TOWER

over **100 YEARS** *of quality*

Recipe Book

YOUR GO-TO GUIDE FOR GETTING STARTED WITH YOUR NEW AIR FRYER OVEN

Suitable for the T17021 and T17024 Tower air fryer ovens

GREAT BRITISH DESIGN, INNOVATION AND EXCELLENCE **SINCE 1912**

Recipe Book

YOUR GO-TO GUIDE FOR
GETTING STARTED WITH YOUR
NEW TOWER AIR FRYER OVEN

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INTRODUCTION

Discover a world of delicious, healthy air-fried food – all made quick and easy with Tower. This recipe book will be your go-to guide for getting started with your new air fryer. With 50 tasty recipes and helpful tips to try, you'll be making mouth-watering family meals in no time.

From Orange Drizzle Cake to classic Homemade Pizza and Chunky Chips, this cookbook has a sweet and savoury treat to tickle everyone's taste buds. Best of all, these easy recipes require minimal prep to cut down on time you have to spend in the kitchen.

These recipes are suitable for the T17021 and T17024 Tower air fryer ovens

Food Allergies

Important Note: Some of the recipes contained in this document may contain nuts and/or other allergens. Please be careful when making any of our sample recipes that you ***ARE NOT*** allergic to any of the ingredients. For more information on allergies, please visit the Food Standards Agency's website at: **www.food.gov.uk**

Fry

SERVES 4

CRISPY SESAME TOFU

10 MINS | 15 MINS

INGREDIENTS

450g firm tofu
2 tsps sesame oil
1 tsp garlic powder
1 tsp cornflour
Vegetable oil in a spray bottle

Sauce

1 tbsp vegetable oil
200g chestnut mushrooms, sliced
1 small red pepper, halved, deseeded and sliced
25g ketjap manis
50ml soy sauce
100g hoisin sauce
½ tsp sriracha sauce
2 tbsps cornflour, mixed with 3 tbsps cold water
Salt and black pepper

To Serve

4 portions of jasmine rice
1 tbsp sesame seeds, toasted
2 spring onions, sliced

METHOD

1. Drain the tofu on kitchen paper and dice into 3cm sized cubes.
2. Mix the tofu in a bowl with the sesame oil, garlic powder and cornflour, then toss gently to coat the tofu evenly. Spray lightly with vegetable oil.
3. Place the tofu into the air fryer basket, set the temperature to 200˚C and cook for 12-15 minutes until the tofu is crisp and golden. Give the basket a shake halfway through cooking to ensure that the tofu cooks evenly.
4. Meanwhile, heat a tablespoon of oil in a saucepan and gently fry the mushrooms for 4-5 minutes until they are golden. Add the peppers and cook for a further 3 minutes until the peppers have just begun to soften.
5. Pour the ketjap manis, soy sauce, hoisin sauce, sriracha sauce and cornflour mixture into the pan, along with 100ml water. Gently bring to the boil and simmer for a couple of minutes until the sauce thickens. Season to taste.
6. When the tofu is ready, stir it through the sauce and serve in bowls with rice and garnish with a sprinkle of toasted sesame seeds and sliced spring onion.

Tip

This recipe also works really well with soba noodles

Tip

Serve the burger on its own with a side salad or add some sweet potato fries

SERVES **4**

HALLOUMI BURGERS

5 MINS | **25 MINS**

INGREDIENTS

1 large red pepper

1½ tbsps vegetable oil

2 x 250g blocks of halloumi

20g flour

1 medium egg, beaten

40g panko breadcrumbs

Vegetable oil in a spray bottle

Salt and black pepper

To Serve

4 brioche burger buns

2 tbsps mayonnaise

50g Little Gem lettuce, shredded

3 tbsps sweet chilli sauce

METHOD

1. Cut the red pepper in half, remove the seeds and cut into four evenly sized pieces. Brush the pepper lightly with 2 tsps of oil, then place the peppers into the air fryer basket. Set the temperature to 200˚C and cook the peppers for 7-8 minutes until they have softened and charred around the edges. Turn the peppers halfway through cooking, using silicone tongs. Remove the charred peppers from the basket and cover with foil to keep warm.
2. Meanwhile, slice each halloumi block lengthways into four thick burgers. Then place the flour, egg and breadcrumbs into three shallow bowls. Season the flour, then add the remaining oil to the breadcrumbs and mix well with your hands; rubbing the oil into the crumbs.
3. Dust each halloumi burger in the flour, dip into the egg, then coat with the breadcrumbs. Spray the halloumi burger on all sides with oil, then pop the burgers into the air fryer basket. Set the temperature to 180˚C and cook for 15-16 minutes until the crumb is crisp and golden. Turn the burgers half way through cooking with a silicone spatula. Remove from the air fryer basket and keep warm with the peppers.
4. Place the burger buns into the air fryer basket with the bun lids sitting cut side up on top of the bases, then increase the temperature to 200˚C and toast lightly for 2-3 minutes until lightly toasted.
5. To assemble the burgers, spread mayonnaise on the bun base, top with shredded lettuce, followed by the halloumi burgers, a piece of charred pepper, a drizzle of sweet chilli sauce, and the bun lid.

SERVES 4

PAKORA WITH INDIAN PICKLES

5 MINS | 20 MINS

INGREDIENTS

500g cauliflower

30g chickpea flour

1 tsp ground turmeric

1 tsp ground cumin

1 tsp ground coriander

1 small green chilli, deseeded and finely chopped

¼ tsp fine salt

3 tbsps natural yogurt

2 tbsps water

Vegetable oil in a spray bottle

To Serve

Small bunch fresh coriander, chopped

A selection of Indian pickles

METHOD

1. Remove and discard the leaves from the cauliflower, then divide into small florets.
2. Mix the chickpea flour, dry spices, chilli and salt in a bowl, add the natural yogurt and water to form a thick paste. Put the cauliflower florets into the batter and mix well to coat.
3. Lightly spray the florets with oil then add in batches into the air fryer basket, ensuring that there is a little space between each floret. Set the temperature to 200°C for 10-12 minutes until crisp and golden, shaking the pakora halfway through. Repeat with the remaining florets.
4. Remove the pakora from the air fryer using silicone tongs, transfer to a serving dish and sprinkle over some fresh coriander, then serve with a selection of Indian pickles of your choice.

Tip

Other vegetables such as okra or sweetcorn can be substituted for cauliflower

Tip

Try serving with a green salad and boiled new potatoes. If you prefer, make 4 large deeper crispbakes and cook for 20-25 minutes

SERVES **4**

TUNA MELT CRISPBAKES

10 MINS* | **30 MINS**

INGREDIENTS

Crispbakes

2 spring onions, finely chopped

400g mashed potato, chilled

1 tbsp fresh chives, finely chopped

200g can sweetcorn, drained

2 x 145g tin tuna steak in spring water, drained

75g cheddar cheese, grated

Salt and ground black pepper

1 tbsp flour for shaping

Coating

60g Panko breadcrumbs

2 tbsps grated parmesan.

1 tbsp vegetable oil

25g plain flour, for coating

1 large egg, beaten

Vegetable oil in a spray bottle

METHOD

1. To prepare the crispbakes, place the spring onion, mashed potato, chives, sweetcorn, tuna and grated cheese into a bowl and mix well to combine, then season to taste with salt and ground pepper.
2. Divide the mixture into 8 even sized pieces, then shape into 8 patties on a lightly floured surface. The patties should be about 8cm in diameter. Place the patties on a lightly floured tray and place in the fridge for at least half an hour to firm up.
3. When ready to coat the patties, mix the Panko breadcrumbs, parmesan and oil in a bowl and rub together to combine the oil with the dry ingredients. Place the flour, egg and breadcrumb mixture into three shallow bowls.
4. Dust the patties in the flour, dip into the egg, then press into the breadcrumb mixture. They should be fully coated in the crumb.
5. When ready to cook, spray the crispbakes fully with oil, then place 4 patties into the air fryer basket. Set the air fryer temperature to 180˚C and cook for 15-18 minutes, carefully turning halfway through with a silicone spatula for even browning. Keep the crispbakes warm whilst you cook the rest.

**plus 30 minutes to chill*

SERVES 4

Tip

The goujons are also perfect served in some sour dough bread for a posh fish finger sandwich idea

COD GOUJONS

15 MINS | 18 MINS

INGREDIENTS

Goujons

400g skinless chunky cod

25g plain flour

1 egg, beaten

85g dried breadcrumbs

1 tbsp olive oil

Vegetable oil in a spray bottle

Tartar Sauce

50g capers

80g gherkins, chopped

5g small bunch dill, chopped

5g parsley, chopped

½ lemon, juice only

100g good quality mayonnaise

Salt and black pepper

To Serve

Chunky skin-on chips

METHOD

1. Cut the fish into 16 even sized fingers, then place the flour, egg and breadcrumbs into three shallow bowls. Drizzle 1 tbsp of oil over the breadcrumbs and mix well with your hands, rubbing the oil into the crumbs. Season the flour with salt and black pepper.
2. To prepare the goujons, dust the fish in the flour, dip into the egg, then press into the breadcrumbs. The goujons should be fully coated in the crumb.
3. When ready to cook, spray the goujons fully with oil, then place in the air fryer basket. Set the air fryer temperature to 180˚C and cook for 12-15 minutes, turn halfway through cooking with silicone tongs for even browning.
4. Meanwhile, to make the tartar sauce, place the capers, gherkins, dill and parsley into a small food processor and blitz for a few seconds until chopped (alternatively finely chop the ingredients on a board with a knife). Transfer the chopped ingredients to a mixing bowl with the lemon juice and mayonnaise, season with salt and pepper then stir to combine.
5. Serve the goujons with chunky skin-on chips and a spoonful of tartar sauce.

Tip

A shop bought or homemade salad dressing can also be drizzled over the shaker pot

SERVES **4**

POPCORN CHICKEN SHAKER SALAD

10 MINS | **20 MINS**

INGREDIENTS

Popcorn Chicken

2 large chicken breasts

50g cornflakes

50g panko breadcrumbs

1 tbsp vegetable oil

Salt and black pepper

3 tbsps plain flour

2 eggs, beaten

Vegetable oil in a spray bottle

Shaker Salad

200g iceberg lettuce, finely shredded

300g red pepper, finely diced

300g cucumber, finely diced

200g sweetcorn

5 tomatoes, finely chopped

METHOD

1. Put the chicken breast onto a chopping board and, with your hand flat on top of it, use a sharp knife to slice into one side of the breast; starting at the thicker end and ending at the thin point. Open out the breast so that it resembles a butterfly. Cut into approximately 16 x 8cm long nuggets. Wash your hands and the chopping board.
2. Place the cornflakes into a shallow bowl and lightly crush with the end of a rolling pin. Add the breadcrumbs and drizzle over 1 tbsp of oil and mix well with your hands; rubbing the oil into the crumbs. Place the flour and egg into shallow bowls.
3. To prepare the popcorn chicken, season the flour, dust the chicken in the flour, dip into the egg, then press into the breadcrumbs. The chicken should be fully coated in the crumb.
4. Spray the chicken lightly with oil, then place half in the air fryer basket in a single layer and cook for 8-10 minutes at 190˚C, shaking the basket halfway through until the chicken is cooked and the coating is crisp and golden. Repeat with the remaining nuggets.
5. Meanwhile, prepare the shaker salad. Divide the lettuce between 4 deep bowls, then top with a layer of pepper, cucumber, sweetcorn and tomatoes.
6. Just before serving, add four popcorn chicken dippers to each pot.

