

Air Fryer Magic for Beginners

UK Edition

**Quick, Healthy and Delicious 20-Minute Recipes
with Full-Colour Photos**

**Budget-Friendly Meals with Local Ingredients,
Perfect for Weight Loss and Special Diets**

Vanessa Loxley

**Air Fryer Magic for Beginners UK:
Quick, Healthy and Incredibly Easy 20-Minute Recipes with Full-Colour Photos –
From British Classics to Global Favourites Using Local Ingredients**

© 2025 Vanessa Loxley

All rights reserved.

No part of this publication may be reproduced, stored in a retrieval system, or transmitted in any form or by any means — electronic, mechanical, photocopying, recording, scanning, or otherwise — without the prior written permission of the author, except in the case of brief quotations embodied in critical reviews or articles.

This book is intended for personal use only. You may not distribute, resell, or reproduce any portion of this material for commercial purposes without explicit permission from the author.

The information provided in this cookbook is based on the author's personal experience, research, and opinions. While every effort has been made to ensure accuracy, the author and publisher make no representations or warranties of any kind regarding the completeness, accuracy, or suitability of the content for any particular purpose.

This cookbook is not intended as a substitute for medical advice, diagnosis, or treatment. Always consult with a qualified healthcare professional regarding dietary changes or concerns. Nutritional values provided are estimates and may vary based on specific ingredients and portion sizes used.

The author and publisher disclaim any liability in connection with the use of this book, recipes, or techniques. Use of any appliance should be in accordance with the manufacturer's instructions and safety guidelines.

British English and metric measurements have been used throughout this book to suit readers in the UK and other metric-using regions.

TABLE OF CONTENTS

| | |
|--|----|
| INTRODUCTION | 6 |
| WHY THIS COOKBOOK IS PERFECT FOR BEGINNERS..... | 7 |
| HOW TO USE THIS BOOK | 8 |
| TOP TIPS FOR SUCCESS | 8 |
| CHAPTER 1: GETTING STARTED WITH YOUR AIR FRYER..... | 9 |
| What is an Air Fryer and How Does It Work?..... | 10 |
| The Benefits of Air Frying: Save Time, Eat Healthier, Cook Smarter | 11 |
| Key Tips for Air Fryer Success: Settings, Care, and Maintenance..... | 12 |
| CHAPTER 2: BREAKFAST..... | 13 |
| Air-Fried English Breakfast Bites | 14 |
| Cheese & Chive Scrambled Egg Muffins..... | 17 |
| Veggie Breakfast Hash with Sweet Potato | 20 |
| Baked Beans on Toast Cups..... | 23 |
| Apple & Cinnamon Crumble Oat Pots | 26 |
| Crispy Mushroom & Spinach Breakfast Wraps | 29 |
| Sausage & Egg Breakfast Pastries | 32 |
| Smoked Salmon and Cream Cheese Bagels | 35 |
| CHAPTER 3: SNACKS AND APPETIZERS | 37 |
| Cheesy Cauliflower Bites | 38 |
| Mini Sausage Rolls with Puff Pastry..... | 40 |
| Sweet Potato & Feta Samosas | 42 |
| Crispy Halloumi Fingers with Dip | 45 |
| Garlic & Herb Flatbread Wedges | 47 |
| Homemade Mozzarella Sticks | 49 |
| Air-Fried Pickle Chips | 51 |
| Spiced Chickpea Poppers..... | 53 |
| CHAPTER 4: SALAD RECIPES..... | 55 |
| Warm Chicken Caesar Salad | 56 |
| Mediterranean Chickpea Salad with Crispy Falafel | 59 |
| Halloumi & Tomato Salad..... | 61 |
| Sweet Potato and Kale Superfood Bowl..... | 63 |
| Tuna Niçoise with Air-Fried Potatoes | 66 |
| Air-Fried Tofu Asian Slaw..... | 68 |
| Beetroot & Goat Cheese Crunch Salad..... | 71 |

| | |
|--|-----|
| Roasted Pepper & Quinoa Power Bowl..... | 73 |
| CHAPTER 5: RAINS, PASTA AND RICE RECIPES | 75 |
| Garlic Mushroom Barley Risotto | 76 |
| Arancini (Risotto Balls)..... | 79 |
| Vegetable Couscous with Lemon Dressing..... | 82 |
| Creamy Pesto Pasta with Air-Fried Broccoli..... | 85 |
| Egg Fried Rice (Takeaway Style)..... | 88 |
| Spicy Quinoa & Black Bean Burrito Bowl..... | 91 |
| Roasted Veg & Feta Orzo Salad..... | 94 |
| Wild Rice Pilaf with Toasted Almonds | 96 |
| CHAPTER 6: FISH AND SEAFOOD..... | 99 |
| Classic British Fish Fingers (From Scratch) | 100 |
| Crispy Salmon Fillets with Dill Yogurt Sauce | 102 |
| Spicy Prawns with Garlic & Lime..... | 104 |
| Cod Bites with Tartar Dip..... | 106 |
| Scampi with Air-Fried Chips..... | 108 |
| Teriyaki Glazed Mackerel Bites | 110 |
| Haddock Fish Cakes with Pea Purée | 112 |
| Tuna & Sweetcorn Melts | 114 |
| CHAPTER 7: POULTRY RECIPES | 116 |
| Honey Mustard Chicken Thighs | 117 |
| Crispy Chicken Goujons with Dip | 119 |
| Lemon & Rosemary Chicken Bites | 121 |
| BBQ Chicken Drumsticks..... | 123 |
| Chicken and Leek Mini Pies | 126 |
| Sticky Orange Chicken Skewers..... | 129 |
| Chicken Tikka Air-Fried Bites | 131 |
| Teriyaki Chicken Rice Bowls | 134 |
| CHAPTER 8: MEAT RECIPES..... | 137 |
| Mini Meatloaf Patties with Gravy Dip | 138 |
| Lamb Kofta with Mint Yoghurt..... | 141 |
| Crispy Pork Belly Cubes..... | 144 |
| Beef & Onion Hand Pies..... | 146 |
| Classic British Bangers & Mash Balls..... | 148 |
| BBQ Pulled Pork Sliders | 151 |
| Air-Fried Scotch Eggs..... | 153 |

| | |
|---|-----|
| Juicy Homemade Burgers | 155 |
| CHAPTER 9: VEGGIE DISHES & SIDES | 158 |
| Garlic & Rosemary Roasted Root Veg..... | 159 |
| Air-Fried Cauliflower Steaks | 161 |
| Broccoli & Cheese Poppers..... | 163 |
| Courgette & Carrot Fritters | 165 |
| Mediterranean Veggie Tray Bake..... | 167 |
| Sweetcorn Fritters..... | 169 |
| Balsamic Glazed Brussels Sprouts..... | 171 |
| Crispy Stuffed Bell Peppers | 173 |
| CHAPTER 10: GUILT-FREE DESSERTS | 175 |
| Cinnamon Sugar Apple Rings | 176 |
| Chocolate Lava Pudding Pots | 178 |
| Mini Victoria Sponge Muffins..... | 180 |
| Raspberry & White Chocolate Turnovers..... | 182 |
| Carrot Cake Bites with Cream Cheese Drizzle..... | 184 |
| Jammy Doughnuts..... | 186 |
| Banana & Oat Cookies | 188 |
| Sticky Toffee Pudding Bites | 190 |
| 28-DAY AIR FRYER MEAL PLAN | 193 |
| THE EASY BONUS COLLECTION..... | 202 |
| CLOSING WORDS AND ENCOURAGEMENT | 206 |
| HOW TO KEEP EXPERIMENTING WITH YOUR AIR FRYER..... | 207 |
| APPENDICES & ESSENTIAL RESOURCES FOR YOUR AIR FRYER JOURNEY | 208 |
| UK Shopping List for Healthy, Budget-Friendly Ingredients..... | 208 |
| Tips for Budget-Friendly Shopping..... | 209 |
| Conversion Chart (UK/US) for Cooking Measurements | 210 |



INTRODUCTION

When I first tried an air fryer, I was looking for a way to feed my family healthy, tasty meals quickly. Like many busy families in the UK, I was juggling work, parenting, and everything in between, so quick, low-fat meals became a priority.

Starting from scratch, I soon realised how transformative this appliance could be. It saved me time and reduced the oil and calories compared to traditional cooking methods. That's when I decided to share what I'd learned — not only with beginners but also with seasoned air fryer users seeking fresh, family-friendly ideas.

This book features simple, familiar dishes made healthier and easier. You'll find recipes that are flexible enough to inspire your own twists using local ingredients. Whether it's a busy weekday breakfast or a Sunday roast, there's something to fit your schedule.

I hope this book brings you the same joy I found in air frying — making quick, wholesome, and delicious meals. May your kitchen be filled with good food, laughter, and a sprinkle of everyday magic.

Let's cook — easily, healthily, and with love.

Warm wishes,
Vanessa Loxley

WHY THIS COOKBOOK IS PERFECT FOR BEGINNERS

When I first got my air fryer, I was unsure where to start. The buttons were confusing, the cooking times a mystery, and I wondered if I could make the hearty meals my family loved with this small machine.

But I quickly realized air frying doesn't have to be complicated. It's one of the easiest, healthiest, and most rewarding ways to cook, especially if you're short on time, energy, or kitchen confidence.

That's why I created Air Fryer Magic for Beginners UK. This cookbook is for busy parents, students, professionals, or anyone starting their cooking journey. You don't need fancy ingredients, expensive gadgets, or lots of experience. Just an air fryer, a few simple ingredients, and a willingness to try something new.

Inside, you'll find:

- Step-by-step recipes that are easy to follow
- Full-colour photos to guide you
- Quick 20-minute meals that save time without sacrificing flavour
- Classic British favourites with global twists using local ingredients and UK measurements

I've included everything I wish I had when I was learning — no jargon, no complicated steps, just healthy, tasty food you'll be proud to serve.

So whether you've just unboxed your air fryer or you're ready to try more than frozen chips and nuggets, this book shows anyone can cook — and enjoy it. Because good food doesn't have to be hard. With a bit of help and air fryer magic, it's easy, nourishing, and delicious.

Let's start cooking.

HOW TO USE THIS BOOK

This beginner-friendly cookbook includes:

- **Step-by-step recipes** with full-colour photos of the finished dish
- **UK measurements** (grams, millilitres, Celsius)
- Recipes **categorized** by meal types, from breakfast to desserts
- **British classics** with a healthy twist and some exciting **global flavours**
- Each recipe takes 20 minutes or less, perfect for busy days — no fuss, just easy, real food.

TOP TIPS FOR SUCCESS

- Preheat your air fryer (3-5 minutes) for even cooking and a crisp finish.
- Avoid overcrowding the basket for the crispiest results.
- Lightly oil when needed — a quick spray or brush works wonders.
- Shake or flip halfway through for even cooking, especially for chips and small items.
- Use fresh, seasonal ingredients to enhance natural flavours.
- Once comfortable, experiment with herbs, veggies, and your own twists.
- Check your model's manual to adjust cooking times as needed.
- Have fun! Air frying should be enjoyable, not stressful.
- Remember, every great cook starts somewhere. With this book and your air fryer, you're on the way to healthier, quicker meals for you and your family.

Here's to simple ingredients, clever cooking, and delicious discoveries!



CHAPTER 1: GETTING STARTED WITH YOUR AIR FRYER

What is an Air Fryer and How Does It Work?

If you're new to air frying, you're not alone — I was too when I first unboxed mine. It looked like a cross between a mini oven and a space-age gadget, and I wasn't quite sure where to begin. But once I understood how it worked, I quickly realised why it's become a must-have in so many British kitchens.

An **air fryer** is a compact countertop appliance that cooks food using **hot air circulation** — think of it as a small, powerful fan oven. Instead of deep frying in oil, it uses a high-speed fan to circulate hot air around your food, giving it that crispy, **golden finish** we all love, with little to no added fat. That means you can enjoy chips, roasted veg, chicken wings or even a Sunday roast with a **fraction of the calories and oil**.

The magic lies in its **speed and efficiency**. Because it's smaller than a traditional oven, it heats up fast and cooks food in much less time — often **in half the time**. That's a huge help when you're short on time or just want to get dinner on the table without fuss.

What I love most is its **versatility**. From breakfasts and snacks to full meals and desserts, you can cook almost anything in an air fryer — and you'll find plenty of proof in the recipes throughout this book. It's simple to use, easy to clean, and perfect for beginners who want **healthy, delicious meals** without the stress.

Whether you're trying to eat better, save money on energy bills, or just cook a quick weeknight dinner without turning on the oven — your air fryer has you covered.

Trust me, once you start, you'll wonder how you ever managed without it.

The Benefits of Air Frying: Save Time, Eat Healthier, Cook Smarter

When I first tried air frying, I didn't expect it to change the way I cooked — but it truly did. As a busy mum and someone who cares deeply about feeding my family well, I was constantly searching for meals that were not only tasty but also quick, healthy, and easy to make after a long day. Air frying delivered all of that — and more.

Save Time Without Sacrificing Taste

Let's be honest: most of us don't have the luxury to spend hours in the kitchen. With an air fryer, meals that used to take 40–50 minutes in the oven can now be done in **half the time** — often even less. Whether it's golden roast potatoes or perfectly cooked salmon, everything is ready faster and with minimal fuss. That means more time to spend with your loved ones — or just put your feet up.

Eat Healthier With Less Oil

Traditional frying methods soak food in oil, adding calories without always adding flavour. Air fryers use **hot air circulation** to crisp up your food using very little oil — sometimes none at all. The result? **Light, crunchy, delicious meals** that feel indulgent but are actually kind to your body. It's an easy switch that supports a healthier lifestyle without feeling like a sacrifice.

Cook Smarter Every Day

Air fryers are surprisingly versatile. From breakfast eggs to baked apples, from crispy veggies to full Sunday roasts — you can do it all in one compact device. They're also energy-efficient, easy to clean, and perfect for both beginners and seasoned cooks. Once you get the hang of it, you'll find yourself cooking **more creatively** and **more confidently**, even on the busiest of days.

Whether you're completely new to cooking or just want to lighten up your family favourites, air frying offers an easier, smarter, and healthier way to enjoy the food you love.

*„Welcome to the magic of air frying — it's time to fall back in love with your kitchen,” —
Vanessa Loxley*

Key Tips for Air Fryer Success: Settings, Care, and Maintenance

Just getting started with your air fryer? Welcome! It's a brilliant way to cook meals that are faster, healthier, and super easy. Here are a few essential tips to help you get the most from it:

1. Get to Know Your Settings

Most models have a timer, temp control, and pre-set modes. Use these as a guide, but check your food early the first time — some machines run hot.

Shake or flip food halfway through for even cooking, and don't overcrowd the basket — airflow is key!

2. Clean After Every Use

Clean baskets and trays with warm soapy water once cooled.

Use a soft brush or baking soda paste for stuck-on bits.

Wipe the interior gently and let it dry completely before the next use.

3. Protect the Coating

Stick to silicone or wooden utensils — metal can damage the non-stick surface.

If the coating peels, replace the basket or consult the manufacturer.

4. Learn the Timing

Cooking times vary by model. Don't worry if it's not perfect at first — take notes and adjust as needed.

5. Preheat When Needed

Some recipes, especially meat or baked dishes, benefit from a 2–3 minute preheat.

Final Tip

Your air fryer isn't just trendy — it's a smart way to save time, cut calories, and eat better. Take care of it, trust your instincts, and enjoy how simple healthy cooking can be!



CHAPTER 2: BREAKFAST

Air-Fried English Breakfast Bites



Yield: 4 servings

Prep Time: 10 minutes | Cook Time: 15 minutes | Total time: 25 minutes

Ingredients

- 150g lean turkey sausage (or plant-based sausage for vegan version)
- 100g button mushrooms, halved
- 2 large eggs
- 100g cherry tomatoes, halved
- 2 medium hash brown patties (about 80g each)
- 1 tbsp olive oil (for brushing)
- 1 tsp dried mixed herbs (optional)
- Salt and pepper to taste

Equipment

- Air fryer (UK-friendly model, such as Ninja or Cosori)
- Silicone brush (for oiling)
- Small baking pan (optional, if you prefer more even cooking)

Instructions

1. Prepare the ingredients:

Mushrooms: Clean and halve the mushrooms. Season with a pinch of salt and pepper.

Tomatoes: Cut the cherry tomatoes in half, drizzle with a little olive oil, and season with salt and pepper.

Sausage: Slice the turkey sausages into bite-sized pieces. If using plant-based sausages, ensure they are cut into chunks for even cooking.

Eggs: Beat the eggs in a small bowl, seasoning with a pinch of salt and pepper.

Hash Browns: Slice each hash brown into 4 equal pieces.

2. Preheat the air fryer:

Set the air fryer to 180°C (350°F) and preheat for about 3 minutes. Preheating ensures that all ingredients cook evenly and quickly.

3. Arrange ingredients in the air fryer:

Option 1 (Single layer): Lay the sausages, mushrooms, and tomatoes in a single layer inside the air fryer basket. Brush with a little olive oil and sprinkle with dried mixed herbs (optional).

Option 2 (Using a baking pan or rack): Place the sausages and vegetables in a baking pan that fits your air fryer. Place the pan in the basket to allow air circulation.

Arrange the hash brown slices in a separate layer in the basket. Ensure there's space between them for even cooking.

4. Cook the ingredients:

Air fry the sausages, mushrooms, tomatoes, and hash browns at 180°C (350°F) for about 10 minutes. Shake the basket halfway through cooking for even browning.

While the vegetables and sausages are cooking, pour the beaten eggs into a silicone muffin cup or a small oven-safe dish that fits into the air fryer. Carefully place the dish into the air fryer for the last 5 minutes of cooking. This will cook the eggs into a fluffy, soft texture, mimicking scrambled eggs.

5. Check and assemble:

After 10 minutes, check the food. The sausages should be golden and cooked through, the hash browns crispy, and the tomatoes softened. The egg should be set but still slightly soft and fluffy. If needed, cook for an additional 2-3 minutes, checking frequently to avoid overcooking.

6. Serve:

Arrange the sausage bites, mushrooms, tomatoes, and hash browns on plates. Scoop the scrambled eggs onto the plate and serve immediately. For a complete breakfast, you can add a dollop of low-fat Greek yogurt or a drizzle of hot sauce (if desired).

Dietary Variations:

- **Gluten-Free:** Use gluten-free sausages and check that your hash browns are gluten-free.
- **Vegan:** Swap the turkey sausages for plant-based sausages (ensure they are oil-free if preferred). Use a plant-based alternative to eggs, like a tofu scramble or chickpea flour mixture, for a vegan option.
- **Low-Carb:** Replace the hash browns with cauliflower-based hash browns or skip them altogether.
- **Dairy-Free:** Replace the Greek yogurt with a dairy-free alternative, such as coconut yogurt.

Suggested Sides & Sauces:

- **Air-Fried Baked Beans:** You can make baked beans quickly in the air fryer using canned beans. Just season with a bit of ketchup, Worcestershire sauce, and a pinch of brown sugar, and air fry at 180°C for 5-7 minutes.
- **Air-Fried Avocado Toast:** Toast slices of whole-grain bread in the air fryer and top with mashed avocado for a healthy side dish.

Nutritional Information (per serving):

- Calories: 320 kcal
- Protein: 25g
- Carbohydrates: 18g

- Fats: 18g
- Fibre: 5g
- Sugar: 4g
- Sodium: 550mg

This **Air-Fried English Breakfast Bites** recipe provides a balanced meal that's quick, healthy, and perfect for busy mornings, while making the most of the air fryer's ability to cook with minimal oil and fat. It's easy to adjust based on dietary needs and is sure to become a family favourite!

Cheese & Chive Scrambled Egg Muffins



Yield: 6 Muffins

Prep Time: 5 minutes | Cook Time: 12-15 minutes | Total Time: 20 minutes

Ingredients (For 6 Muffins):

- 4 large eggs (approx. 240g)
- 50g grated mature cheddar cheese (or vegan cheese for a dairy-free option)
- 2 tablespoons (10g) fresh chives, chopped
- 1 tablespoon (15ml) milk (use dairy-free milk for a vegan alternative)
- 1/2 teaspoon (2g) salt
- 1/4 teaspoon (1g) black pepper
- 1 tablespoon (10g) olive oil (or spray oil for a lighter option)
- **Optional:** 1/4 teaspoon (1g) garlic powder or onion powder for extra flavour

Instructions:

1. Prepare the Egg Mixture:

In a medium-sized bowl, crack the eggs and beat them well with a fork or whisk. Add the milk, salt, pepper, and optional garlic/onion powder. Whisk until fully combined. Stir in the grated cheese and chopped chives. Make sure the cheese is evenly distributed through the mixture.

2. Prepare the Air Fryer Basket or Pan:

Lightly grease 6 silicone muffin cups or a small, air fryer-safe baking pan with a bit of olive oil. This will help prevent sticking and ensure the muffins come out easily.

If you don't have muffin cups, you can use parchment paper liners or a non-stick air fryer-safe tray.

3. Preheat the Air Fryer:

Preheat the air fryer to 180°C (350°F) for about 3 minutes.

4. Fill the Muffin Cups:

Pour the egg mixture evenly into the prepared muffin cups or pan, filling each cup about 3/4 full.

5. Air Fry the Muffins:

Place the muffin cups or baking pan into the preheated air fryer basket.

Cook at 180°C (350°F) for 12-15 minutes. The muffins should puff up slightly and be golden brown on top.

Check the muffins at the 10-minute mark. If they are browning too quickly, reduce the temperature slightly or cover them loosely with foil to prevent over-browning.

6. **Serve:**

Once cooked, remove the muffins from the air fryer and allow them to cool slightly before serving. They should have a soft, fluffy texture on the inside and a slightly crispy exterior.

Garnish with extra chopped chives or a dollop of sour cream, if desired.

Variations for Dietary Restrictions:

- **Vegan Version:**
- Use plant-based milk (almond, oat, soy, etc.) instead of dairy milk.
- Use vegan cheese (such as Violife or a similar plant-based alternative).
- Replace eggs with aquafaba (3 tablespoons of chickpea brine for each egg) or a store-bought vegan egg replacer.
- **Gluten-Free Version:**
- This recipe is already gluten-free! Simply ensure that your milk and cheese (if using) are certified gluten-free.
- **Low-Carb Version:**
- For a low-carb option, omit the milk and reduce the cheese to 30g.
- Add finely chopped spinach or another green vegetable to boost nutrition without carbs.

Accompanying Sauces or Sides (Air Fryer-Friendly):

- **Air Fryer Roasted Tomatoes:** Serve alongside the muffins for a delicious, juicy side.
- **Air Fryer Avocado Fries:** A healthy, crispy side that pairs wonderfully with eggs.
- **Air Fryer Bacon or Sausages:** Perfect for a hearty breakfast or brunch.
- **Yogurt Dip or Guacamole:** These make a great dip for the muffins or a tangy side.

Nutritional Information (Per Serving – 1 Muffin):

- Calories: 140 kcal
- Protein: 9g
- Carbohydrates: 1g
- Fat: 12g
- Saturated Fat: 4g
- Cholesterol: 160mg
- Sodium: 230mg
- Fibre: 0.5g
- Sugar: 1g

Note: Nutritional information may vary based on ingredient choices (e.g., plant-based milk, cheese).

This **Cheese & Chive Scrambled Egg Muffin** recipe offers a delicious, healthy breakfast or snack that's packed with protein and flavour. With the help of the air fryer, these muffins come together quickly, and you can easily customize the recipe to suit your dietary preferences or needs. Enjoy!

Veggie Breakfast Hash with Sweet Potato



Yield: 2 servings

Prep time: 10 minutes | Cook time: 20 minutes | Total time: 30 minutes

Ingredients:

- 1 medium sweet potato (approximately 200g), peeled and diced into small cubes
- 1 red bell pepper (approximately 150g), diced
- 1 small red onion (approximately 100g), diced
- 1 courgette (zucchini) (approximately 150g), diced
- 1 tablespoon olive oil (15ml)
- 1 teaspoon smoked paprika
- 1/2 teaspoon garlic powder
- 1/2 teaspoon dried oregano
- 1/4 teaspoon ground black pepper
- 1/4 teaspoon sea salt
- 2 eggs (optional, for topping)
- Fresh parsley or coriander (for garnish)

Instructions:

1. Prep the Veggies:

Peel and dice the sweet potato into small, even cubes (around 1-2 cm). Dice the bell pepper, onion, and courgette. This ensures that everything cooks evenly.

2. Season the Vegetables:

Place all the diced vegetables into a large bowl. Add the olive oil, smoked paprika, garlic powder, dried oregano, black pepper, and sea salt. Toss everything together until the veggies are evenly coated with the seasoning.

3. Preheat the Air Fryer:

Preheat your air fryer to 200°C (or 180°C for fan-assisted models) for 3-5 minutes. Preheating ensures that the veggies cook evenly from the start.

4. Cook the Veggies:

Place the seasoned **sweet potato cubes, red pepper, onion, and courgette** into the **air fryer basket in a single layer. Do not overcrowd the basket, as this can result in uneven cooking. If needed, cook in two batches.**

5. **Air Fry:**

Cook the veggies at 200°C (or 180°C for fan-assisted models) for 15 minutes, shaking the basket halfway through to ensure even crisping. The sweet potatoes should be tender and lightly browned on the edges, while the peppers and onions will be soft and slightly caramelised.

6. **Add the Eggs (Optional):**

If you'd like to top your veggie hash with eggs, create two small wells in the cooked veggies after they've finished air frying. Crack an egg into each well, and return the basket to the air fryer. Cook at 180°C for an additional 5 minutes (or until eggs are cooked to your preference). If you prefer runny yolks, keep an eye on the time.

7. **Garnish and Serve:**

Once the eggs are done (or if you're skipping the eggs), garnish the veggie breakfast hash with fresh parsley or coriander. Serve immediately while hot.

Variations & Dietary Adjustments:

- **Vegan:** Skip the eggs or replace them with a plant-based egg alternative like tofu scramble or avocado slices for a creamy topping.
- **Gluten-Free:** This recipe is naturally gluten-free, so no adjustments are needed.
- **Low-Carb/Keto:** For a more keto-friendly version, reduce the sweet potato amount and add more non-starchy vegetables like mushrooms or leafy greens.
- **Spicy Option:** Add a pinch of chili flakes or cayenne pepper for some heat.

Accompanying Sides & Sauces:

- **Air-Fried Avocado Fries:** Slice an avocado into wedges, coat with a little olive oil, and air fry at 200°C for 5-6 minutes for a creamy side dish.
- **Yogurt Sauce:** Serve the hash with a simple yogurt-based sauce, made with Greek yogurt, lemon juice, and a pinch of garlic powder. The tangy sauce complements the veggies perfectly.

Nutritional Information (per serving, excluding eggs):

- Calories: 280 kcal
- Fat: 13g
- Saturated Fat: 2g
- Carbohydrates: 35g
- Fibre: 6g
- Sugar: 7g
- Protein: 4g
- Sodium: 400mg

This **Veggie Breakfast Hash with Sweet Potato** is a perfect example of how the air fryer can help create a delicious, nutritious meal with minimal effort and oil. Ideal for a quick, healthy breakfast or light lunch, it can easily be tailored to fit your dietary needs. The air fryer speeds up

the process while keeping the vegetables tender and slightly crispy — the perfect balance for a hearty meal!

Baked Beans on Toast Cups



Yield: 4 servings

Prep Time: 10 minutes | Cook Time: 10 minutes | Total Time: 20 minutes

Ingredients:

For the Toast Cups:

- 4 slices wholemeal bread (approximately 80g)
- 1 tbsp olive oil (15ml)
- 1/2 tsp garlic powder (2.5g)
- 1/2 tsp dried oregano (1g)

For the Baked Beans:

- 1 tin (400g) baked beans in tomato sauce (choose reduced sugar or salt if desired)
- 1/2 medium onion, finely chopped (about 50g)
- 1/2 tbsp olive oil (7.5ml)
- 1 tsp smoked paprika (2g)
- 1 tsp brown sugar (optional, 5g)
- Salt and pepper to taste

Instructions:

1. Prepare the Toast Cups:

Cut the crusts off the slices of bread, then use a rolling pin to flatten each slice slightly.

Lightly brush both sides of each slice with olive oil and sprinkle with garlic powder and dried oregano.

Using a muffin tray, gently press each slice of bread into the muffin cups to form a "cup" shape. The bread should come up around the edges of the cups.

Place the muffin tray into the air fryer basket, ensuring there is enough space for the bread to cook evenly.

2. Air Fry the Toast Cups:

Set your air fryer to 180°C (350°F) and cook the bread for 5-7 minutes, or until golden brown and crispy. Tip: Keep an eye on the bread towards the end to prevent burning, as cooking times may vary by model.

Once done, remove the toast cups from the air fryer and set aside to cool slightly.

3. Prepare the Baked Beans:

Heat the olive oil in a frying pan over medium heat. Add the chopped onion and cook for 3-4 minutes, or until softened.

Add the baked beans to the pan, followed by the smoked paprika, brown sugar (if using), salt, and pepper. Stir to combine.

Simmer the beans on low heat for 3-5 minutes to allow the flavours to combine and thicken slightly.

4. Assemble the Toast Cups:

Spoon the prepared baked beans into each of the toasted bread cups, filling them generously.

Place the filled toast cups back into the air fryer basket and cook at 180°C (350°F) for 3-4 minutes, just to heat the beans through and allow them to meld with the toast.

5. Serve and Enjoy:

Once cooked, remove the toast cups from the air fryer.

Serve immediately as a satisfying breakfast, lunch, or snack, and enjoy the delicious crispy toast combined with the warm, flavour-packed beans.

Variations:

- **Gluten-Free:** Substitute the wholemeal bread with gluten-free bread slices (check that the baked beans are also gluten-free).
- **Vegan:** Use a plant-based spread instead of olive oil for the toast cups, and check that the baked beans do not contain any animal-derived ingredients (many baked beans are vegan-friendly).
- **Low-Carb:** Use a low-carb bread alternative, such as cauliflower toast or a keto-friendly bread, to reduce the carb content.

Suggested Sides & Sauces (Also Air-Fried!):

- **Air-Fried Mushrooms:** Slice mushrooms, toss in a little olive oil, salt, and pepper, then air fry at 180°C (350°F) for 8-10 minutes for a simple and healthy side dish.
- **Air-Fried Veggie Chips:** Slice sweet potatoes or carrots into thin rounds, lightly season with sea salt, and air fry at 170°C (340°F) for 10-12 minutes for a crunchy side.
- **Tomato Salsa:** A fresh salsa made with chopped tomatoes, onions, lime juice, and coriander can be served on the side, offering a refreshing contrast to the warmth of the beans.

Nutritional Information (per serving):

- Calories: 260 kcal
- Protein: 10g
- Carbohydrates: 40g
- Fats: 9g
- Saturated Fat: 1.5g

- Fibre: 5g
- Sugar: 6g
- Sodium: 600mg

This simple and satisfying dish offers the perfect blend of hearty comfort and healthy cooking with minimal fat. The air fryer does an excellent job of crisping up the toast while keeping the beans soft and rich in flavour — the best of both worlds!

Apple & Cinnamon Crumble Oat Pots



Yield: 4 servings

Prep Time: 10 minutes | Cook Time: 12-15 minutes | Total Time: 22-25 minutes

Ingredients

For the Crumble Topping:

- 40g rolled oats
- 20g almond flour (or gluten-free flour for gluten-free option)
- 30g chopped mixed nuts (e.g., almonds, walnuts, or pecans)
- 1 tbsp coconut oil (or unsalted butter)
- 1 tbsp honey or maple syrup
- 1 tsp ground cinnamon
- 1/2 tsp vanilla extract
- Pinch of salt

For the Apple Filling:

- 2 medium apples (preferably Granny Smith or Braeburn), peeled, cored, and diced
- 1 tbsp lemon juice
- 1 tbsp maple syrup (or honey)
- 1 tsp ground cinnamon
- 1/2 tsp ground nutmeg
- 1/2 tsp vanilla extract
- 1 tbsp water

Preparation Instructions

1. Prepare the Apple Filling:

In a small bowl, combine the diced apples with lemon juice, maple syrup, cinnamon, nutmeg, and vanilla extract. Stir well to coat.

Add 1 tbsp of water and mix until the apples are well coated and slightly softened. Set aside to allow the flavours to meld.

2. **Make the Crumble Topping:**

In a medium-sized bowl, combine the rolled oats, almond flour, chopped nuts, cinnamon, and a pinch of salt.

Add the melted coconut oil (or butter), honey (or maple syrup), and vanilla extract. Mix until everything is evenly combined and the mixture begins to clump together.

3. **Assemble the Oat Pots:**

Spoon the apple mixture into small, oven-safe pots or ramekins (about 4 x 200ml). These can be metal or ceramic and should be air fryer-safe.

Top the apple filling with an even layer of the crumble mixture.

4. **Cook in the Air Fryer:**

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

Place the ramekins in the air fryer basket, ensuring they are not overcrowded. If necessary, cook in batches.

Air fry for 12–15 minutes, or until the crumble topping is golden brown and crisp, and the apples are soft and bubbling. Check at 10 minutes to avoid overcooking.

5. **Serve:**

Allow the pots to cool slightly before serving. Serve warm as is or with a dollop of Greek yogurt, a drizzle of almond butter, or a scoop of vanilla ice cream.

Dietary Variations:

- **Gluten-Free:** Replace the almond flour with a gluten-free flour blend and ensure your oats are certified gluten-free.
- **Vegan:** Substitute the honey with maple syrup or agave syrup, and use coconut oil instead of butter for a fully plant-based version.
- **Low-Carb:** Use a sugar-free sweetener like stevia or erythritol instead of maple syrup or honey, and swap the apple for a lower-carb fruit, such as berries.

Suggested Sides and Sauces:

- **Greek Yogurt:** A dollop of Greek yogurt adds creaminess and a healthy protein boost to balance the sweetness of the crumble.
- **Almond Butter Drizzle:** For an extra bit of indulgence, drizzle some almond butter over the top for a nutty richness that pairs wonderfully with the cinnamon apples.
- **Vanilla Ice Cream:** A scoop of low-fat or dairy-free vanilla ice cream complements the warm crumble with its cool creaminess.

Nutritional Information (Per Serving)

- Calories: 250 kcal
- Protein: 4g
- Carbohydrates: 35g
- Sugar: 14g
- Fat: 12g
- Saturated Fat: 4g
- Fibre: 5g
- Sodium: 50mg

This **Apple & Cinnamon Crumble Oat Pots** recipe is a quick, healthy, and delicious treat that takes full advantage of your air fryer's ability to cook with minimal oil and fat. Perfect for a comforting dessert or a healthy breakfast, this recipe is easy to prepare, using ingredients you can find at any local UK grocery store. With a crisp, sweet topping and a warm, spiced apple filling, these oat pots are sure to please everyone in the family. The air fryer creates the perfect balance of crispiness and tenderness, all while saving time compared to traditional baking methods.

