

AIR FRYER COOKBOOK FOR Beginners

550 RECIPES

Simple, Easy and Delicious
Air Fryer Recipes
That Anyone Can Cook

Elena Williams

#2019
Edition



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Introduction

This modern and innovative cooking tool will make cooking fun again for you. It doesn't matter how busy you are. You only need a few minutes and the right ingredients, and you'll enjoy some of the best meals ever. You can forget about using all those pots and pans, and you certainly don't have to be an expert cook to use the air fryer. Just follow its directions, and you'll be making some incredible and rich dishes in no time.

The air fryer uses the circulation of hot air to cook the food. This is called Rapid Air Technology, and it means that your food will be done faster and in a healthy way. The air reaches up to 400 degrees F, and it allows you to cook perfectly crispy but also tender and succulent foods in a few minutes.

This cookbook will also act as a guide on how to prepare some of your favorite meals that will not only be healthy but also packed with texture and flavor. Now most of us might be thinking that air fryers are limited to cooking only, but in reality, it is a multipurpose device as it can fry, roast, grill, and bake delicious, mouth-watering meals. And as such this book offers a various set of recipes ranging from breakfast, lunch, dinner, appetizers, side dishes, and desserts, which above all are easy to prepare just by using this kitchen appliance

Before embarking on this air frying recipes, you will get to know more about the air fryer itself as an appliance and the secrets behind it. It is a complete guide for your Air Fryer Cooking!

Air Fryer Technology

Air Fryer heats and cooks foods by circulating extremely high-temperature heat, up to 400 degrees F, at high-speed. At such a high-speed circulation, it only consumes a negligible amount of oil, usually about one tablespoon to prepare aromatic crispy foods

The hot-air technology cooks foods from different angles. More importantly, the technology maintains their great taste and essential nutrients. Meals prepared with such a meager amount of oil also free you from greasy stains on your fingers

This technology has brought a new era of cooking by using 80% less fat as compared to traditional deep fat frying. Air Fryer comes with an exhaust fan placed right above the cooking chamber; this fan provides the food required airflow. This modern heating technology ensures that food is cooked with constant heated air

As a result, the same heating temperature is maintained covering different parts of the added food ingredients. Air fryer is completely odorless and harmless making it a user-friendly kitchen invention.

Benefits of Using an Air Fryer

Time Saving:

With only 24 hours to complete everyday routine tasks, the time has become a genuinely luxury in our fast paced lifestyle. Air Fryers are designed to save your precious cooking time by serving you crunchy snacks and fried cuisines in a matter of minutes. If you are always on a tight schedule, Air Fryer is no less than a time savior

Superfast Heating:

Unlike traditional frying method, Air Fryers takes only a few minutes to heat and prepare foods. They are always ready to make meals whenever you crave for fried foods. Most Air Fryer models get ready in only 3 minutes to heat up properly and they can also go as high as 400 degrees F to make you crispy meals

Natural Food Taste:

It's quite common for anyone to worry about their food's ability to delight them with their mouthwatering flavors. When it comes to Air Fryers, things are no different. Air Fryers prepare meals without compromising on their taste profile. As far as the taste is concerned, they can easily be compared with deep-fried foods

Protect the Food's Nutrients:

Unlike deep frying, Air Fryers do not deconstruct the food's good nutrients and add on bad fats. If you think your yasai tempura (deep fried battered vegetables) are healthy, here is news for you; while they may look like they are full of nutritious elements, the deep-frying process would have destroyed the beneficial vitamins and minerals contained in the vegetables

Versatile Options:

Air Fryer allows you cook a diverse range of foods, be it chicken tenders, mushrooms, crispy fries, fried shrimp, mozzarella sticks, or grilled vegetables. You want to grill, fry, roast, or bake your foods? Air Fryers are there to prepare them in real quick time. Specific ultra modern range of Air Fryers also allow you make many recipes in a single cooking session

Space Saver and Ease of Cleaning:

Cleaning after cooking foods is also very easy as they are designed for effortless cleaning. On top of that, they don't take up much of your counter

space and require quite less space to store

How to Use an Air Fryer

There are 4 steps in using an air fryer, follow this set of instructions when cooking anything in your air fryer:

Preparation:

To prevent ingredients from sticking to the air fryer basket, spray it with a nonstick cooking spray or add a tablespoon of oil. Don't over pack foods in your air fryer basket otherwise some parts won't be fully cooked thoroughly. If you are working with a marinated or wet ingredient, make sure you rub them dry, because this will help avert splattering or excess smoke

Pre-Heating:

Plug in your air fryer and preheat it. This usually takes around five minutes, although preheating is not that necessary, nevertheless it can reduce your time in cooking.

Cooking:

If you are cooking frozen foods or items with small ingredients, try shaking the air fryer many times to prepare it evenly and efficiently. Also, when cooking high fatty foods, you should have it at the back of your mind that, the fats will drop to the base of the air fryer, which will thereafter need cleaning

Cleaning:

To ensure your air fryer stays in shape, make sure you clean it properly by purifying the air fryer basket and the pan after using them. Most air fryers come with dishwasher safe parts which makes this process easy

Air Fryer - Cleaning & Maintenance

The first thing you should have at your fingertips is that, if you do not clean and maintain your air fryer from time to time, it won't last long. Following these guidelines will secure the fact that your air fryer will remain effective and durable for years to come

How to clean your air fryer:

1. Unplug your air fryer from the wall socket and allow it to cool until you can touch.
2. Using a wet rag, wipe the exterior part of your air fryer
3. Remove the air fryer pan, tray, basket and wash it with hot water and a dishwasher soap in your sink. These parts are removable and are safe for an easy cleanup.
4. Use a cloth or sponge to wipe and clean the inner part of your air fryer
5. If you find any ingredients sticking in your air fryer, scrub it off with a brush.
6. Before adding the pan, tray, and basket back into your air fryer ensure they are entirely dry
7. Once your air fryer is cleaned, store it safely.

How to maintain your air fryer:

Your air fryer requires a standard form of maintenance to ensure it does not get damaged or work erroneously. To do this, one needs to follow this instruction

1. Before using your air fryer, make sure you check the cord. That is, do not plug a damaged cord into an outlet; this can result in a ghastly injury or even death.
2. Make sure your air fryer is clean and free of any debris before you begin cooking. Check the inner part and make sure you remove anything redundant in there.
3. Ensure the air fryer is placed upright, on a flat surface.
4. Make sure that your air fryer is not too close to the wall or another appliance. Air fryers require 4-inches of space all around them.
5. One after the other, check each component of your air fryer, including the

basket, pan, and handle.

6. If you find anything damaged or wrong with your air fryer, reach the manufacturer and get it replaced.

Air Fryer - FAQs

1. Do we need to preheat the air fryer?

Answer- No, there is no need to preheat the air fryer. However, pre-heating the air fryer for about 4 minutes can help in significant reduction of the cooking time.

2. Can we add more ingredients while the food is getting cooked in an air fryer?

Answer- Yes, you can add more ingredients while the food is getting cooked in an air fryer but make sure to add the ingredients immediately otherwise the heat loss may lead to more time consumption for cooking the food.

3. Can we cook different varieties of food in an air fryer?

Answer- Yes, you can easily cook different varieties of food in an air fryer. One of the best things about cooking food in an air fryer is that it is healthy and free from oil. Items such as meat, potatoes, poultry and French fries can be easily cooked. Apart from these items you can also bake brownies and grill different vegetables.

4. Does air fryer help in making food crispy and tasty?

Answer- Yes, the food that you cook in an air fryer is as tasty and crispy as it is with frying. One of the main reasons why air fryer cooks tasty and crispy food is because it helps in keeping the outer layer of the food crisp and the inside gets soft.

5. How much time an air fryer takes to cook frozen foods?

Answer- One of the best things to do while cooking frozen food in an air fryer is to use the knob as per the food that you are cooking. It normally takes some more time to cook frozen foods as compared to other food items.

6. Is there any specific type of oil required for air fryer?

Answer- No, there is no special oil which is required for cooking in an air fryer. You can use any type of oil such as olive oil, peanut oil, and even butter spray.

7. Is it possible to use baking paper or aluminium foil in an air fryer?

Answer- Yes, you can use a baking paper or aluminium foil but you need to make sure that appropriate space is given so that the steam can pass easily.

8. How much food can be cooked at a time in an air fryer?

Answer- It all depends on the capacity of the air fryer. Most of the air fryers come with 500g of capacity and you can also see a “max” mark on the basket of the air fryer which means that the air fryer can be filled up to this mark.

9. How many items can be cooked at a go in an air fryer?

Answer- You can easily cook two different items at a go in an air fryer but make sure to use the divider. This will help in proper cooking and less time will be consumed.

10. What is the input power range of an air fryer?

Answer- For the European market the input power range is 220 v and for USA market it is 110 v.