SERVES 4

Tip

Serve with your favourite sides such as sweetcorn, salad and skinny fries

SOUTHERN STYLE CHICKEN GOUJONS

10 MINS* | **20 MINS**

INGREDIENTS

2 large chicken breasts
1 small lemon, zest only
1 tsp dried mixed herbs
1 tsp cajun spice mix
2 tsps garlic powder
¼ tsp fine salt
150ml buttermilk
1 medium egg
125g plain flour
1½ tbsps cornflour
1 tsp garlic powder
½ tsp chilli powder
1 tsp smoked paprika
Vegetable oil in a spray bottle

**plus 1 hour to marinate*

METHOD

1. Put the chicken breast onto a chopping board and, with your hand flat on top of it, use a sharp knife to slice into one side of the breast, starting at the thicker end and ending at the thin point. Open out the breast so that it resembles a butterfly, then cut into approximately 16 goujons. Wash your hands and the chopping board.
2. Place the chicken in a shallow dish and sprinkle over the lemon zest, dried mixed herbs, cajun spice mix, garlic powder and fine salt, then toss well to fully coat the chicken in the spices. Set aside in the fridge for at least an hour for the flavours to develop.
3. When ready to cook, lightly whisk the buttermilk and egg together in a shallow bowl until combined. Place the flour into another shallow bowl, along with the cornflour, garlic powder, chilli powder and smoked paprika. Mix well to combine.
4. Start to coat the chicken. Using one hand, dip the pieces in the buttermilk mixture; making sure they are completely coated, then using your other hand, roll the chicken in the spiced flour.
5. Set the air fryer temperature to 200˚C and preheat for 2 minutes. Meanwhile, spray the goujons lightly with oil and arrange in a single layer in the air fryer basket on parchment paper, keeping the goujons to the edges so that the paper cannot move when air frying. When ready, cook the goujons in batches for 10 minutes until golden and crispy, turning them over carefully with a pair of silicone tongs halfway through the cooking time. Keep the goujons warm whilst you cook the remainder.

Tip

You can substitute the pork mince with turkey or beef mince

SERVES **4**

PORK TAQUITOS

5 MINS | **20 MINS**

INGREDIENTS

400g can black beans, drained and rinsed

400g minced pork

1 medium red onion, diced

2 cloves garlic, crushed

50g tomato puree

20g chipotle paste

200ml chicken stock

Small bunch of coriander, roughly chopped

8 x 17cm tortilla wraps

75g cheddar cheese, grated

Vegetable oil in a spray bottle

To Serve

Guacamole

Soured cream

Tomato salsa

METHOD

1. Pop half the black beans in a bowl and mash with a fork until broken up.
2. Heat a drizzle of oil in a large frying pan on medium-high heat. When the oil is hot, add the pork mince and cook until browned for 5-6 minutes. Use a wooden spoon to break it up as it cooks. Drain and discard any excess fat from the mince, then add the onion and cook for 3 minutes until softened.
3. Next add the garlic, tomato puree and chipotle paste and cook for a further minute. Pour in the stock, then stir in the crushed beans and simmer for 4-5 minutes until the sauce thickens.
4. Add the whole beans and coriander and heat for a minute, then allow the pork mixture to cool slightly. Divide the mixture between the tortilla wraps in line down the centre of each wrap, top with cheese, then roll up tightly.
5. Spray the wraps fully with vegetable oil. Set the air fryer temperature to 200˚C for 2 minutes, then place the taquitos into the air fryer basket in batches, ensuring that they are not touching. Cook for 5-6 minutes until crisp, remove from the air fryer carefully with silicone tongs, then continue to cook the rest of the taquitos.
6. Serve with your favourite Mexican sides such as guacamole, soured cream and salsa.

SERVES 4

Tip

For a quick dipping sauce just gently heat some ready made chocolate spread, or a use a bottle of caramel sauce

CHURROS WITH CHOCOLATE SAUCE

10 MINS | **30 MINS**

INGREDIENTS

160ml water

50g unsalted butter

30g caster sugar

85g plain flour

2 medium eggs

1/2 tsp vanilla bean paste

Vegetable oil in a spray bottle

Cinnamon Sugar

40g caster sugar

¼ tsp ground cinnamon

Chocolate Sauce

150g dark chocolate, broken into pieces

100ml whipping cream

2 tbsps golden syrup

METHOD

1. In a medium saucepan add the measured water, butter and sugar, then gently bring to a boil over a medium heat.
2. Take the pan off the heat, add the flour and mix well with a wooden spoon to combine. Return the pan to a medium heat and continue to stir until the mixture comes together and is smooth.
3. Remove from the heat, put the mixture into a mixing bowl and allow to cool for 5 minutes.
4. Lightly beat the eggs and vanilla together in a small jug, then gradually add to the mixing bowl and beat using an electric mixer until the dough comes together. Transfer to a large piping bag fitted with a medium sized star piping nozzle.
5. Pipe 16 x 8cm churros onto a tray lined with a silicone mat. Use a sharp knife or scissors to separate each churro from the piping bag. Place the tray in the freezer for an hour to firm up.
6. When ready to cook, preheat the air fryer to 200˚C for 3 minutes and lightly spray the churros fully with oil. Carefully place the churros into the air fryer basket, leaving about 1 ½ cm space between the churros. Cook for 10 minutes until golden brown and well risen, then remove from the air fryer with silicone tongs. Continue to cook the remaining churros. If your kitchen is warm keep the churros in the freezer whilst you cook each batch.
7. Place the sugar and cinnamon in a shallow bowl and toss the hot churros in the sugar as they are cooked.
8. To prepare the chocolate sauce, place all of the ingredients into a pan and heat over a very gentle heat until the chocolate melts, then whisk to combine and pour into a small dish.
9. Serve the churros warm with the warm dipping sauce.

MAKES 8

JAM DOUGHNUTS

5 MINS* | 30 MINS

INGREDIENTS

300g strong bread flour
40g golden caster sugar
¼ tsp salt
1 x 7g sachet fast action yeast
125ml whole milk
40g butter, melted
1 medium egg, lightly beaten
30g butter, melted
50g caster sugar
175g Seedless raspberry jam

Tip

Doughnuts are best eaten on the day that they are made

**plus 1 hour 20 minutes to prove*

METHOD

1. Put the flour, sugar, salt and yeast into the bowl of a mixer fitted with a dough hook. Pour in the milk, melted butter and egg, then mix on a medium speed for 5 minutes or until the dough starts coming away from the sides of the bowl and forms a ball. Transfer the dough to a lightly greased bowl, cover with a damp cloth or a lightly oiled piece of cling film and leave in a warm place to prove for about an hour, or until doubled in size.
2. Divide the dough into 8 pieces, roll into balls then flatten slightly to about 2½ cm thickness. Place the doughnuts on a tray lined with lightly oiled cling film, leaving plenty of room between them, as you don't want them to stick together while they prove, then cover with another lightly oiled piece of cling film. Leave in a warm place to prove for about 20 minutes.
3. Preheat the air fryer to 180˚C for 3 minutes. When ready to cook, brush the doughnuts lightly with melted butter, then evenly space up to three doughnuts in the air fryer basket. Cook the doughnuts for 8-10 minutes, turning them over for the last 5 minutes to ensure they are golden on both sides. Remove the doughnuts from the air fryer using a silicone spatula, then toss the hot doughnuts in a bowl of caster sugar. Repeat with the remaining doughnuts.
4. When the doughnuts have cooled, make a hole in the side of each doughnut with the end of a small sharp knife. Place a plain ½ cm nozzle into a piping bag, fill with jam and pipe a generous amount into each doughnut.

Roast

SERVES 4

ROAST FETA WITH LEMON AND MINT

5 MINS | 8 MINS

INGREDIENTS

200g block of feta

2 tsps olive oil

½ small lemon, zest only

1 tbsp fresh mint leaves, chopped

Freshly ground black pepper

To Serve

Warm pitta bread

METHOD

1. Remove the packaging from the feta and pat dry on a piece of kitchen paper.
2. Lightly oil an 18cm shallow baking tin and place the block of feta in the centre.
3. Sprinkle the lemon zest and mint evenly over the feta, then drizzle over the remaining oil. Season with black pepper
4. Place the baking tin into the air fryer basket and set the temperature to 190˚C. Roast the feta for 8-10 minutes until it starts to turn golden around the edges.
5. Carefully remove the baking tin from the air fryer and, using a spatula, transfer the cheese to a serving plate.
6. Serve with warm pitta breads to scoop up the cheese.

Tip

Try swapping the mint for fresh thyme and serve with some warm crusty bread as an alternative

SERVES 4

BABA GANOUSH WITH WARM FLATBREADS

5 MINS | 20 MINS

INGREDIENTS

Baba Ganoush

2 medium sized aubergines

2 large cloves garlic, skin on

2 tbsps tahini

2 tsps ground cumin

¼ tsp chilli powder

2 tbsps lemon juice

2 tbsps olive oil

1 small bunch parsley, chopped (reserve 1 tbsp for garnish)

1 small bunch mint, chopped (reserve 1 tbsp for garnish)

Salt and black pepper

To Serve

Pomegranate seeds

Flatbreads

METHOD

1. Prick the aubergines a few times with a fork, then place in the air fryer basket. Set the temperature to 180˚C and roast the aubergines for 20 minutes, turning every five minutes, until they have roasted and softened.
2. Press the garlic cloves with the back of a knife, then drizzle over a little olive oil. Add the garlic to the air fryer to roast for the last 5 minutes.
3. When the aubergine is ready, transfer to a bowl to cool using silicone tongs. Remove and discard the garlic skins and finely chop the roast garlic.
4. When the aubergines have cooled, drain off any excess liquid and cut the aubergines down the centre. Using a spoon, scoop out all of the flesh and transfer to a food processor.
5. Add the remaining baba ganoush ingredients and blitz for a few seconds until combined. Season to taste, then transfer to a serving bowl.
6. To finish, garnish the baba ganoush with pomegranate seeds and the remaining chopped herbs, then serve with warm flatbreads.

