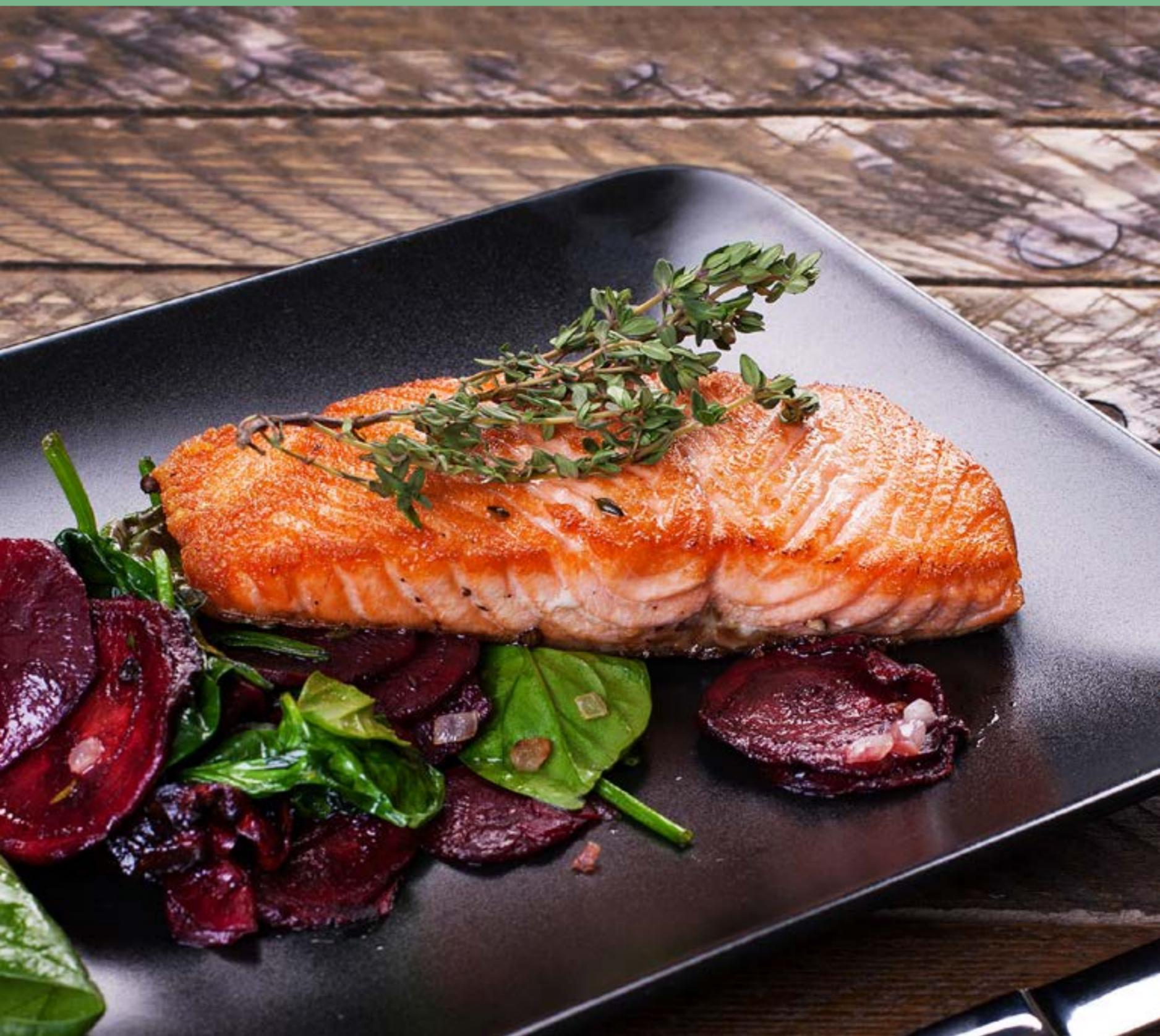
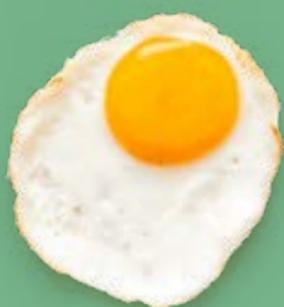


Air Fryer Recipe Guide.

Experience effortless, healthy cooking with our delicious air fryer recipes. From meal preppers to seasoned foodies, there's something for everyone. Dive in and transform mealtimes with a sprinkle of air fryer magic!



