

# TOWER®

over 100 YEARS of quality

## VIZION

# Recipe Book

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



T17071 | T17072



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



# *Recipe Book*

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

# CONTENTS

Introduction	1
--------------	---

---

## *Fry*

Halloumi and Roast Pepper Burgers	3
Onion Bhajis with Mint Raita	4
Cajun Salmon Tacos	5
Fish Finger Sandwiches with Fresh Tartar	6
Southern Style Chicken Goujons	7
Chilli Beef Taquitos	8
Katsu Chicken	10
Pork Schnitzel	11
Ham Melt Crispbakes	12
Jam Doughnuts	13

---

## *Roast*

Roast Feta with Lemon and Mint	15
Roast Pepper Fajitas with Refried Beans	16
Roast Squash and Goats' Cheese Bake	17
Spanish Chorizo Crusted Cod with Vegetable Traybake	18
Mac Cheese with King Prawns	19
Chicken Parmigiana Bake	20
Lemon and Thyme Roast Chicken with Roast Potatoes	22
Chicken, Chorizo and Orzo One Pot	23
Roast Pork Fillet with Pancetta	24
Roast Lamb Steaks with Redcurrant Sauce	25

## *Grill*

Harissa Cauliflower Flatbreads	27
Cheese and Spring Onion Quesadilla	28
Grilled Salmon with Tabbouleh	29
Peri Peri Chicken Thighs with Harissa Wedges & Roast Sweetcorn	30
Tuna Pasta Melt	31
Chicken Fajitas	32
Hunter's Chicken	33
Grilled Pork Steaks with Creamy Mustard Sauce	34
Creek style Pork Flatbreads	35
Caramelised Onion Beef Burgers	36
Rib Eye Steak and Chips	37

---

## *Bake*

Raspberry and White Chocolate Muffins	39
Cream Scones	40
Rich Fruit Cake	41
Carrot and Orange Traybake	42
Victoria Sandwich Cake	44
Baked Lemon Cheesecake	45
Lemon Drizzle Slices	46
Vegan Chocolate Cupcakes	47
Pepperoni Pizza	48
Tear and Share Bread	49

---

## *Sides*

Roast Root Vegetables	50
Garlic Bread	51
Onions Rings	52
Loaded Nachos	53
Sticky Korean Style Wings	54
Loaded Potato Skins	55
Roast Potatoes with Rosemary and Garlic	56
Roast Mediterranean Vegetables	57
Chunky Chips	58
Corn on the Cob with Chilli Butter	59



# 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 51 tasty recipes and helpful tips to try, you'll be making mouth-watering family meals in no time.

From Victoria Sandwich Cake to classic Homemade Fries and Peri Peri Chicken, this cookbook has a sweet and savoury treat to tickle everyone's taste buds. Best of all, these easy recipes require minimal preparation to cut down on time you have to spend in the kitchen.

*These recipes are suitable for the T17071 and T17072 Tower air fryers*

## 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](http://www.food.gov.uk)

SERVES

4



Tip

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

## HALLOUMI BURGERS

MAKES

8



Tip

If you don't have any fresh mint, try using a tsp of mint sauce from a jar.

## ONION BHAJIS WITH MINT RAITA



5 MINS



20 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 tps of oil.
2. Next, slice each halloumi block lengthwise in half to make 4 thick burgers and pat dry on kitchen paper. 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 on the grill plate in the air fryer basket along with the peppers. They should be evenly spaced out in the air fryer basket. Set the temperature to 190°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.



30 MINS



20 MINS

## INGREDIENTS

**Bhajis**  
 1 large onion, approximately 300g  
 1 tsp salt  
 1 tsp ground turmeric  
 ½ tsp garlic powder  
 ½ tsp ground coriander  
 ½ tsp ground cumin  
 10g fresh coriander, finely chopped  
 1 small green chilli, deseeded and finely chopped  
 100g gram flour  
 1tbsp vegetable oil  
 2 tbsp cold water  
 vegetable oil in a spray bottle  
**Raita**  
 ½ cucumber, peeled and grated  
 150g Greek yogurt  
 10g fresh mint leaves, finely chopped  
 salt and black pepper

## METHOD

1. Peel and half the onion then cut into 3mm slices and pop into a bowl and sprinkle over 1 tsp of salt. Leave to stand for 20–30 minutes then rinse off the salt and squeeze out any excess liquid.
2. Pop the remaining dry bhajis ingredients into a bowl and mix well to coat the onion in the flour and spices. Add the oil and water and mix well until the ingredients come together.
3. Shape into 8 bhajis, squeezing the mixture gently to form a ball then place on a lightly oiled tray. Spray the bhajis with oil.
4. Place the bhajis on the grill plate in the air fryer basket and set the air fryer temperature to 185°C. Cook the bhajis for 18–20 minutes until crisp and golden, give the basket a gentle shake halfway through even cooking.
5. Meanwhile, to prepare the raita, squeeze the grated cucumber in a clean tea towel to get rid of any excess liquid and pop into a bowl with the yogurt and mint. Stir to combine and season to taste.
6. Serve two Bhajis per portion on a warm plate with a drizzle of mint raita.



SERVES  
**4**

*Tip*

Serve the tacos on their own or with a side of sweet potato wedges.

CAJUN SALMON TACOS

 10 MINS |  18 MINS

**INGREDIENTS**

400g chunky skinless and boneless salmon  
25g plain flour  
2 tsp Cajun spice mix  
1 egg, beaten  
75g dried breadcrumbs  
1 tbsp vegetable oil  
salt and freshly ground black pepper  
Vegetable oil in a spray bottle  
**Guacamole**  
1 large ripe avocado  
1 small red onion, finely chopped  
1 clove garlic, grated  
1 tbsp finely chopped coriander  
½ lime juice  
**To serve**  
4 x 20cm soft flour tortilla  
1 kos or romaine lettuce, shredded  
2 vine tomatoes, diced  
½ cucumber diced  
1 small can sweetcorn, drained  
2 spring onions, finely sliced  
150ml sour cream

**METHOD**

1. Cut the fish into 12 even sized pieces. Next mix the flour with the cajun spice mix, then place the spiced flour, egg and breadcrumbs into three shallow bowls. Drizzle a 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. Next, dust each piece of fish in the spiced flour, dip into the egg, then press into the breadcrumbs. The fish should be fully coated in the crumb.
3. When ready to cook, spray the fish fully with oil then place on the grill plate in the air fryer basket, set the temperature to 180°C and cook for 15 minutes. Turn the goujons over carefully with silicone tongs halfway through cooking.
4. Meanwhile, to prepare the guacamole, cut the avocado in half, remove the stone and scoop out the flesh with a spoon into a bowl and mash with a fork. Add all of the remaining guacamole ingredients and stir together until combined. Season with salt and black pepper then refrigerate until ready to serve.
5. When the fish is cooked, remove to a plate and cover with foil to keep warm, pop the tortillas into an air fryer basket in a stack to warm for 2 minutes turning them over halfway through.
6. To assemble, spread a layer of guacamole onto the warm tortillas then top with lettuce, tomatoes, cucumber, sweetcorn and spring onion. Divide the salmon between the tacos, drizzle over the sour cream.