Tip

Try adding some toasted pine nuts for an extra crunchy garnish

SERVES 4

Tip

If you prefer the wraps warm, then fold them and heat two at a time in the air fryer basket at 160˚C for a minute

ROAST PEPPER FAJITAS WITH REFRIED BEANS

10 MINS | **20 MINS**

INGREDIENTS

1 medium red onion, peeled, halved and sliced

1 red pepper, halved, deseeded and thinly sliced

1 green pepper, deseeded and thinly sliced

1 yellow pepper, deseeded and thinly sliced

1 tbsp fajitas seasoning

2 tsps vegetable oil

Refried Beans

40g can black beans, drained and rinsed

¼ tsp chilli powder

2 cloves garlic, grated

1 tsp olive oil

1 tbsp water

Seasoning

4 tortilla wraps

1 small bunch coriander, roughly chopped

80g cheddar cheese, grated

To Serve

Soured cream

Guacamole

METHOD

1. Place the onion, peppers, fajitas seasoning and 2 tsps oil in a bowl and toss well to combine.
2. Transfer the vegetables to the air fryer basket and set the temperature to 180˚C for 12 minutes; shaking the basket halfway through.
3. Meanwhile, pop the black beans into a bowl and mash with a fork. Add the chilli powder, garlic, oil and 1 tbsp water and mix well. Transfer to an 18cm shallow round tin.
4. When the fajitas filling is ready, remove from the air fryer basket using a spoon, transfer to a plate and cover with foil to keep warm.
5. Place the black beans in their tin into the base of the air fryer basket and reduce the temperature to 160˚C. Heat the beans for 6 minutes; giving them a stir halfway through.
6. Carefully remove the tin from the air fryer using silicone tongs.
7. To serve, divide the refried bean mixture between the wraps, top with the fajitas filling, a sprinkling of coriander and some grated cheese. Serve with soured cream and guacamole.

Tip

To make homemade breadcrumbs, tear up stale bread, pop into a food processor and blitz for a few seconds until breadcrumbs are produced

SERVES **4**

PAPRIKA CRUSTED COD WITH CHORIZO ROAST POTATOES

15 MINS | **35 MINS**

INGREDIENTS

Chorizo Roast Potatoes

600g new potatoes, scrubbed and cut in quarters, approximately 2cm chunks

1 tbsp vegetable oil

75g chorizo, diced

1 tsp smoked paprika

Salt and black pepper

Crusted Cod

50g fresh white breadcrumbs

20g Parmesan cheese, grated

10g flat leaf parsley, leaves roughly chopped

½ tsp smoked paprika

1 small lime

1 tbsp extra virgin olive oil

4 tsps mayonnaise

4 x 140g portions of cod, skinless

Vegetable oil in a spray bottle

Salt and freshly ground black pepper

METHOD

1. Bring a pan of water to the boil, add the potatoes and simmer for 10 minutes. Drain in a colander, then pop into a bowl and toss with the oil, chorizo and paprika and season with a little salt and black pepper. Place the potatoes into the air fryer basket and set the temperature to 190˚C. Roast for 15-18 minutes; shaking halfway through until the potatoes are crisp and golden.
2. Meanwhile, place the breadcrumbs, parmesan, parsley and paprika into a bowl. Zest the lime then cut into 4 wedges. Add the zest to the breadcrumb mixture and season with salt and black pepper. Add olive oil and mix well.
3. When the potatoes are ready, take them out of the air fryer and transfer to a plate covered with foil to keep warm. Spread the mayonnaise over each piece of fish, then divide the crumb mixture between the cod portions and press it down firmly then spray lightly with oil. Place a round piece of air fryer parchment paper in the base of the air fryer basket and arrange the fish on the paper; keeping it quite near to the edge so that the paper cannot move. Reduce the air fryer temperature to 180˚C, roast the fish for 15–18 minutes (depending upon the thickness) until the fish is cooked and the crust is crisp and golden.
4. To serve, divide the potatoes between warm shallow bowls, then top with the cod and garnish with lime wedges. Serve with a crisp green salad.

SERVES 4

Tip

This recipe also works really well with other fish, such as salmon or fresh mackerel

SEA BASS WITH PARMENTIER POTATOES

10 MINS | 30 MINS

INGREDIENTS

Parmentier Potatoes

650g potatoes, peeled and diced into 1½ cm cubes

20g butter, cut into small cubes

1 tsp ground turmeric

1 tbsp black onion seeds

Sea Bass

4 skinless sea bass fillets, cut into three on the diagonal

2 tbsps tandoori spice

60g panko breadcrumbs

2 tbsps fresh coriander, chopped

2 tbsps olive oil

2 tbsps mayonnaise

Vegetable oil in a spray bottle

Salt and black pepper

To Serve

Mixed salad

Mint yogurt

METHOD

1. Bring a large saucepan of water to the boil, add the potatoes and simmer for 5 minutes until tender. Drain and return to the pan and stir in the butter, turmeric and black onion seeds, then season to taste.
2. Pop the potatoes into the air fryer basket and set the temperature to 190˚C for 15 minutes. Shake the basket halfway through and continue to cook until the potatoes are crisp and golden. Remove from the air fryer using a spoon and place on a plate covered with foil to keep warm.
3. Meanwhile, season the sea bass with a little salt and black pepper, then mix together the tandoori spice, breadcrumbs, fresh coriander and oil in a bowl and rub together until combined.
4. Divide the mayonnaise between the fish; spreading evenly over each piece of fish. Press the breadcrumb mixture evenly and firmly over the fish, then spray the crumb lightly with vegetable oil.
5. Place a round piece of air fryer parchment paper into the base of the air fryer basket and arrange the fish on the paper; keeping it quite near to the edge so that the paper cannot move. Reduce the air fryer temperature to 180˚C and roast the fish for 15–18 minutes, until the fish is cooked and the crumb is golden. You may need to cook the fish in two batches, depending on the size.
6. Serve the sea bass with the potatoes, salad and mint yogurt.

Tip

If you are short on time, try using ready made stuffing balls

SERVES **4**

ROAST CHICKEN DINNER

10 MINS | **1 HOUR 35 MINS**

INGREDIENTS

1.4kg whole chicken

2 tsps olive oil

½ tsp sea salt

Potatoes

800g potatoes, such as Maris piper or Desiree, peeled and chopped into 4cm chunks

1 tbsp plain flour

1 tbsp vegetable oil

Salt and black pepper

Stuffing

100g stuffing mix

225ml boiling water

1 tsp oil

To Serve

Seasonal vegetables

Homemade gravy

METHOD

1. Remove the chicken from the fridge about half an hour before cooking and discard any packaging. Pat dry with kitchen paper, rub the oil over the chicken and season with salt.
2. Secure the chicken legs and wings with cooking string, to ensure that the air fryer does not become obstructed. Wash your hands thoroughly after handling chicken.
3. Place the chicken, breast side down, into the air fryer basket, set the temperature to 170˚C and roast for 30 minutes. Carefully turn the chicken over using tongs and cook for a further 25 minutes, or until the chicken is fully cooked. To check that the chicken is cooked, pierce the thigh with a skewer and the juices should run clear. Transfer to a warm plate and cover with foil to rest whilst you roast the potatoes.
4. Meanwhile, bring a large saucepan of water to the boil with a pinch of salt. Add the potatoes to the boiling water and cook for 8-10 minutes until the edges have softened when you poke them with a knife. Drain the potatoes in a colander and return them to the pan, sprinkle on the flour and oil, then give the pan a shake to fluff up the potatoes. Whilst the potatoes boil, give the now cooled air fryer a clean from cooking the chicken.
5. Place the potatoes into the air fryer basket and set the temperature to 180˚C for 20 -25 minutes, until the potatoes are crisp and golden. Give the potatoes a shake to turn halfway through cooking.
6. Whilst the potatoes cook, make the stuffing balls; place the stuffing mixture into a bowl and pour over the boiling water. Mix well to combine then, when cool enough to handle, shape into 8 even sized balls. Toss the stuffing balls in oil and when ready to cook place them in the air fryer basket, increase the temperature to 200˚C and heat through for 8-10 minutes until piping hot and crisp on the outside.
7. Carve the chicken and serve with stuffing balls, roast potatoes, seasonal vegetables and your favourite homemade gravy.

