





































dear customer,

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At MisterChef, we're committed to keeping things fuss-free. We work hard to ensure that our products are easy to use, easy on the pocket and easy to return in the event you're unhappy or something goes awry.





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air fried chicken, bacon and creamed corn roll-ups







- 1 chicken breast fillet
- 90g can creamed corn
- · 60g cream cheese, chopped, at room temperature
- 40g (1/2 cup) pre-grated 3 cheese blend
- · 1 tbsp chopped fresh coriander
- 4 streaky bacon rashers
- Tomato salsa, to serve



- Use a long sharp knife to slice the chicken breast in half horizontally.
 Use a meat mallet to pound out the chicken breasts to about 5mmthick.
- 2. Combine the corn, cream cheese, cheese blend and coriander in a bowl. Top one chicken piece with half the mixture. Top remaining chicken piece with remaining mixture. Carefully roll from the short end of the chicken to enclose.
- Wrap each piece of chicken in two pieces of bacon. Secure with toothpicks.
- 3. Spray the basket of the air fryer with oil. Place the chicken in the basket and air fry at 180C for 15 minutes, turning halfway through cooking, or until cooked through.
- 4. Discard toothpicks. Slice the chicken and serve,



air fried steak with mushroom sause









ingredients

· 2 x 225g poterhouse steaks

mushroom sauce

- · Butter + Olive oil.
- Mushrooms.
- Fresh garlic cloves.
- Fresh thyme. Other herbs like oregano, rosemary and parsley can be substituted.
- Cream. Heavy cream/ whipping cream.
- Milk mixed with cornstarch.
- · Fresh lemon juice.
- · Salt and black pepper.

method

- I. Heat air fryer to 180°C. Season steaks with salt and pepper.
- 2. Place the steaks in the basket. Spray with oil. Cook, turning halfway, for 10 minutes. Transfer steaks to a plate, cover with foil and set aside for 5 minutes to rest.

Mushroom Sauce:

- 1. Heat the butter and olive oil together.
- 2. Add the mushrooms to the pan with the thyme and season with salt and pepper.
- 3. Allow the mushrooms to fry until golden brown then add the garlic and fry until fragrant.
- 4. Pour in the cream and milk and allow to simmer gently for 5-10 minutes until the sauce has thickened and cooked through.
- 5. Season with lemon, salt and pepper.

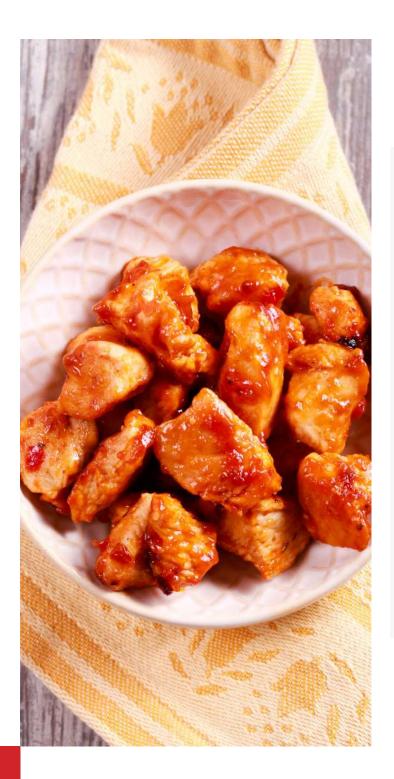


air fried sticky chicken bites









ingredients

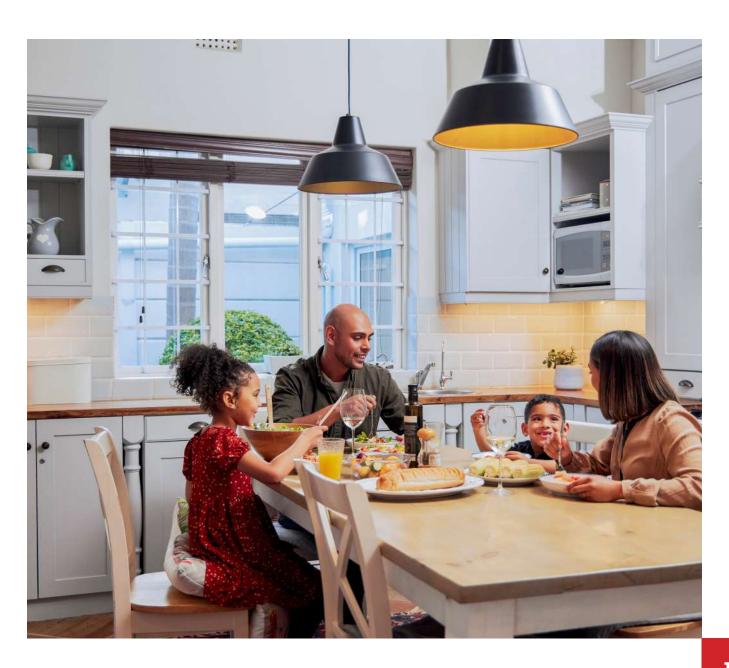
- 70g (½ cup) plain flour
- 1/2 tsp salt
- 1/2 tsp garlic powder
- · 1 tsp onion powder
- 2 tsp sweet paprika
- 1/4 cup corn flour
- 2 eggs
- 500g chicken breast, cut into 2cm pieces
- · Green shallots, sliced, to serve
- Toasted sesame seeds, to serve

for the sticky sause

- 1/3 cup barbecue sauce
- 2 tbsp sweet chilli sauce
- 2 tbsp honey
- 40g butter, chopped

- 1. Combine the flour, salt, garlic powder, onion powder and paprika in a shallow bowl.
- 2. Place corn flour in a separate shallow bowl. Add eggs to another shallow bowl and lightly whisk. Dip chicken pieces, a few at a time, into the corn flour. Shake off excess, then dip into the egg and then the seasoned flour, shaking off any excess.
- 3. Place half the chicken pieces in the basket of an air fryer and spray with oil.

- Air fry at 180C for 10 minutes. Set aside and keep warm. Repeat to make the second batch. Place in a bowl.
- 4. To make the sauce, combine all ingredients in a saucepan over medium heat. Cook, stirring occasionally, for 2-3 minutes. Pour over the chicken and gently toss to coat.
- 5. Transfer chicken to a serving bowl and sprinkle with shallot and sesame seeds. Serve immediately.



air fried, fried chicken





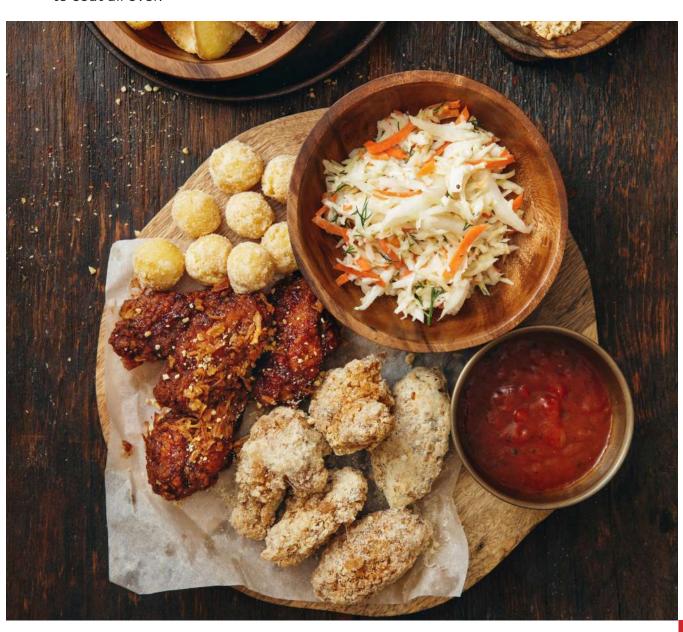




- 2 chicken drumsticks
- 2 chicken thigh cutlets
- · 1 cup buttermilk
- 2/3 cup self-raising flour
- · 1 tsp garlic powder
- 1 tsp onion flakes
- · 1 tsp smoked paprika
- · 200g red cabbage, thinly shredded
- · 200g green cabbage, thinly shredded
- · 1 carrot, coarsely grated
- · 2 green onions, finely chopped
- 1/3 cup coarsely chopped mint leaves
- 1/3 cup light Greek-style yoghurt
- 1 tbsp Dijon mustard
- 1 garlic clove, crushed

- 1. Discard skin of chicken. Using a sharp knife, make 2 slits (to the bone) through the thickest part of the meat. Place in a bowl and cover with buttermilk. Cover and chill for 6 hours or overnight.
- 2. Combine flour, garlic powder, onion flakes and paprika in a large bowl. Season with salt and pepper.
- 3. Preheat Air fryer to 180C.
 Lightly spray the basket with
 oil before placing in the Air Fryer.
 Working with 1 piece at a time,
 drain excess buttermilk from
 chicken then roll in flour mixture
 to coat all over.

- Place in the basket. Repeat with remaining chicken and flour mixture. Lightly spray chicken. Place basket in Air fryer. Cook for 20 minutes or until cooked through.
- 4. Meanwhile, combine cabbages, carrot, onion, and mint in a large bowl. Combine yoghurt, mustard, and garlic in a small bowl. Season with salt and pepper. Pour over vegetable mix and toss to coat.
- 5. Serve chicken with coleslaw.



air fried fish and sweet potato chips



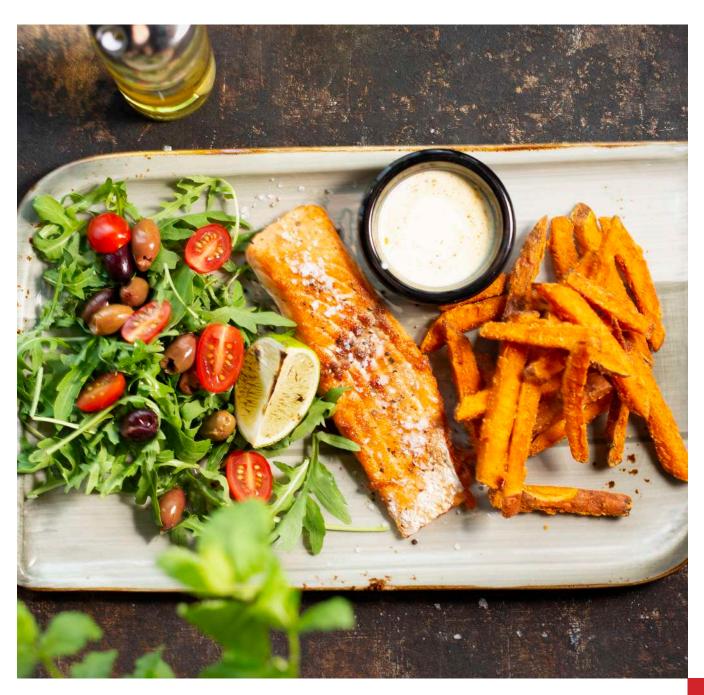






- 400g sweet potato, peeled, cut into fries
- · 1 tsp rice bran oil
- 2/3 cup panko breadcrumbs
- · 1 tsp lemon rind
- · legg
- · 360g white fish fillets, cut into portions
- 1/2 cup Dairy Greek Style Yoghurt
- · 2 tbsp finely chopped gherkins
- 1/2 eschalot, finely chopped
- 11/2 tbsp finely chopped chives
- 2 tsp finely chopped dill

- 1. Preheat Air fryer to 180C.
- Place sweet potato and oil in a medium bowl and toss to coat. Place in basket.
 Arrange separating grill on top of sweet potato.
- Combine breadcrumbs and rind on a shallow plate. Season with salt and pepper.
 Whisk egg on another shallow plate. Dip fish into egg to cover, then press into breadcrumbs to coat.
- Lightly spray with oil and place on separating grill. Place basket in Air fryer. Cook for 12 minutes or until fries are golden and tender and fish is golden and the flesh flakes with a fork.
- 4. Meanwhile, combine yoghurt, gherkins, eschalot, chives and dill in a medium bowl. Season with salt and pepper. Serve fish with sweet potato fries and homemade tartare sauce.



air fried chicken tacos









- 11/2 cups panko breadcrumbs
- · 35g sachet Smokey chipotle seasoning
- · 2 tsp finely grated lime rind
- · 2 eggs
- 1/3 cup plain flour
- 500g chicken tenderloins
- 2 corn cobs. husks and silk removed, halved
- Olive oil spray
- · 8 stand and stuff taco shells
- · 80g mixed salad leaves
- Plain Greek-style yoghurt, to serve
- · 2 tomatoes, diced
- · 1 avocado, diced
- 1/4 cup fresh coriander leaves
- 1 tbsp lime juice, plus lime cheeks, to serve

- To make salsa combine tomato, avocado, coriander, and lime juice in a bowl. Season with salt and pepper. Cover. Refrigerate until required.
- 2. Meanwhile, combine breadcrumbs, seasoning and lime rind in a bowl. Season with salt and pepper. Whisk eggs in a separate shallow bowl. Place flour in another bowl. Toss chicken in flour, then dip in egg. Toss in breadcrumb mixture to coat evenly. Place on a plate. Spray chicken and corn with oil.
- 3. Place chicken and corn on racks in air fryer. Cook at 180°C for 12 minutes. Remove corn. Cook chicken for a further 5 to 8 minutes or until golden and cooked through.

