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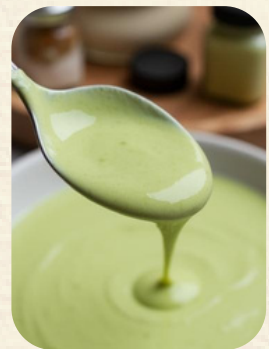


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Introduction

Hello, first of all, I would like to thank you for purchasing this book. In this book, I will explain the advantages and benefits you have experienced with this **10-Minute Airfryer Recipe Book**.



In a world that never stands still, good food often falls by the wayside. We've been taught that "fast" usually means "unhealthy." But today, the most important ingredient for a top-notch meal is no longer patience—it's the right technology. Healthy eating often fails because of the hurdles of everyday life; the mountain of washing up and the long wait at the stove drain our energy. The air fryer breaks this cycle by combining convenience with authentic flavor.

Ten minutes is the magic number. It's the threshold of time we're willing to invest before we give in and call a delivery service. If a recipe can be prepared in ten minutes, there's no excuse not to cook it ourselves. It's the freedom to enjoy a high-quality meal even after a long workday, without sacrificing your entire evening to the kitchen.

The air fryer is your personal time-saver. It puts an end to endless preheating and greasy pans. It offers you:

- Freedom: Cook without the stress, even when you're exhausted.
- Quality: Fresh salmon or crisp vegetables instead of rubbery microwave meals.
- Efficiency: Save valuable time, electricity, and money.

This book is your roadmap to maximum enjoyment in record time. We harness the power of hot air to create textures that used to take hours. You'll be surprised how much culinary variety can be packed into just a few moments when you let heat work for you.

Let's start the timer—your meal will be ready in 10 minutes!

THE 10-MINUTE PHILOSOPHY

In this book, "10 minutes" is more than just a measurement on a stopwatch—it is a transformative promise to your quality of life. The 10-minute philosophy is built on the profound understanding that the biggest hurdle to a healthy, homemade meal is often purely psychological. We don't fail because of a lack of culinary skill or passion; we fail because of our perception of the time required. In a world of instant gratification, the traditional kitchen can feel like a bottleneck.

However, everything changes when you realize that preparing a gourmet-level meal takes less time than setting the table or scrolling through a delivery app. When the barrier to entry is this low, your inner resistance to cooking vanishes. It's this psychological "quick win" that creates a new habit, marking the difference between another uninspired frozen pizza and a perfectly seared, fresh salmon fillet. The core of this philosophy is radical efficiency. We have systematically deconstructed the cooking process to eliminate anything that slows you down, complicates your evening, or drains your energy:

- **Eliminating the "Wait Time":** In traditional cooking, time is often wasted time. While a conventional oven can take up to 15 minutes just to reach its target temperature, the air fryer is a "ready-to-go" powerhouse. We start the actual cooking process immediately while others are still waiting for a preheat light to flicker. This immediacy fundamentally changes your behavior—cooking becomes a spontaneous impulse rather than a dreaded chore.
- **The Art of Culinary Precision:** We don't just cook fast; we cook smart. We have carefully selected ingredients and specific cutting techniques to ensure they reach their culinary peak—that elusive balance between a succulent interior and a signature crispy crust—precisely within this narrow window. It's about harnessing concentrated heat to extract maximum flavor from every fiber in exactly 600 seconds.
- **Minimal Effort, Maximum Output:** A 10-minute meal is not a compromise or a "hack." It is a perfectly optimized one-plate masterpiece. We prioritize high-quality ingredients that possess the natural strength to shine without needing hours of simmering or constant attention. This is "High-Performance Cooking" for the modern era.
- **The Freedom of a Clean Kitchen:** Our philosophy extends beyond the last bite. We believe a meal is only truly enjoyable if it doesn't end with a sink full of dishes. By utilizing the "One-Basket" method and minimal equipment, we've ensured that your post-dinner routine is reduced from a mountain of pots and pans to just two minutes of effortless tidying.

This approach means embracing the air fryer as the ultimate tool for the modern, fast-paced kitchen. We don't cook despite the rush of daily life; we use the time constraint as a creative filter. It forces us to strip away the unnecessary and focus on what truly matters: honest flavors, vibrant textures, and pure enjoyment without the frills. This way, cooking becomes a rewarding, stress-free ritual that fits into your day, no matter how demanding your schedule may be.

THE SCIENCE OF SPEED: WHY THE AIR FRYER WINS

Why can an air fryer achieve in 10 minutes what a conventional oven often takes three times as long to do? It's not magic—it's pure physics, perfectly engineered for your kitchen. To get the most out of your 600 seconds, it helps to understand the "secret" behind the technology that makes this radical efficiency possible.

The air fryer is essentially a culinary particle accelerator. While a conventional oven relies on stagnant air that slowly creeps toward the target temperature, your air fryer works with massive, high-velocity air movement.

The Three Pillars of Express Cooking

1. High-Velocity Convection

An extremely powerful fan swirls heated air at high speeds directly around your food. This is the "wind chill" principle, but with intense heat instead of cold. It instantly strips away the protective, cooler layer of air that naturally surrounds every food item, allowing thermal energy to penetrate the surface immediately. The result? A record-breaking sear that locks in juices while creating a signature crispness on the outside.

2. The Compact Cooking Chamber

In the world of speed, size is the enemy. A conventional oven has to heat 60 to 70 liters of air—an enormous waste of energy and time, especially for a single serving. The air fryer concentrates all its power into a fraction of that space. Because the paths are short and the intensity is focused, we can skip preheating entirely. The target temperature is often reached within the first 60 seconds of operation.

3. 360-Degree Irradiation

Traditional pans only cook the surface in contact with the heat. Oven racks often leave the bottom of your food soggy. The air fryer's perforated basket design allows heat to reach the food from every angle—above, below, and the sides—simultaneously. This "all-encompassing" heat ensures uniform cooking in a fraction of the time.

Professional Time-Hacks

To fully harness this technological marvel, we employ a few clever strategies in this book:

- **Surface Area Optimization:** We cut vegetables into thin strips rather than large cubes and lay meat out flat rather than stacking it. The more surface area we expose to the rapid airflow, the faster the energy transfers to the center.
- **Zero-Waste Cooking:** We don't waste energy heating empty space. Every watt of power is focused directly on your goal: a perfect, chef-quality meal in under 10 minutes.

The secret to speed lies in concentration. When you let physics do the heavy lifting, 600 seconds is all you need.

THE PERFECT SETUP: YOUR CULINARY PIT LANE

To complete a chef-quality dish in just 600 seconds, your kitchen cannot become an obstacle course. True cooking efficiency begins long before you press the start button. In this chapter, we will optimize your "pit lane" so that every movement is precise and not a single second is wasted.

1. Strategic Placement

Your air fryer should never gather dust in the back of a dark cupboard. If you're serious about 10-minute recipes, your appliance deserves a permanent spot on the countertop.

- **Airflow is Everything:** Ensure there is a clearance of at least 4 to 6 inches (10–15 cm) behind the air vent. A blocked vent doesn't just increase cooking time; it puts unnecessary strain on the machine. To move fast, your air fryer needs to breathe.

2. The Indispensable Tool Trio

Forget the arsenal of unnecessary kitchen gadgets. For high-speed cooking, you only need three essential tools within arm's reach:

- **Silicone-Tipped Tongs:** Metal utensils are the enemy of your basket's non-stick coating. A pair of grippy silicone tongs acts as a professional extension of your arm, allowing you to flip or remove food in milliseconds.
- **The Oil Sprayer:** Traditional brushes are too slow and apply too much oil. A high-quality spray bottle (filled with avocado, rapeseed, or olive oil) is your secret weapon for perfect crispiness. A quick, targeted spritz saves both time and calories.
- **The Instant-Read Thermometer:** Precision is the soul of speed. When you're working within a 10-minute window, a quick probe tells you exactly when your meat or fish has reached its juicy peak—before it has a chance to dry out.

3. "Clean-As-You-Go" Accessories

A true 10-minute philosophy accounts for the time spent after the meal. To eliminate the dread of cleanup:

- **Silicone Liners & Perforated Parchment:** Use precisely fitted silicone molds or specialized air fryer parchment paper (designed with holes for airflow). These catch drippings and crumbs, protecting your basket.
- **The Goal:** After eating, simply remove the liner for a quick rinse. If you want to save time, you shouldn't have to scrub.

4. Master Your Daily Routine

The 10-minute philosophy doesn't require hours of "meal prep," but it does demand smart organization.

- **The Express Spice Station:** Keep a curated selection of essentials right next to your appliance: a high-quality salt mill, black pepper, smoked paprika, and your favorite all-purpose herb blend.
- **The Golden Rule:** Anything you have to hunt for during those 600 seconds is a "time-thief." Once your setup is dialed in, cooking becomes as intuitive and effortless as brewing your morning coffee.

THE ART OF AIR FRYING: MASTERING THE STORM

Cooking in an air fryer is like playing with fire—or rather, playing with a storm. Because the heat source is positioned so close to your food and the air circulates with hurricane force, the dynamics within the basket are crucial. In this chapter, you'll learn how a few simple manual adjustments can make the difference between "just okay" and "perfectly crispy."

1. The Power of the Shake

Since the heat in an air fryer primarily radiates from above, a temperature gradient is naturally created. Foods that are layered or stacked (such as fries, roasted vegetables, or small chicken bites) will cook unevenly if left alone.

- **The Golden Rule:** For our 10-minute recipes, the magic moment is at the 5-minute mark. Open the basket and give it a vigorous shake.
- **Why it works:** Shaking reshuffles the ingredients. Pieces that were trapped in the "heat shadow" at the bottom move to the top, directly into the high-velocity air stream. This ensures uniform browning and prevents burnt edges.

2. The Strategic Flip

For larger or more delicate items—like salmon fillets, steaks, or open-faced sandwiches—shaking is a "no-go." This is where your silicone tongs from Chapter 3 become essential.

- **The Technique:** Turning your food over halfway through ensures that the underside doesn't become soggy from escaping juices. A quick flip allows both sides to develop that signature air fryer crust.

3. The "Visual & Texture" Check

Never rely blindly on a digital timer. Every air fryer model is unique, and performance varies based on its wattage and the volume of food inside.

- **Visual Check:** Don't be afraid to open the basket. Unlike a conventional oven, an air fryer recovers its temperature almost instantly, so very little energy is lost during a quick peek. Is the color a deep golden brown? If so, it's ready!
- **Texture Test:** Use the "pressure test" with your tongs. Does the meat feel elastic and firm? Do the vegetables still have a snap, or are they becoming limp? In the world of 600-second cooking, a single minute can be the difference between perfection and overcooking.

4. The Calm After the Storm

Even if you're starving, patience is your final ingredient. After 10 intense minutes in the "hurricane," let meat dishes rest for about 60 seconds on a warm plate.

- **The Finish:** This allows the residual heat to settle, the fibers to relax, and the juices to redistribute. Because the air fryer works so rapidly, this brief rest is the final touch required for restaurant-quality results.

CARE & CLEANING

A 10-minute recipe loses its appeal if the cleanup becomes a chore. In a world of radical efficiency, maintenance isn't a "nuisance"—it is the final step in a perfectly optimized process. Furthermore, a well-maintained air fryer is a matter of quality: burnt-on residue doesn't just affect flavor; it disrupts the precise airflow required for our record-breaking cooking times.

1. The "Instant Soak" Method

Effective time management doesn't end when the food is served. Once you've removed your dish, the metal basket still holds a significant amount of residual heat.

- **The Pro-Tip:** Immediately after plating your meal, add a quick squirt of dish soap and some warm water to the basket. While you enjoy your dinner, the remaining warmth does the heavy lifting for you. This prevents the dreaded "crust" from forming. By the time you're done eating, a simple rinse is usually all that's needed.

2. Protecting the Non-Stick Heart

The non-stick coating is the most important part of your air fryer. To ensure its longevity, avoid steel wool, abrasive cleaners, or metal utensils at all costs.

- **Handle with Care:** A soft cloth or a silicone sponge is all you need. While many baskets are labeled "dishwasher-safe," the harsh chemicals in dishwasher tablets will degrade the coating over time. A quick hand-wash takes less than 60 seconds and can easily double the lifespan of your appliance.

3. The Heating Element: The "Blind Spot"

Many users forget that the heating element is located directly above the basket. High-velocity air circulation causes microscopic grease particles to swirl upward and bake onto the coil. This is the primary cause of unwanted smoke during cooking.

- **The Routine:** Once every two to three weeks, wait for the appliance to cool completely and wipe the heating coil with a damp cloth and a mild degreaser. A clean element works more efficiently and ensures your food never tastes like burnt oil.

4. Natural Odor Management

Certain ingredients, like fish or garlic, can leave a lingering aroma. Instead of reaching for chemical cleaners, let nature do the work:

- **The Lemon Refresh:** Place half a lemon in the basket and run the appliance for 3 minutes at 350°F (180°C). The essential oils will instantly neutralize odors and leave a hygienic freshness—perfect if your next 10-minute recipe is a sweet dessert.

THE 5 GOLDEN TRICKS

1. THE "DRY SURFACE" SECRET: CRISPNESS THROUGH PREP

Always pat your ingredients dry with a paper towel before seasoning to avoid unwanted steam. A dry surface ensures the heat creates a perfect crust immediately instead of wasting time evaporating moisture. This is the key to a "shatter-crisp" texture in just 10 minutes.

2. TEMPERATURE MATTERS: AVOID THE FRIDGE SHOCK

Take meat or fish out of the fridge 10 minutes before cooking to bring them closer to room temperature. This head start allows the heat to penetrate the center much faster and more evenly during the 600-second timer. It prevents a burnt exterior with an undercooked core.

3. AIRFLOW IS KING: DON'T CROWD THE BASKET

The secret to air frying is circulation, so always cook in a single layer and give food room to breathe. Crowding blocks the high-speed air, leading to soggy results and longer cooking times. It is always better to cook two quick, perfect batches than one large, disappointing one.

4. THE MAILLARD SPRITZ: TIMING YOUR OIL

While air frying uses 80% less oil, a tiny amount is essential for the chemical browning that creates flavor. For maximum crunch, apply a second light spritz of oil after the halfway shake or flip. This simple move ensures a professional, golden-brown finish every single time.

5. THE POWER PREHEAT: INSTANT SEARING

For steaks or thick sandwiches, let your air fryer run empty for 2 minutes at 400°F (200°C) while you prep. This creates a "hot floor" that starts the searing process the second your food hits the metal. It's a tiny time investment that guarantees restaurant-quality textures.



BREAKFAST



THE “PERFECT TIMING” BREAKFAST EGG



Preparation:
5 MIN



Frying time:
8-10 MIN



Portions:
4



INGREDIENTS:

- 1–6 eggs (size M, chilled)
- Optional: Ice cubes (for an ice bath)
- To serve: Salt, pepper, or fresh chives

PREPARATION:

1. Preparation: Place the chilled eggs directly into the air fryer basket; no water or preheating is required. Ensure the eggs are stable and spaced apart.
2. Settings: Set the air fryer to 248°F (120°C). This gentle heat prevents the shells from cracking while perfectly setting the egg whites.
3. Timing: Cook for 8 minutes (soft yolk), 9 minutes (creamy medium), or 10 minutes (ideal for avocado toast).
4. The Ice Bath: Immediately transfer the eggs to a bowl of ice-cold water once the timer ends to stop the cooking process.