Air Fryer Cooking Charts

The below chart can be used for reference assuming that the food is flipped or basket shaken halftime during cooking.

Frozen Foods Chart

FROZEN FOODS		
Type	Temperature (Fahrenheit)	Cook Time (Minutes)
Thin French Fries (20 oz)	400	14
Thick French Fries (17 oz)	400	18
Onion Rings (12 oz)	400	8
Mozarella Sticks (11 oz)	400	8
Pot Stickers (10 oz)	400	8
Fish Sticks (10 oz)	400	10
Fish Filets (10 oz)	400	14
Chicken Nuggets (12 oz)	400	10
Breaded Shrimps	400	9

Poultry Chart

POULTRY		
Type	Temperature (Fahrenheit)	Cook Time (Minutes)
Bone-In breasts (1.25 lbs)	370	25
Boneless breasts (4 lbs)	380	12
Drumsticks (2.5 lbs)	370	20
Bone-In thighs (2 lbs)	380	22
Boneless thighs (1.25 lbs)	380	18 - 20
Bone-In Legs (1.75 lbs)	380	30
Wings (2 lbs)	400	12
Halved Game Hen (2 lbs)	390	20
Whole Chicken (6.5 lbs)	360	75
Tenders	360	8 - 10

Vegetables Chart

VEGETABLES		
Type	Temperature (Fahrenheit)	Cook Time (Minutes)
Asparagus (sliced)	400	5
Beets (whole)	400	40
Broccoli Florets	400	6
Brussels Sprouts(halved)	380	15
Carrots (sliced)	380	15
Cauliflower florets	400	12
Corn on cob	390	6
Eggplant (cubed)	400	15
Fennel (quartered)	370	15
Green Beans	400	5
Kale leaves	250	12
Mushrooms (sliced)	400	5
Pearl Onions	400	10
Parsnips (cubed)	380	15
Pepper (chunks)	400	15
Small baby potatoes	400	15
Potato (chunks)	400	12
Whole potatoes (baked)	400	40
Squash (chunks)	400	12
Sweet potatoes	380	30 - 35

(baked)		
Cherry Tomatoes	400	4
Tomatoes (halved)	350	10
Zucchini sticks	400	12

Fish & Seafood Chart

FISH & SEAFOOD		
Type	Temperature (Fahrenheit)	Cook Time (Minutes)
Fish Filets (8 oz)	400	10
Calamari (8 oz)	400	4
Salmon filets (6 oz)	380	12
Swordfish Steak	400	10
Tuna Steak	400	7 - 10
Scallops	400	5 - 7
Shrimps	400	5

Beef Chart

BEEF		
Type	Temperature (Fahrenheit)	Cook Time (Minutes)
Burger (4 oz)	370	16 - 20
Filet Mignon (8 oz)	400	18
Flank Steak (1.5 lbs)	400	12
London Broil (2 lbs)	400	20 - 28
Meatballs	380	7
Bone-In Ribeye (8 oz)	400	10 - 15
Sirloin Steaks (12 oz)	400	9 - 14
Beef-Eye Round Roast(4lbs)	390	45 - 55

Breakfast Recipes

Breakfast Potatoes

(**Prep + Cooking Time:** 25 minutes | **Servings:** 4)

Ingredients:

- 1½ lbs. gold potatoes; cubed
- 4 oz. Greek yogurt
- 2 tbsp. olive oil
- 1 tbsp. sweet paprika
- 1 tbsp. cilantro; chopped.
- Salt and black pepper to taste

Directions:

1. Put the potatoes in your air fryer and then add the oil, salt, pepper and paprika.
2. Stir and cook at 360°F for 20 minutes. Transfer the potatoes to a bowl and add the yogurt and cilantro. Toss, serve and enjoy

Scrambled Eggs

(**Prep + Cooking Time:** 15 minutes | **Servings:** 4)

Ingredients:

- 4 eggs; whisked
- 1 red onion; chopped.
- 2 tsp. sweet paprika
- A drizzle of olive oil
- Salt and black pepper to taste

Directions:

1. In a bowl, mix all ingredients and whisk. Heat up your air fryer with the oil at 240°F, add the eggs mixture, stir again and cook for 10 minutes. Serve right away

Green Beans Omelet

(**Prep + Cooking Time:** 15 minutes | **Servings:** 4)

Ingredients:

- 3 oz. green beans; trimmed and halved
- 4 eggs; whisked
- 4 garlic cloves; minced
- 1 tsp. soy sauce
- 1 tbsp. olive oil
- Salt and black pepper to taste

Directions:

1. In a bowl, mix all ingredients except the beans and oil; whisk well.
2. Heat up your air fryer at 320°F, then add the oil and heat it up
3. Add the beans, stir and sauté them for 3 minutes. Add the egg mixture over the beans, spread and cook for 7-8 minutes more. Slice the omelet and serve immediately

Delicious Ham Rolls

(**Prep + Cooking Time:** 20 Minutes | **Servings:** 4)

Ingredients:

- 1 sheet puff pastry
- 8 ham slices; chopped
- 4 handful gruyere cheese; grated
- 4 teaspoon mustard

Directions:

1. Roll out puff pastry on a working surface, divide cheese, ham and mustard, roll tight and cut into medium rounds.
2. Place all rolls in air fryer and cook for 10 minutes at 370 degrees F. Divide rolls on plates and serve for breakfast

Sausage Omelet

(**Prep + Cooking Time:** 16 minutes | **Servings:** 2)

Ingredients:

- 1 sausage link; sliced
- 2 eggs; whisked
- 4 cherry tomatoes; halved
- 1 tbsp. olive oil
- 1 tbsp. cheddar cheese; grated
- 1 tbsp. cilantro; chopped.
- Salt and black pepper to taste

Directions:

1. Put the tomatoes and sausage in the air fryer's basket and cook at 360°F for 5 minutes
2. Take a pan that fits your air fryer, grease it with the oil and then transfer the tomatoes and sausage to the pan
3. In a bowl, mix all remaining ingredients and stir. Pour this over the sausage and tomato mixture, spread and place the pan in the air fryer; cook at 360°F for 6 minutes more. Serve immediately and enjoy.

Zucchini and Chicken Tortillas

(Prep + Cooking Time: 12 minutes | Servings: 4)

Ingredients:

- 6 oz. rotisserie chicken; cooked and shredded
- 4 tortillas
- 1/3 cup mayonnaise
- 1 cup zucchini; shredded
- 1 cup parmesan cheese; grated
- 4 tbsp. butter; softened
- 2 tbsp. mustard

Directions:

1. Spread the butter on the tortillas, place them in your air fryer's basket and heat them up at 400°F for 3 minutes
2. In a bowl, mix the chicken, zucchini, mayo and mustard; stir. Divide the mixture between the tortillas, sprinkle with cheese, roll them and place in your air fryer's basket
3. Continue to cook at 400°F for 4 minutes more. Serve right away and enjoy!

Hash Browns Breakfast

(Prep + Cooking Time: 30 minutes | Servings: 4)

Ingredients:

- 1½ lbs. hash browns
- 2 eggs
- 1 red bell pepper; chopped.
- 1 red onion; chopped
- 2 tsp. vegetable oil
- 1 tsp. thyme; chopped.
- Salt and black pepper to taste

Directions:

1. Heat up your air fryer at 350°F. Then add the oil and heat it up
2. Add all other ingredients and cook for 25 minutes. Divide between plates and serve

Roasted Peppers Frittata

(Prep + Cooking Time: 30 minutes | Servings: 6)

Ingredients:

- 6 oz. jarred roasted red bell peppers; chopped.
- 1/2 cup parmesan cheese; grated
- 12 eggs; whisked
- 3 garlic cloves; minced
- 2 tbsp. parsley; chopped.
- 2 tbsp. chives; chopped.
- 6 tbsp. ricotta cheese
- A drizzle of olive oil
- Salt and black pepper to taste

Directions:

1. In a bowl, mix the bell peppers with the eggs, garlic, parsley, salt, pepper, chives and ricotta; whisk well.
2. Heat up your air fryer at 300°F, add the oil and spread
3. Add the egg mixture, spread, sprinkle the parmesan on top and cook for 20 minutes. Divide between plates and serve.

Tomato and Eggs

(**Prep + Cooking Time:** 35 minutes | **Servings:** 2)

Ingredients:

- 1/2 cup cheddar cheese; shredded
- 1/4 cup milk
- 1/2 cup tomatoes; chopped.
- 2 eggs
- 2 tbsp. red onion; chopped.
- A pinch of salt and black pepper

Directions:

1. In a bowl, mix all ingredients except for the cheese; stir well. Pour mixture into a pan that fits your air fryer, sprinkle the cheese on top and place the pan in the fryer
2. Cook at 350°F for 30 minutes. Divide the mix between plates, serve and enjoy!