 Transfer to a plate.
- 4. Place taco shells, upside-down on racks in air fryer. Cook at 180°C for 1 minute or until heated through.
- 5. Divide salad leaves among taco shells. Top with chicken, yoghurt and salsa. Serve with corn and lime cheeks.



air fried sticky pork belly bites







ingredients

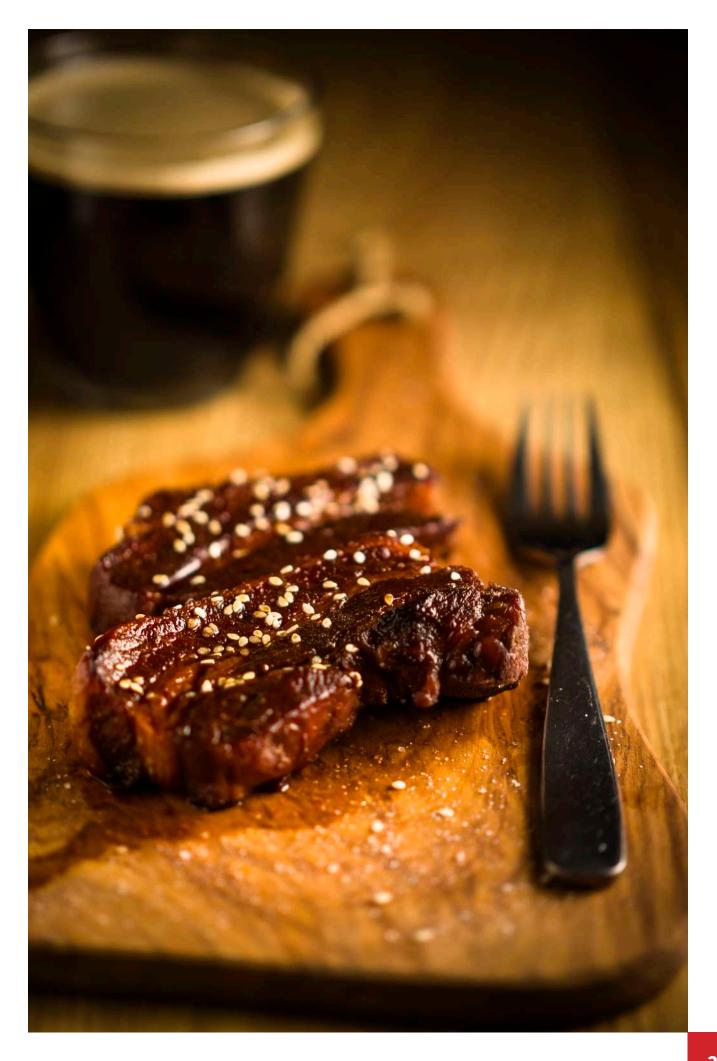
- 1kg piece boneless pork belly
- 1 tbsp brown sugar
- 3 tsp smoked paprika
- 2 tsp plain flour
- 1 tsp onion powder
- 1/2 tsp garlic powder
- Olive oil spray

sticky golden syrup sauce

- 50g butter
- 2 tbsp golden syrup
- 2 tbsp barbecue sauce
- 1 tbsp bourbon
- 2 tsp sriracha



- 1. Cut pork belly into 4cm pieces. Place in a shallow dish.
- 2. Combine sugar, paprika, flour, onion and garlic powder in a bowl. Sprinkle evenly over pork, tossing to coat. Place in the fridge for 2 hours (do not cover the pork with plastic wrap as it needs to dry out).
- 3. Preheat air fryer to 200°C. Spray pork liberally with oil. Season well. Place half the pork in the air fryer basket. Cook for 15 to 20 minutes, shaking basket halfway through cooking, or until just starting to char and pork is cooked through. Transfer to a bowl. Repeat with remaining pork.
- 4. Meanwhile, make the sticky golden syrup sauce. Place butter, golden syrup, barbecue sauce, bourbon and sriracha in a small saucepan over medium heat. Season. Cook, stirring, for 2 to 3 minutes or until mixture is melted and smooth. Bring to a simmer. Simmer for 3 to 4 minutes or until sauce thickens. Remove from heat.
- 5. Drizzle the pork with the sauce to serve.



air fried crumbed chicken schnitzel







- · 8 Chicken Thigh Fillets
- · 1 cup (80g) panko breadcrumbs
- · 45g pkt lemon and herb dukkha
- · 2 Free-Range Eggs, lightly whisked
- 1/3 cup (50g) plain flour
- 350g pkt Coles Coleslaw Kit



- 1. Place half the chicken between 2 sheets of plastic wrap. Use a meat mallet or rolling pin to gently pound until 2cm thick. Repeat with the remaining chicken.
- 2. Combine the breadcrumbs and dukkha in a shallow bowl.
 Place the egg in a medium bowl.
 Place the flour on a plate and season. Coat each piece of chicken in flour, shaking off excess.
 Dip in egg, then in breadcrumb mixture and turn to coat. Transfer to a plate. Cover with plastic wrap and place in the fridge for 30 mins to rest.
- 3. Preheat air fryer to 200°C. Spray the chicken with olive oil spray.

 Arrange half the chicken in a single layer in the basket of the air fryer.

 Cook, turning halfway through cooking, for 16 mins or until golden and cooked through. Transfer to a plate and cover with foil to keep warm. Repeat with remaining chicken.
- 4. Meanwhile, prepare the coleslaw kit in a bowl following packet directions.
- 5. Divide the chicken and coleslaw among serving plates. Season.



air fried pizza pockets









- 2 tsp extra virgin olive oil
- 1/2 red capsicum, finely chopped
- 6 (100g) button mushrooms, sliced
- 120g baby spinach
- 50g lean leg ham, finely chopped
- · 80g fetta, crumbled
- 1/4 cup fresh basil leaves, torn
- 1/2 tsp dried oregano
- · 4 Helga's Traditional White Wraps
- 1/3 cup tomato paste
- · Olive oil spray
- Green salad, to serve

- 1. Heat oil in a frying pan over medium-high heat. Cook capsicum for 5 minutes or until just starting to soften. Add mushrooms. Cook for a further 5 minutes or until mushrooms are golden and any liquid in pan has evaporated. Transfer to a bowl. Set aside for 10 minutes to cool.
- Meanwhile, place spinach in a heatproof bowl. Cover with boiling water. Stand for 1 minute or until wilted. Drain. Set aside for 10 minutes to cool.
- Squeeze excess moisture from spinach and add to capsicum mixture. Add ham, fetta, basil, and oregano. Season with salt and pepper. Mix to combine.
- 4. Place one wrap on a flat surface.
 Spread 1 tablespoon tomato
 paste over centre of wrap. Top with
 one-quarter of the capsicum
 mixture. Roll up wrap, folding in
 sides, to enclose filling and form
 a parcel. Repeat process
 with remaining wraps, tomato
 paste and capsicum mixture to
 make 4 parcels. Spray tops with oil.
- 5. Preheat air fryer on 180C. Cook parcels, seam-side down and in 2 batches, for 6 to 8 minutes or until golden and crisp. Serve with salad.



air fried chicken breast with prosciutto



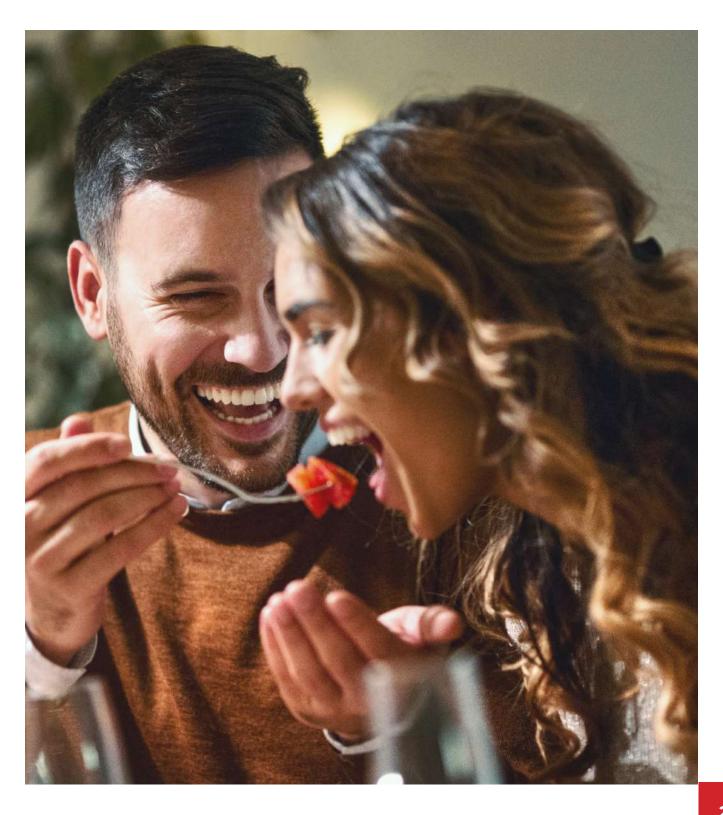




- 2 small chicken breast fillets
- 4 fresh sage leaves
- 4 slices prosciutto
- · 1 bunch thick asparagus spears
- · Extra virgin olive oil, to drizzle
- · Lemon wedges, to serve
- · Bought hollandaise sauce, to serve



- 1. Top each chicken piece with 2 sage leaves, then wrap with the prosciutto slices to secure the leaves. Place parcels, seam-side down in the air fryer. Spray with oil. Cook at 180°C for 8 minutes.
- 2. Add the asparagus to the air fryer and spray with oil. Cook for 4 minutes or until chicken is cooked through.
- 3. Place chicken and asparagus on serving plates. Drizzle with oil and serve with lemon wedges and sauce.



10 of the best air fryer tips and tricks to follow, according to chefs

Air fryers are small appliances that use rapidly circulating hot air to create crispy food without the need for large amounts of oil. They've grown in popularity due to their convenience and versatility, but these little machines have their own quirks. We spoke to chefs to identify the best way to use your air fryer and the top tips for getting the perfect result every time.

Here are some things everyone who has (or is planning to get) an air fryer should know.



choose the right fryer for your kitchen and lifestyle

Air fryers come in all shapes and sizes, from supersized units meant for batch cooking to compact fryers that can perch almost anywhere.

Fiona Kennedy, research, and development chef for The Spice Lab, told Insider that you'll get far more use out of your air fryer if you pick one that suits your needs.

"If you're single or living in a dorm, a small air fryer that cooks enough for one or two people at a time is perfect," said Kennedy. "If you have a family of four, you'll want a larger unit that fits more food and is easy to clean."

for extra crispy results, coat your food with additional oil halfway through cooking

One of the main advantages of an air fryer is its ability to make your food crispy without using a ton of oil.

But adding a small amount of oil during the cooking process can really amplify the crispiness of your food.

"Spraying with oil halfway through cooking makes for deliciously crispy foods," said Riley. "This works on most foods, unless the item doesn't need spraying, like naturally greasy meats."

remember to preheat your air fryer

Chris Riley, chef, and founder of The Daring Kitchen told Insider that you should always heat up your air fryer before filling it with food. "By doing this, you save time because the meals are ready faster," said Riley.

To preheat your fryer, simply turn it on two to three minutes prior to use or use the preheat setting if your unit has one.

but don't mist food with oil cooking spray while it's inside the air fryer

To add oil or cooking spray to your dish safely, remove the food from the fryer first. "Always spray food with cooking spray outside the machine, as many cooking sprays can cause a sticky build-up on the inner surfaces of the air fryer," Kennedy told Insider.

By removing your food from the fryer to spray it, you are also able to apply a more even coat of oil.

when cooking meat in an air fryer, be sure to check the temperature of it

It's important that meat is cooked thoroughly enough to kill bacteria — and, in some cases, the crispiness imparted by air-frying can disguise undercooked meat.

"Get a good, quick-read thermometer to check your food's doneness," said Riley.

"This is especially important when cooking things like pork, steak, and chicken."

Per the CDC, to be safe to eat, whole cuts of beef, pork, lamb, and veal should internally reach 145 degrees Fahrenheit; ground meats, like pork or beef, should internally reach 160 degrees Fahrenheit, and all poultry should internally reach 165 degrees Fahrenheit.



position your air fryer under vour stove's hood

Most air fryers release some amount of smoke or steam, so you don't want to leave them tucked under a cabinet or shelf while they are in use.

Deanna Kang, chef, and recipe developer at Asian Test Kitchen, told Insider that placing your air fryer beneath your exhaust hood can help keep your kitchen air clear.

"Put the air fryer on the stovetop and turn on the fan," Kang said. "Just make sure you don't actually turn on the burners and end up frying your air fryer."

use a slice of bread to soak up grease

Environmentally conscious air fryer owners can swap aluminium-foil liners for a slice of 100% compostable bread.

"Put a slice of bread on the bottom of your air fryer," said Kang. "It's a green alternative to foil for catching grease and drips for easier clean-up."

To minimize food waste, you may want to only use this technique when cooking especially greasy foods (like bacon) and use bread slices that are stale.



on hot days, use your air fryer instead of your oven

It can be downright unpleasant to fire up the oven or stove on a hot day, Kennedy said, but an air fryer is a fast and relatively cool alternative to other larger kitchen appliances.

"An air fryer can cook without heating up your whole kitchen as a traditional oven would," said Kennedy.

skip the microwave — use your air fryer to reheat leftovers

To take full advantage of your air fryer, Kennedy said, use it to breathe new life into leftovers.

Some foods, especially fried snacks or dishes coated in breadcrumbs, tend to get soggy when reheated in the microwave. But an air fryer can help ensure your leftovers become as crispy as they were yesterday.

"Air fryers have an impressive ability to heat up and elevate leftovers," Kennedy said. "Foods like egg rolls, taquitos, and arancini come out tasting as delicious as they did when they were fresh."