SERVES 4

ROAST TANDOORI DRUMSTICKS

15 MINS* | 30 MINS

INGREDIENTS

1kg chicken drumsticks

Marinade

150g thick set Greek yoghurt

2 tbsps garlic paste

1 tbsp ginger paste

1 tbsp tandoori curry spice blend

1 tbsp tomato puree

¼ tsp salt

Mint Raita

½ cucumber

150g Greek yogurt

½ tsp ground turmeric

A small handful of mint leaves, finely chopped

1 clove garlic

Salt and black pepper

To Serve

4 warm naan breads

Mixed salad

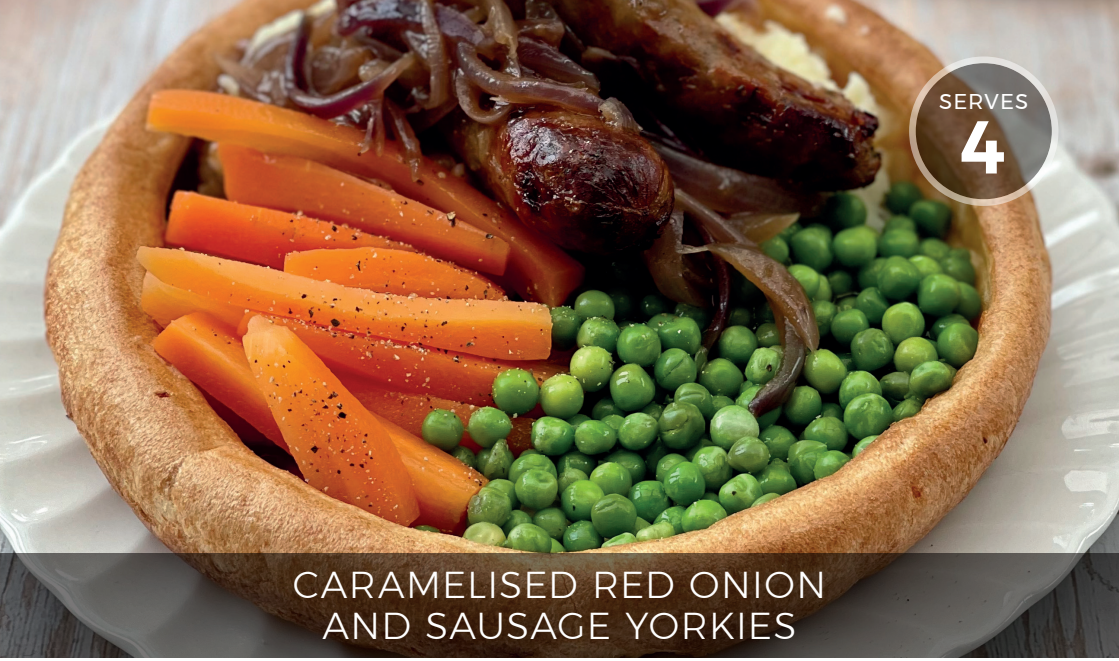
**plus marinating time up to 24 hours*

METHOD

1. Using a sharp knife, slash the skin of each drumstick; making about three slits in each, then pop into a large freezer bag. Combine the marinade ingredients in a small bowl, then pour into the bag with the drumsticks. Give it all a good shake then place in the fridge, preferably overnight, for the flavours to develop.
2. When ready to cook, arrange half of the drumsticks in the air fryer basket and brush over any remaining marinade. Set the temperature to 180˚C and roast for 25-30 minutes; rotating the drumsticks halfway through cooking. To check that the chicken is cooked, pierce with a skewer and the juices should run clear. Transfer to a warm plate using silicone tongs and cover with foil to rest whilst you cook the remaining drumsticks
3. To make the riata, place all of the ingredients in a small bowl and mix to combine, then season with salt and black pepper.
4. Serve the drumsticks with warm naan breads, mint raita and a mixed salad.

Tip

For variety, try adding a BBQ sauce to the drumsticks and serve with sweet potato wedges and a homemade coleslaw.



SERVES 4

CARAMELISED RED ONION AND SAUSAGE YORKIES

10 MINS | 40 MINS

INGREDIENTS

8 low fat sausages

1 tsp oil

Onion Gravy

30g butter

1 tbsp vegetable oil

2 large red onions, halved and sliced

2 sprigs thyme

2 tsps sugar

2 tbsps plain flour

500ml beef stock, hot

Black pepper

To Serve

4 large Yorkshire puddings, warmed

500g mashed potato

Seasonal vegetables

METHOD

1. Prick the sausages with a fork and brush lightly with oil. Arrange the sausages in the air fryer basket and set the temperature to 180˚C. Cook for 15-18 minutes, until cooked through, turning the sausages half way through.
2. Meanwhile, prepare the gravy; gently melt half of the butter with the oil in a saucepan, then add the onions, thyme and sugar and cook over a low heat for 30-35 minutes until the onions have caramelised.
3. Add the remaining butter and, when melted, sprinkle over the flour and mix well so that the onions are coated, then stir over a low heat for a minute to cook out the flour.
4. Next, stir in the stock, making sure that there are no lumps. Bring to the boil and simmer for 3-4 minutes, until the gravy thickens.
5. To serve, place the potatoes and vegetables into the Yorkshire pudding, add two sausages per person, then drizzle over the onion gravy.

Tip

You can heat the Yorkshire puddings in the air fryer basket. Just set the temperature to 200˚C for 2 minutes per pudding.

SERVES 4

ROAST PORK FILLET WITH PANCETTA

15 MINS | 30 MINS

INGREDIENTS

400g pork fillet
50g Parma ham
1 tsp olive oil

Warm Potato Salad

600g new potatoes
1 tsp wholegrain mustard
3 tbsps sour cream
Salt and black pepper

To Serve

Seasonal vegetables

Tip

Try adding a soft cheese with garlic and herbs before wrapping the pork fillet in Parma ham. You can serve your favourite homemade gravy with the pork if you prefer.

METHOD

1. Season the pork fillet, then wrap in Parma ham and drizzle over a little olive oil. Cut the fillet in half and place both pieces into the air fryer basket. Set temperature to 180˚C and roast for 25 minutes; turning the meat over halfway through.
2. When the pork has reached a core temp of 75˚C, remove from the air fryer and put on a plate, then cover with foil and leave the pork to rest for 10 minutes.
3. Meanwhile, cut any larger potatoes in half and bring a pan of water to the boil. Add the potatoes and bring to the boil, then simmer for 15 minutes until the potatoes are tender.
4. Drain the potatoes and return to the pan with the wholegrain mustard and sour cream. Season to taste.
5. Slice the pork, divide between four plates and serve with the warm potato salad and seasonal vegetables.

Tip

Try adding some port or red wine to the sauce, if you have any

SERVES **4**

ROAST LAMB STEAKS WITH REDCURRANT SAUCE

10 MINS | **30 MINS**

INGREDIENTS

4 lamb steaks (approximately 115g per steak)

Roast Potatoes

600g starchy potatoes

1 tbsp flour

2 tbsps vegetable oil

2 sprigs rosemary, leaves chopped

1 tbsp parmesan

Redcurrant Sauce

30g butter

30g plain flour

600ml hot chicken or lamb stock

2 tbsps red currant jelly

Salt and black pepper

METHOD

1. Season the lamb steaks, then place in the air fryer basket, set the temperature to 180˚C and roast for 8 minutes, carefully turning the steaks halfway through cooking. If you prefer your lamb more well done then cook for a further 2-3 minutes. Put the lamb steaks on a plate and cover with foil to rest.
2. Meanwhile, bring a large saucepan of water to the boil with a pinch of salt. Add the potatoes to the boiling water and cook for 8-10 minutes until the edges have softened when you poke them with a knife. Drain the potatoes in a colander and return them to the pan. Sprinkle on the flour, oil, rosemary and parmesan, then give the pan a shake to fluff up the potatoes.
3. Wipe out the now cooled air fryer basket then place the potatoes into the air fryer basket and set the temperature to 180˚C for 20-25 minutes, until the potatoes are crisp and golden. Give the potatoes a shake to turn halfway through cooking.
4. For the gravy; melt the butter in a saucepan, sprinkle over the flour and stir for a minute over a medium heat to make a roux, then gradually add the hot stock; stirring to avoid any lumps. Whisk in the redcurrant jelly and simmer the sauce for 4-5 minutes until it thickens. Season to taste.
5. Serve the lamb with roast potatoes and seasonal vegetables of your choice. Drizzle the redcurrant sauce over the lamb.

Grill

GRILLED HALLOUMI GYROS

15 MINS | 18 MINS

INGREDIENTS

2 x 225g blocks halloumi

1 tbsp olive oil

1½ tsp smoked paprika

1 tsp dried oregano

Salad

1 clove garlic, crushed

2 tbsps Greek yogurt

2 tbsps mayonnaise

Small bunch mint, leaves chopped

Small bunch fresh oregano, leaves chopped

½ small lemon, juice and zest

2 tsps olive oil

1 Kos lettuce, shredded

½ cucumber, diced

125g cherry tomatoes, halved

Salt and pepper

To Serve

4 Greek style flatbreads

METHOD

1. Slice the halloumi lengthways into 4 pieces, then half each piece. Mix the oil, paprika and oregano in a bowl, then brush the mixture evenly over the halloumi. Set the air fryer temperature to 200˚C and preheat the air fryer for 3 minutes.
2. Place ⅓ of the halloumi into the air fryer basket and grill 3 minutes per side until golden. Remove from the air fryer with silicone tongs or spatula, cover with foil and set aside. Repeat with the remaining halloumi.
3. Meanwhile, prepare the salad dressing; in a medium bowl mix the crushed garlic, yoghurt, mayonnaise, half of the herbs, lemon zest and juice, then add a small drizzle of oil and season with salt and pepper to taste.
4. Toss the lettuce, cucumber and tomatoes in a bowl, then add half of the dressing and mix well to dress the salad.
5. Place the flat breads in the air fryer basket in a pile and set the temperature to 180˚C for 2-3 minutes to warm through.
6. Share the flatbreads between your plates and top with a handful of salad, followed by 4 slices of halloumi per person on top. Drizzle over the remaining yogurt dressing and sprinkle over the remaining herbs.

Tip

If you cannot find fresh oregano then just use some flat leaf parsley

HARISSA CAULIFLOWER FLATBREADS

15 MINS | 15 MINS

INGREDIENTS

400g can chickpeas, drained and rinsed

450g cauliflower florets

1 tsp ground turmeric

50g harissa paste

1 tbsp vegetable oil

Dressing

100ml Greek yogurt

1 tbsp tahini

1 tbsp olive oil

½ lemon, juice and zest

1 clove garlic, crushed

Small bunch mint, leaves chopped finely

To Serve

4 flatbreads, warmed

200g shop bought or homemade Hummus

1 Kos lettuce, shredded

2 tsp nigella seeds

METHOD

1. Pat dry the chickpeas on a piece of kitchen paper. Cut any larger cauliflower into small florets then toss the cauliflower in a bowl with the chickpeas, turmeric, harissa and oil. Ensure that the cauliflower is coated in the spice mixture.
2. Set the air fryer temperature to 190˚C and place the cauliflower mixture into the air fryer basket, then cook for 15 minutes; stirring a couple of times to ensure everything cooks evenly. When the cauliflower is ready, remove from the air fryer using a large silicone spoon.
3. Whilst the cauliflower cooks, make the dressing; mix the Greek yogurt, tahini, oil, lemon juice and zest, garlic and half of the mint. Mix with a fork until combined and season to taste.
4. To serve, spread the hummus over your flatbreads, top with shredded lettuce then arrange the cauliflower mixture over the top. Drizzle over the remaining dressing, sprinkle over nigella seeds and the reserved mint.

Tip

For extra spice try using a Moroccan style hummus

SERVES 4

GRILLED SALMON WITH TABBOULEH

10 MINS | 20 MINS

INGREDIENTS

4 salmon fillets

2 tsps olive oil

Tabbouleh

200g bulgur wheat

200ml hot vegetable stock

4 salad tomatoes, halved, deseeded and finely chopped

½ cucumber, finely diced

4 spring onions, finely sliced

1 small bunch flat leaf parsley, finely chopped

1 small bunch mint, leaves finely chopped

2 tbsps lemon juice

1 tbsp white wine vinegar

1 clove garlic, crushed

2 tbsps oil

Salt and ground black pepper

Dressing

4 tbsps sour cream

½ small lemon, juice and zest

METHOD

1. Rinse and drain the bulgur wheat, then put in a bowl and pour over the hot stock, cover and set aside for about 20 minutes.
2. Season the salmon and brush the flesh very lightly with olive oil and season. Place the fish, skin side up, in the air fryer basket, set the temperature to 180˚C and cook for 18-20 minutes until the fish is fully cooked. Carefully turn the fish half way through cooking with a silicone spatula.
3. Meanwhile, when the bulgur wheat has absorbed the liquid, stir through the tomatoes, cucumber, spring onion and fresh herbs. In a small bowl whisk together the lemon juice, white wine vinegar, garlic and oil. Season to taste, then pour over the bulgar wheat and toss well to combine.
4. In another small bowl, mix together the sour cream, lemon juice and zest and season to taste.
5. Serve tabbouleh in bowls with the salmon on top and a drizzle of sour cream dressing.