Tip: If cooking more than four eggs at once, extend the time by 1 minute to account for the increased mass.

NUTRITIONAL VALUES per serving: Calories: approx. 74 | Fat: 5.1 g | Carbs: 0.4 g | Protein: 6.5

QUICK CHEESE AND HAM TOASTIES



Preparation:
2 MIN



Frying time:
6 MIN



Portions:
2



INGREDIENTS:

- 4 slices of bread (whole-wheat or white toast)
- 2 slices of cooked ham
- 2 slices of cheese (e.g., Gouda, Cheddar, or Swiss)
- Butter (for the outside)
- Optional: 2 toothpicks (for securing)

PREPARATION:

1. Preparation: Spread a thin layer of butter on the outside of the bread slices for a golden, grilled finish.
2. Assembly: Place cheese and ham between the slices and press the sandwich together gently.
3. Securing: Fix each toast in the middle with a toothpick to prevent the top slice from lifting in the high-velocity air stream.
4. Cooking: Air fry at 374°F (190°C) for 6 minutes, flipping halfway through (at 3 minutes) for maximum crispness on both sides.

Tip: For an extra savory crust, press a little grated Parmesan onto the buttered outsides before placing them in the basket.

NUTRITIONAL VALUES per serving: Calories: approx. 295 | Fat: 14.2 g | Carbs: 26 g | Protein: 15.8 g

NUTELLA BANANA WRAPS



Preparation:
2 MIN



Frying time:
6 MIN



Portions:

2



INGREDIENTS:

- 2 small tortilla wraps (flour or whole-wheat)
- 1 ripe banana
- 2 tbsp chocolate spread (e.g., Nutella)
- 1 pinch of cinnamon
- Optional: Powdered sugar for dusting

PREPARATION:

1. Preparation: Generously spread the chocolate cream over the wraps, leaving a small border around the edges to prevent leaking.
2. Filling: Peel the banana and halve it lengthwise. Place one half in the center of each wrap and sprinkle with a little cinnamon.
3. Rolling: Roll the wraps tightly around the banana. Place them seam-side down in the basket to ensure they stay closed during baking.
4. Cooking: Air fry at 350°F (180°C) for approximately 6 minutes until the wrap is golden brown and crispy, and the chocolate is melted.

Tip: For an even crunchier texture, brush the outside of the wraps with a very thin layer of melted butter or coconut oil before baking.

NUTRITIONAL VALUES per serving: Calories: approx. 245 | Fat: 9.8 g | Carbs: 34 g | Protein: 4.2 g

SAVORY BACON AND EGG ROLLS



Preparation:
2 MIN



Frying time:
9 MIN



Portions:
1



INGREDIENTS:

- 1 bread roll (day-old or bake-off)
- 1 egg (size M)
- 2 strips of bacon (breakfast bacon)
- 1 tbsp grated cheese
- Salt & pepper

PREPARATION:

1. Preparation: Cut off the "lid" of the bread roll and carefully hollow out the center with a spoon (the removed bread makes a great snack).
2. Lining: Place the bacon strips crosswise into the hollow of the bun to create a nest.
3. Filling: Carefully crack the egg directly into the bacon indentation. Season with a pinch of salt and pepper.
4. Cooking: Air fry the roll at 347°F (175°C) for approximately 9 minutes. During the last 2 minutes, sprinkle the cheese over the top until melted and golden.

Tip: For extra crispy bacon, "pre-fry" the strips in the air fryer for 1 minute before placing them inside the bun.

NUTRITIONAL VALUES per serving: Calories: approx. 345 | Fat: 18.5 g | Carbs: 26 g | Protein: 17.2 g

QUICK QUARK PUFF PASTRY PASTRIES



Preparation:
3 MIN



Frying time:
8-10 MIN



Portions:
2-3



INGREDIENTS:

- 1 sheet of puff pastry (approx. 9 oz / 250g, chilled)
- 2/3 cup (150g) low-fat quark (or thick Greek yogurt)
- 1 egg yolk (for brushing)
- 2 tbsp sugar or honey
- Optional: Fresh berries or chocolate chips

PREPARATION:

1. Preparation: Roll out the puff pastry and cut it into 6 equal squares. Stir the quark with the sugar or honey until smooth.
2. Filling: Place a small dollop of the quark mixture in the center of each square. Top with berries or chocolate chips if desired.
3. Folding: Fold the corners of the squares toward the center and press lightly. Brush the edges with the beaten egg yolk for a golden finish.
4. Cooking: Place the pastries on air-fryer-safe parchment paper. Air fry at 350°F (180°C) for 8–10 minutes until golden brown and puffed.
5. Finish: Let the pastries cool briefly in the basket to allow the quark to set before serving.

Tip: Ensure the parchment paper is cut to size so air can still circulate freely—this is the secret to a perfectly crispy base!

NUTRITIONAL VALUES per serving: Calories: approx. 320 | Fat: 18 g | Carbs: 34 g | Protein: 7 g

OMELETT-MUFFINS



Preparation:
2 MIN



Frying time:
9-10 MIN



Portions:

2



INGREDIENTS:

- 3–4 eggs (size M)
- 1/4 cup (50ml) milk or oat drink
- 1.7 oz (50g) mini tomatoes & spinach (finely chopped)
- 1/4 cup (30g) grated cheese (e.g., Gouda or Swiss)
- Salt & pepper [1, 2, 3, 4]

PREPARATION:

1. Preparation: Whisk the eggs with milk, salt, and pepper in a bowl. Stir in the finely chopped vegetables and cheese until well combined.
2. Filling: Pour the mixture into silicone muffin liners, filling them to about 1/2 inch (1 cm) below the rim.
3. Insertion: Place the liners directly into the air fryer basket, ensuring they are stable and spaced evenly.
4. Cooking: Air fry at 320°F (160°C) for 9–10 minutes, or until the muffins are firm and lightly golden on top.
5. Finish: Let the muffins cool for a minute; this makes them much easier to remove from the liners.

Tip: These are highly customizable—try adding diced ham or feta cheese! They can also be prepared in advance and enjoyed cold as a convenient snack.

Nutritional information per serving: Calories: approx. 210 | Fat: 14 g | Carbs: 3 g | Protein: 18 g

SWEET APPLE CINNAMON FLATBREADS



Preparation:
3 MIN



Frying time:
7-8 MIN



Portions:
1-2



INGREDIENTS:

- 1 tortilla wrap (flour or whole-wheat)
- 1 small apple (cored and thinly sliced)
- 1 tsp maple syrup or honey
- 1 pinch of cinnamon
- 1 tbsp cream cheese or peanut butter (as a base)
- Optional: Slivers of almonds

PREPARATION:

1. Preparation: Spread a thin layer of cream cheese or peanut butter over the tortilla wrap as a base.
2. Assembly: Arrange the apple slices in a fan shape on the wrap. Sprinkle with cinnamon and drizzle with honey or maple syrup.
3. Placement: Carefully place the flatbread into the air fryer basket. If using a round basket, gently fold the edges of the tortilla to fit.
4. Cooking: Air fry at 374°F (190°C) for 7–8 minutes until the edges are crispy and the apples have softened.
5. Finish: Remove carefully, cut into quarters, and enjoy while warm. [[1](#), [2](#), [3](#)]

Tip: For an extra crunch, sprinkle some slivered almonds over the apples during the last 2 minutes of the baking time!

Nutritional information per serving: Calories: approx. 245 | Fat: 6 g | Carbs: 41 g | Protein: 5 g

GNOCCHI WITH TOMATO AND MOZZARELLA



Preparation:
2 MIN



Frying time:
8-10 MIN



Portions:
1-2



INGREDIENTS:

- 9 oz (250g) gnocchi (chilled/fresh, not dried)
- 3.5 oz (100g) cherry tomatoes (halved)
- 4.5 oz (125g) mini mozzarella balls (one standard container)
- 1 tbsp Pesto Verde or olive oil
- Fresh basil for garnish

PREPARATION:

1. Preparation: In a bowl, toss the gnocchi with the pesto (or oil) and the halved tomatoes until everything is evenly coated and glossy.
2. Placement: Distribute the mixture evenly in the air fryer basket in a single layer.
3. Cooking: Air fry at 400°F (200°C) for 8–10 minutes. After 5 minutes, shake the basket vigorously to ensure the gnocchi become crispy on all sides.
4. Cheese Finish: Add the mini mozzarella balls during the final minute of cooking so they melt slightly without becoming too runny.
5. Serving: Garnish with fresh basil and serve immediately.

Tip: No pre-boiling needed! The air fryer gives the gnocchi a wonderful "roasted potato" crunch on the outside while keeping them soft and pillowy on the inside.

Nutritional information per serving: Calories: approx. 380 | Fat: 14 g | Carbs: 48 g | Protein: 12 g

CRISPY BERRY BAKED OATMEAL



Preparation:
2 MIN



Frying time:
8-10 MIN



Portions:
1



INGREDIENTS:

- 1/2 cup (50g) rolled oats (quick or old-fashioned)
- 1/3 cup (80ml) milk (or plant-based milk)
- 1 tsp honey or maple syrup
- 1/4 cup (30g) blueberries (fresh or frozen)
- 1 pinch of baking powder
- Optional: A few slivered almonds

PREPARATION:

1. Preparation: Mix the oats, milk, honey, and baking powder directly in a small, heat-resistant dish (such as a ramekin or small oven-safe bowl).
2. Topping: Gently fold the blueberries into the mixture or arrange them on top. For extra crunch, sprinkle with slivered almonds.
3. Cooking: Place the dish in the air fryer basket. Air fry at 350°F (180°C) for 9 minutes.
4. Check: After about 8 minutes, check the progress: the oatmeal should be golden brown and firm on top but still moist inside.
5. Finish: Carefully remove the dish (caution: it will be hot!) and let it rest for a minute. The oatmeal will continue to set and thicken slightly.

Tip: For an extra creamy, cake-like consistency, briefly pulse the oats and milk in a blender before baking. The result tastes just like a small breakfast cake!

Nutritional information per serving: Calories: approx. 260 | Fat: 5 g | Carbs: 42 g | Protein: 8 g

SAVORY HAM AND CHEESE CROISSANT



Preparation:
2 MIN



Frying time:
8-10 MIN



Portions:
1



INGREDIENTS:

- 2 croissants (fresh or day-old)
- 2 slices of cooked ham
- 2 slices of Swiss cheese (e.g., Emmental or Gouda)
- 2 tsp cream cheese (or Dijon mustard)
- Optional: Fresh chives, chopped

PREPARATION:

1. Preparation: Carefully slice the croissants horizontally, but do not cut all the way through. Spread the insides thinly with cream cheese or mustard.
2. Assembly: Fold a slice of ham and a slice of cheese to fit perfectly inside each croissant. Gently press them closed.
3. Placement: Place the filled croissants in a single layer in the air fryer basket to ensure optimal air circulation.
4. Cooking: Air fry at 340°F (170°C) for 7 minutes. The goal is for the cheese to melt perfectly while the outside becomes light and crispy.
5. Finish: Carefully remove the croissants (the cheese will be very hot!) and garnish with fresh chives if desired.

Tip: If your croissants are already very dark, lower the temperature to 320°F (160°C) and extend the time by 1-2 minutes. This prevents the tips from burning while the cheese melts.

Nutritional information per serving: Calories: approx. 340 | Fat: 22 g | Carbs: 24 g | Protein: 14 g



CHICKEN & TURKEY



CRISPY TURKEY AND ZUCCHINI SKEWERS



Preparation:
3 MIN



Frying time:
9-10 MIN



Portions:
2



INGREDIENTS:

- 9 oz (250g) turkey breast (cut into bite-sized cubes)
- 1 small zucchini (cut into thick rounds)
- 1 tbsp rapeseed oil (or avocado oil)
- 1 tsp poultry seasoning (or paprika & salt)
- Wooden skewers (trimmed to fit your air fryer)

PREPARATION:

1. Preparation: Thread the turkey cubes and zucchini slices alternately onto the skewers. Leave a tiny gap between the pieces to allow the high-velocity air to circulate.
2. Marinating: Brush or spray the skewers with oil and sprinkle the seasoning mixture evenly on all sides.
3. Placement: Place the skewers side by side in the air fryer basket. Avoid overlapping to ensure maximum crispiness.
4. Cooking: Air fry at 400°F (200°C) for 9 minutes.
5. Finish: Turn the skewers over halfway through (at the 5-minute mark). Once the turkey is cooked through and the zucchini is lightly browned, remove and serve immediately.

Tip: Soak the wooden skewers in water for 10 minutes before threading. This prevents them from splintering and makes it much easier to remove the meat after cooking!

Nutritional information per serving: Calories: approx. 195 | Fat: 7 g | Carbs: 2 g | Protein: 31 g

CHICKEN SALTIMBOCCA "QUICK STYLE"



Preparation:
3 MIN



Frying time:
9-10 MIN



Portions:
2



INGREDIENTS:

- 6.5 oz (180g) chicken tenderloins (approx. 2 small fillets)
- 2 slices of Parma ham (or Serrano ham)
- 2 fresh sage leaves
- 1 tsp olive oil
- Freshly ground pepper (salt is usually not needed due to the ham)
- Optional: 2 toothpicks

PREPARATION:

1. Preparation: Season the chicken fillets with a little pepper. Place one fresh sage leaf on top of each fillet.
2. Wrapping: Wrap each fillet tightly with a slice of ham, ensuring the sage leaf is secured underneath. Use a toothpick if necessary to hold the ham in place.
3. Placement: Lightly brush the wrapped fillets with olive oil and place them in the air fryer basket in a single layer.
4. Cooking: Air fry at 350°F (180°C) for 9 minutes. Turning is usually not necessary for such a short cooking time.
5. Finish: Once the timer ends, ensure the ham is crispy and the chicken is cooked through. Let the meat rest for 1 minute to allow the juices to redistribute for maximum tenderness.

Tip: For an extra savory kick, place a small slice of cheese (like Provolone) between the meat and the sage leaf before wrapping it with the ham!

Nutritional information per serving: Calories: approx. 210 | Fat: 8 g | Carbs: 0 g | Protein: 34 g

EXPRESS CHICKEN NUGGETS



Preparation:
3 MIN



Frying time:
8-10 MIN



Portions:
2



INGREDIENTS:

- 10.5 oz (300g) chicken breast (cut into bite-sized pieces)
- 1.5 oz (50g) unsweetened cornflakes (coarsely crushed)
- 1 egg (size M, beaten)
- 1 tbsp all-purpose flour
- 1 tsp sweet paprika & salt
- Cooking spray (or oil)

PREPARATION:

1. Preparation: Lightly spray the bottom of the air fryer basket with oil or use a piece of perforated parchment paper.
2. Breading: Coat the chicken pieces in flour, dip them into the beaten egg, and finally press them firmly into the crushed cornflakes.
3. Placement: Arrange the nuggets in the basket in a single layer. Ensure they do not touch each other so the breading becomes crispy on all sides.
4. Cooking: Air fry at 374°F (190°C) for 9 minutes. After 5 minutes, gently shake the basket or turn the nuggets over.
5. Finish: Once the nuggets are golden brown and the meat is fully cooked, remove and serve with your favorite dip.