Of course, you'll want to avoid putting liquid-based or heavily sauced dishes, like stew or pasta, in the air fryer as it might create a mess and dry out the food.

shake the fryer basket throughout the cooking process

IMoving your food around a little can help it crisp properly in the air fryer. "Shake the basket a few times while cooking to make sure everything is browning and cooking evenly," said Riley. He said that this is especially helpful when cooking small items, like chopped vegetables or French fries.







air fried crumpet garlic bread



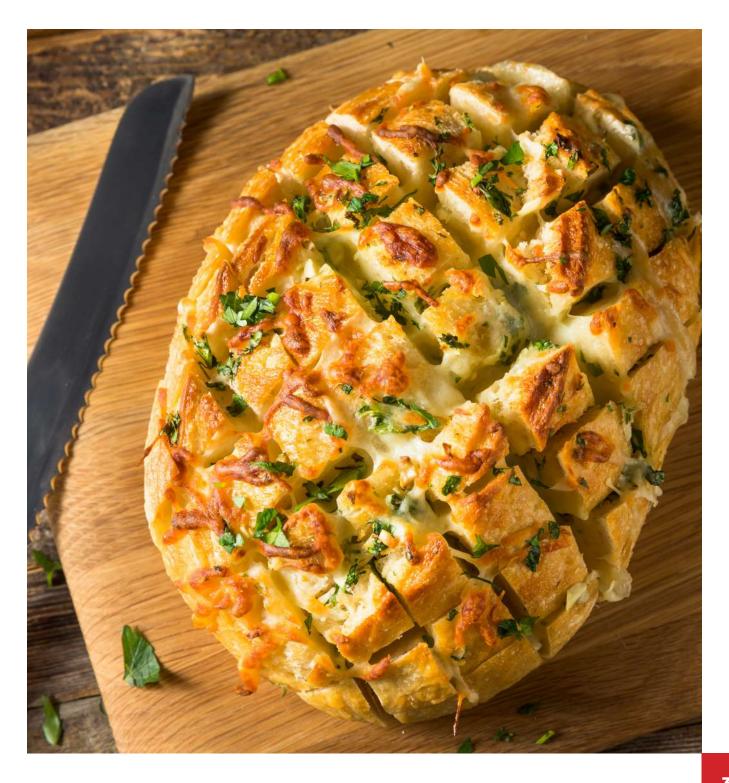




- · 150g salted butter, at room temperature
- 1/4 cup finely chopped fresh continental parsley
- · 4 garlic cloves, crushed
- · 1 tsp sea salt flakes
- · 300g pkt crumpets, halved
- · 100g (1 cup) pre-grated 3 cheese blends



- 1. Combine butter, parsley, garlic and salt in a bowl. Spread generous teaspoonfuls over each crumpet half. Scatter a generous pinch of cheese over half of the crumpet halves.
- 2. Arrange remaining crumpet halves over the cheese to make half-moon crumpet sandwiches. Transfer sandwiches, cut side down, to an air fryer basket lined with foil. Sprinkle over remaining cheese.
- 3. Air fry for 8 minutes at 180C until golden and cheese is melted.
- 4. To serve, brush over remaining garlic butter



air fried french onion chicken pastries









- 200g bacon, finely chopped
- 60g butter
- · 60g plain flour
- 375ml (1½ cups) salt-reduced chicken stock
- · 200g ctn sour cream
- · 400g chopped barbecue chicken
- 1/2 x 35g pkt French onion soup mix
- 1 tbsp chopped fresh chives
- · 6 sheets frozen puff pastry, just thawed
- · 1 egg, lightly whisked

- 1. Heat a large frying pan over medium high heat. Add bacon and cook for 2-3 minutes or until golden. Add the butter. Cook, stirring until melted. Add the flour. Stir in chicken stock and bring to the boil. Stir in sour cream, chicken, French onion soup mix and chives. Remove from heat. Place in the fridge to cool.
- 2. Cut each sheet of pastry into 4 squares. Place 2 tbsp of chicken mixture in centre of each square. Slice pastry diagonally into 3 even width strips along the long sides of the filling. Fold short ends over the filling. Fold a strip of pastry over the filling. Fold in another strip from the opposite side, slightly overlapping. Alternate strips over filling until completely enclosed. Brush with egg.
- 3. Place 6 pastries in a XXL air fryer basket. Air fry at 190°C for 10 minutes. Repeat with the remaining pastries.



air fried giant potato rosti







ingredients

- 750g washed desire potatoes, peeled, coarsely grated
- 1/2 tsp sea salt

topping 1

- 200g smoked salmon
- · 100g sour cream
- 1 tbsp finely chopped chives

topping 2

- 35g (1/3 cup) grated cheddar
- 1/2 avocado, mashed
- 30g chargrilled red capsicum, finely diced
- · 2 tbsp drained black beans
- · 2 tbsp sour cream
- Grated manchego cheese, to serve (optional)
- · Lime wedges, to serve

topping 3

- · 50g haloumi, grated
- · 50g mozzarella, grated
- · 25g parmesan, grated
- · 2 eggs
- 5-6 rashers streaky bacon, rind removed

topping 4

- · 1/2 tub French onion dip
- 1 green shallot, finely sliced

- 1. Combine potato and salt in a bowl. Spray an air fryer basket with oil. Spread with the grated pota-to, pressing to the edges. Air fry at 200C for 25-30 minutes. Cool in the basket for 5 minutes before inverting onto a serving plate.
- 2. To make topping 1, spread potato rosti base with sour cream and arrange smoked salmon on top.
 Finish with a scatter of chives.
- 3. To make topping 2, scatter the potato rosti base with cheese and place under a hot oven grill for 5 minutes or until melted. Top with a generous spoonful of mashed avo, capsicum, black beans, and a dollop of sour cream. Finish with a sprinkle of manchego, if desired. Serve with fresh lime wedg-es.
- To make topping 3, scatter the potato rosti base with the cheeses and place under a hot oven grill for 5 minutes or until melted. Pan-fry eggs and bacon and arrange on top.
- 5. To make topping 4, dollop the potato rosti base with the French onion dip and scatter with shallot.





air fried smoky chipotle chicken empanadas









- 2 tbsp olive oil
- 400g chicken thigh fillets, fat trimmed
- · 1 brown onion, finely chopped
- · 2 garlic cloves, crushed
- 1 tsp plain flour
- · 1 tsp ground cumin
- 1/2 tsp ground coriander
- 1/2 tsp sweet paprika
- 125ml (1/2 cup) chicken stock or water
- · 1 hard-boiled egg, roughly chopped
- 1/4 cup finely chopped fresh coriander
- 225g (3/4 cup) S&W Smoky Chipotle Whole Egg Mayonnaise
- 4 sheets frozen ready-rolled shortcrust pastry, partially thawed
- 16 small, pitted Sicilian olives
- 1 egg, lightly beaten

- 1. Preheat air fryer to 180°C fan forced. Grease basket and line with baking paper.
- Heat 1 tablespoon oil in a large frying pan over medium heat.
 Add the chicken and cook, turning, for 8 minutes or until browned.
 Transfer to a plate and set aside until cool enough to handle.
 Finely shred the chicken.
- 3. Heat the remaining oil in the pan over medium heat. Add the onion and garlic and cook, stirring often, for 4 minutes or until softened. Add the flour, cumin, coriander and paprika and stir to combine. Cook, stirring, for 1 minute. Return the chicken to the pan, add the stock, and bring to the boil. Simmer for 2 minutes or until thickened slightly. Set aside to cool completely.
- 4. Stir the egg, coriander and ¼ cup mayonnaise into the chicken mixture. Season.
- 5. Using a round 10.5cm cutter, cut 16 rounds from the pastry. Place 1 tablespoon of chicken mixture and 1 olive in the centre of each round. Fold the pastry over to enclose the filling, forming halfmoon shapes. Press the edges with a fork to seal. Place in the air fryer basket and brush with beaten egg. Sprinkle with salt if you like. Bake for 20 minutes or until golden and cooked through. Serve with the remaining mayonnaise for dipping.



air fried rocky road danish











ingredients

- 180g block fruit 'n' nut chocolate
- 1 sheet frozen puff pastry, thawed
- 1/2 cup mini marshmallows
- Thickened cream, to serve (optional)

- 1. Place chocolate in the centre of pastry sheet. Top chocolate with marshmallows. Slice the pastry diagonally into 2cm-wide strips along the long sides of the block.
- 2. Fold the short ends over the filling.
 Fold one strip of pastry over the filling.
 Fold another strip from the opposite
 side, slightly overlapping. Alternate
 the strips over the chocolate until
 completely enclosed.
- 3. Place in an air fryer and cook at 180C for 10 minutes or until crisp and golden.
- 4. Cut into slices and serve with cream, if using.



air fried shredded chicken taquitos









- 1 tsp ground cumin
- 1 barbecued chicken
- · 2 green shallots, finely chopped
- 1/4 cup chopped fresh coriander
- · 1 tsp ground cumin
- 1 tsp dried oregano leaves
- · 8 large wholemeal tortillas
- Vegetable oil, to shallow fry
- 4 cups shredded iceberg lettuce
- 2 tomatoes, finely chopped
- 1/2 small red onion, finely chopped
- · Chipotle chilli sauce, to serve
- · Light sour cream, to serve
- Guacamole dip, to serve
- Finely grated parmesan, to serve

- 1. Remove the meat and skin from the chicken. Discard the bones. Use 2 forks to shred the meat and finely slice the skin. Transfer the meat and skin to a large bowl. Add the green shallot, coriander, cumin, and oregano. Season. Stir well to combine.
- 2. Place a tortilla on a clean work surface. Top with 3/4 cup chicken mixture. Brush edge with water. Roll up firmly to enclose filling. Press the edge to seal. Transfer to a tray, seam side down. Repeat with the remaining chicken mixture and tortillas.
- 3. Spray air fryer basket ith oil. Place tortillas in basket and check regularly for tortilla to be crispy. Place 4 taquitos, seam side down, in the basket and cook for 2 minutes checking regularly to avoid burning or undercooked. Turn and cook for a further 2 minutes or until crisp and golden. Transfer to a plate lined with paper towel to drain excess oil if there is any. Repeat with the remaining taquitos.
 - 4. Divide the lettuce among serving plates or spread over a platter. Place the taquitos on top. Sprinkle over the tomato and onion. Drizzle with the chipotle chilli sauce, sour cream and guacamole dip. Sprinkle with the parmesan and coriander.



air fried dried farfalle pasta









- 2 cups dried farfalle pasta
- 60ml (1/4 cup) extra virgin olive oil
- · 2 tbsp brown sugar
- · 2 tsp smoked paprika
- · 1 tsp onion powder
- 1/2 tsp garlic powder
- 1/2 tsp chilli powder
- · 1 cup pretzels
- 80g (1/2 cup) raw macadamias
- 80g (1/2 cup) raw cashews
- 1 cup Kellogg's Nutri-grain cereal
- 1 tsp sea salt



- 1. Cook pasta in a large saucepan of boiling salted water until just tender. Drain well. Transfer to a tray. Pat dry with paper towel. Transfer to a large bowl.
- 2. Combine oil, sugar, paprika, onion, garlic and chilli powders in a small bowl. Spoon half of the mixture over pasta. Toss to coat.
- 3. Preheat air fryer on 200C. Place pasta in air fryer basket. Cook for 5 minutes. Shake basket. Cook for a further 5-6 minutes or until golden and crisp. Transfer to a large bowl.
- 4. Place pretzels and nuts in a bowl. Add remaining spice mixture. Toss to coat. Place in air fryer basket. Cook on 180C for 3 minutes. Shake basket. Cook for a further 2-3 minutes or until golden. Add to pasta, then add cereal. Sprinkle with salt. Toss to combine. Cool completely. Serve.



air fried vietnamese-style spring roll salad









- · 1 garlic clove, crushed
- 340g vermicelli rice noodles
- · 250g Pork Mince
- · 1 garlic clove, crushed
- · 2 tsp finely grated ginger
- · 1 tsp lemongrass paste
- · 2 tsp fish sauce
- · 2 carrots, peeled, cut into long matchsticks
- 3 spring onions, thinly sliced lengthways
- 10 sheets spring roll pastry, thawed
- · 1 cup (80g) bean sprouts
- 1/2 cup mint leaves
- 1/2 cup coriander leaves
- · 2/3 cup (160ml) Vietnamesestyle salad dressing
- 1 long red chilli, thinly sliced (optional)

- 1. Cook noodles in a large saucepan of boiling water for 4 mins or until tender. Refresh under cold water. Drain well. Cut 1 cup of the noodles into shorter lengths, reserving the remaining noodles.
- 2. Combine the cut noodles with the mince, garlic, ginger, lemongrass, fish sauce, half the carrot and one-third of the spring onion in a large bowl.
- 3. Place 1 pastry sheet on a clean work surface. Place 2 tbs of the mince mixture diagonally across 1 corner. Brush the opposite corner with a little water. Fold in sides and roll up to enclose the filling. Repeat with the remaining pastry sheets and mince mixture.
- 4. Preheat air fryer to 200°C. Spray spring rolls with olive oil spray. Place in the basket of the air fryer and cook, turning halfway through cooking, for 15 mins or until cooked through.
- 5. Meanwhile, divide reserved noodles evenly among serving bowls. Top with bean sprouts, mint, coriander and the remaining carrot and spring onion.
- 6. Cut the spring rolls in half and arrange over the noodle mixture. Drizzle with dressing and sprinkle with chilli, if using.