Tip

Couscous can be used as an alternative to bulgur wheat

SERVES 4

SALT AND PEPPER PRAWNS

10 MINS | 25 MINS

INGREDIENTS

2 tbsps cornflour

½ tbsp sea salt

½ tsp ground Sichuan peppercorns

½ tsp ground black pepper

24 fresh king prawns, peeled and deveined

Vegetable oil in a spray bottle

To Serve

75ml sweet chilli dipping sauce

1 tbsp coriander, chopped

1 red chilli, thinly sliced

1 lime, cut into wedges

METHOD

1. Mix cornflour, salt, peppercorns and ground pepper in a bowl, then add the king prawns and toss well to coat the prawns in the cornflour mixture.
2. Set the air fryer to 180˚C and preheat for 2 minutes. Meanwhile, lightly spray the prawns with oil on both sides.
3. Cook the prawn in batches in the air fryer basket for 6-8 minutes (depending upon their size), giving the basket a shake halfway through. The prawns are ready when they turn pink.
4. Pour the sweet chilli sauce into a small dipping bowl and place the cooked prawns on a serving platter then sprinkle over the coriander and red chilli and serve with the lime wedges on the side.

Tip

If you can't find Sichuan peppercorns just use extra black pepper

ULTIMATE CLUB SANDWICH

5 MINS | 25 MINS

INGREDIENTS

3 rashers smoked cured bacon
1 small chicken breast
1 tsp olive oil
½ tsp dried oregano
3 slices white bread
2 tbsps butter
4 Little Gem lettuce leaves
1 tomato, sliced
1 tbsp mayonnaise

Tip

Try serving with some kettle chips and a salad garnish

METHOD

1. Place the bacon rashers into the air fryer basket, set the air fryer temperature to 180˚C and grill the bacon for 7-8 minutes, or until it is crisp. Set aside on a plate.
2. Meanwhile, put the chicken breast onto a chopping board and, with your hand flat on top of it, use a sharp knife to slice into one side of the breast, starting at the thicker end and ending at the thin point. Open out the breast so that it resembles a butterfly. Wash your hands and the chopping board.
3. Brush the olive oil over both sides of the chicken breast, sprinkle over the dried oregano, then season with salt and black pepper. Place the chicken breast into the air fryer basket and cook at 180˚C for 15 minutes or until the chicken is piping hot. Turn the chicken halfway through. Transfer to the plate with the bacon to keep warm.
4. Increase the air fryer temperature to 200˚C and if you have a toasting rack, toast the bread for 2-3 minutes, otherwise toast each slice for about two minutes in the base of the air fryer basket.
5. When ready to assemble, lightly butter one side of each piece of toast. Cut the chicken into about 5 slices. Arrange two lettuce leaves on one piece of toast. Top with a slice of bacon, then tomatoes and mayonnaise and a second slice of toast. Repeat the layers, ending with the chicken and then place the final slice of toast on top.
6. Cut the sandwich into 4 triangles and secure each one with a cocktail stick.

CHICKEN SHAWARMA KEBABS

10 MINS* | 25 MINS

INGREDIENTS

500g chicken thigh, diced in 3cm chunks

Vegetable oil in a spray bottle

Marinade

1 small lemon, zest and juice

150g natural yogurt

2 cloves garlic, grated

15g ginger puree

1 green chilli, deseeded and finely chopped

1 tbsp baharat spice mix

Yogurt Dressing

1 small lemon

150ml natural yogurt

1 small bunch mint, leaves finely chopped

To Serve

4 flatbreads, warmed

Mixed salad

**plus an hour to marinade*

METHOD

1. Mix together the marinade ingredients in a bowl, then add the diced chicken and stir well to combine. Cover and place in the fridge to marinade for at least an hour.
2. When ready to cook, thread the chicken onto 4 x 15cm metal skewers, brush over any remaining marinade and spray fully with oil. Set the air fryer temperature to 180˚C and cook the skewers for 20-25 minutes; turning once during cooking. Check that the chicken is piping hot before removing it from the air fryer, using tongs. You may need to cook the kebabs in two batches. Meanwhile, to prepare the dressing, zest the lemon then cut into 4 wedges. Pour the yogurt into a small bowl and stir through the lemon zest and half of the chopped mint.
3. Serve the Kebabs with the flatbreads, salad and a spoonful of yogurt dressing and the remaining chopped mint.

Tip

If you prefer, the skewers can be cooked on an air fryer kebab rack if you have one at 180˚C for 20-25 minutes

SERVES 4

MEATBALL SUB

5 MINS | 25 MINS

INGREDIENTS

400g low fat sausages

1 tsp Italian herbs

20g Panko breadcrumbs

1 tbsp water

1 tbsp vegetable oil

200g ready to use tomato and chilli sauce

4 sub or hotdog rolls, sliced down the centre

60g mozzarella cheese, grated

Tip

The sub rolls can be served as a lunch idea, or add some wedges and salad for a more substantial meal

METHOD

1. Make a slit in the sausages with a sharp knife and remove and discard the skin. Pop the sausage meat into a bowl and mix with herbs, breadcrumbs and water. Shape into 20 equal sized balls.
2. Toss the balls in a bowl with the oil and place 10 balls into the air fryer basket. Set the temperature to 180˚C and cook for 10-12 minutes, giving them a shake halfway through until the balls are heated through. Transfer to a plate with silicone tongs, then cover with foil to keep warm whilst you cook the remaining meatballs.
3. Meanwhile, pour the tomato and chilli sauce into a saucepan and heat gently. Stir the cooked meatballs into the sauce and fill each hotdog roll evenly with the mixture, then sprinkle over the cheese.
4. Place the subs in the air fryer basket in two batches and heat through at 180˚C for 2-3 minutes until the cheese has melted.

GRILLED PORK STEAKS WITH CREAMY MUSTARD SAUCE

10 MINS | 30 MINS

INGREDIENTS

800g potatoes, peeled and diced

2 cloves garlic, peeled

20g butter

3 tbsps milk

4 lean pork steaks (approximately 120g per steak)

1 tbsp vegetable oil

1 shallot, finely chopped

150g crème fraiche

1 tsp wholegrain mustard

2 tsps dijon mustard

Small bunch parsley, leaves finely chopped

Salt and black pepper

To Serve

250g spring greens, cooked as directed on the pack

METHOD

1. Bring a pan of water to the boil on the hob, add the potatoes and garlic to the pan and simmer gently for 20 minutes until the potatoes are tender. Drain, then return to the pan and mash until smooth with butter and milk. Season to taste, then cover the pan with a lid to keep warm.
2. Meanwhile, season the pork; drizzle with half of the oil and season, then place into the air fryer basket. Set the temperature to 180˚C for 15 minutes. Carefully turn the steaks with silicone tongs halfway through. If your steaks are larger you may need to cook them in two batches. When the pork is cooked, remove from the air fryer and transfer to a warm plate covered with foil, to rest.
3. To prepare the sauce, drizzle the remaining oil into a small saucepan and fry the shallot for 3-4 minutes, until softened but not coloured. Take the pan off the heat and stir in the creme fraiche, wholegrain and Dijon mustard, plus 2 tbsps water. Sprinkle over the parsley, return to the heat and simmer gently for a minute, until heated through. Season to taste.
4. Serve the pork steaks on warm plates with the creamy mash and spring greens alongside with a drizzle of creamy mustard sauce.

Tip

The creamy sauce also works really well with chicken breast

SERVES 4

Tip

Try serving with a homemade coleslaw and onion rings

CARAMELISED ONION BEEF BURGERS

10 MINS | **30 MINS**

INGREDIENTS

500g Aberdeen Angus minced beef

20g Panko breadcrumbs

2 tbsps caramelised onion chutney

1 tsp vegetable oil

80g cheese, grated

400g frozen skinny fries

4 brioche burger buns, sliced

4 tbsps mayonnaise

1 Baby Gem lettuce

2 tomatoes, cut into 4 thick slices

Side salad of your choice

Salt and pepper to taste

METHOD

1. For the burgers, put the minced beef, breadcrumbs and onion chutney into a mixing bowl and add a pinch of salt and pepper . Mix with your hands until combined, then roll into 4 equal sized balls. Flatten the burgers to about 1cm thickness, then brush lightly with oil on both sides.
2. Set the air fryer temperature to 180˚C and preheat for 2 minutes. When hot, carefully place the burgers into the air fryer basket and cook for 15 minutes, or until piping hot; turning halfway through with a silicone spatula.
3. When the burgers are ready, transfer them to a warm plate, top them with the grated cheese, then cover with foil to keep warm.
4. Place the fries into the air fryer basket and set the temperature to 200˚C for 15-18 minutes, or until the fries are crisp and golden. Give the basket a shake halfway through to ensure that the fries cook evenly.
5. When the fries are ready, remove them from the basket with silicone tongs and place the burger buns into the basket with the top of the buns facing upwards. Heat for 2 minutes at 200˚C, until lightly toasted.
6. To assemble, spread a spoonful of mayonnaise over the base of each burger bun and top with lettuce and tomato. Carefully place the burger on top, then add the lid. Serve with the skinny fries and a side salad.