Crispy Mushroom & Spinach Breakfast Wraps



Yield: 2 servings

Prep Time: 10 minutes | Cook Time: 10 minutes | Total Time: 20 minutes

Ingredients:

- 2 large whole wheat wraps (or gluten-free wraps for a gluten-free version)
- 150g fresh spinach (washed)
- 100g mushrooms, sliced
- 50g reduced-fat cheese (e.g., cheddar or mozzarella), grated (or use dairy-free cheese for a vegan option)
- 1 tablespoon olive oil (for brushing)
- 1 small red onion, thinly sliced
- 1/2 teaspoon garlic powder
- 1/2 teaspoon onion powder
- 1/4 teaspoon smoked paprika
- Salt and pepper to taste
- 1 tablespoon dairy-free spread or natural yogurt (optional, for dipping)

Instructions:

1. Prepare the Vegetables:

Wash and slice the mushrooms.

Thinly slice the red onion.

Wash the spinach and pat it dry with a paper towel.

2. Preheat the Air Fryer:

Preheat your air fryer to 180°C for about 3 minutes to ensure even cooking.

3. Cook the Mushrooms and Spinach:

In a small pan or using your air fryer basket, cook the mushrooms and onions together.

Add a little oil or non-stick spray if needed.

Sprinkle with garlic powder, onion powder, smoked paprika, salt, and pepper.

Cook at 180°C in the air fryer for 4-5 minutes, shaking the basket halfway through, until the mushrooms are tender.

Add the spinach to the basket for the last 2 minutes to wilt it down.

4. **Assemble the Wraps:**

Lay the wrap flat and spread a thin layer of dairy-free spread or natural yogurt (optional).

Spoon the cooked mushroom, onion, and spinach mixture onto the centre of the wrap.

Sprinkle the grated cheese evenly on top.

Roll the wrap tightly, folding in the sides as you go to hold the filling in place.

5. **Cook the Wraps:**

Brush the outside of the wraps with olive oil to make them crispy.

Place the wraps in the air fryer basket, ensuring they are not overcrowded (you may need to cook in batches depending on your air fryer size).

Air fry at 180°C for 4-5 minutes or until the wraps are golden brown and crispy. Flip the wraps halfway through for even crispiness.

6. **Serve:**

Once cooked, remove the wraps from the air fryer and let them rest for a minute before slicing in half.

Serve with a side of your choice, such as a fresh salad or a dipping sauce like yogurt or a tangy tomato sauce.

Variations:

- **Gluten-Free:** Use gluten-free wraps to make the recipe suitable for those with gluten intolerance.
- **Low-Carb:** Replace the wrap with a low-carb or keto-friendly alternative like a lettuce leaf or cauliflower wrap.
- **Vegan:** Use dairy-free cheese and swap the natural yogurt for a plant-based alternative like coconut yogurt or cashew cream.

Accompanying Sauces and Sides:

- **Tomato Sauce:** Dice tomatoes, onions, and chilies, and cook them at 180°C in the air fryer for 5 minutes. Blend together for a smoky sauce.
- **Air Fried Sweet Potato Fries:** Slice sweet potatoes into wedges, season with olive oil and your choice of spices, and cook in the air fryer at 180°C for 12 minutes.
- **Avocado Dip:** Mash an avocado with a squeeze of lime and a pinch of salt for a creamy dip.

Nutritional Information (per serving):

- Calories: 280 kcal
- Protein: 10g
- Carbohydrates: 31g
- Fat: 12g (of which saturated fat: 3g)
- Fibre: 5g
- Sugar: 3g
- Sodium: 350mg

This recipe is perfect for a quick, healthy breakfast or a light lunch. The use of the air fryer ensures less oil and faster cooking times, while still maintaining great flavours and a crispy finish.

Plus, it's highly versatile—feel free to swap ingredients to suit your dietary preferences or to use up whatever vegetables you have on hand!

Enjoy your air fryer magic and happy cooking!

Sausage & Egg Breakfast Pastries



Yield: 4 servings

Prep Time: 10 minutes | Cook Time: 12 minutes | Total Time: 22 minutes

Ingredients:

- Puff Pastry Sheets: 2 (about 200g total, preferably light puff pastry for lower fat)
- Sausages (pork or turkey): 4 (approx. 400g)
- Eggs: 4 large
- Milk: 2 tablespoons (30ml)
- Cheese (cheddar or mozzarella): 50g, grated
- Olive Oil Spray (or any light cooking spray): to grease the basket
- Salt: 1/4 teaspoon
- Black Pepper: 1/4 teaspoon
- Fresh Parsley (optional): 1 tablespoon, chopped

Instructions:

1. Prepare the Sausages:

Remove the sausages from their casings. Using your hands or a spoon, break them up into small crumbles.

Preheat your air fryer to 180°C for 3 minutes.

Lightly spray the air fryer basket with olive oil.

Add the sausage crumbles to the air fryer basket and cook at 180°C for 5 minutes, stirring halfway through to ensure even cooking.

Once cooked, set aside to cool slightly.

2. Prepare the Pastry:

Roll out the puff pastry sheets on a lightly floured surface and cut each sheet into 4 equal squares (8 squares total).

Place a spoonful of the cooked sausage mixture in the centre of each square.

Crack one egg into a small bowl, add the milk, salt, and pepper, and whisk together.

Pour a tablespoon of the egg mixture over the sausage mixture on each pastry square, then sprinkle with grated cheese.

3. **Seal the Pastries:**

Fold the corners of the pastry square over the filling to form a pocket, pinching the edges together to seal.

If you prefer a golden finish, lightly brush the top of each pastry with a bit of extra egg wash (just the egg mixture from earlier).

4. **Cook the Pastries:**

Arrange the filled pastries in the air fryer basket, leaving space between them for air circulation.

Air fry at 180°C for 8-10 minutes or until the pastry is golden and crisp, and the filling is cooked through.

Tip: Check at 6 minutes to ensure the pastries are not overcrowded, and give them a gentle turn to ensure even cooking.

5. **Serve:**

Remove the pastries from the air fryer and let them cool slightly before serving.

Optionally, sprinkle with fresh parsley for added flavour and colour.

Dietary Variations:

○ **Gluten-Free:**

○ Swap the puff pastry for gluten-free puff pastry (available in most supermarkets).

○ Ensure your sausages are gluten-free or use a gluten-free sausage alternative.

○ **Low-Carb/Keto:**

○ Replace the puff pastry with low-carb wraps or use a fathead dough (a low-carb, cheese-based dough) for the pastry base.

○ **Vegan:**

○ Use vegan sausages and vegan cheese.

○ Replace the eggs with silken tofu or a mixture of ground flaxseed and water to bind the filling.

Accompaniments & Sauces (Made in the Air Fryer):

○ **Air Fryer Baked Beans:**

A classic British side that complements the savoury pastries perfectly. Simply cook baked beans in a small oven-safe dish in the air fryer at 180°C for 5 minutes for a quick, tasty side.

○ **Air Fried Tomatoes:**

Halve some tomatoes, season with salt, pepper, and olive oil, and air fry at 200°C for 4-5 minutes for a juicy side dish.

○ **Garlic Herb Mushrooms:**

For an extra veggie boost, air fry sliced mushrooms with olive oil, garlic, and thyme at 180°C for 6-8 minutes.

Nutritional Information (per serving):

○ Calories: 320 kcal

- Protein: 16g
- Carbohydrates: 19g
- Fat: 21g
- Saturated Fat: 7g
- Fibre: 1g
- Sugar: 1g
- Sodium: 450mg

This **Sausage & Egg Breakfast Pastry** recipe is the perfect start to your day — quick, healthy, and packed with protein to keep you feeling satisfied all morning. Plus, using the air fryer ensures less oil and faster cooking time without compromising on taste. Enjoy this delicious, easy-to-make dish that's sure to be a hit with your family!

Smoked Salmon and Cream Cheese Bagels



Yield: 2 servings

Prep Time: 5 minutes | Cook Time: 4-5 minutes | Total Time: 9-10 minutes

Ingredients

- 2 whole wheat bagels (or gluten-free bagels, if preferred)
- 100g smoked salmon, sliced
- 4 tablespoons (60g) cream cheese (or vegan cream cheese for a dairy-free version)
- 1 tablespoon fresh dill, finely chopped
- 1 teaspoon lemon zest (optional)
- 1/2 small red onion, thinly sliced
- 1 tablespoon capers (optional)
- Freshly ground black pepper, to taste

Equipment Needed

- Air fryer
- Small bowl for mixing
- Knife and chopping board

Instructions

1. Prepare the Bagels:

Slice the bagels in half, horizontally. If using gluten-free bagels, ensure they're cut evenly to allow for consistent air frying.

Lightly spread cream cheese on the cut side of each bagel half. For a healthier option, use a reduced-fat cream cheese or a vegan alternative like cashew-based cream cheese.

2. Air Fry the Bagels:

Preheat your air fryer to 180°C (350°F). This helps ensure even cooking without drying out the bagels.

Place the bagel halves in the air fryer basket, cream cheese side up. Be careful not to overcrowd the basket to allow the air to circulate freely around the bagels.

Air fry for 4–5 minutes or until the bagels are toasted to your desired crispness. If you have an air fryer with a top heating element, consider using a rack to elevate the bagels for even crisping.

3. Assemble the Bagels:

Once the bagels are air fried, remove them from the basket.

Top each bagel half with the smoked salmon slices, a few thin rings of red onion, and a sprinkling of fresh dill.

Optionally, add capers for extra flavour and a dash of freshly ground black pepper.

4. Serve and Enjoy:

For extra freshness, squeeze a little lemon juice on top or garnish with lemon zest for added zing.

Serve immediately with a side of salad or air-fried vegetable crisps for a complete meal.

Dietary Variations

- **Gluten-Free:** Use gluten-free bagels made from rice flour, buckwheat, or almond flour. Many UK supermarkets offer these, such as those from Genius or Schär.
- **Low-Carb/Keto:** Replace the bagels with cloud bread or low-carb alternatives made with almond or coconut flour for a healthier option.
- **Vegan:** Use a plant-based cream cheese (try Violife or Oatly) and vegan smoked salmon alternatives such as those made from carrot or cucumber for a fully vegan recipe.

Suggested Accompaniments

- **Air-Fried Sweet Potato Fries:** For a tasty side, slice sweet potatoes into wedges, season, and air fry at 180°C (350°F) for 15 minutes, flipping halfway through.
- **Avocado Salad:** Make a fresh salad with avocado, cucumber, and tomatoes, tossed with a light vinaigrette and a squeeze of lemon, for a perfect healthy side dish.

Nutritional Information (per serving)

- Calories: 350 kcal
- Protein: 20g
- Carbohydrates: 30g
- Fat: 18g
- Fibre: 5g
- Sodium: 680mg

Feel free to adapt this recipe further based on your preferences and dietary needs. This quick and delicious dish is perfect for busy mornings or as a light, healthy lunch option. Enjoy!



CHAPTER 3: SNACKS AND APPETIZERS

Cheesy Cauliflower Bites



Yield: 4 servings

Prep Time: 10 minutes | Cook Time: 15 minutes | Total Time: 25 minutes

Ingredients

- 1 medium cauliflower (about 500g), cut into bite-sized florets
- 60g cheddar cheese, grated (use a vegan cheese alternative for vegan version)
- 2 tablespoons olive oil (or 1 tablespoon for lighter version)
- 1 large egg, beaten (or flax egg for vegan version)
- 40g gluten-free breadcrumbs (or regular breadcrumbs for non-gluten-free)
- 2 teaspoons garlic powder
- 1 teaspoon onion powder
- ½ teaspoon smoked paprika
- ½ teaspoon dried oregano
- Salt and pepper to taste

Instructions

1. Prep the Cauliflower

Begin by cutting the cauliflower into small, bite-sized florets. Make sure they are as uniform in size as possible so they cook evenly.

2. Prepare the Coating

In a mixing bowl, combine the beaten egg, olive oil, garlic powder, onion powder, smoked paprika, dried oregano, salt, and pepper. Mix well until all the ingredients are well incorporated.

3. Coat the Cauliflower

Add the cauliflower florets to the bowl with the egg mixture. Toss them gently to coat each piece evenly. Once coated, sprinkle the gluten-free (or regular) breadcrumbs over the cauliflower and toss again to ensure an even coating.

4. Preheat the Air Fryer

Preheat the air fryer to 200°C (or 180°C for fan-assisted models). Preheating ensures an even cooking temperature and a crisp finish.

5. Air Fry the Cauliflower

Arrange the cauliflower bites in a single layer in the air fryer basket, making sure they are not overcrowded. This allows hot air to circulate freely around each piece, ensuring crispiness. If necessary, cook in batches. Air fry for 12-15 minutes, shaking the basket halfway through for even cooking. The cauliflower should be golden and crispy on the outside, and tender on the inside.

6. Add Cheese

After the cauliflower is cooked, sprinkle the grated cheese (or vegan cheese) over the cauliflower bites. Return the basket to the air fryer and cook for an additional 1-2 minutes, or until the cheese has melted and is bubbly.

7. Serve

Remove the cauliflower bites from the air fryer and serve hot. These cheesy bites are perfect as a snack, appetizer, or side dish!

Variations and Dietary Adjustments

- **Gluten-Free:** Use gluten-free breadcrumbs (or crushed gluten-free crackers) for a gluten-free option.
- **Vegan:** Replace the egg with a flax egg (1 tablespoon flaxseed meal + 2.5 tablespoons water, let sit for 5 minutes), and use vegan cheese or nutritional yeast as a cheese alternative.
- **Low-Carb/Keto:** Substitute the breadcrumbs with almond flour or crushed pork rinds to keep the carbs low.

Suggestions for Accompanying Dips and Sides

- **Garlic Aioli:** Combine 2 tablespoons of vegan mayonnaise with 1 teaspoon garlic powder, a squeeze of lemon juice, and salt to taste.
- **Air Fryer Sweet Potato Fries:** Serve with a side of sweet potato fries, also air-fried for a crunchy, healthy side dish.
- **Spinach and Feta Salad:** Pair these bites with a fresh spinach salad with crumbled feta, cherry tomatoes, and a light vinaigrette dressing.

Nutritional Information (per serving)

- Calories: 210 kcal
- Fat: 14g
- Carbohydrates: 15g
- Fibre: 4g
- Protein: 7g

This recipe is a perfect example of how the air fryer can create healthy, crispy dishes with minimal oil and quick cooking times. The cauliflower bites offer the comforting taste of cheese while being a lighter alternative to fried snacks — perfect for busy UK households!

Mini Sausage Rolls with Puff Pastry



Yield: 12 mini sausage rolls (serves 4)

Prep Time: 10 minutes | Cook Time: 12 minutes | Total time: 22 minutes

Ingredients:

- 250g pork sausages (or plant-based sausages for a vegan alternative)
- 1 sheet of puff pastry (approximately 250g)
- 1 tablespoon (15ml) Dijon mustard (optional)
- 1 egg, beaten (for brushing)
- 1/2 teaspoon dried thyme (optional)
- Salt and pepper to taste

Instructions:

1. Prepare the Sausage Filling:

Remove the sausages from their casing. Place the sausage meat in a bowl and season with salt, pepper, and thyme (if using). Mix well to combine.

2. Prepare the Puff Pastry:

Roll out the sheet of puff pastry on a lightly floured surface to prevent it from sticking. Cut the pastry into 3 long strips, each about 10 cm wide.

3. Assemble the Sausage Rolls:

Spread a small amount of Dijon mustard (if using) along the center of each strip of puff pastry. This adds a tangy kick to the sausage rolls.

Divide the sausage mixture into 3 portions. Roll each portion of sausage filling into a log and place it along the centre of each pastry strip.

Roll the pastry over the sausage filling, sealing the edges with a little water to make sure they stick. Cut each roll into 4 small pieces, giving you 12 mini rolls.

4. Prepare for Air Frying:

Preheat your air fryer to 180°C (350°F) for 2-3 minutes.

Place the mini sausage rolls into the air fryer basket, ensuring they are not overcrowded to allow even cooking. You may need to cook them in batches depending on the size of your air fryer.

5. Cook the Sausage Rolls:

Brush each mini sausage roll with the beaten egg to give them a golden finish.

Air fry the sausage rolls at 180°C (350°F) for 12 minutes or until they are golden brown and crisp.

6. **Serve:**

Once cooked, remove the sausage rolls from the air fryer and let them cool for a minute or two before serving.

Variations:

- **Gluten-Free:** Use gluten-free puff pastry (available in UK supermarkets) and gluten-free sausages.
- **Low-Carb:** Use low-carb puff pastry alternatives (such as almond flour-based pastry) or substitute the pastry entirely with ground meat to form a crustless roll.
- **Vegan:** Replace the sausage with plant-based sausages or use a mixture of seasoned vegetables or lentils to make a vegan-friendly filling.

Suggested Sides & Sauces (all air fryer-friendly!):

- **Air Fryer Sweet Potato Fries:** Simply cut sweet potatoes into thin wedges, toss them with olive oil and your favorite seasoning, and air fry at 180°C for about 15 minutes.
- **Air Fryer Veggie Sticks:** Carrot, courgette, or bell pepper strips can be tossed with a little oil and air fried at 180°C for 8-10 minutes until tender.
- **Air Fryer Tomato Salsa:** Dice tomatoes, red onion, and fresh coriander, then toss with lime juice for a fresh, tangy dip.
- **Air Fryer BBQ Sauce:** A simple 3-ingredient BBQ sauce made from ketchup, vinegar, and brown sugar, air fried at 160°C for a few minutes to enhance the flavors.

Nutritional Information (per serving):

- Calories: 250 kcal
- Fat: 18g
- Saturated Fat: 5g
- Carbohydrates: 15g
- Fibre: 1g
- Sugar: 1g
- Protein: 11g
- Salt: 0.8g

These **Mini Sausage Rolls with Puff Pastry** are the perfect quick, healthy, and delicious meal for busy families or anyone looking to make the most of their air fryer. Whether enjoyed as a snack, party appetizer, or light lunch, this recipe delivers satisfying flavours with less oil and fewer calories. Plus, it's easily adaptable to fit dietary preferences and restrictions!

Sweet Potato & Feta Samosas



Yield: 8 samosas (2 servings)

Prep Time: 15 minutes | Cook Time: 15 minutes | Total Time: 30 minutes

Ingredients

- 2 medium sweet potatoes (about 400g), peeled and diced
- 1 tablespoon olive oil (15ml)
- 1 small onion, finely chopped
- 2 cloves garlic, minced
- 100g feta cheese, crumbled
- 1 teaspoon ground cumin (5g)
- 1 teaspoon ground coriander (5g)
- 1/2 teaspoon ground turmeric (2g)
- 1/2 teaspoon ground cinnamon (2g)
- 1 tablespoon fresh coriander, chopped (optional)
- 1 tablespoon lemon juice (15ml)
- 8 sheets filo pastry (ensure it's gluten-free if needed)
- 1 tablespoon olive oil (for brushing)

Instructions

1. Prepare the Filling

In a medium saucepan, heat 1 tablespoon of olive oil over medium heat.

Add the diced sweet potatoes and cook for 5-7 minutes, until they start to soften, stirring occasionally.

Add the chopped onion and minced garlic to the pan. Cook for another 3-4 minutes until the onion becomes translucent.

Stir in the ground cumin, coriander, turmeric, and cinnamon. Cook for another minute until fragrant.

Remove the mixture from heat and let it cool slightly. Once cooled, fold in the crumbled feta, fresh coriander (optional), and lemon juice. Set the filling aside.

2. Prepare the Samosas

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

Lay one sheet of filo pastry on a clean surface. Lightly brush it with olive oil.

Place another sheet of filo on top and brush with oil again. Repeat this for 3-4 layers to create a sturdy base.

Cut the layered filo into 3 strips, about 7.5cm wide.

Spoon a small amount of the sweet potato and feta filling at one end of each strip.

Fold the pastry into a triangle shape, ensuring the filling is enclosed. Continue folding until the entire strip is used up, creating a neat samosa shape. Repeat with the remaining strips and filling.

3. **Air Fry the Samosas**

Lightly grease the air fryer basket or line it with parchment paper. Arrange the samosas in a single layer, ensuring they don't touch or overlap.

Air fry the samosas at 180°C (350°F) for 12-15 minutes, or until they are golden brown and crispy. Flip halfway through cooking to ensure they cook evenly.

4. **Serve**

Serve the samosas warm with a side of yogurt or mint chutney for dipping.

Dietary Variations

- **Vegan Option:** Replace feta cheese with a vegan cheese alternative or omit the cheese entirely, and add extra veggies like spinach or peas to the filling.
- **Gluten-Free Option:** Use gluten-free filo pastry (ensure it's suitable for your dietary needs).
- **Low-Carb Option:** Substitute sweet potato with cauliflower rice or spiralized zucchini for a lower-carb alternative.

Suggested Sides & Sauces

- **Mint Chutney** (easy to make in the air fryer as a side dish, use fresh mint, yogurt, and spices)
- **Cucumber Salad:** Quick and refreshing, with cucumber, red onion, and lemon juice, perfect as a light side.
- **Air-Fried Vegetable Pakoras:** Air-fried vegetable fritters complement the samosas perfectly.

Nutritional Information (per serving)

- Calories: 350 kcal
- Protein: 9g
- Fat: 18g
- Carbohydrates: 38g
- Fibre: 6g
- Sugar: 7g
- Sodium: 300mg

This recipe not only fits perfectly with the air fryer's ability to cook with minimal oil, but it also supports a healthy lifestyle by keeping calories in check. The sweet potatoes provide a nutritious

and naturally sweet filling, while feta cheese adds a creamy, tangy contrast. Enjoy these samosas as a quick lunch, snack, or as part of a larger meal — they're the perfect combination of healthy, satisfying, and full of flavour.

Crispy Halloumi Fingers with Dip



Yield: 4 servings

Prep Time: 10 minutes | Cook Time: 10 minutes | Total Time: 20 minutes

Ingredients:

For the Halloumi Fingers:

250g halloumi cheese, cut into 1.5 cm thick strips
50g plain breadcrumbs (or gluten-free breadcrumbs for a gluten-free option)
50g panko breadcrumbs (for extra crunch)
2 tbsp olive oil (or spray for a lighter option)
1 tsp dried oregano
1 tsp garlic powder
1 tsp smoked paprika
Salt and pepper, to taste

For the Dip:

150g Greek yoghurt (or dairy-free yoghurt for a vegan option)
1 tbsp lemon juice
1 tsp Dijon mustard
1 tbsp fresh chopped parsley (or dried parsley)
Salt and pepper, to taste

Instructions:

1. Prepare the Halloumi:

Cut the halloumi into 1.5 cm thick strips.

In a shallow bowl, mix the breadcrumbs, panko breadcrumbs, dried oregano, garlic powder, smoked paprika, salt, and pepper.

In another shallow bowl, drizzle the halloumi strips with olive oil (or lightly spray them with olive oil spray).

Roll each halloumi strip in the breadcrumb mixture, ensuring all sides are coated.

2. Prepare the Dip:

In a small bowl, combine Greek yoghurt, lemon juice, Dijon mustard, parsley, salt, and pepper.

Stir well until smooth and creamy, then set aside.

3. **Air Fry the Halloumi Fingers:**

Preheat the air fryer to 200°C (or 180°C for fan-assisted air fryers).

Place the halloumi fingers in the air fryer basket in a single layer, ensuring they are not overcrowded (use a rack if necessary for multiple layers).

Air fry for 10 minutes, flipping halfway through the cooking time, until they are golden and crispy.

4. **Serve:**

Once the halloumi fingers are crispy, remove them from the air fryer and serve immediately with the yoghurt dip on the side.

Variations for Dietary Preferences:

- **Gluten-Free:** Use gluten-free breadcrumbs instead of regular breadcrumbs and ensure the panko breadcrumbs are gluten-free.
- **Vegan:** Replace halloumi with a plant-based alternative such as vegan cheese or tofu. Use dairy-free yoghurt for the dip.

Suggestions for Accompanying Sauces or Sides:

- **Air-Fried Sweet Potato Fries:** A perfect side dish to pair with the halloumi fingers. Simply slice sweet potatoes into fries, toss in olive oil, salt, and pepper, and air fry at 200°C for 15-20 minutes, shaking halfway through.
- **Air-Fried Veggie Chips:** Slice courgettes, carrots, or parsnips thinly, coat lightly with olive oil, and air fry at 180°C for 10-12 minutes for a crunchy side.

Nutritional Information (Per Serving):

- Calories: 320 kcal
- Protein: 18g
- Fat: 22g
- Saturated Fat: 7g
- Carbohydrates: 15g
- Fibre: 2g
- Sugars: 2g
- Salt: 1.5g

Note: Nutritional values are based on using regular halloumi and Greek yoghurt. Adjustments may be needed for vegan or gluten-free alternatives.

This **Crispy Halloumi Fingers** recipe is perfect for a quick, healthy, and delicious meal or snack. Using your air fryer, you can create golden, crispy halloumi without the excess oil, making it a healthier option for the whole family. Paired with a tangy dip, it's sure to be a hit!

Garlic & Herb Flatbread Wedges



Yield: 4 servings

Prep Time: 5 minutes | Cook Time: 10 minutes | Total Time: 15 minutes

Ingredients:

- 2 large flatbreads (store-bought or homemade, 200g each)
- 1 tablespoon olive oil (15ml)
- 2 garlic cloves, minced
- 1 teaspoon dried mixed herbs (1g)
- 1 teaspoon dried oregano (1g)
- 1 tablespoon fresh parsley, finely chopped (3g)
- 1/2 teaspoon salt (2.5g)
- 1/2 teaspoon black pepper (1g)
- **Optional:** 1 tablespoon grated Parmesan cheese (5g, for a cheesy finish)

Instructions:

1. Preheat the Air Fryer:

Preheat the air fryer to 200°C for 3-5 minutes. This ensures the flatbread wedges cook evenly and crisp up nicely.

2. Prepare the Flatbreads:

Lay the flatbreads on a cutting board. Using a sharp knife or pizza cutter, slice each flatbread into 8 wedges. This will give you a total of 16 wedges.

3. Season the Wedges:

In a small bowl, combine the olive oil, minced garlic, dried mixed herbs, oregano, chopped parsley, salt, and pepper. Stir well to combine.

4. Coat the Flatbread Wedges:

Brush both sides of the flatbread wedges with the garlic and herb mixture. You can use a pastry brush for an even coat or drizzle the mixture over the wedges and gently toss to coat.

5. Arrange in the Air Fryer Basket:

Place the flatbread wedges in the air fryer basket in a single layer. Be sure not to overcrowd the basket; you may need to cook in two batches, depending on the size of your

air fryer. If you have an air fryer with a rack, you can place the wedges on the rack for more even air circulation.

6. Cook the Wedges:

Air fry the flatbread wedges at 200°C for 7-10 minutes, or until they are golden brown and crispy. Check halfway through and flip the wedges for even cooking.

7. Optional: Add Parmesan:

If desired, sprinkle grated Parmesan cheese over the wedges during the last 2 minutes of cooking for a cheesy, golden finish.

8. Serve:

Once cooked, remove the wedges from the air fryer and serve immediately. Garnish with extra fresh parsley, if desired.

Variations & Dietary Adaptations:

- **Gluten-Free:**
Use gluten-free flatbreads, available in most UK supermarkets. Many brands offer soft, gluten-free options that will work perfectly in the air fryer.
- **Low-Carb:**
Opt for low-carb flatbreads or use cauliflower flatbreads for a lower-carb option. These can be found in UK supermarkets or made at home.
- **Vegan:**
For a vegan-friendly version, skip the Parmesan cheese, or use a plant-based cheese alternative.

Serving Suggestions:

- Serve the garlic & herb flatbread wedges with a side of air-fried vegetables or a healthy dip, such as hummus or tzatziki.
- Pair them with air-fried falafel or grilled chicken strips for a complete meal.
- A simple air-fried Mediterranean salad of tomatoes, cucumber, olives, and feta is a refreshing side dish.

Nutritional Information (per serving, 4 servings total):

- Calories: 210 kcal
- Protein: 5g
- Carbohydrates: 30g
- Fats: 8g
- Saturated Fat: 1g
- Fibre: 2g
- Sugar: 2g
- Salt: 0.5g

This recipe is a quick and easy snack, perfect for a healthy lunch or as a side to a main dish. The air fryer helps keep the recipe lower in fat, while the garlic and herbs bring vibrant flavours without the need for excessive oil. Enjoy your delicious, healthy, and crispy flatbread wedges in just 10 minutes!

Homemade Mozzarella Sticks



Yield: 4 servings

Prep Time: 15 minutes | Cook Time: 8-10 minutes | Total Time: 23-25 minutes

Ingredients:

- 200g mozzarella cheese (preferably in blocks, not pre-shredded)
- 50g plain flour
- 1 large egg
- 75g whole-wheat breadcrumbs (or gluten-free breadcrumbs for a gluten-free version)
- 1 teaspoon dried oregano
- ½ teaspoon garlic powder
- ½ teaspoon paprika
- Salt and pepper, to taste
- Olive oil spray (optional, for extra crispiness)

Instructions:

1. Prepare the Cheese:

Cut the mozzarella into sticks, approximately 1.5 cm thick and 7–8 cm long. If you prefer thinner sticks, you can adjust the size accordingly.

2. Coat the Sticks:

Set up a breading station with three shallow bowls.

In the first bowl, place the flour.

In the second, whisk the egg.

In the third, combine the breadcrumbs, oregano, garlic powder, paprika, salt, and pepper.

Dredge each mozzarella stick in the flour, ensuring it's evenly coated. Then dip it into the beaten egg, allowing any excess to drip off, and finally, coat it with the breadcrumb mixture. Press gently to ensure the breadcrumbs stick.

3. Chill the Sticks:

Place the coated mozzarella sticks on a baking tray lined with parchment paper. Chill them in the freezer for at least 15 minutes to prevent the cheese from melting too quickly during cooking.

4. **Preheat the Air Fryer:**

Preheat the air fryer to 180°C (350°F) for 3-5 minutes. If your air fryer does not have a preheat option, simply let it run for a few minutes at the desired temperature.

5. **Cook the Mozzarella Sticks:**

Lightly spray the air fryer basket with olive oil spray to prevent sticking.

Arrange the mozzarella sticks in a single layer in the basket. Be sure not to overcrowd the basket to allow the hot air to circulate evenly. If your air fryer has a small basket, cook them in batches.

Air fry the sticks for 8-10 minutes at 180°C (350°F), or until golden and crispy on the outside. You may want to turn the sticks halfway through cooking for even crisping.

6. **Serve and Enjoy:**

Once cooked, remove the mozzarella sticks carefully from the air fryer and serve immediately.

Variations:

- **Gluten-Free:** Use gluten-free breadcrumbs instead of regular breadcrumbs and a gluten-free flour for the coating.
- **Low-Carb:** Substitute the breadcrumbs with ground almonds or crushed pork rinds for a keto-friendly version.
- **Vegan:** Use vegan cheese (such as Violife or Follow Your Heart) and replace the egg with a flax or chia egg (1 tablespoon ground flax or chia mixed with 3 tablespoons water). Use plant-based milk instead of the egg for dipping, if desired.

Suggested Sides and Sauces:

- **Air-Fried Veggies:** Serve with air-fried vegetables like zucchini fries or sweet potato fries for a healthy, crispy accompaniment.
- **Dipping Sauces:** Try homemade tomato marinara sauce, or for a twist, serve with a tangy ranch dressing or a spicy sriracha mayo.

Nutritional Information (per serving):

- Calories: 280 kcal
- Protein: 18g
- Carbs: 22g
- Fat: 14g
- Saturated Fat: 7g
- Fibre: 3g
- Sodium: 500mg

Note: The air fryer ensures that these mozzarella sticks are crispy without the need for deep frying, making them a healthier alternative to the traditional method. With this recipe, you'll enjoy all the rich flavours of mozzarella sticks, with significantly less oil and fat, while keeping the preparation quick and straightforward. Perfect for a family snack or as a tasty appetizer!

Air-Fried Pickle Chips



Yield: 4

Prep Time: 10 minutes | Cook Time: 10 minutes | Total Time: 20 minutes

Ingredients

- 200 g dill pickle slices (drained and patted dry)
- 80 g fine breadcrumbs (use gluten-free if needed)
- 40 g plain flour (or chickpea flour for gluten-free option)
- 1 tsp garlic granules
- ½ tsp smoked paprika
- ½ tsp dried oregano
- ¼ tsp ground black pepper
- 2 medium eggs (or 60 ml unsweetened plant-based milk for vegan option)
- Low-calorie cooking spray (olive oil or avocado oil spray recommended)

Instructions

1. Prepare your station:

Set up three shallow bowls: one with flour, one with beaten eggs (or plant milk), and one with breadcrumbs mixed with garlic granules, paprika, oregano, and pepper.

2. Coat the pickles:

Working in batches, dip each pickle slice into the flour, then into the egg (or milk), and finally into the breadcrumb mix. Press gently to coat evenly.

3. Preheat the air fryer:

Set your air fryer to 200°C and preheat for 2–3 minutes for best crisping.

4. Arrange the pickle chips:

Place the coated pickle slices in a single layer in the air fryer basket. Do not overcrowd – cook in batches if needed. Lightly spray the tops with cooking spray.

5. Air-fry:

Cook for 8–10 minutes, flipping halfway through and spraying again lightly. Chips should be golden and crispy on both sides.

6. Serve immediately:

Enjoy while hot for maximum crunch!

Recipe Variations

- **Gluten-Free:** Use gluten-free breadcrumbs and chickpea flour.
- **Vegan:** Replace eggs with plant-based milk and use vegan breadcrumbs.
- **Low-Carb/Keto:** Use almond flour and crushed pork rinds instead of breadcrumbs.