Breakfast Biscuits

(**Prep + Cooking Time:** 18 minutes | **Servings:** 12)

Ingredients:

- 2 cups white flour
- 1 cup buttermilk
- 5 tbsp. butter
- 1/4 tsp. baking soda
- 1/2 tsp. baking powder
- 1 tsp. sugar

Directions:

1. In a bowl, mix the flour, baking soda, baking powder, sugar, 4 tbsp. of the butter and the buttermilk; stir until you obtain a dough
2. Transfer the dough to a floured working surface, roll and cut 12 pieces with a cookie cutter
3. Melt the remaining 1 tbsp. of butter, brush the biscuits with it and place them in your air fryer's cake pan. Cook at 400°F for 8 minutes, serve.

Fried Mushroom

(Prep + Cooking Time: 25 minutes | Servings: 4)

Ingredients:

- 7 oz. spinach; torn
- 8 cherry tomatoes; halved
- 4 slices bacon; chopped.
- 4 eggs
- 8 white mushrooms; sliced
- 1 garlic clove; minced
- A drizzle of olive oil
- Salt and black pepper to taste

Directions:

1. In a pan greased with oil and that fits your air fryer, mix all ingredients except for the spinach; stir.
2. Put the pan in your air fryer and cook at 400°F for 15 minutes. Add the spinach, toss and cook for 5 minutes more. Divide between plates and serve

Italian Eggplant Sandwich

(Prep + Cooking Time: 55 minutes | Servings: 2)

Ingredients:

- 1 eggplant; sliced
- 1/2 cup panko breadcrumbs
- 4 bread slices
- 1/2 cup mayonnaise
- 3/4 cup tomato paste
- 1/2 tsp. garlic powder
- 2 tsp. parsley; chopped
- 1/2 tsp. Italian seasoning
- 1 tbsp. avocado oil + a drizzle
- 2 tbsp. coconut milk
- 2 tbsp. fresh basil; chopped
- 2 tbsp. cheddar cheese; grated
- 2 cups mozzarella cheese; grated
- Salt and black pepper to taste

Directions:

1. Season eggplant slices with salt and pepper and set aside for 30 minutes. Then pat them dry them and brush with mayo and milk
2. In a bowl, combine the parsley, breadcrumbs, Italian seasoning, garlic powder, salt and black pepper; stir.
3. Next, dip the eggplant slices in this mix and place them on a lined baking sheet; drizzle with oil.
4. Place the baking sheet in your air fryer's basket and cook at 400°F for 15 minutes, flipping the eggplant slices halfway
5. Brush the bread slices with the remaining 1 tbsp. of the oil. Then arrange 2 of them on a working surface and add cheddar, mozzarella, baked eggplant slices, tomato paste and basil; top with the other 2 bread slices.
6. Grill sandwiches on your grill for 10 minutes, serve immediately

Herbed Tomatoes Breakfast

(Prep + Cooking Time: 25 minutes | Servings: 2)

Ingredients:

- 1 lb. cherry tomatoes; halved
- A drizzle of olive oil
- 1 cucumber; chopped.
- 1 spring onion; chopped
- 1 tsp. cilantro; chopped
- 1 tsp. basil; chopped
- 1 tsp. oregano; chopped
- 1 tsp. rosemary; chopped.
- Salt and black pepper to taste

Directions:

1. Grease the tomatoes with the oil, season with salt and pepper and place them in your air fryer's basket.
2. Cook the tomatoes at 320°F for 20 minutes and then transfer them to a bowl. Add all remaining ingredients, toss and serve

Chicken and Spinach Casserole

(Prep + Cooking Time: 30 minutes | Servings: 4)

Ingredients:

- 1 lb. chicken meat; ground
- 12 eggs; whisked
- 1 cup baby spinach
- 1 tbsp. olive oil
- 1/2 tsp. sweet paprika
- Salt and black pepper to taste

Directions:

1. In a bowl, whisk the eggs with the salt, pepper and paprika. Then add the spinach and chicken and mix well.
2. Heat up your air fryer at 350°F; add the oil and allow it to heat up
3. Add the chicken and spinach mix, cover and cook for 25 minutes. Divide between plates and serve hot

Smoked Bacon and Bread

(Prep + Cooking Time: 40 minutes | Servings: 6)

Ingredients:

- 1 lb. white bread; cubed
- 1 lb. smoked bacon; cooked and chopped.
- 1/2 lb. cheddar cheese; shredded
- 1/2 lb. Monterey jack cheese; shredded
- 30 oz. canned tomatoes; chopped.
- 1/4 cup avocado oil
- 1 red onion; chopped.
- 2 tbsp. chicken stock
- 2 tbsp. chives; chopped.
- 8 eggs; whisked
- Salt and black pepper to taste

Directions:

1. Add the oil to your air fryer and heat it up at 350°F
2. Add all other ingredients except the chives and cook for 30 minutes, shaking halfway. Divide between plates and serve with chives sprinkled on top

Sausage Bake

(**Prep + Cooking Time:** 25 minutes | **Servings:** 4)

Ingredients:

- 1 lb. breakfast sausage; chopped.
- 4 bacon slices; cooked and crumbled
- A drizzle of olive oil
- 2 cups coconut milk
- 2½ cups cheddar cheese; shredded
- 3 tbsp. cilantro; chopped.
- 2 eggs
- Salt and black pepper to taste

Directions:

1. In a bowl, mix the eggs with milk, cheese, salt, pepper and the cilantro and whisk well
2. Grease your air fryer with the drizzle of oil and heat it up at 320°F. Add the bacon, sausage and the egg mixture, spread and cook for 20 minutes. Serve hot and enjoy!

Tofu and Quinoa Bowls

(Prep + Cooking Time: 25 minutes | Servings: 4)

Ingredients:

- 1 lb. fresh romanesco; torn
- 12 oz. firm tofu; cubed
- 8 oz. baby spinach; torn
- 3 carrots; chopped.
- 1 red bell pepper; chopped.
- 1/4 cup soy sauce
- 2 cups red quinoa; cooked
- 3 tbsp. maple syrup
- 2 tbsp. olive oil
- 2 tbsp. lime juice

Directions:

1. In your air fryer, mix the tofu with the oil, maple syrup, soy sauce and lime juice; toss
2. Cook at 370°F for 15 minutes, shaking halfway and transfer to a bowl. Add romanesco, carrots, spinach, bell peppers and quinoa; toss and then divide between bowls. Serve and enjoy.

Tasty Tuna Sandwiches

(**Prep + Cooking Time:** 15 Minutes | **Servings:** 4)

Ingredients:

- 16-ounce canned tuna; drained
- 1/4 cup mayonnaise
- 2 tablespoon mustard
- 1 tablespoon lemon juice
- 2 green onions; chopped
- 3 English muffins; halved
- 3 tablespoon butter
- 6 provolone cheese

Directions:

1. In a bowl; mix tuna with mayo, lemon juice, mustard and green onions and stir
2. Grease muffin halves with the butter, place them in preheated air fryer and bake them at 350°F, for 4 minutes. Spread tuna mix on muffin halves; top each with provolone cheese, return sandwiches to air fryer and cook them for 4 minutes; divide among plates and serve for breakfast right away

Ham and Cheese Patties

(**Prep + Cooking Time:** 20 minutes | **Servings:** 4)

Ingredients:

- 8 ham slices; chopped.
- 4 handfuls mozzarella cheese; grated
- 1 puff pastry sheet
- 4 tsp. mustard

Directions:

1. Roll out puff pastry on a working surface and cut it in 12 squares. Divide cheese, ham and mustard on half of them, top with the other halves and seal the edges
2. Place all the patties in your air fryer's basket and cook at 370°F for 10 minutes. Divide the patties between plates and serve

Chili and Parsley Soufflé

(**Prep + Cooking Time:** 14 minutes | **Servings:** 3)

Ingredients:

- 3 eggs
- 1 red chili pepper; chopped.
- 2 tbsp. heavy cream
- 2 tbsp. parsley; finely chopped.
- Salt and white pepper to taste

Directions:

1. In a bowl, mix all ingredients, whisk and pour into 3 ramekins
2. Place ramekins in your air fryer's basket and cook at 400°F for 9 minutes.
Serve the soufflés immediately and enjoy!

Peppers and Lettuce Salad

(**Prep + Cooking Time:** 15 minutes | **Servings:** 4)

Ingredients:

- 2 oz. rocket leaves
- 4 red bell peppers
- 1 lettuce head; torn
- 2 tbsp. olive oil
- 1 tbsp. lime juice
- 3 tbsp. heavy cream
- Salt and black pepper to taste

Directions:

1. Place the bell peppers in your air fryer's basket and cook at 400°F for 10 minutes
2. Remove the peppers, peel, cut them into strips and put them in a bowl. Add all remaining ingredients, toss and serve

Breakfast Sausage Rolls

(Prep + Cooking Time: 16 minutes | Servings: 4)

Ingredients:

- 8 crescent roll dough pieces; separated
- 8 cheddar cheese slices
- 8 small sausages

Directions:

1. Unroll the crescent roll pieces on a working surface and place one sausage and one slice of cheese on each.
2. Wrap the sausage and cheese with each roll and seal the edges
3. Place 4 wraps in your air fryer, cook at 380°F for 3 minutes and transfer to a plate. Repeat with the remaining 4 sausage rolls and serve.