Tip: To crush the cornflakes quickly, place them in a freezer bag and squeeze them by hand. Don't crush them too finely—the larger pieces provide the ultimate crunch!

NUTRITIONAL VALUES per serving: Calories: approx. 320 | Fat: 6 g | Carbs: 24 g | Protein: 39 g

LEMON AND GARLIC CHICKEN



Preparation:
2 MIN



Frying time:
9-10 MIN



Portions:
2



INGREDIENTS:

- 10.5 oz (300g) chicken tenderloins (or thin cutlets)
- 1 organic lemon (juice and 1 tsp zest)
- 2 cloves of garlic (minced)
- 1 tbsp olive oil
- 1 tsp dried oregano
- Salt & pepper

PREPARATION:

1. Preparation: In a small bowl, whisk together the olive oil, lemon juice, zest, minced garlic, and spices. Coat the chicken fillets thoroughly in the marinade.
2. Placement: Place the fillets in the air fryer basket in a single layer. Add two lemon slices to the basket if there's room to intensify the citrus aroma.
3. Cooking: Air fry at 400°F (200°C) for 9 minutes.
4. Finish: Turn the fillets over halfway through. The chicken is ready when the edges are lightly browned and the meat is cooked through.
5. Serving: Drizzle any remaining juices from the basket over the meat for extra flavor.

Tip: This dish pairs perfectly with quick-cook couscous or a fresh green salad. Simply pour boiling water over the couscous while the chicken is air frying!

Nutritional information per serving: Calories: approx. 215 | Fat: 8 g | Carbs: 1 g | Protein: 35 g

TURKEY STRIPS "ZURICH STYLE"



Preparation:
3 MIN



Frying time:
9-10 MIN



Portions:
2



INGREDIENTS:

- 10.5 oz (300g) turkey breast (cut into thin strips)
- 3.5 oz (100g) mushrooms (sliced)
- scant 1/2 cup (100ml) cooking cream (or low-fat alternative)
- 3 tbsp (50ml) vegetable broth
- 1 tsp cornstarch (dissolved in a little cold water)
- Salt, pepper & a squeeze of fresh lemon

PREPARATION:

1. Preparation: Lightly grease a small, heat-resistant dish (one that fits comfortably in your basket) with a little oil.
2. Mixing: Place the turkey strips and mushrooms into the dish. Whisk together the cream, broth, dissolved cornstarch, and spices, then pour the mixture over the meat and mushrooms.
3. Placement: Carefully place the dish into the air fryer basket.
4. Cooking: Air fry at 400°F (200°C) for 9–10 minutes. After 5 minutes, stir gently with a spoon to ensure even cooking and to help the sauce thicken.
5. Finish: Add a final squeeze of lemon before serving and garnish with fresh parsley if desired.

Tip: Ensure the dish doesn't block the entire basket; leaving a little space for airflow will help the sauce become wonderfully creamy on top!

Nutritional information per serving: Calories: approx. 290 | Fat: 14 g | Carbs: 4 g | Protein: 37 g

LEMON CHICKEN WITH COUSCOUS



Preparation:
2 MIN



Frying time:
9 MIN



Portions:
2



INGREDIENTS:

- 10.5 oz (300g) chicken tenderloins
- 1/2 cup (100g) dry couscous
- scant 2/3 cup (150ml) boiling water
- 1 organic lemon (juice and zest)
- 1 clove of garlic (minced)
- 1 tbsp olive oil
- Salt, pepper & fresh mint

PREPARATION:

1. Preparation: In a bowl, marinate the chicken with olive oil, half of the lemon juice, minced garlic, salt, and pepper.
2. Cooking: Place the fillets in a single layer in the air fryer basket. Optionally, top with two thin lemon slices. Air fry at 400°F (200°C) for 9 minutes, flipping the fillets halfway through.
3. Side Dish: While the chicken is cooking, place the dry couscous in a bowl, pour the boiling water over it, cover, and let it steep.
4. Assembly: Fluff the couscous with a fork and stir in the remaining lemon juice, zest, and chopped mint.
5. Finish: Arrange the hot chicken on top of the couscous and serve.

Tip: Use the aromatic juices from the bottom of the air fryer basket as an "instant dressing" for your couscous—it provides an incredible flavor boost!

Nutritional information per serving: Calories: approx. 390 | Fat: 9 g | Carbs: 38 g | Protein: 36 g

PARMESAN CHICKEN WITH BROCCOLI



Preparation:
3 MIN



Frying time:
8-10 MIN



Portions:
2



INGREDIENTS:

- 10.5 oz (300g) chicken breast (cut into bite-sized pieces)
- 5.3 oz (150g) broccoli (small florets only)
- 1/2 cup (40g) Parmesan cheese (finely grated)
- 2 tbsp olive oil
- 1 tsp sweet paprika
- Salt & pepper

PREPARATION:

1. Preparation: Place the chicken pieces and the very finely chopped broccoli florets in a large bowl.
2. Marinating: Add the olive oil, salt, pepper, and paprika. Sprinkle with the finely grated Parmesan and toss thoroughly until the meat and vegetables are evenly coated with cheese.
3. Placement: Distribute the mixture evenly in a single layer in the air fryer basket to ensure the cheese becomes perfectly crispy.
4. Cooking: Air fry at 374°F (190°C) for 9 minutes.
5. Finish: Shake the basket vigorously at the 5-minute mark. The dish is ready when the Parmesan is golden brown and the chicken is cooked through.

Tip: Ensure the broccoli is divided into tiny florets. The smaller they are, the better they will absorb the heat, becoming perfectly crisp and flavorful along with the chicken in under 10 minutes!

NUTRITIONAL VALUES per serving: Calories: approx. 310 | Fat: 14 g | Carbs: 4 g | Protein: 43 g

CHICKEN FAJITAS & TORTILLAS



Preparation:
3 MIN



Frying time:
9-10 MIN



Portions:

2



INGREDIENTS:

- 9 oz (250g) chicken breast (cut into thin strips)
- 1 large bell pepper (sliced into very thin strips)
- 1 small onion (cut into thin rings)
- 2 tortilla wraps (flour or whole-wheat)
- 1 tbsp olive oil
- 1 tsp fajita seasoning (or a mix of paprika, cumin, and salt)

PREPARATION:

1. Preparation: In a bowl, thoroughly toss the chicken strips, bell peppers, and onion rings with olive oil and spices until everything is well coated.
2. Placement: Spread the mixture evenly in the air fryer basket. Ensure the layer isn't too thick so the peppers can roast properly.
3. Cooking: Air fry at 400°F (200°C) for 10 minutes.
4. Warming: After 5 minutes, shake the basket vigorously. During the final minute of cooking, simply place the tortilla wraps on top of the meat and vegetable mixture to warm them through.
5. Finish: Remove the warm wraps and fill them with the sizzling fajita mixture directly from the basket. Roll them up and serve.

Tip: For an extra burst of freshness, serve with a dollop of sour cream or fresh avocado. If you slice the bell peppers very finely, they will become wonderfully sweet and develop fantastic roasted flavors in just 10 minutes!

NUTRITIONAL VALUES per serving: Calories: approx. 385 | Fat: 11 g | Carbs: 32 g | Protein: 34 g

TERIYAKI CHICKEN WITH SNOW PEAS



Preparation:
2 MIN



Frying time:
8-9 MIN



Portions:
2



INGREDIENTS:

- 10.5 oz (300g) chicken breast (cut into bite-sized cubes)
- 3.5 oz (100g) sugar snap peas (fresh, washed)
- 3 tbsp teriyaki sauce (store-bought or homemade)
- 1 tsp olive oil or sesame oil
- 1 tsp sesame seeds (for garnish)
- Optional: A pinch of chili flakes

PREPARATION:

1. Preparation: In a bowl, toss the chicken cubes and sugar snap peas with the oil and 2 tablespoons of the teriyaki sauce until evenly coated.
2. Placement: Spread the mixture in a single layer in the air fryer basket to ensure even browning.
3. Cooking: Air fry at 400°F (200°C) for 9 minutes.
4. Shake: At the 5-minute mark, shake the basket vigorously to redistribute the chicken and peas.
5. Finish: Once the chicken is cooked through and the peas are tender-crisp, remove from the basket. Drizzle with the remaining tablespoon of teriyaki sauce and garnish with sesame seeds and optional chili flakes.

Tip: Snow peas are the perfect 10-minute side dish, as they retain their vibrant color and stay incredibly crisp in the air fryer. If you prefer a spicier flavor, add a touch of fresh ginger to the marinade!

Nutritional information per serving: Calories: approx. 240 | Fat: 5 g | Carbs: 12 g | Protein: 35 g

SMASHED TURKEY CHEESE BURGER



Preparation:
2 MIN



Frying time:
8-10 MIN



Portions:
1



INGREDIENTS:

- 5.3 oz (150g) ground turkey (lean)
- 1 burger bun (e.g., Brioche or whole-wheat)
- 1 slice of Cheddar cheese
- 1 tsp olive oil
- Salt & pepper
- Optional: 1 lettuce leaf & 1 slice of tomato

PREPARATION:

1. Preparation: Form the ground turkey into a loose ball. Place a piece of parchment paper in the air fryer basket, put the meatball on top, and flatten it with a spatula or a heavy glass (the "smash") until the patty is only about 1/2 inch (1 cm) thick.
2. Seasoning: Brush the patty with a little oil and season generously with salt and pepper.
3. Cooking: Air fry at 400°F (200°C) for 7 minutes.
4. Cheese & Bun: After 7 minutes, place the cheese slice on the meat. Split the burger bun and place it in the basket, cut-side down, for the final 2–3 minutes of cooking time.
5. Assembly: Remove the toasted bun, place the juicy cheese-covered patty on it, and garnish with lettuce and tomato as desired.

Tip: Smashing the patty directly onto parchment paper locks in the juices and keeps your air fryer clean. Since turkey is very lean, keep an eye on the timer—pulling it out at the perfect moment ensures it stays incredibly juicy!

NUTRITIONAL VALUES per serving: Calories: approx. 420 | Fat: 18 g | Carbs: 28 g | Protein: 34 g

CHICKEN-MOZZARELLA-ROLLS



Preparation:
3 MIN



Frying time:
9-10 MIN



Portions:
2



INGREDIENTS:

- 10.5 oz (300g) chicken tenderloins (approx. 4–6 pieces)
- 1.7 oz (50g) mini mozzarella balls (or mozzarella sticks)
- 4 sun-dried tomatoes in oil (finely chopped)
- 1 tsp Italian herbs
- Salt & pepper
- Toothpicks for securing

PREPARATION:

1. Preparation: Place the chicken fillets between two layers of plastic wrap and gently flatten them with a heavy object. Season with salt, pepper, and Italian herbs.
2. Filling: Place a few pieces of chopped tomatoes and a (halved) mini mozzarella ball on each fillet.
3. Rolling: Carefully roll the meat tightly and secure each roll with a toothpick to ensure the filling stays enclosed.
4. Placement: Place the rolls seam-side down in the air fryer basket. For extra flavor, lightly brush them with a bit of oil from the sun-dried tomato jar.
5. Cooking: Air fry at 374°F (190°C) for 10 minutes. Flipping is not necessary.

Tip: The sun-dried tomatoes provide an intense aroma and a savory kick. Make sure to seal the edges well so the melting cheese stays inside, creating a perfectly gooey center!

NUTRITIONAL VALUES per serving: Calories: approx. 245 | Fat: 9 g | Carbs: 2 g | Protein: 38 g



BEEF, PORK & LAMB



QUICK RUMP STEAK WITH HERB CRUST



Preparation:
2 MIN



Frying time:
7-9 MIN



Portions:
1



INGREDIENTS:

- 6.5 oz (180g) rump steak (approx. 3/4 inch / 2cm thick, at room temperature)
- 1 tbsp herb butter (chilled/firm)
- 1 tsp olive oil
- Coarse sea salt & black pepper

PREPARATION:

1. Preparation: Pat the steak dry with paper towels. Rub both sides with olive oil and season generously with coarse sea salt and black pepper.
2. Placement: Place the steak directly in the center of the air fryer basket. For the best results, ensure the meat has reached room temperature before cooking.
3. Cooking: Air fry at 400°F (200°C). Cook for 7 minutes for medium-rare, or 9 minutes for a classic medium doneness.
4. Flipping & Topping: Flip the steak halfway through. During the final 60 seconds of cooking, place the herb butter on top of the hot meat so it melts into a glossy, aromatic crust.
5. Finish: Remove the steak from the basket and let it rest on a warm plate for at least 2 minutes before slicing.

Tip: Resting is the most critical step! It allows the juices to redistribute throughout the meat, ensuring your steak is incredibly tender and succulent when you finally cut into it.

Nutritional information per serving: Calories: approx. 390 | Fat: 24 g | Carbs: 0 g | Protein: 42 g

CRISPY MINI PORK SCHNITZELS



Preparation:
3 MIN



Frying time:
8-9 MIN



Portions:
2



INGREDIENTS:

- 9 oz (250g) pork loin (cut into very thin slices)
- 1/2 cup (40g) panko breadcrumbs (for extra crunch)
- 1 egg (size M, beaten)
- 1 tbsp all-purpose flour
- Salt & paprika powder
- Cooking spray (optional)

PREPARATION:

1. Preparation: Season the thin pork slices with salt and paprika powder.
2. Breading: Coat each schnitzel in flour, dip into the beaten egg, and finally press firmly into the panko breadcrumbs until fully coated.
3. Placement: Arrange the schnitzels in a single layer in the air fryer basket. Do not overlap to ensure the breading crisps evenly. For a golden-brown finish, lightly spray with oil.
4. Cooking: Air fry at 400°F (200°C) for 9 minutes.
5. Turning: Carefully flip the schnitzels halfway through (at the 5-minute mark). They are ready once the breading is golden brown and perfectly crispy.

Tip: Always opt for Panko (Japanese-style breadcrumbs). The flakes are coarser than traditional breadcrumbs, making them significantly crispier and airier in the air fryer, even with minimal oil!