*Tip*

The sandwiches are delicious served with a side portion of chunky chips or sweet potato wedges.

FISH FINGER SANDWICHES WITH FRESH TARTAR SAUCE

SERVES  
**4**

 15 MINS |  18 MINS

**INGREDIENTS**

**Fish fingers**  
450g skinless chunky cod  
25g plain flour  
1 large egg, beaten  
90g dried breadcrumbs  
1tbsp olive oil  
Vegetable oil in a spray bottle  
salt and black pepper  
**Tartar sauce**  
50g capers  
80g gherkins, chopped  
5g small bunch dill, chopped  
5g tbsp chopped Parsley  
½ lemon, juice only  
100g good quality mayonnaise  
**To serve**  
8 slices of sourdough bread  
30g butter  
50g iceberg lettuce, shredded

**METHOD**

1. Cut the fish into 12 even sized fingers then place the flour, egg and breadcrumbs into three shallow bowls. Drizzle a 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 fish fingers, dust the fish in the flour, dip into the egg, then press into the breadcrumbs. The fish fingers should be fully coated in the crumb.
3. When ready to cook, spray the fish fingers fully with oil then place on the grill plate in the air fryer basket and set the air fryer temperature to 180°C and cook for 16-18 minutes, turning the fish fingers 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. To assemble the sandwiches, butter the bread and divide the lettuce between four slices then top with 3 fish fingers per portion and a dollop of tartar sauce, followed by the remaining bread. Cut in half to serve.

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 500g  
1 small lemon, zest only  
1 tsp dried mixed herbs  
1 tsp cajun spice mix  
2 tpsps 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  
1 green chilli, sliced

\*plus an 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 shape, then cut into approximately 16 goujons.
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 on the grill plate in the air fryer basket. When ready, cook the goujons in two 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 second batch.
6. Garnish the goujons with some green chillies.

**Tip**

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



SERVES

4

## CHILLI BEEF TAQUITOS

 5 MINS |  20 MINS

## INGREDIENTS

400g can black beans, drained and rinsed  
400g minced beef  
1 medium red onion, diced  
2 cloves garlic, crushed  
50g tomato puree  
20g chipotle paste  
200ml beef stock  
Small bunch of coriander, roughly chopped  
8 x 23cm 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 mince and cook until browned for 5-6 mins. 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 remaining whole beans and coriander and heat for a minute, then allow the mince mixture to cool slightly. Divide the mixture between the tortilla wraps in line down the centre of each wrap, top with cheese, fold in the edges then roll up tightly.
5. Spray the wraps fully with vegetable oil. Place 4 of the taquitos on the grill plate in the air fryer basket, 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.

## KATSU CHICKEN

 15 MINS |  25 MINS

## INGREDIENTS

*14 medium chicken breasts*  
*100g panko breadcrumbs*  
*1 tbsp vegetable oil*  
*1 tbsp fresh coriander, finely chopped*  
*2 tsp black sesame seeds*  
*25g plain flour, seasoned*  
*1 egg, beaten*  
*vegetable oil in a spray bottle*

## Katsu Sauce

*1 tbsp oil*  
*1 large onion, finely chopped*  
*2 large garlic cloves, crushed*  
*2cm piece of ginger, peeled and grated*  
*2 tsp ground turmeric*  
*1 tbsp medium curry powder*  
*1 tbsp plain flour*  
*50ml vegetable stock, made with 1 stock cube*  
*400ml can of coconut milk*  
*2 tbsp soy sauce*  
*1 tsp sugar*  
*1 tbsp fresh coriander, chopped*

## To serve

*4 portions of cooked basmati rice*  
*3 spring onions, trimmed and thinly sliced*

## METHOD

1. Place each chicken breast between 2 sheets of cling film then bash with a rolling pin until the chicken is about 2 cm thick.
2. Mix the panko breadcrumbs, oil, coriander and black sesame seeds in a bowl and rub together with your fingertips to combine the oil with the dry ingredients. Place the flour, egg and breadcrumb mixture into three shallow bowls.
3. Dust the chicken in the flour, dip into the egg, then press into the breadcrumb mixture. The chicken should be fully coated in the crumb.
4. When ready to cook, spray the breaded chicken fully with oil then place on the grill plate in the air fryer basket. Set the air fryer temperature to 180°C and cook for 20–25 minutes, turning the chicken halfway through cooking with silicone tongs for even browning. The coating should be crisp and golden and the chicken piping hot.
5. Meanwhile, to prepare the sauce, heat the oil in a medium sized saucepan, add the onion and cook gently for 5 minutes until the onion is soft but not coloured. Add the garlic and ginger and cook for another minute.
6. Sprinkle over the spices and the flour and cook for a minute. Take the pan off the heat and pour in the stock and coconut milk. Mix well to combine, bring to the boil then cover and simmer for 15 minutes.
7. Take the pan off the heat and add the soy sauce, sugar and fresh coriander then blitz with a hand blender to achieve a smooth sauce. If the sauce is a little thick add a splash of hot water.
8. When the chicken is ready, cut into strips and serve in a bowl with rice, then pour over the katsu curry sauce and garnish with spring onions.

## Tip

*If you don't like your curry too hot, then try using a mild curry powder.*

SERVES  
4

PORK SCHNITZEL

SERVES  
4

HAM MELT CRISPBAKES

 10 MINS |  20 MINS
**INGREDIENTS**

4 large boneless pork loin chops  
70g dried breadcrumbs  
1 tbsp oil  
20g grated parmesan  
Handful of fresh sage leaves, finely chopped  
25g plain flour, seasoned  
1 large egg, beaten  
Vegetable oil in a spray bottle  
Salt and black pepper

**METHOD**

1. Trim any fat from the pork chops and pat dry with kitchen paper. Place the pork between two pieces of cling film and bash with a rolling pin until about 1½ cm thick all over. Season with salt and pepper.
2. Mix the breadcrumbs, oil, parmesan and chopped sage leaves in a bowl and rub together with your fingertips to combine the oil with the dry ingredients. Place the flour, egg and breadcrumb mixture into three separate shallow bowls.
3. Dust the pork in the flour, dip into the egg, then press into the breadcrumb mixture. The pork should be fully coated in the crumb.
4. When ready to cook, spray the breaded pork fully with oil, place on the grill plate in the air fryer basket. Set the air fryer temperature to 180°C for 18–20 minutes until the meat is cooked and the coating is crisp and golden. You may want to turn the schnitzel halfway through to ensure it is crispy on both sides.

This recipe also works really well as a coating for chicken or turkey breasts.

**Tip**

Serve with mashed or roast potatoes and a seasonal side vegetable.