Parmesan Muffins

(Prep + Cooking Time: 20 minutes | Servings: 4)

Ingredients:

- 3 oz. almond milk
- 4 oz. white flour
- 2 oz. parmesan cheese; grated
- 2 eggs
- 2 tbsp. olive oil
- 1 tbsp. baking powder
- A splash of Worcestershire sauce

Directions:

1. In a bowl, mix the eggs with 1 tbsp. of the oil, milk, baking powder, flour, Worcestershire sauce and the parmesan; stir well
2. Grease a muffin pan that fits your air fryer with the remaining 1 tbsp. of oil, divide the cheesy mix evenly and place the pan in the air fryer. Cook at 320°F for 15 minutes. Enjoy

Leek and Potato Frittata

(Prep + Cooking Time: 28 Minutes | Servings: 4)

Ingredients:

- 2 gold potatoes; boiled, peeled and chopped
- 1/4 cup whole milk
- 5-ounce fromage blanc; crumbled
- 2 tablespoon butter
- 2 leeks; sliced
- 10 eggs; whisked
- Salt and black pepper to the taste

Directions:

1. Heat up a pan that fits your air fryer with the butter over medium heat, add leeks; stir and cook for 4 minutes.
2. Add potatoes, salt, pepper, eggs, cheese and milk, whisk well; cook for 1 minute more, introduce in your air fryer and cook at 350°F, for 13 minutes. Slice frittata, divide among plates and serve

Pancakes

(**Prep + Cooking Time:** 30 minutes | **Servings:** 4)

Ingredients:

- 1¾ cups white flour
- 1 cup apple; peeled, cored and chopped.
- 1¼ cups milk
- 1 egg; whisked
- 2 tbsp. sugar
- 2 tsp. baking powder
- 1/4 tsp. vanilla extract
- 2 tsp. cinnamon powder
- Cooking spray

Directions:

1. In a bowl, mix all ingredients (except cooking spray) and stir until you obtain a smooth batter
2. Grease your air fryer's pan with the cooking spray and pour in 1/4 of the batter; spread it into the pan.
3. Cover and cook at 360°F for 5 minutes, flipping it halfway
4. Repeat steps 2 and 3 with 1/4 of the batter 3 more times and then serve the pancakes right away.

Fruity Casserole

(**Prep + Cooking Time:** 30 minutes | **Servings:** 6)

Ingredients:

- 1 banana; peeled and mashed
- 2 eggs; whisked
- 2 cups milk
- 1 cup blueberries
- 2 cups old fashioned oats
- 1/3 cup sugar
- 1 tsp. cinnamon powder
- 1 tsp. vanilla extract
- 1 tsp. baking powder
- 2 tbsp. butter
- Cooking spray

Directions:

1. In a bowl, mix the sugar, baking powder, cinnamon, blueberries, banana, eggs, butter and vanilla; whisk.
2. Heat up your air fryer at 320°F and grease with cooking spray
3. Add the oats, the berries and banana mix; cover and cook for 20 minutes. Divide into bowls and serve.

Artichoke Omelet

(**Prep + Cooking Time:** 20 minutes | **Servings:**)

Ingredients:

- 3 artichoke hearts; canned, drained and chopped.
- 6 eggs; whisked
- 2 tbsp. avocado oil
- 1/2 tsp. oregano; dried
- Salt and black pepper to taste

Directions:

1. In a bowl, mix all ingredients except the oil; stir well. Add the oil to your air fryer's pan and heat it up at 320°F.
2. Add the egg mixture, cook for 15 minutes, divide between plates and serve

Chorizo Omelet

(Prep + Cooking Time: 12 minutes | Servings: 4)

Ingredients:

- 1/2 lb. chorizo; chopped.
- 1/2 cup corn
- 4 eggs; whisked
- 1 tbsp. feta cheese; crumbled
- 1 tbsp. vegetable oil
- 1 tbsp. cilantro; chopped.
- Salt and black pepper to taste

Directions:

1. Heat up your air fryer at 350°F, add the oil and heat it up. Add the chorizo, stir and cook for 1-2 minutes.
2. In a bowl, mix all remaining ingredients; whisk and then pour over the chorizo. Cook for 5 minutes, divide between plates and serve

Creamy Peas Omelet

(Prep + Cooking Time: 15 minutes | Servings: 8)

Ingredients:

- 1/2 lb. baby peas
- 8 eggs; whisked
- 1½ cups yogurt
- 1/2 cup mint; chopped.
- 3 tbsp. avocado oil
- Salt and black pepper to taste

Directions:

1. Heat up the oil in a pan that fits your air fryer over medium heat. Add the peas, stir and cook for 3-4 minutes. In a bowl, mix the yogurt, salt, pepper, eggs and mint; whisk
2. Pour yogurt mixture over the peas, toss and cook at 350°F for 7 minutes. Slice the omelet and serve right away.

Apple Oatmeal

(Prep + Cooking Time: 20 minutes | Servings: 6)

Ingredients:

- 1¼ cups steel cut oats
- 3 cups almond milk
- 2 apples; cored, peeled and chopped.
- 2 tsp. vanilla extract
- 2 tsp. sugar
- 1/2 tsp. cinnamon powder
- 1/4 tsp. nutmeg; ground
- 1/4 tsp. allspice; ground
- 1/4 tsp. ginger powder
- 1/4 tsp. cardamom; ground
- Cooking spray

Directions:

1. Spray your air fryer with cooking spray, add all ingredients and stir. Cover and cook at 360°F for 15 minutes. Divide into bowls and serve

Polenta Cakes

(**Prep + Cooking Time:** 35 minutes | **Servings:** 4)

Ingredients:

- 1/4 cup potato starch
- 1 cup cornmeal
- 3 cups water
- A drizzle of vegetable oil
- Maple syrup for serving
- 1 tbsp. butter; softened
- Salt and black pepper to taste

Directions:

1. Put the water in a pot, heat up over medium heat, add the cornmeal, whisk and cook for 10 minutes.
2. Add the butter, whisk well again, then take off the heat and allow to cool down
3. Take spoonfuls of polenta and shape into balls; flatten them, dredge in potato starch and place them on a lined baking sheet that fits your air fryer. Drizzle with oil
4. Place the baking sheet in the fryer and cook at 380°F for 15 minutes, flipping them halfway. Serve with maple syrup drizzled on top.

Carrots and Cauliflower Mix

(**Prep + Cooking Time:** 30 minutes | **Servings:** 4)

Ingredients:

- 1 cauliflower head; stems removed, florets separated and steamed
- 2 oz. milk
- 2 oz. cheddar cheese; grated
- 3 carrots; chopped and steamed
- 3 eggs
- 2 tsp. cilantro; chopped.
- Salt and black pepper to taste

Directions:

1. In a bowl, mix the eggs with the milk, parsley, salt and pepper; whisk. Put the cauliflower and the carrots in your air fryer, add the egg mixture and spread. Then sprinkle the cheese on top
2. Cook at 350°F for 20 minutes, divide between plates and serve

Pesto Toast

(**Prep + Cooking Time:** 13 minutes | **Servings:** 3)

Ingredients:

- 6 bread slices
- 3 garlic cloves; minced
- 1 cup mozzarella cheese; grated
- 6 tsp. basil and tomato pesto
- 5 tbsp. butter; melted

Directions:

1. Arrange bread slices on a working surface. In a bowl, mix the butter, pesto and garlic and spread on each bread slice
2. Place them in your air fryer's basket, sprinkle the cheese on top and cook at 350°F for 8 minutes. Serve right away

Vanilla Oatmeal

(**Prep + Cooking Time:** 22 minutes | **Servings:** 4)

Ingredients:

- 1 cup steel cut oats
- 1 cup milk
- 2½ cups water
- 2 tsp. vanilla extract
- 2 tbsp. brown sugar

Directions:

1. In a pan that fits your air fryer, mix all ingredients and stir well. Place the pan in your air fryer and cook at 360°F for 17 minutes. Divide into bowls and serve

Cod Tortilla

(**Prep + Cooking Time:** 27 minutes | **Servings:** 4)

Ingredients:

- 4 cod fillets; skinless and boneless
- 4 tortillas
- 1 green bell pepper; chopped.
- 1 red onion; chopped.
- A drizzle of olive oil
- 1 cup corn
- 1/2 cup salsa
- 4 tbsp. parmesan cheese; grated
- A handful of baby spinach

Directions:

1. Put the fish fillets in your air fryer's basket, cook at 350°F for 6 minutes and transfer to a plate.
2. Heat up a pan with the oil over medium heat, add the bell peppers, onions and corn and stir
3. Sauté for 5 minutes and take off the heat. Arrange all the tortillas on a working surface and divide the cod, salsa, sautéed veggies, spinach and parmesan evenly between the 4 tortillas; then wrap / roll them
4. Place the tortillas in your air fryer's basket and cook at 350°F for 6 minutes. Divide between plates, serve.