Nutritional information per serving: Calories: approx. 310 | Fat: 12 g | Carbs: 18 g | Protein: 32 g

LAMB CHOPS WITH ROSEMARY



Preparation:
2 MIN



Frying time:
8-10 MIN



Portions:
2



INGREDIENTS:

- 4 lamb chops (small loin or leg chops)
- 1 tbsp olive oil
- 2 cloves of garlic (lightly crushed, skin on)
- 1 sprig of fresh rosemary
- Coarse sea salt & black pepper

PREPARATION:

1. Preparation: Pat the lamb chops dry with paper towels. Rub both sides with olive oil and season generously with sea salt and black pepper.
2. Placement: Arrange the chops side by side in the air fryer basket. Place the rosemary sprig and the crushed garlic cloves in the spaces between the meat to infuse the air with flavor.
3. Cooking: Air fry at 400°F (200°C). Select 8 minutes for a tender pink (medium) result, or 10 minutes for well-done.
4. Finish: Flip the chops halfway through (after 4–5 minutes) to ensure the fat edge becomes perfectly crispy.
5. Resting: Let the meat rest for 1 minute inside the switched-off basket before serving. This allows the rosemary and garlic aromas to fully penetrate the meat.

Tip: Before cooking, lightly score the fat layer along the edge of the chops at 1/2 inch (1 cm) intervals. This prevents the meat from curling up in the intense heat and ensures the fat renders into a delicious, crispy crust!

Nutritional information per serving: Calories: approx. 280 | Fat: 18 g | Carbs: 0 g | Protein: 29 g

QUICK BEEF MEATBALLS



Preparation:
3 MIN



Frying time:
9-10 MIN



Portions:
2



INGREDIENTS:

- 10.5 oz (300g) ground beef (fresh)
- 1 tbsp breadcrumbs (or rolled oats for better binding)
- 1 tsp medium-hot mustard
- 1/2 tsp sweet paprika powder
- Salt & pepper
- Optional: Dried parsley

PREPARATION:

1. Preparation: Quickly knead the ground beef in a bowl with the breadcrumbs, mustard, and spices. Do not overwork the meat to ensure the meatballs stay light and tender.
2. Shaping: Form the mixture into 4 equal, relatively flat patties (approx. 3/4 inch / 2 cm thick). Press a small indentation into the center of each with your thumb; this prevents them from puffing up too much during cooking.
3. Placement: Place the meatballs directly into the air fryer basket. A small piece of parchment paper underneath will help keep the basket clean.
4. Cooking: Air fry at 400°F (200°C) for 9 minutes.
5. Finish: Flip the meatballs halfway through (at the 5-minute mark). They are ready when they are dark brown on the outside and just cooked through on the inside.

Tip: For an extra juicy surprise, hide a small cube of feta or gouda cheese in the center of each ball before flattening them—it creates a delicious, melty core!

Nutritional information per serving: Calories: approx. 345 | Fat: 22 g | Carbs: 5 g | Protein: 32 g

PORK TENDERLOIN MEDALLIONS WITH BEANS



Preparation:
3 MIN



Frying time:
9-10 MIN



Portions:
1-2



INGREDIENTS:

- 7 oz (200g) pork tenderloin (cut into medallions approx. 1.2 inches / 3cm thick)
- 3.5 oz (100g) green beans (fresh or frozen)
- 2 slices of breakfast bacon
- 1 tbsp olive oil
- Salt & black pepper

PREPARATION:

1. Preparation: Season the medallions with salt and pepper. Gather 5–6 beans into a bundle and wrap each tightly with half a slice of bacon.
2. Marinating: Lightly brush the medallions and bean bundles with olive oil to prevent them from drying out in the intense heat.
3. Placement: Arrange everything in the basket in a single layer. Ensure the bacon seam of the bean bundles is facing downward so they stay secured during cooking.
4. Cooking: Air fry at 400°F (200°C) for 10 minutes.
5. Finish: Flip the medallions halfway through (at the 5-minute mark). The beans usually do not need turning. The dish is ready when the bacon is crispy and the pork is cooked through but still juicy.

Tip: There's no need to thaw frozen beans—they cook perfectly straight from the freezer! The rendered bacon fat adds incredible savory depth to the meat during the air-frying process.

Nutritional information per serving: Calories: approx. 290 | Fat: 14 g | Carbs: 3 g | Protein: 38 g

BEEF MINUTE STEAKS WITH MIXED PEPPERS



Preparation:
2 MIN



Frying time:
6-7 MIN



Portions:
2



INGREDIENTS:

- 2 beef minute steaks (sliced very thinly)
- 1 large bell pepper (cut into thin strips)
- 1 tbsp herb butter
- 1 tsp olive oil
- Salt & pepper

PREPARATION:

1. Preparation: In a bowl, toss the bell pepper strips with olive oil, salt, and pepper until evenly coated.
2. Pre-cooking: Place the bell pepper strips in the air fryer basket and pre-cook at 400°F (200°C) for 3 minutes. This gives the vegetables a head start since the thin meat cooks much faster.
3. Adding the Meat: Season the steaks with salt and place them directly on top of the bed of peppers.
4. Cooking: Air fry for an additional 3–4 minutes at 400°F (200°C). Minute steaks are very thin and require only this brief time to reach a perfect medium-well doneness.
5. Finish: Immediately after cooking, place the herb butter on the hot meat and serve with the peppers.

Tip: Because minute steaks are lean and very thin, they can become tough if overcooked. Stick to the timer precisely—if you have a very powerful air fryer, consider taking them out 30 seconds early for maximum tenderness!

Nutritional information per serving: Calories: approx. 260 | Fat: 15 g | Carbs: 5 g | Protein: 26 g

LAMB CHOPS WITH FETA AND TOMATOES



Preparation:
2 MIN



Frying time:
8-10 MIN



Portions:
2



INGREDIENTS:

- 4 lamb chops (small loin or leg chops)
- 3.5 oz (100g) cherry tomatoes
- 1.7 oz (50g) feta cheese (crumbled)
- 1 tsp dried oregano
- 1 tbsp olive oil
- Salt & pepper

PREPARATION:

1. Preparation: In a bowl, toss the lamb chops and cherry tomatoes with olive oil, oregano, salt, and pepper until everything is well coated.
2. Placement: Place the mixture into the air fryer basket, distributing the tomatoes evenly between the chops.
3. Cooking: Air fry at 400°F (200°C) for 8 minutes.
4. Cheese Finish: Open the basket, sprinkle the crumbled feta over the tomatoes, and cook for an additional 1–2 minutes until the cheese is warm and slightly softened.
5. Serving: Arrange the chops on a plate along with the soft, aromatic tomatoes and the melted feta.

Tip: The cherry tomatoes will burst during cooking, combining with the olive oil and melted feta to create an effortless Mediterranean sauce. It's perfect for sopping up with a piece of crusty bread!

NUTRITIONAL VALUES per serving: Calories: approx. 310 | Fat: 22 g | Carbs: 2 g | Protein: 27 g

PORK NECK STEAK WITH ONION RINGS



Preparation:
2 MIN



Frying time:
8-10 MIN



Portions:
2



INGREDIENTS:

- 6.5 oz (180g) pork neck steak (or pork collar steak)
- 1 large onion (cut into thin rings)
- 1 tsp medium-hot mustard
- 1 tsp olive oil
- Salt & pepper

PREPARATION:

1. Preparation: Rub both sides of the pork steak with mustard, then season with salt and pepper. In a small bowl, toss the onion rings with olive oil; this prevents them from burning and ensures even roasting.
2. Placement: First, distribute the onion rings evenly across the bottom of the air fryer basket. Place the seasoned steak directly on top of the onions.
3. Cooking: Air fry at 400°F (200°C) for 10 minutes.
4. Turning: After about 6 minutes, flip the steak. Briefly stir the onions with a spoon to ensure they cook evenly.
5. Finish: The steak is ready when it has developed a deep, golden-brown crust. The onions should be soft, sweet, and slightly crispy at the edges.

Tip: Placing the steak on top of the onions allows the savory meat juices to drip directly onto the vegetables. This prevents the onions from drying out and infuses them with an incredible depth of flavor!

Nutritional information per serving: Calories: approx. 380 | Fat: 26 g | Carbs: 6 g | Protein: 30 g

LAMB FILLET WITH GREEN ASPARAGUS



Preparation:
2 MIN



Frying time:
8-9 MIN



Portions:
2



INGREDIENTS:

- 9 oz (250g) lamb fillet (one whole piece)
- 1 bunch of mini asparagus (or very thin green asparagus spears)
- 1 tbsp olive oil
- 1 clove of garlic (minced)
- Coarse sea salt & black pepper
- 1 dash of fresh lemon juice

PREPARATION:

1. Preparation: Trim any woody ends from the asparagus. Pat the lamb fillet dry with paper towels.
2. Marinating: In a bowl, toss the meat and asparagus with olive oil, minced garlic, salt, and pepper until everything is evenly coated and glossy.
3. Placement: Place the lamb fillet in the center of the air fryer basket and distribute the asparagus spears evenly around it.
4. Cooking: Air fry at 400°F (200°C) for 8 minutes. Flip the meat and gently shake the asparagus halfway through (at the 4-minute mark).
5. Finish: Let the lamb fillet rest for 1 minute before slicing it into portions. Arrange on a plate with the asparagus and finish with a fresh squeeze of lemon.

Tip: Choose "mini asparagus" or thin Thai asparagus for this recipe. Their slender shape ensures they have the exact same cooking time as the tender lamb, resulting in a perfectly crisp texture in under 10 minutes!

Nutritional information per serving: Calories: approx. 240 | Fat: 10 g | Carbs: 3 g | Protein: 32 g

BEEF KOFTA WITH NAAN BREAD



Preparation:
3 MIN



Frying time:
8-9 MIN



Portions:
2



INGREDIENTS:

- 9 oz (250g) ground beef
- 1 tsp cumin & sweet paprika
- 1 tbsp fresh parsley (finely chopped)
- 1 naan bread (store-bought)
- 1 tbsp olive oil
- Salt & pepper

PREPARATION:

1. Preparation: Quickly knead the ground beef with the spices and parsley. Shape the mixture into 4 to 6 oblong rolls (koftas).
2. Oiling: Lightly brush each kofta with olive oil to lock in the juices and ensure they develop a rich, golden-brown color in the air fryer.
3. Placement: Place the meat rolls directly into the air fryer basket in a single layer.
4. Cooking: Air fry at 374°F (190°C) for 8 minutes. Flip the koftas halfway through (after about 4 minutes) for even browning.
5. Bread Finish: During the final minute of cooking, place the naan bread directly on top of the koftas in the basket to warm it through until soft and fragrant.
6. Finish: Arrange the sizzling koftas on the warm naan bread and serve immediately.

Tip: If you prefer using wooden skewers, trim them to size so they fit perfectly in the basket. Serve with a dollop of Greek yogurt for a refreshing Mediterranean touch!

Nutritional information per serving: Calories: approx. 410 | Fat: 19 g | Carbs: 35 g | Protein: 24 g

VIENNESE SAUSAGES WITH TOASTED BREAD



Preparation:
1 MIN



Frying time:
6-7 MIN



Portions:
2



INGREDIENTS:

- 4 Vienna sausages (or frankfurters)
- 2 slices of bread (e.g., baguette, toast, or rye)
- 1 tsp butter (for the bread)
- Mustard or ketchup for serving

PREPARATION:

1. Preparation: Using a sharp knife, lightly score the sausages 3 to 4 times on both sides. This prevents them from bursting open unevenly in the intense heat.
2. Bread: Thinly spread the bread slices with butter; this ensures a beautiful golden-brown color and a rich, toasted aroma.
3. Placement: Place the sausages and bread slices side by side in a single layer in the air fryer basket.
4. Cooking: Air fry at 350°F (180°C) for 7 minutes.
5. Finish: Flip the bread slices halfway through (at the 4-minute mark). The dish is ready when the sausages are hot and slightly crispy at the cuts, and the bread has a perfect, toasty sheen.

Tip: Scoring the sausages allows them to "relax" in the hot air, preventing them from curling too much. For an extra kick, sprinkle a tiny bit of curry powder into the cuts before cooking for a "Currywurst" style flavor!

Nutritional information per serving: Calories: approx. 320 | Fat: 24 g | Carbs: 12 g | Protein: 14 g

CLASSIC BEEF CHEESEBURGER



Preparation:
2 MIN



Frying time:
8-9 MIN



Portions:
1



INGREDIENTS:

- 4.5 oz (125g) ground beef (fresh)
- 1 burger bun (e.g., brioche)
- 1 slice of Cheddar cheese
- 1 tsp olive oil
- Salt & black pepper
- Optional: 1 pickle slice (gherkin) & burger sauce

PREPARATION:

1. Preparation: Form the ground meat into a patty approx. 3/4 inch (1.5–2 cm) thick. Make the patty about 1 inch (2 cm) wider than the bun, as the meat will shrink slightly during cooking.
2. Seasoning: Brush the patty with olive oil and season generously with salt and pepper. Press a slight indentation into the center with your thumb to keep the patty flat.
3. Cooking: Place the patty in the basket and air fry at 400°F (200°C) for 7 minutes, flipping once halfway through.
4. Cheese & Bun: Place the cheese on the patty. Split the bun and place both halves cut-side down in the basket for the final 1–2 minutes.
5. Assembly: Spread the warm bun with sauce, add the juicy patty, and top with the pickle slice.

Tip: Secure the cheese slice with a toothpick! Otherwise, the high-velocity airflow can blow the thin slice off the meat before it has a chance to melt.

NUTRITIONAL VALUES per serving: Calories: approx. 450 | Fat: 22 g | Carbs: 26 g | Protein: 32 g



FISH & SEAFOOD



SALMON FILLET WITH GREEN ASPARAGUS



Preparation:
2 MIN



Frying time:
8-10 MIN



Portions:
1



INGREDIENTS:

- 5.3 oz (150g) salmon fillet (fresh, with or without skin)
- 3.5 oz (100g) mini asparagus (green, woody ends trimmed)
- 1 tbsp olive oil
- 2 organic lemon slices
- Salt & pepper

PREPARATION:

1. Preparation: Pat the salmon fillet dry with paper towels. Trim approximately 1/2 to 1 inch (1–2 cm) off the woody ends of the asparagus.
2. Marinating: Rub both the fish and the asparagus with olive oil and season generously with salt and pepper.
3. Placement: Place the salmon in the center of the air fryer basket and arrange the asparagus spears evenly around it. Place the lemon slices directly on top of the salmon fillet.
4. Cooking: Air fry at 400°F (200°C) for 9 minutes. Flipping is not necessary for this dish.
5. Finish: Once the timer ends, check the doneness—the salmon should easily flake with a fork. Serve immediately while hot.

Tip: Be sure to use thin baby asparagus (often labeled as "Thai asparagus"). It cooks in exactly the same time as the salmon, becoming wonderfully aromatic and tender-crisp without the need for pre-cooking!

NUTRITIONAL VALUES per serving: Calories: approx. 320 | Fat: 18 g | Carbs: 2 g | Protein: 34 g

GARLIC PRAWNS WITH CHERRY TOMATOES



Preparation:
2 MIN



Frying time:
6-8 MIN



Portions:
2



INGREDIENTS:

- 9 oz (250g) prawns (peeled and deveined)
- 3.5 oz (100g) cherry tomatoes (whole or halved)
- 2 cloves of garlic (minced)
- 1 tbsp olive oil
- 1 tsp fresh lemon juice
- Salt & chili flakes

PREPARATION:

1. Preparation: In a bowl, toss the prawns and cherry tomatoes with olive oil, minced garlic, lemon juice, salt, and chili flakes until thoroughly coated.
2. Placement: Distribute the mixture evenly in the air fryer basket. Use an air-fryer-safe silicone liner or a piece of parchment paper to catch the delicious, aromatic garlic juices.
3. Cooking: Air fry at 374°F (190°C) for 7 minutes.
4. Shake: At the 4-minute mark, give the basket a vigorous shake to ensure the prawns cook evenly on all sides.
5. Finish: The prawns are ready when they have turned a vibrant pink and the tomatoes have just begun to burst.