 10 MINS\* |  28 MINS
**INGREDIENTS**

**Crispbakes**  
2 spring onions, finely chopped  
400g mashed potato, chilled  
1 tbsp fresh parsley, finely chopped  
2 tsp Dijon mustard  
150g shredded ham hock  
75g cheddar cheese, grated  
Salt and 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

\*plus 30 minutes to chill

**METHOD**

1. To prepare the crispbakes, place the spring onion, mashed potato, parsley, Dijon mustard, ham and grated cheese into a bowl and mix well to combine, then season to taste with salt and black pepper.
2. Divide the mixture into 8 evenly 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 breadcrumbs.
5. When ready to cook, spray the crispbakes fully with oil, then place the patties on the grill plate in 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.

**Tip**

Try serving with a green salad as a light lunch or starter idea.



MAKES  
8

## JAM DOUGHNUTS

 5 MINS\* |  20 MINS

### INGREDIENTS

300g strong bread flour  
40g golden caster sugar  
 $\frac{1}{4}$  tsp salt  
1 x 7g sachet fast action yeast  
125ml whole milk  
40g butter, melted  
1 medium egg, lightly beaten

### 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, then cover with another lightly oiled piece of cling film. Leave in a warm place to prove for about 20 minutes.
3. Remove the grill plate from the air fryer basket then set the air fryer temperature to 180°C and preheat for 3 minutes. When ready to cook, brush the doughnuts lightly with melted butter, then evenly space four 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 |  10 MINS

### INGREDIENTS

200g block of feta

1½ tps 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 18 cm 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

## 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 tps vegetable oil

Refried beans

400g can black beans,  
drained and rinsed

¼ tsp chilli powder

2 cloves garlic, grated

1 tsp olive oil

1 tbsp water

To serve

4 tortilla wraps

1 small bunch coriander,  
roughly chopped

80g cheddar cheese, grated

Soured cream

Guacamole

### METHOD

1. Place the onion, peppers, fajitas seasoning and 2 tps oil in a bowl and toss well to combine.
2. Transfer the vegetables to the air fryer basket (remove the grill plate) and set the temperature to 180°C for 12 minutes; shaking the basket halfway through. Without grill plate
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. Carefully remove the tin from the air fryer using silicone tongs.
6. 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*

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



SERVES  
4

## ROAST SQUASH AND GOATS' CHEESE BAKE

 10 MINS |  25 MINS

### INGREDIENTS

1kg butternut squash, peeled and cut into 2cm dice  
2 tbsp olive oil  
2 tsp smoked paprika  
1 medium red pepper, cut into 2cm dice  
2 small red onion, cut into wedges (keep root on)  
2 tbsp sage leaves, freshly chopped, or 2 tsp dried sage  
100g baby spinach  
150g goats' cheese, crumbled  
40g pine nuts, lightly toasted  
Salt and black pepper

### METHOD

1. Put the diced squash into a bowl with 1 tbsp olive oil and sprinkle over the paprika, then season with salt and black pepper. Remove the grill plate from the air fryer then spread the squash out in the basket. Set the air fryer temperature to 200°C for 10 minutes, shaking the basket halfway through cooking.
2. Meanwhile, toss the peppers, onion and sage in a bowl with the remaining oil and season with salt and black pepper.
3. When the squash has been cooking for 10 minutes add the onion and peppers and continue cooking for a further 10 minutes until all of the vegetables are roasted and slightly charred.
4. Add the spinach to the squash mixture and stir until the spinach wilts. Stir in half of the goats' cheese then transfer the mixture to a 20cm square roasting tin or casserole dish. Sprinkle over the remaining goats' cheese and pine nuts, then place the tin in the air fryer basket for a further 3-4 minutes at 180°C until the topping is golden.

*Tip*

For a vegan version of this recipe, swap the goats' cheese for a vegan-style feta.



SERVES  
4

## SPANISH CHORIZO CRUSTED COD WITH ROAST VEGETABLES

 15 MINS |  35 MINS

### INGREDIENTS

**Traybake**  
500g baby potatoes, washed and halved lengthways  
4 cloves garlic, skin on  
2 small red onion, peeled, halved and cut into 8 wedges per onion  
1 red pepper, halved, deseeded and sliced  
1 tsp dried oregano  
1 tbsp vegetable oil  
**Crusted cod**  
100g diced chorizo  
100g fresh white breadcrumbs  
1 garlic clove, finely chopped  
20g grated Parmesan cheese  
10g of flat leaf parsley, leaves roughly chopped  
2 tsp extra virgin olive oil  
4 x 175g portions of cod, skinless and chunky  
vegetable oil in a spray bottle  
salt and black pepper

### METHOD

1. Place the potatoes into a bowl with the garlic, onion, pepper, oregano and toss in 1 tbsp of oil and season with salt and black pepper. Remove the grill plate then place the vegetables into the air fryer basket and set the temperature to 190°C. Roast for 18-20 minutes, shaking halfway through. Remove the vegetables from the fryer basket using a silicone spoon and transfer to a plate and cover with foil to keep warm.
2. Meanwhile, place the chorizo into a small food processor and blitz for a few seconds until the chorizo is very finely chopped. Transfer the chorizo to a bowl with the breadcrumbs, garlic, parmesan and parsley and season salt and black pepper. Add olive oil and mix well.
3. Divide the chorizo mixture between the cod portions, pile it thickly on top of the fish and press it down firmly. Spray lightly with oil. Place the grill plate into the basket and reduce the air fryer temperature to 180°C, pop the fish into the basket lined with air fryer parchment and bake for 15-18 minutes (depending upon the thickness) until the fish is cooked and the crust is crisp.
4. To serve, divide the vegetable traybake between warm bowls then top with the cod. Serve with a crisp green salad.

*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**

## MAC CHEESE AND KING PRAWN BAKE

 5 MINS |  35 MINS

### INGREDIENTS

300g macaroni pasta  
30g butter  
30g plain flour  
500ml whole milk  
2 tsp Dijon mustard  
140g grated cheddar cheese  
100g baby spinach  
170g raw king prawns  
50g fresh breadcrumbs  
30g grated parmesan  
1 tbsp olive oil  
Salt and black pepper

### METHOD

1. Bring a large saucepan of water to the boil. Once boiled add the macaroni and cook as directed on the pack instructions. Drain, pop in a bowl and drizzle with oil to prevent the pasta from sticking.
2. Return the pan to the heat and gently melt the butter, sprinkle over the flour and cook for a couple of minutes then take off the heat and whisk in the milk. Return the pan to the heat and simmer for 2-3 minutes until the sauce thickens and coats the back of a spoon. Stir in the mustard and cheese and season with salt and black pepper.
3. Add the pasta, spinach and the prawns to the sauce and stir to combine. Transfer to an oven proof dish that fits into the air fryer (approximately 20cm square).
4. Mix the breadcrumbs, parmesan and oil in a small bowl then sprinkle over the mac and cheese. Place the dish on the grill plate in the air fryer basket and set the temperature to 170°C for 15-18 minutes until the sauce is bubbling and the breadcrumbs are golden.

*Tip*

For a special occasion try using fresh lobster or crab instead of king prawns.



*Tip*

Try serving with a crisp green salad and some warm ciabatta bread to soak up the sauce.