Creamy Mushroom Pie

(Prep + Cooking Time: 20 minutes | Servings: 4)

Ingredients:

- 6 white mushrooms; chopped.
- 3 eggs
- 1 red onion; chopped.
- 9-inch pie dough
- 1/4 cup cheddar cheese; grated
- 1/2 cup heavy cream
- 2 tbsp. bacon; cooked and crumbled
- 1 tbsp. olive oil
- 1/2 tsp. thyme; dried
- Salt and black pepper to taste

Directions:

1. Roll the dough on a working surface, then press it on the bottom of a pie pan that fits your air fryer and grease with the oil
2. In a bowl, mix all other ingredients except the cheese, stir well and pour mixture into the pie pan
3. Sprinkle the cheese on top, put the pan in the air fryer and cook at 400°F for 10 minutes. Slice and serve.

Chicken Burrito

(Prep + Cooking Time: 15 minutes | Servings: 2)

Ingredients:

- 4 chicken breast slices; cooked and shredded
- 2 tortillas
- 1 avocado; peeled, pitted and sliced
- 1 green bell pepper; sliced
- 2 eggs; whisked
- 2 tbsp. mild salsa
- 2 tbsp. cheddar cheese; grated
- Salt and black pepper to taste

Directions:

1. In a bowl, whisk the eggs with the salt and pepper and pour them into a pan that fits your air fryer. Put the pan in the air fryer's basket, cook for 5 minutes at 400°F and transfer the mix to a plate
2. Place the tortillas on a working surface and between them divide the eggs, chicken, bell peppers, avocado and the cheese; roll the burritos
3. Line your air fryer with tin foil, add the burritos and cook them at 300°F for 3-4 minutes. Serve for breakfast-or lunch, or dinner!

Blackberries and Cornflakes

(**Prep + Cooking Time:** 15 minutes | **Servings:** 4)

Ingredients:

- 3 cups milk
- 1/4 cup blackberries
- 2 eggs; whisked
- 1 tbsp. sugar
- 1/4 tsp. nutmeg; ground
- 4 tbsp. cream cheese; whipped
- 1½ cups corn flakes

Directions:

1. In a bowl, mix all ingredients and stir well.
2. Heat up your air fryer at 350°F, add the corn flakes mixture, spread and cook for 10 minutes. Divide between plates, serve and enjoy

Cheesy Hash Brown

(Prep + Cooking Time: 30 minutes | Servings: 6)

Ingredients:

- 1½ lbs. hash browns
- 6 bacon slices; chopped.
- 8 oz. cream cheese; softened
- 1 yellow onion; chopped.
- 6 eggs
- 6 spring onions; chopped.
- 1 cup cheddar cheese; shredded
- 1 cup almond milk
- A drizzle of olive oil
- Salt and black pepper to taste

Directions:

1. Heat up your air fryer with the oil at 350°F. In a bowl, mix all other ingredients except the spring onions and whisk well
2. Add this mixture to your air fryer, cover and cook for 20 minutes
3. Divide between plates, sprinkle the spring onions on top and serve.

Potato Frittata

(**Prep + Cooking Time:** 25 minutes | **Servings:** 6)

Ingredients:

- 1 lb. small potatoes; chopped.
- 1 oz. parmesan cheese; grated
- 1/2 cup heavy cream
- 2 red onions; chopped.
- 8 eggs; whisked
- 1 tbsp. olive oil
- Salt and black pepper to taste

Directions:

1. In a bowl, mix all ingredients except the potatoes and oil; stir well.
2. Heat up your air fryer's pan with the oil at 320°F. Add the potatoes, stir and cook for 5 minutes
3. Add the egg mixture, spread and cook for 15 minutes more. Divide the frittata between plates and serve

Vanilla Toast

(**Prep + Cooking Time:** 10 minutes | **Servings:** 6)

Ingredients:

- 12 bread slices
- 1/2 cup brown sugar
- 1 stick butter; softened
- 2 tsp. vanilla extract

Directions:

1. In a bowl, mix the butter, sugar and vanilla; stir. Spread mixture over bread slices, put them in your air fryer and cook at 400°F for 5 minutes. Serve immediately and enjoy

Delicious Doughnuts

(Prep + Cooking Time: 28 Minutes | Servings: 6)

Ingredients:

- 1/2 cup sugar
- 2 ¼ cups white flour
- 1 teaspoon cinnamon powder
- 2 egg yolks
- 1/3 cup caster sugar
- 4 tablespoon butter; soft
- 1 ½ teaspoon baking powder
- 1/2 cup sour cream

Directions:

1. In a bowl; mix 2 tablespoon butter with simple sugar and egg yolks and whisk well
2. Add half of the sour cream and stir.
3. In another bowls; mix flour with baking powder, stir and also add to eggs mix
4. Stir well until you obtain a dough, transfer it to a floured working surface; roll it out and cut big circles with smaller ones in the middle.
5. Brush doughnuts with the rest of the butter; heat up your air fryer at 360 degrees F; place doughnuts inside and cook them for 8 minutes
6. In a bowl; mix cinnamon with caster sugar and stir. Arrange doughnuts on plates and dip them in cinnamon and sugar before serving.

Herbed Omelet

(Prep + Cooking Time: 20 minutes | Servings: 4)

Ingredients:

- 6 eggs; whisked
- 2 tbsp. parmesan cheese; grated
- 4 tbsp. heavy cream
- 1 tbsp. parsley; chopped.
- 1 tbsp. tarragon; chopped.
- 2 tbsp. chives; chopped.
- Salt and black pepper to taste

Directions:

1. In a bowl, mix all ingredients except for the parmesan and whisk well.
Pour this into a pan that fits your air fryer, place it in preheated fryer and cook at 350°F for 15 minutes
2. Divide the omelet between plates and serve with the parmesan sprinkled on top

Rice Pudding

(**Prep + Cooking Time:** 25 minutes | **Servings:** 4)

Ingredients:

- 1 cup brown rice
- 1/2 cup maple syrup
- 1/2 cup almonds; chopped.
- 1/2 cup coconut; shredded
- 3 cups almond milk

Directions:

1. Put the rice in a pan that fits your air fryer and add all remaining ingredients; toss. Place pan in your air fryer and cook at 360°F for 20 minutes. Divide into bowls and serve

Corn Pudding

(**Prep + Cooking Time:** 1 hour 25 minutes | **Servings:** 6)

Ingredients:

- 4 bacon slices; cooked and chopped.
- 3 eggs
- 3 cups bread; cubed
- 1/2 cup heavy cream
- 1½ cups whole milk
- 1 cup cheddar cheese; grated
- 2 cups corn
- 1/2 cup green bell pepper; chopped
- 1 yellow onion; chopped.
- 1/4 cup celery; chopped.
- 1 tsp. thyme; chopped.
- 2 tsp. garlic; grated
- 3 tbsp. parmesan cheese; grated
- 1 tbsp. olive oil
- Salt and black pepper

Directions:

1. Heat up the oil in a pan over medium heat. Add the corn, celery, onion, bell pepper, salt, pepper, garlic and thyme to the pan; stir, sauté for 15 minutes and transfer to a bowl
2. To the same bowl, add the bacon, milk, cream, eggs, salt, pepper, bread and the cheddar cheese. Stir well, then pour into a casserole dish that fits your air fryer
3. Place the dish in the fryer and cook at 350°F for 30 minutes
4. Sprinkle the pudding with parmesan cheese and cook for 30 minutes more. Slice, divide between plates and serve.

Cheese Toast

(**Prep + Cooking Time:** 13 minutes | **Servings:**2)

Ingredients:

- 4 bread slices
- 4 cheddar cheese slices
- 4 tsp. butter; softened

Directions:

1. Spread the butter on each slice of bread. Place 2 cheese slices each on 2 bread slices, then top with the other 2 bread slices; cut each in half
2. Arrange the sandwiches in your air fryer's basket and cook at 370°F for 8 minutes. Serve hot and enjoy!