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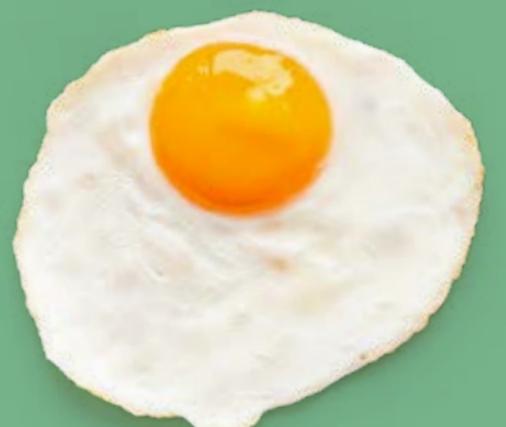
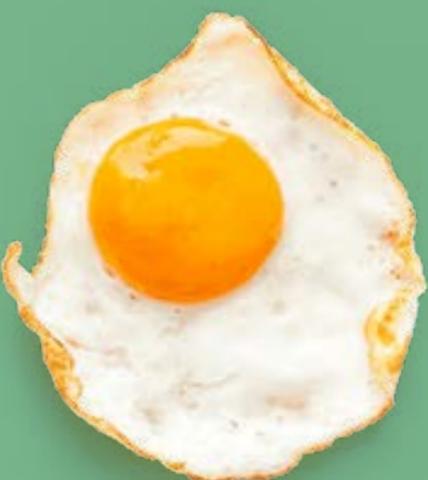
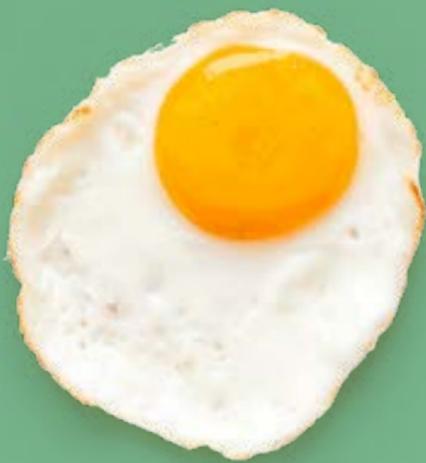
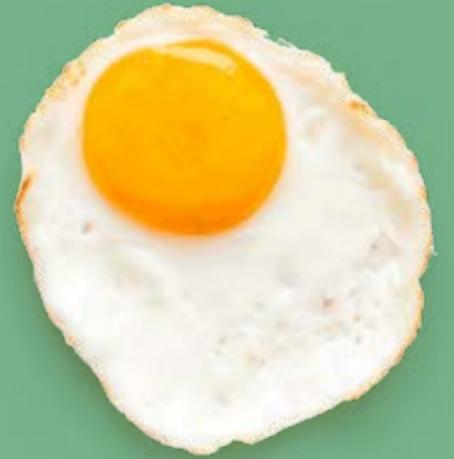
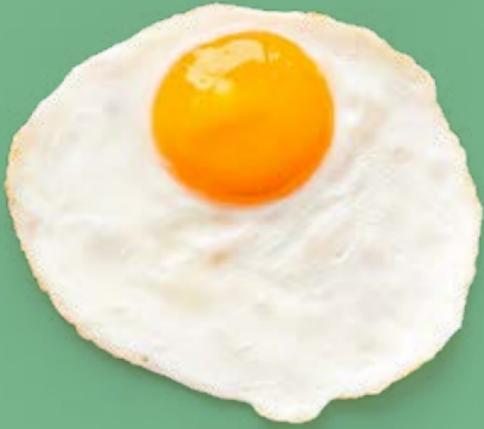
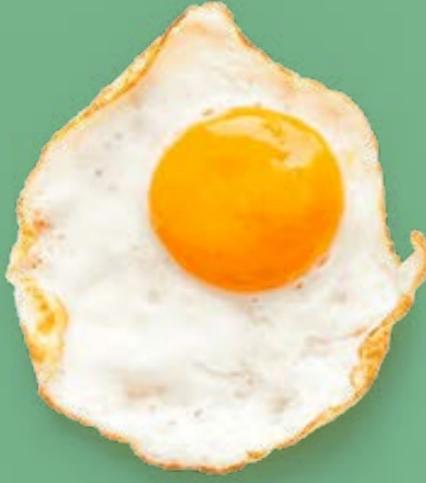
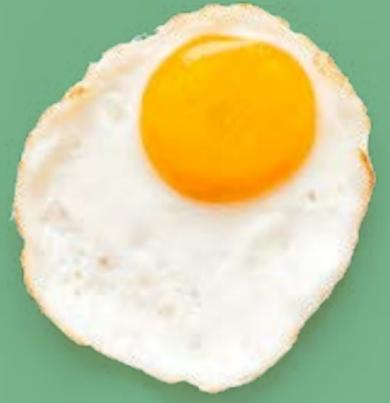
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Breakfasts.