SERVES  
**4**

## CHICKEN PARMIGIANA BAKE

 10 MINS |  25 MINS

### INGREDIENTS

4 small chicken breasts  
4 slices Parma ham  
1 tbsp olive oil  
1 medium onion, finely chopped  
1 garlic clove, grated  
60g tomato puree  
1 tsp dried oregano  
500g passata  
50ml chicken stock, made with 1 stock cube  
1 tbsp cornflour, mixed with 2 tbsp cold water  
¼ tsp sugar  
125g mozzarella ball, torn into pieces  
30g grated parmesan  
2 tbsp finely chopped basil  
Salt and black pepper

### METHOD

1. Place each chicken breast between two pieces of cling film and bash with a rolling pin until each breast is about 2cm thick. Season with salt and black pepper.
2. Wrap the Parma ham around the chicken lengthways and place the wrapped chicken into the air fryer basket on the grill plate and set the temperature to 180°C for 18 minutes.
3. Meanwhile, heat a frying pan with 1 tbsp oil, add the onion and fry gently for 5 minutes until softened but not coloured. Add the garlic, tomato puree and oregano, cook for a minute. Pour in the passata, stock and cornflour then season with salt and black pepper. Add the sugar and bring the sauce to the boil, then reduce the heat and simmer gently for 4-5 minutes until the sauce thickens. Add a splash of water if the sauce is a little thick.
4. Season the sauce then pour ¾ into the base of a 20cm square ceramic dish or roasting tin, place the chicken breasts on top and cover with the remaining sauce. Arrange the mozzarella on top, sprinkle over the parmesan then return to the air fryer and increase the temperature to 200°C for 5-7 minutes until the sauce is bubbling and the cheese has melted.
5. Serve on warm plates with a sprinkling of fresh basil.



## LEMON AND THYME ROAST CHICKEN WITH ROAST POTATOES

SERVES

4



15 MINS



25 MINS

### INGREDIENTS

1.4kg whole chicken

½ tsp sea salt

1 small bunch of thyme

1 lemon

25g butter

2 cloves garlic, crushed

Potatoes

1kg potatoes, such as Maris piper or Desiree, peeled and chopped into 4cm chunks

1tbsp plain flour

1 tbsp vegetable oil

To Serve

Seasonal vegetables

Homemade gravy

### METHOD

1. Place the chicken on a tray, pat dry with kitchen paper and sprinkle over the salt. Pick the leaves from the thyme, discard the stalks and roughly chop the leaves, discard the stems. Zest the lemon, cut in half, then add the lemon zest to a bowl with the thyme leaves, butter and garlic and mix well until combined.
2. Push the lemon thyme butter under the chicken skin using your hands and rub it evenly over the flesh. Place the lemon halves in the cavity of the chicken. Secure the chicken legs and wings with cooking string, to ensure that the air fryer does not become obstructed.
3. Place the chicken, breast side down, on the grill plate, then set the temperature to 170°C and roast for 30 minutes. Carefully turn the chicken over using silicone tongs and cook for a further 25–30 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.
5. Carefully clean the air fryer 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.
6. Carve the chicken and serve with roast potatoes, seasonal vegetables and your favourite homemade gravy.

### Tip

Try other herbs to flavour the butter such as sage or tarragon.

SERVES  
4



CHICKEN, CHORIZO AND ORZO BAKE

 10 MINS |  45 MINS

### INGREDIENTS

1 medium onion, diced  
400g diced chicken thigh  
1 tbsp vegetable oil  
2 cloves garlic, crushed  
100g diced chorizo  
300g orzo  
1 tbsp tomato puree  
400g can finely chopped tomatoes  
400ml boiling vegetable stock, made with 1 stock cube  
125g mozzarella ball, drained and torn into pieces  
30g grated parmesan  
2 tbsp parsley, finely chopped  
Salt and black pepper

### METHOD

1. Place the onion and chicken thigh into the air fryer basket (without the grill plate), add 1 tbsp oil and toss to combine. Set the temperature to 180°C and cook for 10 minutes. Give the chicken a stir, then add the garlic and chorizo and cook for a further 2 minutes.
2. Stir the orzo and tomato puree into the chicken mixture then pour over the tomatoes and stock, season with salt and pepper. Cook for 25 minutes until the orzo is tender. Stir the mixture a couple of times during the cooking time.
3. Remove the air fryer basket and gently stir in half of the mozzarella, then lay the rest on top and sprinkle over the parmesan. Increase the temperature to 200°C and cook for a further 3-4 minutes, until the chicken is piping hot and the cheese has melted and is bubbling.
4. Sprinkle over the parsley before serving in warm bowls.

To speed up the cooking time, heat the tomatoes and stock in the microwave until boiling then pour over the orzo mixture.



*Tip*

The bake is perfect served with a crisp mixed salad on the side.

SERVES  
4



ROAST PORK FILLET WITH PANCETTA

 5 MINS |  30 MINS

### INGREDIENTS

500g pork fillet  
50g soft cheese with garlic  
80g Parma ham  
1 tsp olive oil  
Roast new potatoes  
600g new potatoes  
1 tbsp vegetable oil  
1 tsp wholegrain mustard  
2 tbsps creme fraiche  
Salt and black pepper  
To serve  
Seasonal vegetables

### METHOD

1. Season the pork fillet, spread over the soft cheese, then wrap the pork with the parma ham and drizzle over a little olive oil. Cut the fillet in half and place both pieces on the grill plate in the air fryer basket. Set temperature to 180°C and roast for 30 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, then simmer for 10 minutes until the potatoes are tender.
4. Drain the potatoes then pop back into the pan and season with salt and black pepper. Whilst the pork is resting, roast the potatoes in the air fryer basket for 10 minutes at 200°C until crisp and golden, shaking half way through. Transfer the potatoes to a serving dish and stir through 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*

You can serve your favourite homemade gravy with the pork if you prefer.



SERVES

4



## ROAST LAMB STEAKS WITH REDCURRANT SAUCE

 10 MINS |  30 MINS

### INGREDIENTS

4 lamb steaks  
(approximately 115g per steak)  
vegetable oil in a spray bottle  
**Creamy mashed potatoes**  
1kg starchy potatoes  
20g butter  
3 tbsp milk  
**Redcurrant sauce**  
30g butter  
30g plain flour  
500ml hot chicken or lamb stock  
1 red wine stock cube  
2 tbsps red currant jelly  
Salt and black pepper

### METHOD

1. Bring a pan of water to the boil on the hob, add the potatoes 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 lamb steaks and lightly spray with oil, then place on the grill plate in the air fryer basket, set the temperature to 180°C and roast for 10 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.
3. 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 and red wine stock cube; stirring to avoid any lumps. Whisk in the redcurrant jelly and simmer the sauce for 4–5 minutes until it thickens. Season to taste.
4. Serve the lamb with mashed potatoes and seasonal vegetables of your choice. Drizzle the redcurrant sauce over the lamb.