SERVES 4

OPEN STEAK SANDWICH

5 MINS | 15 MINS

INGREDIENTS

4 minute steaks (approximately 100g each)

1 tbsp vegetable oil

2 medium red onions, peeled and thinly sliced

½ tbsp balsamic glaze, plus extra for garnish

2 x 20cm ciabatta baguettes, warmed if preferred

2 tbsps horseradish

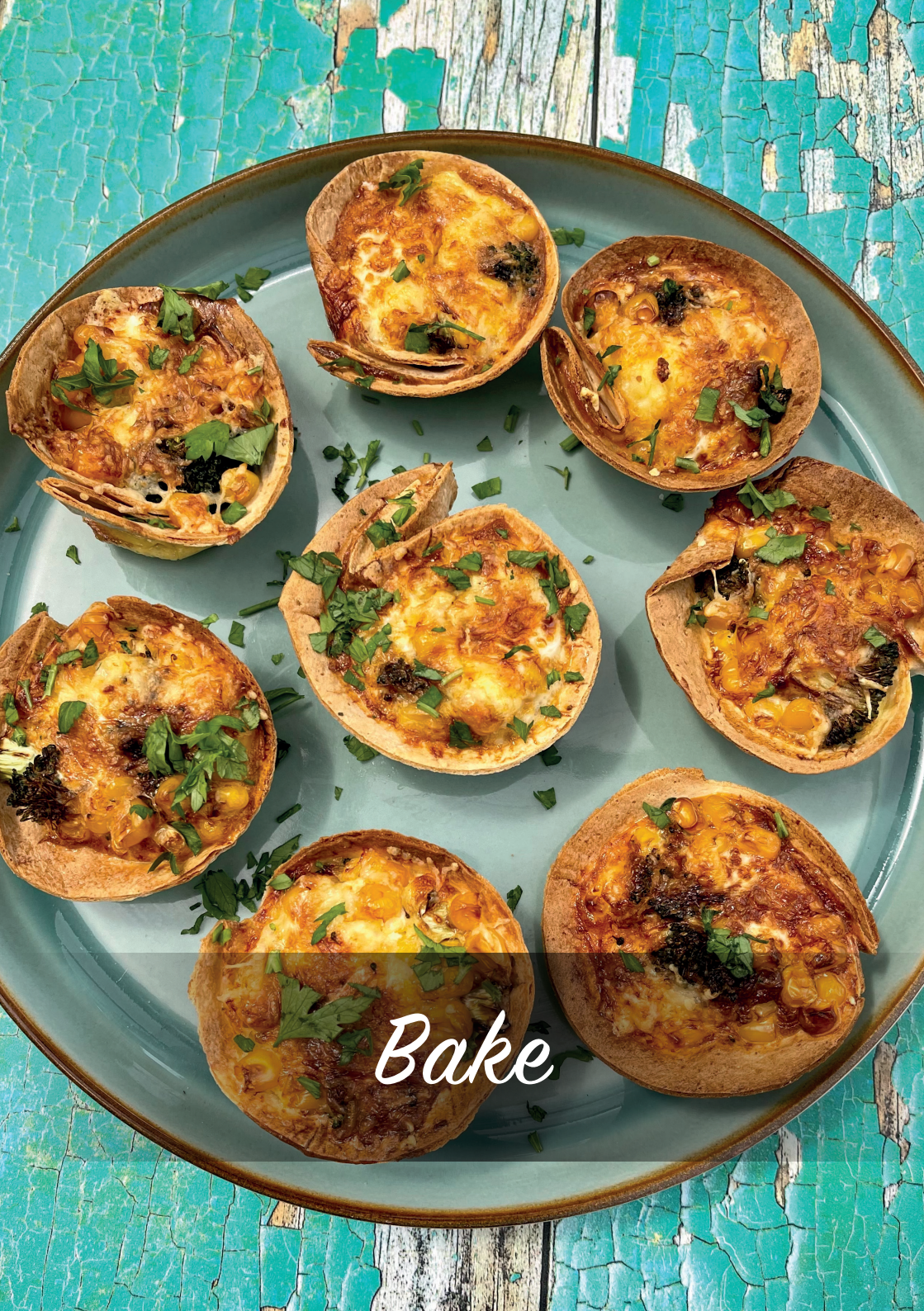
Salt and ground black pepper

Tip

The open steak sandwich can be served on its own with salad garnish, or try with some chunky chips

METHOD

1. Transfer the steaks to a plate, drizzle with ½ of the oil and season generously with salt and black pepper.
2. Toss the onions in a bowl with the remaining oil and season with a little salt and pepper. Pop the onions into the air fryer basket and set the temperature to 180˚C for 7-8 minutes; shaking the onions halfway through.
3. When the onions are softened, transfer them to a bowl using a silicone spoon, drizzle over the balsamic glaze and cover the bowl with foil to keep warm.
4. Set the air fryer temperature to 200˚C and cook the steaks for a minute on each side; you may need to do this in two batches, depending on the size of your steaks. If you prefer your steaks more well done, then cook for a couple more minutes. Remove the steaks from the air fryer with silicone tongs, transfer to a plate to rest and cover with foil to keep warm.
5. When ready to serve, cut the ciabatta baguettes in half lengthways and slice the steak into 2cm strips. Divide the steak between the baguettes and top with the caramelised red onions and horseradish. Finish with a drizzle of balsamic glaze.


Bake

6 SLICES

ORANGE DRIZZLE CAKE

10 MINS | 30 MINS

INGREDIENTS

115g unsalted butter, plus extra for greasing

115g caster sugar

2 medium eggs, lightly beaten

115g self raising flour

¼ tsp baking powder

½ small orange, zest and juice

40g caster sugar

Tip

This recipe can also be made as a lemon drizzle cake, just substitute the orange for a small lemon

METHOD

1. Grease and line the base of a 16cm round sandwich cake tin with parchment paper.
2. In a bowl, beat the butter and sugar together with an electric whisk, until light and fluffy. Gradually beat in the eggs with 2 tbsp of flour, then gently fold in the remaining flour and baking powder and the orange zest.
3. Set the air fryer temperature to 160˚C and preheat for 2 minutes. Meanwhile, spoon the cake mixture into the prepared tin and level the top with the back of a spoon.
4. Place the tin in the air fryer basket and bake for 30 minutes, until well risen, golden brown and firm to the touch. Insert a skewer into the centre of the cake; it should come out clean if cooked.
5. Carefully remove the tin from the air fryer using oven gloves. Allow the cake to cool for 10 minutes in the tin, then turn out onto a cooling rack.
6. Whilst the cake is still warm, spike the surface with a skewer. To make the drizzle, pop the sugar into a small bowl then squeeze over the orange juice and stir until the sugar dissolves. Drizzle the mixture over the cake. Allow to cool before slicing.

6 SLICES

STRAWBERRY AND CREAM SPONGE CAKE

10 MINS | 30 MINS

INGREDIENTS

115g butter

115g caster sugar

2 medium eggs

115g self raising flour

1/2 tsp vanilla bean paste (optional)

¼ tsp baking powder

Filling

85g strawberry jam

300ml whipping cream, lightly whipped

150g fresh strawberries, hulled and sliced

Tip

If you have a piping bag and star nozzle, then you can pipe some rosettes of cream around the edge of the cake

METHOD

1. Grease and line the base of a 16cm round sandwich cake tin with parchment paper.
2. In a bowl, beat the butter and sugar together with an electric whisk, until light and fluffy.
3. Gradually beat in the eggs with 2 tbsps of flour and vanilla bean paste (if using), then gently fold in the remaining flour and baking powder.
4. Set the air fryer temperature to 160˚C and preheat for 2 minutes. Meanwhile, spoon the cake mixture into the prepared tin and level the top with the back of a spoon.
5. Place the tin in the air fryer basket and bake for 30 minutes, until well risen, golden brown and firm to the touch. Insert a skewer into the centre of the cake; it should come out clean if cooked.
6. Carefully remove the tin from the air fryer using oven gloves. Allow the cake to cool for 10 minutes in the tin, then turn out onto a cooling rack.
7. To assemble, cut the cake in half horizontally then place one sponge on a plate or cake stand and spread the jam over, then top with half of the cream, followed by half of the sliced strawberries then the second sponge. Spread the remaining cream over the top of the cake and decorate with the remaining strawberries.

RASPBERRY AND WHITE CHOCOLATE MUFFINS

10 MINS | 20 MINS

INGREDIENTS

75g white chocolate, chopped, or chocolate chips

85g fresh raspberries, reserve 10 raspberries for decoration

150g self raising flour

115g butter

115g caster sugar

2 medium eggs, beaten

½ tsp baking powder

Icing sugar to dust

Tip

You can replace the fresh raspberries with a dried fruit such as apricots or cherries

METHOD

1. Place the white chocolate and raspberries in a bowl and sprinkle over 2 tbsp flour and gently mix to coat in the flour; this will prevent them from sinking to the bottom of the cake mixture.
2. In a bowl, beat the butter and sugar together with an electric whisk until light and fluffy, then whisk in the eggs with 2 tbsps of flour. Then fold in the remaining flour and baking powder with a metal spoon. Stir the chocolate and the raspberries gently into the cake mixture .
3. Set the air fryer temperature to 160˚C and preheat for 2 minutes. Meanwhile, spoon the cake mixture evenly into 10 silicone muffin cases and gently press a reserved raspberry in the centre of each cake.
4. Carefully place 5 muffins into the air fryer basket and cook for 12-15 minutes, until well risen and golden. Insert a skewer into the centre of the muffin; it should come out clean if cooked. Carefully transfer to a cooling rack and cook the remaining muffins. Dust with icing sugar before serving.

MAKES 8

CHERRY AND ALMOND SCONES

10 MINS | 30 MINS

INGREDIENTS

300g self raising flour, plus extra for rolling

1 tsp baking powder

60g butter, diced

50g caster sugar

30g flaked almonds

85g glaze cherries, halved

1 egg made up to 140ml with milk, plus extra milk for glazing

Icing sugar for dusting

Tip

Add 50g of sultanas to the mixture before adding the liquid, if you like a fruit scone

METHOD

1. Sieve the flour and baking powder into a bowl, add the butter then rub the mixture together with your fingertips, until the mixture resembles fine bread crumbs. Stir in the sugar, ¾ of the almonds, and cherries (reserving 8 half cherries for decoration)
2. Make a well in the centre of the flour and gradually pour in the egg mixture; stirring until the scone dough comes together.
3. Turn the mixture out onto a lightly floured surface and roll out to a 3cm thickness. Cut out 8 rounds using a 6cm cutter. You will need to re-roll the trimmings. Set the air fryer temperature to 180˚C and preheat for 3 minutes. Meanwhile, brush the scones with milk, then top with half a cherry and a sprinkling of the remaining almonds.
4. Carefully line the base of the air fryer basket with a round piece of air fryer baking parchment and arrange half of the scones on top, ensuring that the paper is secure. Bake for 12-15 minutes, until well risen and golden brown. Turn the scones over for the last 2 minutes, to ensure that the bases are golden. Transfer to a rack to cool, then repeat with the remaining scones. Dust with icing sugar before serving.