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French Toast Sticks.

Decadent and loved by pretty much everyone, this twist on a breakfast classic is a great way to use up those last few slices of bread. A handful of fresh berries or a drizzle of maple syrup – top with your favourite flavours to really make it your own.



Serves 2



10 mins (flip half way)

Ingredients.

- 2 slices of bread of your choice (white, brioche, fruit, etc)
- 1 egg
- 2 tbsp maple syrup.
- 2 tbsp milk of your choice
- 2 tbsp melted butter (melt on hob over a medium heat)
- 1 tsp cinnamon
- ½ tsp vanilla extract
- Dusting of icing sugar

Method.

1. Preheat the air fryer to 180°C.
2. In a shallow bowl, mix the melted butter, milk, maple syrup, vanilla, egg, and cinnamon.
3. Slice the bread into sticks approx. 3cm wide.
4. One by one, dip each side of the bread into the egg mixture. Make sure the whole stick of bread is coated.
5. Place the soaked bread in the air fryer basket, making sure none are touching.
6. Cook at 180°C for five minutes, flip, and cook for five more minutes.
7. Serve with a dusting of icing sugar, and your favourite toppings.



Granola.

Get ready to savour the goodness of homemade granola. The best part? You can customise your blend with a medley of nuts, seeds, and dried fruits, all plucked from your kitchen cupboard. Store in an airtight container, and voilà—a hearty breakfast stash that'll last you through a full fortnight (if you can limit yourself to one bowl every other day!).



Serves 7 (1 week supply)



30 mins

Ingredients.

- 150g rolled oats
- 100g mixed nuts (almonds, walnuts, pistachios)
- 30g mixed seeds (pumpkin, sesame, sunflower)
- 1 tsp ground cardamom seeds
- 1 tsp ground cinnamon
- 4 tbsp maple syrup
- 2 tbsp vegetable oil
- 2 tbsp coconut flakes
- 1 tbsp desiccated coconut
- 1 tbsp dried cranberries
- 2 tbsp raisins
- Finely grated zest of 1 orange

Method.

- 1.** Preheat air fryer to 140°C for 4 minutes. Mix the first 7 ingredients thoroughly.
- 2.** Line the air fryer with a liner or pierced parchment paper. Spread the granola mix in a single layer. Cook for 20 minutes, stirring every 5 mins.
- 3.** After 20 minutes, add the coconut flakes and desiccated coconut. Cook for another 5 minutes until they turn a golden hue. The mixture will harden as it cools.
- 4.** Once done, remove from the air fryer. Mix in the cranberries, raisins, and orange zest. Let it cool before storing it in an airtight container.



Hash Browns with Maple & Avocado.

Wave goodbye to breakfast boredom! This next-level brekkie indulges your senses with crispy hash browns, creamy avocados, and bacon glazed with a hint of maple. Enjoy breakfast bliss in just half an hour.



Serves 2



30 mins

Ingredients.

- 4 bacon rashers
- 450g floury (starchy) potatoes
- 1 egg
- ½ tsp baking powder
- 25g plain flour
- ½ tsp salt & pepper
- 3 tsp maple syrup.
- Cooking spray
- 1 avocado, thinly sliced
- 5g (1 tsp) finely chopped chives

Method.

- 1.** Preheat air fryer to 190°C for 4 minutes. Place the bacon rashers in the air fryer and cook for 8 minutes until crispy.
- 2.** Grate the potatoes using the coarse side of a grater. Place them in a clean tea towel and squeeze out excess liquid.
- 3.** In a medium-sized bowl, whisk the egg, flour, salt, and baking powder until smooth. Add the grated potato and stir until well blended.
- 4.** Once the bacon is cooked, brush it with maple syrup and set it aside. Keep the air fryer on.

Method (Continued).

5. Line the air fryer with an air fryer liner or pierced parchment paper. Spoon the potato mix into 4 portions, flattening each to create hash browns. Spray with a little oil and air fry for 7 minutes.
6. Flip the hash browns, spray with more oil, and cook for another 7 minutes until golden.
7. Serve the hash browns with the maple-glazed bacon. Arrange the avocado slices on the side, sprinkling them with chives and a generous grind of pepper.



Loaded Breakfast Burritos.

What we love most about these (aside from the pure deliciousness) is that once made, they can be frozen and re-air-fried straight from the freezer. Batch make and you'll thank yourself later when you discover them tucked away in your freezer drawer.



Serves 4



6-8 mins

Ingredients.