Suggested Air Fryer Sides & Dips

Pair with one of the following, also air-fryer friendly:

- Crispy sweet potato wedges
- Air-fried cauliflower bites
- Homemade garlic yoghurt dip (mix Greek yoghurt, lemon juice, garlic, and dill)
- Spicy air-fried chickpeas

Nutritional Information (per serving)

- Calories: 168 kcal
- Fat: 6.4 g
- Saturated Fat: 1.2 g
- Carbohydrates: 20.2 g
- Sugars: 1.4 g
- Fibre: 1.7 g
- Protein: 6.3 g
- Salt: 1.4 g

Spiced Chickpea Poppers



Yield: 4 servings

Prep Time: 5 minutes | Cook Time: 15 minutes | Total Time: 20 minutes

Ingredients

- 1 × 400g tin chickpeas, drained and rinsed
- 1 tbsp olive oil (15ml)
- 1 tsp ground cumin
- 1 tsp smoked paprika
- ½ tsp ground coriander
- ½ tsp garlic granules
- ¼ tsp cayenne pepper (optional)
- ¼ tsp sea salt
- ¼ tsp freshly ground black pepper

Instructions

1. **Dry the chickpeas** thoroughly using a clean kitchen towel or paper towels. Removing excess moisture is essential for a crispy texture.
2. In a mixing bowl, **combine** the chickpeas, olive oil, and all the spices. Toss well until evenly coated.
3. **Preheat your air fryer** to 200°C for 2–3 minutes if required by your model.
4. **Place the chickpeas** in a single layer in the air fryer basket. Do not overcrowd — cook in batches if needed. For even crisping, use a raised rack accessory if your model includes one.
5. **Air fry** at 200°C for 13–15 minutes, shaking the basket halfway through. Check at 12 minutes to ensure they're golden and crisp, not burnt.
6. **Remove** and let cool for 2 minutes – they will crisp further as they cool.
7. **Serve** warm or store in an airtight container for up to 3 days.

Dietary Variations

- **Gluten-Free:** Naturally gluten-free; ensure your spices are certified gluten-free.
- **Low-Carb:** Replace chickpeas with roasted cauliflower florets (adjust cook time to 10–12 minutes).
- **Oil-Free:** Omit olive oil and use a light spray of water to help spices adhere. Note: Texture will be less crispy.
- **Vegan:** This recipe is 100% plant-based.

Suggested Air Fryer Sides or Sauces

- **Lemon-Tahini Dip:** Whisk together 2 tbsp tahini, 1 tbsp lemon juice, 1 tbsp water, pinch of garlic powder, and a dash of salt.
- **Air-Fried Sweet Potato Wedges:** Season 300g sweet potatoes with 1 tbsp olive oil, smoked paprika, and salt. Air fry at 200°C for 15–18 minutes.

Nutritional Information (per serving)

- Calories: 145 kcal
- Protein: 6.3g
- Fat: 5.7g
- Saturated Fat: 0.7g
- Carbohydrates: 16.2g
- Sugars: 1.2g
- Fibre: 5.1g
- Salt: 0.3g

Quick, crunchy, and irresistibly moreish – these **protein-packed poppers** are perfect as a snack, salad topper, or a healthy side dish.



CHAPTER 4: SALAD RECIPES

Warm Chicken Caesar Salad



Yield: 2 servings

Prep Time: 10 minutes | Cook Time: 15 minutes | Total Time: 25 minutes

Ingredients

For the Chicken:

- 2 skinless boneless chicken breasts (approx. 300g total)
- 1 tbsp olive oil (15ml)
- ½ tsp garlic granules
- ½ tsp smoked paprika
- ½ tsp sea salt
- ¼ tsp freshly ground black pepper

For the Croutons:

- 2 slices wholemeal or sourdough bread (about 80g), cut into cubes
- 1 tsp olive oil (5ml)
- Pinch of salt and black pepper

For the Salad:

- 100g romaine or cos lettuce, chopped
- 40g grated Parmesan cheese
- 6 cherry tomatoes, halved
- Optional: a few anchovy fillets for garnish

For the Dressing:

- 3 tbsp low-fat Greek yoghurt (45g)
- 1 tsp Dijon mustard
- 1 tsp lemon juice (5ml)
- 1 tsp Worcestershire sauce

- 1 small garlic clove, minced
- Salt and black pepper, to taste

Instructions

1. Marinate the Chicken:

In a small bowl, mix the olive oil, garlic granules, smoked paprika, salt, and pepper. Rub this mixture evenly over the chicken breasts. Let it sit for 5–10 minutes while you prepare the other ingredients.

2. Prepare the Croutons:

Toss the cubed bread with olive oil, salt, and pepper. Set aside.

3. Air Fry the Chicken:

Preheat the air fryer to 190°C. Place chicken breasts in a single layer in the basket or on a non-stick rack accessory (do not overcrowd).

Cook for 12–14 minutes, flipping halfway through, until golden brown and internal temperature reaches 75°C. Remove and rest for 2–3 minutes before slicing.

4. Air Fry the Croutons:

While the chicken rests, add the bread cubes to the basket. Air fry at 180°C for 3–5 minutes, shaking once until crisp and golden.

5. Make the Dressing:

In a small bowl, whisk together the yoghurt, mustard, lemon juice, Worcestershire sauce, garlic, salt, and pepper until smooth.

6. Assemble the Salad:

In a large bowl, combine chopped lettuce, cherry tomatoes, sliced chicken, croutons, and grated Parmesan. Drizzle over the dressing and toss gently. Garnish with anchovy fillets if using.

Variations

- **Gluten-Free:** Use gluten-free bread for the croutons and ensure the Worcestershire sauce is gluten-free.
- **Low-Carb/Keto:** Replace croutons with roasted nuts (e.g. almonds or pecans) and use full-fat yoghurt.
- **Dairy-Free:** Swap Greek yoghurt for a dairy-free alternative and omit Parmesan or use a vegan version.
- **Vegan:** Replace chicken with crispy air-fried tofu and use a vegan Caesar dressing (e.g. tahini, lemon, and garlic-based).

Serving Suggestions

Pair with:

- **Air-Fried Sweet Potato Wedges**
- **Air-Fried Garlic Mushrooms**
- A **light lemon vinaigrette** as an alternative dressing

Nutritional Information (Per Serving)

Approximate values based on standard ingredients.

- Calories: 420 kcal
- Protein: 38g
- Fat: 20g
- Saturated Fat: 5g
- Carbohydrates: 20g
- Sugar: 4g
- Fibre: 3g
- Salt: 1.3g

A lighter take on the classic **Caesar salad**, this warm version uses juicy air-fried chicken and crispy croutons for a wholesome, flavourful meal—perfect for busy weekdays or casual entertaining.

Mediterranean Chickpea Salad with Crispy Falafel



Yield: 4 servings

Prep Time: 15 minutes | Cook Time: 15 minutes | Total Time: 30 minutes

Ingredients

For the Falafel

- 400g tinned chickpeas, drained and rinsed
- 1 small onion (approx. 80g), chopped
- 2 garlic cloves, minced
- 30g fresh parsley (or coriander), roughly chopped
- 1 tsp ground cumin
- 1 tsp ground coriander
- ½ tsp ground paprika
- ¼ tsp cayenne pepper (optional)
- ½ tsp baking powder
- 2 tbsp plain flour (use gram flour for gluten-free)
- ½ tsp fine sea salt
- ¼ tsp ground black pepper
- 1 tbsp olive oil (for brushing or spraying)

For the Salad

- 150g cherry tomatoes, halved
- ½ cucumber (approx. 100g), diced
- ½ small red onion, finely sliced
- 80g mixed salad leaves
- 60g pitted black or Kalamata olives, sliced
- 100g feta cheese, crumbled (omit for vegan)
- Juice of ½ lemon
- 1 tbsp extra virgin olive oil

- Sea salt and black pepper, to taste

Instructions

1. Prepare the Falafel Mixture

In a food processor, combine chickpeas, onion, garlic, parsley, spices, salt, and pepper. Pulse until the mixture resembles coarse breadcrumbs. Add baking powder and flour; pulse again to combine. The mixture should hold together when pressed.

2. Shape the Falafel

Using damp hands, form the mixture into 12 small balls or patties (approx. 30g each). Place them on a plate and refrigerate for 10 minutes to firm up.

3. Preheat the Air Fryer

Preheat your air fryer to 180°C for 3 minutes.

4. Cook the Falafel

Lightly brush or spray the falafel with olive oil. Place in the air fryer basket or on a perforated tray in a single layer. Use a rack insert if you need to cook in two layers. Air fry at 180°C for 12–15 minutes, flipping halfway through, until golden and crisp. Do not overcrowd the basket to allow proper air circulation.

5. Assemble the Salad

In a large bowl, combine cherry tomatoes, cucumber, red onion, olives, salad leaves, and crumbled feta (if using). Drizzle with lemon juice and olive oil. Toss gently to coat.

6. Serve

Place 3 falafel per plate alongside a generous portion of salad. Serve warm or at room temperature.

Dietary Variations

Gluten-Free: Use gram flour (chickpea flour) instead of plain flour.

Vegan: Omit feta or replace with vegan feta-style cheese.

Low-Carb: Replace chickpeas with cooked cauliflower and almond flour for the falafel base.

Optional Air Fryer Sides or Sauces

Air-Fried Pita Chips: Cut wholemeal pitta into triangles, spray lightly with olive oil, and air fry at 180°C for 5–6 minutes.

Garlic Tahini Sauce: Blend 2 tbsp tahini, 1 tbsp lemon juice, 1 small garlic clove, pinch of salt, and 2–3 tbsp warm water until creamy.

Nutritional Information (Per Serving)

- Calories: 385 kcal
- Protein: 13g
- Carbohydrates: 34g
- Fats: 21g
- Fibre: 8g
- Sugars: 6g
- Salt: 1.2g

Halloumi & Tomato Salad



Yield: 2 servings

Prep Time: 5 minutes | Cook Time: 10 minutes | Total Time: 15 minutes

Ingredients

- 200 g halloumi cheese, cut into 1.5 cm slices
- 150 g cherry tomatoes, halved
- 1 tbsp olive oil
- ½ tsp dried oregano
- ¼ tsp black pepper
- 1 tsp balsamic vinegar (optional)
- 40 g mixed salad leaves (e.g. rocket, spinach, lamb's lettuce)
- 1 tbsp fresh parsley, chopped (optional)
- Lemon wedges, to serve

Instructions

- 1. Preheat the air fryer** to 200°C for 2–3 minutes.
- 2. Prepare the tomatoes:**
In a small bowl, toss the halved cherry tomatoes with ½ tablespoon of olive oil, oregano, and black pepper.
- 3. Air-fry the tomatoes:**
Place tomatoes in the air fryer basket lined with a piece of parchment paper or in a small baking tray accessory. Cook for 5 minutes at 200°C, shaking once halfway through.
- 4. Prepare the halloumi:**
While tomatoes cook, pat the halloumi slices dry with kitchen paper. Lightly brush both sides with the remaining ½ tablespoon olive oil.
- 5. Air-fry the halloumi:**
After tomatoes are done, remove and set aside. Place the halloumi slices in a single layer in the basket or on an air fryer rack. Cook at 200°C for 5 minutes until golden brown and crisp on the edges, turning once after 3 minutes.
- 6. Assemble the salad:**

On a serving plate or bowl, arrange the salad leaves. Top with warm halloumi, roasted tomatoes, and a drizzle of balsamic vinegar if using. Garnish with chopped parsley and serve with lemon wedges.

Variations

- **Gluten-Free:** Naturally gluten-free. Ensure store-bought balsamic vinegar contains no gluten additives.
- **Low-Carb:** Omit balsamic vinegar and reduce tomatoes to 100 g.
- **Vegan Alternative:** Replace halloumi with air-fried tofu slices (pressed, marinated in lemon juice, olive oil, and herbs, then cooked for 10 minutes at 200°C).

Suggested Sides & Sauces (Air Fryer Friendly)

- **Air-Fried Sweet Potato Wedges:** Toss 200 g sweet potato wedges with 1 tsp olive oil, paprika, and salt. Cook at 190°C for 15–18 minutes, shaking halfway through.
- **Garlic Air-Fried Mushrooms:** Cook halved mushrooms with a touch of garlic oil at 180°C for 10 minutes.

Nutritional Information (Per Serving)

- Calories: 385 kcal
- Protein: 18 g
- Carbohydrates: 8 g
- Sugars: 5 g
- Fats: 30 g
- Saturated Fat: 14 g
- Fibre: 2 g
- Salt: 2.1 g

A vibrant, protein-rich salad with golden, crispy halloumi and sweet roasted cherry tomatoes – ready in minutes using your air fryer. Perfect for a light lunch or as a colourful side dish.

Sweet Potato and Kale Superfood Bowl



Yield: 2

Prep Time: 10 minutes | Cook Time: 15 minutes | Total Time: 25 minutes

Ingredients

For the Bowl:

- 250 g sweet potato, peeled and diced into 1.5 cm cubes
- 100 g tinned chickpeas (drained and rinsed)
- 80 g curly kale, stems removed, torn into bite-sized pieces
- 1 tbsp olive oil
- ½ tsp sea salt
- ½ tsp smoked paprika
- ¼ tsp ground cumin
- ¼ tsp garlic powder
- 1 tsp lemon juice

For the Tahini Dressing:

- 2 tbsp tahini
- 1 tbsp lemon juice
- 1 tsp maple syrup (or honey, if preferred)
- 1 tbsp water (more as needed for consistency)
- Pinch of sea salt

To Serve:

- 50 g cooked quinoa or brown rice (optional)
- ½ avocado, sliced
- 1 tbsp pumpkin seeds (optional)

Instructions

1. **Preheat the Air Fryer** to 190°C for 3 minutes.
2. **Prepare the Sweet Potatoes and Chickpeas:**

In a mixing bowl, toss the diced sweet potato and chickpeas with 1 tbsp olive oil, smoked paprika, cumin, garlic powder, and ¼ tsp salt.
Place into the air fryer basket in a single layer. Use a rack insert if available to create two layers without overcrowding.

3. Air Fry:

Cook at 190°C for 12 minutes, shaking the basket or turning items halfway through to ensure even crisping.

4. Prepare the Kale:

While the sweet potatoes are cooking, massage the kale with 1 tsp lemon juice and a pinch of salt.

After 12 minutes, add the kale to the air fryer on top of the sweet potato and chickpeas. Air fry for another 3 minutes until the edges are just crispy.

5. Make the Dressing:

Whisk together the tahini, lemon juice, maple syrup, water, and a pinch of salt until smooth. Add more water for a thinner consistency if desired.

6. Assemble the Bowl:

Divide the cooked quinoa (if using) between bowls. Top with the sweet potato, chickpeas, and kale. Add avocado slices and drizzle with the tahini dressing. Sprinkle with pumpkin seeds if using.

Variations

- **Gluten-Free:** Naturally gluten-free. Ensure your tahini and seasoning blends are certified gluten-free.
- **Low-Carb:** Skip the quinoa or rice and add more kale or avocado.
- **Vegan:** The standard recipe is vegan. Substitute maple syrup for honey if desired.

Suggested Sides or Add-Ons (Air Fryer Friendly)

- **Crispy Air-Fried Tofu:** Cube 200 g firm tofu, toss with 1 tsp cornflour and a dash of soy sauce. Air fry at 200°C for 10–12 minutes.
- **Garlic Flatbread Chips:** Cut gluten-free or wholemeal flatbread into triangles, brush lightly with oil and garlic, and air fry for 5–6 minutes at 180°C.

Nutritional Information (Per Serving)

Approximate values, may vary depending on substitutions.

- Calories: 365 kcal
- Protein: 9 g
- Fat: 17 g
- Saturated Fat: 2.5 g
- Carbohydrates: 43 g
- Sugars: 6 g
- Fibre: 9 g
- Salt: 0.8 g

A vibrant and nourishing bowl that combines crispy sweet potatoes, lightly air-fried kale, and protein-packed chickpeas—all brought together with a zesty tahini dressing. Perfect for a quick lunch or a light, energising dinner.

Tuna Niçoise with Air-Fried Potatoes



Yield: 2 servings

Prep Time: 10 minutes | Cook Time: 15 minutes | Total Time: 25 minutes

Ingredients

For the salad:

- 2 medium free-range eggs
- 200 g baby potatoes, halved
- 1 tbsp olive oil
- 100 g fine green beans, trimmed
- 100 g cherry tomatoes, halved
- ½ small red onion, finely sliced
- 80 g tinned tuna in olive oil (drained weight)
- 6–8 pitted black olives (approx. 30 g)
- 1 small romaine lettuce, chopped

For the dressing:

- 1 tbsp extra virgin olive oil
- 1 tsp Dijon mustard
- 1 tsp white wine vinegar
- ½ tsp sea salt
- ¼ tsp freshly ground black pepper

Instructions

1. **Preheat your air fryer** to 190°C for 3 minutes.
2. **Prepare the potatoes:**

Toss the halved baby potatoes with 1 tbsp olive oil and a pinch of salt. Place them in the air fryer basket in a single layer.

Air fry at 190°C for 13–15 minutes, shaking the basket halfway through. Potatoes should be golden and tender.

3. **Boil the eggs:**

While the potatoes cook, place eggs in a small pan of simmering water. Boil for 7–8 minutes for soft yolks or 10 minutes for fully hard-boiled. Cool under cold water, peel, and halve.

4. **Blanch the green beans:**

Boil for 2–3 minutes until just tender, then rinse under cold water to preserve their colour and crunch.

5. **Prepare the dressing:**

In a small bowl, whisk together olive oil, mustard, vinegar, salt, and pepper until emulsified.

6. **Assemble the salad:**

In a large bowl or platter, layer chopped romaine, halved cherry tomatoes, red onion slices, green beans, olives, and tuna. Add the air-fried potatoes and halved eggs. Drizzle with the dressing and toss gently before serving.

Variations

- **Low-carb:** Replace potatoes with 150 g of air-fried cauliflower florets (cooked at 190°C for 12 minutes).
- **Gluten-free:** Naturally gluten-free as written.
- **Vegan:** Omit tuna and eggs. Add 100 g cooked chickpeas and ½ avocado. Swap Dijon mustard for a vegan-friendly version.

Suggested Sides (Air Fryer Friendly)

- **Air-Fried Garlic Bread Slices** (use gluten-free baguette if needed)
- **Air-Fried Courgette Chips** with paprika and sea salt (190°C for 10 minutes)

Nutritional Information (per serving)

- Energy: 460 kcal
- Protein: 26 g
- Fat: 28 g
- Saturated Fat: 5 g
- Carbohydrates: 24 g
- Sugars: 5 g
- Fibre: 5 g
- Salt: 1.4 g

A fresh and vibrant salad elevated by crispy air-fried baby potatoes. High in protein and rich in flavour, this dish is ideal for a quick, healthy lunch or a light dinner, British-style.

Air-Fried Tofu Asian Slaw



Yield: 2 servings

Prep Time: 10 minutes | Cook Time: 15 minutes | Total Time: 25 minutes

Ingredients

For the tofu:

- 280 g extra-firm tofu (pressed and drained)
- 1 tbsp cornflour (cornstarch)
- 1 tbsp light soy sauce (or tamari for gluten-free)
- 1 tsp sesame oil
- ½ tsp garlic powder
- ½ tsp ground ginger
- ½ tsp mild chilli flakes (optional)
- Cooking oil spray (rapeseed or olive oil)

For the Asian slaw:

- 100 g red cabbage, finely shredded
- 100 g white cabbage, finely shredded
- 1 medium carrot (approx. 80 g), grated or julienned
- 1 small red pepper (approx. 80 g), thinly sliced
- 2 spring onions, finely sliced
- 1 tbsp toasted sesame seeds

Slaw dressing:

- 1 tbsp rice vinegar
- 1 tbsp light soy sauce (or tamari for gluten-free)
- 1 tbsp maple syrup or runny honey
- 1 tsp toasted sesame oil
- 1 tsp fresh lime juice

- ½ tsp grated fresh ginger

Instructions

1. Prepare the tofu:

Cut the tofu into 2–3 cm cubes. Pat dry with kitchen paper to remove excess moisture.

2. Marinate:

In a bowl, mix soy sauce, sesame oil, garlic powder, ground ginger, and chilli flakes. Toss the tofu cubes in the mixture and let sit for 5–10 minutes.

3. Coat the tofu:

Sprinkle cornflour over the marinated tofu and toss gently to coat evenly.

4. Air fry the tofu:

Preheat your air fryer to 200°C. Lightly spray the basket with oil to prevent sticking. Place the tofu cubes in a single layer, ensuring they are not touching. Use a rack insert if you have one to allow better airflow.

Air fry for 13–15 minutes, shaking the basket halfway through until golden and crisp.

5. Prepare the slaw:

While the tofu cooks, combine red and white cabbage, carrot, pepper, spring onions, and sesame seeds in a large bowl.

6. Make the dressing:

Whisk all dressing ingredients together in a small jug or bowl. Pour over the slaw and toss well to coat.

7. Assemble:

Plate the slaw and top with hot air-fried tofu cubes. Garnish with extra sesame seeds or coriander if desired.

Variations

- **Gluten-Free:** Use tamari instead of soy sauce.
- **Low-Carb:** Replace carrot and red pepper with thinly sliced courgette and radish.
- **Vegan:** The base recipe is fully vegan when using maple syrup.

Serving Suggestions

- Serve with a side of **air-fried edamame pods** (tossed with sea salt and a dash of sesame oil).
- Pair with **air-fried vegetable spring rolls** or a small bowl of **miso soup** for a fuller meal.
- Add a **dollop of chilli mayo** or **hoisin dipping sauce** on the side (both can be made lighter versions in the air fryer using **Greek yoghurt** or vegan alternatives).

Nutritional Information (per serving)

- Calories: 345 kcal
- Protein: 18 g
- Carbohydrates: 26 g
- Sugars: 9 g
- Fat: 19 g
- Saturated Fat: 2.4 g

- Fibre: 7 g
- Salt: 1.6 g

A light, crunchy, and protein-rich dish perfect for lunch or a refreshing dinner. This flavour-packed recipe uses the air fryer to make tofu irresistibly crispy with minimal oil and pairs it with a tangy Asian-style slaw.

Beetroot & Goat Cheese Crunch Salad



Yield: 2

Prep Time: 10 minutes | Cook Time: 15 minutes | Total Time: 25 minutes

Ingredients

- 250 g raw beetroot, peeled and cut into 1.5 cm cubes
- 1 tbsp olive oil (15 ml)
- ½ tsp sea salt
- ¼ tsp black pepper
- 1 tsp dried thyme
- 2 slices wholegrain sourdough bread (approx. 60 g), cut into croutons
- 1 tsp olive oil (for croutons)
- 80 g soft goat cheese, crumbled
- 80 g mixed salad leaves (e.g., rocket, baby spinach, lamb's lettuce)
- 20 g walnuts, roughly chopped
- 2 tsp balsamic glaze (10 ml)
- **Optional:** ½ tsp honey for added sweetness

Instructions

1. Prepare the Beetroot:

Toss the cubed beetroot with 1 tbsp olive oil, thyme, salt, and pepper. Place into the air fryer basket in a single layer.

Cook at 190°C for 12–15 minutes, shaking halfway through for even roasting.

2. Make the Croutons:

While the beetroot cooks, toss the sourdough cubes with 1 tsp olive oil. Add them to a separate rack or the other drawer, or place them in the air fryer once the beetroot is finished.

Cook at 180°C for 4–5 minutes until golden and crisp. Keep an eye on them to avoid burning.

3. Assemble the Salad:

In a large bowl, combine the salad leaves, roasted beetroot, croutons, and goat cheese. Add walnuts and drizzle with balsamic glaze (and honey, if using). Gently toss before serving.

Dietary Variations

- **Gluten-Free:** Use gluten-free sourdough or omit croutons entirely.
- **Vegan:** Replace goat cheese with vegan cheese or cubes of air-fried tofu (seasoned and cooked at 180°C for 8–10 mins).
- **Low-Carb:** Skip the bread and double the leafy greens. Add avocado or grilled courgette ribbons for more bulk.

Suggested Air Fryer Sides or Sauces

- **Air-Fried Garlic Mushrooms:** Cook sliced mushrooms with garlic and a touch of olive oil at 190°C for 8 minutes.
- **Crispy Chickpeas:** Toss canned chickpeas with smoked paprika and olive oil. Cook at 200°C for 15 minutes, shaking every 5 mins.
- **Quick Air-Fryer Beetroot Hummus:** Roast beetroot as above, blend with tahini, lemon juice, garlic, and a splash of olive oil.

Nutritional Information (per serving)

- Calories: 360 kcal
- Protein: 12 g
- Carbohydrates: 28 g
- Sugars: 10 g
- Fat: 23 g
- Saturated Fat: 7 g
- Fibre: 5 g
- Salt: 1.1 g

Roasted Pepper & Quinoa Power Bowl



Yield: 2 servings

Prep Time: 10 minutes | Cook Time: 15 minutes | Total time: 25 minutes

Ingredients

- 1 large red pepper (around 150g), cut into strips
- 1 large yellow pepper (around 150g), cut into strips
- 1 medium courgette (150g), sliced
- 150g cooked quinoa
- 1 tablespoon olive oil (15ml)
- 1 teaspoon smoked paprika (5g)
- 1/2 teaspoon garlic powder (2g)
- 1/4 teaspoon ground cumin (1g)
- Salt and pepper, to taste
- 1 tablespoon fresh parsley (optional, for garnish)
- 1 tablespoon pumpkin seeds (optional, for topping)

Instructions

1. Prepare the Vegetables:

Start by cutting the red and yellow peppers into strips and slicing the courgette. Place them in a large bowl.

2. Season the Vegetables:

Drizzle the vegetables with olive oil, and sprinkle with smoked paprika, garlic powder, ground cumin, salt, and pepper. Toss the vegetables until well coated.

3. Preheat the Air Fryer:

Preheat the air fryer to 180°C (350°F) for 3-5 minutes. This ensures an even cooking temperature and crispy results.

4. Air Fry the Vegetables:

Place the seasoned peppers and courgettes in the air fryer basket in a single layer (don't overcrowd to allow proper air circulation). Air fry at 180°C for 10-12 minutes, shaking the

basket halfway through for even cooking. The vegetables should be tender with slightly crispy edges.

5. Cook the Quinoa:

While the vegetables are cooking, prepare the quinoa according to package instructions, usually by simmering 75g quinoa with 150ml water for 10-12 minutes, or until fluffy. Set aside once done.

6. Assemble the Power Bowl:

Divide the cooked quinoa between two bowls. Top each bowl with the air-fried roasted vegetables.

7. Garnish and Serve:

Sprinkle with fresh parsley and pumpkin seeds for an extra crunch. Serve immediately while hot.

Variations

- **Gluten-Free:** This recipe is naturally gluten-free, just ensure the quinoa is certified gluten-free.
- **Low-Carb:** Substitute quinoa with cauliflower rice to lower the carbohydrate content.
- **Vegan:** This recipe is already vegan, but you can add a plant-based dressing or vegan cheese if desired.

Accompanying Sauces & Sides

- **Air-Fried Sweet Potato Fries:** Slice sweet potatoes into wedges, season with olive oil, salt, and pepper, and air fry at 180°C for 15-20 minutes for a healthy side dish.
- **Tahini Lemon Dressing:** Blend 2 tablespoons tahini, 1 tablespoon lemon juice, 1 teaspoon maple syrup, 1 tablespoon olive oil, and a pinch of salt for a creamy sauce to drizzle over the bowl.

Nutritional Information (per serving)

- Calories: 330 kcal
- Protein: 8g
- Carbohydrates: 43g
- Fibre: 6g
- Fat: 14g
- Saturated Fat: 2g
- Sodium: 180mg
- Sugar: 6g

This vibrant and nutritious **Roasted Pepper & Quinoa Power Bowl** is the perfect meal for a quick, healthy, and delicious lunch or dinner. Packed with roasted vegetables and quinoa, it's full of fibre, plant-based protein, and essential vitamins. The air fryer makes the cooking process fast, while preserving the flavours and nutrients of the ingredients. Perfect for a busy lifestyle while maintaining a balanced diet!



CHAPTER 5: RAINS, PASTA AND RICE RECIPES

Garlic Mushroom Barley Risotto



Yield: 4 servings

Prep Time: 10 minutes | Cook Time: 25 minutes | Total Time: 35 minutes

Ingredients

- 200g pearl barley
- 150g mushrooms, sliced (button mushrooms work well)
- 1 medium onion, finely chopped
- 3 garlic cloves, minced
- 1 tbsp olive oil (or 15ml)
- 1 tbsp butter (optional, or vegan butter for dairy-free)
- 500ml vegetable stock (low-sodium)
- 100ml white wine (optional)
- 1 tbsp fresh thyme leaves (or 1 tsp dried thyme)
- 50g grated Parmesan (optional, or vegan cheese for dairy-free)
- Salt and pepper, to taste
- Fresh parsley, chopped (for garnish)

Instructions

1. Prepare the Ingredients

Slice the mushrooms and chop the onion and garlic.

If you're using the optional white wine, measure it out.

Preheat the air fryer to 180°C (350°F) for 5 minutes.

2. Air Fry the Mushrooms and Onion

In a small bowl, toss the sliced mushrooms and chopped onion with 1 tablespoon of olive oil, salt, and pepper.

Place them in the air fryer basket in a single layer (use a rack if your air fryer has one to maximise cooking space).

Air fry at 180°C for 8–10 minutes, shaking the basket halfway through the cooking time to ensure even cooking. The mushrooms should be golden and softened.

3. Cook the Barley

In an oven-safe baking pan or a heatproof dish suitable for the air fryer (UK market options include silicone or metal pans), combine the uncooked 200g pearl barley with 500ml vegetable stock, and add the minced garlic and fresh thyme.

Cover the dish with aluminium foil to prevent the liquid from evaporating.

Place the dish in the preheated air fryer at 180°C for 15–20 minutes, stirring halfway through. The barley should be tender and most of the liquid absorbed by the end of the cooking time. If necessary, add a little more stock or water if the barley isn't fully cooked.

4. **Finish the Risotto**

Once the barley is cooked, add the air-fried mushrooms and onions into the barley mixture.

Stir in 1 tablespoon of butter (optional for a richer flavour), and 50g grated Parmesan (or vegan cheese) if desired.

Adjust seasoning with salt and pepper to taste. Stir well until the cheese has melted and the risotto becomes creamy.

5. **Serve**

Spoon the risotto into bowls and garnish with fresh parsley.

Serve immediately while warm.

Dietary Variations

- **Gluten-Free:** Ensure the pearl barley is replaced with a gluten-free grain like quinoa or risotto rice (though risotto rice may require slightly different cooking times).
- **Low-Carb:** Swap the barley with cauliflower rice or a low-carb alternative for a similar texture.
- **Vegan:** Use vegan butter and cheese alternatives to keep the recipe fully plant-based.

Suggested Sides and Sauces

- **Air-Fried Veggies:** Pair the risotto with air-fried asparagus, broccoli, or roasted sweet potatoes for added texture and flavour.
- **Vegan Creamy Sauce:** A simple avocado-based dressing or vegan Alfredo sauce made in the air fryer can complement this dish beautifully.

Nutritional Information (per serving, with Parmesan)

- Calories: 310 kcal
- Protein: 9g
- Fat: 13g
- Carbohydrates: 40g
- Fibre: 6g
- Sugar: 4g
- Sodium: 380mg

Values are approximate and may vary depending on exact ingredients used.

This **Garlic Mushroom Barley Risotto** is a perfect, quick meal for busy weeknights, offering all the comfort of a classic risotto but with less time, effort, and fat, thanks to the magic of the air

fryer. You can also experiment with different vegetables and grains, making it easily adaptable to your personal taste or dietary needs!

Arancini (Risotto Balls)



Yield: 4 servings

Prep Time: 15 minutes | Cook Time: 15-18 minutes | Total Time: 30-33 minutes

Ingredients

For the Risotto:

- 200g Arborio rice
- 500ml vegetable stock (low-sodium)
- 1 small onion, finely chopped (about 80g)
- 1 tbsp olive oil
- 1 clove garlic, minced
- 50g grated Parmesan cheese
- 1 tbsp chopped fresh parsley
- 50g frozen peas, thawed
- Salt and pepper, to taste

For the Coating:

- 1 large egg, beaten
- 50g gluten-free breadcrumbs (or regular breadcrumbs)
- 50g grated mozzarella cheese (for the centre of the balls)
- 2 tbsp flour (use gluten-free flour if needed)

For Air-Frying:

- Olive oil spray

Instructions

1. Prepare the Risotto:

Heat 1 tbsp olive oil in a large saucepan over medium heat. Add the chopped onion and garlic, cooking for about 3-4 minutes until soft and fragrant.

Add the Arborio rice and cook for 1 minute, stirring frequently.

Gradually add the vegetable stock, 100ml at a time, stirring constantly and allowing the liquid to be absorbed before adding more. Continue until the rice is tender and creamy, about 15 minutes.

Stir in the peas, Parmesan cheese, and chopped parsley. Season with salt and pepper to taste. Set aside to cool for at least 10 minutes.

2. **Form the Arancini Balls:**

Once the risotto is cool enough to handle, scoop a small amount (about 2 tbsp) into your hands. Flatten the mixture slightly and place a small cube of mozzarella in the centre. Carefully roll the risotto into a ball, making sure the cheese is fully enclosed. Repeat with the remaining risotto.

Roll each risotto ball in flour, then dip in the beaten egg, and finally coat with breadcrumbs.

3. **Air Fry the Arancini:**

Preheat your air fryer to 180°C (350°F). Lightly spray the basket with olive oil spray to prevent sticking.

Place the arancini balls in the basket, making sure not to overcrowd them. You may need to cook in batches, depending on the size of your air fryer.

Air fry the arancini for 12-15 minutes, turning them halfway through the cooking time, until golden brown and crispy on the outside.

4. **Serve:**

Serve the arancini immediately, with a side of tomato salsa or garlic dip for dipping, if desired. Pair with a light green salad or roasted vegetables, all of which can also be prepared in the air fryer.

Recipe Variations

- **Gluten-Free:** Use gluten-free breadcrumbs and flour to make the recipe suitable for gluten-sensitive diets.
- **Vegan:** Swap the Parmesan and mozzarella for vegan alternatives and use a flaxseed egg (1 tbsp flaxseed meal + 2.5 tbsp water, let it sit for 5 minutes to thicken).
- **Low-Carb:** Replace the breadcrumbs with crushed almonds or pork rinds for a low-carb version.

Nutritional Information (per serving)

- Calories: 290
- Protein: 14g
- Carbohydrates: 34g
- Fat: 12g
- Saturated Fat: 4g
- Fibre: 2g
- Sugar: 4g
- Sodium: 600mg

This **Arancini (Risotto Balls)** recipe is a healthier twist on a classic Italian snack, taking advantage of the air fryer's ability to crisp up food with minimal oil. It's the perfect quick,

delicious, and nutritious dish for busy households, making it ideal for both beginners and those already familiar with the air fryer.

