be careful not to let it burn.

Add the butter pieces, stirring continuously until fully incorporated, about 2-3 minutes. Slowly pour in the cream while stirring constantly. Be cautious of it bubbling up while cooking. Stir for another 2-3 minutes until the caramel sauce is smooth and all the ingredients are well combined.

Remove the caramel sauce from the heat and stir in the vanilla extract and salt, adjusting the salt amount to your preference for a balance of sweetness and saltiness.

Store any leftover sauce in an airtight container in the refrigerator for up to 2 weeks. Reheat gently before using.

MAKES 1½ CUPS
PREP + COOK TIME: 15 MINS





Churros

½ cup (125ml, 4fl oz) water
45g butter, cut into cubes
1 tbsp + ¼ cup (55g, 2oz) sugar
Pinch of salt
½ cup (60g, 2oz) plain flour (all-purpose flour)
1 egg
½ tsp vanilla extract
½ tsp ground cinnamon

Grease and line a baking tray. Set aside.

Place the water, butter, 1 tablespoon sugar and salt into a large saucepan and bring to the boil over medium heat. Reduce heat to low and gradually add the flour stirring continuously until the batter is smooth. Remove from the heat and transfer to the mixing bowl of an electric beater or stand mixer. Let cool for a few minutes.

Next add the egg and vanilla and beat well until a sticky dough forms. Transfer to a piping bag (with a star-shaped tip) using a spatula.

Pipe the churros onto the prepared tray. Transfer to the fridge to chill for 1 hour (no more than that or the dough will become too dry).

Preheat the air fryer to 190°C (375°F).

Transfer the churros to the air fryer basket being careful not to overcrowd it. (You may need to cook in batches). Lightly spritz with cooking spray. Cook for 10 minutes until golden.

Meanwhile combine the ¼ cup sugar and the cinnamon in a shallow bowl or plate.

When churros are cooked, immediately roll them in the cinnamon sugar to fully coat.

SERVES 4
PREP + COOK TIME: 45 MINS

Cardamon and Vanilla Spiced Meringues

- 2 egg whites, room temperature
- ¼ tsp cream of tartar
- ½ cup (110g, 4oz) sugar
- ½ tsp vanilla extract
- ½ tsp cardamon powder
- Strawberries, for garnish
- Cranberries, for garnish (optional)

Preheat air fryer to 140°C (285°F).

Add the egg whites to a mixing bowl and beat with an electric mixer on medium-high speed until foamy. Add the cream of tartar to the egg whites and continue beating until soft peaks form.

Gradually add the sugar a tablespoon at a time, while continuing to beat the egg whites. Beat until the sugar is completely dissolved and stiff peaks form. This may take several minutes.

Gently fold in the vanilla and cardamon.

Transfer the meringue mixture to a piping bag fitted with a star tip or any desired tip. Pipe small meringue kisses or dollops onto a lined tray, leaving a little space between each meringue.

Cook for 20-25 minutes, or until the meringues are dry to the touch and easily lift off the paper.

Turn off air fryer and let the meringues cool.

Serve garnished with fresh strawberries and cranberries (if available).

SERVES 8
PREP + COOK TIME: 1 HOUR

Cranberry Jam Danishes

- 2 sheets frozen puff pastry, thawed
- 8 tbsps cranberry jam
- 1 egg, beaten (for egg wash)
- Icing sugar (powdered sugar) (optional, for dusting)

Preheat air fryer to 190°C (375°F).

Cut the pastry sheets into four smaller squares (there will be eight in total).

Place a spoonful of cranberry jam in the centre of each pastry square.

Fold the corners or edges of each pastry square towards the centre, partially covering the filling. Leave some space for the filling to peek through.

Brush the exposed pastry with beaten egg, using a pastry brush. This will give the pastries a shiny, golden finish when air fried.

Place the pastries in the air fryer basket, leaving some space between each one for even cooking.

Bake for 8-10 minutes, or until they are puffed up and golden brown.

SERVES 8
PREP + COOK TIME: 45 MINS





Raspberry Yoghurt Cake

Cooking spray

½ cup (60g, 2oz) plain flour (all-purpose flour)

⅛ tsp salt

¼ tsp baking powder

½ cup (125ml, 4fl oz) vanilla yogurt

2 tbsps vegetable oil

2 tbsps maple syrup

¾ cup (90g, 3oz) fresh raspberries + ¼ cup (30g, 1oz) more to serve

CREAM CHEESE ICING

120g (4oz) unsalted butter, softened

225g (8oz) cream cheese, softened

1 tsp vanilla extract

¼ tsp salt

4 cups (620g) icing sugar (powdered sugar)

Preheat air fryer to 150°C (300°F). Spray a loaf tin that fits into your air fryer with cooking spray.