Tip: Serve these prawns with a piece of crusty toasted baguette. The juices released from the tomatoes and garlic during cooking create a fantastic, instant dip!

Nutritional information per serving: Calories: approx. 180 | Fat: 7 g | Carbs: 4 g | Protein: 24 g

COD FILLET WITH PESTO CRUST



Preparation:
2 MIN



Frying time:
8-10 MIN



Portions:
1



INGREDIENTS:

- 5.3 oz (150g) cod fillet (fresh or thawed)
- 1 tbsp Pesto Verde (basil pesto)
- 1 tbsp panko breadcrumbs (or regular breadcrumbs)
- 2.8 oz (80g) cherry tomatoes
- 1 tsp olive oil
- Salt & pepper

PREPARATION:

1. Preparation: Pat the cod fillet dry and season lightly with salt and pepper. In a small bowl, mix the pesto with the panko breadcrumbs to form a thick, moist paste.
2. Applying the Crust: Press the pesto mixture evenly onto the top of the fish fillet to create a solid, protective layer.
3. Placement: Place the fish in the air fryer basket. Toss the cherry tomatoes with a little oil and distribute them around the fish in the basket.
4. Cooking: Air fry at 350°F (180°C) for 9 minutes. Do not flip the fish, as this will keep the pesto-panko crust perfectly crispy.
5. Finish: The cod is ready when the flesh is opaque and flakes easily, and the crust has turned a beautiful golden brown.

Tip: Panko breadcrumbs create an exceptionally light and crispy crust that protects the delicate cod from drying out. If your tomatoes are very small, add them after the first 3 minutes of cooking to prevent them from overcooking.

Nutritional information per serving: Calories: approx. 240 | Fat: 10 g | Carbs: 7 g | Protein: 29 g

LEMON PLAICE WITH ZUCCHINI STICKS



Preparation:
3 MIN



Frying time:
7-9 MIN



Portions:
2



INGREDIENTS:

- 9 oz (250g) plaiçe fillets (approx. 2 fillets, fresh or thawed)
- 1 small zucchini (cut into 1/2-inch / 1 cm thick sticks)
- 1 tbsp olive oil
- 1 tsp lemon pepper (or a mix of lemon zest and black pepper)
- Salt

PREPARATION:

1. Preparation: In a bowl, toss the zucchini sticks with olive oil and a pinch of salt until evenly coated.
2. Pre-cooking: Place the zucchini sticks in the air fryer basket and pre-cook at 400°F (200°C) for 3 minutes to give them a head start and a light roast.
3. Adding the Fish: Pat the plaiçe fillets dry and season with salt and lemon pepper. Place the fillets directly on top of the bed of zucchini.
4. Cooking: Air fry for another 5–6 minutes at 400°F (200°C). Plaiçe is a very delicate, thin fish and cooks extremely quickly.
5. Finish: Once the fish is snow-white and opaque, carefully lift it out with a wide spatula and serve with the zucchini sticks.

Tip: Lemon pepper perfectly enhances the fish's natural freshness. By placing the fillets on top of the vegetables, they steam gently in the rising zucchini juices, keeping the delicate meat exceptionally succulent!

Nutritional information per serving: Calories: approx. 210 | Fat: 8 g | Carbs: 3 g | Protein: 28 g

TROUT "MÜLLERIN ART" EXPRESS



Preparation:
3 MIN



Frying time:
10 MIN



Portions:
1



INGREDIENTS:

- 6.5 oz (180g) trout fillet (with skin)
- 1 tbsp all-purpose flour (wheat or spelt)
- 1 tbsp butter (chilled, cut into small flakes)
- 1 tsp fresh parsley (finely chopped)
- 1/2 lemon
- Salt & pepper

PREPARATION:

1. Preparation: Rinse the trout fillet, pat it dry with paper towels, and season both sides with salt and pepper.
2. Flouring: Lightly coat the fillet in flour and gently tap off any excess; only a very thin layer should remain to ensure a light, crispy finish.
3. Placement: Place a piece of parchment paper in the air fryer basket (slightly smaller than the basket to allow airflow). Place the fillet on the paper, skin-side down.
4. Cooking: Air fry at 400°F (200°C) for 10 minutes. During the final 2 minutes, distribute the butter flakes over the fish so they melt into an aromatic sauce.
5. Finish: Carefully lift the fish out. Drizzle with fresh lemon juice and sprinkle with chopped parsley before serving.

Tip: Flouring the fish in the air fryer creates a wonderfully crispy surface, similar to traditional pan-frying but with significantly less fat. Keeping the skin-side down protects the delicate flesh, ensuring it stays moist and tender!

NUTRITIONAL VALUES per serving: Calories: approx. 280 | Fat: 14 g | Carbs: 6 g | Protein: 31 g

FISH FINGER BURGER "DELUXE"



Preparation:
2 MIN



Frying time:
9-10 MIN



Portions:
1



INGREDIENTS:

- 3 fish fingers (frozen / fish sticks)
- 1 burger bun (e.g., brioche or sesame seed bun)
- 1 tbsp tartar sauce (or remoulade)
- 1 lettuce leaf
- Optional: 1 slice of Cheddar cheese or pickles

PREPARATION:

1. **Cooking:** Place the frozen fish fingers directly into the air fryer basket in a single layer. Ensure they do not touch to allow the air to circulate for maximum crunch.
2. **Settings:** Air fry at 400°F (200°C) for 10 minutes.
3. **Bread Finish:** After about 8 minutes, flip the fish fingers once. At the same time, split the burger bun and place both halves cut-side down in the basket for the final 2 minutes.
4. **Assembly:** Spread the warm bottom bun with tartar sauce, add the lettuce leaf, and place the crispy fish fingers on top.
5. **Finish:** Top with the other half of the bun and enjoy immediately while the breading is at its absolute crispiest.

Tip: Fish fingers get significantly crunchier in an air fryer than in a conventional oven while retaining their juicy interior. For an extra "deluxe" touch, place a slice of Cheddar cheese on top of the hot fish fingers immediately after flipping them so it melts perfectly in the final minutes!

Nutritional information per serving: Calories: approx. 410 | Fat: 16 g | Carbs: 42 g | Protein: 19 g

TUNA STEAK WITH SESAME CRUST



Preparation:
1 MIN



Frying time:
5-7 MIN



Portions:
1



INGREDIENTS:

- 5.3 oz (150g) tuna steak (fresh, approx. 1 inch / 2-3 cm thick)
- 1 tbsp sesame seeds (a mix of black and white looks best)
- 1 tsp soy sauce
- 1 tsp sesame oil (or olive oil)
- Salt & pepper

PREPARATION:

1. Preparation: Pat the tuna steak dry with paper towels. Rub it all over with soy sauce and oil, then season lightly with salt and pepper.
2. Crusting: Place the sesame seeds on a flat plate and press the steak firmly into the seeds on all sides until an even crust is formed.
3. Placement: Place the steak directly into the air fryer basket.
4. Cooking: Air fry at 400°F (200°C) for exactly 6 minutes.
5. Finish: Carefully flip the steak halfway through (at the 3-minute mark). The goal is a crispy exterior while the center remains pink and juicy.

Tip: Tuna dries out very quickly if overcooked. These 6 minutes at high heat ensure the sesame seeds toast perfectly while the interior maintains a succulent medium-rare texture. Serve with a touch of wasabi or a squeeze of lime for extra freshness!

NUTRITIONAL VALUES per serving: Calories: approx. 260 | Fat: 9 g | Carbs: 2 g | Protein: 41 g

PAELLA PAN "QUICK MIX"



Preparation:
2 MIN



Frying time:
10 MIN



Portions:
1-2



INGREDIENTS:

- 5.3 oz (150g) mixed seafood (fresh or thawed)
- 1 cup (150g) express rice (pre-cooked, e.g., Basmati or long-grain)
- 1/3 cup (50g) peas (frozen or canned)
- 1 tbsp olive oil
- 1 pinch of saffron (or turmeric for color)
- Salt, pepper & 1 lemon wedge

PREPARATION:

1. Preparation: Place the pre-cooked express rice in a small, heat-resistant dish (that fits comfortably in your basket) and loosen it slightly with your fingers.
2. Mixing: Add the seafood, peas, olive oil, and spices to the rice. Mix carefully until everything is evenly distributed.
3. Placement: Place the dish securely in the air fryer basket.
4. Cooking: Air fry at 374°F (190°C) for 10 minutes.
5. Finish: After 5 minutes, gently stir the mixture with a spoon. This ensures the seafood cooks evenly and prevents the rice on top from drying out.
6. Serving: Garnish with a fresh lemon wedge and serve immediately.

Tip: Use a shallow dish to ensure the heat reaches all ingredients evenly. The circulating air will create a light, delicious crust at the edges—reminiscent of the classic "socarrat" found in authentic Spanish paella!

Nutritional information per serving: Calories: approx. 320 | Fat: 5 g | Carbs: 44 g | Protein: 22 g

SPICY CHILI SALMON BITES



Preparation:
2 MIN



Frying time:
10 MIN



Portions:
1-2



INGREDIENTS:

- 9 oz (250g) salmon fillet (fresh, cut into approx. 3/4-inch / 2 cm cubes)
- 1 tbsp sweet chili sauce
- 1 tsp sesame oil
- 1 tsp sesame seeds (black or white)
- 1 pinch of salt
- Optional: Fresh spring onions (scallions), sliced

PREPARATION:

1. Preparation: In a bowl, gently toss the salmon cubes with the sweet chili sauce, sesame oil, and a pinch of salt until every piece is evenly coated and glossy.
2. Setup: Place a piece of air-fryer-safe parchment paper in the basket. This is crucial as the sugar in the sauce caramelizes and would otherwise stick to the grate.
3. Placement: Arrange the salmon cubes in a single layer on the paper, leaving space between them for the high-velocity air to circulate.
4. Cooking: Air fry at 400°F (200°C) for 8 minutes.
5. Finish: Halfway through (at the 4-minute mark), gently shake the basket or flip the cubes. Before serving, sprinkle generously with sesame seeds and optional spring onion rings.

Tip: The high heat combined with the sugar in the sauce creates a sticky, crispy glaze almost like "candied" salmon. Serve these bites as finger food with toothpicks or on a fresh bed of cucumber salad!

Nutritional information per serving: Calories: approx. 245 | Fat: 15 g | Carbs: 4 g | Protein: 25 g

CRISPY CALAMARI RINGS



Preparation:
3 MIN



Frying time:
8-10 MIN



Portions:
2



INGREDIENTS:

- 10.5 oz (300g) squid rings (fresh or completely thawed)
- 2 tbsp panko breadcrumbs (for extra crunch)
- 1 tsp sweet paprika powder
- 1 tbsp olive oil
- 1/2 organic lemon
- 1 pinch of salt

PREPARATION:

- **Preparation:** Pat the calamari rings very dry with paper towels. This is crucial for ensuring the breading adheres properly and becomes crispy.
- **Marinating:** In a bowl, toss the rings with olive oil, paprika, and salt. Sprinkle with the panko breadcrumbs and toss again until each ring is evenly coated.
- **Placement:** Arrange the breaded rings in a single layer in the air fryer basket. Do not stack them; every ring needs to be reached by the high-velocity air.
- **Cooking:** Air fry at 400°F (200°C) for 9 minutes.
- **Finish:** After 5 minutes, shake the basket vigorously. Once the calamari are golden brown and crispy, remove them and immediately drizzle with fresh lemon juice.

Tip: Be careful not to exceed 10 minutes of cooking time. Squid quickly becomes tough and rubbery if overcooked. Exactly 9 minutes at high heat is the sweet spot for a crispy exterior and a tender interior!

Nutritional information per serving: Calories: approx. 190 | Fat: 6 g | Carbs: 8 g | Protein: 26 g

PRAWN SKEWERS "PIRI-PIRI"



Preparation:
3 MIN



Frying time:
6-7 MIN



Portions:
2



INGREDIENTS:

- 200g king prawns (peeled and deveined)
- 1 tbsp piri-piri sauce (or any hot chili oil)
- 1 clove of garlic (finely pressed)
- 1 tsp olive oil
- 1 pinch of salt
- Wooden skewers (cut to fit the basket size)

PREPARATION:

1. **Threading:** Carefully thread 3 to 4 shrimp onto each wooden skewer. Make sure they are close together so they remain evenly moist.
2. **Marinate:** Mix the piri-piri sauce with the olive oil, garlic, and a pinch of salt in a small bowl. Generously brush the skewers all over with the mixture.
3. **To insert:** Place the skewers side by side in the air fryer basket. Ideally, they should not overlap.
4. **Setting:** Manually select 200 degrees and a time of 7 minutes.
5. **Finish:** After about 3–4 minutes, turn the skewers once. As soon as the shrimp have turned a vibrant pink color and are lightly browned at the edges, serve immediately.

Tip: Prawns are ideal for the air fryer because they cook rapidly at high heat. Soaking your wooden skewers in water for 10 minutes beforehand prevents them from charring in the high-velocity hot air stream!

NUTRITIONAL VALUES per serving: Calories: approx. 140 | Fat: 4 g | Carbs: 1 g | Protein: 24 g



VEGETARIAN & VEGAN



CRISPY FETA WITH HONEY AND THYME



Preparation:
2 MIN



Frying time:
8-10 MIN



Portions:
1-2



INGREDIENTS:

- 7 oz (200g) feta cheese (one whole block, preferably sheep's milk)
- 1 tbsp liquid honey
- 1 tsp olive oil
- 1 tsp thyme (dried or fresh)
- 1 pinch of chili flakes (optional)
- Coarse sea salt & black pepper

PREPARATION:

1. Preparation: Remove the feta from the packaging and pat it dry with paper towels. Place a piece of air-fryer-safe parchment paper in the basket (slightly larger than the block of cheese).
2. Seasoning: Place the feta block on the parchment paper. Brush with olive oil and sprinkle generously with thyme and a pinch of pepper.
3. Cooking: Air fry at 400°F (200°C) for 9 minutes.
4. Check: At the 8-minute mark, check the progress: the edges of the feta should be golden brown and slightly crispy, while the interior becomes warm and soft.
5. Finish: Carefully lift the hot feta out (using the parchment paper as a sling). Immediately drizzle with honey and garnish with chili flakes and a pinch of coarse sea salt if desired.

Tip: Serve the feta while it's still piping hot with toasted baguette or flatbread. The contrast between the salty, softened cheese and the sweet honey is an absolute classic of Mediterranean cuisine!