- 4 flour tortillas
- 4 medium eggs
- 60ml milk
- 1 medium baking potato
- 1 bell pepper
- 1 white onion
- 150g chorizo
- 120g grated cheddar cheese
- Small knob of butter
- Cooking spray
- Salt & pepper

Method.

- 1.** Preheat the air fryer to 190°C.
- 2.** Dice the potatoes into roughly 1cm cubes and toss in cooking spray, salt, and pepper.
- 3.** Place the diced potatoes in the air fryer for 8 minutes, until slightly golden brown.
- 4.** Whilst the potatoes are browning, preheat a pan over medium heat and dice your onion, pepper, and chorizo. Lightly spray the pan with cooking spray and cook the onion and pepper until the onion is slightly translucent, the pepper is softening, and the chorizo is turning crisp. Empty into a mixing bowl once done.
- 5.** Keeping the pan over a medium heat, add a small knob of butter and let it melt fully.

Method (Continued).

6. In a separate bowl, whisk together the eggs, milk, salt, and pepper. Pour into the buttered pan.
7. Let the eggs sit for a few seconds, before using a spatula to scrape the eggs across the skillet. Repeat this process until the eggs are scrambled, removing from the heat once done.
8. Add the scrambled eggs, onions, pepper, chorizo, and cooked potatoes into a mixing bowl and stir together until combined.
9. Lay out your tortillas and distribute the egg mixture between each one, placing in the centre of each tortilla.
10. Top with grated cheddar cheese and fold up the burritos. Our tried-and-tested folding method is to fold in two opposite ends of the wrap, before folding over the left side (tucking underneath the filling slightly) and finally the right side to enclose the filling. If needed, hold together with cocktail sticks.
11. Place the burritos in the air fryer two at a time, spray with cooking spray, and cook for 6-8 minutes until golden brown and lightly toasted.



Sausage & Egg Breakfast Muffin.

Skip the drive-thru with this fuss-free, air fryer breakfast. This all-American recipe is ready in minutes and combines two classic breakfast muffins with savoury sausage patties, perfectly cooked eggs, gooey American cheese, and a touch of hot sauce for that extra morning kick! Cup of joe optional, smiles mandatory!



Serves 2.



20 mins

Ingredients.

- 4 sausages
- 1 tsp vegetable oil
- 2 eggs
- 2 English muffins
- 1 tbsp butter
- 2 American cheese slices
- Hot sauce (optional)

Method.

- 1.** Preheat the air fryer to 180°C for 4 minutes.
- 2.** Remove sausage skins and shape the meat into 2 round patties, similar in size to the muffins. Cook patties in the air fryer for 10 minutes.
- 3.** Oil 2 ramekins, crack an egg into each, cover with foil, and add them to the air fryer alongside the sausage patties for another 5 minutes.
- 4.** Lay 1 cheese slice on each sausage patty to melt gently in the residual heat. Carefully remove the eggs from the ramekins.
- 5.** Build your muffins: place sausage patties on the muffin bases, top with eggs, and add hot sauce if desired. Finish with muffin lids.

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Mains.

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Beetroot Side of Salmon.

For those “I’m feeling fancy” moments – without the fuss. This tender air-fried salmon dances alongside earthy beetroot to wow guests at your next dinner soirée or a slightly over-the-top Tuesday.



Serves 2



45 mins

Ingredients.

- 250g raw beetroot
- 3 garlic cloves
- 2 tbsp extra virgin olive oil
- 200g tenderstem broccoli
- Side of salmon, about 500g
- 2 tbsp strained Greek yoghurt
- 1 tbsp sherry vinegar
- ½ tsp sumac salt and black pepper
- Rye bread

Method.

1. Preheat the air fryer to 170°C. Roast beetroot and garlic on foil for 20 minutes, then beetroot alone for an extra 10 until tender.
2. Place broccoli in the air fryer and cook for another 10 minutes.
3. Air-fry the salmon until firm and pink.
4. Blend roasted garlic, beetroot, yoghurt, and vinegar for the sauce.
5. Serve salmon and broccoli with the beetroot sauce, sprinkle sumac, and pair with rye bread.



Butternut Squash Mac & Cheese.

An ode to culinary comfort with a squishy, squashy twist. It's the Mac & Cheese that nods to autumn, delivering that cosy "come-hither" feeling in every creamy, butternut-infused bite. Because sometimes, you just need a hug in a bowl.



Serves 2



35 mins

Ingredients.