### Tip

Try adding some port or red wine to the sauce instead of the red wine stock cube, if you have any.



Grill

SERVES

4



HARISSA CAULIFLOWER FLATBREADS

 10 MINS |  15 MINS

**INGREDIENTS**

400g can chickpeas,  
drained and rinsed  
600g 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. Remove the grill plate and place the cauliflower mixture into the air fryer basket, set the temperature to 190°C 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. Add half a tablespoon of water then 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



CHEESE AND SPRING ONION QUESADILLA

 10 MINS |  20 MINS

**INGREDIENTS**

200g cheddar cheese,  
grated  
3 tbsps mayonnaise  
4 spring onions, finely  
chopped  
1 medium egg, beaten  
4 x 20cm soft tortilla wraps  
1 tbsp olive oil  
Salt and black pepper  
4 portions mixed salad

**METHOD**

1. Place the grated cheese, mayonnaise, spring onions and beaten egg in a bowl, season with salt and black pepper and mix well to combine.
2. Lay 2 wraps on a flat surface, then divide the cheese mixture evenly between the wraps. Then place the remaining wraps on top.
3. Brush the wraps lightly with oil and both sides. Place one of the quesadillas on the grill plate in the air fryer basket. Set the air fryer temperature to 200°C and cook for 8-10 minutes, until the quesadillas are crisp and golden. Carefully turn over halfway through with a silicone fish slice. Repeat with the second quesadilla.
4. Cut each quesadilla into quarters and serve warm with a portion of salad.

*Tip*

Quesadilla can be filled with a variety of ingredients, such as ham and mushroom, or chorizo and red onion.



SERVES  
4

## GRILLED SALMON WITH TABBOULEH

 10 MINS |  20 MINS

### INGREDIENTS

4 salmon fillets  
2 tps 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 creme fraiche  
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. Place the fish, skin side up on the grill plate in the air fryer basket, set the temperature to 180°C and cook for 15 minutes until the fish is fully cooked. Carefully turn the fish after 10 minutes using a silicone fish slice.
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 the dressing over the bulgar wheat and toss well to combine.
4. In another small bowl, mix together the creme fraiche, lemon juice and zest and season to taste.
5. Serve tabbouleh in shallow 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

## PERI PERI CHICKEN THIGHS WITH HARISSA WEDGES AND ROAST SWEETCORN

 10 MINS\* |  45 MINS

### INGREDIENTS

**Peri Peri Chicken**  
8 skinless and boneless chicken thighs  
2 tsp garlic powder  
2 tsp smoked paprika  
1 tsp dried oregano  
2 tsp hot peri peri sauce  
1 tbsp vegetable oil  
**Sides**  
600g starchy potatoes, such as Maris piper, washed  
2 tbsp vegetable oil  
2 tsp harissa paste  
4 corn cobbettes  
Salt and black pepper

### METHOD

1. Place the chicken thighs into a freezer bag and sprinkle over the garlic powder, smoked paprika and oregano then give the thighs a shake to combine. Add the peri peri sauce and oil and shake again. Pop them into the fridge to marinate for at least 30 minutes.
2. Meanwhile, bring a large pan of water to the boil. Using a sharp knife, slice the potatoes into wedges, no need to peel.
3. When the water is boiling, add the potatoes to the pan and cook for 10 minutes, adding the sweetcorn when there is 5 minutes left. Drain, then separate the potatoes and sweetcorn into 2 bowls.
4. Drizzle 1 tbsp oil and the harissa over the wedges and toss to evenly coat in the seasoning, then season with salt and pepper. Toss the sweetcorn in the remaining oil.
5. Arrange the thighs air fryer basket on top of the grill plate. Set the air fryer temperature to 180°C for 25 minutes, turn halfway through. When the chicken is cooked, transfer to a plate and cover with foil to rest.
6. Meanwhile carefully remove the grill plate and wipe out the air fryer basket. Add the wedges and increase the temperature to 200°C for 18-20 minutes, add the sweetcorn when there is 10 minutes cooking time left.

\*plus 30 minutes to marinade



SERVES  
4

## TUNA PASTA MELT

 5 MINS |  25 MINS

### INGREDIENTS

150g *creme fraiche*  
180g *soft cheese*  
2 *tblsp cornflour, mixed with*  
2 *tblsps cold water*  
1 *tblsp dijon mustard*  
400ml *hot vegetable stock*  
300g *rigatoni pasta, cooked*  
*as directed on the pack*  
2 x 145g *cans tuna chunks in*  
*spring water, drained*  
200g *can sweetcorn,*  
*drained*  
140g *frozen peas, defrosted*  
50g *cheddar cheese, grated*  
1 *tblsp chopped parsley*  
Salt and black pepper

### METHOD

1. To prepare the sauce, put the *creme fraiche*, soft cheese, cornflour and mustard in a large bowl and whisk to combine. Stir in the hot stock, and season with a pinch of salt and black pepper.
2. Add the cooked pasta, tuna, sweetcorn, peas to the sauce and stir gently to coat everything in the sauce.
3. Transfer the mixture into the air fryer basket without the grill plate and set the temperature to 180°C for 20–25 minutes, until the sauce thickens and everything is piping hot. Give the pasta a stir twice during cooking.
4. Serve in warm bowls and sprinkle the parsley over the tuna pasta melt.

### Tip

To vary this recipe, you can add some flaked poached salmon, or cooked smoked haddock works really well too.



SERVES  
4

## CHICKEN FAJITAS

 10 MINS |  25 MINS

### INGREDIENTS

500g *chicken breast, cut*  
*into thin strips*  
1 *red pepper, deseeded and*  
*thinly sliced*  
1 *green pepper, deseeded*  
*and thinly sliced*  
1 *red onion, halved and*  
*sliced*  
2 *tblsp vegetable oil*  
*Spice mix*  
2 *tsp smoked paprika*  
1 *tsp chilli powder*  
2 *tsp garlic powder*  
2 *tsp ground cumin*  
To serve  
4 *soft tortillas*  
200ml *sour cream*  
*small bunch of fresh*  
*coriander, finely chopped*

### METHOD

1. Combine the dry spices for the spice mix in a bowl then add the chicken, peppers, onion and oil and stir to coat everything in the spice mixture. If you have time, transfer the fajitas filling to the fridge for an hour, for the flavours to develop.
2. Transfer the fajitas filling mixture into the air fryer basket (without the grill plate) and set the temperature to 190°C. Roast for 22–25 minutes, stirring the mixture a couple of times. Check that the chicken is piping hot and cooked through before serving.
3. Transfer the fajitas mixture to a serving dish and cover with foil to keep warm. Carefully wipe out the basket with kitchen paper then fold the tortilla into quarters and warm in the air fryer for 2 minutes at 190°C.
4. Serve the fajitas filling with a wrap, sour cream and a sprinkling of coriander.

### Tip

For a Mexican feast add some guacamole, jalapeños and a side of tomato salsa.