Vegetable Couscous with Lemon Dressing



Yield: 4 servings

Prep Time: 10 minutes | Cook Time: 20 minutes | Total Time: 30 minutes

Ingredients:

For the Couscous:

- 150g couscous
- 300ml vegetable stock (use a low-sodium option if preferred)
- 1 medium courgette (zucchini), diced (approx. 150g)
- 1 red pepper, diced (approx. 120g)
- 1 small red onion, finely chopped (approx. 100g)
- 1 tablespoon olive oil (approx. 15ml)
- 1 teaspoon dried thyme (approx. 1g)
- 1 teaspoon ground cumin (approx. 1g)
- 1/2 teaspoon paprika (approx. 1g)
- Salt and pepper to taste

For the Lemon Dressing:

- 2 tablespoons fresh lemon juice (approx. 30ml)
- 1 tablespoon olive oil (approx. 15ml)
- 1 teaspoon Dijon mustard (approx. 5g)
- 1/2 teaspoon honey (optional, approx. 3g)
- 1/4 teaspoon salt (approx. 1g)
- Freshly cracked black pepper, to taste
- 1 teaspoon chopped fresh parsley (optional, for garnish)

Instructions:

- 1. Prepare the Couscous:**

In a medium-sized heatproof bowl, pour the vegetable stock over the couscous. Cover and let it steam for about 5 minutes, then fluff with a fork to separate the grains.

2. Prepare the Vegetables:

While the couscous is steaming, chop the courgette, red pepper, and red onion. Place the vegetables in a large mixing bowl, and toss them with 1 tablespoon of olive oil, dried thyme, cumin, paprika, salt, and pepper.

3. Preheat the Air Fryer:

Preheat your air fryer to 180°C (350°F) for about 3–5 minutes.

4. Air Fry the Vegetables:

Place the seasoned vegetables in the air fryer basket in a single layer. Air fry at 180°C for 10-12 minutes, shaking the basket halfway through for even cooking. The vegetables should be tender with a slight char around the edges.

5. Combine Couscous and Vegetables:

Once the vegetables are cooked, add them to the fluffy couscous and toss gently to combine.

6. Make the Lemon Dressing:

In a small bowl, whisk together the fresh lemon juice, olive oil, Dijon mustard, honey (if using), salt, and black pepper until well combined.

7. Serve:

Drizzle the lemon dressing over the couscous and vegetables. Garnish with freshly chopped parsley for a pop of colour, if desired. Serve warm or at room temperature.

Variations:

- **Gluten-Free:** Replace the couscous with gluten-free couscous or quinoa for a suitable alternative.
- **Low-Carb:** Substitute couscous with cauliflower rice or shredded zucchini for a lower-carb option.
- **Vegan:** This recipe is already vegan-friendly, but you can add a vegan feta or toasted nuts (such as almonds or pine nuts) for extra texture and flavour.

Accompaniments:

- **Air-Fried Tofu:** Pair this dish with some crispy air-fried tofu for a protein boost. Toss cubes of firm tofu in a bit of olive oil, soy sauce, and seasoning, then air fry at 180°C for 12–15 minutes.
- **Air-Fried Sweet Potatoes:** Air-fried sweet potato wedges seasoned with cumin and paprika are a delicious side that complements the flavours of the couscous.

Nutritional Information (per serving):

- Calories: 260 kcal
- Carbohydrates: 43g
- Protein: 7g
- Fat: 9g
- Saturated Fat: 1g
- Fibre: 5g
- Sugar: 6g

- Sodium: 480mg

This recipe highlights the benefits of air frying, requiring less oil while still delivering that satisfying roasted flavour. It's a fantastic addition to any weeknight dinner, bringing together fresh vegetables and a zesty lemon dressing for a vibrant, wholesome meal that fits easily into the dietary habits of UK households.

Creamy Pesto Pasta with Air-Fried Broccoli



Yield: 4

Prep Time: 10 minutes | Cook Time: 15 minutes | Total Time: 25 minutes

Ingredients:

For the air-fried broccoli:

- 300g broccoli florets
- 1 tablespoon olive oil (15ml)
- ½ teaspoon garlic powder
- ½ teaspoon smoked paprika
- ¼ teaspoon salt
- ¼ teaspoon freshly ground black pepper

For the pesto pasta:

- 250g dried pasta (penne or fusilli works well)
- 200g fresh basil pesto (store-bought or homemade*)
- 100ml double cream
- 30g grated Parmesan cheese
- 2 tablespoons olive oil (30ml)
- 1 tablespoon lemon juice (15ml)
- 1 teaspoon dried oregano
- ¼ teaspoon salt
- ¼ teaspoon freshly ground black pepper

** If making homemade pesto, blend fresh basil leaves, pine nuts, Parmesan cheese, garlic, olive oil, and a squeeze of lemon juice together. Adjust salt and pepper to taste.*

Instructions:

1. Air-Fry the Broccoli

Preheat your air fryer to 200°C (fan-assisted) or 220°C (non-fan) for 3 minutes.

Toss the broccoli florets with 1 tablespoon olive oil, garlic powder, smoked paprika, salt, and black pepper in a large bowl until evenly coated.

Place the seasoned broccoli in the air fryer basket. Ensure there's space between the florets for air circulation—don't overcrowd the basket.

Air fry for 10-12 minutes, shaking the basket halfway through for even cooking. The broccoli should be crisp-tender and lightly browned at the edges.

2. Cook the Pasta

While the broccoli is cooking, bring a large pot of salted water to a boil. Add the 250g pasta and cook according to the package instructions until al dente (usually 8-10 minutes).

Once cooked, drain the pasta, reserving about 50ml of pasta water for later use.

3. Prepare the Creamy Pesto Sauce

In a large pan or bowl, combine the basil pesto, double cream, Parmesan cheese, 2 tablespoons olive oil, lemon juice, oregano, salt, and black pepper.

Mix well to create a creamy pesto sauce. If the sauce is too thick, gradually add some of the reserved pasta water until you reach your desired consistency.

4. Combine the Pasta and Sauce

Add the cooked pasta to the pesto sauce. Stir to coat the pasta thoroughly in the creamy pesto.

Transfer the pesto pasta to a serving bowl and top with the air-fried broccoli.

Variations for Dietary Restrictions:

- **Gluten-Free:** Use gluten-free pasta in place of regular pasta.
- **Low-Carb:** Substitute the pasta with spiralised zucchini or shirataki noodles for a low-carb alternative.
- **Vegan:** Use a dairy-free pesto (available in most UK supermarkets) and replace the cream and Parmesan with coconut cream and nutritional yeast for a vegan-friendly version.

Accompanying Sides:

- **Garlic Bread:** Make air-fried garlic bread using thick slices of sourdough, olive oil, garlic, and parsley. Air fry at 180°C for 5-7 minutes until golden.
- **Mixed Greens Salad:** A simple side salad of leafy greens, cherry tomatoes, and a lemon vinaigrette pairs beautifully with this dish.
- **Air-Fried Sweet Potato Wedges:** For a hearty side, toss sweet potato wedges in olive oil, salt, pepper, and rosemary, and air fry at 200°C for 15-18 minutes.

Nutritional Information (per serving):

- Calories: 430 kcal
- Fat: 25g
- Saturated Fat: 5g
- Carbohydrates: 39g
- Fibre: 3g
- Sugar: 3g
- Protein: 9g
- Sodium: 400mg

This **Creamy Pesto Pasta with Air-Fried Broccoli** is the perfect balance of flavour and nutrition, making it ideal for quick family meals. It's packed with vibrant green veggies, rich, creamy pesto sauce, and a satisfying pasta base — all made with minimal oil and in less than 30 minutes. Using the air fryer for the broccoli adds a delightful crispness that contrasts beautifully with the creamy pasta. This recipe is perfect for busy weeknights or weekend meals, and its versatility means it can easily be adjusted to suit dietary needs. Enjoy!

Egg Fried Rice (Takeaway Style)



Yield: 2 Servings

Prep Time: 10 minutes | Cook Time: 15 minutes | Total Time: 25 minutes

Ingredients:

- 200g cooked rice (preferably day-old for best texture)
- 2 large eggs
- 1 tablespoon vegetable oil (or spray oil)
- 1 medium onion, finely chopped (about 80g)
- 1/2 medium carrot, finely diced (about 50g)
- 2 cloves garlic, minced
- 1 tablespoon soy sauce (or tamari for gluten-free)
- 1 teaspoon sesame oil
- 1/2 teaspoon ground black pepper
- 1/2 teaspoon ground white pepper (optional)
- 2 tablespoons frozen peas (or fresh if available)
- 1 spring onion (scallion), chopped for garnish

Instructions:

1. Prep the Rice:

If using leftover rice, ensure it's separated into grains. Freshly cooked rice can also work, but it must be cooled to room temperature to prevent clumping when air frying.

2. Prepare the Vegetables:

Finely chop the onion, carrot, and garlic. Set aside. If using frozen peas, ensure they're thawed.

3. Scramble the Eggs:

Preheat your air fryer to 180°C. In a small bowl, whisk the eggs with a pinch of salt and pepper. Lightly grease a small baking pan or use a silicone air fryer rack. Pour the beaten eggs into the pan and place it in the air fryer basket. Cook for 3–4 minutes until scrambled and set, stirring halfway through.

4. **Sauté the Veggies:**

While the eggs are cooking, heat a small frying pan over medium heat with 1 tablespoon of vegetable oil. Add the chopped onion, carrot, and garlic, sautéing for 3–4 minutes until softened. If you prefer to air fry the veggies, place them in the air fryer basket at 180°C for 5 minutes, stirring halfway.

5. **Combine Rice and Veggies:**

Once the eggs are scrambled and the vegetables are softened, transfer the veggies into the air fryer basket with the rice. Add the cooked rice, soy sauce, sesame oil, black and white pepper. Stir to combine all ingredients well.

6. **Air Fry the Rice:**

Spread the rice mixture evenly in the air fryer basket, ensuring it's not overcrowded. If needed, cook in batches. Air fry at 180°C for 8-10 minutes, shaking the basket or stirring halfway through. The rice should be slightly crispy around the edges, with the soy sauce caramelized and the flavours blended.

7. **Finish the Dish:**

Once the rice is cooked, remove it from the air fryer and add the scrambled eggs and peas. Stir everything together. Garnish with chopped spring onion and serve immediately.

Variations:

- **Gluten-Free:** Use tamari or coconut aminos instead of soy sauce to make the recipe gluten-free.
- **Low-Carb:** Substitute rice with cauliflower rice. The cooking time might need slight adjustment for the cauliflower rice, aiming for a light, crisp texture.
- **Vegan:** Skip the eggs and replace with scrambled tofu or a vegan egg alternative for a plant-based version.
- **Extra Protein:** Add cooked chicken, shrimp, or tofu to make it more filling. Air-fry the added protein at 180°C for 5–7 minutes before mixing it into the rice.

Accompanying Sauces or Sides:

- **Sweet Chilli Sauce:** A simple, tangy addition for an extra kick. Air fry the chillies and garlic to make a homemade version.
- **Air-Fried Crispy Spring Rolls:** A perfect side for this dish — simply air fry your favourite spring rolls at 180°C for 8-10 minutes.

Nutritional Information (per serving):

- Calories: 320 kcal
- Protein: 9g
- Carbohydrates: 42g
- Fibre: 2g
- Sugars: 3g
- Fat: 14g
- Saturated Fat: 2g
- Sodium: 600mg

This **Egg Fried Rice** is a fantastic quick meal that's not only healthy and light on oil, but also bursting with flavour. Thanks to the air fryer, cooking time is cut in half, and you don't have to worry about excess fat. Perfect for busy weeknights or as a healthier takeaway alternative!

Spicy Quinoa & Black Bean Burrito Bowl



Yield: 4 servings

Prep Time: 10 minutes | Cook Time: 15 minutes | Total Time: 25 minutes

Ingredients:

- Quinoa: 200g
- Water: 400ml
- Black beans (canned or cooked): 240g (drained and rinsed)
- Sweetcorn (canned or frozen): 150g
- Red bell pepper: 1, chopped (about 150g)
- Red onion: 1, chopped (about 100g)
- Cherry tomatoes: 150g, halved
- Avocado: 1, sliced
- Lime: 1, cut into wedges
- Coriander (cilantro): A handful, chopped
- Olive oil: 1 tablespoon (for spraying or brushing)
- Spices & Seasoning:
 - Chili powder: 1 teaspoon
 - Ground cumin: 1 teaspoon
 - Smoked paprika: 1 teaspoon
 - Garlic powder: ½ teaspoon
 - Ground black pepper: ¼ teaspoon
 - Salt: ½ teaspoon (adjust to taste)

Instructions:

1. Cook the Quinoa:

Rinse the quinoa under cold water to remove any bitterness.

In a medium pot, bring 400ml of water to a boil.

Add the quinoa, reduce heat to low, cover, and simmer for about 12 minutes, or until the water is absorbed and the quinoa is tender. Set aside to fluff with a fork.

2. Prepare the Vegetables:

Preheat the air fryer to 200°C (180°C fan-assisted) for 3 minutes.

In a mixing bowl, combine the chopped red onion, red bell pepper, and cherry tomatoes. Lightly spray or toss the vegetables with 1 tablespoon of olive oil, then season with chili powder, cumin, smoked paprika, garlic powder, black pepper, and salt. Toss to coat evenly.

3. **Air Fry the Vegetables:**

Place the seasoned vegetables in the air fryer basket, ensuring they are spread out in a single layer to allow air circulation.

Air fry at 200°C for 8-10 minutes, shaking the basket halfway through cooking, until the vegetables are slightly charred and tender.

4. **Prepare the Beans and Sweetcorn:**

While the vegetables cook, in a small bowl, combine the black beans and sweetcorn. You can warm them in the microwave for 1–2 minutes if desired, or set them aside to be added cold.

5. **Assemble the Burrito Bowl:**

Divide the cooked quinoa between four bowls.

Top each bowl with an equal portion of the roasted vegetables, black beans, and sweetcorn.

Add a few slices of fresh avocado to each bowl.

Garnish with fresh coriander and a wedge of lime for squeezing.

Variations:

- **Gluten-Free:** This recipe is naturally gluten-free.
- **Vegan:** Ensure that the black beans are vegan-friendly (some canned beans may contain animal products).
- **Low-Carb:** Substitute the quinoa with cauliflower rice or another low-carb grain alternative.
- **Extra Protein:** Add grilled chicken or tofu for an additional protein boost.

Additional Air Fryer Sides or Sauces:

- **Air Fryer Crispy Tortilla Chips:** Serve alongside this bowl for a crunchy texture, made by cutting tortillas into triangles and air frying with a light spray of olive oil at 180°C for 5-7 minutes.
- **Air-Fried Guacamole:** Slice an avocado, air fry at 180°C for 3-4 minutes, and mash with lime and seasoning for a warm twist on the classic dip.

Nutritional Information (per serving):

- Calories: 310 kcal
- Protein: 8g
- Carbohydrates: 50g
- Fat: 9g
- Saturated Fat: 1g
- Fibre: 10g
- Sugar: 6g
- Salt: 0.6g

This **Spicy Quinoa & Black Bean Burrito Bowl** is perfect for a quick, healthy, and satisfying meal. The air fryer helps speed up cooking while keeping the vegetables tender yet crisp, without the need for excess oil. Enjoy this recipe as part of your healthy eating habits, knowing it's packed with flavour and nutrition, and easy enough to prepare even on the busiest of days!

Roasted Veg & Feta Orzo Salad



Yield: 4 servings

Prep Time: 10 minutes | Cook Time: 20 minutes | Total Time: 30 minutes

Ingredients:

- 200g orzo pasta
- 1 medium zucchini (courgette), sliced into rounds
- 1 red bell pepper, chopped
- 1 medium red onion, chopped
- 150g cherry tomatoes, halved
- 100g feta cheese, crumbled
- 2 tbsp olive oil
- 1 tsp dried oregano
- 1 tsp garlic powder
- Salt and pepper, to taste
- Fresh basil or parsley for garnish (optional)

For the Dressing:

- 2 tbsp olive oil
- 1 tbsp balsamic vinegar
- 1 tsp Dijon mustard
- 1 tsp honey (optional for sweetness)
- Salt and pepper, to taste

Instructions:

- 1. Preheat the air fryer:**
Set your air fryer to 200°C (fan-assisted) and let it heat up for 3-5 minutes.
- 2. Prepare the vegetables:**

In a large mixing bowl, combine the zucchini, red bell pepper, red onion, and cherry tomatoes. Drizzle with 1 tablespoon of olive oil, and sprinkle with oregano, garlic powder, salt, and pepper. Toss everything together to evenly coat the vegetables.

3. **Cook the vegetables:**

Transfer the seasoned vegetables into the air fryer basket. Make sure not to overcrowd the basket; if necessary, cook in batches. Air fry at 200°C for 12-15 minutes, shaking the basket halfway through, until the vegetables are tender and lightly charred.

4. **Cook the orzo:**

While the vegetables are cooking, bring a large pot of salted water to a boil. Add the orzo and cook according to package instructions (usually 8-10 minutes). Drain and set aside.

5. **Assemble the salad:**

In a large bowl, combine the cooked orzo, roasted vegetables, and crumbled feta cheese. Drizzle with the remaining tablespoon of olive oil and toss gently to combine.

6. **Prepare the dressing:**

In a small bowl, whisk together the balsamic vinegar, Dijon mustard, honey (if using), and olive oil. Season with salt and pepper to taste.

7. **Serve:**

Pour the dressing over the salad and toss again. Garnish with fresh basil or parsley if desired. Serve warm or chilled.

Variations & Substitutions:

- **Gluten-Free:** Use gluten-free orzo or substitute with another gluten-free pasta like rice or quinoa.
- **Low-Carb:** Replace orzo with cauliflower rice or another low-carb grain substitute.
- **Vegan:** Omit the feta cheese and use a plant-based cheese alternative, or skip cheese altogether for a lighter option.

Accompanying Sauces or Sides:

- **Air Fried Crispy Chickpeas:** Toss canned chickpeas with olive oil, salt, and your favourite spices, and air fry at 200°C for 15-20 minutes. Serve as a crunchy snack or salad topping.
- **Air Fryer Garlic Bread:** Slice a baguette, spread with garlic butter, and air fry at 180°C for 5-7 minutes until crispy and golden.

Nutritional Information (per serving):

- Calories: 350 kcal
- Protein: 12g
- Carbs: 39g
- Fat: 18g
- Fibre: 6g
- Sugar: 6g
- Sodium: 400mg

This **Roasted Veg & Feta Orzo Salad** combines the ease and speed of the air fryer with fresh, vibrant vegetables and the satisfying bite of orzo. It's a quick, healthy, and tasty option for a light meal or a vibrant side dish to complement your favourite protein.

Wild Rice Pilaf with Toasted Almonds



Yield: 4 servings

Prep Time: 10 minutes | Cook Time: 20 minutes | Total Time: 30 minutes

Ingredients:

- Wild rice – 200g
- Vegetable broth (or water) – 500ml
- Almonds (sliced) – 30g
- Olive oil – 1 tablespoon (15ml)
- Onion (diced) – 1 medium (about 100g)
- Garlic (minced) – 2 cloves (about 6g)
- Carrot (grated) – 1 small (about 50g)
- Frozen peas – 80g
- Dried cranberries – 40g (optional)
- Salt – ½ teaspoon (3g)
- Black pepper – ¼ teaspoon (1g)
- Fresh parsley (chopped) – 1 tablespoon (optional, for garnish)

Instructions:

1. Prepare the rice:

In a medium bowl, rinse the wild rice under cold water to remove any excess starch. Drain well.

2. Preheat the air fryer:

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

3. Toast the almonds:

Spread the sliced almonds evenly in the air fryer basket. Air fry for about 3-4 minutes at 180°C, shaking the basket halfway through, until they are golden and fragrant. Remove and set aside.

4. Sauté the vegetables:

In a small, oven-safe dish or baking pan that fits into your air fryer, combine the diced onion, minced garlic, and grated carrot. Drizzle with 1 tablespoon of olive oil, and season with salt and black pepper. Air fry for 5 minutes at 180°C, stirring halfway through, until the vegetables are softened.

5. **Cook the rice:**

Add the rinsed wild rice to the vegetable mixture in the air fryer dish. Pour over the vegetable broth (or water). Stir to combine. Cover the dish with foil (or use a compatible air fryer lid) to prevent the liquid from evaporating.

6. **Air fry the rice:**

Place the covered dish in the air fryer basket and cook at 180°C for 15-18 minutes, or until the rice is tender and the liquid has been absorbed. Stir halfway through the cooking time.

7. **Finish the pilaf:**

Once the rice is cooked, remove the foil. Stir in the toasted almonds, frozen peas, and optional dried cranberries. Air fry for an additional 2 minutes at 180°C, just to heat through.

8. **Garnish and serve:**

Once ready, sprinkle with freshly chopped parsley (optional) and serve warm.

Variations:

- **Gluten-free:** This recipe is naturally gluten-free as wild rice is a great gluten-free grain. Ensure your vegetable broth is also gluten-free.
- **Vegan:** The recipe is already vegan, but you can make it even richer by adding a tablespoon of nutritional yeast for a cheesy flavour or a drizzle of lemon juice for extra zing.
- **Low-carb:** Replace wild rice with cauliflower rice for a low-carb option. You may need to adjust the cooking time slightly, as cauliflower rice cooks faster than wild rice.

Accompaniments and Sides:

- **Air fryer roasted vegetables** (e.g., carrots, Brussels sprouts, or sweet potatoes) are a great complement to this pilaf.
- **Air fryer chickpea salad** can add some protein and freshness to balance out the meal.

Nutritional Information (per serving):

- Calories: 200 kcal
- Protein: 5g
- Fat: 8g
- Saturated Fat: 1g
- Carbohydrates: 31g
- Fibre: 5g
- Sugars: 6g
- Sodium: 250mg

This **Wild Rice Pilaf with Toasted Almonds** makes a perfect, healthy side dish or even a main for a lighter meal. With minimal oil and full of nutritious ingredients, it's an ideal choice for busy

households wanting to eat well without spending too much time in the kitchen. And, as it cooks in the air fryer, it's faster and uses less energy than traditional cooking methods. Enjoy!



CHAPTER 6: FISH AND SEAFOOD

Classic British Fish Fingers (From Scratch)



Yield: 4 servings (approx. 12 fish fingers)

Prep Time: 10 minutes | Cook Time: 12-15 minutes | Total Time: 22-25 minutes

Ingredients:

- 500g white fish fillets (such as cod or haddock)
- 1 large egg
- 60g plain flour (or gluten-free flour for a gluten-free version)
- 100g wholemeal breadcrumbs (or gluten-free breadcrumbs for a gluten-free version)
- 1 tablespoon dried parsley
- 1 teaspoon garlic powder
- 1 teaspoon onion powder
- Salt and pepper, to taste
- 1 tablespoon olive oil (or spray oil)

Instructions:

1. Prepare the Fish:

Cut the fish fillets into finger-sized strips (approximately 4–5 cm in length).

Pat the fish dry with kitchen paper to remove excess moisture.

2. Set Up the Breeding Station:

In a shallow bowl, beat the egg with a pinch of salt and pepper.

In a second shallow bowl, combine the flour, garlic powder, onion powder, dried parsley, salt, and pepper.

In a third shallow bowl, place the breadcrumbs.

3. Coat the Fish Fingers:

Dip each fish strip first into the flour mixture, coating it evenly.

Then dip it into the beaten egg, followed by a coating of breadcrumbs. Press gently to ensure the breadcrumbs stick.

4. Preheat the Air Fryer:

Preheat your air fryer to 200°C for 3–5 minutes.

5. **Air Fry the Fish Fingers:**

Lightly spray the air fryer basket with oil or use a brush to coat it with olive oil.

Place the fish fingers in the air fryer basket in a single layer. Make sure they are not overcrowded to allow for even crisping.

Air fry the fish fingers at 200°C for 12–15 minutes, flipping halfway through the cooking time for an even golden colour.

6. **Serve:**

Once the fish fingers are golden brown and crispy, remove them from the air fryer and serve immediately.

Variations and Dietary Alternatives:

- **Gluten-Free:** Use gluten-free flour and gluten-free breadcrumbs for the coating.
- **Low-Carb:** Replace the breadcrumbs with almond flour or crushed pork rinds for a low-carb option.
- **Vegan Alternative:** Use plant-based fish fillets (like those made from soy or jackfruit), and replace the egg with a flaxseed egg (1 tablespoon ground flaxseeds mixed with 3 tablespoons water).

Suggested Sides and Sauces:

- **Air-Fried Chips:** Slice potatoes into thin strips, toss with a little olive oil, and air fry for 15–20 minutes at 200°C for a healthier alternative to fried chips.
- **Air-Fried Veggies:** Carrot sticks, sweet potato fries, or zucchini fries make great sides, all of which can be prepared in the air fryer.
- **Tartar Sauce:** Mix 3 tablespoons of Greek yogurt with 1 teaspoon of Dijon mustard, a squeeze of lemon, and a small pinch of capers for a quick, healthy tartar sauce.
- **Peas or Mushy Peas:** Air fry frozen peas for a quick, easy side, or prepare classic mushy peas using a small amount of olive oil and salt.

Nutritional Information (per serving):

- Calories: 270 kcal
- Protein: 32g
- Carbohydrates: 20g
- Fat: 8g
- Saturated Fat: 1g
- Fibre: 3g
- Sugar: 1g

These values are approximate and based on using white fish fillets, wholemeal breadcrumbs, and olive oil.

This recipe is a healthy twist on a British classic, cooked quickly and with less oil using the air fryer. It's a great option for busy households who want to enjoy a lighter, more nutritious meal without compromising on taste or texture.

Crispy Salmon Fillets with Dill Yogurt Sauce



Yield: 2 servings

Prep Time: 10 minutes | Cook Time: 10 minutes | Total Time: 20 minutes

Ingredients

For the Salmon

- 2 boneless salmon fillets (skin-on, approx. 150 g each)
- 1 tbsp olive oil (15 ml)
- ½ tsp sea salt
- ¼ tsp black pepper
- ½ tsp garlic granules
- ½ tsp smoked paprika
- Zest of ½ lemon

For the Dill Yogurt Sauce

- 100 g Greek yogurt (low-fat if preferred)
- 1 tbsp fresh dill, finely chopped
- 1 tbsp lemon juice (15 ml)
- 1 tsp olive oil (5 ml)
- ¼ tsp sea salt
- ¼ tsp black pepper
- ½ tsp Dijon mustard (optional)

Instructions

1. **Preheat the air fryer** to 200°C for 3 minutes.
2. **Prepare the salmon:**
Pat the salmon fillets dry with kitchen paper. In a small bowl, mix olive oil, salt, pepper, garlic granules, smoked paprika, and lemon zest. Rub this mixture evenly over the flesh side of each fillet.

3. **Place the fillets** in the air fryer basket skin-side down. Ensure they're not touching — do not overcrowd the basket. Use a rack or perforated baking sheet accessory if needed to increase air circulation.
4. **Air fry** at 200°C for 9–10 minutes, depending on thickness. The salmon is done when the internal temperature reaches 63°C and flakes easily with a fork.
5. While the salmon cooks, **prepare the dill yogurt sauce**. In a small bowl, combine Greek yogurt, chopped dill, lemon juice, olive oil, salt, pepper, and mustard (if using). Stir until smooth and chill until serving.
6. **Remove the salmon** from the air fryer and let it rest for 2 minutes. Serve immediately with a generous spoonful of dill yogurt sauce on top or on the side.

Variations

- **Gluten-Free:** This recipe is naturally gluten-free.
- **Low-Carb/Keto-Friendly:** Use full-fat Greek yogurt and serve with roasted cauliflower or air-fried courgette chips.
- **Dairy-Free:** Replace Greek yogurt with a plant-based yogurt alternative (unsweetened coconut or oat) and adjust seasoning to taste.
- **Vegan Alternative:** Replace salmon with thick aubergine slices or firm tofu, marinated in the same spice mixture, and air fry for 10–12 minutes.

Serving Suggestions (Air Fryer Sides)

- **Air-Fried Baby Potatoes:** Toss halved baby potatoes in olive oil, rosemary, and salt; air fry at 200°C for 15 minutes.
- **Crispy Asparagus:** Lightly oil trimmed asparagus, sprinkle with sea salt, and air fry at 190°C for 6–7 minutes.
- **Air-Fried Broccoli Florets:** Coat with a little olive oil and garlic powder, cook at 200°C for 8 minutes.

Nutritional Information (per serving)

(based on salmon with yogurt sauce only)

- Calories: 310 kcal
- Protein: 33 g
- Fat: 18 g
- Saturated Fat: 4 g
- Carbohydrates: 3 g
- Sugars: 1.5 g
- Fibre: 0.5 g
- Salt: 1.1 g

Spicy Prawns with Garlic & Lime



Yield: 2 servings

Prep Time: 10 minutes | Cook Time: 8 minutes | Total Time: 18 minutes

Ingredients

- 250 g raw king prawns, peeled and deveined
- 1 tbsp olive oil
- 1 garlic clove, minced
- 1 tsp smoked paprika
- ½ tsp ground cumin
- ¼ tsp cayenne pepper (adjust to taste)
- Zest of 1 lime
- Juice of ½ lime
- ½ tsp sea salt
- ¼ tsp freshly ground black pepper
- 1 tbsp fresh coriander, chopped (to serve)
- Lime wedges (to serve)

Instructions

1. **Preheat the air fryer** to 200°C for 2–3 minutes.
2. In a medium mixing bowl, **combine** olive oil, minced garlic, smoked paprika, cumin, cayenne pepper, lime zest, lime juice, salt, and black pepper.
3. **Add the prawns** to the bowl and toss well to coat evenly. Let marinate for 5 minutes while the air fryer heats up.
4. **Place prawns** in a single layer in the air fryer basket. Avoid overlapping to ensure even cooking. Use a rack insert if you have a dual-layer accessory to cook in batches without overcrowding.
5. **Air fry** at 200°C for 8 minutes, shaking the basket or flipping the prawns halfway through to ensure even crisping.
6. **Remove and serve** immediately, garnished with chopped fresh coriander and lime wedges.

Dietary Variations

- **Gluten-Free:** This recipe is naturally gluten-free. Double-check that your spices are certified gluten-free.
- **Low-Carb/Keto:** Already low in carbs, ideal for keto. Serve with an avocado salad or cauliflower rice.
- **Vegan Alternative:** Replace prawns with firm tofu (pressed and cubed, 250 g). Increase cooking time to 10–12 minutes, flipping halfway through.

Suggested Air Fryer Sides

- **Crispy Air-Fried Sweet Potato Wedges** (Season with smoked paprika and garlic powder)
- **Garlic Green Beans** (Toss in olive oil and air fry for 6–8 mins at 180°C)
- **Mini Corn on the Cob** (Brush with lime-chilli butter and cook for 10 mins at 190°C)

Nutritional Information (per serving)

- Calories: 170 kcal
- Protein: 24 g
- Fat: 7 g
- Saturated Fat: 1 g
- Carbohydrates: 2 g
- Fibre: 0.5 g
- Sugars: 0.5 g
- Salt: 1.2 g

Cod Bites with Tartar Dip



Yield: 4 servings

Prep Time: 15 minutes | Cook Time: 10 minutes | Total Time: 25 minutes

Ingredients

For the Cod Bites:

- 500g cod fillets, skinless and boneless, cut into bite-sized pieces
- 60g plain flour
- 2 medium eggs, beaten
- 80g panko breadcrumbs
- ½ tsp garlic powder
- ½ tsp paprika
- ¼ tsp ground black pepper
- ½ tsp sea salt
- 1 tbsp olive oil (for misting or brushing)
- Lemon wedges, to serve

For the Tartar Dip:

- 4 tbsp light mayonnaise
- 1 tbsp gherkins, finely chopped
- 1 tsp capers, chopped
- 1 tsp fresh lemon juice
- ½ tsp Dijon mustard
- 1 tbsp fresh parsley, finely chopped
- Pinch of black pepper

Instructions

1. Prep the Breading Station:

Arrange three shallow bowls. Place the flour in the first, beaten eggs in the second, and panko mixed with garlic powder, paprika, salt, and pepper in the third.

2. Coat the Cod:

Pat the cod pieces dry with kitchen paper. Dredge each piece in flour, dip in egg, then coat with the seasoned panko breadcrumbs. Press gently to help the crumbs stick.

3. Preheat the Air Fryer:

Preheat the air fryer to 200°C for 3 minutes.

4. Arrange and Cook:

Lightly mist or brush the air fryer basket with olive oil. Place the breaded cod pieces in a single layer, leaving space between each. Air fry at 200°C for 10 minutes, flipping halfway through for even crisping.

5. Prepare the Tartar Dip:

While the cod cooks, mix all dip ingredients in a small bowl until well combined. Chill until ready to serve.

6. Serve:

Plate the crispy cod bites with lemon wedges and a generous spoon of tartar dip. Serve immediately for best texture.

Variations

- **Gluten-Free:** Use gluten-free plain flour and gluten-free panko breadcrumbs.
- **Low-Carb:** Replace panko with crushed pork rinds or almond meal.
- **Dairy-Free:** This recipe is naturally dairy-free. Just ensure the mayonnaise is a dairy-free brand.
- **Vegan Alternative:** Substitute cod with firm tofu or cauliflower florets. Replace eggs with a mixture of 2 tbsp plant-based milk and 1 tbsp cornflour.

Suggested Sides (Air Fryer Friendly)

- **Air-Fried Sweet Potato Wedges:** Toss 400g sweet potatoes in 1 tbsp olive oil, salt, and rosemary. Air fry at 190°C for 15–18 minutes.
- **Crispy Green Beans:** Coat 200g trimmed green beans with olive oil and garlic powder. Air fry at 190°C for 8–10 minutes.

Nutritional Information (Per Serving)

Values are approximate and may vary based on specific brands or substitutions

- Energy: 285 kcal
- Protein: 29g
- Carbohydrates: 14g
- Sugars: 1.2g
- Fat: 13g
- Saturated Fat: 2g
- Fibre: 1g
- Salt: 0.9g

Scampi with Air-Fried Chips



Yield: 2 servings

Prep Time: 10 minutes | Cook Time: 18 minutes | Total Time: 28 minutes

Ingredients

For the chips:

- 300 g Maris Piper potatoes, peeled and cut into thick chips
- 1 tbsp olive oil
- ½ tsp sea salt
- ¼ tsp black pepper

For the scampi:

- 200 g raw peeled prawns (large king prawns work best)
- 1 medium egg, beaten
- 30 g plain flour (*use gluten-free if needed*)
- 60 g panko breadcrumbs (*or crushed cornflakes for gluten-free option*)
- ½ tsp garlic powder
- ½ tsp smoked paprika
- Zest of ½ lemon
- 1 tbsp fresh parsley, finely chopped
- Spray olive oil or low-calorie cooking spray

Instructions

1. **Preheat your air fryer** to 200°C for 3 minutes.
2. **Prepare the chips:**
Toss the potato chips in olive oil, salt and pepper.
Place them in the air fryer basket in a single layer.
Cook at 200°C for 15–18 minutes, shaking halfway through. Remove and keep warm.
3. **Prepare the scampi:**

Pat the prawns dry with kitchen paper.

Set up three bowls: one with flour, one with the beaten egg, and one with breadcrumbs mixed with garlic powder, paprika, lemon zest and parsley.