Pumpkin Oatmeal

(**Prep + Cooking Time:** 25 minutes | **Servings:** 4)

Ingredients:

- 1/2 cup steel cut oats
- 1½ cups milk
- 1/2 cup pumpkin puree
- 1 tsp. pumpkin pie spice
- 3 tbsp. sugar

Directions:

1. In your air fryer's pan, mix all ingredients. Stir, cover and cook at 360°F for 20 minutes. Divide into bowls and serve

Easy Onion Frittata

(**Prep + Cooking Time:** 30 Minutes | **Servings:** 6)

Ingredients:

- 10 eggs; whisked
- 1/2 cup sour cream
- 2 yellow onions; chopped
- 1 tablespoon olive oil
- 1-pound small potatoes; chopped
- 1-ounce cheddar cheese; grated
- Salt and black pepper to the taste

Directions:

1. In a large bowl; mix eggs with potatoes, onions, salt, pepper, cheese and sour cream and whisk well.
2. Grease your air fryer's pan with the oil, add eggs mix; place in air fryer and cook for 20 minutes at 320 degrees F. Slice frittata, divide among plates and serve for breakfast

Breakfast Potatoes

(**Prep + Cooking Time:** 45 Minutes | **Servings:** 4)

Ingredients:

- 3 potatoes; cubed
- 2 tablespoons olive oil
- 1 teaspoon garlic powder
- 1 teaspoon sweet paprika
- 1 teaspoon onion powder
- 1 yellow onion; chopped
- 1 red bell pepper; chopped
- Salt and black pepper to the taste

Directions:

1. Grease your air fryer's basket with olive oil; add potatoes, toss and season with salt and pepper
2. Add onion, bell pepper, garlic powder, paprika and onion powder, toss well, cover and cook at 370°F, for 30 minutes. Divide potatoes mix on plates and serve for breakfast

Tofu and Bell Peppers

(Prep + Cooking Time: 15 minutes | Servings: 8)

Ingredients:

- 3 oz. firm tofu; crumbled
- 1 green onion; chopped.
- 1 yellow bell pepper; cut into strips
- 1 orange bell pepper; cut into strips
- 1 green bell pepper; cut into strips
- 2 tbsp. parsley; chopped.
- Salt and black pepper to taste

Directions:

1. In a pan that fits your air fryer, place the bell pepper strips and mix
2. Then add all remaining ingredients, toss and place the pan in the air fryer. Cook at 400°F for 10 minutes. Divide between plates and serve

Tuna Sandwiches

(Prep + Cooking Time: 14 minutes | Servings: 4)

Ingredients:

- 16 oz. canned tuna; drained
- 6 bread slices
- 6 provolone cheese slices
- 2 spring onions; chopped.
- 1/4 cup mayonnaise
- 2 tbsp. mustard
- 1 tbsp. lime juice
- 3 tbsp. butter; melted

Directions:

1. In a bowl, mix the tuna, mayo, lime juice, mustard and spring onions; stir until combined.
2. Spread the bread slices with the butter, place them in preheated air fryer and bake them at 350°F for 5 minutes
3. Spread tuna mix on half of the bread slices and top with the cheese and the other bread slices
4. Place the sandwiches in your air fryer's basket and cook for 4 minutes more. Divide between plates and serve.

Carrot Oatmeal

(**Prep + Cooking Time:** 20 minutes | **Servings:** 4)

Ingredients:

- 1/2 cup steel cut oats
- 2 cups almond milk
- 1 cup carrots; shredded
- 2 tsp. sugar
- 1 tsp. cardamom; ground
- Cooking spray

Directions:

1. Spray your air fryer with cooking spray, add all ingredients, toss and cover. Cook at 365°F for 15 minutes. Divide into bowls and serve

Fish Tacos Breakfast

(Prep + Cooking Time: 23 Minutes | Servings: 4)

Ingredients:

- 4 big tortillas
- 1 yellow onion; chopped
- 1 cup corn
- 1 red bell pepper; chopped
- 1/2 cup salsa
- 4 white fish fillets; skinless and boneless
- A handful mixed romaine lettuce; spinach and radicchio
- 4 tablespoon parmesan; grated

Directions:

1. Put fish fillets in your air fryer and cook at 350°F, for 6 minutes
2. Meanwhile; heat up a pan over medium high heat, add bell pepper, onion and corn; stir and cook for 1 - 2 minutes
3. Arrange tortillas on a working surface, divide fish fillets, spread salsa over them; divide mixed veggies and mixed greens and spread parmesan on each at the end.
4. Roll your tacos; place them in preheated air fryer and cook at 350°F, for 6 minutes more. Divide fish tacos on plates and serve for breakfast

Pear Oatmeal

(**Prep + Cooking Time:** 17 minutes | **Servings:** 4)

Ingredients:

- 1 cup milk
- 1/4 cups brown sugar
- 1/2 cup walnuts; chopped.
- 2 cups pear; peeled and chopped.
- 1 cup old fashioned oats
- 1/2 tsp. cinnamon powder
- 1 tbsp. butter; softened

Directions:

1. In a heat-proof bowl that fits your air fryer, mix all ingredients and stir well. Place in your fryer and cook at 360°F for 12 minutes. Divide into bowls and serve

Stuffed Peppers

(**Prep + Cooking Time:** 13 minutes | **Servings:** 8)

Ingredients:

- 3½ oz. feta cheese; cubed
- 8 small bell peppers; tops cut off and seeds removed
- 1 tbsp. avocado oil
- Salt and black pepper to taste

Directions:

1. In a bowl, mix the cheese, salt, pepper and the oil; toss. Stuff the peppers with the cheese
2. Place the peppers in your air fryer's basket and cook at 400°F for 8 minutes. Divide the peppers between plates, serve and enjoy!

Squash Breakfast

(**Prep + Cooking Time:** 15 minutes | **Servings:** 4)

Ingredients:

- 1 red bell pepper; roughly chopped.
- 1 cup white mushrooms; sliced
- 1/2 cup feta cheese; crumbled
- 1 yellow squash; cubed
- 2 green onions; sliced
- 2 tbsp. butter; softened

Directions:

1. In a bowl, mix all ingredients except the feta cheese. Transfer to your air fryer and cook at 350°F for 10 minutes, shaking the fryer once
2. Divide the mixture between plates and serve with feta cheese sprinkled on top.

Beans Oatmeal

(**Prep + Cooking Time:** 20 minutes | **Servings:** 2)

Ingredients:

- 1 cup steel cut oats
- 2 red bell peppers; chopped.
- 2 tbsp. canned kidney beans; drained
- 4 tbsp. heavy cream
- 1/4 tsp. cumin; ground
- Salt and black pepper to taste

Directions:

1. Heat up your air fryer at 360°F and add all ingredients; stir. Cover and cook for 15 minutes. Divide into bowls, serve and enjoy!

Quick Turkey Burrito

(Prep + Cooking Time: 20 Minutes | Servings: 2)

Ingredients:

- 4 slices turkey breast already cooked
- 1/2 red bell pepper; sliced
- 1 small avocado; peeled; pitted and sliced
- 2 tablespoon salsa
- 2 eggs
- 1/8 cup mozzarella cheese; grated
- Salt and black pepper to the taste
- Tortillas for serving

Directions:

1. In a bowl; whisk eggs with salt and pepper to the taste, pour them in a pan and place it in the air fryer's basket
2. Cook at 400°F, for 5 minutes; take pan out of the fryer and transfer eggs to a plate.
3. Arrange tortillas on a working surface, divide eggs on them; also divide turkey meat, bell pepper, cheese, salsa and avocado
4. Roll your burritos and place them in your air fryer after you've lined it with some tin foil. Heat up the burritos at 300°F, for 3 minutes; divide them on plates and serve

Strawberry Oatmeal

(**Prep + Cooking Time:** 15 minutes | **Servings:** 4)

Ingredients:

- 1 cup strawberries; chopped
- 1 cup almond milk
- 1 cup steel cut oats
- 1/2 tsp. vanilla extract
- 2 tbsp. sugar
- Cooking spray

Directions:

1. Spray your air fryer with cooking spray and then add all ingredients; toss and cover. Cook at 365°F for 10 minutes. Divide into bowls and serve

Kale Sandwich

(Prep + Cooking Time: 11 minutes | Servings: 1)

Ingredients:

- 2 cups kale; torn
- 1 small shallot; chopped.
- 1 avocado slice
- 1 English muffin; halved
- 1 tsp. olive oil
- 2 tbsp. pumpkin seeds
- 1½ tbsp. mayonnaise
- A pinch of salt and black pepper

Directions:

1. Heat up your air fryer with the oil at 360°F. Add kale, salt, pepper, pumpkin seeds and shallots; toss.
2. Cover and cook for 6 minutes, shaking halfway. Spread the mayo on the English muffin halves, add the avocado slice on one half, then add the kale mix and top with the other muffin half. Serve and enjoy

Biscuits Casserole Delight

(**Prep + Cooking Time:** 25 Minutes | **Servings:** 8)

Ingredients:

- 12-ounce biscuits; quartered
- 2 ½ cups milk
- 3 tablespoon flour
- 1/2-pound sausage; chopped.
- A pinch of salt and black pepper
- Cooking spray

Directions:

1. Grease your air fryer with cooking spray and heat it over 350 degrees F
2. Add biscuits on the bottom and mix with sausage.
3. Add flour, milk, salt and pepper; toss a bit and cook for 15 minutes.
Divide among plates and serve for breakfast

Black Bean Burritos

(Prep + Cooking Time: 19 minutes | Servings: 2)

Ingredients:

- 2 cups canned black beans; drained
- 1/2 red bell pepper; sliced
- 1 small avocado; peeled, pitted and sliced
- 1/8 cup mozzarella cheese; shredded
- 2 tortillas
- A drizzle of olive oil
- 2 tbsp. mild salsa
- Salt and black pepper to taste

Directions:

1. Grease your air fryer with the oil; then add the beans, bell peppers, salsa, salt and pepper
2. Cover and cook at 400°F for 6 minutes. Arrange the tortillas on a working surface and divide the bean mixture, avocado and cheese on each; roll the burritos
3. Put them in your air fryer and cook at 300°F for 3 minutes more. Divide between plates and serve.