- ½ butternut squash, approximately 500g peeled and cut into 2cm cubes
- 1 tablespoon extra virgin oil
- 1 ½ tsp caraway seeds
- ½ tsp cayenne pepper
- 200g macaroni
- 3 tbsp crème fraîche
- 100g Cheddar cheese
- 30g Parmesan cheese (vegetarian if you prefer)
- 2 tbsp pumpkin seeds
- Salt and pepper

Method.

1. Preheat the air fryer to 180°C. In a medium bowl, toss butternut squash with oil, caraway seeds, and cayenne. Air-fry for 20 minutes until tender.
2. In a large saucepan, boil macaroni, slightly undercooking it. Reserve half a cup of pasta water, then drain and rinse under cold water.
3. Blend most of the squash with crème fraîche and pasta water until smooth.
4. Mix macaroni with cheeses, both blitzed and reserved squash. Season generously.

Method (Continued).

5. Lower the air fryer temperature to 170°C. Place the mixture in a dish, top with remaining cheese, and air-fry for 10 minutes until the cheese melts and crisps slightly.
6. Sprinkle with pumpkin seeds before serving.



Cheesy Stuffed Peppers.

Stuffed peppers are a classic crowd-pleaser; who doesn't love a meal served in an edible bowl? By opting for turkey mince rather than standard beef mince, our version makes a deliciously healthy option that's full of protein and low in fat. Serve with herby potatoes and a seasonal salad for a refreshing summer lunch.



Serves 4



15-20 mins

Ingredients.

- 4 bell peppers
- 1 white onion
- 2 garlic cloves
- 450g turkey mince
- 200g cooked quinoa
- 240g black beans (1 can)
- 240g diced tomatoes (1 can)
- 120g grated cheese
- 1 tsp cumin
- 1 tsp smoked paprika
- ½ tsp chilli powder
- Salt and pepper to taste

Method.

1. Preheat your air fryer to 190°C.
2. Slice the tops off the peppers, taking care to remove seeds and pith without cutting into the body of the pepper. Set the prepped peppers aside for now.
3. In a frying pan over medium heat, cook the turkey mince until browned.
4. Whilst the turkey mince is cooking, dice the onions and garlic cloves. Add these to the pan and sauté until softened and slightly translucent.
5. Reduce the heat to low and stir in the cooked quinoa, drained

Method (Continued).

black beans, diced tomatoes, and seasonings.

6. Simmer for 5 minutes until well combined and aromatic.
7. Spoon the turkey mixture into the hollowed-out peppers, dividing evenly amongst them.
8. Sprinkle the grated cheese liberally over the peppers.
9. Place the peppers in the air fryer, making sure they are stable and won't topple over.

10. Cook for 15-20 minutes until the peppers are softening slightly and the cheese has melted into a bubbling golden brown.



Chicken Burgers.

Swerve the golden arches and get your chicken burger fix at home. These air-fried patties promise tender juicy chicken and an irresistible cornflake coating without the deep fryer guilt. Pair them with a zesty sauce for a mouthwatering midweek meal that takes just 40 minutes from prep to plate.



Serves 2



40 mins

Ingredients.

- 2 chicken breasts (approx. 200g total)
- 150g buttermilk
- ½ tsp smoked paprika
- ¼ tsp cayenne pepper
- ½ tsp garlic powder
- 150g cornflakes
- Cooking oil
- Salt and pepper

To serve:

- 2 burger buns
- 3 tbsp mayonnaise
- A few dill pickles
- 1 Little Gem lettuce

Method.

1. Flatten chicken breasts to 3cm thickness between parchment paper. Marinate in a ziplock bag with buttermilk, paprika, cayenne, garlic powder, and salt. Refrigerate for at least an hour.
2. Preheat the air fryer to 190°C.
3. Crush cornflakes into fine crumbs in a ziplock bag, season generously with pepper. Dredge marinated chicken in crumbs until fully coated.
4. Place chicken in the air fryer, spray with oil, and cook for 6 minutes. Flip, spray again, and cook for another 6 minutes until golden and crisp.
5. Toast buns in a hot dry pan, then spread mayo on the bottom bun. Add pickles, lettuce, and chicken, and complete with the top bun. Serve immediately.



Instant 3-Ingredient Stuffed Crust Pizza.

There's nothing better than the irresistible cheese-pull of a stuffed crust – especially when it's been created in under 30 minutes and packed with protein! Make pizza Fridays an everyday delight with our low-effort pizza. This dough is also perfect for making healthy flatbreads, bagels, and wraps.



Serves 1



11 mins

Ingredients.

- 250g Greek yoghurt
- 250g self-raising flour
- 250ml passata
- 100g mozzarella
- 2 cheese strings
- Fresh basil
- Toppings: pepperoni, sliced veggies, goat's cheese, pineapple (we don't judge)

Method.