Nutritional information per serving: Calories: approx. 310 | Fat: 24 g | Carbs: 8 g | Protein: 16 g

STUFFED MUSHROOMS WITH CREAM CHEESE



Preparation:
3 MIN



Frying time:
8-10 MIN



Portions:
2



INGREDIENTS:

- 6 large mushrooms (white or cremini)
- 3.5 oz (100g) herb cream cheese
- 1/4 cup (30g) Gouda cheese (grated)
- 1 tsp olive oil
- 1 tsp fresh parsley (chopped)
- Salt & pepper

PREPARATION:

1. Preparation: Clean the mushrooms with a cloth. Carefully twist out the stems with your fingers to create a deep hollow in each mushroom cap.
2. Filling: Lightly salt the inside of the mushroom caps. Fill each cavity with a generous teaspoon of herb cream cheese and smooth it out.
3. Topping: Distribute the grated Gouda over the cream cheese filling and press down lightly. Brush the outsides of the mushroom caps thinly with olive oil.
4. Cooking: Place the mushrooms in the air fryer basket, opening-side up. Air fry at 350°F (180°C) for 9 minutes.
5. Finish: Once the cheese is golden brown and the mushrooms are tender, carefully remove them and sprinkle with fresh parsley before serving.

Tip: Finely chop the removed mushroom stems and mix them into the cream cheese. This prevents waste and adds even more savory depth to the filling!

Nutritional information per serving: Calories: approx. 145 | Fat: 12 g | Carbs: 3 g | Protein: 6 g

CRISPY TOFU “CRUNCHY STYLE”



Preparation:
3 MIN



Frying time:
8-10 MIN



Portions:
2



INGREDIENTS:

- 9 oz (250g) extra-firm tofu (plain)
- 1 tbsp cornstarch (the secret to the perfect crust)
- 1 tbsp soy sauce
- 1 tsp sesame oil (or olive oil)
- 1/2 tsp garlic powder
- Optional: 1 tsp sesame seeds

PREPARATION:

1. Preparation: Wrap the tofu tightly in paper towels and press firmly for a few seconds to remove excess water. Cut the tofu into approx. 3/4-inch (2 cm) cubes.
2. Marinating: In a bowl, toss the cubes with soy sauce, oil, and garlic powder until evenly coated.
3. Breading: Dust the tofu with cornstarch and shake the bowl well until every cube is covered in a thin, white layer of starch.
4. Cooking: Spread the cubes in a single layer in the air fryer basket. Air fry at 400°F (200°C) for 9 minutes.
5. Finish: After 5 minutes, shake the basket vigorously to ensure all sides crisp up. The tofu is ready when it is golden brown and noticeably crunchy.

Tip: Cornstarch is the secret! It draws moisture from the surface, creating an incredibly crispy crust that rivals deep-frying. Serve these cubes as a protein-packed topping for bowls or on their own with a sweet chili dipping sauce.

NUTRITIONAL VALUES per serving: Calories: approx. 195 | Fat: 10 g | Carbs: 8 g | Protein: 18 g

MEDITERRANEAN ROASTED VEGETABLES



Preparation:
3 MIN



Frying time:
8-10 MIN



Portions:
2



INGREDIENTS:

- 1 small zucchini (cut into half-moons)
- 1 red bell pepper (cut into bite-sized pieces)
- 3.5 oz (100g) cherry tomatoes
- 1 tbsp olive oil
- 1 tsp Herbes de Provence
- Salt & pepper

PREPARATION:

1. Preparation: Wash and chop the zucchini and bell pepper. Place them in a bowl along with the whole cherry tomatoes.
2. Marinating: Add the olive oil, herbs, salt, and pepper. Mix vigorously until all the vegetables are evenly coated and glossy.
3. Placement: Distribute the vegetables in an even layer in the air fryer basket.
4. Cooking: Air fry at 400°F (200°C) for 10 minutes.
5. Finish: Shake the basket vigorously at the 5-minute mark. The vegetables are ready when the tomatoes begin to burst slightly and the bell peppers develop light roasted char marks.

Tip: Avoid cutting the vegetables too small; this ensures they retain their bite and don't become mushy during the high-heat cooking process. The bursting tomatoes act as a delicious, natural sauce once served!

NUTRITIONAL VALUES per serving: Calories: approx. 110 | Fat: 7 g | Carbs: 8 g | Protein: 2 g

SPICY CAULIFLOWER WINGS



Preparation:
3 MIN



Frying time:
9-10 MIN



Portions:
2



INGREDIENTS:

- 10.5 oz (300g) cauliflower (broken into small florets)
- 2 tbsp breadcrumbs or panko
- 1 tbsp olive oil
- 1 tsp sweet paprika powder & 1/2 tsp garlic powder
- Salt & pepper
- For the dip: 3 tbsp unsweetened soy yogurt mixed with 1 tsp Sriracha sauce

PREPARATION:

1. Preparation: Wash the cauliflower florets and dry them thoroughly. In a bowl, toss them with olive oil until every floret is evenly coated.
2. Breading: Sprinkle the breadcrumbs, paprika, garlic powder, salt, and pepper over the cauliflower. Shake the bowl vigorously until the breading adheres to the florets.
3. Placement: Arrange the florets in a single layer in the air fryer basket to ensure maximum crispiness.
4. Cooking: Air fry at 400°F (200°C) for 10 minutes. Give the basket a quick shake halfway through (at the 5-minute mark).
5. Finish: While the cauliflower is cooking, whisk the soy yogurt and Sriracha together until smooth. Serve the hot "wings" immediately with the spicy dip.

Tip: Ensure the cauliflower florets are roughly the same size for even cooking. The smaller you break down the florets, the larger the surface area becomes—resulting in an even crunchier "wing"!

Nutritional information per serving: Calories: approx. 165 | Fat: 8 g | Carbs: 14 g | Protein: 5 g

CRISPY AVOCADO WEDGES



Preparation:
3 MIN



Frying time:
6-8 MIN



Portions:
2



INGREDIENTS:

- 1 large avocado (ripe but still firm)
- 1/4 cup (3g) panko breadcrumbs (for maximum crunch)
- 1 tbsp all-purpose flour
- 1 egg (or 2 tbsp unsweetened oat milk for a vegan version)
- Salt & chili flakes
- For the dip: 3 tbsp sour cream (or vegan substitute) mixed with 1 tsp lime juice

PREPARATION:

1. Preparation: Halve the avocado, remove the pit, and carefully scoop the flesh out of the skin. Cut into wedges approx. 1/2 inch (1.5 cm) thick.
2. Breading: Coat the wedges in flour, dip them into the beaten egg (or milk), and finally press them firmly into the panko crumbs mixed with salt and chili.
3. Placement: Carefully place the breaded wedges into the air fryer basket. Ensure they do not touch to maintain their delicate coating.
4. Cooking: Air fry at 400°F (200°C) for 7 minutes. Flipping is usually not necessary, as the breading is very fragile.
5. Finish: Serve the hot, crispy wedges immediately with the fresh lime dip.

Tip: It is crucial that the avocado is not too soft, or the wedges will fall apart during the breading process. The air fryer significantly intensifies the avocado's natural nutty flavor!

Nutritional information per serving: Calories: approx. 240 | Fat: 18 g | Carbs: 14 g | Protein: 4 g

CORN ON THE COB WITH HERB BUTTER DIP



Preparation:
2 MIN



Frying time:
8-10 MIN



Portions:
2



INGREDIENTS:

- 2 ears of corn (pre-cooked, vacuum-packed)
- 1 tbsp olive oil
- 1 pinch of coarse sea salt
- For the dip: 1 oz (30g) soft butter mixed with 1 tsp chopped herbs (parsley, chives) and a squeeze of fresh lemon.

PREPARATION:

1. Preparation: Remove the corn cobs from the packaging and pat them dry. If necessary, cut them in half to fit better in your air fryer basket.
2. Marinating: Rub the cobs all over with olive oil and sprinkle with the coarse sea salt.
3. Placement: Place the corn cobs directly into the air fryer basket in a single layer.
4. Cooking: Air fry at 400°F (200°C) for 10 minutes.
5. Finish: Turn the cobs halfway through (at the 5-minute mark). Meanwhile, whisk the butter with the herbs and lemon until smooth. Immediately brush the hot corn with the herb butter dip and serve.

Tip: Pre-cooked corn becomes slightly crispy on the outside and caramelizes beautifully in the air fryer thanks to its natural sweetness. For a spicy kick, add a pinch of paprika or chili flakes to the herb butter!

Nutritional information per serving: Calories: approx. 210 | Fat: 14 g | Carbs: 18 g | Protein: 3 g

VEGAN CHILI-SIN-CARNE-GRATIN



Preparation:
3 MIN



Frying time:
7-9 MIN



Portions:
1



INGREDIENTS:

- 7 oz (200g) vegan chili (ready-made from a jar or pouch)
- 1/2 cup (30g) tortilla chips (lightly crushed)
- 1/4 cup (30g) vegan grated cheese (or nutritional yeast flakes)
- Optional: 1 tbsp pickled jalapeños
- For the dip: 2 tbsp vegan sour cream mixed with a splash of lime juice

PREPARATION:

1. Preparation: Pour the pre-made chili into a small, heat-resistant dish or ramekin that fits comfortably in your air fryer basket.
2. Topping: Evenly distribute the crushed tortilla chips over the chili to provide the necessary crunch. Sprinkle the vegan cheese (or yeast flakes) generously on top.
3. Placement: Carefully place the dish into the air fryer basket.
4. Cooking: Air fry at 400°F (200°C) for 8 minutes.
5. Finish: The gratin is ready when the cheese has melted and the chili is bubbling at the edges. Garnish with jalapeños and serve with the chilled lime-sour cream dip.

Tip: Ensure the layer of tortilla chips isn't too thick so the chili underneath can heat through properly. The air fryer makes the chips incredibly crispy again, giving the gratin a fantastic texture contrast!

Nutritional information per serving: Calories: approx. 340 | Fat: 12 g | Carbs: 44 g | Protein: 11 g



SNACKS



BACON-WRAPPED DATES



Preparation:
3 MIN



Frying time:
7-8 MIN



Portions:
2



INGREDIENTS:

- 8 dates (large, preferably Medjool, pitted)
- 4 slices of breakfast bacon (halved crosswise)
- 8 toothpicks (for securing)
- Optional: 8 walnut halves or whole almonds (for the filling)

PREPARATION:

1. Preparation: If desired, tuck a walnut half or an almond into the center of each pitted date. This adds a delightful crunch and helps the date hold its shape.
2. Wrapping: Wrap each date tightly with half a slice of bacon. Secure the bacon by piercing a toothpick crosswise through the center of the date.
3. Placement: Place the dates side by side in the air fryer basket. Ensure they are not touching so the high-velocity air can crisp the bacon on all sides.
4. Cooking: Air fry at 400°F (200°C) for 8 minutes.
5. Finish: Halfway through (at the 4-minute mark), give the basket a quick shake or flip the dates. They are ready when the bacon is golden brown and perfectly crispy.

Tip: Use unsmoked or lightly smoked bacon for this recipe. The heat intensifies the sweetness of the dates, and a heavy smoke flavor can be overpowering. The contrast between the hot, soft fruit and the salty, crunchy bacon makes this the ultimate party snack!

Nutritional information per serving: Calories: approx. 180 | Fat: 9 g | Carbs: 21 g | Protein: 4 g

SAVORY PIZZA BAGUETTES



Preparation:
2 MIN



Frying time:
6-8 MIN



Portions:
2



INGREDIENTS:

- 1 par-baked baguette (or 2 baguette rolls)
- 2 tbsp tomato paste (or ketchup for extra sweetness)
- 2 slices of cooked ham (diced)
- 1/2 cup (40g) grated cheese (e.g., Gouda)
- 1 tsp olive oil
- 1 pinch of dried oregano

PREPARATION:

1. Preparation: Slice the baguette lengthwise. Lightly brush the cut surfaces with olive oil; this creates a barrier that prevents the sauce from making the bread soggy and ensures extra crispiness.
2. Spreading: Spread the tomato paste evenly over the halves and season with a pinch of oregano.
3. Topping: Distribute the diced ham on top and cover generously with the grated cheese. Press the cheese down lightly to secure it.
4. Cooking: Place the baguettes in the air fryer basket. Air fry at 350°F (180°C) for 7 minutes.
5. Finish: Once the cheese is melted and golden, and the bread is crispy and browned at the edges, carefully remove and serve.

Tip: This recipe is easy to customize with mushrooms, corn, or bell peppers. Just ensure any extra vegetables are chopped very finely so they cook through during the short 7-minute baking window!

Nutritional information per serving: Calories: approx. 290 | Fat: 11 g | Carbs: 34 g | Protein: 13 g

QUICK CHEESE NACHOS



Preparation:
1 MIN



Frying time:
3-4 MIN



Portions:
2



INGREDIENTS:

- 3.5 oz (100g) tortilla chips (plain or salted)
- 3/4 cup (60g) Cheddar cheese (freshly grated melts best)
- 1 tbsp pickled jalapeños (sliced)
- 1 tsp sweet paprika powder
- Optional: A dollop of sour cream for dipping

PREPARATION:

1. Preparation: Place a piece of air-fryer-safe parchment paper in the basket. Ensure the paper turns up slightly at the edges to prevent melting cheese from dripping into the bottom of the appliance.
2. Layering: Spread the tortilla chips evenly over the paper. Generously sprinkle the grated Cheddar over the chips and distribute the jalapeño slices on top.
3. Seasoning: Dust the cheese with a small pinch of paprika powder; this adds a vibrant color and a subtle smoky aroma.
4. Cooking: Air fry at 350°F (180°C) for only 4 minutes.
5. Finish: Once the cheese has completely melted and begins to bubble at the edges of the chips, carefully lift out the nachos (using the parchment paper as a sling).

Tip: Always grate your Cheddar fresh! Pre-shredded cheese often contains anti-caking agents that hinder its melting properties in the air fryer. For the best experience, serve immediately while the cheese is still gooey and pliable.

Nutritional information per serving: Calories: approx. 340 | Fat: 22 g | Carbs: 28 g | Protein: 9 g

SAUSAGES IN A DRESSING GOWN



Preparation:
3 MIN



Frying time:
8-10 MIN



Portions:
2



INGREDIENTS:

- 4 Vienna sausages (or 8-10 mini frankfurters)
- 1/2 sheet of puff pastry (approx. 4.5 oz / 125g, chilled)
- 1 egg yolk (for brushing)
- 1 tsp sesame seeds or black cumin seeds (optional)
- Mustard for dipping [1]

PREPARATION:

1. Preparation: Roll out the puff pastry and cut it into long, thin strips (about 1/2 inch / 1 cm wide). If using long sausages, you can also cut them in half.
2. Wrapping: Wrap one strip of pastry spirally around each sausage, leaving the ends slightly exposed. Press the edges of the pastry firmly to secure them.
3. Brushing: Place the wrapped sausages in the air fryer basket. Brush the pastry with the beaten egg yolk and sprinkle with sesame or black cumin seeds if desired.
4. Cooking: Air fry at 350°F (180°C) for 8-10 minutes until the puff pastry is golden brown and crispy.
5. Finish: Remove carefully and serve warm with a side of mustard.