Dip each prawn first in flour, then egg, then breadcrumbs.

Spray lightly with oil for a golden crisp finish.

4. **Air fry the scampi:**

Place the coated prawns in the air fryer basket or on a rack accessory, spaced apart.

Cook at 190°C for 7–8 minutes, flipping halfway through until golden and cooked through.

Dietary Variations

- **Gluten-Free:** Use gluten-free flour and breadcrumbs or crushed cornflakes.
- **Low-Carb:** Swap breadcrumbs for ground almonds or crushed pork rinds.
- **Vegan Alternative:** Use marinated tofu cubes or oyster mushrooms, dip in plant-based milk and coat in seasoned breadcrumbs.

Serving Suggestions

- Serve with a wedge of lemon and a homemade tartar sauce (mix light mayo, chopped gherkins, capers and lemon juice) or a fresh side salad.
- Pair with air-fried peas tossed with a touch of mint butter or lightly seasoned air-fried courgette chips.

Nutritional Information (per serving)

- Energy: 420 kcal
- Protein: 28 g
- Carbohydrates: 38 g
- Fat: 18 g
- Fibre: 4 g
- Sugar: 2 g
- Salt: 1.2 g

Teriyaki Glazed Mackerel Bites



Yield: 2 servings

Prep Time: 10 minutes | Cook Time: 8 minutes | Total Time: 18 minutes

Ingredients

- 2 boneless mackerel fillets (skin on), approx. 250 g total
- 1 tbsp light soy sauce
- 1 tbsp mirin
- 1 tbsp honey
- 1 tsp rice vinegar
- ½ tsp sesame oil
- 1 garlic clove, finely grated
- ½ tsp fresh ginger, finely grated
- 1 tsp cornflour (cornstarch)
- 1 tbsp cold water
- 1 tsp toasted sesame seeds (for garnish)
- 1 spring onion, finely sliced (for garnish)
- Cooking spray or 1 tsp vegetable oil (optional, for air fryer basket)

Instructions

1. Prepare the glaze:

In a small saucepan, combine the soy sauce, mirin, honey, rice vinegar, sesame oil, garlic, and ginger. Bring to a gentle simmer over low heat, stirring regularly.

2. Thicken the sauce:

Mix cornflour with cold water in a small bowl, then stir into the saucepan. Simmer for 1–2 minutes until thickened and glossy. Remove from heat and set aside.

3. Cut the mackerel:

Slice the fillets into bite-sized pieces (approx. 3–4 cm). Pat dry with kitchen paper to help them crisp up.

4. Preheat the air fryer:

Set your air fryer to 200°C and allow it to preheat for 3 minutes.

5. **Prepare the basket:**

Lightly spray the basket or use a piece of perforated baking parchment to prevent sticking. Place the mackerel pieces in a single layer, skin-side down, without overcrowding. If needed, use a second rack insert for a double layer, ensuring airflow between pieces.

6. **Air fry:**

Cook at 200°C for 6–8 minutes, depending on thickness, until the edges are golden and the fish flakes easily.

7. **Glaze and finish:**

Transfer hot mackerel bites to a bowl and gently toss with the warm teriyaki glaze. Garnish with sesame seeds and sliced spring onion.

Variations

- **Gluten-free:** Use tamari instead of soy sauce and ensure your mirin is gluten-free.
- **Low-carb:** Replace honey with a low-carb sweetener like stevia or erythritol syrup.
- **Vegan version:** Substitute mackerel with firm tofu (pressed, cubed) and air fry for 12 minutes. Use maple syrup instead of honey.

Suggested Sides (Air Fryer Friendly)

- **Crispy Edamame Pods:** Toss with sea salt and olive oil, air fry at 190°C for 8 minutes.
- **Garlic Broccoli Florets:** Drizzle with lemon and air fry at 180°C for 6–7 minutes.
- **Sticky Rice Cakes:** Shape leftover rice into discs, brush with oil, and air fry at 200°C for 10 minutes until golden.

Nutritional Information (Per Serving)

Based on 2 servings, using standard ingredients (not variations):

- Energy: 268 kcal
- Fat: 13.5 g
- Saturated Fat: 3.1 g
- Carbohydrates: 11.8 g
- Sugars: 8.4 g
- Protein: 22.6 g
- Fibre: 0.6 g
- Salt: 1.4 g

Haddock Fish Cakes with Pea Purée



Yield: 4

Prep Time: 20 minutes | Cook Time: 15 minutes | Total Time: 35 minutes

Ingredients

For the Haddock Fish Cakes:

- 300g skinless haddock fillets
- 200g floury potatoes (e.g. Maris Piper), peeled and chopped
- 1 tbsp fresh parsley, finely chopped
- 1 spring onion, finely sliced
- 1 tsp lemon zest
- ½ tsp Dijon mustard
- 1 medium egg, beaten
- 30g panko breadcrumbs
- 1 tbsp olive oil (for brushing)
- Salt and black pepper, to taste

For the Pea Purée:

- 200g frozen garden peas
- 1 tsp olive oil
- 1 tbsp fresh mint leaves
- 1 tbsp lemon juice
- Salt and black pepper, to taste

Instructions

1. Prepare the Fish and Potatoes

Place the chopped potatoes in a saucepan, cover with cold water, add a pinch of salt, and bring to a boil. Simmer for 10–12 minutes until soft. Drain and mash.

Meanwhile, steam or poach the haddock for 5–6 minutes until cooked through. Flake into large chunks.

2. **Make the Fish Cake Mixture**

In a large bowl, combine the mashed potatoes, flaked haddock, parsley, spring onion, lemon zest, mustard, and half the beaten egg.

Season with salt and pepper. Mix gently until just combined — avoid overmixing to keep the fish tender.

Shape into 8 equal patties. Place on a tray and refrigerate for 10–15 minutes to firm up.

3. **Bread and Air Fry**

Preheat the air fryer to 190°C.

Brush each fish cake lightly with the remaining egg, then coat with panko breadcrumbs.

Lightly brush with olive oil.

Place the cakes in the air fryer basket in a single layer (cook in batches if needed).

Air fry at 190°C for 10–12 minutes, flipping halfway, until golden and crisp.

4. **Make the Pea Purée**

While the fish cakes cook, place the peas in a small heatproof dish. Add a splash of water and cover with foil.

Air fry at 180°C for 6–7 minutes until tender.

Transfer to a blender or use a stick blender with the olive oil, mint, lemon juice, salt, and pepper. Blend until smooth.

Variations

- **Gluten-Free:** Use gluten-free panko or crushed rice cakes instead of breadcrumbs.
- **Low-Carb:** Swap potatoes for mashed cauliflower and omit the breadcrumbs or use crushed almonds.
- **Vegan:** Replace haddock with mashed chickpeas or tofu and use plant-based milk and egg replacer for binding.

Serving Suggestions

- Serve with air-fried sweet potato wedges, roasted cherry tomatoes, or a crisp cucumber salad. Add a dollop of tartar sauce, lemon yoghurt dip, or homemade garlic aioli — all easily whipped up while the fish cakes are cooking.

Nutritional Information (per serving)

- Energy: 286 kcal
- Protein: 19g
- Fat: 10g
- Saturates: 1.8g
- Carbohydrates: 27g
- Sugars: 3g
- Fibre: 4g
- Salt: 0.8g

Tuna & Sweetcorn Melts



Yield: 2 servings

Prep Time: 5 minutes | Cook Time: 7 minutes | Total Time: 12 minutes

Ingredients

- 2 slices wholemeal bread (approx. 70g total)
- 1 tin tuna in spring water (drained, 145g drained weight)
- 80g sweetcorn (tinned or frozen, drained if tinned)
- 50g reduced-fat mature cheddar cheese, grated
- 2 tbsp light mayonnaise (30ml)
- ½ tsp Dijon mustard
- ½ tsp lemon juice
- ¼ tsp sea salt
- ¼ tsp ground black pepper
- A pinch of smoked paprika (optional, for topping)
- Olive oil spray (optional, for extra crispness)

Instructions

- 1. Preheat your air fryer** to 180°C for 2–3 minutes.
- 2. Prepare the filling:**
In a bowl, combine the drained tuna, sweetcorn, mayonnaise, mustard, lemon juice, salt, and pepper. Mix thoroughly until creamy and well combined.
- 3. Assemble the melts:**
Place the slices of bread on a flat surface or air fryer baking tray.
Evenly divide the tuna mixture between the two slices.
Sprinkle grated cheddar cheese on top and a light dusting of smoked paprika, if using.
- 4. Cook in the air fryer:**
Place the melts directly on the air fryer grill rack or a flat perforated tray (avoid stacking or overcrowding).
Air fry at 180°C for 6–7 minutes or until the cheese is bubbling and slightly golden.

If your air fryer has a top heating element only, check after 5 minutes to avoid burning. Cool slightly and serve warm.

Dietary Variations

- **Gluten-Free:** Use certified gluten-free bread.
- **Low-Carb:** Replace bread with grilled aubergine or portobello mushroom caps.
- **Dairy-Free/Vegan:** Use vegan mayo, plant-based cheese, and mashed chickpeas or jackfruit instead of tuna.

Serving Suggestions

Pair your Tuna & Sweetcorn Melts with these air fryer-friendly sides:

- **Crispy Courgette Chips:** Sliced courgettes coated in olive oil and breadcrumbs, air-fried at 200°C for 8 minutes.
- **Air-Fried Cherry Tomatoes:** Tossed with balsamic glaze and herbs, air-fried at 190°C for 6 minutes.
- **Side Salad:** Mixed greens with cucumber, radish, and a light vinaigrette.

Nutritional Information (per serving)

- Energy: 320 kcal
- Protein: 25g
- Fat: 14g (of which saturates: 4.5g)
- Carbohydrates: 24g (of which sugars: 3g)
- Fibre: 4g
- Salt: 1.2g



CHAPTER 7: POULTRY RECIPES

Honey Mustard Chicken Thighs



Yield: 4 servings

Prep Time: 10 minutes | Cook Time: 18-20 minutes | Total Time: 28-30 minutes

Ingredients

- 600g boneless, skinless chicken thighs
- 2 tbsp wholegrain mustard
- 1 tbsp Dijon mustard
- 2 tbsp runny honey
- 1 tbsp olive oil
- 1 tbsp lemon juice
- 2 garlic cloves, minced
- ½ tsp sea salt
- ¼ tsp freshly ground black pepper
- ½ tsp dried thyme (optional)

Instructions

1. Marinate the Chicken:

In a large bowl, whisk together the wholegrain mustard, Dijon mustard, honey, olive oil, lemon juice, garlic, salt, pepper, and thyme. Add the chicken thighs and coat well. Cover and marinate for at least 10 minutes at room temperature, or refrigerate for up to 2 hours for deeper flavour.

2. Preheat the Air Fryer:

Preheat your air fryer to 190°C for 3 minutes.

3. Arrange in the Basket:

Place the marinated chicken thighs in a single layer in the air fryer basket or on a rack accessory. Do not overcrowd — cook in batches if needed to allow air circulation.

4. Air Fry:

Cook at 190°C for 18-20 minutes, flipping the chicken halfway through. The chicken should be golden and slightly charred at the edges. Ensure it reaches an internal temperature of 74°C.

5. Rest and Serve:

Let the chicken rest for 3 minutes before serving to retain juiciness.

Variations

- **Gluten-Free:** Use certified gluten-free mustard.
- **Low-Carb:** Replace honey with sugar-free syrup or erythritol syrup.
- **Vegan Option:** Swap chicken for extra-firm tofu (400g), press to remove moisture, and reduce cooking time to 14–15 minutes.

Serving Suggestions (Air Fryer-Friendly Sides)

- **Crispy Garlic Green Beans** – Toss 250g green beans with 1 tsp olive oil and 1 minced garlic clove, cook at 180°C for 8 minutes.
- **Air-Fried Sweet Potato Wedges** – Slice 2 medium sweet potatoes, toss with paprika and olive oil, and cook at 200°C for 15 minutes.
- **Cauliflower Mash** – Steam 400g cauliflower in foil, air fry at 180°C for 12–15 minutes, then blend with 1 tbsp cream cheese and black pepper.

Nutritional Information (Per Serving)

- Energy: 272 kcal
- Fat: 13.4g
- Saturates: 2.5g
- Carbohydrates: 9.6g
- Sugars: 8.4g
- Fibre: 0.8g
- Protein: 28.1g
- Salt: 0.8g

Crispy Chicken Goujons with Dip



Yield: 4 servings

Prep Time: 10 minutes | Cook Time: 12 minutes | Total Time: 22 minutes

Ingredients

For the chicken goujons:

- 500g skinless chicken breast fillets, cut into strips
- 80g wholemeal breadcrumbs
- 30g plain flour
- 1 large egg
- ½ tsp garlic granules
- ½ tsp smoked paprika
- ½ tsp sea salt
- ¼ tsp freshly ground black pepper
- Olive oil spray (approximately 1 tsp)

For the quick herby dip:

- 4 tbsp low-fat Greek yoghurt
- 1 tsp lemon juice
- ½ tsp dried mixed herbs
- Pinch of sea salt
- Freshly ground black pepper, to taste

Instructions

1. Prep the chicken:

Pat the chicken strips dry with kitchen paper. In a shallow bowl, whisk the egg. In a second bowl, place the flour. In a third bowl, mix the breadcrumbs with garlic granules, paprika, salt, and pepper.

2. Coat the strips:

Dip each chicken strip first in flour, then egg, then coat evenly in the breadcrumb mixture. Place coated goujons on a plate.

3. Prepare the air fryer:

Preheat the air fryer to 200°C for 2–3 minutes. Lightly spray the basket or tray with olive oil.

4. Cook in batches:

Place the goujons in the air fryer basket in a single layer, leaving space between each. Lightly spray the tops with olive oil. Air fry at 200°C for 10–12 minutes, turning halfway through. Goujons should be golden and crisp on the outside and cooked through inside.

5. Prepare the dip:

While the goujons cook, stir all dip ingredients together in a small bowl. Keep chilled until serving.

6. Repeat if necessary:

If cooking a large batch, keep the first batch warm in a low oven (100°C) while you cook the rest.

Variations

- **Optional gluten-free alternative:** Replace plain flour with gluten-free flour blend. Use gluten-free breadcrumbs
- **Low-carb variation:** Use crushed pork rinds or almond flour in place of breadcrumbs
- **Vegan alternative:** Replace chicken with firm tofu strips or thick-cut courgette sticks. Substitute egg with a plant-based milk and flour mixture (50ml oat milk + 2 tbsp flour)

Serving Suggestions

Serve with:

- **Air-fried sweet potato wedges** (cut into thin strips, toss with olive oil, season, and cook at 190°C for 15–18 mins)
- **Crispy air-fried green beans** (toss in a little olive oil, salt and pepper, air fry at 180°C for 10 mins)

Nutritional Information (Per Serving)

- Energy: 262 kcal
- Protein: 32g
- Carbohydrates: 12g
- Fat: 9g
- Saturated Fat: 2g
- Fibre: 2g
- Salt: 0.8g

Lemon & Rosemary Chicken Bites



Yield: 4 servings

Prep Time: 10 minutes | Cook Time: 15 minutes | Total Time: 25 minutes

Ingredients:

- 500g boneless, skinless chicken breast (cut into bite-sized pieces)
- 1 tablespoon fresh rosemary, finely chopped (or 1 teaspoon dried rosemary)
- Zest of 1 lemon
- Juice of 1 lemon
- 2 cloves garlic, minced
- 1 tablespoon olive oil
- 1 teaspoon salt
- ½ teaspoon black pepper
- ½ teaspoon smoked paprika (optional, for a smoky flavour)
- 1 tablespoon fresh parsley (optional, for garnish)

Instructions:

1. Prepare the chicken:

Cut the chicken breast into bite-sized pieces, about 2-3 cm in diameter, to ensure even cooking. Place them in a medium-sized bowl.

2. Season the chicken:

In the same bowl, add the chopped rosemary, lemon zest, lemon juice, minced garlic, olive oil, salt, pepper, and smoked paprika (if using). Toss everything together until the chicken pieces are evenly coated in the marinade. Let it sit for 5-10 minutes while you preheat your air fryer.

3. Preheat the air fryer:

Preheat your air fryer to 180°C (350°F) for about 3 minutes. This ensures the chicken cooks quickly and evenly.

4. Arrange the chicken:

Place the chicken pieces in the air fryer basket in a single layer. Do not overcrowd the basket to ensure air can circulate around the chicken, allowing it to cook evenly and become crispy. If needed, cook in batches.

5. **Air fry the chicken:**

Set the air fryer to 180°C (350°F) and cook for 12-15 minutes, shaking the basket halfway through. The chicken should be golden brown and cooked through with an internal temperature of 75°C (165°F).

6. **Serve:**

Once the chicken bites are cooked, remove them from the air fryer and serve immediately. Garnish with fresh parsley if desired.

Variations:

- **Gluten-Free:** This recipe is naturally gluten-free, as it uses no flour or breadcrumbs.
- **Low-Carb:** The recipe is low in carbohydrates, making it suitable for keto or low-carb diets.
- **Vegan Alternative:** Use tofu or tempeh as a substitute for chicken. Marinate the tofu in the same way, and cook at 180°C for 12-15 minutes, checking for a crispy texture.

Accompanying Sauces & Sides:

- **Air-Fried Veggies:** Serve these chicken bites with air-fried vegetables like zucchini, bell peppers, or sweet potato fries. Toss the veggies with olive oil, salt, and pepper, and cook at 180°C for about 10-15 minutes in the air fryer.
- **Dipping Sauces:** Pair these chicken bites with a light Greek yoghurt dip, tzatziki, or sriracha mayo for a kick of flavour.

Nutritional Information (per serving):

- Calories: 215 kcal
- Protein: 34g
- Carbohydrates: 2g
- Fat: 9g
- Sodium: 860mg
- Fibre: 0g
- Sugar: 1g

This recipe fits seamlessly into a busy UK household, making air fryer cooking easy, quick, and healthy. The Lemon & Rosemary Chicken Bites are perfect for a light dinner or a quick lunch, providing the benefits of reduced fat and faster cooking times without sacrificing flavour.

BBQ Chicken Drumsticks



Yield: 4 servings

Prep Time: 10 minutes | Cook Time: 25 minutes | Total Time: 35 minutes

Ingredients:

- 8 chicken drumsticks (approx. 800g)
- 1 tbsp olive oil (15ml)
- 1 tsp garlic powder (5g)
- 1 tsp onion powder (5g)
- 1 tsp smoked paprika (5g)
- 1/2 tsp dried oregano (1g)
- 1/2 tsp salt (3g)
- 1/4 tsp black pepper (1g)
- 100g BBQ sauce (store-bought or homemade)

Instructions:

1. Prepare the Chicken:

Pat the chicken drumsticks dry using paper towels. This helps to achieve crispy skin when air frying.

Drizzle olive oil over the drumsticks and toss to coat evenly.

2. Season the Chicken:

In a small bowl, combine garlic powder, onion powder, smoked paprika, oregano, salt, and black pepper.

Sprinkle the spice mixture over the chicken drumsticks and rub it in, ensuring that each drumstick is well-coated.

3. Preheat the Air Fryer:

Preheat your air fryer to 180°C (350°F) for about 3-5 minutes. This helps the drumsticks cook evenly from the start.

4. Arrange the Drumsticks:

Place the chicken drumsticks in the air fryer basket. Do not overcrowd the basket, as this will affect the cooking time and result in uneven crisping. If necessary, cook the drumsticks in batches.

For even cooking, you can use an air fryer rack to elevate the chicken, allowing the hot air to circulate around the drumsticks.

5. **Cook the Chicken:**

Air fry the drumsticks at 180°C for 20 minutes, flipping them halfway through to ensure they cook evenly. Check for doneness with a meat thermometer—the internal temperature should reach 75°C (165°F).

If needed, cook for an additional 3-5 minutes for extra crispiness.

6. **Glaze with BBQ Sauce:**

Once the chicken is cooked, brush each drumstick with your favourite BBQ sauce.

Return the chicken to the air fryer for an additional 2-3 minutes at 180°C, allowing the sauce to caramelize slightly.

7. **Serve:**

Once done, remove the chicken from the air fryer and serve immediately with your choice of sides.

Variations:

- **Gluten-Free:** Ensure your BBQ sauce is gluten-free or make a homemade version using gluten-free ingredients.
- **Low-Carb:** Opt for a low-sugar BBQ sauce and pair the drumsticks with a side of roasted vegetables or a leafy green salad.
- **Vegan (Plant-Based):** Use plant-based drumsticks or tofu, marinate in the same BBQ seasoning, and air fry following the same method. Cook for around 10-15 minutes or until crispy.

Suggested Sides & Sauces:

Sides:

- **Air-Fried Sweet Potato Fries:** Quick and easy to make in the air fryer — just toss sliced sweet potatoes with a little olive oil, salt, and pepper, and air fry for 15-20 minutes at 180°C.
- **Air-Fried Veggies:** Try air-frying a mix of carrots, courgettes, and bell peppers with a sprinkle of seasoning for a quick and healthy side.

Sauces:

- **Garlic Aioli:** Blend together 2 tbsp mayonnaise, 1 tbsp olive oil, 1 clove garlic (minced), and a squeeze of lemon juice for a creamy, tangy dip.
- **Honey Mustard:** Combine 2 tbsp Dijon mustard, 2 tbsp honey, and 1 tbsp apple cider vinegar for a sweet and tangy sauce.

Nutritional Information (per serving):

- Calories: 300 kcal
- Protein: 24g
- Carbohydrates: 10g

- Fibre: 1g
- Sugar: 8g
- Fat: 20g
- Saturated Fat: 3g
- Sodium: 650mg

This **BBQ Chicken Drumsticks** recipe is the perfect example of how air frying makes everyday meals healthier and faster, without sacrificing flavour. With a minimal amount of oil and just 20 minutes of cooking time, you'll have a delicious, crispy dish the whole family will enjoy!

Chicken and Leek Mini Pies



Yield: 4 servings

Prep Time: 15 minutes | Cook Time: 20 minutes | Total Time: 35 minutes

Ingredients:

- 2 medium chicken breasts (about 300g), cooked and shredded
- 1 large leek (about 150g), cleaned and finely chopped
- 1 tablespoon olive oil (15ml)
- 1 clove garlic, minced
- 1 tablespoon plain flour (10g) (or gluten-free flour for a gluten-free version)
- 200ml low-fat chicken stock
- 50ml skimmed milk
- 1 teaspoon Dijon mustard (5g)
- Salt and pepper, to taste
- 1 tablespoon fresh thyme leaves (optional)
- 2 large sheets of puff pastry (store-bought or gluten-free pastry)
- 1 egg, beaten (for egg wash)

Instructions:

1. Prepare the Filling:

In a medium-sized frying pan, heat 1 tablespoon of olive oil over medium heat. Add the chopped leek and minced garlic. Sauté for about 5 minutes, until softened and fragrant.

Add the shredded chicken to the pan. Stir to combine with the leek and garlic.

Sprinkle the flour over the chicken and leek mixture and stir until fully coated. Cook for another 1–2 minutes to form a light paste.

Gradually add the chicken stock, followed by the milk, stirring constantly to prevent lumps. Bring the mixture to a simmer and cook for 4-5 minutes until thickened to a creamy consistency.

Stir in Dijon mustard, salt, pepper, and fresh thyme (if using). Remove from heat and set aside to cool slightly.

2. Assemble the Pies:

Lay the sheets of puff pastry on a flat surface. Use a round cutter (about 10cm diameter) to cut out 8 circles—4 for the bases and 4 for the tops.

Press each pastry base into a muffin tin or air fryer baking pan, ensuring there's enough room for the filling.

Spoon the chicken and leek mixture into the pastry bases, filling them up about three-quarters full.

Place the top pastry circle over the filled pies and pinch the edges together to seal. Use a fork to press down the edges for a decorative finish.

Brush the tops of the pies with the beaten egg for a golden, shiny finish.

3. **Cook in the Air Fryer:**

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

Place the mini pies in the air fryer basket, ensuring they are not overcrowded. You may need to cook them in batches depending on the size of your air fryer.

Air fry for 12–15 minutes, or until the pastry is golden and puffed. If using a baking pan, make sure to check halfway through and rotate the pan for even cooking.

4. **Serve:**

Once the pies are golden and crispy, remove from the air fryer and let them rest for 2–3 minutes before serving.

Serve warm with a side of steamed vegetables or a crisp green salad.

Variations:

- **Gluten-Free:** Use gluten-free puff pastry and flour to make this recipe suitable for those with gluten intolerance.
- **Low-Carb:** Replace the puff pastry with a low-carb pastry alternative or use a cauliflower crust for a lighter option.
- **Vegan:** Swap the chicken for plant-based protein, such as tofu or chickpeas, and use dairy-free milk and vegan puff pastry.

Suggested Sides & Sauces:

- **Air Fried Vegetables:** Try air frying broccoli, carrots, or green beans for a healthy and quick side to pair with your pies.
- **Garlic Butter Sauce:** Melt some butter with minced garlic and herbs, drizzle over the pies for added richness.
- **Side Salad:** A fresh salad with mixed greens, tomatoes, and a simple vinaigrette dressing works well to balance the richness of the pies.

Nutritional Information (Per Serving):

- Calories: 350
- Protein: 25g
- Carbohydrates: 35g
- Fat: 15g
- Saturated Fat: 6g
- Fibre: 2g
- Sugar: 4g
- Salt: 0.9g

This recipe is the perfect example of a healthy, quick, and delicious meal that makes great use of the air fryer's ability to reduce fat and cook meals in a fraction of the time compared to traditional methods. The air fryer creates perfectly golden, flaky pastry while keeping the filling creamy and rich without excessive oil, making it a healthy and satisfying meal for any busy household.

Sticky Orange Chicken Skewers



Yield: 4 servings

Prep Time: 10 minutes | Cook Time: 15 minutes | Total Time: 25 minutes

Ingredients:

- 500g chicken breast (boneless and skinless, cut into bite-sized pieces)
- 2 tbsp olive oil
- 1 tbsp soy sauce (use gluten-free soy sauce if preferred)
- 1 tbsp honey
- Juice of 1 orange (about 50ml)
- 1 tsp grated fresh ginger
- 1 clove garlic, minced
- 1 tsp rice vinegar
- 1 tsp cornstarch
- 1/4 tsp chili flakes (optional for a bit of heat)
- Salt and pepper (to taste)
- Wooden skewers (soaked in water for 10-15 minutes before using)

Instructions:

1. Prepare the marinade:

In a bowl, combine the olive oil, soy sauce, honey, orange juice, grated ginger, minced garlic, rice vinegar, cornstarch, and chili flakes. Stir until the cornstarch is dissolved and the mixture is smooth.

Season with salt and pepper to taste.

2. Marinate the chicken:

Add the chicken pieces to the bowl with the marinade. Toss to coat evenly.

Cover the bowl and refrigerate for at least 15 minutes (or up to 1 hour if you have more time). This helps the flavours infuse into the chicken.

3. Prepare the skewers:

Thread the marinated chicken pieces onto the soaked wooden skewers, ensuring they're spaced out evenly. Don't overcrowd the pieces to ensure even cooking.

4. **Preheat the air fryer:**

Preheat your air fryer to 200°C (or 180°C for fan-assisted) for about 3 minutes. This ensures the chicken cooks quickly and evenly.

5. **Cook the chicken skewers:**

Place the skewers into the air fryer basket, making sure they are not overcrowded (you may need to cook in batches depending on the size of your air fryer).

Air fry at 200°C for 10-12 minutes, turning halfway through cooking. The chicken should be golden brown and cooked through, with an internal temperature of 75°C.

6. **Serve and enjoy:**

Once cooked, carefully remove the skewers from the air fryer. Serve immediately with a drizzle of any remaining marinade sauce (you can simmer the marinade in a small saucepan to thicken if preferred).

Garnish with fresh herbs like coriander or spring onions.

Variations:

- **Gluten-Free:** Use gluten-free soy sauce or tamari in place of regular soy sauce.
- **Low-Carb:** Skip the honey or use a low-carb sweetener like stevia or erythritol.
- **Vegan:** Substitute chicken with tofu or seitan. Make sure to press the tofu to remove excess moisture before marinating.

Suggested Sides & Sauces:

- **Sides:** Serve the skewers with a side of air-fried sweet potato wedges or a fresh cucumber salad. Both can be made quickly in the air fryer!
- **Sauces:** A simple garlic mayo or spicy sriracha dip pairs well with these sticky orange chicken skewers.

Nutritional Information (per serving):

- Calories: 280 kcal
- Protein: 30g
- Carbohydrates: 12g
- Sugars: 8g
- Fat: 14g
- Saturated Fat: 2g
- Fibre: 1g
- Salt: 1.2g

This recipe is perfect for a quick and healthy weeknight meal that the whole family will love. The air fryer makes cooking this dish quicker and healthier by using minimal oil, while the sticky orange glaze gives it a deliciously tangy-sweet flavour. Enjoy!

Chicken Tikka Air-Fried Bites



Yield: 4 servings

Prep Time: 10 minutes | Cook Time: 15 minutes | Total Time: 25 minutes

Ingredients:

- 500g boneless, skinless chicken breast (cut into bite-sized cubes)
- 150g plain Greek yogurt (or dairy-free alternative for a vegan option)
- 2 tbsp lemon juice (freshly squeezed)
- 1 tbsp olive oil
- 1 tbsp ground cumin
- 1 tbsp ground coriander
- 1 tsp turmeric powder
- 1 tsp ground garam masala
- 1 tsp ground paprika
- 1/2 tsp ground cinnamon
- 1 tsp garlic powder
- 1 tsp fresh ginger, finely grated (or 1/2 tsp ground ginger)
- 1/2 tsp salt (or to taste)
- 1/2 tsp black pepper
- Fresh coriander for garnish (optional)

Instructions:

1. Marinate the Chicken:

In a large bowl, combine the Greek yogurt, lemon juice, olive oil, ground cumin, coriander, turmeric, garam masala, paprika, cinnamon, garlic powder, grated ginger, salt, and black pepper.

Add the chicken cubes to the marinade and mix well to coat all the pieces evenly. Cover the bowl with cling film and refrigerate for at least 15 minutes (or up to 2 hours for deeper flavour).

2. Preheat the Air Fryer:

Preheat your air fryer to 200°C (392°F) for 3 minutes. This helps ensure the chicken cooks evenly and crisps up nicely.

3. Arrange the Chicken:

After marinating, shake off any excess marinade from the chicken pieces. Place the chicken cubes into the air fryer basket in a single layer. Avoid overcrowding the basket to ensure even cooking and crisping. You may need to cook the chicken in batches if your air fryer is smaller.

4. Cook the Chicken:

Air fry the chicken at 200°C (392°F) for 12-15 minutes, turning the pieces halfway through cooking for even browning. The chicken should be fully cooked, with an internal temperature of 75°C (165°F) when measured with a food thermometer.

5. Serve:

Once cooked, remove the chicken from the air fryer and let it rest for a couple of minutes before serving. Garnish with fresh coriander (optional) for an added burst of flavour.

Variations:

- **Gluten-Free:** Ensure that the Greek yogurt you use is gluten-free (most plain varieties are, but it's always best to check). If you want to make the dish even more gluten-free, pair it with a side of gluten-free naan or rice.
- **Low-Carb/ Keto:** For a low-carb alternative, serve the chicken with a side of zucchini noodles, cauliflower rice, or low-carb flatbread instead of traditional rice or naan.
- **Vegan Option:** Replace the chicken with tofu or tempeh, ensuring you press out excess water before marinating. Adjust cooking time as tofu may require slightly less time (around 10-12 minutes).

Suggested Accompaniments:

- **Air-Fried Veggies:** Serve the chicken with air-fried vegetables, such as courgettes, peppers, or cauliflower, which can be quickly roasted in the air fryer with a light coating of olive oil and spices.
- **Air-Fried Potato Wedges:** For a complete meal, pair the chicken with crispy, air-fried potato wedges seasoned with garlic and rosemary. Cook them at 200°C for 20 minutes alongside the chicken (or in a second batch).
- **Dips/Sauces:** Serve with a cooling mint yogurt sauce or a tangy mango chutney. Both can be prepared ahead of time and stored in the fridge. You can also quickly warm the chutney in the air fryer for a minute or two to serve alongside.

Nutritional Information (per serving):

- Calories: 210 kcal
- Protein: 32g
- Carbohydrates: 6g
- Fats: 8g
- Fibre: 1g
- Sugar: 4g
- Sodium: 460mg

This **Chicken Tikka Air-Fried Bites** recipe is a perfect example of how the air fryer can make healthy, delicious meals with minimal oil and quick cooking times. Using simple, accessible ingredients, it's a great option for busy households looking to enjoy the rich, vibrant flavours of Indian cuisine without the extra calories or fuss. Enjoy!

Teriyaki Chicken Rice Bowls



Yield: 2 servings

Prep Time: 10 minutes | Cook Time: 20 minutes | Total Time: 30 minutes

Ingredients:

For the Teriyaki Chicken:

- 2 boneless, skinless chicken breasts (approx. 250g each)
- 3 tablespoons (45ml) teriyaki sauce (make sure it's gluten-free if needed)
- 1 tablespoon (15ml) soy sauce (or tamari for gluten-free)
- 1 teaspoon (5g) honey
- 1 teaspoon (5ml) sesame oil
- 1 clove garlic, minced
- 1 teaspoon (5g) grated ginger
- 1 teaspoon (5g) rice vinegar

For the Rice Bowl:

- 150g (uncooked weight) jasmine rice or brown rice
- 300ml water (for cooking rice)
- 1 tablespoon (15ml) sesame oil
- 2 tablespoons (30g) sliced spring onions
- 1 tablespoon (15g) sesame seeds (optional)
- 100g baby spinach (or your choice of leafy greens)
- 50g shredded carrots (for garnish)
- 2 tablespoons (30g) pickled ginger (optional for topping)

Instructions:

1. Prepare the Rice:

Rinse the rice under cold water until the water runs clear.

Add the rinsed rice and 300ml of water to a medium-sized pot or rice cooker. Cook according to the package instructions.

Once cooked, fluff the rice with a fork and stir in 1 tablespoon of sesame oil. Set aside.

2. **Prepare the Chicken Marinade:**

In a bowl, combine the teriyaki sauce, soy sauce, honey, sesame oil, minced garlic, grated ginger, and rice vinegar. Stir well.

Place the chicken breasts in a resealable bag or shallow dish, and pour the marinade over the chicken. Seal the bag or cover the dish, and refrigerate for at least 10 minutes (or up to 2 hours for more flavour).

3. **Cook the Chicken in the Air Fryer:**

Preheat the air fryer to 200°C (180°C fan) for 3-5 minutes.

Remove the chicken from the marinade and place it in the air fryer basket. Make sure there is space between the pieces; avoid overcrowding.