MAKES 10

Tip

You can add some orange zest to the cake mixture and icing for a chocolate orange cupcake

VEGAN CHOCOLATE CUPCAKES

8 MINS | **30 MINS**

INGREDIENTS

150ml soya milk

2 tsps lemon juice

100g dairy free margarine

100g golden caster sugar

125g plain flour

½ tsp baking powder

½ tsp bicarbonate soda

30g cocoa powder

Icing

100g dairy free butter, softened

250g icing sugar, plus extra for dusting

50g cocoa powder

A few vegan friendly cake sprinkles

METHOD

1. Pour the soya milk into a jug and add the lemon juice, mix well then set aside.
2. Using an electric whisk, beat the dairy free margarine and sugar until light and fluffy then sieve the flour, baking powder, bicarbonate of soda and cocoa powder into the bowl. Whisk the mixture for about 30 seconds, until smooth.
3. Set the air fryer temperature to 160˚C and preheat for 2 minutes. Meanwhile, divide the cake mixture evenly between 10 silicone muffin cases. When ready to cook, carefully place 5 cupcakes into the air fryer basket and bake for 12-15 minutes, until well risen and firm to touch. Don't worry if they are not completely flat on top and cracked, as they are going to be decorated. Insert a skewer into the centre of the cupcake; it should come out clean if cooked. Carefully remove the cupcakes from the basket, then cook the remaining cakes.
4. Meanwhile, to make the icing; place the remaining diary free spread into a bowl and mix with a wooden spoon, until softened. Sieve the icing sugar and cocoa powder into the bowl and mix until you have a smooth chocolate icing.
5. When the cupcakes have cooled, place the icing into an icing bag fitted with a star nozzle and pip a generous swirl of icing on top of each cupcake, then finish with some decorations of your choice.

SERVES 4

BAKED LEMON CHEESECAKE

10 MINS | 30 MINS*

INGREDIENTS

50g butter
16 Biscoff biscuits
340g full fat soft cheese
180g caster sugar
2 medium eggs
100ml soured cream
40g plain flour
1 small lemon, juice and zest

Tip

The cheesecake is perfect served on its own, or is delicious served topped with fresh fruit such as raspberries or strawberries

METHOD

1. To make the cheesecake base, place the butter in a 17cm round shallow tin and set the air fryer temperature to 160˚C. Place the tin in the air fryer and gently melt the butter for 3-4 mins. Carefully remove the tin from the air fryer.
2. Meanwhile, place the Biscoff biscuits into a bowl and crush with the end of a rolling pin until they resemble breadcrumbs.
3. Lightly grease an 18cm x 8cm loose bottom cake tin and line the base with parchment paper. When the butter has melted, pour it over the biscuit crumbs and mix well until it is combined. Gently press the crumbs into the prepared tin.
4. For the filling, gently whisk the soft cheese and sugar using an electric whisk, until light and fluffy,then fold in the remaining ingredients. Fold a piece of foil into a strip that goes right around the tin to create a handle to lower the cake tin into the air fryer basket.
5. Bake the cheesecake for 30 minutes at 160˚C, then turn the air fryer off and leave the cheesecake to cool in the air fryer for another 30 minutes before transferring to the fridge to chill down fully for at least 3 hours.

**plus at least 2 hours chilling time*

MAKES 9

PESTO AND MOZZARELLA TWISTS

10 MINS | 30 MINS

INGREDIENTS

375g sheet of ready rolled puff pastry

45g green pesto

20g grated parmesan

40g hard mozzarella, grated

1 egg, beaten

METHOD

1. Unroll the pastry, then spread the pesto across one half; leaving approximately a ½ cm edge around the pastry, then top with a sprinkling of parmesan and mozzarella.
2. Brush the edge of the pastry with beaten egg and fold the uncovered pastry over the topped side. Cut the filled pastry into 9 equal sized strips, then twist the strips 3-4 times.
3. Set the air fryer temperature to 190˚C and preheat for 3 minutes.
4. Place 3 twists onto a piece of air fryer parchment paper that fits into the base of the air fryer basket, ensuring that the pastry is holding down the paper securely. Bake for 10-12 minutes, or until golden and well risen. Turn halfway through cooking using some silicone tongs. Repeat until all of the twists are baked.

Tip

Try using different filling combinations such as Parma ham and red pesto

MINI TORTILLA QUICHE

5 MINS | 20 MINS

INGREDIENTS

100g broccoli, cut into small florets

2 tsps olive oil

2 x 24 cm tortilla wraps

2 large eggs

30ml semi skimmed milk

75g sweetcorn, drained

1 tbsp parsley, freshly chopped

25g half fat cheddar cheese, finely grated

Black pepper

Tip

The fillings can vary, so just use up any vegetables that you have, such as peppers, red onions or asparagus.

METHOD

1. Place the broccoli florets into a bowl and drizzle over the oil, then season with black pepper and toss well to combine. Put the broccoli into the air fryer basket, set the temperature to 200˚C and roast for 5 minutes. Remove from the air fryer with silicone tongs.
2. Meanwhile, put the wraps on a chopping board and cut out 8 x 10cm rounds using a scone cutter. Pop the tortilla rounds into 8 silicone muffin moulds; folding the wrap slightly into a cone shape and flattening the bottom.
3. Beat together the eggs and milk in a jug and season with black pepper. Next, divide the roasted broccoli between each tortilla quiche base, sprinkle over the sweetcorn and parsley, then pour over the egg mixture and sprinkle over the cheddar cheese.
4. Place the quiches into the air fryer basket and set the temperature to 180˚C for 15-18 minutes or until the filling is set. To check that the filling is set, insert a small sharp knife into the centre and, if the egg is still wet, return to the air fryer for a few more minutes.

SERVES 4

HOMEMADE PIZZA

5 MINS | 10 MINS PER PIZZA

INGREDIENTS

2 x 200g fresh shop bought pizza dough picks

2 tbsps plain flour for rolling

4 tbsps tomato pizza topping

100g hard mozzarella, grated

2 tomatoes, thinly sliced

Finish with the remaining cheese, a drizzle of oil and some black pepper

Tip

Try different pizza toppings such as pepperoni, chicken and sweetcorn, or ham and pineapple

METHOD

1. Divide the pizza dough into four equal portions then shape 4 x 17cm circles on a lightly floured surface, using a rolling pin, or shape with your hands. Make a crust around the edge of the pizza by shaping with your hands, then place each piece of dough on a round piece of air fryer baking parchment approximately 1 cm bigger than the pizza base.
2. Set the air fryer temperature to 190˚C and preheat for 3 minutes. Top the pizzas with the tomato pizza topping, followed by ¾ of the cheese, then arrange the tomatoes on top. Finish with the remaining cheese.
3. Carefully place one pizza into the air fryer basket and bake for 8-10 minutes, until the pizza base is cooked and the cheese is bubbling.
4. Carefully remove the pizza from the basket using a large silicone spatula. Continue until all of the pizzas are cooked.

GOATS' CHEESE AND RED ONION TARTS

5 MINS | 25 MINS

INGREDIENTS

250g puff pastry

1 tbsp flour

2 tbsps caramelised onion chutney

100g soft goats' cheese

Olive oil

Black pepper

To Serve

Fresh thyme leaves (optional)

Mixed green salad

Tip

If you prefer, you can also make this recipe with brie or stilton

METHOD

1. Roll the pastry out on a lightly floured surface into a 18cm square, then divide into four equal sized squares.
2. Preheat the air fryer to 200˚C for 3 minutes. Meanwhile, mark a 1cm border around the edge of each pastry square with a sharp knife. Prick the centre area a few times with a fork.
3. Place two pastry squares into the base of the air fryer basket ensuring that they are well spaced. Bake the tart cases for 5 minutes until lightly browned and well risen, then carefully turn the pastry over with a silicone spatula and cook for a further 3 minutes to cook the bases. Repeat with the remaining two squares of pastry.
4. Carefully remove the tart cases from the basket and divide the caramelised onion between the cases, followed by the goats' cheese, then drizzle over some olive oil and a sprinkling of black pepper. You may need to press lightly on the centre area of the tart to make a space for the filling.
5. Reduce the temperature to 180˚C and bake two tarts for 3-4 minutes, until the goats' cheese has melted and is golden. Repeat with the remaining tarts.
6. If you have any fresh thyme leaves, sprinkle them over and serve with a crisp green salad on the side.

Sides

SERVES 4

GARLIC BREAD

5 MINS | 10 MINS

INGREDIENTS

4 square ciabatta rolls

Garlic Butter

100g butter, softened

2 large cloves garlic, crushed

5g flat leaf parsley, finely chopped

Sea salt and black pepper

METHOD

1. Cut the ciabatta rolls in half (so you will have 8 pieces in total).
2. To prepare the garlic butter, place all of the ingredients into a small bowl and mix until combined. Season with sea salt and black pepper.
3. Divide the garlic butter between the bread and spread a thick coating across each slice.
4. Place half of the garlic bread into the air fryer basket, set the temperature to 200˚C and cook for 3 minutes, until the bread is crisp and the butter has melted. Repeat with the remaining 4 pieces but if your bread is too large, then toast the bread in three batches.

Tip

Try adding a sprinkling of mozzarella or parmesan for a cheesy garlic bread

SERVES 4

ONIONS RINGS

10 MINS | 20 MINS

INGREDIENTS

1 medium onion (approximately 150g)

50g dried natural breadcrumbs

15g grated parmesan

1 tbsp vegetable oil

30g plain flour, seasoned

1 large egg, beaten

Salt and black pepper

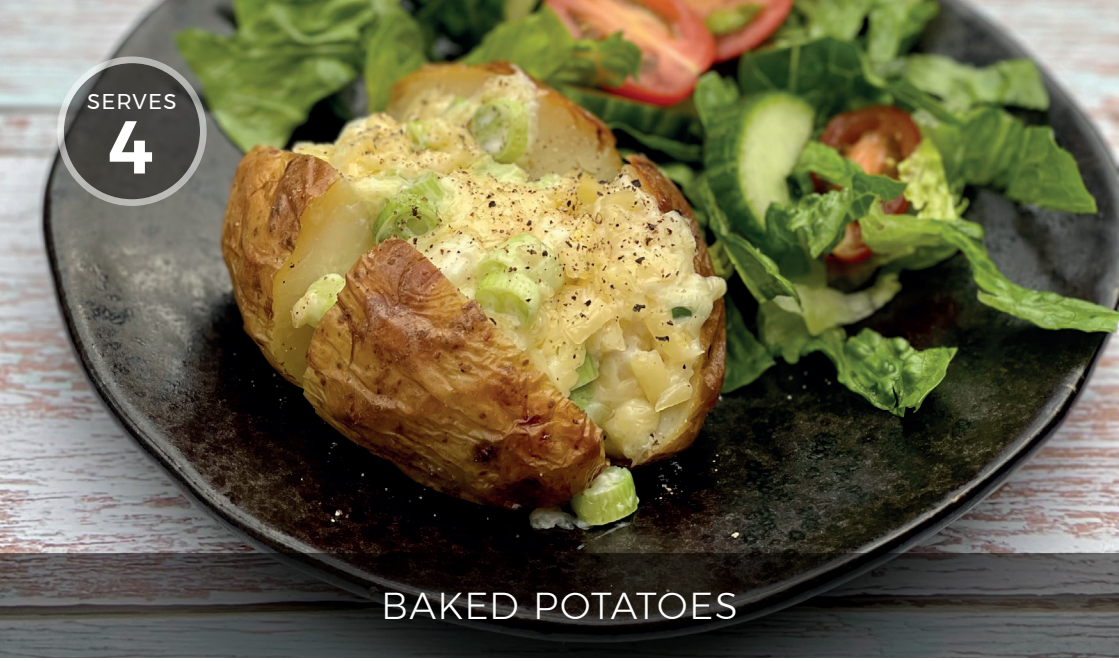
Vegetable oil in a spray bottle

Tip

The onion rings are a perfect side dish on a steak night, or to serve with homemade burgers

METHOD

1. Peel the onion and cut into 1cm slices, then separate the rings.
2. Mix the breadcrumbs, grated parmesan and oil in a bowl. Next, place the breadcrumb mixture, flour, and beaten egg into three shallow bowls.
3. Dust the onion rings in the flour, dip into the egg, then press into the breadcrumbs. Make sure that the onion rings are fully coated in flour and egg, to ensure that the breadcrumbs stick evenly.
4. When ready to cook, spray the onion rings fully with oil then place into the air fryer basket leaving space between each onion ring. Set the air fryer temperature to 190˚C and cook for 10 -12 minutes, turning once with silicone tongs to ensure even browning. Repeat with the remaining onion rings.