In a bowl combine flour, salt and baking powder; mix well.

Mix in yogurt, oil and maple syrup, then gently fold in raspberries.

Pour batter into prepared pan and cook for 8-10 minutes. Allow to cool for 10 minutes in the pan. then turn onto a wire rack to cool completely.

Place butter and cream cheese in a large bowl. Mix with an electric mixer until smooth and creamy.

Add vanilla extract and salt and stir well to combine.

With mixer on low, gradually add icing sugar until completely combined.

When the cake is completely cool, spread with cream cheese icing and top with fresh raspberries.

SERVES 6

PREP + COOK TIME: 30 MINS

Baked Pears with Ricotta

- 2 tbsps butter, melted
- 1 tsp vanilla powder
- ½ tsp cinnamon + ½ tsp to serve
- 2 pears, cut in half and cored
- ½ cup (125g, 4oz) ricotta cheese
- 1 tbsp maple syrup
- ¼ cup (30g, 1oz) toasted walnuts, chopped
- Baking pan

Pre-heat air fryer to 175°C (350°F).

Combine melted butter, vanilla and cinnamon. Mix well. Baste pears all over with butter mixture and place cut-side down in baking pan.

Bake for 10 minutes, then baste pears once again and cook for a further 2 minutes.

Transfer pears to a serving plate and baste once more.

Combine ricotta and maple syrup in a bowl. Mix well. Spoon ricotta on top of the pears. Sprinkle with walnuts and dust with extra cinnamon to serve.

SERVES 2
PREP + COOK TIME: 30 MINS

Sweet Potato Pie

- 1 sweet potato
- 1 tsp oil
- 2 sheets frozen shortcrust pastry
- 2 eggs
- ¼ cup (60ml, 2fl oz) cream
- 2 tbsps honey
- 1 tbsp brown sugar
- 2 tbsps butter, melted
- 1 tsp vanilla extract
- ½ tsp ground cinnamon
- ⅛ tsp ground nutmeg
- Whipped cream, to serve
- Pie dish, greased

Rub the potato in oil and place in the basket of the air fryer. Cook for 30 minutes at 200°C (400°F). Remove and set aside until cool enough to handle. Peel off the skin and transfer the flesh to a mixing bowl.

Line the pie dish with the pastry, trimming off and discarding any overhanging pastry. Place the pie dish in the basket of the air fryer and set aside.

Add the eggs, cream, honey, brown sugar, butter, vanilla, cinnamon and nutmeg to the bowl with the sweet potato and stir well to combine all the ingredients.

Preheat the air fryer to 165°C (330°F).

Scrape the sweet potato batter into the pie shell and transfer to the air fryer. Cook for 35 minutes.

Allow to cool in the dish for 10 minutes before removing. Serve with whipped cream, if desired.

SERVES 4
PREP + COOK TIME: 1HR 15 MINS





Carrot Cake Muffins

2 eggs
¾ cup (185ml, 6fl oz) oil
½ cup (110g, 4oz) white sugar
¼ cup (40g, 1½ oz) brown sugar
½ tbsp vanilla extract
1¼ cups (155g, 5oz) plain flour (all-purpose flour)
1 tsp baking powder
¼ tsp salt
¼ tsp ground cinnamon
2 medium carrots, grated
¼ cup (30g, 1oz) walnuts, chopped
Walnut halves, orange zest and cinnamon, to serve (optional)

CREAM CHEESE ICING

120g (4oz) unsalted butter, softened
225g (8oz) cream cheese, softened
2 tbsps orange juice
¼ tsp salt
4 cups (620g) icing sugar (powdered sugar)

Preheat air fryer to 160°C (320°F). Line a muffin tin with paper liners.

In a large bowl combine eggs, oil, sugars and vanilla. Beat well to combine.

Add flour, baking powder, salt and cinnamon. Stir well to incorporate.

Add carrots and walnuts and fold through. Pour mixture into prepared muffin tin.

Transfer to air fryer and cook at 160°C (320°F) for 10 minutes.

Set aside and allow to cool completely.

Place butter and cream cheese in a large bowl. Mix with an electric mixer until smooth and creamy.

Add orange juice and salt and stir well to combine.

With mixer on low, gradually add icing sugar until completely combined.

Spoon icing into a piping bag and pipe onto cupcakes.

Top with walnut halves, orange zest and cinnamon if desired

MAKES 10
PREP + COOK TIME: 30 MINS



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