air fried crispy breakfast **burritos**









- 1 pound potatoes, diced into 1/2 inch cubes (2 large, 3-4 small potatoes)
- 2 tablespoons avocado oil
- 1 tablespoon arrowroot powder/starch (optional for crisp)
- 2 teaspoons paprika
- 1 teaspoon garlic powder
- 1/2 teaspoon onion powder
- · 1 teaspoon salt
- 1/2 teaspoon black pepper
- 1 pound breakfast seasoned ground pork
- 1 (4 ounce) can diced green chilies
- 8 large eggs, whisked
- 2 tablespoons milk of choice
- 1/2 teaspoon salt & pepper
- about 1 cup shredded cheddar cheese
- 7–8 burrito
- hot sauce, salsa, sour cream

- 1 Make the potatoes: Preheat oven to 425F. Place diced potatoes on a baking sheet lined with a silicone baking liner or parchment paper. Add oil, arrowroot powder, paprika, garlic powder, onion powder, salt and pepper on top of the potatoes and use your hands to mix until the potatoes are evenly coated. Place in the oven and bake for 30 minutes total, stirring the potatoes halfway through. Cook your other fillings as the potatoes cook in the oven.
- 2. Make the ground sausage: Heat a non-stick skillet over medium heat. Add ground pork and use a wooden spoon or spatula to break the meat into small pieces as it cooks. Cook the meat for about 6-7 minutes or until cooked through, stirring occasionally. Add green chilies and stir until mixed. Remove cooked meat from the pan and set aside.
- 3. Make the eggs: Reduce heat to low-medium. In a medium bowl, whisk eggs with milk, salt and pepper. In the same pan the meat was cooked in, add I tablespoon butter or ghee. Once melted, add eggs to the pan. Keeping the heat low, continue to move the eggs with a spatula until they thicken and cook through. Turn the heat off and move eggs to a bowl.
- 4. Assemble burritos: Prepare a burrito assembly station with your tortillas, cooked ground sausage, scrambled eggs, and shredded cheddar cheese. Add *up to* 1 and 1/2 cups of filling to each burrito total. I used about 1/2 cup meat, 1/3 cup potatoes, 1/4 cup scrambled eggs, and a large pinch

- of shredded cheese for each burrito. Do not overfill the burritos.
- 5. Wrap burritos: Wrap tortillas and filling into a tight and secure burrito that holds all the filling inside. Pull the sides of the tortilla over each end of filling until tight. Using your thumbs, pull the bottom of the tortilla up and over the filling, covering the sides you folded over in. Tuck the bottom of the tortilla you folded into the burrito, also tucking the sides from the top and bottom of the tortilla. Fold the burrito over the remaining open tortilla so it covers the tucked sides and bottom.
- 6. Air fry & serve: Carefully place 2 burritos into the air fryer basket. Air fry at 350F for 6-10 minutes, or until the burritos are crispy and golden brown. Serve & enjoy with salsa, sour cream, hot sauce, etc.



air fried french toast with raspberries









ingredients

- 2 slices Italian bread, cut into 1/2-inch cubes
- 1/2 cup fresh or frozen raspberries
- 2 ounces cream cheese, cut into 1/2-inch cubes
- 2 large eggs
- 1/2 cup 2% milk
- 1 tablespoon maple syrup

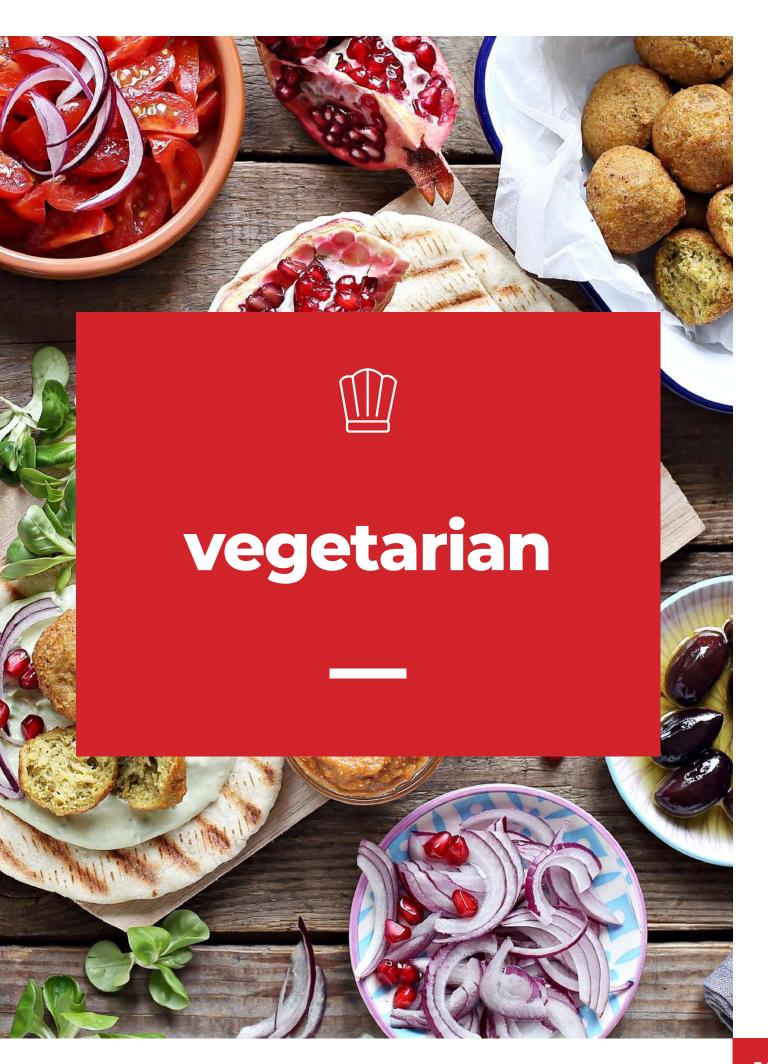
rasberry syrup

- 2 teaspoons corn-starch
- 1/3 cup water
- 2 cups fresh or frozen raspberries, divided
- 1 tablespoon lemon juice
- 1 tablespoon maple syrup
- 1/2 teaspoon grated lemon zest
- Ground cinnamon, optional

- 1. Divide half the bread cubes between 2 greased 8-oz. custard cups. Sprinkle with raspberries and cream cheese. Top with remaining bread. In a small bowl, whisk eggs, milk and syrup; pour over bread. Cover and refrigerate for at least 1 hour.
- 2. Preheat air fryer to 325°. Place custard cups on tray in air-fryer basket. Cook until golden brown and puffed, 12-15 minutes.
- 3. Meanwhile, in a small saucepan, combine cornstarch and water until smooth. Add 1-1/2 cups raspberries, lemon juice, syrup and lemon zest. Bring to a boil; reduce heat. Cook and stir until thickened, about 2 minutes. Strain and discard seeds; cool slightly.
- 4. Gently stir remaining 1/2 cup berries into syrup. If desired, sprinkle French toast cups with cinnamon; serve with syrup.





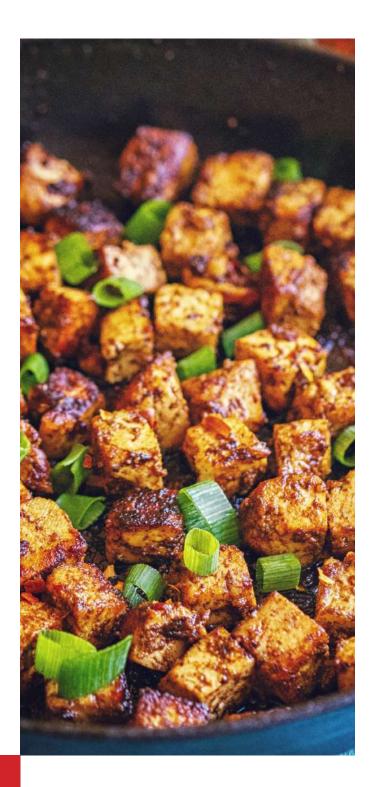


air fried gluten-free salt and pepper tofu









- 2 tsp vegetable oil
- 1 spring onion, thinly sliced
- 1 long red chilli, thinly sliced (optional)
- · 1 garlic clove, crushed
- 1/2 cup (125ml) salt-reduced gluten-free tamari or soy sauce
- 1/4 cup (55g) caster sugar
- 1 tsp sesame oil
- 1 tbsp sea salt flakes
- 1 tbsp black peppercorns
- 1 tsp dried chilli flakes (optional)
- 1/4 cup (45g) rice flour
- 2 x 300g pkts firm tofu, cut into 2cm pieces
- · Vegetable oil, extra, to shallow fry

- 1. Heat the vegetable oil in a small saucepan over high heat. Add spring onion, sliced chilli, if using, and garlic and cook, stirring, for 1 min or until fragrant. Reduce heat to low. Add the tamari or soy sauce and sugar. Cook, stirring, for 3 mins or until the sugar dissolves. Simmer for 5 mins or until the sauce thickens. Stir in sesame oil.
- 2. Place the sea salt, peppercorns, and chilli flakes, if using, in a mortar and pound with a pestle until finely crushed (alternatively, use a spice grinder). Place in a medium bowl with the rice flour and stir to combine. Add the tofu to the rice flour mixture and toss to coat, shaking off excess.
- 3. Add oil to your air fryer basket. Cook the tofu, in 2 batches, turning occasionally, for 5 mins or until golden brown. Transfer to a plate lined with paper towel.
- 4. Arrange the tofu on a serving platter. Serve with the sauce.

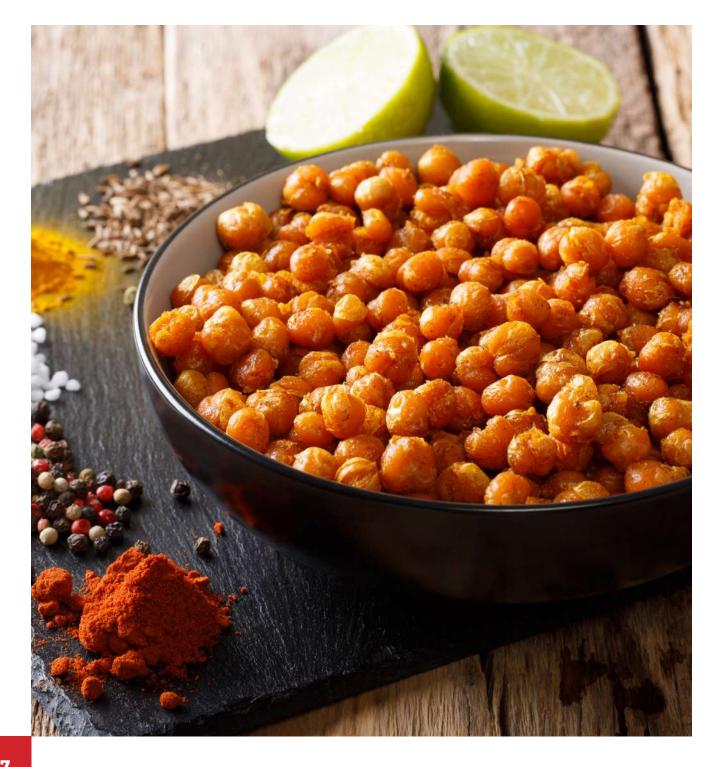


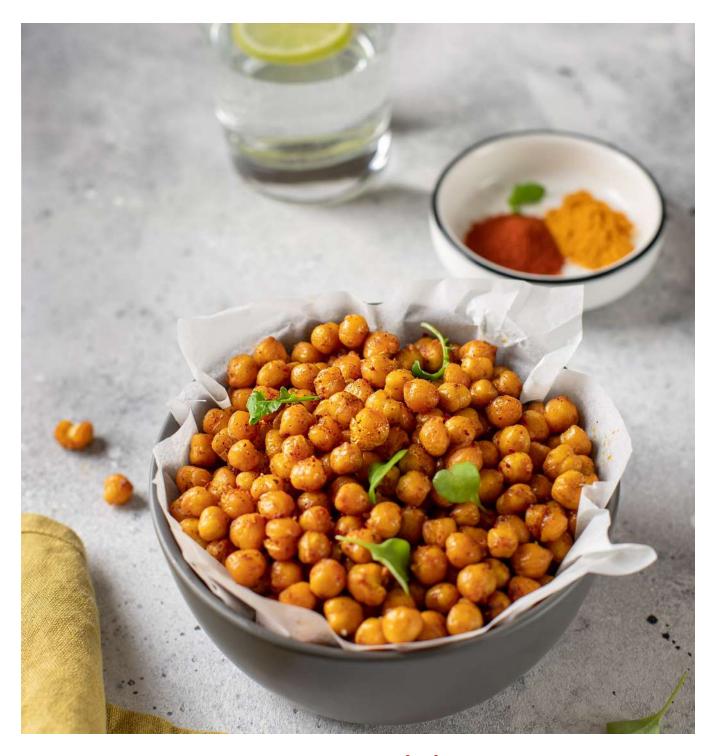
air fried 15 minute crispy chickpeas











ingredients

- · 114-oz can chickpeas 425g
- 1 Tbsp olive oil 15 ml
- ½ tsp salt or seasoning of choice, see notes

- 1. Prep: Drain and pat chickpeas dry with a paper towel. Toss together with oil and salt (or your chosen seasoning).
- Cook: Spread in a single layer in your air fryer basket or rack.
 Cook at 390°F (200°C) for 8 to 10 minutes, or until crispy and lightly browned.

air fried vegan pizza









ingredients

Base

- 2.5 cups flour 1-1/4th cup plain flour and 1-1/4th cup wholewheat flour
- 2 tbsp. flax seeds with 125 ml/1/2 cup warm water optional
- 2-½ teaspoon dry yeast with
 ½ cup warm water
- ½ teaspoon sugar to activate the yeast
- · ½ cup oil
- ½ cup+ more water to knead into soft dough more water if not using flax seeds
- · 2 teaspoon salt

Toppings

- 10 tablespoon Pizza sauce 2 tablespoon per pizza
- 3 cups Mix veggies sliced(capsicum,olives,baby corn,mushrooms)
- 1½ cup cheese ¾ cup cheddar, ¾ cup mozerrala or pizza blend cheese
- · Dried oregano flakes
- · 2-3 teaspoon Olive oil
- · Salt to season

Pizza Base:

- 1. Mix the flax seed meal with 1 cup water and keep it aside. Add sugar to lukewarm water, mix until it dissolves. Add yeast to sugar water, so that it activates. This will make the mix frothy and activate in 15 minutes. Add this yeast and flax seed mix to the flour with salt.
- Start mixing the dough while adding the remaining water. The dough needs to be a little wet and sticky, this will help the buns to rise and come out with a soft texture. Knead the dough, this will be sticky at the start, Add oil to remaining ingredients. Keep it aside for 30 minutes to rise.
 Once it has doubled, punch it down and knead it again.
- Divide the flour in 6/8 equal portions, give them a round shape using oiled hands, and arrange them in an floured baking tray with some space in between the portions.