Spinach Pie

(Prep + Cooking Time: 34 minutes | Servings: 4)

Ingredients:

- 3 oz. mozzarella cheese; crumbled
- 7 oz. white flour
- 7 oz. spinach; torn
- 1 red onion; chopped.
- 2 eggs; whisked
- 2 tbsp. olive oil
- 2 tbsp. milk
- Salt and black pepper to taste

Directions:

1. In your food processor, mix the flour with 1 tbsp. of the oil, eggs, milk, salt and pepper; pulse, then transfer to a bowl.
2. Knead the mixture a bit, cover and keep in the fridge for 10 minutes
3. Heat up a pan with the remaining 1 tbsp. of oil over medium heat and then add all remaining ingredients.
4. Stir, cook for 4 minutes and remove from heat. Divide the dough into 4 pieces, roll each piece and place in the bottom of a ramekin
5. Divide the spinach mixture between the ramekins, place them in your air fryer's basket and cook at 360°F for 15 minutes. Serve and enjoy!

Tofu and Veggie Casserole

(Prep + Cooking Time: 35 minutes | Servings: 2)

Ingredients:

- 7 oz. firm tofu; cubed
- 1 yellow onion; chopped.
- 1 carrot; chopped.
- 2 celery stalks; chopped.
- 1/2 cup quinoa; already cooked
- 1/2 cup white mushrooms; chopped.
- 1/2 cup red bell pepper; chopped.
- 1 tsp. garlic; minced
- 1 tsp. olive oil
- 1 tsp. oregano; dried
- 1/2 tsp. cumin; ground
- 1 tbsp. lemon juice
- 2 tbsp. water
- 2 tbsp. cheddar cheese; grated
- Salt and black pepper to taste

Directions:

1. Heat up a pan with the oil over medium heat. Add the garlic and onion, stir and sauté for 3 minutes.
2. Add bell peppers, celery, carrots, salt, pepper, mushrooms, oregano and cumin; stir
3. Cook for 5-6 minutes more and remove from the heat. In your food processor, place the tofu, cheese, lemon juice, quinoa and water; blend.
4. Add the tofu mixture over the sautéed veggies and toss
5. Pour everything into your air fryer's pan and cook at 350°F for 15 minutes. Divide between plates and serve.

Yam Pudding

(Prep + Cooking Time: 13 minutes | Servings: 4)

Ingredients:

- 16 oz. canned candied yams; drained
- 1/2 cup maple syrup
- 1/2 cup coconut sugar
- 2 eggs; whisked
- 1/2 tsp. cinnamon powder
- 1/4 tsp. allspice; ground
- 2 tbsp. heavy cream
- Cooking spray

Directions:

1. In a bowl, mix the yams, cinnamon and all spice; mash with a fork. Grease your air fryer with cooking spray and heat it up to 400°F. Then spread the yams mixture on the bottom
2. In another bowl, mix the eggs, cream and maple syrup, then add to the air fryer; cover and cook for 8 minutes. Divide into bowls and serve

Mushroom Fritters

(**Prep + Cooking Time:** 2 hours 11 minutes | **Servings:** 8)

Ingredients:

- 4 oz. mushrooms; chopped.
- 10 oz. milk
- 1 red onion; chopped.
- 1/4 tsp. nutmeg; ground
- 2 tbsp. olive oil
- 1 tbsp. panko breadcrumbs
- Salt and black pepper to taste

Directions:

1. Heat up a pan with 1 tbsp. of the oil over medium-high heat, add the onions and mushrooms and stir / sauté for 3 minutes
2. Add the milk, salt, pepper and nutmeg; stir. Remove the mixture from heat and set aside for 2 hours
3. In a bowl, mix the remaining 1 tbsp. of the oil with the panko and stir. Take 1 tbsp. of the mushroom mixture, roll in breadcrumbs, flatten with your palms and put it in your air fryer's basket.
4. Repeat step 5 with the rest of the mushroom mixture and breadcrumbs and then cook the fritters at 400°F for 8 minutes. Divide between plates and serve

Apple Bran Granola

(**Prep + Cooking Time:** 20 minutes | **Servings:** 4)

Ingredients:

- 2 green apples; cored, peeled and roughly chopped.
- 1/4 cup apple juice
- 1/8 cup maple syrup
- 1/2 cup granola
- 1/2 cup bran flakes
- 1 tsp. cinnamon powder
- 2 tbsp. butter

Directions:

1. In your air fryer, mix all ingredients. Toss, cover and cook at 365°F for 15 minutes. Divide into bowls and serve; enjoy!

Cheese Fried Bake

(**Prep + Cooking Time:** 30 Minutes | **Servings:** 4)

Ingredients:

- 4 bacon slices; cooked and crumbled
- 1-pound breakfast sausage; casings removed and chopped
- 2 cups milk
- 2 ½ cups cheddar cheese; shredded.
- 1/2 teaspoon onion powder
- 3 tablespoon parsley; chopped.
- 2 eggs
- Salt and black pepper to the taste
- Cooking spray

Directions:

1. In a bowl; mix eggs with milk, cheese, onion powder, salt, pepper and parsley and whisk well.
2. Grease your air fryer with cooking spray; heat it up at 320°F and add bacon and sausage
3. Add eggs mix; spread and cook for 20 minutes. Divide among plates and serve

Breakfast Cauliflower

(Prep + Cooking Time: 25 minutes | Servings: 4)

Ingredients:

- 1 big cauliflower head; stems discarded, florets separated and steamed
- 4 oz. sour cream
- 2 tbsp. olive oil
- 1 tbsp. hot paprika
- Salt and black pepper to taste

Directions:

1. In a pan that fits your air fryer, mix all ingredients and stir well
2. Put the pan in your air fryer and cook at 360°F for 20 minutes. Divide into bowls and serve; enjoy!

Eggplant and Zucchini Breakfast

(Prep + Cooking Time: 55 minutes | Servings: 4)

Ingredients:

- 8 oz. tomatoes; cut into quarters
- 8 oz. zucchini; sliced
- 8 oz. bell peppers; chopped
- 8 oz. eggplant; sliced
- 2 yellow onions; chopped.
- 2 garlic cloves; minced
- 5 tbsp. olive oil
- Salt and black pepper to taste

Directions:

1. Heat up a pan that fits your air fryer with half of the oil over medium heat.
2. Add the eggplant, salt and pepper. Stir, cook for 5 minutes and then transfer to a bowl.
3. Heat up the pan with 1 tbsp. of oil, add the zucchini and the bell peppers, cook for 4 minutes and then add to the eggplant pieces
4. Heat up the pan with the remaining oil, add onions, stir and sauté for 3 minutes. Add the tomatoes, garlic and if desired, more salt and pepper; stir
5. Transfer the pan to your air fryer and cook at 300°F for 30 minutes.
Divide mixture between plates and serve right away.

Lunch Recipes

Cod Fillets and Kale Salad

(**Prep + Cooking Time:** 20 minutes | **Servings:** 2)

Ingredients:

- 2 black cod fillets; boneless
- 1 fennel bulb; thinly sliced
- 3 cups kale leaves; shredded
- 1/2 cup pecans
- 1 cup grapes; halved
- 2 tbsp. olive oil + 1 tsp.
- 2 tsp. balsamic vinegar
- Salt and black pepper to taste

Directions:

1. Put the fish in your air fryer's basket and add salt and pepper.
2. Drizzle 1 tsp. of the olive oil over the fish and cook at 400°F for 10 minutes. Divide fish between plates
3. In a bowl, mix the fennel, grapes, kale, pecans, vinegar and 2 tbsp. of oil; toss. Divide the salad next to the fish, serve and enjoy

Chicken Pizza Rolls

(Prep + Cooking Time: 40 minutes | Servings: 4)

Ingredients:

- 2 chicken breasts; skinless, boneless and sliced
- 14 oz. pizza dough
- 1½ cups parmesan cheese; grated
- 1/2 cup tomato sauce
- 1 yellow onion; sliced
- 2 tsp. olive oil
- 1 tbsp. Worcestershire sauce
- Salt and black pepper to taste

Directions:

1. Preheat your air fryer at 400°F and add the onion and half of olive oil.
2. Fry for 8 minutes, shaking the fryer halfway. Add the chicken, Worcestershire sauce, salt and pepper; toss and fry for 8 minutes more, stirring once and then transfer to a bowl.
3. Roll the pizza dough on a working surface and shape into a rectangle
4. Spread the cheese all over, then the chicken and onion mix, then the tomato sauce
5. Roll the dough, place it in your air fryer's basket and brush the roll with the rest of the oil.
6. Cook at 370°F for 14 minutes, flipping the roll halfway. Slice your roll and serve.