1. Preheat the air fryer to 200°C.
2. Add the yoghurt and flour to a bowl and mix. Start with a spatula until it comes together, then once you have a dough consistency form into a ball with your hands. Sprinkle in extra flour if needed.
3. Roll out the dough to form a pizza base slightly bigger than your air fryer.
4. Slice up the cheese string and place it around the border of your pizza base. Fold the dough back over the cheese string and push down to secure.
5. Place the pizza base into the air fryer for 6 minutes, until slightly golden.
6. Remove the base and add your passata, mozzarella, and any additional toppings on top.
7. Place back in the air fryer for another 5 minutes. Finish with a few fresh basil leaves and enjoy!

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Desserts.

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Gingerbread Men.

Fill some piping bags and challenge your family to pipe the most creative decorations, whether you go traditional, whacky, or all-out Christmassy – it's never too early for festive fun! The nostalgia of these gingerbread men is sure to be a winner with the whole family.



Serves 16



8-10 mins

Ingredients.

- 75g melted butter (melt on hob over a medium heat)
- 1 egg
- 150g brown sugar
- 140g molasses
- 350g plain flour
- ¼ tsp crushed cloves
- 1 tsp ground ginger
- 1 tsp cinnamon

Method.

- 1.** Using an electric whisk or stand mixer, cream together the melted butter and brown sugar until light and fluffy.
- 2.** Add the egg and molasses, mixing until well combined.
- 3.** In a separate bowl, mix together all the dry ingredients.
- 4.** One tablespoon at a time, mix the dry ingredients into the wet ingredients, until a dough forms.
- 5.** Wrap in clingfilm and refrigerate for at least an hour.
- 6.** Preheat your air fryer to 180°C.
- 7.** Roll out the chilled dough to approx. 5mm thickness and use gingerbread man cutters to shape your cookies.
- 8.** Place your cookies in the air fryer, with none overlapping. Cook for 8-10 minutes, until the edges begin to brown slightly.
- 9.** Once you've let the gingerbread men cool, get decorating!



Raspberry Crumble Coffee Cake.

Fresh raspberries and an irresistible crumbly topping make this coffee cake perfect for self-care duvet days. The tangy raspberries meld beautifully with the buttery crumbs, offering spoonfuls of delight. So, why not share the love? After all, you'll whip up 8 delectable slices in under an hour! But if it's all for you, we won't judge.



Serves 8



45 mins

Ingredient.

Filling

- 1/3 cup sugar
- 2 tbsp cornstarch
- 6 tbsp water or cranberry-raspberry juice
- 1 cup fresh or frozen unsweetened raspberries
- 1.5 tsp lemon juice

Coffee Cake

- 1.5 cups all-purpose flour
- 1/2 cup sugar
- 1.5 tsp baking powder
- 1/2 tsp salt
- 1/2 tsp ground cinnamon
- 1/8 tsp ground mace
- 1/2 cup cold butter, cubed

- 1 large egg, room temperature, lightly beaten
- 1/2 cup 2% milk
- 1/2 tsp vanilla extract

Topping

- 2 tbsp cold butter, cubed
- 1/4 cup all-purpose flour
- 1/4 cup sugar
- 2 tbsp sliced almonds

Method:

1. For the filling, combine sugar, cornstarch, and water (or juice) in a saucepan until smooth. Bring to a gentle boil over medium heat. Cook and stir for 1-2 minutes until thickened. Add

Method (Continued).

raspberries and lemon juice. Set aside to cool.

2. In a large bowl, combine flour, sugar, baking powder, salt, cinnamon, and mace. Cut in butter to form fine crumbs. Stir in egg, milk, and vanilla until well blended.
3. Spread half the batter into a greased 8" round baking pan suitable for the air fryer. Spread the raspberry filling evenly over the batter. Drop the remaining batter by small spoonfuls and spread it evenly over the filling.
4. Preheat the air fryer to 165°C. For the topping, cut butter into flour and sugar, then stir in almonds. Sprinkle the topping over the batter in the pan. Place the pan in the air fryer and cook for 30-35 minutes until a toothpick inserted into the centre comes out with moist crumbs and the top is golden brown.



Apple Turnovers.

Satisfy your sweet tooth with these quick, tasty turnovers. Ready in just 15 minutes and with at least one of your five a day(!), these might just be the ultimate comfort snack. For a fragrant twist, swap the cinnamon for cardamom and voilà – aromatic apple turnovers!



Serves 4



15 mins

Ingredients.