 Cover with a cling film and keep them in the refrigerator for 2-3 hours.
- 4. Take a portion of dough. Roll into a round flat base on crisping tray for the air fryer, or you can do it on a baking sheet and move it to the air fryer basket.
 Spread the tomato paste on the base.
 - Cook the base in air fryer (pre heated) for 7 minutes at 200C. Spray oil once in between.
 - Once its cooked, add the cheese and toppings.
 - Season with salt and olive oil and further cooks for 7-8 minutes.



air fried 15 minute brussels sprouts







- ½ lb Brussels sprouts 2 to 3 cups, 226 g
- · 1 Tbsp olive oil 15 mL
- · Pinch salt and pepper
- · Optional: garlic, balsamic reduction, parmesan cheese



- 1. Prep: Remove the tough ends of the Brussels sprouts and remove any damaged outer leaves. Rinse under cold water and pat dry. If your sprouts are on the large side, cut them in half. Toss in oil, salt, and pepper.
- 2. Cook: Arrange Brussels sprouts in a single layer in your air fryer, working in batches if they don't all fit. Cook at 375°F (190°C) for 8 to 12 minutes, shaking the pan halfway through cooking to evenly brown them. They are done when lightly browned and crispy on the edges.

Serve sprouts warm, optionally topped with balsamic reduction and parmesan.



air fried mushrooms







ingredients

- 2 heaping cups oyster mushrooms 125 g
- · 1 cup buttermilk 240 mL, see notes for vegan substitute
- 1½ cups all-purpose flour
- · 1 tsp each salt, pepper, garlic powder, onion powder, smoked paprika, cumin
- 1 Tbsp oil* 15 mL



- Marinate: Preheat air fryer to 375 degrees F (190 C). Clean mushrooms then toss together with buttermilk in a large bowl. Let marinate for 15 minutes.
- 2. Breading: In a large bowl combine flour and spices. Spoon mushrooms out of the buttermilk (save the buttermilk). Dip each mushroom in the flour mixture, shake off excess flour, dip once more in the buttermilk, then once more in the flour.
- 3. Cook: Grease the bottom of your air fry pan well, then place mushrooms in a single layer, leaving space between mushrooms. Cook for 5 minutes, th½en roughly brush all sides with a little oil to promote browning. Continue cooking 5 to 10 more minutes, until golden brown and crispy.



air fried baked crispy avocado tacos









ingredients

- 1 avocado
- ½ cup all purpose flour 35 g
- · 1 large egg whisked
- diced panko crumbs 65 g
- Pinch each salt and pepper
- 4 flour tortillas click for recipe

salsa

- · 1 cup finely chopped or crushed pineapple 240 g
- 1 roma tomato finely diced
- ½ red bell pepper finely diced
- ½ cup finely diced red onion about 1/2 of an onion
- 1 clove garlic minced
- 1/2 jalapeno finely diced
- Pinch each cumin and salt

adobo sauce

- · ¼ cup plain yogurt 60 g
- 2 Tbsp mayonnaise 30 g
- 1/4 tsp lime juice
- · 1 Tbsp adobo sauce from a jar of chipotle peppers

- Salsa: Combine all Salsa ingredients (finely chop by hand or blitz in the food processor), cover, and set in fridge.
- 2. Prep Avocado: Cut avocado in half lengthwise and remove pit. Place avocado skin side down and cut each half into 4 equal sized pieces, then gently peel the skin off of each.
- 3. Prep Station: Preheat air fryer to 375°F (190°C). Arrange your workspace so you have a bowl of flour, a bowl of whisked egg, a bowl of panko with salt and pepper

- mixed in, and a parchment-lined baking sheet at the end.
- 4. Coat: Dip each avocado slice first in the flour, then egg, then panko. Place on the prepared baking sheet and either bake or air fry for 10 minutes, flipping halfway through cooking, until lightly browned.
- Sauce: While avocados are cooking, combine all Sauce ingredients.
 Serve: Spoon salsa onto a tortilla, top with 2 pieces of avocado, and drizzle with sauce. Serve



air fried sweet potato fries





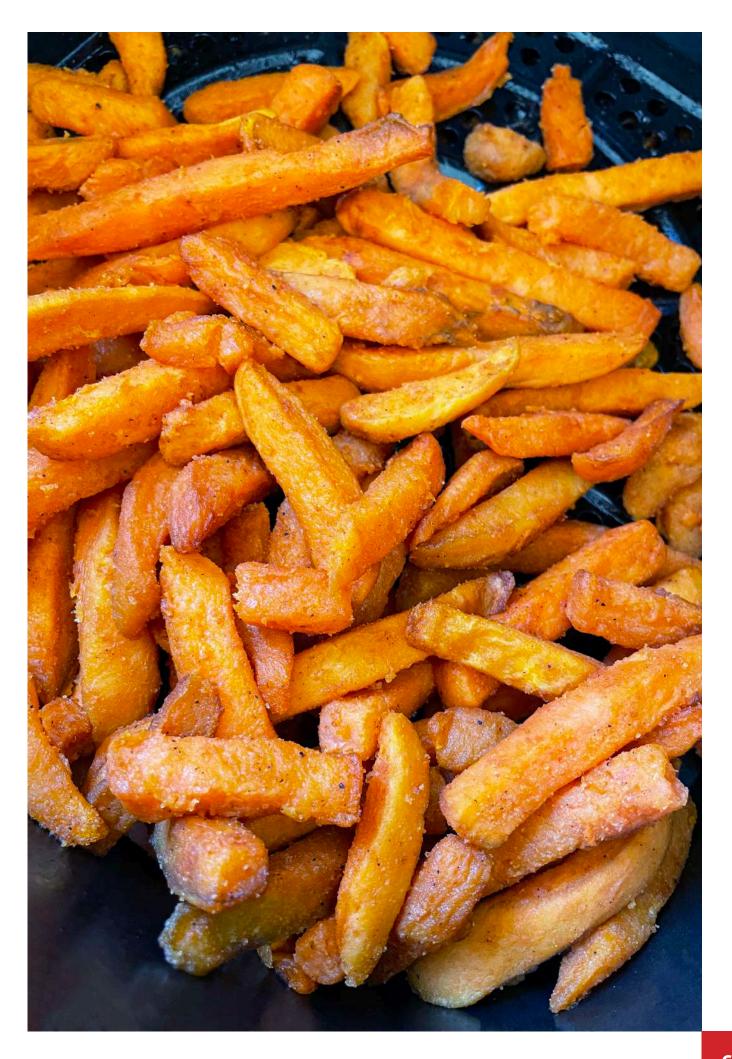


ingredients

- 1 sweet potato
- 1 tsp olive oil 5 mL
- Pinch of salt



- 1. Cut: To cut traditional fries, cut your sweet potato lengthwise into thin planks, and cut each plank into strips. To cut sweet potato wedges, cut your sweet potato in half lengthwise. Cut in half lengthwise again, then cut each of those halves in half again.
- 2. Soak: Soak fries in cold water for 30 to 60 minutes (or as long as 8 hours) before air frying*.
- 3. Dry: Drain and pat dry sweet potato wedges. Add to a bowl, then drizzle with vegetable oil (about 1 teaspoon per potato) and a pinch of salt, tossing to coat.
- 4. Air Fry: Add fries to your air fryer, spread out in as single of a layer as possible. Cook at 390°F (200°C) for 15 to 20 minutes, shaking every few minutes to evenly cook.



air fried baked general tso's cauliflower









ingredients

- ½ head cauliflower
- ½ cup flour 60g
- 2 large eggs whisked
- 1 cup panko breadcrumbs 50
- 1/4 tsp each salt and pepper

general Tso's Sauce

- 1 Tbsp sesame oil 15 mL
- 2 cloves garlic minced
- 1 Tbsp fresh grated ginger
- ½ cup vegetable broth 120 mL
- ½ cup soy sauce 60 mL
- ½ cup rice vinegar 60 mL
- ¼ cup brown sugar 50 g
- 2 Tbsp tomato paste 30 g
- 2 Tbsp cornstarch dissolved in 2 Tbsp (30 mL) cold water 15 g

- Prep: Preheat air fryer to 400°F (204°C)*. Arrange workspace, placing flour, egg, and panko in separate bowls. Mix salt and pepper into panko. Cut cauliflower into bite-sized florets.
- 2. Dredge: Working in batches, coat the florets in flour, then egg, then breadcrumbs. Set on a parchment paper-lined baking sheet. Bake for 15 to 20 minutes, or until crispy.
- Sauce: Set a small saucepan over medium heat and add the sesame oil, garlic, and ginger. Cook for 2 minutes, until fragrant, then add

- remaining sauce ingredients except the cornstarch mixture. Whisk to combine and bring to a simmer. While whisking, slowly pour in the cornstarch mixture. It should thicken quite quickly; if not, continue simmering until thick.
- 4. Assemble: Drizzle sauce over the baked cauliflower and gently toss to evenly coat. Serve cauliflower over warm rice or quinoa.



air fried mozzarella sticks







ingredients

- · 8 mozzarella sticks
- ½ cup all-purpose flour
- 1 egg whisked
- · 1 cup panko breadcrumbs
- ½ tsp each onion powder, garlic powder, smoked paprika, salt



- I. Freeze Cheese: Unwrap mozzarella sticks (or cut into sticks if starting from a block of cheese). Set on a parchment-lined plate and place in the freezer for 30 minutes.
- 2. Prep: Meanwhile, set up your breading station. Place flour in a ziploc baggie. Whisk egg in a shallow bowl. Combine panko and seasonings in a separate shallow bowl.
- 3. Bread Once: Toss mozzarella sticks into the bag with the flour, zip it shut, and shake to evenly coat the cheese. Working one at a time, roll the mozzarella sticks in the egg, then in the panko.

 Return to the plate and freeze for 30 more minutes.
- Bread Twice: Lightly grease your air fryer basket preheat to 390°F (200°C). Coat the mozzarella sticks in egg then panko one more time, then transfer to the air fryer.
- 5. Cook: 6 to 8 minutes, until crispy and golden brown. Serve warm with your favourite dipping sauce, like marinara or ranch.



how to air fry any vegetable









ingredients: Tender Veggies

- Crucifers' broccoli, cauliflower, Brussels sprouts
- Soft Veggies like bell pepper, tomato
- Thin Veggies like asparagus

Firm Veggies

- Root Vegetables carrots, beets, potato, parsnip
- Winter Squash butternut, acorn, pumpkin

frozen veggies

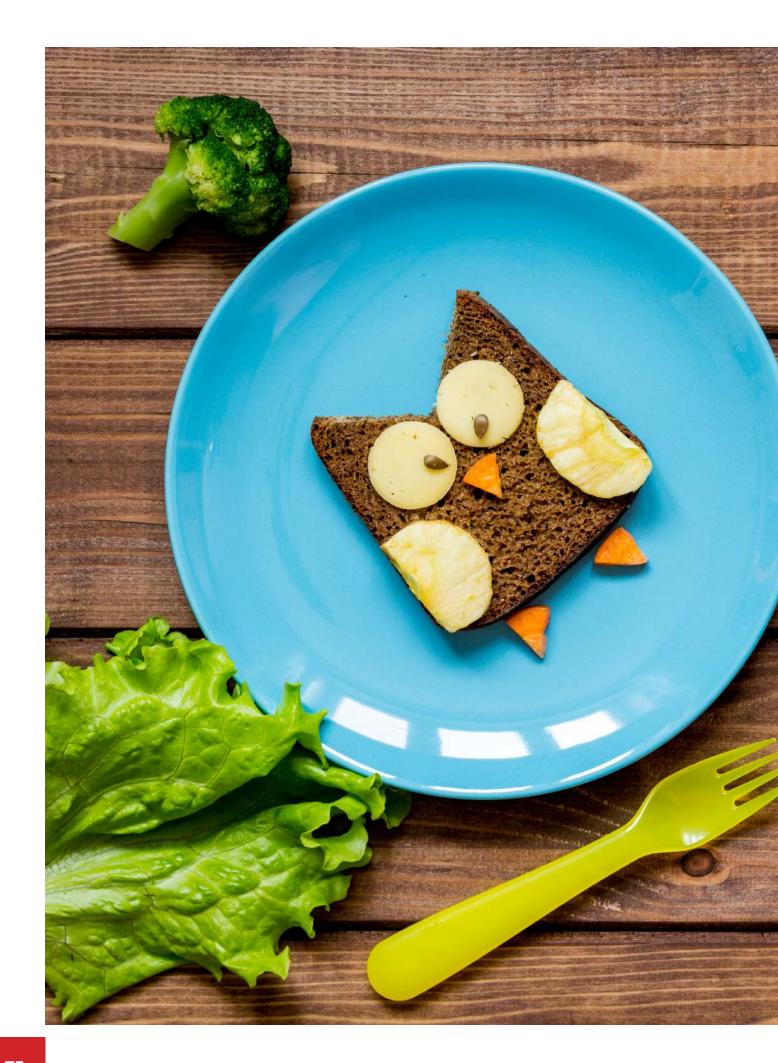
Any of the veggies from above

- 1. Tender Veggies: Preheat air fryer to 375 degrees F (190 C). Prep veggies by chopping them to the size you want, optionally drizzling with oil (this will make them a bit more roasted tasting in the end). Add to your air fryer in as flat of a layer as possible and cook for 10 to 15 minutes, shaking the air fryer pan once or twice during cooking to promote even cooking.
- 2. Firm Veggies: Preheat air fryer to 375 degrees F (190 C). Prep veggies by chopping them to the size you want (remember smaller pieces cook faster!)