Cook the chicken at 200°C for 10 minutes, flipping halfway through. If your air fryer has a smaller basket, cook the chicken in batches.

After 10 minutes, check the chicken's internal temperature with a meat thermometer; it should reach 75°C. If not, cook for an additional 3-5 minutes.

4. **Assemble the Rice Bowls:**

While the chicken cooks, prepare the toppings for the rice bowl. Divide the cooked rice between two bowls.

Top the rice with a handful of spinach, shredded carrots, and sliced spring onions.

Once the chicken is done, slice it thinly and place it on top of the rice bowls.

Sprinkle sesame seeds over the top and add a few pieces of pickled ginger, if desired.

5. **Serve:**

Serve the rice bowls warm, with extra teriyaki sauce on the side for dipping, if preferred.

Recipe Variations:

- **Gluten-Free:** Use gluten-free soy sauce (tamari) and ensure your teriyaki sauce is gluten-free.
- **Low-Carb:** Replace the rice with cauliflower rice for a lighter, low-carb version.
- **Vegan:** Substitute the chicken with tofu or tempeh. Press and marinate the tofu in the same teriyaki sauce, then air fry for 12-15 minutes until crispy and golden.

Suggested Sides:

- **Air-Fried Vegetables:** Air fry broccoli, bell peppers, or zucchini to serve as a side dish. Simply drizzle with olive oil and season with salt and pepper before air frying at 180°C for 10-12 minutes.
- **Air Fryer Sweet Potato Fries:** Cut sweet potatoes into thin fries, toss with a little oil, salt, and paprika, then air fry at 180°C for 15-18 minutes until crispy.

Nutritional Information (per serving):

- Calories: 520 kcal
- Protein: 41g
- Carbs: 50g
- Fat: 18g

- Fibre: 3g
- Sugar: 9g

This recipe showcases the speed and health benefits of using the air fryer to prepare a delicious, balanced meal with minimal effort. Perfect for busy UK households seeking nutritious and tasty dishes!



CHAPTER 8: MEAT RECIPES

Mini Meatloaf Patties with Gravy Dip



Yield: 4 servings

Prep Time: 10 minutes | Cook Time: 15-18 minutes | Total Time: 25-28 minutes

Ingredients:

For the Mini Meatloaf Patties:

- 500g lean minced beef (or turkey for a lighter version)
- 1 medium egg (about 55g)
- 1 small onion, finely chopped (about 80g)
- 2 cloves garlic, minced
- 1 slice wholemeal bread, processed into breadcrumbs (or 30g gluten-free breadcrumbs for a gluten-free version)
- 50g grated carrot (optional, for added texture)
- 1 tbsp Worcestershire sauce (or gluten-free soy sauce for gluten-free version)
- 1 tbsp tomato puree
- 1 tsp dried mixed herbs (e.g., thyme, oregano)
- Salt and pepper, to taste

For the Gravy Dip:

- 240ml low-sodium beef or vegetable stock (gluten-free if required)
- 1 tbsp cornflour (or arrowroot powder for a gluten-free option)
- 1 tbsp olive oil or a small amount of butter
- 1 tsp soy sauce (or tamari for gluten-free)
- Salt and pepper, to taste

Instructions:

1. Prepare the Patties:

In a large mixing bowl, combine the minced meat, egg, chopped onion, garlic, breadcrumbs, grated carrot (if using), Worcestershire sauce, tomato puree, mixed herbs, salt, and pepper.

Mix everything together thoroughly with your hands or a spoon until well combined.

Divide the mixture into 8 equal portions and shape each into a small patty, about the size of a burger. This will ensure even cooking and a crispy outer texture.

2. **Air Fry the Patties:**

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

Place the patties in the air fryer basket, leaving space between each one to allow for airflow. If your air fryer is small, cook in batches to avoid overcrowding.

Cook for 12-15 minutes, flipping halfway through, until the patties are golden brown and cooked through (internal temperature should reach 75°C or 165°F). If you prefer a slightly crispier outer layer, you can cook them for an extra 2-3 minutes.

3. **Make the Gravy Dip:**

While the patties are cooking, prepare the gravy by heating the olive oil (or butter) in a small saucepan over medium heat.

Add the stock and bring to a simmer.

In a small bowl, mix the cornflour with a tablespoon of cold water to create a slurry.

Slowly whisk the slurry into the simmering stock, stirring constantly to thicken the gravy.

Once thickened, add the soy sauce (or tamari) and season with salt and pepper to taste.

Set aside.

4. **Serve:**

Once the patties are ready, serve them hot with the warm gravy dip on the side. The gravy is perfect for dipping, or you can drizzle it over the patties for added flavour.

Variations:

- **Gluten-Free:** Use gluten-free breadcrumbs and ensure that the stock and soy sauce are gluten-free.
- **Low-Carb:** For a low-carb version, replace the breadcrumbs with almond flour or ground oats.
- **Vegan:** Swap the minced beef with a plant-based mince (such as lentils or vegan mince). Replace the egg with a flax egg (1 tbsp ground flaxseeds + 3 tbsp water) to bind the mixture. For the gravy, use vegetable stock and replace the butter with vegan butter or olive oil.

Suggested Sides & Sauces:

- **Air-Fried Vegetables:** Serve alongside air-fried sweet potatoes, carrots, or courgettes for a healthy, colourful plate.
- **Air-Fried Potato Wedges:** Season and cook potato wedges in the air fryer for a healthier alternative to fries.
- **Side Salad:** A simple green salad with mixed greens, cucumber, and tomatoes pairs wonderfully with this meal.

Nutritional Information (Per Serving):

- Calories: 320 kcal
- Protein: 36g

- Carbohydrates: 18g
- Fat: 15g
- Saturated Fat: 5g
- Fibre: 2g
- Sugar: 4g
- Sodium: 380mg

This recipe is perfect for busy families looking to enjoy a delicious, healthy, and hearty meal. The air fryer ensures a lower fat content without compromising on taste, and the gravy dip adds an indulgent touch to this simple dish. Whether you're cooking for yourself, your partner, or your kids, these mini meatloaf patties will be a hit on your dinner table!

Lamb Kofta with Mint Yoghurt



Yield: 4 servings

Prep Time: 15 minutes | Cook Time: 12 minutes | Total Time: 27 minutes

Ingredients:

For the Kofta:

- 500g lean lamb mince
- 1 small onion, finely grated (approx. 100g)
- 2 garlic cloves, minced
- 1 tsp ground cumin
- 1 tsp ground coriander
- 1 tsp smoked paprika
- 1/2 tsp ground cinnamon
- 1/4 tsp ground turmeric
- 1 tbsp fresh parsley, chopped
- 1 tbsp fresh mint, chopped (optional)
- 1 tbsp olive oil (or cooking spray for lighter coating)
- Salt and pepper, to taste

For the Mint Yoghurt:

- 200g plain Greek yoghurt (or dairy-free alternative)
- 1 tbsp fresh mint, finely chopped
- 1 tbsp lemon juice
- 1 tsp honey (optional)
- Salt, to taste

Instructions:

1. Prepare the Kofta Mixture:

In a large bowl, combine the lean lamb mince, grated onion, minced garlic, cumin, coriander, paprika, cinnamon, turmeric, parsley, and fresh mint. Season generously with salt and pepper.

Mix everything together with your hands or a spoon until fully combined. The mixture should be moist but firm enough to shape into small logs.

2. Shape the Koftas:

Divide the meat mixture into 12 equal portions. Roll each portion into a ball, then gently shape into a log or oval shape, about 8-10 cm in length. You can dampen your hands with a little water to prevent the mixture from sticking.

3. Prepare the Air Fryer:

Preheat your air fryer to 180°C (350°F). Lightly grease the air fryer basket with olive oil or use a non-stick cooking spray. If your air fryer has a rack or baking pan accessory, you can use it to arrange the koftas in a single layer for even cooking.

4. Cook the Koftas:

Place the koftas in the air fryer basket or on the rack. Make sure they are not overcrowded to ensure even airflow and crispness.

Air fry for 10-12 minutes, turning the koftas halfway through the cooking time to ensure they cook evenly and become golden brown on all sides.

The koftas should reach an internal temperature of 75°C (165°F) when fully cooked.

5. Prepare the Mint Yoghurt:

While the koftas are cooking, combine the Greek yoghurt, chopped mint, lemon juice, and honey (if using) in a small bowl. Stir until smooth and season with a pinch of salt.

Chill the mint yoghurt in the fridge while the koftas cook for the best flavour.

6. Serve:

Once the koftas are cooked, remove them from the air fryer and allow them to rest for a few minutes.

Serve the lamb koftas with a generous dollop of mint yoghurt on the side, or drizzle it over the koftas.

Accompany with a side of air-fried vegetables, a fresh salad, or a portion of rice or couscous for a complete meal.

Variations:

- **Gluten-Free:** This recipe is naturally gluten-free. However, if you wish to use breadcrumbs in the mixture to help bind the koftas, choose a gluten-free option.
- **Low-Carb:** Serve with a side of air-fried cauliflower rice or roasted vegetables to keep it low-carb.
- **Vegan:** Substitute the lamb mince with a plant-based mince or chickpea mixture, and use a dairy-free yoghurt alternative for the mint sauce.

Suggested Sides and Sauces:

- **Air-Fried Vegetables:** Serve with air-fried courgettes, aubergines, or carrots for a healthy side that complements the rich flavour of the koftas.
- **Air-Fried Sweet Potato Wedges:** Try air-frying sweet potato wedges seasoned with rosemary and olive oil for a delicious side dish.
- **Cucumber Salad:** A refreshing side salad of thinly sliced cucumber, red onion, and a light lemon dressing works perfectly with the richness of the koftas.

Nutritional Information (per serving):

- Calories: 250 kcal

- Protein: 24g
- Carbohydrates: 6g
- Fibre: 1g
- Sugar: 3g
- Fat: 17g
- Saturated fat: 5g
- Salt: 0.8g

This recipe for **Lamb Kofta with Mint Yoghurt** brings together the convenience of air frying and the bold, vibrant flavours of Middle Eastern cuisine. By using the air fryer, you can achieve crispy, golden koftas with less fat and in a fraction of the time compared to traditional frying methods. Enjoy a healthy, delicious meal in just 20 minutes!

Crispy Pork Belly Cubes



Yield: 4 servings

Prep Time: 10 minutes | Cook Time: 25-30 minutes | Total Time: 35-40 minutes

Ingredients:

- 500g pork belly, skin on, cut into 2.5 cm cubes
- 1 tbsp olive oil
- 1 tsp garlic powder
- 1 tsp smoked paprika
- 1/2 tsp ground black pepper
- 1 tsp sea salt (or to taste)
- 1/2 tsp dried thyme (optional)

Instructions:

1. Prepare the Pork Belly:

Pat the pork belly cubes dry with a paper towel. This is crucial for achieving a crispy finish.

In a small bowl, mix together the garlic powder, smoked paprika, black pepper, sea salt, and dried thyme (if using).

Rub the pork belly cubes evenly with the olive oil, then sprinkle the seasoning mixture over the cubes. Ensure the pork is evenly coated.

2. Preheat the Air Fryer:

Preheat your air fryer to 200°C (390°F) for 3–5 minutes. Preheating ensures that the pork belly cubes cook evenly and get crispy.

3. Air Fry the Pork Belly Cubes:

Place the seasoned pork belly cubes into the air fryer basket, making sure not to overcrowd. If necessary, cook in batches.

Cook at 200°C (390°F) for 20–25 minutes, shaking the basket halfway through the cooking time for even crisping.

Check the pork belly towards the end of the cooking time to ensure the skin is golden brown and crispy. If the cubes aren't crispy enough, cook for an additional 5 minutes.

4. Serve:

Once the pork belly cubes are golden and crispy, remove them from the air fryer and let them rest for a few minutes.

Serve immediately, perhaps with a side of air fryer roasted vegetables, salad, or crispy potato wedges.

Variations:

- **Gluten-Free:** This recipe is naturally gluten-free. Just be sure to check any seasoning blends or pre-made products for hidden gluten.
- **Low-Carb:** Perfect for a low-carb diet as pork belly is naturally low in carbs. Pair with low-carb vegetables such as cauliflower or broccoli.
- **Vegan Alternative:** Substitute the pork belly with tofu or seitan. Press the tofu to remove excess moisture, then cut it into cubes. Season and air fry as instructed.

Suggested Accompaniments:

- **Air Fryer Roasted Vegetables:** Toss carrots, parsnips, and Brussels sprouts with olive oil and herbs, and roast in the air fryer at 180°C for 20 minutes.
- **Air Fryer Chips:** Thinly slice potatoes, season with olive oil and your choice of spices, then cook at 200°C for 15 minutes, shaking halfway.
- **Dipping Sauces:** Pair the crispy pork belly cubes with a tangy apple cider vinegar sauce or a creamy garlic aioli. Both can easily be prepared at home or with simple ingredients.

Nutritional Information (Per Serving):

- Calories: 320 kcal
- Protein: 28g
- Fat: 23g
- Saturated Fat: 8g
- Carbohydrates: 1g
- Fibre: 0g
- Sugars: 0g
- Salt: 1.5g

This recipe is a great way to enjoy a healthy, quick, and delicious meal with less oil and fat. The air fryer ensures the pork belly is crispy without the need for deep frying, and it's ready in less than 30 minutes! Perfect for busy weekdays or as a satisfying weekend treat.

Beef & Onion Hand Pies



Yield: 6 servings

Prep Time: 20 minutes | Cook Time: 15 minutes | Total Time: 35 minutes

Ingredients:

- 300g lean beef mince
- 1 large onion, finely chopped (approximately 150g)
- 1 garlic clove, minced
- 1 tablespoon olive oil
- 1 teaspoon dried thyme
- 1 teaspoon Worcestershire sauce
- 1 tablespoon tomato paste
- 100g frozen peas (optional, but adds colour and nutrition)
- 200g ready-rolled puff pastry (or gluten-free pastry, if required)
- 1 egg (for egg wash)
- Salt and black pepper to taste

Instructions:

1. Prepare the Filling:

Heat the olive oil in a pan over medium heat. Add the chopped onion and cook for 3-4 minutes until softened.

Add the minced garlic and cook for another 1 minute.

Add the beef mince, breaking it up with a wooden spoon. Cook for 6-7 minutes until browned, ensuring there's no pink remaining.

Stir in the Worcestershire sauce, tomato paste, thyme, and frozen peas (if using). Season with salt and black pepper to taste.

Let the mixture cool slightly before using it as filling for the pies.

2. Prepare the Pastry:

Roll out the puff pastry on a clean surface. Using a round cutter (around 12cm in diameter), cut 6 circles of pastry. You should have two circles per pie.

Place a generous spoonful of the beef filling in the centre of each pastry circle, leaving a small border around the edges.

Brush the edges of the pastry with a little water, then fold the pastry over to create a half-moon shape, sealing the edges by pressing them together with a fork.

Cut a small slit in the top of each hand pie to allow steam to escape during cooking.

3. **Air Fry the Pies:**

Preheat the air fryer to 180°C (350°F) for about 5 minutes.

Place the prepared hand pies into the air fryer basket, ensuring they are not overcrowded. You may need to cook them in batches depending on the size of your air fryer.

Lightly brush the top of each pie with a beaten egg to give them a golden finish.

Air fry for 12-15 minutes at 180°C, or until the pastry is golden and crisp. If your air fryer has a smaller capacity, you may need to check halfway through and turn the pies for even cooking.

4. **Serve:**

Let the hand pies cool for a few minutes before serving. They are perfect for a quick lunch or snack, and you can serve them with a side of air-fried vegetables or a simple salad.

Variations:

- **Gluten-Free:** Use gluten-free puff pastry, which is available in most supermarkets in the UK. Ensure your Worcestershire sauce is gluten-free as well.
- **Low-Carb:** Replace the puff pastry with a low-carb alternative, such as almond flour-based dough or cauliflower-based pastry (although these may need a slight alteration in cooking times).
- **Vegan Alternative:** Replace the beef mince with a plant-based mince (like soy or pea protein), and swap the egg wash with a plant-based milk wash or leave it out for a golden, crisp finish.

Suggested Sides and Sauces:

- **Air-Fried Vegetables:** Air-fry some carrots, zucchini, or sweet potato wedges alongside the hand pies for a complete meal.
- **Garlic Butter Dip:** Simply mix melted butter with minced garlic and parsley — perfect for dipping your hand pies!
- **Tomato Salsa or a Simple Salad:** A fresh, tangy side salad with mixed greens or a tomato salsa works well to cut through the richness of the pies.

Nutritional Information (per serving):

- Calories: 380 kcal
- Protein: 25g
- Carbs: 30g
- Fat: 20g
- Fibre: 3g
- Salt: 0.6g

This recipe is ideal for busy families or anyone looking for a healthy, quick, and satisfying meal made with simple ingredients. It also works great for meal prep, and the air fryer ensures a crispy, delicious finish with less oil and faster cooking time than traditional methods.

Classic British Bangers & Mash Balls



Yield: 4 servings

Prep Time: 20 minutes | Cook Time: 12-15 minutes | Total Time: 32-35 minutes

Ingredients

- 400g British sausages (choose a lean variety for healthier options, such as chicken or turkey sausages)
- 500g potatoes, peeled and chopped
- 2 tablespoons olive oil (or spray oil for a lighter option)
- 1 small onion, finely chopped
- 1 teaspoon dried thyme
- Salt and pepper to taste
- 1 tablespoon whole grain mustard (optional for extra flavour)
- 2 tablespoons fresh parsley, finely chopped
- 2 teaspoons milk (use a dairy-free alternative if preferred)
- 1 tablespoon grated cheese (optional)

Instructions

1. Prepare the Mash:

Place the chopped potatoes in a large saucepan and cover with cold water. Bring to a boil and cook for 10-12 minutes or until tender.

Drain the potatoes and return them to the pan. Mash the potatoes until smooth, adding 1 teaspoon of milk, salt, and pepper to taste. Set aside.

2. Cook the Sausages:

In a frying pan, heat 1 tablespoon of olive oil over medium heat. Add the chopped onion and sauté for 3-4 minutes until softened.

Remove the skins from the sausages, crumble the meat, and add it to the pan with the onions. Cook for about 5-7 minutes until the sausage is browned and cooked through.

Add the dried thyme and mustard (if using), and season with salt and pepper. Mix well, then remove from heat and let it cool slightly.

3. Form the Bangers & Mash Balls:

Once the sausage mixture has cooled, combine it with the mashed potatoes. Stir in the fresh parsley and grated cheese (if using).

Take small portions of the mixture and roll them into balls about the size of a golf ball (roughly 5cm in diameter). You should get about 12-14 balls.

4. **Air Fry the Balls:**

Preheat the air fryer to 180°C (350°F) for 3-5 minutes.

Lightly spray the air fryer basket with oil or brush it with olive oil to prevent sticking.

Arrange the bangers & mash balls in a single layer in the basket, making sure not to overcrowd them. You may need to cook them in batches.

Air fry for 12-15 minutes, turning halfway through, until golden and crispy on the outside.

Variations for Dietary Restrictions

- **Gluten-Free:** Use gluten-free sausages and ensure the mustard (if using) is also gluten-free. Serve with gluten-free bread or a side of vegetables for a complete meal.
- **Low-Carb:** Swap the potatoes with mashed cauliflower or sweet potatoes for a low-carb version.
- **Vegan:** Replace the sausages with plant-based sausages and use dairy-free milk and vegan cheese alternatives. For a fuller texture, add nutritional yeast to the mashed potato mixture.

Accompanying Sauces or Sides

- **Gravy:** Make a healthier gravy by using low-salt vegetable stock, a little cornflour (cornstarch), and a touch of balsamic vinegar. This can be easily made in the air fryer using the same tray to save time.
- **Air-Fried Veggies:** Serve with air-fried vegetables such as carrots, peas, or Brussels sprouts. Simply toss with a little olive oil and seasoning, and air fry at 180°C for 10-12 minutes.
- **Crispy Onions:** For a bit of crunch, make crispy onions in the air fryer by slicing thin onion rings, coating them in a bit of flour (or almond flour for gluten-free), and air frying at 200°C for 8-10 minutes.

Nutritional Information (per serving)

- Calories: 350
- Protein: 20g
- Fat: 18g
- Carbohydrates: 25g
- Fibre: 4g
- Sugar: 4g
- Sodium: 500mg

Note: Nutritional values are approximate and may vary depending on the specific ingredients used.

This **Classic British Bangers & Mash Balls** recipe is a simple and delicious way to enjoy a classic comfort food with a healthy twist. With air frying, the outside gets crispy while the inside stays

soft and moist, all without the excess oil typically used in deep frying. Perfect for busy families who want to enjoy homemade, wholesome meals in under 30 minutes!

BBQ Pulled Pork Sliders



Yield: 6 servings

Prep Time: 10 minutes | Cook Time: 25 minutes | Total Time: 35 minutes

Ingredients:

For the Pulled Pork:

- 600g pork shoulder or pork loin (trimmed of excess fat)
- 2 tablespoons olive oil (30ml)
- 1 teaspoon smoked paprika (5g)
- 1 teaspoon garlic powder (5g)
- 1 teaspoon onion powder (5g)
- 1/2 teaspoon ground black pepper (2g)
- 1/2 teaspoon salt (2g)
- 100ml low-sugar BBQ sauce (preferably tomato-based)

For the Sliders:

- 6 small wholemeal slider buns (or gluten-free buns, if needed)
- 1 small red onion, thinly sliced
- A few sprigs of fresh coriander (optional)

Instructions:

1. Prepare the Pork:

Pat the pork shoulder dry with kitchen paper.

Rub the pork with olive oil, then season generously with smoked paprika, garlic powder, onion powder, salt, and pepper. Massage the seasoning into the meat for an even coating.

2. Cook the Pork in the Air Fryer:

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

Place the seasoned pork in the air fryer basket, ensuring the meat fits comfortably without overcrowding. If necessary, use a rack or baking pan to elevate the meat and ensure proper air circulation.

Cook the pork for 20-25 minutes, flipping it halfway through, until it reaches an internal temperature of 75°C (measured with a meat thermometer) and is tender enough to shred easily.

3. **Shred the Pork:**

Once cooked, remove the pork from the air fryer and let it rest for 5 minutes.

Using two forks, shred the pork into small pieces. Toss the shredded pork with the low-sugar BBQ sauce in a bowl until fully coated.

4. **Assemble the Sliders:**

Slice the slider buns in half.

Spoon the BBQ pulled pork generously onto the bottom half of each bun.

Top with a few thin slices of red onion and garnish with fresh coriander, if desired.

Place the top of the bun on and serve immediately.

Variations:

- **Gluten-Free:** Use gluten-free slider buns for a gluten-free version.
- **Low-Carb:** Substitute the buns with lettuce wraps or low-carb tortillas to reduce carbs.
- **Vegan:** Use pulled jackfruit in place of pork and follow the same steps. You can find canned jackfruit in brine, which can be shredded and cooked with BBQ sauce to mimic the texture of pulled pork.

Accompanying Sides (also made in the air fryer):

- **Sweet Potato Fries:** Slice sweet potatoes into wedges, season with olive oil and a pinch of salt, and air fry at 180°C (350°F) for 15-18 minutes.
- **Air-Fried Vegetables:** Try a mix of bell peppers, zucchini, and mushrooms for a colourful, healthy side. Toss in olive oil, salt, and pepper, and air fry at 180°C (350°F) for 10 minutes, shaking halfway through.

Nutritional Information (per serving):

- Calories: 350 kcal
- Protein: 28g
- Carbohydrates: 40g
- Fat: 10g
- Fibre: 5g
- Sodium: 500mg

This **BBQ Pulled Pork Sliders** recipe is the perfect quick, healthy, and delicious meal, ideal for busy UK families or anyone looking to add a lighter, air-fried twist to a classic. With minimal oil and fat, this recipe keeps the cooking time short while offering all the comfort and flavour you crave.

Air-Fried Scotch Eggs



Yield: 4 servings

Prep Time: 20 minutes | Cook Time: 20 minutes | Total Time: 40 minutes

Ingredients

- 4 large free-range eggs
- 250g lean sausage meat (or vegetarian sausage meat for a vegan option)
- 40g gluten-free breadcrumbs (for gluten-free option)
- 1 medium onion, finely chopped
- 1 tbsp fresh parsley, finely chopped
- 1 tsp mustard powder
- 1/2 tsp paprika
- 1/2 tsp garlic powder
- Salt and pepper to taste
- 2 large eggs (for the egg wash)
- 50g plain flour (gluten-free for the gluten-free version)
- Spray oil (e.g. olive or avocado oil) for cooking

Instructions

1. Prepare the Eggs:

Place the 4 large eggs in a pot of water, bring to a boil, and cook for 7-8 minutes for soft-boiled eggs with firm whites. Immediately transfer the eggs to a bowl of ice water to stop the cooking process. Once cooled, peel the eggs and set them aside.

2. Prepare the Sausage Meat:

In a bowl, combine the sausage meat with the chopped onion, parsley, mustard powder, paprika, garlic powder, salt, and pepper. Mix well until all the ingredients are evenly distributed.

3. Coat the Eggs:

Roll each peeled egg in the plain flour to coat it lightly. Next, dip the floured egg into the beaten eggs, ensuring it's fully covered. Then, roll the egg in the gluten-free breadcrumbs until it's completely covered. Repeat for all 4 eggs.

4. **Preheat the Air Fryer:**

Preheat the air fryer to 180°C (350°F) for 3-5 minutes.

5. **Air Fry the Scotch Eggs:**

Lightly spray the air fryer basket with oil. Place the coated Scotch eggs into the air fryer basket in a single layer, ensuring there's space between them for air circulation.

Set the air fryer to 180°C (350°F) and cook for 15-18 minutes, turning the eggs halfway through the cooking time. The eggs are ready when the sausage meat is cooked through and the breadcrumbs are golden and crispy.

6. **Serve:**

Remove the Scotch eggs from the air fryer and let them rest for a couple of minutes. Serve warm with your choice of dipping sauces or sides.

Variations

- **Gluten-Free:** Use gluten-free sausage meat and gluten-free breadcrumbs in place of the regular versions.
- **Low-Carb:** Skip the breadcrumbs and use almond flour for the coating instead.
- **Vegan:** Replace the sausage meat with a plant-based sausage, and use a flax egg (1 tbsp ground flaxseed mixed with 2.5 tbsp water) in place of the egg wash.

Suggestions for Sides and Dips

○ **Air-Fried Veggie Chips:**

Serve your Scotch eggs with a side of air-fried vegetable chips (e.g., sweet potato, carrot, or courgette chips) for a healthier snack.

○ **Dipping Sauce Options:**

Wholegrain Mustard Sauce - Mix 1 tbsp of wholegrain mustard with 1 tbsp of honey for a tangy and sweet dipping sauce.

Tomato and Basil Dip - Blend 100g of fresh tomatoes, 1 tbsp of olive oil, and a handful of basil leaves to make a quick dip.

Nutritional Information (per serving)

- Calories: 330 kcal
- Protein: 20g
- Carbohydrates: 12g
- Fat: 22g
- Saturated Fat: 6g
- Fibre: 2g
- Sugar: 2g
- Sodium: 450mg

This **air-fried Scotch egg** recipe provides a healthier alternative to the traditional deep-fried version. It's a fantastic choice for busy families looking for quick and tasty meals, all while reducing fat and calories with the power of air frying. With simple ingredients and easy-to-follow steps, this dish is sure to become a staple in your weekly meal rotation. Enjoy!

Juicy Homemade Burgers



Yield: 4 servings

Prep Time: 10 minutes | Cook Time: 15 minutes | Total Time: 25 minutes

Ingredients

- 500g lean beef mince (or turkey/chicken for a lighter option)
- 1 small onion, finely chopped (about 75g)
- 1 clove garlic, minced
- 1 tbsp Worcestershire sauce
- 1 tsp Dijon mustard
- 1 tsp dried oregano
- 1 tsp smoked paprika
- ½ tsp salt
- ¼ tsp black pepper
- 1 egg (medium size)
- 50g breadcrumbs (use gluten-free breadcrumbs for a gluten-free option)
- 1 tbsp olive oil (optional, for brushing)

For Serving

- 4 burger buns (gluten-free option available)
- Lettuce, sliced tomato, and any additional toppings like cheese, pickles, etc.
- **Optional sauces:** ketchup, mayonnaise, or mustard

Instructions

1. Prepare the Burger Patties

In a large mixing bowl, combine the lean beef mince, finely chopped onion, minced garlic, Worcestershire sauce, Dijon mustard, dried oregano, smoked paprika, salt, and black pepper. Add the egg and breadcrumbs, and mix everything together until well combined.

2. Shape the Patties

Divide the mixture into 4 equal portions and shape them into burger patties, pressing gently in the centre to create a slight indentation. This helps them cook evenly.

3. Preheat the Air Fryer

Preheat your air fryer to 180°C (350°F) for about 3 minutes.

4. Cook the Burgers

Lightly brush each burger patty with olive oil to help them crisp up. Place the patties into the air fryer basket, ensuring there's space between each one (don't overcrowd the basket). You may need to cook in batches depending on the size of your air fryer.

5. Air Fry the Burgers

Cook the patties at 180°C (350°F) for 12–15 minutes, flipping halfway through cooking for even browning. The burgers should be golden brown and cooked through. For well-done burgers, you may want to extend the cooking time by 2-3 minutes. Check the internal temperature with a meat thermometer: it should reach 75°C (165°F) for beef or 74°C (165°F) for chicken/turkey.

6. Toast the Buns (Optional)

If you'd like your burger buns toasted, you can place them in the air fryer for the last 2–3 minutes of the cooking time, cut side up. Set the temperature to 160°C (320°F) for about 2–3 minutes, or until lightly golden.

7. Assemble and Serve

Place the cooked burger patties onto the toasted buns. Top with your preferred vegetables and sauces. Serve hot with a side of air-fried fries or a simple salad.

Recipe Variations

- **Gluten-Free Option:** Use gluten-free breadcrumbs and gluten-free buns.
- **Low-Carb Option:** Skip the buns and serve the burger patties wrapped in lettuce or as part of a low-carb salad.
- **Vegan Option:** Replace the beef with a plant-based mince (like Beyond Meat or Quorn) and use a flaxseed egg (1 tbsp ground flaxseed mixed with 3 tbsp water) instead of the regular egg.

Accompanying Air Fryer Sides

- **Air-Fried Sweet Potato Fries:** Thinly slice sweet potatoes, toss with a little olive oil, salt, and pepper, then air fry at 180°C for 15–20 minutes, shaking halfway through.
- **Air-Fried Onion Rings:** Coat onion slices in breadcrumbs, season with salt and pepper, and air fry at 180°C for 8–10 minutes.

Nutritional Information (per serving, without buns or toppings):

- Calories: 235 kcal
- Protein: 30g
- Fat: 12g
- Carbohydrates: 7g
- Fibre: 1g
- Sugar: 1g

This **Juicy Homemade Burger** recipe is the perfect example of how air frying can help you make delicious, healthier meals in less time, with less oil. These burgers are quick to prepare, full of flavour, and can easily be tailored to fit different dietary preferences, making them a great choice for busy families in the UK. Enjoy!



CHAPTER 9: VEGGIE DISHES & SIDES

Garlic & Rosemary Roasted Root Veg



Yield: 4 servings

Prep Time: 10 minutes | CookTime: 20-25 minutes | Total Time: 30-35 minutes

Ingredients:

- 400g potatoes (e.g., Maris Piper or Desiree), peeled and cut into bite-sized cubes
- 200g carrots, peeled and sliced
- 200g parsnips, peeled and sliced
- 2 tablespoons olive oil (30ml)
- 3 cloves garlic, minced
- 1 tablespoon fresh rosemary, finely chopped (or 1 teaspoon dried rosemary)
- 1 teaspoon sea salt
- 1/2 teaspoon black pepper
- 1/2 teaspoon paprika (optional for a smoky kick)
- 1 tablespoon fresh parsley, chopped (for garnish)

Instructions:

1. Prep the Vegetables:

Peel and chop the potatoes, carrots, and parsnips into even, bite-sized pieces. Try to keep them around the same size for uniform cooking.

2. Season the Veggies:

In a large mixing bowl, toss the prepared root vegetables with the olive oil, minced garlic, rosemary, salt, pepper, and paprika (if using). Make sure everything is well-coated with the seasoning.

3. Preheat the Air Fryer:

Preheat your air fryer to 180°C (350°F) for about 3 minutes. This step helps ensure the vegetables cook evenly from the start.

4. Air Fry the Veggies:

Place the seasoned root vegetables in the air fryer basket. Be sure not to overcrowd the basket — for the best results, the vegetables should be in a single layer. If your air fryer basket is small, cook them in batches.

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

Cook for 20-25 minutes, shaking the basket halfway through the cooking time to ensure even roasting. You can also use an air fryer rack or baking pan to cook in layers if you have one, which can be handy for larger batches.

6. **Finish and Serve:**

Once the vegetables are crispy on the outside and tender on the inside, remove them from the air fryer. Garnish with fresh parsley before serving.

Dietary Variations:

- **Gluten-Free:** This recipe is naturally gluten-free.
- **Low-Carb:** You can reduce the potato quantity and replace with more low-carb vegetables like cauliflower or zucchini.
- **Vegan:** This recipe is already vegan-friendly.

Suggestions for Accompaniments:

Dips & Sauces:

- Serve with a simple tahini dressing (tahini, lemon juice, olive oil, garlic, salt, and pepper).
- Try a yogurt-based dipping sauce with fresh mint and lemon zest.

Side Dishes:

- Pair with air-fried chicken breast or a grilled steak for a complete meal.
- For a lighter option, serve with a side salad featuring fresh greens like spinach or rocket, dressed with olive oil and balsamic vinegar.

Nutritional Information (per serving):

- Calories: 210 kcal
- Protein: 3g
- Carbohydrates: 32g
- Fat: 9g
- Saturated Fat: 1g
- Fibre: 5g
- Sugar: 5g
- Salt: 0.6g

This **Garlic & Rosemary Roasted Root Veg** recipe is a perfect addition to any meal. Using the air fryer means you'll enjoy a healthier version of roasted veggies with less oil, all while keeping the cooking time to a minimum. The crispy edges and aromatic garlic and rosemary make this side dish not only healthy but incredibly delicious!

Air-Fried Cauliflower Steaks



Yield: 2 servings

Prep Time: 10 minutes | Cook Time: 18-20 minutes | Total Time: 28-30 minutes

Ingredients:

- 1 large cauliflower (approximately 600g)
- 2 tbsp olive oil (30ml)
- 1 tsp garlic powder (5g)
- 1 tsp onion powder (5g)
- ½ tsp smoked paprika (2g)
- ½ tsp ground cumin (2g)
- Salt to taste (around 1 tsp)
- Freshly ground black pepper to taste
- Lemon wedges (optional, for serving)
- Fresh parsley (optional, for garnish)

Instructions:

1. Prepare the cauliflower:

Cut the cauliflower into thick "steaks" by slicing through the centre, approximately 2-3cm thick. You can reserve any leftover cauliflower florets for another recipe, like a cauliflower stir-fry or soup.