- 2 Bramley apples, peeled, cored, and cut into 2cm chunks
- 2 tbsp light brown soft sugar
- 1 tsp ground cinnamon
- Juice of ½ lemon
- 1 x 320g sheet of puff pastry
- 1 egg, lightly beaten
- 2 tbsp demerara sugar

Method.

1. Mix the apple chunks, sugar, cinnamon, and lemon juice in a medium-sized bowl.
2. Unroll the pastry sheet and cut into 4 equal rectangles. Fill one half of each rectangle with the apple mixture, fold the opposite half over, and crimp the edges with a fork.
3. Preheat the air fryer to 190°C for 4 minutes. Brush the turnovers with beaten egg and sprinkle with demerara sugar.
4. Cook the turnovers in the air fryer for 8 minutes until they puff up and turn golden.



Chocolate Brownies.

The perfect accompaniment to your afternoon cuppa, these divine chocolate brownies take just half an hour in the air fryer. A dreamy harmony of rich cocoa and a velvety gooey centre makes each bite irresistible – you have been warned!



Serves 2



30 mins

Ingredients.

- 35g vegetable oil, plus extra for greasing the tin
- 120g caster sugar.
- 50g plain flour
- 35g unsweetened cocoa powder
- ¼ tsp fine sea salt
- 1 egg
- ½ tsp vanilla paste
- 45g dark chocolate nibs

Method.

- 1.** Grease a 19cm tin and line it with parchment paper.
- 2.** In a medium bowl, combine the sugar, flour, salt, and cocoa powder.
- 3.** In a measuring jug, mix the oil, egg, vanilla paste, and 1 tablespoon of cold water.
- 4.** Preheat the air fryer to 140°C for 4 minutes.
- 5.** Combine the wet and dry ingredients, whisking until smooth. Gently fold in the chocolate nibs. Spread the batter in the prepared tin and cook for 25 minutes.
- 6.** Allow to cool for 5 minutes, then transfer the brownies to a wire rack to cool completely. Serve.



White Chocolate Pistachio Cookies.

Laden with creamy white chocolate, crunchy pistachios, and tangy dried apricots, these decadent cookies might just be the perfect pud. Whip up a dozen in just 20 minutes for a quick, irresistible treat to pair with a steaming mug of coffee.



Serves 12



20 mins

Ingredients.

- 85g butter
- 100g soft light brown sugar
- 1 egg
- 1 tsp vanilla extract
- 120g plain flour
- 1 tsp cornflour
- ¼ tsp fine salt
- 70g white chocolate
- 50g unsalted pistachios
- 30g dried apricots

Method.

- 1.** In a medium-sized bowl, cream together the butter and sugar until pale and light. Add the egg and vanilla extract, mixing until smooth.
- 2.** In another medium-sized bowl, combine the flour, cornflour, and salt. Gradually add this dry mixture to the wet ingredients, stirring until fully incorporated. Fold in the white chocolate, pistachios, and apricots. Cover the dough and chill it for 1-2 hours.
- 3.** When ready to bake, preheat the air fryer to 170°C for 4 minutes.

Method (Continued).

4. Shape the chilled dough into balls, each about 40g. Line the air fryer basket with parchment paper or an air fryer liner with holes. Place the cookie balls in the basket and cook for 10-12 minutes until golden. As soon as they are done, gently press down on them with the back of a spoon to create that classic crackly look. Allow them to cool on a wire rack.

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Sides.

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Avo Wedges with Smoky Yoghurt Dip.

Full of healthy fats and nutrients, avocado isn't considered a superfood for nothing! Add your own twist to this ever-popular fruit with our fries – crisp on the outside yet deliciously creamy on the inside. Air fry whole for a centrepiece, or slice into wedges for a side dish.



Serves 4



8-10 mins

Ingredients.

- 2 avocados.
- 100g panko breadcrumbs
- 2 large eggs
- 50g grated parmesan cheese
- 1 tsp garlic powder
- ½ tsp smoked paprika
- Salt and pepper to taste
- 50g Greek yoghurt
- 1 tsp harissa paste

Method.

1. Preheat the air fryer to 200°C.
2. Prepare the avocados by cutting them in half, removing the stone, removing the skin, and slicing each half into six wedges.
3. In a bowl, mix the breadcrumbs, parmesan, garlic powder, paprika, salt, and pepper.
4. In a separate bowl, beat the eggs together.
5. Dip each avocado wedge into the eggs to fully coat it. Then, roll the egg-coated avocado wedge in the breadcrumb mixture. Use your hands to adhere the breadcrumbs where needed.

Method (Continued).