- Optionally drizzle with oil and add to your air fryer in as flat of a layer as possible.

 Cook for 20 to 30 minutes, shaking the air fryer pan a few times during cooking to promote even cooking.
- 3. Frozen Veggies: Figure out which category your veggie falls under (tender or firm, see notes above), then just add a few minutes to the cooking time to account for the veggies having to thaw during the cooking process. Be sure to give space between your veggies to ensure they become perfectly roasted.







air fried zucchini, corn and haloumi fritters









ingredients

- 2 medium zucchinis, coarsely grated
- · 225g block haloumi, coarsely grated
- 150g (1 cup) frozen corn kernels, thawed
- 2 eggs, lightly whisked
- 100g (2/3 cup) self-raising
- 3 tsp fresh oregano leaves, chopped
- Extra virgin olive oil, to drizzle (optional)
- Natural yoghurt, to serve
- Fresh oregano extra sprigs, to serve



- 1. Use your hands to squeeze out the excess liquid from the zucchini. Place zucchini in a bowl. Add the haloumi and corn. Stir to combine. Make a well in the centre and add the egg, flour, and oregano. Season and stir until well combined.
- 2. Preheat an air fryer to 200C. Drop tablespoonfuls of the zucchini mixture onto the air fryer rack. Cook for 8 minutes or until crisp and golden. Transfer to a plate. Repeat with the remaining mixture in 2 more batches.
- 3. Arrange warm fritters on a serving plate. Place yoghurt in a small serving bowl. Season the yoghurt with black pepper and drizzle over olive oil, if using. Serve scattered with extra oregano.



air fried cheesy corn 'ribs'







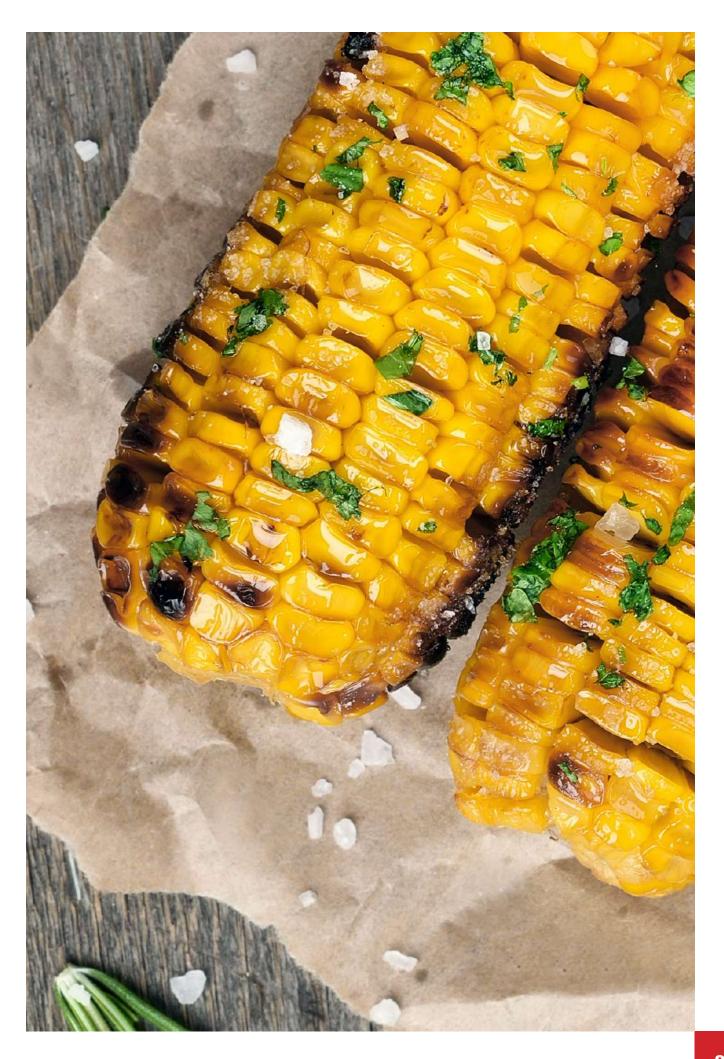
ingredients

- · 3 corncobs
- 50g salted butter, at room temperature
- 45g pkt Mexican seasoning

for the lime sauce

- 130g (½ cup) Greek yogurt
- 125g (½ cup) sour cream
- · 1 lime, rind finely grated, juiced, plus extra wedges, to
- Finely grated parmesan, to serve

- Place corncobs in a large microwave-safe dish. Cover with damp paper towel. Microwave on High for 8 minutes or until tender. Use a sharp knife to cut corncobs down the centre, lengthways. Cut in half again to create 4 long 'ribs.
- 2. Reserve 1 tbsp Mexican seasoning. Combine butter and remaining Mexican seasoning in a bowl. Brush corn ribs with butter mixture. Place in an air fryer basket. Air fry at 180°C for 10-12 minutes or until charred and crispy.
- 3. Meanwhile, to make the lime sauce, combine yogurt, sour cream, reserved seasoning, rind, and juice in a bowl.
- 4. Arrange corn ribs on a serving plate. Drizzle with lime sauce. Sprinkle with parmesan. Serve with extra lime wedges.



air fried corn dogs





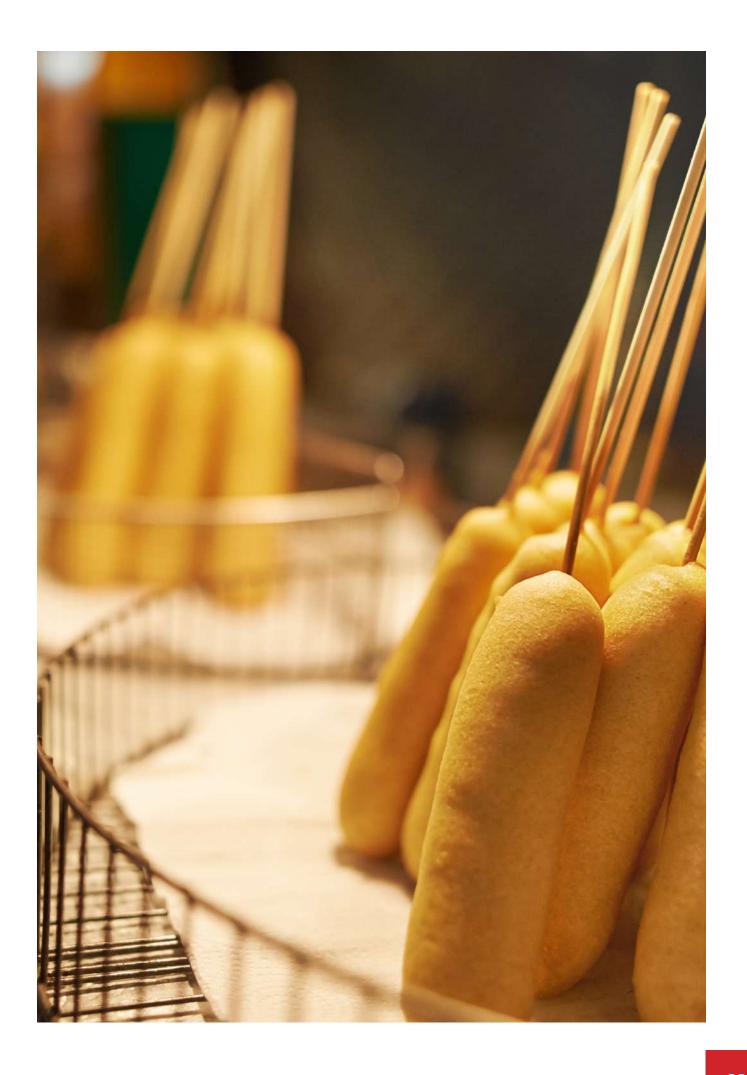


ingredients

5 frozen corn dogs or 10 mini corn dogs

- Preheat your air fryer to 350 1. degrees.
- 2. Place the frozen corn dogs into the air fryer and cook for 10-13 minutes, checking the inside with an Instant Read Thermometer.
- 3. Remove the corn dogs from the air fryer and enjoy!





air fried cheesy chicken sausage rolls







ingredients

- 500g chicken mince
- 125g can corn kernels, drained, roughly chopped
- · 1 medium zucchini, grated
- · 1 small carrot, grated
- 2/3 cup grated cheddar cheese
- 1/3 cup panko breadcrumbs
- 11/2 tbsp Vegemite Squeezy
- · 1 green onion, chopped
- · 1 garlic clove, crushed
- 3 sheets frozen puff pastry, partially thawed, halved
- · 1 egg, lightly beaten
- · Sesame seeds, to sprinkle
- · Sweet chilli sauce, to serve



- 1. Place chicken mince, corn kernels, zucchini, carrot, cheddar cheese, panko breadcrumbs, Vegemite Squeezy, green onion and garlic in a bowl. Season with pepper. Mix well to combine.
- 2. Place 1 pastry half on a flat surface. Spoon 1/3 cup mince mixture along 1 long side of pastry. Brush edges with egg. Roll up from long side to form a log. Trim ends. Cut into 4 equal pieces. Repeat with remaining pastry, mince mixture and egg.
- 3. Brush tops of rolls with egg and sprinkle with sesame seeds. Line air fryer with baking paper, leaving a 1cm border to allow air to circulate. Cook on 200C, in batches, for 13 to 15 minutes or until olden and cooked through. Stand for 5 minutes. Serve with sweet chilli sauce.



air fried baked potatoes



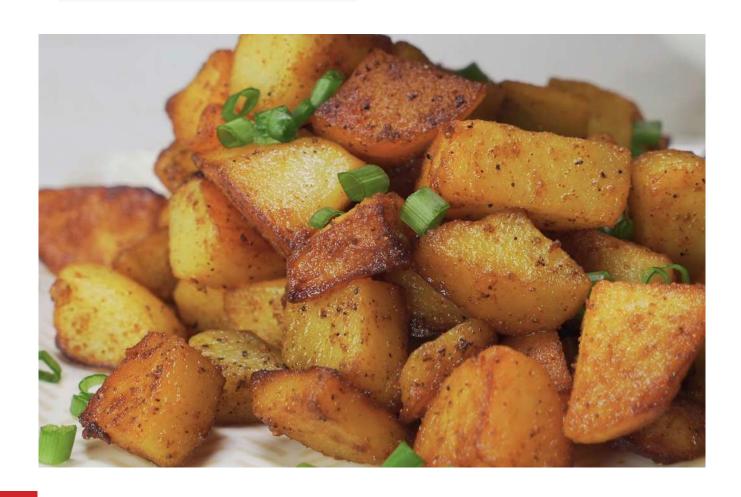


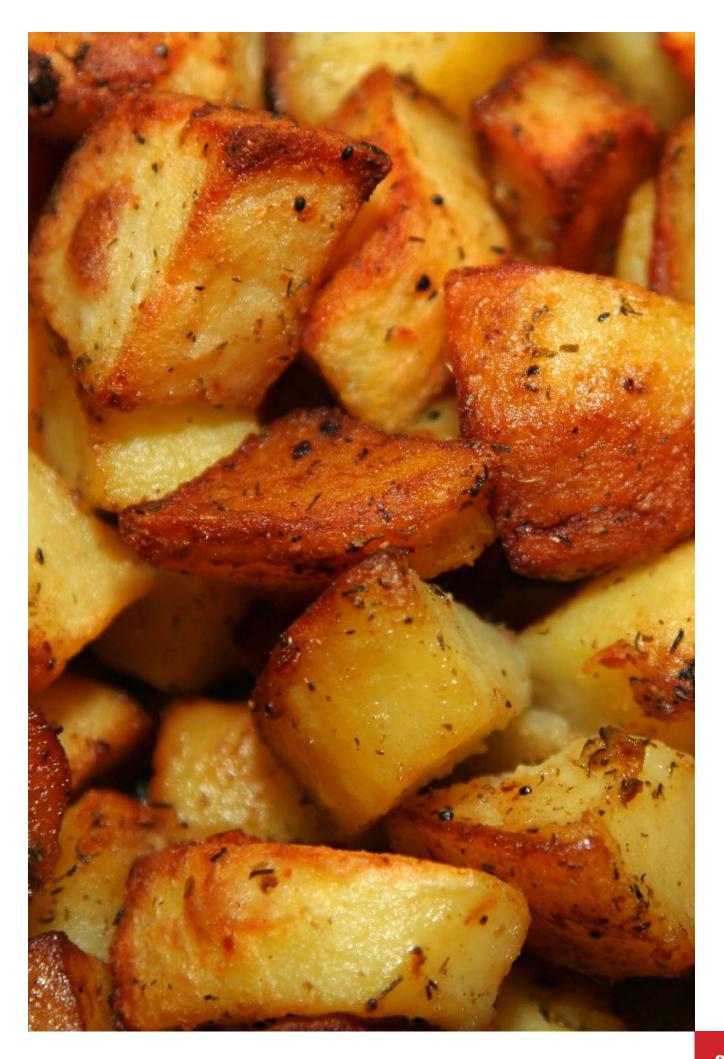


ingredients

- 650g baby potatoes, halved
- 2 large fresh rosemary sprigs
- · Sea salt, to season
- · Bulla Light Sour Cream, to
- Sweet chilli sauce, to serve