SERVES  
**4**

## HUNTER'S CHICKEN

 10 MINS |  30 MINS

### INGREDIENTS

4 chicken breasts  
4 rashers thick cut smoked back bacon  
Vegetable oil in spray bottle  
50ml BBQ sauce  
30g cheddar cheese, grated  
30g parmesan, grated  
**To serve**  
900g potatoes, peeled  
25g butter  
3 tbsps milk  
1 small bunch chives, finely chopped  
Salt and black pepper

### METHOD

1. Place the chicken on a board, season with salt and black pepper and wrap the bacon evenly around each breast. Spray lightly with oil. Pop the wrapped chicken carefully onto the grill plate in the air fryer basket. Set the air fryer temperature to 180°C and cook for 35 minutes, or until the bacon is starting to crisp up and the chicken is cooked.
2. Meanwhile, bring a pan of water to the boil, add the potatoes and simmer for 18–20 minutes until tender, drain then pop back into the pan. Add the butter and milk and mash with a potato masher until smooth then season to taste and stir through the chopped chives.
3. When the chicken has been cooking for 25 minutes, carefully drizzle the BBQ sauce evenly over each chicken breast, then sprinkle over the cheddar cheese and parmesan and cook for a further 5 minutes until the chicken is cooked and the cheese is bubbling.
4. When the chicken is ready, carefully remove from the air fryer, allow to rest for a couple of minutes then slice into 5 thick slices per portion and serve on warm plates with the chive mash.

*Tip*  
Add some seasonal vegetables of your choice.



*Tip*  
The creamy sauce also works really well with chicken breast.

SERVES  
**4**

## GRILLED PORK STEAKS WITH CREAMY MUSTARD SAUCE

 10 MINS |  25 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 fraîche  
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, 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 on the grill plate in the air fryer basket. Set the temperature to 180°C for 18–20 minutes. Carefully turn the steaks with silicone tongs halfway through. When the pork is cooked, remove from the air fryer and transfer to a warm plate covered with foil, to rest.
3. Whilst the pork cooks 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 crème fraîche, wholegrain and Dijon mustard, plus 3 tbsps water. Sprinkle over half of 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 and a sprinkle of the remaining parsley.



SERVES

4

## GREEK STYLE PORK FLATBREADS



SERVES

4

## CAMELISED ONION BEEF BURGERS

Tip

Try serving with a homemade coleslaw and onion rings.

 10 MINS\* |  25 MINS

## INGREDIENTS

500g lean diced pork  
1 large red pepper, halved  
deseeded &w cut into 2cm  
dice  
3 small red onions, peeled  
and cut into wedges  
vegetable oil in a spray bottle

## Marinade

1 lemon, zest and juice  
2 cloves garlic, grated  
1 tsp dried oregano  
2 tbsp oil  
2 tsp cumin

## Tzatziki

½ cucumber  
200ml pot thick Greek yogurt  
1 clove garlic  
handful of mint

## To serve

4 flatbreads, warmed  
80g mixed salad leaves  
1 lemon, cut into wedges

## METHOD

1. Mix together the marinade ingredients in a bowl, then add the diced pork, peppers and onion and stir well to combine. Cover and place in the fridge to marinate for at least an hour.
2. When ready to cook, place the marinated ingredients on the grill plate in the air fryer basket, set the temperature to 180°C and cook for 20–25 minutes, turning the mixture a couple of times during cooking. Check that the pork is piping hot.
3. Meanwhile, to prepare the tzatziki, peel and finely grate the cucumber then squeeze out any excess water using your hands. Place the cucumber into a bowl along with the remaining ingredients and season to taste.
4. Serve the pork mixture with the flatbreads, salad and a spoonful of tzatziki. Garnish with lemon wedges.

Tip

If you prefer the flatbreads warmed, then pop them into the air fryer for 2 minutes at 200°C.

\*plus an hour to marinate

 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 fries  
4 brioche burger buns, sliced  
4 tsps mayonnaise  
1 Baby Gem lettuce  
2 tomatoes, sliced  
Side salad of your choice  
Salt and pepper to taste

## METHOD

1. For the burgers, put the minced beef, breadcrumbs and 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 on the grill plate 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 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 using silicone tongs and place the burger buns into the basket with the top of the buns facing upwards. Heat for 1 minute 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 fries and a side salad.



SERVES

4

*Tip*

Try serving with air fryer onion rings

## RIB EYE STEAK AND CHIPS



10 MINS



40 MINS

### INGREDIENTS

4 rib eye steaks  
(approximately 225g each)

1 tbsp oil

50g butter

2 cloves garlic, crushed

3g fresh parsley, chopped

#### Chips

800g starchy potatoes, such as Maris Piper

2 tbsps vegetable oil

Salt and black pepper

#### To serve

Salad leaves to garnish

### METHOD

1. Remove the packaging from the steaks and put them on a plate, season with salt and black pepper and rub the oil onto both sides.
2. Peel the potatoes, then cut each potato into 1cm wide slices, then into 1cm thick chips.
3. 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.
4. Place the chips in a bowl and drizzle over the oil, then season with salt.
5. Put the chips into the air fryer basket, set the temperature to 190°C and cook for 18-20 minutes; giving the basket a shake halfway through. Cook for a little longer if you prefer them more golden brown. Transfer the chips to a plate and cover with foil to keep warm.
6. Cook the steaks on the grill plate for 15 minutes at 180°C for medium rare, turning the steaks halfway through. If you like your steak more well done, cook for 5 minutes longer.
7. Whilst the steaks cook, mix the butter, garlic and parsley in a small bowl. When the steaks are ready, put them on a warm plate and divide the butter between them. Cover lightly with foil and rest for 5 minutes.
8. Serve the steaks with a drizzle of garlic butter with the chips and salad garnish on the side.



*Bake*

MAKES  
**10**



## RASPBERRY AND WHITE CHOCOLATE MUFFINS

 10 MINS |  18 MINS

### INGREDIENTS

75g white chocolate, chopped, or chocolate chips  
100g small 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

### METHOD

1. Place the white chocolate and raspberries in a bowl, 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. 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 the muffins into the air fryer basket and cook for 15–18 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.

### Tip

You can replace the fresh raspberries with a dried fruit such as apricots or cherries. If the raspberries are large, cut them in half.

MAKES  
**8**



## CREAM SCONES

 5 MINS |  10 MINS

### INGREDIENTS

300g self raising flour, plus extra for rolling  
1 tsp baking powder  
60g butter, diced  
50g caster sugar  
1 egg made up to 140ml with milk, plus extra milk for glazing  
150ml double cream  
140g jam  
Icing sugar for dusting

### METHOD

1. Sieve the flour and baking powder into a bowl and add the butter. Rub the mixture together with your fingertips, until the mixture resembles fine bread crumbs. Stir in the sugar.
2. Gradually pour in the egg and milk, stirring until the scone dough comes together.
3. Turn the mixture out onto a lightly floured surface and roll out to a 1½ cm thickness. Cut out 8 rounds using a 6cm cutter. You will need to re-roll the trimmings.
4. Set the air fryer temperature to 200°C and preheat for 3 minutes. Meanwhile, lightly brush the scones with milk to glaze then pop a piece of baking parchment on the grill plate and evenly space the scones in the air fryer basket.
5. Bake for 10–12 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.
6. Meanwhile, whisk the cream to a soft peak consistency with an electric whisk and when the scones are ready, add some jam and a swirl of cream. Dust with icing sugar before serving.