2. Season the steaks:

In a small bowl, mix the olive oil, garlic powder, onion powder, smoked paprika, ground cumin, salt, and pepper. Brush this seasoning mixture generously over both sides of the cauliflower steaks.

3. Preheat the air fryer:

200°C for about 3 minutes. If your air fryer doesn't have a preheat function, just set it to the desired temperature and let it warm up for a few minutes.

4. Cook the cauliflower steaks:

Place the seasoned cauliflower steaks in the air fryer basket, ensuring they are not overlapping. If your air fryer is smaller, you may need to cook them in batches. Air fry the

steaks at 200°C for 18–20 minutes, flipping halfway through for even cooking. The steaks should be tender inside and crispy on the outside when done.

5. **Serve:**

Once cooked, remove the cauliflower steaks from the air fryer and serve immediately. Garnish with fresh parsley and a squeeze of lemon if desired. Pair with your favourite sides or a dipping sauce.

Variations:

- **Vegan:** This recipe is already vegan-friendly as it doesn't contain any animal products. Simply adjust the seasoning or add your favourite plant-based sauces.
- **Gluten-Free:** This recipe is naturally gluten-free, making it suitable for those with gluten intolerances or sensitivities.
- **Low-Carb:** Cauliflower is naturally low in carbs, making this a great option for those on low-carb or keto diets.

Accompanying Sauces & Sides:

- **Garlic Aioli (Vegan):** A quick vegan aioli can be made by blending 3 tbsp of vegan mayo with 1 clove of minced garlic, 1 tsp lemon juice, and a pinch of salt.
- **Air-Fried Potato Wedges:** Cut potatoes into wedges, season with olive oil, rosemary, and salt, then air fry at 200°C for 20 minutes.
- **Side Salad:** A light mixed salad of fresh greens, tomatoes, and cucumber pairs perfectly with these cauliflower steaks.

Nutritional Information (per serving):

- Calories: 160 kcal
- Carbohydrates: 12g
- Protein: 4g
- Fat: 12g
- Saturated Fat: 1.5g
- Fibre: 5g
- Sugar: 5g
- Sodium: 500mg

This **Air-Fried Cauliflower Steaks** recipe is a simple, delicious, and healthy option that fits perfectly into a balanced diet. It's quick to prepare, and with the air fryer, you can achieve perfectly roasted cauliflower in a fraction of the time it would take in a traditional oven. Enjoy it as a main dish or as a delightful side!

Broccoli & Cheese Poppers



Yield: 4 servings

Prep Time: 10 minutes | Cook Time: 12 minutes | Total Time: 22 minutes

Ingredients:

- 300g broccoli florets (fresh or frozen)
- 100g cheddar cheese, grated (or dairy-free alternative for vegan option)
- 2 tablespoons (30g) cream cheese (or dairy-free cream cheese)
- 1 large egg
- 30g breadcrumbs (use gluten-free breadcrumbs for gluten-free version)
- 1/2 teaspoon garlic powder
- 1/4 teaspoon onion powder
- Salt and pepper to taste
- 1 tablespoon olive oil (or spray oil)
- Fresh parsley, chopped (for garnish, optional)

Instructions:

1. Prep the Broccoli:

If using fresh broccoli, steam or blanch the florets for 3-4 minutes until just tender, then chop them finely.

If using frozen broccoli, thaw it fully and drain excess water, then chop finely.

2. Make the Mixture:

In a large mixing bowl, combine the finely chopped broccoli, grated cheddar cheese, cream cheese, egg, breadcrumbs, garlic powder, onion powder, salt, and pepper. Stir until everything is well combined and forms a sticky mixture.

3. Shape the Poppers:

Using your hands, scoop out a tablespoon-sized portion of the mixture and roll it into a ball. Repeat with the remaining mixture, forming around 12-14 poppers, depending on the size.

4. Prepare the Air Fryer:

Preheat the air fryer to 180°C (350°F) for 3 minutes.

Lightly coat the air fryer basket with olive oil or use a non-stick spray to prevent sticking.

5. Cook the Poppers:

Arrange the broccoli & cheese poppers in the air fryer basket in a single layer. Be sure to leave some space between each popper to allow air to circulate and ensure even cooking. Air fry at 180°C (350°F) for 10-12 minutes, or until they are golden brown and crispy on the outside. You may want to gently shake the basket halfway through the cooking time to ensure even browning.

6. Serve:

Once cooked, carefully remove the poppers from the basket and place them on a plate. Garnish with freshly chopped parsley if desired.

Variations and Dietary Modifications:

- **Vegan Option:** Replace the cheddar cheese with a plant-based cheese alternative, and use a flax egg (1 tablespoon flaxseed meal mixed with 3 tablespoons water) instead of the egg. Swap cream cheese for a plant-based version.
- **Gluten-Free Option:** Use gluten-free breadcrumbs instead of regular breadcrumbs. Be sure to check that all other ingredients are gluten-free.
- **Low-Carb Option:** Substitute breadcrumbs with almond flour or ground flaxseed to reduce carbs while maintaining the texture of the poppers.

Suggested Sauces and Sides:

- **Air-Fried Sweet Potato Fries:** Quickly air fry some thinly sliced sweet potatoes with a drizzle of olive oil, salt, and pepper for a healthy, complementary side.
- **Greek Yogurt Dip:** Serve with a side of Greek yogurt mixed with a little lemon juice, garlic powder, and herbs for dipping.
- **Tomato Salsa:** A simple fresh tomato salsa made with diced tomatoes, red onion, cilantro, and a squeeze of lime for a zesty pairing.

Nutritional Information (Per Serving):

- Calories: 210 kcal
- Protein: 8g
- Fat: 14g
- Saturated Fat: 5g
- Carbohydrates: 13g
- Fibre: 3g
- Sugars: 2g
- Sodium: 300mg
- Cholesterol: 45mg

This **Broccoli & Cheese Poppers** recipe is an easy, healthy, and tasty way to enjoy vegetables with minimal oil, making it perfect for quick meals in a busy household. The air fryer makes cooking these poppers fast, and they turn out crispy without the need for excess fat or frying oil, fitting seamlessly into a health-conscious lifestyle.

Courgette & Carrot Fritters



Yield: Serves 4

Prep Time: 15 minutes | CookTime: 10-12 minutes | Total Time: 25-27 minutes

Ingredients:

- 2 medium courgettes (approximately 300g), grated
- 2 medium carrots (approximately 200g), grated
- 1 small onion (approximately 80g), finely chopped
- 2 large eggs
- 50g gluten-free flour (or plain flour for non-gluten-free)
- 1 tsp dried mixed herbs
- ½ tsp garlic powder
- ½ tsp salt
- ¼ tsp black pepper
- 1 tbsp olive oil (for spraying)
- **Optional:** 30g grated Parmesan cheese (for extra flavour)

Instructions:

1. Prepare the Vegetables

Start by grating the courgettes and carrots. Place them into a clean tea towel or cheesecloth and squeeze out any excess moisture. This step is crucial for crispy fritters, as too much moisture will cause them to become soggy.

2. Mix the Fritter Base

In a large bowl, combine the grated courgettes, carrots, and finely chopped onion. Add the eggs, flour, dried herbs, garlic powder, salt, and pepper. If using, stir in the grated Parmesan cheese. Mix everything together thoroughly until well combined.

3. Form the Fritters

Using your hands, take small portions of the mixture (about 2 tablespoons) and form them into small patties. You should end up with about 8-10 fritters. Gently press them into shape, ensuring they're compact but not too thick.

4. Preheat the Air Fryer

Preheat your air fryer to 180°C (350°F) for 3-5 minutes.

5. Cook the Fritters

Lightly spray the air fryer basket or tray with olive oil. Place the fritters in a single layer in the air fryer basket, leaving a little space between each one to allow air to circulate. This ensures they cook evenly and become crispy.

6. Air Fry the Fritters

Cook the fritters at 180°C (350°F) for 10-12 minutes, flipping them halfway through the cooking time for an even crisp. Keep an eye on them, as cooking times can vary depending on the size of your fritters and air fryer model.

7. Serve

Once golden and crispy, remove the fritters from the air fryer. Serve immediately with a dip or side of your choice.

Variations:

- **Gluten-Free:** Use gluten-free flour or oat flour in place of plain flour. Ensure all other ingredients are gluten-free, especially the optional Parmesan (if using).
- **Low-Carb:** Substitute the flour with almond flour or coconut flour for a lower-carb version.
- **Vegan:** Replace the eggs with flax eggs (1 tbsp ground flaxseed mixed with 3 tbsp water) and omit the Parmesan.

Suggested Accompaniments:

- **Dips:** A tangy Greek yogurt dip with lemon juice, dill, and garlic, or a creamy avocado dip with lime and coriander.
- **Sides:** Air fryer roasted sweet potato wedges or a fresh salad with a lemony dressing.

Nutritional Information (Per Serving):

- Calories: 140 kcal
- Protein: 4g
- Carbohydrates: 12g
- Fat: 9g
- Fibre: 3g
- Sugar: 6g

These courgette and carrot fritters are the perfect quick, healthy, and satisfying meal, made even easier with the air fryer. Their crispy exterior and tender inside are just a few of the reasons why you'll fall in love with this recipe. Plus, with minimal oil and fast cooking times, they fit beautifully into any busy UK household's schedule without compromising on taste or nutrition.

Mediterranean Veggie Tray Bake



Yield: 4

Prep Time: 10 minutes | Cook Time: 20 minutes | Total Time: 30 minutes

Ingredients:

- 2 medium courgettes (about 300g), sliced into rounds
- 1 large red bell pepper (about 200g), chopped into chunks
- 1 large yellow bell pepper (about 200g), chopped into chunks
- 1 small red onion (about 150g), sliced
- 100g cherry tomatoes, halved
- 1 tablespoon olive oil (15ml)
- 1 teaspoon dried oregano
- 1 teaspoon dried basil
- 1/2 teaspoon garlic powder
- 1/4 teaspoon smoked paprika
- Salt and pepper to taste
- 30g feta cheese (optional, crumbled)
- 1 tablespoon fresh parsley (optional, chopped)

Instructions:

1. Preheat the Air Fryer:

Preheat your air fryer to 180°C (350°F) for 3 minutes. This ensures an even cooking temperature when you add the veggies.

2. Prepare the Vegetables:

Wash and slice the courgettes, bell peppers, and red onion. Halve the cherry tomatoes. Place all the vegetables into a large mixing bowl.

3. Season the Vegetables:

Drizzle the olive oil over the veggies and sprinkle with oregano, basil, garlic powder, smoked paprika, salt, and pepper. Toss everything together until the vegetables are evenly coated with the seasoning.

4. Arrange in the Air Fryer Basket:

Place the seasoned veggies into the air fryer basket. Be sure not to overcrowd the basket — the vegetables should be arranged in a single layer. If needed, use a rack or a small baking pan to layer the veggies more effectively.

5. **Cook the Vegetables:**

Air fry the veggies at 180°C (350°F) for 15–20 minutes, shaking the basket halfway through to ensure even cooking. The vegetables should be tender and slightly charred on the edges.

6. **Serve:**

Once the vegetables are cooked, remove the tray bake from the air fryer. Sprinkle the crumbled feta cheese (if using) over the top and garnish with fresh parsley. Serve immediately.

Dietary Variations:

- **Gluten-Free:** This recipe is naturally gluten-free. Just be sure to check your spices and feta cheese labels for any hidden gluten content.
- **Low-Carb:** This dish is already low in carbs, making it an excellent choice for low-carb diets like keto.
- **Vegan:** Omit the feta cheese and replace with a plant-based cheese alternative or simply enjoy the dish as is.

Accompaniments:

- Serve this Mediterranean Veggie Tray Bake with a simple air fryer pita or hummus made in the air fryer. You can also pair it with a fresh, tangy yoghurt dip or a zesty lemon dressing.

Nutritional Information (per serving, without feta):

- Calories: 160 kcal
- Protein: 3g
- Carbohydrates: 14g
- Fats: 10g
- Fibre: 4g
- Sugar: 7g
- Sodium: 150mg

This quick and easy **Mediterranean Veggie Tray Bake** is perfect for a healthy lunch or dinner, using the air fryer to bring out the best in fresh vegetables. With its rich Mediterranean flavours and minimal fat, it's a dish that fits effortlessly into a balanced UK lifestyle.

Sweetcorn Fritters



Yield: 4 servings

Prep Time: 10 minutes | Cook Time: 10-12 minutes | Total Time: 20-22 minutes

Ingredients

- 1 can (400g) sweetcorn kernels, drained and rinsed
- 1 medium egg
- 60g plain flour (or gluten-free flour for a gluten-free version)
- 1 small red onion, finely chopped
- 1 small garlic clove, minced
- 1 teaspoon baking powder
- 1/2 teaspoon ground cumin
- 1/2 teaspoon paprika
- 1 tablespoon fresh parsley, chopped (optional)
- 1 tablespoon olive oil (for spraying)
- Salt and pepper, to taste

Instructions

1. Prepare the Fritter Mixture

In a large mixing bowl, combine the sweetcorn, egg, chopped onion, minced garlic, and fresh parsley. Add the flour, baking powder, cumin, paprika, and a pinch of salt and pepper. Stir everything together until a thick batter forms.

2. Shape the Fritters

Take a spoonful of the batter and shape it into small patties, about 5 cm in diameter. You should be able to make around 8 fritters, depending on the size.

3. Preheat the Air Fryer

Preheat your air fryer to 180°C for 3-5 minutes. This helps ensure an even cooking temperature throughout the cooking process.

4. Arrange the Fritters in the Air Fryer

Lightly spray the air fryer basket with olive oil. Arrange the fritters in a single layer in the basket, leaving a little space between each fritter to allow for proper air circulation. If needed, cook in batches to avoid overcrowding.

5. Air Fry the Fritters

Air fry the fritters at 180°C for 10-12 minutes. Halfway through the cooking time, flip the fritters over to ensure they cook evenly on both sides. They should be golden and crispy on the outside.

6. Serve and Enjoy

Once cooked, carefully remove the fritters from the air fryer. Serve them hot with your favourite dipping sauce or side dishes.

Variations

- **Vegan Version:** Replace the egg with a flax egg (1 tablespoon ground flaxseed mixed with 3 tablespoons water). Use a plant-based flour if desired.
- **Low-Carb Version:** Swap the plain flour for almond flour or coconut flour. You may need to adjust the amount slightly to maintain the correct batter consistency.
- **Gluten-Free Version:** Use a gluten-free all-purpose flour blend, ensuring that it's suitable for frying.
- **Spicy Version:** Add a pinch of cayenne pepper or chopped fresh chilli to the mixture for a bit of heat.

Suggested Accompaniments

- **Dips:** Serve the fritters with a homemade tomato salsa, creamy avocado dip, or tangy yogurt dip.
- **Sides:** Pair with a simple side salad or air-fried vegetables like bell peppers, courgettes, or sweet potatoes for a complete meal.

Nutritional Information (per serving)

- Calories: 180 kcal
- Carbohydrates: 24g
- Protein: 5g
- Fat: 7g
- Saturated Fat: 1g
- Fibre: 3g
- Sugar: 3g
- Salt: 0.3g

These **Sweetcorn Fritters** are a fantastic addition to any quick and healthy meal plan. The air fryer makes cooking quicker, healthier, and cleaner, and these fritters are the perfect way to enjoy a snack or light lunch without the excess oil and fat typically found in traditional frying methods. Enjoy them as part of your air frying journey!

Balsamic Glazed Brussels Sprouts



Yield: 2 servings

Prep Time: 5 minutes | Cook Time: 15 minutes | Total Time: 20 minutes

Ingredients

- 300 g Brussels sprouts (trimmed and halved)
- 1 tbsp olive oil (15 ml)
- 1 tbsp balsamic vinegar (15 ml)
- 1 tsp maple syrup (or honey for non-vegan, 5 ml)
- ½ tsp garlic granules
- ¼ tsp sea salt
- ¼ tsp freshly ground black pepper
- **Optional:** 1 tbsp grated Parmesan cheese (for serving)

Instructions

1. **Preheat your air fryer** to 190°C for 2–3 minutes.
(Most UK air fryer models support quick preheating—consult your manual for specifics.)
2. **Prepare the sprouts:**
In a large mixing bowl, toss the halved Brussels sprouts with olive oil, balsamic vinegar, maple syrup, garlic granules, salt, and pepper. Ensure all sprouts are evenly coated.
3. **Arrange in the basket:**
Place the sprouts in a single layer in the air fryer basket. Avoid overcrowding—cook in batches if needed to maintain crispness. Use a raised rack if your air fryer includes one, to increase circulation.
4. **Air fry** at 190°C for 13–15 minutes, shaking the basket halfway through.
They should be golden brown on the outside and tender inside. Adjust timing slightly depending on the size of your sprouts.
5. **Serve immediately:**
Transfer to a plate and, if desired, sprinkle with grated Parmesan or an extra drizzle of balsamic vinegar.

Variations

- **Vegan:** Ensure maple syrup is used instead of honey; skip the Parmesan or use vegan cheese.
- **Gluten-Free:** Naturally gluten-free, but double-check condiments like balsamic vinegar for certified gluten-free labelling.
- **Low-Carb/Keto:** Omit the maple syrup entirely or replace with a low-carb sweetener like erythritol.

Perfect Pairings

Serve with:

- **Air-Fried Lemon Garlic Salmon Fillets**
- **Crispy Air Fryer Tofu Bites** (vegan)
- **Simple Air Fryer Sweet Potato Wedges**
- A side of **Greek yoghurt and lemon dip** or **tahini-garlic sauce** (can also be made in small ramekins in the air fryer using the bake function).

Nutritional Information (per serving)

- Calories: 145 kcal
- Fat: 8.5 g
- Carbohydrates: 14.8 g
- Sugars: 5.2 g
- Fibre: 5.1 g
- Protein: 4.2 g
- Salt: 0.6 g

Quick, crispy, and packed with rich balsamic flavour, these **Brussels sprouts** are the perfect healthy side or snack. Made effortlessly in the air fryer with minimal oil and maximum taste.

Crispy Stuffed Bell Peppers



Yield: 4 servings

Prep Time: 10 minutes | Cook Time: 15 minutes | Total Time: 25 minutes

Ingredients

- 4 medium bell peppers (red, yellow or green), halved and deseeded
- 200 g cooked brown rice (or quinoa for gluten-free option)
- 100 g tinned black beans, drained and rinsed
- 100 g cherry tomatoes, finely chopped
- 1 small red onion, finely diced (approx. 50 g)
- 80 g grated reduced-fat cheddar (or vegan cheese alternative)
- 2 tbsp chopped fresh parsley or coriander
- 2 tsp olive oil
- 1 tsp smoked paprika
- ½ tsp ground cumin
- ½ tsp garlic powder
- Salt and pepper, to taste
- **Optional:** 2 tbsp nutritional yeast (for vegan cheesy flavour)

Instructions

1. **Preheat the air fryer** to 180°C for 3 minutes. If using a dual-basket model, prepare both sides.
2. In a large bowl, **combine** the rice, black beans, tomatoes, red onion, half the cheese, parsley, olive oil, paprika, cumin, garlic powder, and a pinch of salt and pepper. Stir well to create a flavourful stuffing mixture.
3. **Lightly brush** the inside of each pepper half with a touch of olive oil, then spoon the filling into each pepper, pressing gently so it holds together.
4. **Top** each pepper with the remaining cheese, or sprinkle nutritional yeast for a dairy-free version.
5. **Place** the stuffed peppers into the air fryer basket in a single layer. Use a rack accessory if available to air fry more at once, but ensure there's enough space for air to circulate.

6. **Air fry** at 180°C for 12–15 minutes, or until the peppers are tender and the tops are golden and slightly crispy. Check at the 10-minute mark and rotate the basket if needed for even cooking.
7. **Serve** warm, garnished with extra herbs if desired.

Dietary Variations

- **Gluten-Free:** Swap rice for cooked quinoa or cauliflower rice.
- **Vegan:** Use plant-based cheese or sprinkle nutritional yeast for flavour.
- **Low-Carb:** Replace rice with grated courgette or cauliflower rice.

Serving Suggestions

Pair with one of the following quick air fryer sides:

- **Air-Fried Sweet Potato Wedges** (sliced, seasoned with paprika and garlic, 180°C for 12 minutes)
- **Garlic Green Beans** (tossed with olive oil and sea salt, 190°C for 6–8 minutes)
- **Yoghurt and Herb Dip:** Mix 100 ml Greek yoghurt (or plant-based alternative), 1 tbsp lemon juice, 1 tbsp chopped mint or dill, pinch of salt and pepper

Nutritional Information (per serving)

- Calories: 255 kcal
- Protein: 10 g
- Carbohydrates: 28 g
- Fats: 10 g
- Saturates: 3 g
- Fibre: 6 g
- Salt: 0.6 g



CHAPTER 10: GUILT-FREE DESSERTS

Cinnamon Sugar Apple Rings



Yield: 4 servings

Prep Time: 10 minutes | Cook Time: 8 minutes | Total Time: 18 minutes

Ingredients

- 2 large Bramley or Gala apples
- 100 g plain flour
- 1 medium free-range egg
- 100 ml semi-skimmed milk (or plant-based alternative)
- 1 tsp ground cinnamon
- 2 tbsp caster sugar
- 1 tsp baking powder
- ¼ tsp fine sea salt
- 1 tsp sunflower oil (or light olive oil), for greasing

For Coating

- 2 tbsp caster sugar
- ½ tsp ground cinnamon

Instructions

1. Prepare the Apples

Peel the apples and core them using an apple corer or small round cutter.

Slice into rings approximately 1 cm thick. Pat dry with kitchen paper to remove excess moisture.

2. Make the Batter

In a bowl, whisk together the flour, baking powder, salt, and 1 tsp cinnamon.

In a separate jug, beat the egg and milk together.

Gradually add the wet mix to the dry ingredients, whisking until smooth. The batter should be slightly thick but pourable.

3. Preheat the Air Fryer

Preheat your air fryer to 190°C for 2 minutes.

4. Coat the Apple Rings

Lightly grease the base of your air fryer basket or use a perforated parchment liner.

Dip each apple ring in the batter, allowing excess to drip off, and place in a single layer in the basket. Leave space between rings — do not overcrowd.

5. Air Fry

Cook at 190°C for 8 minutes, flipping halfway through using silicone tongs.

While cooking, mix the 2 tbsp sugar and ½ tsp cinnamon in a shallow bowl.

6. Finish & Serve

Once golden and puffed, remove apple rings and immediately toss in the cinnamon sugar coating.

Serve warm for best taste and texture.

Optional Accessories

- Perforated air fryer liners or silicone baking mats
- Multi-level rack for batch cooking
- Apple corer and non-stick tongs

Variations

- **Gluten-Free:** Use a gluten-free plain flour blend.
- **Vegan:** Swap egg for 1 tbsp ground flaxseed mixed with 3 tbsp water. Use oat or almond milk.
- **Low-Carb:** Replace flour with a mix of almond flour (80 g) and coconut flour (20 g), and use a sugar substitute like erythritol.

Air Fryer Pairing Suggestions

- **Yoghurt Dipping Sauce:** Mix Greek yoghurt with a dash of vanilla and honey.
- **Caramelised Banana Slices:** Air-fry banana slices for 6–7 minutes at 180°C with a touch of maple syrup.
- **Vanilla Custard Pots:** Use oven-safe ramekins in your air fryer at 150°C for 10–12 mins.

Nutritional Information (Per Serving)

- Energy: 186 kcal
- Fat: 3.5 g
- Saturates: 0.5 g
- Carbohydrates: 36 g
- Sugars: 18 g
- Fibre: 2.8 g
- Protein: 3.2 g
- Salt: 0.25 g

A light, crisp, and naturally sweet treat that brings out the best of the air fryer — less fat, faster cooking, and no compromise on flavour. Perfect for a quick dessert or a guilt-free snack.

Chocolate Lava Pudding Pots



Yield: 4 servings

Prep Time: 10 minutes | Cook Time: 8 minutes | Total Time: 18 minutes

Ingredients:

- 100g dark chocolate (70% cocoa or higher), chopped
- 80g unsalted butter
- 2 medium free-range eggs
- 2 medium free-range egg yolks
- 50g caster sugar
- 1 tsp vanilla extract
- 30g plain flour (or gluten-free plain flour for variation)
- Pinch of sea salt
- A little butter and cocoa powder (for greasing ramekins)

Optional for serving:

- Fresh berries
- Greek yoghurt or crème fraîche

Equipment:

- 4 x 150ml ramekins (oven-safe, ceramic or silicone)
- Air fryer rack or shallow baking pan to support ramekins

Instructions:

1. **Preheat the air fryer** to 180°C for 3 minutes. Lightly grease 4 ramekins with butter and dust with cocoa powder to prevent sticking. Shake out any excess.
2. **Melt the chocolate and butter together** in a heatproof bowl over a pot of simmering water (bain-marie), stirring until smooth. Alternatively, microwave in 20-second bursts, stirring between each.
3. In a separate bowl, **whisk the eggs, yolks, sugar, and vanilla extract** until light and slightly thickened (about 1–2 minutes using a hand whisk).

4. **Slowly pour the melted chocolate mixture** into the egg mixture, whisking continuously until smooth.
5. **Sift in the flour** and add a pinch of salt. Fold gently with a spatula until just combined—do not overmix.
6. **Divide the batter** evenly between the ramekins (about three-quarters full).
7. **Carefully place ramekins** in the air fryer basket using a rack or baking tray insert if needed. Make sure there's enough space around each for air to circulate—do not overcrowd.
8. **Air fry** at 180°C for 8 minutes. The tops should be set but the centre will remain gooey.
9. **Remove** from the air fryer and let rest for 1 minute. Serve directly in the pots or gently loosen the edges and turn out onto plates.

Variations:

- **Gluten-Free:** Use a gluten-free plain flour blend in the same quantity.
- **Low-Carb/Keto-Friendly:** Swap sugar for granulated erythritol or stevia blend (adjust to taste) and use almond flour (25g) instead of plain flour.
- **Vegan:**
Replace butter with coconut oil or vegan margarine
Use flax eggs (1 tbsp ground flaxseed + 2.5 tbsp water per egg, set for 10 min)
Choose vegan dark chocolate (dairy-free)

Serving Suggestions (Also Air Fryer-Friendly):

- **Roasted Strawberries:** Halve 100g strawberries, sprinkle lightly with honey or maple syrup, and air fry at 160°C for 5 minutes. Serve warm over the pudding.
- **Crispy Banana Chips:** Slice banana thinly, spritz lightly with oil, and air fry at 150°C for 10–12 minutes, flipping halfway.

Nutritional Information (Per Serving):

Standard recipe using plain flour and dark chocolate

- Energy: 310 kcal
- Fat: 20g
- Saturated Fat: 12g
- Carbohydrates: 27g
- Sugars: 18g
- Protein: 6g
- Fibre: 2g
- Salt: 0.1g

Mini Victoria Sponge Muffins



Yield: 6 mini muffins

Prep Time: 10 minutes | Cook Time: 10–12 minutes | Total Time: 20–22 minutes

Ingredients

- 100 g self-raising flour
- 2 medium free-range eggs (UK large), at room temperature
- 100 g unsalted butter or margarine (plus extra for greasing)
- 80 g golden caster sugar
- ½ tsp vanilla extract
- 1 tbsp semi-skimmed milk
- 3 tbsp no-added-sugar strawberry jam
- 3 tbsp reduced-fat crème fraîche or Greek-style yoghurt (for a lighter filling)
- Icing sugar, to dust (optional)

Instructions

1. **Preheat the Air Fryer** to 160°C for 2–3 minutes. Grease a 6-cup silicone muffin tray or individual silicone cases (UK standard size) that fit inside your air fryer basket.
2. In a mixing bowl, **beat together butter and sugar** until light and fluffy. Add eggs, one at a time, beating well after each addition. Stir in vanilla extract and milk.
3. **Fold** in the self-raising flour gently until fully combined, without overmixing.
4. **Spoon the batter** evenly into the prepared silicone muffin moulds, filling each about two-thirds full.
5. **Place the tray or moulds** into the air fryer basket. Cook at 160°C for 10–12 minutes, or until the tops are golden and a skewer inserted comes out clean.
6. **Remove the muffins** carefully and allow to cool for 5 minutes in the moulds before transferring to a wire rack to cool completely.
7. Once cooled, **slice each muffin** in half horizontally. Spread the bottom half with a little jam and a dollop of crème fraîche or yoghurt, then replace the top.
8. **Lightly dust** with icing sugar if desired, and serve.

Variations

- **Gluten-Free:** Use a 1:1 gluten-free self-raising flour blend.
- **Low-Carb:** Replace flour with a low-carb baking mix, and sweeten with erythritol or xylitol.
- **Vegan:** Substitute eggs with 2 tbsp aquafaba (chickpea water) per egg, use dairy-free margarine, and swap crème fraîche for vegan coconut yoghurt.

Perfect Pairings

- **Air-Fried Fresh Berry Compote:**
Toss 100 g mixed berries with 1 tsp lemon juice and 1 tsp maple syrup. Air fry at 160°C for 5–6 minutes in a small heatproof dish. Spoon over muffins for added colour and taste.
- **Air-Fried Minted Strawberries:**
Slice 3–4 strawberries, toss with a drizzle of honey and fresh chopped mint. Air fry at 150°C for 3–4 minutes until softened.

Nutritional Info (Per Muffin with Light Filling)

- Calories: 190 kcal
- Protein: 3.8 g
- Carbohydrates: 22 g
- Sugars: 8.5 g
- Fat: 9.5 g
- Saturated Fat: 5.6 g
- Fibre: 0.8 g
- Salt: 0.15 g

Light, fluffy, and perfectly portioned, these air-fried **mini Victoria sponges** offer a healthier twist on the British classic — with less fat, no deep baking, and done in a fraction of the time.

Raspberry & White Chocolate Turnovers



Yield: 4 turnovers

Prep Time: 10 minutes | Cook Time: 8–10 minutes | Total Time: 18-20 minutes

Ingredients:

- 1 sheet ready-rolled puff pastry (approx. 320g)
- 100g fresh raspberries
- 50g white chocolate, chopped into small chunks
- 1 tbsp maple syrup (or honey)
- 1 tsp cornflour
- 1 tsp lemon juice
- 1 tbsp plant-based milk or semi-skimmed milk (for brushing)
- 1 tbsp golden caster sugar (optional, for topping)

Instructions:

1. Prepare the filling

In a bowl, gently mix raspberries, white chocolate, maple syrup, cornflour, and lemon juice. Stir just until combined without breaking the raspberries.

2. Cut and fill the pastry

Unroll the puff pastry and cut into 4 equal squares. Spoon the raspberry mixture into one triangle half of each square, leaving a 1cm border.

3. Seal the turnovers

Fold each square diagonally into a triangle. Use a fork to crimp the edges tightly. Lightly brush the tops with milk and sprinkle with golden caster sugar if desired.

4. Preheat the air fryer

Preheat your air fryer to 180°C for 2 minutes. Use a baking paper liner or air fryer baking tray suitable for your model to prevent sticking.

5. Cook the turnovers

Place 2 turnovers at a time into the basket, ensuring space around them for air circulation. Cook for 8–10 minutes, or until puffed and golden.

6. Cool slightly before serving

Let the turnovers cool for 5 minutes before eating — the filling will be very hot straight out of the fryer.

Variations:

- **Gluten-Free:** Use ready-rolled gluten-free puff pastry (available in most UK supermarkets).
- **Low-Carb:** Swap puff pastry for low-carb keto-friendly wraps, and use sugar-free white chocolate chips.
- **Vegan:** Use vegan puff pastry and dairy-free white chocolate. Brush with almond or oat milk before air frying.

Serving Suggestions:

- Serve with a spoonful of **Greek yoghurt** or a scoop of low-fat **vanilla ice cream**.
- Pair with a side of **air-fried cinnamon apple slices** (thinly sliced apples tossed with cinnamon and a touch of maple syrup, air-fried at 180°C for 6–8 minutes).

Nutritional Information (*per turnover*):

- Energy: 288 kcal
- Fat: 14g
- Saturated Fat: 6g
- Carbohydrates: 34g
- Sugars: 11g
- Fibre: 2g
- Protein: 4g
- Salt: 0.3g

Light, flaky, and indulgent – these fruit-filled pastries are a healthier treat made effortlessly in the air fryer.

Carrot Cake Bites with Cream Cheese Drizzle



Yield: 6 servings (approx. 12 bites)

Prep Time: 10 minutes | Cook Time: 10 minutes | Total Time: 20 minutes

Ingredients

For the Carrot Cake Bites:

- 120g finely grated carrots
- 80g plain flour (or gluten-free flour blend)
- 60g ground almonds
- 60ml maple syrup or honey
- 1 medium egg
- 2 tbsp olive oil or melted coconut oil
- 1 tsp ground cinnamon
- ½ tsp ground ginger
- ½ tsp baking powder
- ¼ tsp bicarbonate of soda
- 1 tsp vanilla extract
- 30g chopped walnuts (optional)
- A pinch of salt

For the Cream Cheese Drizzle:

- 60g light cream cheese
- 1 tbsp maple syrup or honey
- ½ tsp vanilla extract
- 1-2 tbsp milk (to thin, as needed)

Instructions

1. Prepare the Carrot Cake Batter:

In a medium mixing bowl, whisk together the egg, maple syrup, oil, and vanilla. Add the grated carrots and mix to combine.

In a separate bowl, combine the flour, ground almonds, cinnamon, ginger, baking powder, bicarbonate of soda, and salt.

Fold the dry ingredients into the wet mixture until just combined. Stir in chopped walnuts if using.

2. Shape the Bites:

Using clean hands or a small scoop, form the mixture into 12 bite-sized balls (approx. 30g each). Flatten slightly to form mini patties for even cooking.

3. Air Fry:

Preheat your air fryer to 170°C for 2 minutes.

Place the bites in a single layer in the basket or on a perforated air fryer baking tray, using parchment liners if desired. Do not overcrowd — cook in batches if necessary.

Air fry at 170°C for 8–10 minutes or until golden brown and firm to the touch. Remove and let cool slightly on a wire rack.

4. Make the Drizzle:

In a small bowl, mix the cream cheese, maple syrup, and vanilla. Add milk gradually until you reach a pourable consistency.

5. Serve:

Drizzle the cooled carrot cake bites with cream cheese glaze and enjoy warm or at room temperature.