SERVES 4

BAKED POTATOES

10 MINS | 40 MINS

INGREDIENTS

4 medium baking potatoes (about 700g)

2 tsps vegetable oil

½ tsp salt

Filling

120g mature cheddar, grated

4 spring onions, trimmed and thinly sliced

4 tbsps mayonnaise

1 tsp Dijon mustard

Salt and black pepper

20g butter

Tip

For variety, the potatoes could be stuffed with different cheeses, such as blue cheese or Brie

METHOD

1. Wash and dry the potatoes, then prick the skins a few times with a fork. Rub the potatoes with oil, then rub in a little salt. Place the potatoes in the air fryer basket and set the temperature to 200˚C. Bake for 40 minutes; turning the potatoes halfway through to ensure that they are evenly cooked. The potatoes should be completely tender when pierced with a skewer or sharp knife.
2. Meanwhile for the filling, mix the grated cheese, spring onions, mayonnaise and Dijon mustard in a bowl and season to taste.
3. When the potatoes are ready, make a cross in the centre and divide the butter and filling between each potato.

ROAST POTATOES WITH ROSEMARY AND GARLIC

5 MINS | 35 MINS

INGREDIENTS

800g potatoes, such as Maris Piper or Desiree, peeled and chopped into 4cm chunks

1 tbsp plain flour

1½ tbsps vegetable oil

4 cloves garlic, crushed gently with the back of a knife

2 sprigs rosemary, leaves chopped

Salt and ground black pepper

METHOD

1. Bring a large saucepan of water to the boil with a pinch of salt. Add the potatoes to the boiling water and cook for 8-10 minutes, until the edges have softened when you pierce them with a knife.
2. Drain the potatoes in a colander and return them to the pan, sprinkle on the flour and oil, then give the pan a shake to fluff up the potatoes. Stir through the garlic and rosemary, then season with salt and black pepper.
3. Carefully transfer the potatoes into the air fryer basket and set the temperature to 180˚C for 25 minutes. Shake the basket halfway through, to ensure that the potatoes are crisp and golden.

Tip

Try adding some finely chopped thyme leaves as an alternative to rosemary

SERVES 4

Tip

For variety, the potatoes could be stuffed with different cheeses, such as blue cheese or Brie

LOADED POTATO SKINS

10 MINS | **1 HOUR 10 MINS**

INGREDIENTS

4 medium baking potatoes (about 700g)

1 tbsp vegetable oil

1 tsp sea salt

1 tbsp butter

85g mature cheddar, grated

3 spring onions

2 rashers crispy bacon, finely chopped

1 tsp wholegrain mustard

Dip

150ml sour cream

1 tsp Cajun spice mix

METHOD

1. Wash and dry the potatoes then prick the skins a few times with a fork. Rub the potatoes with oil and salt. Place the potatoes into the air fryer basket and set the temperature to 200˚C. Bake for 40 minutes, turning the potatoes halfway through to ensure that they are evenly cooked. The potatoes should be completely tender when pierced with a skewer or sharp knife.
2. Remove the potatoes from the air fryer, carefully cut the potatoes in half and allow to cool slightly before scooping out most of the flesh into a large mixing bowl; being careful to keep the skins intact.
3. Mash the potatoes with the butter, then stir through cheese, spring onions, bacon and mustard. Season, then fill the potatoes evenly with the mashed potato mixture.
4. Place half of the filled potato skins into the air fryer basket and set the temperature to 180˚C, then cook for a further 5-8 minutes until the cheese is bubbling. Repeat with the remaining potato skins.
5. To serve, pop the sour cream and Cajun spice mix into a small bowl and mix to combine. Arrange the potato skins on a serving plate and serve with the sour cream dip on the side.

ROASTED ROOT VEGETABLES

8 MINS | 25 MINS

INGREDIENTS

250g carrots, peeled
200g parsnip, peeled
200g cooked beetroot
1 medium red onion
2 tbsps vegetable oil
1 tbsp runny honey
1 tbsp cumin seeds
Salt and black pepper

METHOD

1. Cut the carrots and parsnips into batons, ensuring that they are all similar in size. Bring a pan of water to the boil, add the vegetable batons and simmer gently for 5-6 minutes, until starting to soften. Drain in a colander.
2. Cut the beetroot into even sized wedges. Peel the onion, keeping the root intact, then cut in half and slice into wedges.
3. Place the carrots, parsnips and onion wedges in a bowl and toss with the vegetable oil, honey, cumin seeds and seasoning.
4. Stir the beetroot gently through the vegetables, then transfer to the air fryer basket and set the temperature to 180˚C. Roast the vegetables for 18-20 minutes, until golden and roasted. Stir the vegetables a couple of times during the cooking time.
5. Transfer to a serving dish using a silicone spoon or tongs.

Tip

The roasted roots are perfect served with a roast dinner

SERVES 4

ROAST MEDITERRANEAN VEGETABLES

10 MINS | 25 MINS

INGREDIENTS

1 medium red onion, peeled and cut into wedges through the root

4 cloves garlic, skin on

1 small aubergine, cut into 2cm dice

1 small courgette, cut into ½ cm slices

2 small peppers, halved, deseeded and sliced

1½ tbsps olive oil

1 tsp dried mixed herbs

To Serve

40g feta cheese

Salt and black pepper

METHOD

1. Pop the prepared vegetables into a bowl, drizzle with oil, sprinkle over the herbs and season with salt and black pepper. Toss the vegetables in the bowl so that they are evenly coated.
2. Place the vegetables into the air fryer basket, set the temperature to 190˚C and cook for 20- 25 minutes, until the vegetables are tender and slightly charred. Shake the basket halfway through for even cooking.
3. To serve, transfer the roast vegetables to a warm serving dish and crumble over the feta cheese.

Tip

Try adding some olives, toasted pine nuts or crispy bread croutons to this side dish, for variety

SERVES 4

CHUNKY CHIPS

5 MINS | 30 MINS

INGREDIENTS

800g starchy potatoes, such as Maris Piper

2 tbsps vegetable oil

Salt and black pepper

METHOD

1. Peel the potatoes, then cut each potato into 1cm wide slices, then into 1cm thick chips.
2. Place the chips into a pan and cover with cold water, then bring to the boil and simmer for 6-7 minutes. Drain in a colander, then rinse under the tap to cool completely and pat dry on kitchen paper.
3. Place the chips in a bowl and drizzle over the oil, then season with salt and pepper.
4. Put the chips into the air fryer basket, set the temperature to 180°C and cook for 20 minutes; giving the basket a shake halfway through. Cook for a little longer if you prefer them more golden brown.

Tip

Try adding different flavours such as paprika, garlic powder or dried herbs

SERVES 4

STICKY KOREAN STYLE WINGS

5 MINS | 40 MINS

INGREDIENTS

1kg chicken wings

Spice coating

1 tbsp sunflower oil

1 tsp smoked paprika

2 tsps garlic powder

Sticky sauce

2 cloves garlic, crushed

1 tbsp runny honey

3 tbsps dark premium soy sauce

4 tbsps hot sweet chilli sauce

1 small red chilli, deseeded and chopped

1 small lime, juice only

Garnish

2 tbsps fresh coriander, roughly chopped

1 red chilli, sliced

2 spring onions, sliced

METHOD

1. Cut each chicken wing at the joint to make two sections from each wing, then place the wings in a strong freezer bag. Add the spice coating ingredients to the freezer bag, then shake the wings until they are fully coated in the spices.
2. Place half of the wings into the air fryer basket and set the temperature to 190°C. Cook for 20-25 minutes, until the wings are crispy and golden. Turn the wings halfway through. Remove the wings from the basket with silicone tongs onto a plate and cover with foil whilst you cook the second batch.
3. Meanwhile, pop all of the sticky sauce ingredients into a saucepan, mix well then simmer gently for 2 minutes until thickened.
4. When all of the wings are ready, carefully add them to the pan with the sauce and stir to coat the wings. Transfer to a serving dish and sprinkle over the coriander and sliced red chilli. Garnish with spring onions.

Tip

If the chicken wings still have the wing tips attached, then remove them with a sharp knife before cutting the wings in half

SERVES 4

CORN ON THE COB WITH CHILLI BUTTER

2 MINS | 12 MINS

INGREDIENTS

4 sweetcorn cobettes
1 tsp vegetable oil
1 small red chilli
30g butter, softened
Ground black pepper

METHOD

1. Rub the sweetcorn cobettes with oil, season with black pepper, then place in the air fryer basket. Set the temperature to 180°C and roast for 10-12 minutes until tender and charred. Carefully turn twice during cooking, using silicone tongs to ensure that the corn is evenly cooked.
2. Meanwhile, cut the chilli in half and discard the seeds if you don't like it too hot, then finely dice the chilli. Mix the chilli with softened butter and season with black pepper.
3. When the sweetcorn is cooked, use silicone tongs to remove the sweetcorn from the air fryer basket into a serving bowl.
4. Divide the chilli butter between the sweetcorn and leave it for a minute to melt over the sweetcorn.

Tip

This recipe is perfect to serve as a side dish with southern fried chicken

Notes

Notes

thank you!
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