6. Place the coated wedges into the air fryer – make sure none are touching.
7. Air fry for 8-10 minutes, until they are golden brown with a crisp.
8. To serve, combine the Greek yoghurt and harissa paste to form a smoky, peppery dip. Enjoy!



Bang Bang Cauliflower Wings.

The veggies strike again! This time we're transforming the humble cauliflower into a culinary masterpiece that combines sweet, savoury, and spicy notes. Pair the bang bang sauce with any of your favourite fried foods for a flavourful upgrade.



Serves 4



8 mins

Ingredients.

- 1 head of cauliflower, cut into florets
- 100g plain flour
- 100g cornstarch
- 1 tsp garlic powder
- 1 tsp onion powder
- ½ tsp smoked paprika
- Salt and pepper to taste
- Cooking spray.
- 100g Greek yoghurt
- 2 tbsp sweet chilli sauce
- 1 tbsp sriracha sauce

Method.

1. Preheat the air fryer to 200°C.
2. In a bowl, mix the flour, cornstarch, garlic powder, onion powder, paprika, salt, and pepper. Once combined, add a dash of water and mix again. Keep adding water as needed until you have a thick, smooth batter (should be able to cover the back of a spoon).
3. Dip each floret into the batter, making sure it's fully coated.
4. Place the battered florets into the air fryer, so that none of them are touching.
5. Air fry for 8 minutes, shake the florets, and air fry for another 8 minutes.
6. To make our healthy twist on bang bang sauce, combine the yoghurt, sweet chilli, and sriracha sauce. Serve alongside the wings, dip, and enjoy!



Sticky Corn Riblets.

These might be a veggie take on traditionally (extremely) meaty dish, but we can assure you that veggie or meat-eater, there's nothing not to like about these ribs. Impossible to eat without getting messy, we promise they're worth the sticky fingers you'll be left with.



Serves 4



12 mins

Ingredients.

- 4 corn-on-the-cobs
- 50g melted butter (melt on hob over medium heat)
- 2 tsp paprika
- 1 tsp garlic powder
- Salt and pepper to taste
- Squeeze of lime juice

Method.

1. Preheat the air fryer to 200°C.
2. With your sharpest knife, cut each corn-on-the-cob in half lengthways, then in half lengthways again. You should be left with 16 strips of corn.
3. In a large mixing bowl, combine the butter, paprika, garlic powder, salt, and pepper.
4. Add all your corn ribs to the bowl, cover, and shake thoroughly to ensure all the ribs are coated.
5. Place in the air fryer and cook for 6 minutes, flip them, and cook for 6 minutes more.
6. Garnish with a squeeze of lime juice to serve.



Garlic Carrot Fries & Parmesan Crisp.

This kid-proof take on carrots will have everyone enjoying their veggies, no matter how fussy. Tender and deliciously crisp, pair with your favourite dip for a delicious snack, starter, or side dish.



Serves 4



15 mins

Ingredients.

- 8 medium carrots
- 1 tsp olive oil
- 1 clove garlic
- 1 tsp smoked paprika
- 1 tsp cumin powder
- 50g grated parmesan

Method.

1. Preheat the air fryer to 190°C.
2. Peel the carrots and cut off the top and bottom ends. Cut each carrot in half lengthways, then in half again so that you have chip-like slices.
3. In a bowl mix the oil, crushed garlic clove, paprika, and cumin. Toss the carrot strips in this marinade.
4. Place the parmesan on a plate or board. Place each carrot strip on the parmesan to cover one side, and transfer to the air fryer basket. Sprinkle over any excess parmesan.
5. Air fry for 15 minutes.



Tostones

Introduce Caribbean cuisine into your kitchen with this simple twist on a fried plantain delight. Traditionally, tostones are made from plantains that are prepped, cooked in oil, flattened, and cooked in oil – again. Achieve the same characteristic crunch but without the excess oil. It doesn't get much easier than this!



Serves 4



6-8 mins

Ingredients.

- 2 green plantains
- Pinch of salt
- Cooking spray

Method.

1. Preheat the air fryer to 200°C.
2. To prep the plantains, carefully peel them and cut into 2.5cm thick slices.
3. Place the plantain slices in the air fryer, so that none are overlapping. Spray with cooking spray and sprinkle with salt.
4. Cook for 10 minutes. Carefully remove the plantain slices and place them on a sheet of baking paper, with space in between each one. Cover with another sheet of baking paper.
5. Grab a large casserole dish, hardback book, or heavy box (get creative!) and press down on top of the plantains.
6. Place the thinner, flattened plantain slices to the air fryer, spraying with cooking spray and sprinkling with salt as before.
7. Air fry for 6-8 minutes more, until crisp. Serve with your dip of choice.

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Make it.

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