Dietary Variations

- **Gluten-Free:** Use a certified gluten-free flour blend in place of plain flour.
- **Low-Carb:** Swap flour for coconut flour (use 2 tbsp less) and increase eggs to 2 for binding.
- **Vegan:** Replace the egg with a flax egg (1 tbsp ground flaxseed + 3 tbsp water, set for 5 min). Use vegan cream cheese and maple syrup.

Serving Suggestions

Pair with:

- **Air-Fried Apple Slices** with a dusting of cinnamon
- **Mini Greek Yoghurt Pots** sweetened with honey and crushed nuts
- **Spiced Pear Chips**, air-fried until crisp

Nutritional Information (Per Serving – 2 Bites with Drizzle)

- Calories: 185 kcal
- Protein: 4.5g
- Carbohydrates: 16g
- Sugars: 8.5g
- Fat: 11g
- Saturated Fat: 2.2g
- Fibre: 2.3g
- Salt: 0.1g

Jammy Doughnuts



Yield: 6 doughnuts

Prep Time: 20 minutes (plus 1 hour proving) | Cook Time: 8–10 minutes

Total Time: Approx. 1 hour 30 minutes

Ingredients

For the dough:

- 250 g strong white bread flour
- 7 g fast-action dried yeast (1 sachet)
- 30 g caster sugar
- ¼ tsp fine sea salt
- 150 ml semi-skimmed milk, lukewarm
- 25 g unsalted butter, melted
- 1 medium free-range egg, beaten
- 1 tsp vanilla extract
- Sunflower oil spray (for air frying and shaping)

For the filling and coating:

- 6 tsp raspberry jam (or strawberry, if preferred)
- 30 g unsalted butter, melted (for brushing)
- 40 g golden caster sugar (for rolling)

Instructions

1. Make the dough:

In a large mixing bowl, combine the flour, yeast, sugar, and salt. Mix well. Create a well in the centre and pour in the lukewarm milk, melted butter, beaten egg, and vanilla extract. Mix to form a soft dough.

2. Knead the dough:

Turn the dough onto a lightly floured surface and knead for 8–10 minutes until smooth and elastic. Alternatively, use a stand mixer with a dough hook for 5–6 minutes.

3. First prove:

Place the dough in a lightly oiled bowl, cover with a clean tea towel or reusable wrap, and leave to rise in a warm place for 1 hour or until doubled in size.

4. **Shape the doughnuts:**

Once risen, knock the dough back and divide into 6 equal portions (roughly 70–75 g each). Roll into balls, flatten slightly, and place on a sheet of baking paper lightly sprayed with oil. Cover loosely and prove for 15–20 minutes.

5. **Preheat the air fryer:**

Preheat your air fryer to 170°C. Lightly spray the basket or a compatible air fryer baking tray with sunflower oil to prevent sticking.

6. **Air-fry the doughnuts:**

Working in batches if needed, place 2–3 dough balls in the basket or on a tray, spaced apart. Air-fry for 8–10 minutes until golden and puffed. Avoid overcrowding the basket to ensure even cooking.

7. **Coat the doughnuts:**

Brush the hot doughnuts with melted butter and roll in golden caster sugar to coat.

8. **Fill the doughnuts:**

Using a piping bag fitted with a narrow nozzle, poke a small hole in the side of each doughnut and pipe in about 1 tsp jam per doughnut.

Dietary Variations

- **Vegan:** Use a plant-based milk (like oat or almond), dairy-free butter, and a flax egg (1 tbsp ground flaxseed + 3 tbsp water).
- **Gluten-Free:** Substitute a strong gluten-free bread flour blend with added xanthan gum.
- **Low-Carb:** Use almond flour doughnut alternatives and sugar-free jam and sweetener. Note: texture will vary.

Serving Suggestions (Air Fryer Compatible)

- Serve with a side of **air-fried cinnamon apple slices** (thinly sliced apples, tossed in cinnamon and a touch of maple syrup — air fry for 6 minutes at 180°C).
- Or pair with **air-fried banana chips** for a fun twist.

Nutritional Information (Per Doughnut)

Approximate values for standard version

- Calories: 250 kcal
- Fat: 8.5 g
- Saturated Fat: 4.1 g
- Carbohydrates: 36 g
- Sugars: 11 g
- Protein: 6.2 g
- Fibre: 1.8 g
- Salt: 0.3 g

Banana & Oat Cookies



Yield: 8 cookies

Prep Time: 10 minutes | Cook Time: 10 minutes | Total Time: 20 minutes

Ingredients:

- 2 ripe bananas (approx. 200g peeled weight)
- 100g rolled oats (gluten-free if needed)
- 40g almond flour (or plain flour for non-GF option)
- 30g raisins or dark chocolate chips
- 1 tbsp maple syrup or honey (optional, adjust for sweetness)
- 1 tsp ground cinnamon
- ½ tsp vanilla extract
- ¼ tsp fine sea salt
- Coconut oil spray (for greasing)

Equipment:

- Air fryer with baking tray or silicone mat
- Spatula
- Mixing bowl
- **Optional:** silicone muffin cups or a reusable non-stick liner

Instructions:

1. **Mash the bananas** in a medium bowl until smooth.
2. **Add** oats, almond flour, cinnamon, vanilla extract, salt, and maple syrup or honey. Mix until well combined.
3. **Fold** in raisins or chocolate chips. The dough should be thick but sticky.
4. **Lightly grease** the air fryer tray or line with a reusable silicone mat or baking paper cut to fit. Do not use loose parchment paper—secure it to prevent contact with the fan.

5. Using a spoon or damp hands, **form 8 equal mounds** of dough and flatten slightly into cookie shapes (approx. 1 cm thick). Leave space between them—cook in two batches if needed.
6. **Preheat the air fryer** to 160°C for 2 minutes.
7. **Air fry** at 160°C for 8–10 minutes, or until golden and firm to the touch. Check after 8 minutes to avoid over-browning.
8. **Cool** on a wire rack for at least 5 minutes. Cookies will firm up as they cool.

Variations:

- **Gluten-Free:** Use certified gluten-free oats.
- **Vegan:** Ensure chocolate chips and sweetener are plant-based.
- **Low-Carb:** Swap oats with 80g ground almonds and add 1 tbsp chia seeds to bind.
- **Nut-Free:** Replace almond flour with plain flour or oat flour.

Optional Air Fryer Sides or Toppings:

- **Air-Fried Apple Slices:** Thinly sliced apples air-fried at 160°C for 10 minutes with a dusting of cinnamon.
- **Coconut Yogurt Dip:** Mix coconut yoghurt with a dash of vanilla and maple syrup.
- **Peanut Butter Drizzle:** Warm 2 tbsp of peanut butter with a splash of oat milk and drizzle over cookies.

Nutritional Information (Per Cookie, Approximate):

- Energy: 100 kcal
- Protein: 2.2g
- Fat: 3.5g
- Carbohydrates: 14.8g
- Sugar: 5.9g
- Fibre: 2.4g
- Salt: 0.1g

Sticky Toffee Pudding Bites



Yield: 6 servings (12 bites)

Prep Time: 10 minutes | Cook Time: 10 minutes | Total Time: 20 minutes

Ingredients

For the Pudding Bites:

- 100g pitted Medjool dates
- 100ml boiling water
- ½ tsp bicarbonate of soda
- 50g unsalted butter, softened
- 50g dark brown soft sugar
- 1 medium egg
- 1 tsp vanilla extract
- 75g plain flour (or gluten-free plain flour blend for GF version)
- ½ tsp baking powder
- ¼ tsp ground cinnamon
- Pinch of sea salt
- Low-calorie oil spray (such as rapeseed or olive oil spray)

For the Toffee Sauce (light version):

- 100ml reduced-fat coconut milk (or semi-skimmed milk)
- 50g dark brown soft sugar
- 1 tbsp unsalted butter
- ½ tsp vanilla extract
- Pinch of sea salt

Instructions

1. Prepare the Dates:

Roughly chop the dates and place them in a small bowl. Pour over the boiling water and stir in the bicarbonate of soda. Let sit for 5 minutes to soften. Then mash with a fork or blend for a smoother texture.

2. **Make the Batter:**

In a medium mixing bowl, cream together the butter and sugar using a hand whisk. Add the egg and vanilla extract, then mix well. Stir in the date mixture.

Sift in the flour, baking powder, cinnamon, and salt. Fold gently until just combined into a thick batter.

3. **Shape the Bites:**

Lightly grease a silicone mini muffin tray or use small silicone cupcake moulds (6–8cm) that fit in your air fryer basket. Spoon the batter evenly into 12 moulds, filling each about $\frac{3}{4}$ full.

4. **Air Fry:**

Preheat the air fryer to 160°C for 2 minutes. Place the filled moulds in the air fryer basket, ensuring they're not overcrowded. If necessary, cook in batches.

Air fry for 8–10 minutes until golden brown and a toothpick inserted comes out clean. Remove carefully and let cool slightly.

5. **Make the Toffee Sauce:**

In a small saucepan over low heat, combine the coconut milk, sugar, and butter. Stir until melted and gently bubbling, about 3–4 minutes. Remove from heat and stir in the vanilla and salt.

6. **Serve:**

Drizzle the warm toffee sauce over the pudding bites and serve immediately. Garnish with a few chopped nuts or a dollop of Greek yoghurt, if desired.

Variations

- **Gluten-Free:** Use a certified gluten-free plain flour blend.
- **Vegan:** Substitute butter with vegan margarine and use a flax egg (1 tbsp ground flaxseed + 2.5 tbsp water). Ensure plant milk and moulds are also vegan-friendly.
- **Low-Carb Alternative:** Replace flour with almond flour (75g) and dates with 2 tbsp sugar-free maple syrup or erythritol (note: taste and texture will differ).

Air Fryer Accessories Used

- Silicone muffin moulds or a UK-sized mini silicone tray
- Tongs or silicone spatula for removing bites safely
- Small saucepan (or use air fryer-safe mini pot insert to make sauce inside the basket)

Serving Suggestions

Serve alongside:

- Air fryer-baked **apple slices** with cinnamon
- Warm **banana slices** topped with a sprinkle of oats
- A spoonful of **low-fat vanilla yoghurt** for balance

Nutritional Information (per serving)

- Calories: 212 kcal
- Protein: 3.2g
- Carbohydrates: 28.9g
- Sugars: 19.5g
- Fat: 9.5g
- Saturated Fat: 4.6g
- Fibre: 2.4g
- Salt: 0.26g



28-DAY AIR FRYER MEAL PLAN

Healthy, Quick & Delicious Air Fryer Recipes
with Everyday UK Ingredients

WEEKLY MEAL PLAN – WEEK 1

Monday

Breakfast: English Breakfast Bites

Lunch: Tofu Asian Slaw + Garlic & Herb Flatbread Wedges

Snack: Cheesy Cauliflower Bites

Dinner: Classic British Bangers & Mash Balls + Sweetcorn Fritters

Dessert: Mini Victoria Sponge Muffins

Tuesday

Breakfast: Cheese & Chive Scrambled Egg Muffins

Lunch: Mediterranean Chickpea Salad with Crispy Falafel

Snack: Crispy Halloumi Fingers with Dip

Dinner: Spicy Prawns with Garlic & Lime + Vegetable Couscous with Lemon

Dessert: Raspberry & White Chocolate Turnovers

Wednesday

Breakfast: Veggie Breakfast Hash with Sweet Potato

Lunch: Warm Chicken Caesar Salad + Air-Fried Egg Fried Rice

Snack: Sweet Potato & Feta Samosas

Dinner: Lamb Kofta with Mint Yoghurt + Broccoli & Cheese Poppers

Dessert: Jammy Doughnuts

Thursday

Breakfast: Baked Beans on Toast Cups

Lunch: Mediterranean Chickpea Salad with Crispy Falafel

Snack: Crispy Halloumi Fingers with Dip

Dinner: Teriyaki Glazed Mackerel Bites + Courgette & Carrot Fritters

Dessert: Chocolate Lava Pudding Pots

Friday

Breakfast: Apple & Cinnamon Crumble Oat Pots

Lunch: Sweet Potato and Kale Superfood Bowl

Snack: Mozzarella Sticks

Dinner: Crispy Chicken Goujons with Dip + Mediterranean Veggie Tray Bake

Dessert: Carrot Cake Bites with Cream Cheese Drizzle

Saturday

Breakfast: Crispy Mushroom & Spinach Breakfast Wraps

Lunch: Halloumi & Tomato Salad + Garlic Mushroom Barley Risotto

Snack: Sweet Potato & Feta Samosas

Dinner: Cod Bites with Tartar Dip + Cauliflower Steaks

Dessert: Cinnamon Sugar Apple Rings

Sunday

Breakfast: Cheese & Chive Scrambled Egg Muffins

Lunch: Tuna Niçoise with Air-Fried Potatoes

Snack: Cheesy Cauliflower Bites

Dinner: BBQ Chicken Drumsticks + Garlic & Rosemary Roasted Root Veg

Dessert: Mini Victoria Sponge Muffins

WEEKLY MEAL PLAN – WEEK 2

Monday

Breakfast: Apple & Cinnamon Crumble Oat Pots

Lunch: Creamy Pesto Pasta with Air-Fried Broccoli

Snack: Mini Sausage Rolls with Puff Pastry

Dinner: Honey Mustard Chicken Thighs + Courgette & Carrot Fritters

Dessert: Chocolate Lava Pudding Pots

Tuesday

Breakfast: Apple & Cinnamon Crumble Oat Pots

Lunch: Creamy Pesto Pasta with Air-Fried Broccoli

Snack: Mini Sausage Rolls with Puff Pastry

Dinner: Honey Mustard Chicken Thighs + Courgette & Carrot Fritters

Dessert: Chocolate Lava Pudding Pots

Wednesday

Breakfast: Baked Beans on Toast Cups

Lunch: Tofu Asian Slaw + Garlic Mushroom Barley Risotto

Snack: Homemade Mozzarella Sticks

Dinner: Sticky Orange Chicken Skewers + Mediterranean Veggie Tray Bake

Dessert: Mini Victoria Sponge Muffins

Thursday

Breakfast: English Breakfast Bites

Lunch: Vegetable Couscous with Lemon Dressing + Halloumi & Tomato Salad

Snack: Cheesy Cauliflower Bites

Dinner: BBQ Pulled Pork Sliders + Cauliflower Steaks

Dessert: Carrot Cake Bites with Cream Cheese Drizzle

Friday

Breakfast: Veggie Breakfast Hash with Sweet Potato

Lunch: Sweet Potato and Kale Superfood Bowl + Warm Chicken Caesar Salad

Snack: Mini Sausage Rolls with Puff Pastry

Dinner: Scampi with Air-Fried Chips + Mediterranean Veggie Tray Bake

Dessert: Cinnamon Sugar Apple Rings

Saturday

Breakfast: Cheese & Chive Scrambled Egg Muffins

Lunch: Creamy Pesto Pasta with Air-Fried Broccoli

Snack: Sweet Potato & Feta Samosas

Dinner: Mini Meatloaf Patties with Gravy Dip

Dessert: Raspberry & White Chocolate Turnovers

Sunday

Breakfast: Apple & Cinnamon Crumble Oat Pots

Lunch: Spicy Quinoa & Black Bean Burrito Bowl + Mediterranean Chickpea Salad

Snack: Crispy Halloumi Fingers with Dip

Dinner: Lemon & Rosemary Chicken Bites + Cauliflower Steaks

Dessert: Chocolate Lava Pudding Pots

WEEKLY MEAL PLAN – WEEK 3

Monday

Breakfast: Veggie Breakfast Hash with Sweet Potato

Lunch: Garlic Mushroom Barley Risotto

Snack: Sweet Potato & Feta Samosas

Dinner: Crispy Salmon Fillets with Dill Yogurt Sauce

Dessert: Mini Victoria Sponge Muffins

Tuesday

Breakfast: Cheese & Chive Scrambled Egg Muffins

Lunch: Halloumi & Tomato Salad

Snack: Homemade Mozzarella Sticks

Dinner: Sticky Orange Chicken Skewers

Dessert: Carrot Cake Bites with Cream Cheese Drizzle

Wednesday

Breakfast: Apple & Cinnamon Crumble Oat Pots

Lunch: Spicy Quinoa & Black Bean Burrito Bowl

Snack: Mini Sausage Rolls with Puff Pastry

Dinner: Crispy Pork Belly Cubes

Dessert: Chocolate Lava Pudding Pots

Thursday

Breakfast: English Breakfast Bites

Lunch: Tofu Asian Slaw

Snack: Garlic & Herb Flatbread Wedges

Dinner: Scampi with Air-Fried Chips

Dessert: Raspberry & White Chocolate Turnovers

Friday

Breakfast: Baked Beans on Toast Cups

Lunch: Vegetable Couscous with Lemon Dressing

Snack: Crispy Halloumi Fingers with Dip

Dinner: Chicken and Leek Mini Pies

Dessert: Jammy Doughnuts

Saturday

Breakfast: Crispy Mushroom & Spinach Breakfast Wraps

Lunch: Tuna Niçoise with Air-Fried Potatoes

Snack: Cheesy Cauliflower Bites

Dinner: Lamb Kofta with Mint Yoghurt

Dessert: Cinnamon Sugar Apple Rings

Sunday

Breakfast: Apple & Cinnamon Crumble Oat Pots

Lunch: Creamy Pesto Pasta with Air-Fried Broccoli

Snack: Sweet Potato & Feta Samosas

Dinner: Honey Mustard Chicken Thighs

Dessert: Mini Victoria Sponge Muffins

WEEKLY MEAL PLAN – WEEK 4

Monday

Breakfast: Cheese & Chive Scrambled Egg Muffins

Lunch: Mediterranean Chickpea Salad with Crispy Falafel

Snack: Mini Sausage Rolls with Puff Pastry

Dinner: Classic British Bangers & Mash Balls

Dessert: Chocolate Lava Pudding Pots

Tuesday

Breakfast: Veggie Breakfast Hash with Sweet Potato

Lunch: Spicy Quinoa & Black Bean Burrito Bowl

Snack: Garlic & Herb Flatbread Wedges

Dinner: Cod Bites with Tartar Dip

Dessert: Raspberry & White Chocolate Turnovers

Wednesday

Breakfast: Apple & Cinnamon Crumble Oat Pots

Lunch: Garlic Mushroom Barley Risotto

Snack: Crispy Halloumi Fingers with Dip

Dinner: Lemon & Rosemary Chicken Bites

Dessert: Jammy Doughnuts

Thursday

Breakfast: Baked Beans on Toast Cups

Lunch: Halloumi & Tomato Salad

Snack: Cheesy Cauliflower Bites

Dinner: BBQ Pulled Pork Sliders

Dessert: Mini Victoria Sponge Muffins

Friday

Breakfast: English Breakfast Bites

Lunch: Vegetable Couscous with Lemon Dressing

Snack: Homemade Mozzarella Sticks

Dinner: Teriyaki Glazed Mackerel Bites

Dessert: Cinnamon Sugar Apple Rings

Saturday

Breakfast: Crispy Mushroom & Spinach Breakfast Wraps

Lunch: Sweet Potato and Kale Superfood Bowl

Snack: Sweet Potato & Feta Samosas

Dinner: BBQ Chicken Drumsticks

Dessert: Carrot Cake Bites with Cream Cheese Drizzle

Sunday

Breakfast: Cheese & Chive Scrambled Egg Muffins

Lunch: Creamy Pesto Pasta with Air-Fried Broccoli

Snack: Garlic & Herb Flatbread Wedges

Dinner: Scampi with Air-Fried Chips

Dessert: Mini Victoria Sponge Muffins

THE EASY BONUS COLLECTION

3 Bonus Downloads – Simple Extras for Everyday Cooking

Make the most of your air fryer meals with our free downloadable bonuses! Each one is packed with quick, healthy additions that save you time and add flavor to your table.

Why it's worth it:

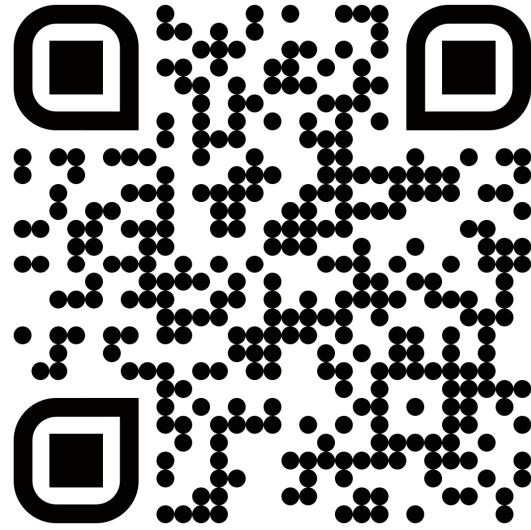
- Adds variety without extra effort
- Keeps cooking stress-free and flexible
- Helps you stay stocked and inspired

How to get them:

Scan the QR code to instantly download your free PDFs and enjoy bonus content made to fit your busy lifestyle.

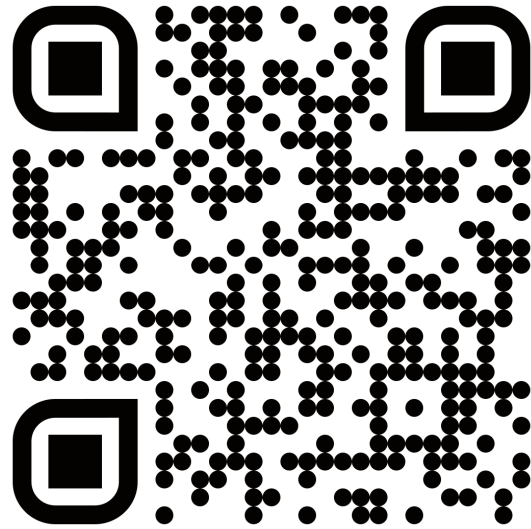
5-Minute Magic: Quick & Healthy Sauces for Every Dish

Whip up quick, healthy sauces in minutes to instantly upgrade any air fryer meal.



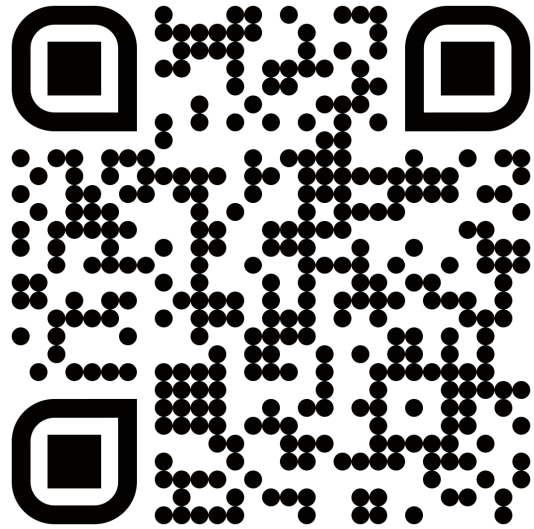
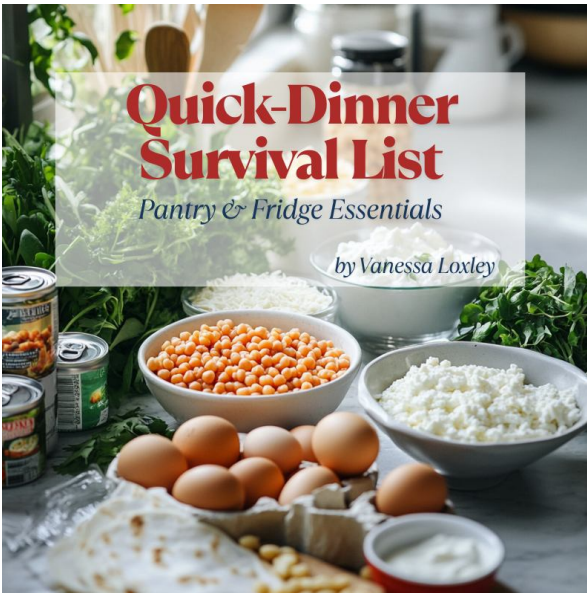
Smart Sides: Easy Add-Ons for Balanced Plates

Discover 10 simple side dishes that bring balance and variety to your everyday plate.



Quick-Dinner Survival List: Pantry & Fridge Essentials for Busy Days

Stay prepared with a smart checklist of pantry and fridge staples for stress-free cooking.



CLOSING WORDS AND ENCOURAGEMENT

As we come to the end of this journey together, I want to take a moment to thank you for choosing this book and inviting me into your kitchen. I truly believe that cooking with an air fryer doesn't just make our lives easier — it opens the door to a world of deliciously healthy meals that can fit into even the busiest of lifestyles.

Whether you're a complete beginner or someone looking to refresh your recipe rotation, I hope these dishes have inspired you to get creative, have fun, and experiment in the kitchen. Don't be afraid to put your own spin on these recipes. After all, food is about joy, experimentation, and bringing people together. I've always found that the best meals often come from a little bit of imagination and the simplest ingredients.

Remember, the air fryer is your perfect kitchen companion — a tool that can help you save time, reduce excess fat, and prepare food your whole family will love. It's a small change that can make a big difference in your daily routine, and I hope this book has shown you just how easy and enjoyable it can be to make healthier choices without sacrificing taste.

As you continue your air frying journey, trust that you've already taken the first step toward more wholesome, quick, and incredibly tasty meals. Keep experimenting, stay curious, and most importantly, enjoy the process! I can't wait for you to share these recipes with your loved ones and see how your culinary confidence grows.

Happy cooking, and may your kitchen always be filled with flavours, laughter, and plenty of good food.

Warmly,
Vanessa Loxley

HOW TO KEEP EXPERIMENTING WITH YOUR AIR FRYER

When I first got my air fryer, I was excited but unsure where to begin. The possibilities seemed endless, and the best part? You don't need to be an expert to get amazing results.

If you've already tried air frying, you know how easy it is to make meals healthier and quicker. But I encourage you to keep experimenting — it's a chance to get creative and reinvent your favourite dishes in a way that saves time and cuts down on excess fat.

1. Start with What You Know

Start with familiar dishes you love. Chicken nuggets, chips, or roasted veggies are a great place to begin. Tweak them by adding new spices or adjusting cooking times. Small changes can make a big difference!

2. Get Creative with Ingredients

Experiment with seasonal produce, swap ingredients for healthier options, or try plant-based alternatives. The air fryer isn't just for crispy textures; it works wonders for baking too!

3. Adjust Cooking Times & Temperatures

Every air fryer is different, so adjust the time and temperature to your liking. You might prefer food crispier or softer — exploring these changes can bring out new textures and flavours.

4. Try Global Flavours

Air fryers are perfect for experimenting with international flavours. Try Asian, Mediterranean, or Indian spices and herbs to add variety and zest to your meals.

5. Don't Be Afraid to Fail

Not every experiment will succeed, and that's okay! The air fryer is forgiving, and even a failed attempt is still likely to taste great. Learn from each try and keep going!

6. Use the Air Fryer for All Meals

The air fryer isn't just for dinner. Try breakfast dishes like scrambled eggs, French toast, or quick lunches like crispy wraps. It's a great all-day companion.

7. Incorporate Your Family's Favourite Foods

Air frying makes healthy food more appealing, especially for picky eaters. Involve your family in the cooking process and watch them enjoy healthier versions of their favourites.

The air fryer offers endless possibilities. Keep experimenting, have fun, and discover new ways to make cooking simple, healthy, and delicious. Your air fryer is ready to help you create magic in the kitchen — one healthy dish at a time.

APPENDICES & ESSENTIAL RESOURCES

FOR YOUR AIR FRYER JOURNEY

UK Shopping List for Healthy, Budget-Friendly Ingredients

| Category | Ingredients |
|----------------------|---|
| Fresh Vegetables | Carrots, Courgettes (Zucchini), Sweet Potatoes, Broccoli, Spinach, Mushrooms, Peppers (Red, Yellow, Green), Onions (Yellow, Red, Spring), Garlic, Tomatoes, Frozen peas and mixed vegetables |
| Fresh Fruits | Apples, Bananas, Berries (Fresh or Frozen), Citrus Fruits (Lemons, Oranges), Pineapple, Avocados, Grapes, Pears |
| Protein Sources | Chicken Breasts or Thighs, Chicken Sausages, Lean Beef Mince (Ground Beef), Turkey Mince, Fresh Fish (Salmon, Cod, Haddock), Tinned Tuna or Salmon (in water or brine), Eggs, Tofu (Firm), Chickpeas (Tinned or Dried), Lentils (Red and Green), Frozen Prawns |
| Grains & Starches | Wholegrain Rice, Brown Rice, Quinoa, Wholemeal Pasta, Couscous, Polenta, Oats (For breakfast or baking), Bread (Wholemeal, Sourdough, or Rye), Sweet Potato Fries (Frozen) |
| Dairy & Alternatives | Milk (Full Fat, Semi-Skimmed, or Plant-Based), Greek Yogurt, Cheddar Cheese, Feta Cheese, Mozzarella (Low-fat or Regular), Cottage Cheese, Almond or Soy Milk, Butter (or Dairy-Free Alternatives) |
| Pantry Staples | Olive Oil, Vegetable Oil, Coconut Oil, Vinegar (Balsamic, Cider, or White), Low-Sodium Soy Sauce, Tomato Purée, Passata, Canned Tomatoes, Tinned Coconut Milk, Honey or Maple Syrup, Balsamic Glaze, Nutritional Yeast, Herbs & Spices (Cumin, Paprika, Oregano, Thyme, Basil, Rosemary, Garlic Powder, Onion Powder), Chilli Flakes or Powder, Salt & Pepper |
| Frozen Goods | Frozen Mixed Berries, Frozen Spinach, Frozen Broccoli, Frozen Peas, Frozen Sweetcorn, Frozen Veggie Burgers, Frozen Fish Fingers |
| Canned Goods | Canned Chickpeas, Canned Kidney Beans, Canned Black Beans, Canned Sweetcorn, Canned Mushrooms, Canned Carrots or Peas |
| Condiments & Sauces | Tomato Ketchup (Low-Sugar), Mustard (Wholegrain or Dijon), Mayonnaise (Low-Fat or Avocado-Based), Sriracha Sauce or Hot Sauce, Pesto, Tahini, Low-Sodium Soy Sauce |

Tips for Budget-Friendly Shopping

- **Look for Deals:** Many supermarkets offer discounts on fresh produce nearing its expiry date. Frozen vegetables are often cheaper and last longer.
- **Stock Up on Bulk Items:** Grains, legumes, and canned goods have a long shelf life, providing savings in the long run.
- **Buy Seasonal Produce:** Purchase fruits and vegetables that are in season for better prices and flavours.
- **Visit Local Markets:** Farmers' markets and independent grocery stores often offer fresh, high-quality produce at lower prices.
- **Use Leftovers:** The air fryer is perfect for repurposing leftovers into quick meals. Be creative and use what you already have!

Conversion Chart (UK/US) for Cooking Measurements

This handy chart will help you convert cooking measurements between the UK and US systems, ensuring your recipes are accurate no matter where you're cooking from. Whether you're using British or American cookbooks, these conversions will make following recipes a breeze.

Volume Conversions

| Ingredient | UK Measurement | US Measurement |
|---------------------|----------------|----------------------|
| 1 tablespoon (tbsp) | 15 mL | 1 US tbsp = 14.79 mL |
| 1 teaspoon (tsp) | 5 mL | 1 US tsp = 4.93 mL |
| 1 cup (UK) | 250 mL | 1 US cup = 240 mL |
| 1 pint (UK) | 568 mL | 1 US pint = 473 mL |
| 1 quart (UK) | 1.14 L | 1 US quart = 946 mL |
| 1 gallon (UK) | 4.55 L | 1 US gallon = 3.79 L |

Weight Conversions

| Ingredient | UK Measurement | US Measurement |
|-----------------|----------------|-----------------|
| 1 ounce (oz) | 28.35 grams | 1 oz = 28.35 g |
| 1 pound (lb) | 454 grams | 1 lb = 453.59 g |
| 1 kilogram (kg) | 1 kg | 1 kg = 2.2 lb |
| 100 grams | 3.5 oz | 100 g = 3.5 oz |

Temperature Conversions

| Ingredient | UK Temperature | US Temperature |
|------------------|----------------|----------------|
| 200°C (Fan oven) | 180°C (Fan) | 350°F |
| 180°C (Fan oven) | 160°C (Fan) | 325°F |
| 160°C (Fan oven) | 140°C (Fan) | 275°F |
| 220°C (Fan oven) | 200°C (Fan) | 425°F |
| 150°C (Fan oven) | 130°C (Fan) | 300°F |

Weight (Dry Ingredients)

| Ingredient | UK Measurement | US Measurement |
|-----------------|----------------|-------------------------|
| 1 cup of flour | 120 grams | 1 cup of flour = 120 g |
| 1 cup of sugar | 200 grams | 1 cup of sugar = 200 g |
| 1 cup of butter | 227 grams | 1 cup of butter = 227 g |

Liquid Measurements

| Ingredient | UK Measurement | US Measurement |
|------------------------|----------------|---------------------|
| 1 cup of liquid | 250 mL | 1 US cup = 240 mL |
| 1 pint of liquid | 568 mL | 1 US pint = 473 mL |
| 1 fl. oz (fluid ounce) | 28.4 mL | 1 fl. oz = 29.57 mL |

Miscellaneous Conversions

| Ingredient | UK Measurement | US Measurement |
|----------------|----------------|--------------------|
| 1 UK large egg | 63 grams | 1 large egg = 50 g |
| 1 US large egg | 50 grams | 1 large egg = 50 g |

Quick Tips:

- **Volume:** When using US cups and teaspoons, always ensure to measure dry and wet ingredients correctly. US measuring cups tend to be more generous in volume than UK ones.
- **Temperature:** Keep in mind that the oven temperature is not the same in the UK and US. It's best to use a thermometer, or if you're using a fan oven, the temperatures may differ slightly, so always adjust to suit your cooking style.
- **Weight Conversions:** Weighing ingredients can often lead to more accurate results than volume measurement, especially when baking. If possible, use a kitchen scale for best results.

This chart is a great tool to have on hand while cooking, ensuring your measurements are always on point for delicious, healthy, and perfectly cooked meals!

Thank You for Reading!

I hope this book has made your air fryer journey simpler, healthier, and more delicious. Whether you've tried just a few recipes or explored them all, I'm truly grateful you've chosen *Air Fryer Magic for Beginners UK* to accompany you in the kitchen.

If you enjoyed the book, your feedback means the world.

Your review not only helps me improve, but also helps other home cooks discover simple and inspiring recipes made with local ingredients.

Please take a moment to leave a review on Amazon.

Just scan the QR code below — it only takes a minute and makes a big difference!

Thank you again,
and happy air frying!

Warm wishes,
Vanessa Loxley



*“When the dish is ready and the whole family smiles,
you know you’ve made the right choice.”*

Vanessa Loxley