- Preheat the air fryer to 180C. Place the potatoes and rosemary sprigs in the air fryer. Spray with oil and season with salt. Cook, turning halfway, for 15 minutes or until crisp and cooked through.
- 2. Serve the potatoes with sour cream and sweet chilli sauce.





air fried mozzarella chips / sticks







ingredients

- · 2 tbsp plain flour
- · 3 tsp garlic powder
- · 2 eggs
- · 2/3 cup panko breadcrumbs
- 1/4 cup cornflake crumbs
- · 550g block mozzarella
- · Olive oil spray

creamy avocado dip

- · 1 avocado, roughly chopped
- · 1/3 cup lemon juice
- 1/4 cup plain Greek-style yoghurt
- · 2 tbsp basil pesto
- 1 green onion, roughly chopped



- Make Creamy Avocado Dipping Sauce: Place avocado, juice, yoghurt, pesto, and onion in a small food processor. Season well with salt and pepper. Process until smooth and combined. Transfer to a bowl. Cover. Refrigerate until required.
- 2. Line a large tray with baking paper. Place flour and garlic powder in a shallow bowl. Season with salt. Whisk eggs in a separate shallow bowl. Combine breadcrumbs in a bowl.
- 3. Cut mozzarella into 2cm-thick slices, then into sticks. Dip cheese in flour to coat. Shake off excess. Working in batches, coat sticks in egg mixture then in breadcrumbs. Place on prepared tray. Freeze for 1 hour or until firm.
- 4. Spray mozzarella sticks liberally with oil. Line air fryer basket with baking paper, leaving a 1cm edge to allow air to circulate. Cook sticks on 180C, in batches, for 4 to 4 1/2 minutes or until golden and crispy. Serve immediately with dipping sauce.





air fried zucchini chips







method

- 1. Lightly whisk the eggs in a shallow bowl. Place the flour in a separate shallow bowl. Combine the breadcrumbs, parmesan, herbs and paprika on a large plate.
- 2. Dip the zucchini slices the flour, shaking off excess. Working one at a time, dip zucchini into egg then breadcrumb mixture, pressing firmly to coat.
- 3. Arrange half the zucchini in a single layer in the basket of the air fryer. Spray well with oil and cook at 200°C for 5 minutes. Carefully turn the zucchini and spray again with oil. Cook for a further 5 minutes. Transfer to a plate. Repeat with remaining zucchini.
- Return all the zucchini to the air 4. fryer and cook for 3 minutes to reheat. Serve with the warm pasta sauce to dip.

ingredients

- 2 eggs
- 75g (1/2 cup) plain flour
- 60q (1 1/4 cups) panko breadcrumbs
- 50g (2/3 cup) finely grated parmesan
- 2 tsp dried Italian herbs
- 1/2 tsp ground paprika
- 4 zucchinis, cut diagonally into 7mm slices
- Tomato pasta sauce, warmed, to serve



air fried ravioli chips









ingredients

- · 250ml (1 cup) buttermilk
- 150g (3 cups) panko breadcrumbs
- 600g fresh ravioli
- 400g btl Napoletana pasta sauce

- 1. Place the buttermilk in a bowl.
 Place the breadcrumbs in a
 separate bowl. Dip each ravioli
 in buttermilk, then in the
 breadcrumbs, gently pressing to
 coat. Transfer to a baking tray lined
 with baking paper in a single layer.
- Arrange half the ravioli in a single layer in the basket of the air fryer.
 Cook at 180C for 10 minutes.
 Transfer to a plate.
 Repeat with remaining ravioli.
- 3. Meanwhile, heat the pasta sauce in a small pan over low heat until heated through. Transfer to a serving bowl.
- 4. Serve the ravioli with the warmed pasta sauce for dipping.





air fried pizza bites







method

- Preheat air fryer to 200°C. Grease the baset. Use a 7cm round cutter to cut 9 discs from each pastry sheet. Place on prepared basket. Spread evenly with pizza sauce. Top with ham, pineapple, and cheese.
- 2. Bake for 15 mins or until cheese melts and base is crisp.

ingredients

- 2 sheets frozen puff pastry
- 1/4 cup (70g) pizza sauce
- 80g shredded ham
- 227g can pineapple chunks in juice, drained
- 2/3 cup (70g) shredded pizza cheese





air fried japanese chicken tenders









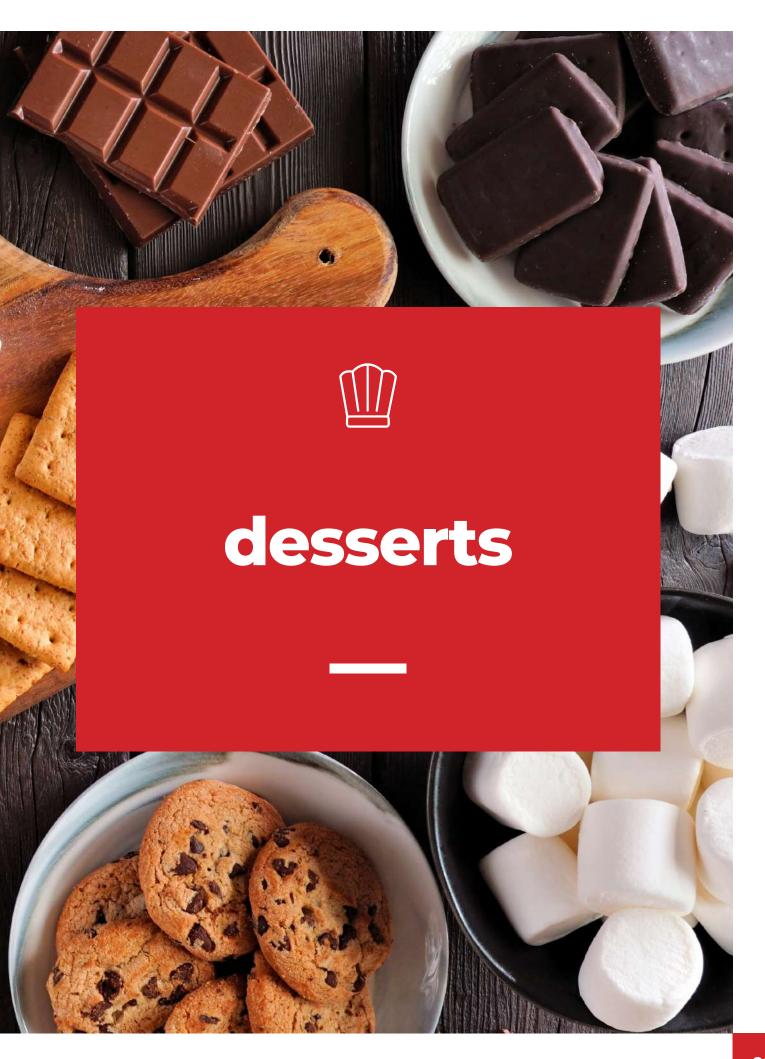
ingredients

- 500g chicken tenderloins
- 25g sachet McCormick katsu crumb seasoning
- Canola oil spray
- 1/3 cup Japanese-style mayonnaise
- · 1 tbsp pickled ginger, reserving 2 tsp pickling liquid

- ٦. Place chicken on a tray in a single layer. Sprinkle evenly with half of the seasoning. Turn chicken. Sprinkle evenly with remaining seasoning. Spray with oil.
- 2. Preheat air fryer on 180°C. Cook chicken for 12 to 14 minutes or until golden and cooked through.
- 3. Meanwhile, combine mayonnaise and reserved pickling liquid in a small bowl.
- 4. Serve chicken with dipping sauce and ginger on the side.







air fried lemon cake







ingredients

- 150g butter, at room temperature
- 140g (2/3 cup) caster sugar
- · 225g (1 1/2 cups) self-raising flour
- · 2 eggs
- 11/2 tbsp finely grated lemon
- 80ml (1/3 cup) lemon juice

- 1. Grease a 20cm round cake pan. Line base with baking paper.
- 2. Use electric beaters to beat the butter, sugar, flour, eggs, lemon rind and juice for 3-4 minutes or until pale and creamy. Spoon batter into prepared pan. Smooth surface.
- 3. Place the pan in the basket of the air fryer. Set the air fryer to 160C. Bake for 25 mins or until a skewer inserted in the centre comes out clean (see tip). Set aside for 5 minutes before transferring to a wire rack to cool.
- Serve the cake warm or at room 4. temperature.



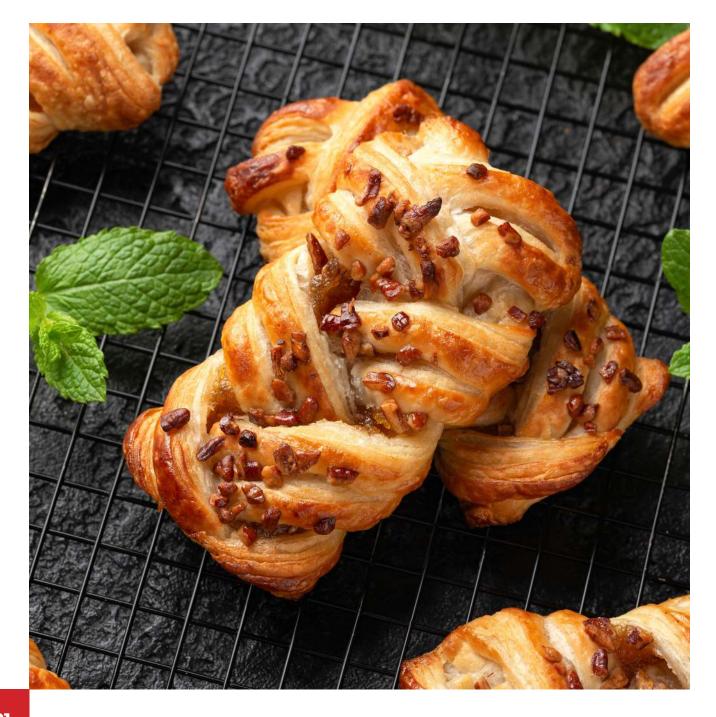


air fried caramello danish









ingredients

- 180g block Caramello chocolate
- 1 sheet frozen puff pastry, thawed
- Thickened cream, to serve (optional)

- 1. Place a pastry sheet on a flat working surface. Cut the pastry sheet in half. Place chocolate in the centre of one half of the pastry sheet. Brush the edges with a little cream. Place the other half of the pastry sheet on top. Brush with cream. Cut six 0.5cm to 1cm wide strips from the remaining half pastry sheet.
- 2. Working with 1 pastry strip at a time, place it over the chocolate, pressing gently to secure to the base piece of pastry. Repeat with remaining pastry strips to form a decorative pattern. Trim pastry, leaving a 1cm border around chocolate. Brush with cream.
- 3. Place in an air fryer and cook at 200C for 10 minutes or until crisp and golden. Turn air fryer off and let pastry sit for a further 5 minutes (this helps make the chocolate soft and gooey).
- 4. Cut into slices and serve with cream, if using.



air fried mint aero danish







ingredients

- 2 sheets frozen puff pastry, thawed
- · 118g block Aero mint chocolate
- · Thickened cream, to serve (optional)



- Place 1 sheet of puff pastry on a flat working surface. Using an assortment of different-sized round cookie cutters, cut rounds from pastry, discarding trimmings.
- 2. Cut the remaining pastry sheet in half. Place the chocolate in the centre of 1 half of the pastry sheet. Brush the edges with a little cream and place the second half of the pastry sheet on top. Press the edges to seal. Brush with a little cream. Working with 1 pastry round at a time, place it over the top, pressing gently to secure to pastry. Repeat with remaining pastry rounds to form a decorative pattern. Trim pastry, leaving a 1cm border around chocolate.
- 3. Place in an air fryer and cook at 200C for 10 minutes or until crisp and golden. Turn air fryer off and let pastry sit for a further 5 minutes (this helps make the chocolate soft and gooey).
- 4. Cut into slices and serve with cream, if using.





air fried caramilk crumpet french toast









ingredients

- 100g Caramilk chocolate, grated, plus extra to serve
- 6g salted butter, softened
- 6 round crumpets
- · 2 eggs
- · 1tbsp milk
- 1/2 cup sweetened condensed milk
- · Thickened cream, whipped

- 1. Line the base of an air fryer with foil, ensuring it comes at least 1 inch up the sides of the basket.
- Combine Caramilk and butter in a bowl. Divide into 6 portions.
 Spread each portion over each crumpet. Cut each crumpet in half and sandwich together.
- 3. Whisk eggs with milk and 2 tbsp of sweetened condensed milk. Dip each crumpet sandwich in the egg mixture, coating well on all sides. Place in the air fryer basket. Repeat with remaining crumpets. Pour over remaining sweetened condensed milk. Cook at 150C for 15 minutes or until crumpets are golden.
- 4. To serve, grate over extra Caramilk and top with whipped cream.