Tip: For a "mummy" look (perfect for parties), leave a small gap in the pastry near the top of the sausage. After baking, you can use two small dots of mustard as "eyes"!

Nutritional information per serving: Calories: approx. 380 | Fat: 28 g | Carbs: 18 g | Protein: 12 g

CRUNCHY EDAMAME WITH SEA SALT



Preparation:
1 MIN



Frying time:
6-8 MIN



Portions:
2



INGREDIENTS:

- 7 oz (200g) edamame (frozen, shelled/hulled)
- 1 tbsp sesame oil (or olive oil)
- 1 tsp coarse sea salt
- 1/2 tsp garlic powder (optional)
- 1 splash of fresh lime juice

PREPARATION:

1. Preparation: Briefly rinse the frozen edamame under warm water and pat them very dry with a kitchen towel. The drier they are, the better the oil will adhere and the crispier they will become.
2. Marinating: In a bowl, toss the edamame with sesame oil, sea salt, and optional garlic powder until they are evenly coated and glossy.
3. Placement: Place the edamame directly into the air fryer basket, spreading them out into an even layer.
4. Cooking: Air fry at 400°F (200°C) for 8 minutes.
5. Finish: Shake the basket vigorously halfway through (at the 4-minute mark). The edamame are ready when they are lightly browned and have a firm, crispy surface. Drizzle with a little fresh lime juice before serving.

Tip: Edamame are a true revelation in the air fryer! They develop an intense, nutty flavor and are the perfect healthy alternative to traditional nuts or chips. Be careful not to overcook them so they retain their slightly creamy center.

NUTRITIONAL VALUES per serving: Calories: approx. 150 | Fat: 8 g | Carbs: 6 g | Protein: 11 g

STUFFED MINI PEPPERS



Preparation:
3 MIN



Frying time:
8-10 MIN



Portions:
2



INGREDIENTS:

- 6 mini bell peppers (red, yellow, and orange)
- 3.5 oz (100g) herb cream cheese
- 1/4 cup (20g) grated cheese (e.g., Gouda or Swiss)
- 1 tsp olive oil
- 1 pinch of sweet paprika powder
- Fresh parsley for garnish

PREPARATION:

1. Preparation: Wash the mini peppers and halve them lengthwise. Carefully remove the seeds and white membranes using a small spoon.
2. Filling: Generously fill each pepper half with the herb cream cheese and smooth out the surface.
3. Topping: Sprinkle the grated cheese over the filling and dust with a pinch of paprika powder. Lightly brush the undersides of the peppers with olive oil.
4. Placement: Place the peppers in the air fryer basket, opening-side up. Ensure they are stable to prevent the filling from leaking.
5. Cooking: Air fry at 350°F (180°C) for 9 minutes.
6. Finish: Once the cheese is melted and golden brown and the peppers have softened, carefully remove them and garnish with fresh parsley.

Tip: For a savory twist, mix small bacon bits into the cream cheese. These mini peppers make the ideal snack—they develop an intense sweetness in the air fryer while retaining a perfect, slightly crisp bite!

Nutritional information per serving: Calories: approx. 160 | Fat: 12 g | Carbs: 6 g | Protein: 5 g

ROASTED RAVIOLI “CRUNCHY STYLE”



Preparation:
2 MIN



Frying time:
7-9 MIN



Portions:
2



INGREDIENTS:

- 7 oz (200g) fresh ravioli (chilled, e.g., with cheese or meat filling)
- 1 tbsp olive oil
- 1/4 cup (20g) Parmesan cheese (finely grated)
- 1 tsp Italian herbs
- Salt & pepper

PREPARATION:

1. Preparation: Place the fresh ravioli in a bowl. Add the olive oil, Parmesan cheese, and Italian herbs.
2. Marinating: Gently toss everything together until the ravioli are evenly coated with oil and cheese.
3. Placement: Arrange the ravioli in a single layer in the air fryer basket. Ensure they do not overlap so they can become perfectly crispy on all sides.
4. Cooking: Air fry at 400°F (200°C) for 8 minutes.
5. Finish: Shake the basket vigorously halfway through (at the 4-minute mark). The ravioli are ready when they are slightly puffed up, golden brown, and crunchy.

Tip: These ravioli taste just like mini filled pizza pockets! For the ultimate experience, serve them with a warm marinara or tomato sauce for dipping.

Nutritional information per serving: Calories: approx. 310 | Fat: 14 g | Carbs: 32 g | Protein: 12 g

ZUCCHINI CHIPS WITH PARMESAN



Preparation:
3 MIN



Frying time:
7-9 MIN



Portions:
2



INGREDIENTS:

- 1 medium zucchini (sliced approx. 1/16 inch / 2 mm thick)
- 1/4 cup (30g) Parmesan cheese (finely grated)
- 1 tbsp olive oil
- 1/2 tsp garlic powder
- Salt & black pepper

PREPARATION:

1. Preparation: Place the zucchini slices on paper towels, lightly salt them, and let them rest for 2 minutes. Pat them thoroughly dry to remove any moisture —this is the secret to achieving real crispiness!
2. Marinating: In a bowl, toss the dry slices with olive oil, garlic powder, and pepper. Finally, sprinkle with the Parmesan and mix until each slice is thinly coated with cheese.
3. Placement: Arrange the slices in the air fryer basket. They may overlap slightly, but avoid stacking them in thick layers to ensure even airflow.
4. Cooking: Air fry at 400°F (200°C) for 8 minutes.
5. Finish: Shake the basket vigorously at the 4-minute mark. Once the chips are golden brown and crispy, remove them. They will continue to crisp up further as they cool.

Tip: For the best results, use a mandoline slicer to get perfectly even slices. Letting the chips cool briefly on a wire rack after cooking will make them extra crunchy, as it allows any remaining steam to escape!

NUTRITIONAL INFORMATION per serving: Calories: approx. 120 | Fat: 9 g | Carbs: 4 g | Protein: 6 g



DESSERTS



QUICK APPLE TURNOVERS WITH CINNAMON SUGAR



Preparation:
3 MIN



Frying time:
8-10 MIN



Portions:
2



INGREDIENTS:

- 1/2 sheet of puff pastry (approx. 4.5 oz / 125g, chilled)
- 1/2 apple (cut into approx. 1/4-inch / 0.5 cm cubes)
- 1 tbsp raisins (optional)
- 1 tsp cinnamon-sugar mix
- 1 egg yolk (for brushing)
- 1 tsp powdered sugar (for dusting)

PREPARATION:

1. Preparation: Roll out the puff pastry and cut it into 4 equal squares. In a small bowl, toss the diced apples with the cinnamon-sugar mix (and raisins if using).
2. Filling: Place a tablespoon of the apple mixture in the center of each square. Fold the pastry over to form a triangle.
3. Sealing: Press the edges firmly together with the tines of a fork. This creates a decorative border and prevents the filling from leaking.
4. Cooking: Brush the turnovers with the beaten egg yolk and place them on a piece of air-fryer-safe parchment paper. Air fry at 400°F (200°C) for 9 minutes.
5. Finish: Once the turnovers have puffed up and turned a deep golden brown, carefully remove them. Dust with powdered sugar before serving.

Tip: Ensure the apple is diced very finely. Because the air fryer cooking time is so short, only small cubes will become perfectly soft and juicy within 9 minutes, blending beautifully with the melting cinnamon sugar!

Nutritional information per serving: Calories: approx. 280 | Fat: 16 g | Carbs: 29 g | Protein: 4 g

LIQUID CHOCOLATE LAVA CAKE



Preparation:
2 MIN



Frying time:
8-9 MIN



Portions:
1



INGREDIENTS:

- 1 egg (size M)
- 2 tbsp (20g) all-purpose flour (wheat or spelt)
- 1 tbsp cocoa powder (unsweetened)
- 2 tbsp sugar
- 1 tbsp butter (melted)
- 1 pinch of salt
- Optional: 1 square of dark chocolate (for the center)

PREPARATION:

1. Preparation: In a small bowl, whisk the egg and sugar until frothy. Stir in the melted butter, flour, cocoa, and a pinch of salt until a smooth, thick batter forms.
2. Filling: Grease a small oven-safe ramekin. Pour the batter into the dish. Pro-Tip: Press a square of dark chocolate into the center of the batter to guarantee a perfectly molten core.
3. Placement: Place the ramekin directly into the air fryer basket.
4. Cooking: Air fry at 350°F (180°C) for 8 minutes.
5. The Wobble Test: After 8 minutes, check the cake: the edges must look firm and set, while the center should still wobble slightly when gently shaken.
6. Finish: Let the cake rest for about 1 minute. Carefully loosen the edges with a knife and invert the cake onto a plate.

Tip: Every air fryer has a different power level. If the top looks too runny after 8 minutes, add one more minute. This cake is best served warm, when the chocolate center oozes out beautifully with the very first spoonful!

NUTRITIONAL VALUES per serving: Calories: approx. 310 | Fat: 15 g | Carbs: 36 g | Protein: 7 g

QUICK CHOCOLATE CROISSANTS



Preparation:
2 MIN



Frying time:
6-8 MIN



Portions:
2



INGREDIENTS:

- 1/2 sheet of puff pastry (approx. 4.5 oz / 125g, chilled)
- 4 tsp chocolate-hazelnut spread (e.g., Nutella)
- 1 egg (size M, beaten)
- 1 tsp powdered sugar (for dusting)
- Optional: A few slivered almonds

PREPARATION:

1. Preparation: Roll out the puff pastry and cut it into long, narrow triangles.
2. Filling: Place a teaspoon of the chocolate-hazelnut spread on the wide end of each triangle. Be careful not to overfill, so the spread doesn't leak out during baking.
3. Rolling: Carefully roll each triangle from the wide base toward the point. Gently bend the ends inward to achieve the classic croissant shape.
4. Placement: Place the croissants on a piece of air-fryer-safe parchment paper in the basket. Brush with the beaten egg for a golden shine and sprinkle with almonds if desired.
5. Cooking: Air fry at 374°F (190°C) for 8 minutes.
6. Finish: Once the croissants are golden brown and puffed up, carefully remove them. Dust with powdered sugar before serving.

Tip: If you're in a real hurry, you can use a small piece of a chocolate bar instead of the spread. This creates a solid chocolate core and ensures a perfectly crispy pastry every time!

NUTRITIONAL VALUES per serving: Calories: approx. 295 | Fat: 18 g | Carbs: 28 g | Protein: 4 g

WARM HONEY NECTARINES



Preparation:
2 MIN



Frying time:
8 MIN



Portions:
2



INGREDIENTS:

- 2 nectarines (ripe but firm)
- 1 tbsp liquid honey
- 1 tbsp pistachios (chopped)
- 1 pinch of cinnamon
- Optional: A dollop of Greek yogurt or vanilla ice cream

PREPARATION:

1. Preparation: Wash the nectarines, halve them, and remove the pits.
2. Sweetening: Place the halves, cut-side up, in the air fryer basket. Drizzle the honey evenly into the indentations and over the fruit. Sprinkle with a pinch of cinnamon.
3. Cooking: Air fry at 400°F (200°C) for 8 minutes.
4. Caramelizing: During cooking, the honey will meld with the fruit juices to form an aromatic syrup. The edges of the nectarines should become lightly browned and caramelized.
5. Finish: Carefully lift out the hot fruit, arrange on plates, and immediately sprinkle with the chopped pistachios.

Tip: This dessert is especially sophisticated when served with a cold contrast. A dollop of chilled Greek yogurt or a scoop of vanilla ice cream melts beautifully over the hot, honey-glazed nectarines!

Nutritional information per serving: Calories: approx. 145 | Fat: 4 g | Carbs: 24 g | Protein: 3 g

BERRY CRUMBLE "EXPRESS"



Preparation:
2 MIN



Frying time:
8-10 MIN



Portions:
1



INGREDIENTS:

- 3.5 oz (100g) mixed berries (fresh or frozen)
- 2 tbsp rolled oats (quick or old-fashioned)
- 1 tbsp butter (cold, cut into small flakes)
- 1 tsp sugar (or agave syrup)
- 1 pinch of cinnamon
- Optional: A few slivered almonds

PREPARATION:

1. Preparation: Place the berries directly into a small, heat-resistant dish (such as a ramekin or small baking dish). If using frozen berries, there is no need to thaw them beforehand.
2. The Crumble: In a small bowl, quickly rub the oats, cold butter, sugar, and cinnamon together with your fingers until a crumbly texture forms.
3. Topping: Distribute the oat crumble evenly over the berries. For extra crunch, sprinkle with slivered almonds.
4. Cooking: Place the dish in the air fryer basket. Air fry at 374°F (190°C) for 9 minutes.
5. Finish: The crumble is ready when the topping is golden brown and crispy. You should see the berry juice bubbling slightly around the edges with a thick, syrupy consistency.

Tip: This is the perfect emergency dessert for a sudden sweet tooth! The oats crisp up much faster in an air fryer than in a conventional oven. Serve the crumble piping hot with a dollop of cold whipped cream or a scoop of vanilla ice cream.

NUTRITIONAL VALUES per serving: Calories: approx. 220 | Fat: 12 g | Carbs: 22 g | Protein: 3 g

QUICK TOAST CHURROS



Preparation:
3 MIN



Frying time:
5-6 MIN



Portions:
2



INGREDIENTS:

- 4 slices of bread (fresh white toast, crusts removed)
- 2 tbsp butter (melted)
- 2 tbsp cinnamon-sugar mix
- Optional: 0.7 oz (20g) dark chocolate (for dipping)

PREPARATION:

1. Preparation: Remove the crusts from the toast slices. Use a rolling pin or a smooth glass bottle to roll each slice until it is very flat.
2. Rolling: Lightly brush each flattened slice with melted butter, then roll it up very tightly into a firm "cigar" shape.
3. Coating: Generously roll each toast cylinder in the cinnamon-sugar mixture until completely and evenly coated.
4. Cooking: Place the rolls in the air fryer basket, seam-side down. Air fry at 400°F (200°C) for 6 minutes.
5. Finish: Give the basket a quick shake or turn the rolls halfway through. The churros are ready when they are golden brown and perfectly crispy. Serve immediately.

Tip: While the churros are air frying, melt the chocolate in the microwave or a double boiler. Dipping these hot, crunchy rolls directly into melted chocolate is the ultimate taste experience!