### Tip

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

MAKES  
**16**  
SLICES

*Tip*

The cake can be eaten straight away, or kept for a couple of weeks to mature, then it can be covered with marzipan and icing.

## RICH FRUIT CAKE

 10 MINS\* |  50 MINS

### INGREDIENTS

450g mixed dried fruit  
85g glace cherries, halved  
2 tbsp brandy or sherry  
1 small orange, zest and juice  
170g unsalted butter, plus extra for greasing  
170g dark muscovado sugar  
3 medium eggs  
200g plain flour  
1 tsp ground cinnamon  
2 tsp mixed spice  
55g chopped almonds

### METHOD

1. Place the dried mixed fruit and cherries into a bowl with the brandy, plus the zest and juice of the orange. Cover the bowl and soak for at least 12 hours.
  2. Grease and line a 20cm x 3cm square cake tin with parchment paper.
  3. In a bowl, beat the butter and sugar with an electric whisk for 2–3 minutes, until light and fluffy.
  4. Add the eggs with a tbsp of flour and beat the mixture for 1–2 minutes, until well blended. Gently fold in the remaining flour, cinnamon and mixed spice. Stir in the fruit and any juices, along with the chopped nuts.
  5. 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.
  6. Bake on the grill plate in the preheated air fryer for 50 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. If the cake is getting a little too brown after 30 minutes, cover with foil.
  7. Allow the cake to cool for 10 minutes in the tin, then turn out onto a cooling rack.
- B** Serve the cake in slices, or decorate with marzipan and fondant icing.

\*plus overnight to soak the fruit

*Tip*

The cake can be frozen and the frosting added when ready to serve.

MAKES  
**9–12**  
SQUARES

## CARROT AND ORANGE TRAYBAKE

 10 MINS |  35 MINS

### INGREDIENTS

2 medium eggs  
175g muscovado sugar  
125ml sunflower oil  
175g self-raising flour  
1 tsp baking powder  
1 tsp bicarbonate of soda  
2 tsp ground mixed spice  
1 small orange, zest  
185g carrot, finely grated  
40g sultanas  
Cream cheese frosting  
75g butter, softened  
75g full fat cream cheese  
150g icing sugar  
50g chopped walnuts

### METHOD

1. Line a 20cm x 5cm deep square cake tin with baking parchment.
2. Place the eggs, sugar and oil into a bowl and whisk with an electric mixer until thick and creamy. You should be able to pull a spoon through the mixture and leave a trail.
3. Sieve the flour, baking powder, bicarbonate of soda and mixed spice into the egg mixture, then gently fold. Finally, stir in the orange zest, carrots and sultanas.
4. Set the air fryer temperature to 160°C and preheat for 2 minutes. Meanwhile, pour the mixture into the prepared tin and level the top out with a spatula.
5. Bake in the preheated air fryer on the grill plate for 30–35 minutes, until well risen, golden brown and firm to the touch. Use the 'Vizion' panel to check rather than opening the air fryer door. Insert a skewer into the centre of the cake; it should come out clean if cooked.
6. Allow the cake to cool for 10 minutes in the tin, then turn out onto a cooling rack.
7. To make the frosting, gently beat together the butter and cream cheese with a wooden spoon, then sieve the icing sugar into the bowl and mix gently to combine. Spread the frosting over the cooled carrot cake, sprinkle over the walnuts and cut into squares.

MAKES  
**6-8**  
PORTIONS

## VICTORIA SANDWICH CAKE



10 MINS



50 MINS

### INGREDIENTS

#### Cakes

230g butter, softened

230g caster sugar

4 medium eggs

230g self raising flour

1 tsp baking powder

#### Filling

50g unsalted butter, softened

½ tsp vanilla bean paste

100g icing sugar, plus extra for dusting

½ tsp warm water

100g seedless raspberry jam

### METHOD

1. Grease and line 2 x 20cm round sandwich cake tins with parchment paper.
2. Make the cakes in two separate batches, using half of the ingredients for each; in a bowl beat the butter and sugar together with an electric whisk, until light and fluffy.
3. Gradually beat in the eggs, then gently fold in the flour and baking powder.
4. Set the air fryer temperature to 160°C and preheat for 2 minutes. Meanwhile, spoon the cake mixture into one of the prepared tins and level the top with the back of a spoon.
5. Bake in the preheated air fryer oven on the grill plate for 22-25 minutes, until well risen, golden brown and firm to the touch. Use the 'Vizion' panel to check rather than opening the air fryer. Insert a skewer into the centre of the cake; it should come out clean if cooked.
6. Allow the cake to cool for 10 minutes in the tin, then turn out onto a cooling rack.
7. Meanwhile, prepare the second cake with the remaining cake ingredients and repeat the method and cooking instructions above.
8. To decorate, place the butter and vanilla bean paste into a bowl and mix well with a wooden spoon, until softened. Sieve the icing sugar into the bowl, adding ½ tsp of warm water if the icing is a little too firm.
9. To assemble, place one sponge on a plate or cake stand and spread the jam over, then top with a layer of butter icing, followed by the second sponge. Dust some icing sugar over the top before serving.

### Tip

For a chocolate version of this cake, replace 75g of the flour with cocoa powder.



SERVES  
**6**

## BAKED LEMON CHEESECAKE

 10 MINS |  30 MINS\*

### INGREDIENTS

50g butter  
16 Biscoff biscuits  
360g full fat cream 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.

\*with at least 2 hours chilling time

### METHOD

1. To make the cheesecake base, place the butter in a 18cm 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 minutes. 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 a 21cm 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 and set aside to cool.
4. For the filling, gently whisk the cream 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.



MAKES  
**8**  
SLICES

## LEMON DRIZZLE SLICES

 10 MINS |  35 MINS

### INGREDIENTS

170g unsalted butter, plus extra for greasing  
170g caster sugar  
3 medium eggs, lightly beaten  
170g self raising flour  
1 tsp baking powder  
1 lemon, zest and juice  
50g caster sugar

### Tip

This recipe can also be made as an orange drizzle cake, just substitute the lemon for ½ a small orange.

### METHOD

1. Grease and line the base of a 20cm square 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 lemon 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 35–40 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 and lemon juice in a small bowl and stir until the sugar dissolves. Drizzle the mixture over the cake. Allow to cool before slicing.



MAKES  
**10**

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

## VEGAN CHOCOLATE CUPCAKES



SERVES  
**4**

## PEPPERONI PIZZA

10 MINS | 15-18 MINS

### INGREDIENTS

- 150ml soya milk
- 2 tps 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
- 175g dairy free butter, softened
- 250g icing sugar, plus extra for dusting
- 50g cocoa powder
- 10 vegan friendly chocolate buttons

### 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 in a bowl until light and fluffy then sieve the flour, baking powder, bicarbonate of soda and cocoa powder into the bowl. Pour in the soya milk and 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 the cupcakes into the air fryer basket and bake for 15-18 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 and set aside to cool.
4. Meanwhile, to make the icing; place the remaining dairy 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 top with a vegan chocolate button.