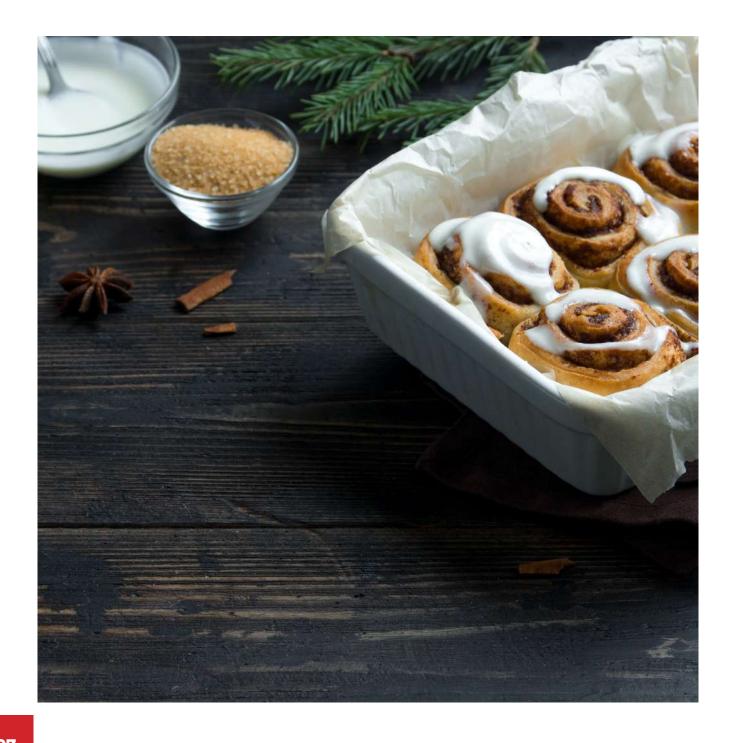


air fried cinnamon nut scrolls









- 2 1/4 cups self-raising flour
- · 1 tbsp caster sugar
- 100g butter, chilled, finely chopped
- · 2/3 cup milk
- · legg
- 2/3 cup finely chopped walnuts
- 1/3 cup slivered almonds, toasted
- 1/4 cup brown sugar
- 1 tsp ground cinnamon
- · 2 tbsp golden syrup

- 1. Preheat air fryer to 200°C/180°C fan forced. Grease the basket.
- 2. Combine flour and caster sugar in a bowl. Rub in half the butter until mixture resembles coarse breadcrumbs. Combine milk and egg in a jug. Stir into flour mixture until soft, sticky dough forms. Turn out onto a lightly floured surface. Knead for 30 seconds or until smooth.
- 3. Roll dough out to a 30cm x 40cm rectangle. Sprinkle with walnuts and almonds. Top with brown sugar and cinnamon. Dot with remaining butter. Roll up dough tightly from one long side. Using a serrated knife, trim ends. Cut roll into 12 slices. Place slices in prepared pan. Bake for 22 to 25 minutes or until golden. Serve scrolls warm with golden syrup.



air fried white chocolate and raspberry scones







ingredients

- 300g (2 cups) self-raising flour
- · 40g butter, chopped
- 60g white chocolate, chopped
- 185ml (3/4 cup) milk, plus 1 tbsp extra
- 60g (1/2 cup) frozen raspberries
- · Whipped cream, to serve
- · Icing sugar, to dust



- Place the flour into a large bowl.
 Use your fingertips to rub the
 butter into the flour until fine
 breadcrumbs form. Stir in the
 white chocolate. Make a well in the
 centre.
- 2. Add the milk to the flour mixture.
 Use a flat-bladed knife to stir until almost combined. Add the raspberries and gently stir to combine. Turn dough onto a lightly floured surface. Bring the dough together and gently knead until just smooth. Press the dough out into a 2cm-thick disc. Use a 5cm-diametre round pastry cutter to cut 12 rounds from the dough, cutting scones out as close together as possible (see note).
- 3. Line the air fryer with baking paper. Place the scones close together in the air fryer and brush tops lightly with milk (depending on the size of your air fryer, you may have to do this in 2 batches).
- 4. Bake the scones at 180C for 12 minutes or until risen and golden.
- 5. Dust scones with icing sugar. Serve with whipped cream.

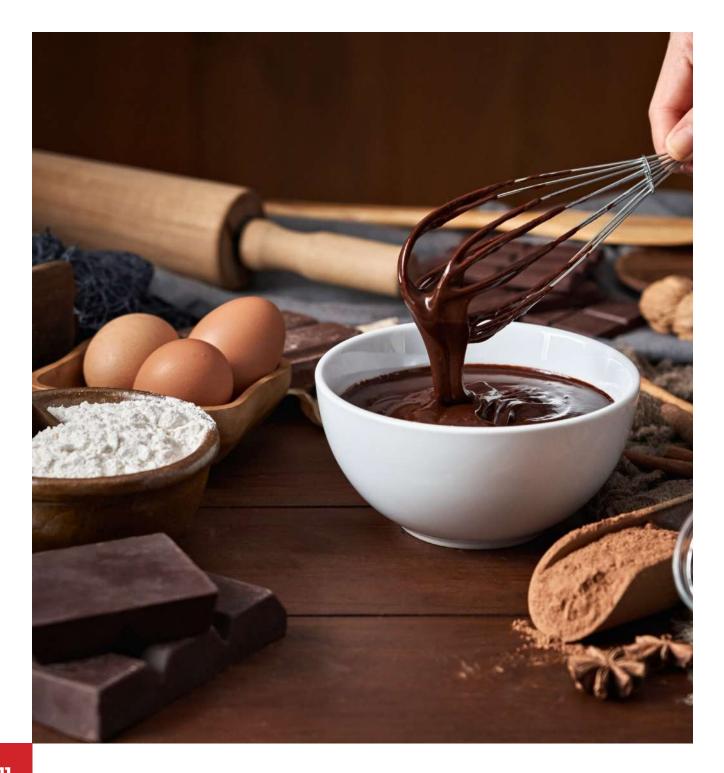


air fried celebration bites









- 4 sheets frozen shortcrust pastry, partially thawed
- · 1 egg, lightly beaten
- 24 Mars Celebrations chocolates, unwrapped
- · Cinnamon sugar, for dusting
- · Icing sugar, for dusting
- · Whipped cream, to serve

- 1. Cut each sheet of pastry into 6 rectangles. Brush lightly with egg. Place 1 chocolate in the centre of each piece of pastry. Fold over pastry to enclose chocolate. Trim pastry, pressing edges to seal. Place on a baking paper-lined tray. Brush tops with a little egg. Sprinkle liberally with cinnamon sugar.
- 2. Place a sheet of baking paper in the air-fryer basket, making sure paper is 1cm smaller than the basket to allow air to circulate.

 Place 6 pockets in the basket, being careful not to overlap. Cook on 190°C for 8-9 minutes or until golden and pastry is cooked through. Transfer to a plate. Repeat with remaining pockets.
- 3. Dust with icing sugar. Serve warm with whipped cream.



air fried banana muffins









- · 2 ripe bananas
- 150g (1 cup) self-raising flour
- 60g (1/3 cup, lightly packed) brown sugar
- · legg
- · 60ml (1/4 cup) olive oil
- 60ml (1/4 cup) buttermilk
- Maple syrup, to brush, plus extra (optional), to serve

- Use a fork to mash the bananas in a small bowl. Set aside until required.
- Use a balloon whisk to whisk the flour and sugar in a medium bowl.
 Make a well in the centre. Add the egg, oil, and buttermilk.
 Use the whisk to break up the egg.
 Use a wooden spoon to stir until the mixture is combined. Stir through the banana.
- 3. Preheat an air fryer to 180C. Divide half of the mixture among 9 patty cases. Remove the rack from the air fryer and carefully transfer the cases to the rack. Return the rack to the fryer. Cook for 8-10 minutes or until muffins are cooked through. Transfer to a wire rack. Repeat with the remaining mixture to make 18 muffins.
- 4. Brush the tops of the muffins with maple syrup while still warm. Serve with extra maple syrup if you like.



air fried lemonade scones







ingredients

- 525g (3 1/2 cups) self-raising flour
- · 70g (1/3 cup) caster sugar
- 300ml thickened cream
- 185ml (3/4 cup) lemonade
- · 1 tsp vanilla extract
- · Milk, for brushing
- · Raspberry jam, to serve
- Whipped cream, to serve



- 1. Combine flour and sugar in a large bowl. Make a well. Add cream, lemonade, and vanilla. Using a flat-bladed knife, gently stir until dough just comes together.
- 2. Turn dough out onto a floured surface. Knead gently for 30 seconds or until just smooth. Press dough into a 2.5cm thick round. Dip a 5.5cm round cutter into flour. Cut out scones. Gently press leftover dough pieces together and repeat to make 16 scones.
- 3. Place a sheet of baking paper in air fryer basket, making sure paper is 1cm smaller than the basket to allow air to circulate. Place 5 or 6 scones, almost touching, on paper in basket. Brush tops lightly with milk. Cook on 160°C for 15 minutes or until golden and hollow sounding when tapped on top. Carefully transfer to a wire rack. Repeat 2 more times with remaining scones and milk.
- 4. Serve warm with jam and whipped cream.

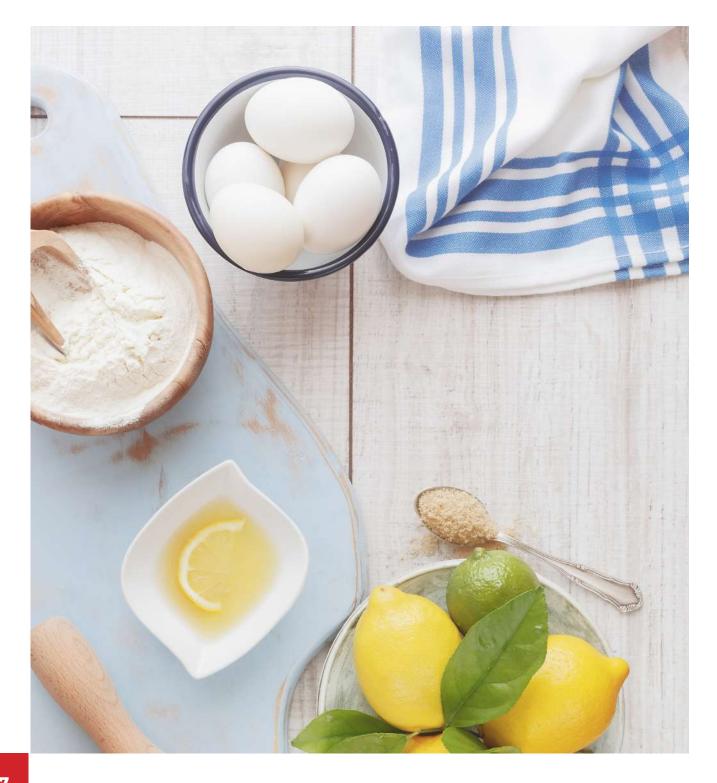


air fried lemon drizzel cake







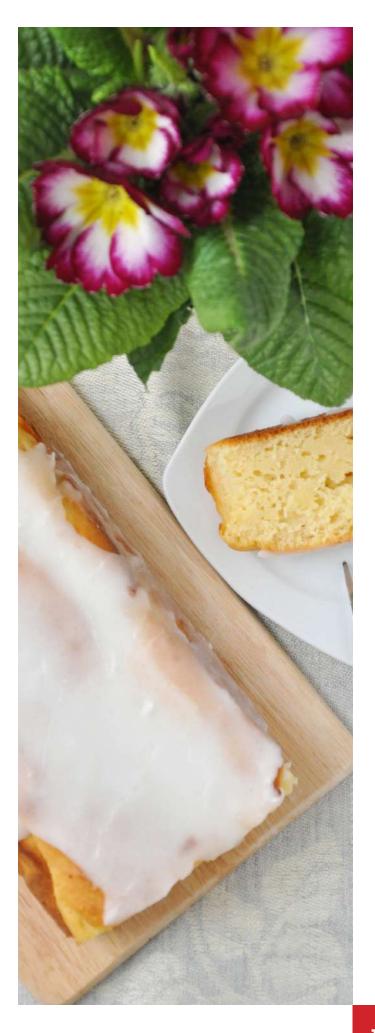


- · 150g butter, softened
- · 2/3 cup (150g) caster sugar
- · 2 tsp finely grated lemon rind
- 1 tsp ground cardamom
- 3 Coles Australian Free-Range Eggs
- 11/2 cups (225g) self-raising flour
- 3/4 cup (210g) honeyflavoured yoghurt
- · Lemon zest, to serve

lemon icing

- · 10g butter, softened
- 1 cup (160g) icing sugar mixture
- 11/2 tbsp lemon juice

- 1. Grease a 20cm (base measurement) round cake pan and line the base with baking paper. Use an electric mixer to beat the butter, sugar, lemon rind and cardamom until pale and creamy. Add eggs, 1 at a time, beating well after each addition. Stir in flour and yoghurt. Spoon into prepared pan. Smooth the surface.
- 2. Preheat air fryer to 180°C. Place the pan in the basket of the air fryer. Bake for 35 mins or until a skewer inserted in the centre comes out clean. Set aside in pan for 5 mins before transferring to a wire rack to cool completely.
- To make the lemon icing, place the butter and icing sugar in a bowl. Stir in enough lemon juice to make a smooth paste.
- Place cake on a serving platter.
 Drizzle with the lemon icing and sprinkle with lemon zest to serve.





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