Nutritional information per serving: Calories: approx. 210 | Fat: 11 g | Carbs: 25 g | Protein: 3 g

SWEET CINNAMON APPLE RINGS



Preparation:
3 MIN



Frying time:
7-8 MIN



Portions:
2



INGREDIENTS:

- 1 large apple (firm, e.g., Braeburn or Elstar)
- 1/2 sheet of puff pastry (approx. 4.5 oz / 125g, chilled)
- 1 tbsp cinnamon-sugar mix
- 1 egg yolk (beaten)
- Optional: A scoop of vanilla ice cream for serving

PREPARATION:

1. Preparation: Core the apple and cut it into slices approx. 1/2 inch (1 cm) thick. Use a small round cutter or a shot glass to widen the center hole, creating clean rings.
2. Cutting: Cut the puff pastry into long strips, approximately 1/2 inch (1 cm) wide.
3. Wrapping: Thread the pastry strips through the center hole and wrap them around each apple ring until almost fully covered. Press the ends firmly to seal the dough.
4. Coating: Brush the rings with the beaten egg yolk and either dip them into the cinnamon-sugar mix or sprinkle it generously over the top.
5. Cooking: Place the rings on a piece of air-fryer-safe parchment paper. Air fry at 374°F (190°C) for 8 minutes.
6. Finish: Once the pastry has puffed up and turned a beautiful golden brown, carefully remove and enjoy while warm.

Tip: Avoid wrapping the pastry strips too thickly to ensure the dough cooks through completely in the center. These rings taste just like quick, homemade apple fritters but with significantly less fat!

NUTRITIONAL VALUES per serving: Calories: approx. 240 | Fat: 12 g | Carbs: 28 g | Protein: 3 g

EXPRESS LEMON MINI TARTS



Preparation:
3 MIN



Frying time:
8-10 MIN



Portions:
2



INGREDIENTS:

- 2 tbsp (20g) all-purpose flour (wheat or spelt)
- 2 tbsp sugar
- 1 egg (size M)
- 1 tbsp lemon juice (freshly squeezed)
- 1/2 tsp organic lemon zest
- 1/2 tsp baking powder
- 1 tbsp neutral oil (e.g., rapeseed or canola oil)
- 1 tsp powdered sugar (for dusting)

PREPARATION:

1. Preparation: In a small bowl, whisk the egg and sugar until frothy. Stir in the oil, lemon juice, and zest. Gently fold in the flour and baking powder until a smooth batter forms.
2. Filling: Divide the batter between two silicone muffin liners, filling them about 2/3 full to allow room for rising.
3. Placement: Place the liners securely in the air fryer basket.
4. Cooking: Air fry at 320°F (160°C) for 10 minutes. The lower temperature ensures the tarts stay light in color and cook evenly.
5. Finish: Perform a toothpick test to ensure they are cooked through. Let them cool briefly before removing from the liners and dusting with powdered sugar.

Tip: For extra moist tarts, poke a few holes in the warm cakes with a toothpick and drizzle an extra teaspoon of lemon juice over them. This creates an incredibly fresh, zesty flavor!

Nutritional information per serving: Calories: approx. 190 | Fat: 8 g | Carbs: 24 g | Protein: 4 g

CRISPY STRAWBERRY WONTONS



Preparation:
3 MIN



Frying time:
5-6 MIN



Portions:
2



INGREDIENTS:

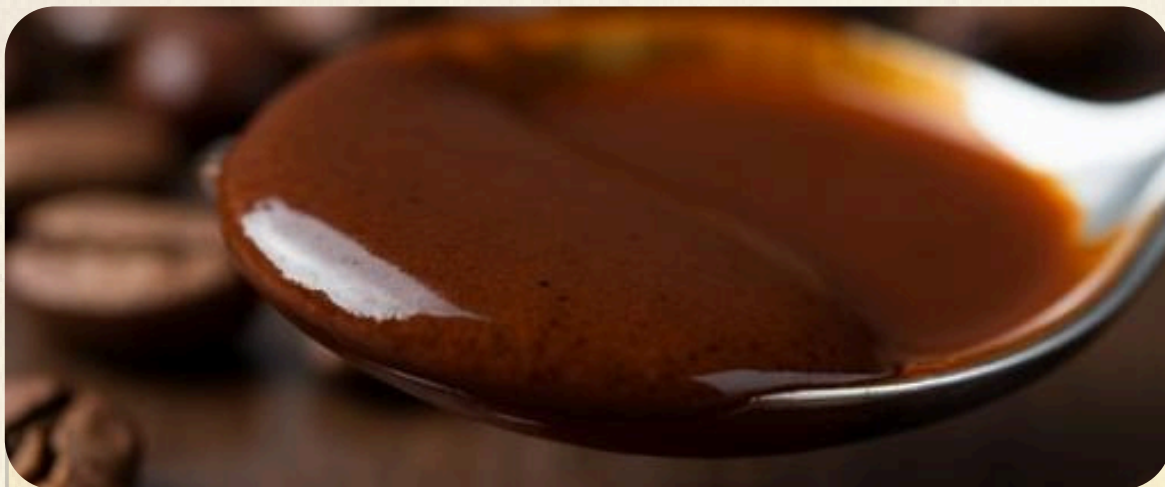
- 6 wonton wrappers (chilled, from the Asian market or grocery store)
- 6 small strawberries (washed and hulled)
- 1 tsp powdered sugar (for dusting)
- Water (for sealing)
- Optional: 1 small square of chocolate per wonton
- Cooking spray or neutral oil

PREPARATION:

1. Preparation: Lay each wonton wrapper flat on a clean surface. Place a strawberry (and an optional piece of chocolate) in the center of each sheet.
2. Folding: Lightly moisten the edges of the wrapper with your finger and a little water. Fold the dough over to form a triangle and press the edges firmly together, ensuring no air is trapped inside.
3. Placement: Arrange the wontons in a single layer in the air fryer basket. Lightly brush or spray them with a neutral oil to ensure they turn golden brown.
4. Cooking: Air fry at 374°F (190°C) for 6 minutes.
5. Finish: Carefully flip the wontons halfway through (at the 3-minute mark). Once they are golden, bubbly, and crispy, remove them and immediately dust with powdered sugar.

Tip: Strawberries have a high water content, so be sure to serve these wontons immediately. If left too long, the fruit juice will soften the delicate, thin crust. That first bite through the crispy shell into the warm, sweet strawberry is truly incomparable!

Nutritional information per serving: Calories: approx. 130 | Fat: 2 g | Carbs: 21 g | Protein: 3 g



BONUS: DESSERT SAUCES



VELVETY CHOCOLATE ICE CREAM



Preparation:
5 MIN



Frying time:
-



Portions:
4



INGREDIENTS:

- scant 1/2 cup (100ml) unsweetened almond milk (or other milk alternative)
- 2 tbsp (20g) unsweetened cocoa powder
- 1/4 cup (30g) powdered erythritol (for a smooth texture without the crunch)
- 1 pinch of guar gum (thickens perfectly without cooking)
- A small pinch of salt
- Optional: 2 drops of rum flavoring or vanilla extract

PREPARATION:

1. Preparation: Combine all dry ingredients (cocoa, erythritol, guar gum, and salt) in a tall container or jar.
2. Blending: Add the almond milk and blend vigorously with a hand blender or an electric milk frother for about 1 minute, until the sauce thickens slightly and develops a glossy shine.
3. Resting: Place the sauce in the refrigerator for at least 10 minutes. This allows the guar gum to fully activate, creating a wonderfully velvety consistency.
4. Serving: Generously pour the chilled sauce over your fresh Ninja Creami treat.

Tip: Since this sauce is not cooked, the cocoa flavors remain particularly intense. When poured over ice-cold frozen yogurt or ice cream, it thickens further, achieving a texture reminiscent of liquid chocolate mousse!

Nutritional information per serving: Calories: approx. 18 | Fat: 1 g | Carbs: 1 g | Sugars: 0 g | Protein: 1 g

FRUITY RASPBERRY COULIS



Preparation:
8 MIN



Frying time:
-



Portions:
4



INGREDIENTS:

- 5.3 oz (150g) raspberries (fresh or frozen)
- 1 tbsp fresh lemon juice
- 2 tbsp (20g) powdered erythritol
- 1 tsp chia seeds (optional, for a thicker consistency)
- A pinch of Bourbon vanilla

PREPARATION:

1. **Pureeing:** Puree the raspberries (thaw first if frozen) with the lemon juice, vanilla, and erythritol until completely smooth.
2. **Straining:** For a refined, velvety finish, press the puree through a fine-mesh sieve into a small bowl to remove all seeds.
3. **Thickening:** If the sauce is too thin, stir in the chia seeds and let them soak for about 15 minutes. Blend briefly one more time so the seeds thicken the coulis perfectly.
4. **Serving:** Pour the coulis directly over your frozen yogurt or, for a gourmet effect, swirl it into the ice cream with a spoon.

Tip: This sauce pairs exceptionally well with "Vanilla Dream" or Pistachio ice cream. The fruity acidity of the raspberries cuts through the richness of the ice cream, creating a perfectly balanced and refreshing treat!

Nutritional information per serving: Calories: approx. 15 | Fat: 0 g | Carbs: 2 g | Sugars: 0 g | Protein: 0 g

GOLDEN SALTED CARAMEL SAUCE



Preparation:
10 MIN



Frying time:
-



Portions:
4



INGREDIENTS:

- scant 1/2 cup (100ml) heavy cream (or coconut milk for a dairy-free option)
- 1/3 cup (40g) Erythritol Gold (brown erythritol provides the essential caramel aroma)
- 1 tbsp (10g) butter (or coconut oil)
- 1/2 tsp fine sea salt
- 1/2 tsp vanilla extract

PREPARATION:

1. **Melting:** Slowly melt the golden erythritol in a small pan over medium heat. Watch it closely; it should become liquid but not too dark, as erythritol can burn faster than regular sugar.
2. **Combining:** Add the butter and stir until fully melted. Slowly and carefully pour in the cream while stirring constantly until the mixture is smooth.
3. **Thickening:** Simmer over low heat for about 5 minutes until it reaches your desired consistency. Finally, stir in the sea salt and vanilla.
4. **Cooling:** Transfer the sauce to a jar or container. It will thicken significantly as it cools, reaching its perfect, velvety texture.

Tip: The sauce will solidify in the refrigerator. Before serving, simply warm it briefly (approx. 10–20 seconds) in the microwave or a water bath so it can flow smoothly and golden over your Ninja Creami creation!

Nutritional information per serving: Calories: approx. 95 | Fat: 10 g | Carbs: 1 g | Sugars: 0 g | Protein: 1 g

CREAMY PEANUT CARAMEL ICE CREAM



Preparation:
5 MIN



Frying time:
-



Portions:
4



INGREDIENTS:

- 2 tbsp natural peanut butter (100% peanuts)
- 1/3 cup (80ml) unsweetened almond milk (or water)
- 2 tbsp (20g) powdered Erythritol Gold (for that caramel note)
- A pinch of sea salt

PREPARATION:

1. Warming: Briefly warm the almond milk in a small saucepan or microwave (do not let it boil).
2. Stirring: Add the peanut butter, golden erythritol, and salt. Stir vigorously until a smooth, pourable cream forms.
3. Cooling: Let the sauce rest briefly. As it cools, it will reach its ideal, viscous consistency.

Tip: This sauce is the perfect companion for all chocolate and banana ice cream flavors. If it becomes too firm in the refrigerator, simply warm it for 10 seconds to restore its liquid texture.

Nutritional information per serving: Calories: approx. 65 | Fat: 5 g | Carbs: 1 g | Sugars: 0 g | Protein: 3 g

EXQUISITE PISTACHIO CREAM



Preparation:
5 MIN



Frying time:
-



Portions:
4



INGREDIENTS:

- 1 tbsp pure pistachio butter (100% pistachios)
- scant 1/2 cup (100g) Skyr or low-fat quark
- 2 tbsp (20g) powdered erythritol
- 1–2 tbsp unsweetened almond milk (for consistency)

PREPARATION:

1. **Mixing:** In a small bowl, stir the Skyr together with the pistachio butter and erythritol until completely smooth.
2. **Adjusting:** Gradually stir in the almond milk until the cream reaches a silky, flowing consistency.
3. **Finish:** For an extra-fine, luxurious texture, briefly whisk the mixture with a milk frother.

Tip: This cream pairs perfectly with all berry sorbets or serves as an intense flavor boost for the "Pistachio Dream." It tastes best when served slightly chilled!

Nutritional information per serving: Calories: approx. 45 | Fat: 3 g | Carbs: 2 g | Sugars: 0 g | Protein: 3 g

DARK ESPRESSO CHOCOLATE SAUCE



Preparation:
5 MIN



Frying time:
-



Portions:
4



INGREDIENTS:

- 3 tbsp (40ml) strong espresso (brewed and chilled)
- 1/4 cup (60ml) unsweetened almond milk
- 2 tbsp (20g) unsweetened cocoa powder
- 1/4 cup (30g) powdered erythritol
- 1 pinch of guar gum (for thickening)

PREPARATION:

1. Preparation: Place all liquid and dry ingredients into a tall container or jar.
2. Whisking: Using a milk frother or a small hand mixer, blend vigorously for about 1 minute until the sauce thickens and achieves a silky, glossy texture.
3. Cooling: Place the sauce in the refrigerator for a few minutes. This allows the guar gum to fully activate and reach its ideal consistency.

Tip: This sauce is the ultimate boost for your coffee-mocha protein kick! The combination of caffeine and dark cocoa creates an intense aroma that provides a perfect contrast to creamy, milky ice cream flavors.

Nutritional information per serving: Calories: approx. 18 | Fat: 1 g | Carbs: 1 g | Sugars: 0 g | Protein: 1 g

SMOOTH VANILLA CUSTARD SAUCE



Preparation:
5 MIN



Frying time:
-



Portions:
4



INGREDIENTS:

- scant 2/3 cup (150ml) unsweetened almond milk
- 1 egg yolk (size M)
- 1/4 cup (30g) powdered erythritol
- 1 tsp vanilla extract
- A small pinch of turmeric (for that classic golden color)

PREPARATION:

- **Warming:** Gently heat the almond milk with the erythritol and vanilla in a small saucepan (do not let it boil).
- **Tempering:** Whisk the egg yolk in a separate bowl. Slowly stir in a few tablespoons of the warm milk to equalize the temperature.
- **Thickening:** Return the mixture to the pot. Heat gently over low heat, stirring constantly, until the sauce thickens slightly and becomes silky and creamy.
- **Cooling:** Remove from the heat and allow the custard to cool completely before serving.

Tip: This classic sauce is the perfect companion for berry sorbets or warm fruit mix-ins. It is a fantastic sugar-free alternative to traditional vanilla sauce and adds a gourmet touch to any dessert!

Nutritional information per serving: Calories: approx. 32 | Fat: 2 g | Carbs: 1 g | Sugars: 0 g | Protein: 1 g



You thought that was it?

The variety of recipes doesn't end here. As hinted on the cover, I want to give you exclusive access to a world of culinary inspiration far beyond the pages of this book. By purchasing this guide, you have unlocked access to our bonus library of over 1,000 additional recipes.

How to access your bonus library:

It's simple. Scan the QR code below using your smartphone's camera or a QR code app of your choice. Click the link that appears, and you will instantly be able to browse our massive collection of extra ideas and inspiration.



It was a pleasure to guide you through the world of the Express Airfryer and I hope to see you again on the next "cooking adventure".

Yours sincerely, Tamara

A LITTLE REMINDER...



JESUS SAID...

"I am the way and the truth and the life. No one comes to the Father except through me."
(John 14:6)