5 MINS | 12 MINS\*

### INGREDIENTS

- 2 x 200g fresh shop bought pizza dough packs
- 2 tbsps plain flour for rolling
- 6 tbsps tomato pizza topping
- 115g hard mozzarella, grated
- 14 slices Pepperoni pizza slices
- Drizzle of oil
- Black pepper

### METHOD

1. Shape each piece of pizza dough into a 20cm circle 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 pepperoni on top. Finish with the remaining cheese.
3. Place one pizza into the air fryer basket on top of the grill plate and bake for 12 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. Repeat the cooking instructions with the second pizza.

*Tip*  
Try different pizza toppings such as chicken and sweetcorn or ham and pineapple.

\*per pizza



SERVES

4

## TEAR AND SHARE BREAD

 10 MINS\* |  25 MINS

### INGREDIENTS

250g white bread mix  
(½ packet)  
30g grated parmesan  
50g grated cheddar cheese  
50g cooked ham or bacon,  
finely chopped  
15g herbs, such as parsley,  
chives and thyme, chopped  
plain flour for dusting  
1 egg, beaten

### Tip

For a vegetarian  
version of this recipe  
leave out the ham  
and add some  
chopped sun-dried  
tomatoes.

\*plus 30 minutes to prove

### METHOD

1. Grease a 20cm square cake tin and line with baking parchment.
2. Prepare the bread according to the pack instructions using a mixer with a dough hook attachment. Add the parmesan, cheddar cheese, ham and chopped herbs then knead for another minute until combined.
3. Turn the dough out onto a lightly floured surface and divide the dough into 16 equal sized pieces. Shape each piece of dough into a ball and arrange in the prepared tin in 4 x 4 evenly spaced rows.
4. Cover the dough with an oiled piece of cling film and leave to rise in a warm place for 20–30 minutes, until doubled in size.
5. When ready to cook, preheat the air fryer with the grill plate in place for 5 minutes at a temperature of 190°C. Brush the surface of the dough carefully with the beaten egg and bake for 25 minutes until well risen and golden. You may want to carefully turn the bread out of the tin then pop back in upside down and cook for a further 5 minutes to ensure that the base is fully cooked.



# Sides

SERVES

4



GARLIC BREAD



5 MINS



8 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 in a thick coating across each slice.
4. Place half of the garlic bread into the air fryer basket on the grill plate, set the temperature to 200°C and cook for 3–4 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



12 MINS

### INGREDIENTS

1 medium onion

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

### METHOD

1. Peel the onion and cut into 1 cm 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 a little 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.

### Tip

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



SERVES  
4

## LOADED NACHOS

10 MINS | 15 MINS

### INGREDIENTS

**Tortilla chips**  
3 x 20cm corn tortilla wraps  
vegetable oil in a spray bottle  
sea salt flakes

**Toppings**  
150g ready-made salsa  
50g hot jalapeños  
75g Monterey Jack or strong cheese, grated

**To Serve**  
150ml sour cream  
100g guacamole

### METHOD

1. To prepare the tortilla chips, spray the tortillas with oil, sprinkle over some salt, then cut each tortilla into 8 triangles.
2. Lay the tortilla triangles in the air fryer basket evenly, ensuring that they are not overlapping. Set the air fryer temperature 200°C for 3 minutes, turn halfway through to ensure that all of the tortilla chips are crisp and golden. Remove from the air fryer with silicone tongs and leave to cool slightly and the tortilla chips will get really crisp. (You may need to do this in 3 batches)
3. To assemble the nachos, place 1/3 of the tortilla chips in the base of a 20cm shallow round ceramic roasting dish, followed by 1/3 of the salsa, jalapeños and cheese. Repeat using the remaining ingredients, then pop the nachos into the air fryer basket and set the temperature to 185°C. Heat for 3-4 minutes until the cheese has melted and everything is warmed through.
4. Serve the nachos as a sharing side dish with the sour cream and guacamole.

### Tip

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



SERVES  
4

## STICKY KOREAN STYLE WINGS

5 MINS | 30 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 tsps dark premium soy sauce  
4 tsps hot sweet chilli sauce  
1 small red chilli, deseeded and chopped  
1 small lime, juice only

**Garnish**  
2 tsps fresh coriander, roughly chopped  
1 red chilli, sliced  
1 lime, cut into wedges

### 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 the wings into the air fryer basket on the grill plate and set the temperature to 190°C. Cook for 25-30 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.
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 the lime wedges.

### 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**

*Tip*  
For variety, the potatoes could be stuffed with different cheeses, such as blue cheese or brie.

## LOADED POTATO SKINS

 10 MINS |  55 MINS

### INGREDIENTS

4 medium baking potatoes (about 700g in total)  
1 tbsp vegetable oil  
1 tsp sea salt  
1 tbsp butter  
85g mature cheddar, grated  
3 spring onions  
4 rashers cooked 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 on the grill plate and set the temperature to 200°C. Bake for 45 minutes, turning the potatoes halfway through to ensure that they are evenly cooked. The potatoes should be completely tender when pierced with a 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 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.
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.



SERVES  
**4**

## ROAST POTATOES WITH ROSEMARY AND GARLIC

 5 MINS |  35 MINS

### INGREDIENTS

1kg 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 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. Remove the grill plate then 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

## 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 (without grill plate), 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.
4. Put the chips into the air fryer basket (without the grill plate), set the temperature to 180°C and cook for 20–25 minutes; giving the basket a shake halfway through. Cook for a little longer if you prefer them more golden brown.

For cheesy chips add 50g grated cheese and cook for a further minute until the cheese is bubbling.

#### Tip

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



SERVES  
4

## CORN ON THE COB WITH CHILLI BUTTER

 2 MINS |  15 MINS

### INGREDIENTS

4 sweetcorn cobs  
1 tsp vegetable oil  
1 small red chilli  
1 tbsp finely chopped coriander  
30g butter, softened  
Ground black pepper

### METHOD

1. Rub the sweetcorn cobs with oil, season with black pepper, then place in the air fryer basket on the grill plate. Set the temperature to 180°C and roast for 12–15 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 and coriander 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.



SERVES  
4

## ROAST ROOT VEGETABLES

 10 MINS |  20 MINS

### INGREDIENTS

400g carrots, peeled  
400g parsnip, peeled  
2 medium red onions  
1 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. Meanwhile, peel the onions, 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. Transfer to the air fryer basket (without the grill plate) and set the temperature to 180°C. Roast the vegetables for 18–20 minutes until golden and tender. 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.



*thank you!*

FOR COOKING WITH

**TOWER**<sup>®</sup>

*over 100 YEARS of quality*



**@TowerHousewares**



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