Dijon Hot Dogs

(Prep + Cooking Time: 13 minutes | Servings: 2)

Ingredients:

- 2 hot dog buns
- 2 hot dogs
- 2 tbsp. parmesan cheese; grated
- 1 tbsp. Dijon mustard

Directions:

1. Put hot dogs in preheated air fryer and cook them at 390°F for 5 minutes
2. Place the hot dogs into the buns, spread the mustard all over and sprinkle with the parmesan. Air fry the hot dogs at 390°F for 3 minutes more.
Serve and enjoy!

Veggie Pudding

(Prep + Cooking Time: 40 minutes | Servings: 6)

Ingredients:

- 2 cups corn
- 1/2 cup heavy cream
- 3 cups bread; cubed
- 1½ cups milk
- 1/4 cup celery; chopped.
- 1 tbsp. butter; softened
- 2 red bell peppers; chopped.
- 1 yellow onion; chopped.
- 4 tbsp. cheddar cheese; grated
- 1 tsp. thyme; chopped.
- 2 tsp. garlic; minced
- 3 eggs; whisked
- Salt and black pepper to taste

Directions:

1. Use the butter to grease a baking dish that fits your air fryer. Add all other ingredients except the cheddar cheese and toss
2. Sprinkle the cheese all over, place the dish in the fryer and cook at 360°F for 30 minutes. Divide between plates, serve and enjoy

Cod Meatballs

(Prep + Cooking Time: 22 minutes | Servings: 4)

Ingredients:

- 1 lb. cod; skinless and chopped
- 1 yellow onion; chopped
- 1 egg
- 3 tbsp. fresh cilantro; minced
- 1/4 cup panko breadcrumbs
- 2 garlic cloves; minced
- 1/2 tsp. sweet paprika
- 1/2 tsp. oregano; ground
- A drizzle of olive oil
- Salt and black pepper to taste

Directions:

1. In your food processor, mix all ingredients except the oil; blend and then shape medium-sized meatballs out of this mix.
2. Place the meatballs in your air fryer's basket, grease them with oil and cook at 320°F for 12 minutes, shaking halfway. Divide the meatballs between plates and, if desired, serve with a side salad

Veggie Stew

(**Prep + Cooking Time:** 30 minutes | **Servings:** 6)

Ingredients:

- 7 oz. tomato paste
- 2 tomatoes; roughly chopped.
- 2 green bell peppers; cut into strips
- 2 garlic cloves; minced
- 2 yellow onions; roughly chopped.
- 4 zucchinis; halved lengthwise and sliced
- 1 eggplant; cubed
- 1 tsp. oregano; dried
- 1 tsp. sugar
- 1 tsp. basil; dried
- 2 tbsp. olive oil
- 2 tbsp. cilantro; chopped.
- Salt and black pepper to taste

Directions:

1. In a pan that fits your air fryer, combine all ingredients except the cilantro and toss well.
2. Place the pan in the air fryer and cook the stew at 360°F for 20 minutes
3. Divide the stew into bowls, sprinkle the cilantro on top and serve

Chicken Casserole

(**Prep + Cooking Time:** 40 minutes | **Servings:** 6)

Ingredients:

- 2 cups chicken meat; cooked and cubed
- 6 oz. Monterey jack cheese; grated
- 12 oz. cream cheese; softened
- 4 scallions; chopped.
- 1 cup yogurt
- 1/4 cup cilantro; chopped.
- 1/2 cup chutney
- 1/2 cup almonds; sliced
- 2 tbsp. butter; melted
- 2 tsp. curry powder
- Salt and black pepper to taste

Directions:

1. In a baking dish that fits your air fryer, add all ingredients except the Monterey jack cheese; mix well.
2. Sprinkle the Monterey jack cheese all over chicken mixture, put the dish in your air fryer and cook at 350°F for 25 minutes. Divide between plates and serve

Chicken and Cauliflower Bake

(**Prep + Cooking Time:** 30 minutes | **Servings:** 4)

Ingredients:

- 2 chicken breasts; skinless, boneless and cubed
- 1 cup tomato sauce
- 1 cup cauliflower florets
- 1 tbsp. olive oil
- 1 tsp. sweet paprika
- Salt and black pepper to taste

Directions:

1. In a baking dish that fits your air fryer, mix all ingredients. Place the dish in the fryer and bake at 370°F for 25 minutes. Divide between plates and serve

Cod and Warm Tomato

(**Prep + Cooking Time:** 22 minutes | **Servings:** 2)

Ingredients:

- 2 cod fillets; boneless
- 8 cherry tomatoes; halved
- 1/4 cup vermouth; dry
- 1 fennel bulb; sliced
- 4 tbsp. butter; softened
- 2 tbsp. dill; chopped.
- Salt and black pepper to taste

Directions:

1. Divide the butter onto 2 parchment paper pieces. Place the fennel, tomatoes, dill, salt, pepper and the vermouth in a bowl and toss a bit; then divide between the 2 parchment papers as well
2. Top this mix with the cod fillets and fold the packets
3. Place the packets in your preheated air fryer and cook at 400°F for 12 minutes
4. Unwrap the packets, place on plates, serve and enjoy!

Lentils Cakes

(**Prep + Cooking Time:** 20 minutes | **Servings:** 2)

Ingredients:

- 1 hot chili pepper; chopped.
- 1 cup canned yellow lentils; drained
- 1 tsp. ginger; grated
- 1/2 tsp. turmeric powder
- 1 tsp. garam masala
- 1 tsp. baking powder
- 2 tsp. olive oil
- 4 garlic cloves; minced
- 1/3 cup water
- 1/2 cup cilantro; chopped.
- 3/4 cup yellow onion; chopped.
- 1½ cups baby spinach; chopped.
- Salt and black pepper to taste

Directions:

1. In your blender, add all ingredients and blend well. From the mixture, shape 2 medium cakes.
2. Place the lentils cakes in your preheated air fryer at 400°F and cook for 10 minutes. Place lentils cakes on plates, serve and enjoy

Lamb Recipe

(Prep + Cooking Time: 40 minutes | Servings: 4)

Ingredients:

- 1½ lbs. rack of lamb
- 1 egg; whisked
- 1 garlic clove; minced
- 2 tbsp. macadamia nuts
- 1 tbsp. breadcrumbs
- 1 tbsp. olive oil
- 1 tbsp. rosemary; chopped.
- Salt and black pepper to taste

Directions:

1. In a bowl, mix the oil and garlic; whisk. Brush the rack of lamb with this mix and season with salt and pepper.
2. In a bowl (can use same as for oil and garlic), mix the egg with salt and pepper
3. In another bowl, mix the breadcrumbs and rosemary; stir
4. Dip the lamb in the egg and then in the breadcrumbs, place it in your air fryer's basket and cook at 400°F for 30 minutes. Serve right away and enjoy!

Japanese Pork

(Prep + Cooking Time: 25 minutes | Servings: 2)

Ingredients:

- 1/4 lb. pork tenderloin; cubed
- 2 ginger slices; minced
- 3 garlic cloves; minced
- 1/8 cup sake
- 1/8 cup water
- 1/4 cup soy sauce
- 1/4 cup mirin
- 1/2 tsp. olive oil
- 2 tbsp. sugar
- 1 tbsp. cornstarch mixed with 2 tbsp. water

Directions:

1. In pan that fits your air fryer, mix all ingredients and toss. Place the pan in the fryer and cook at 370°F for 15 minutes. Divide into bowls and serve

Shrimp Pasta

(**Prep + Cooking Time:** 25 minutes | **Servings:** 4)

Ingredients:

- 5 oz. spaghetti; cooked
- 8 oz. shrimp; peeled and deveined
- 5 garlic cloves; minced
- 1 tbsp. butter; melted
- 2 tbsp. olive oil
- 1 tsp. chili powder
- Salt and black pepper to taste

Directions:

1. Put 1 tbsp. of the oil, along with the butter, in your air fryer. Preheat the air fryer at 350°F, add the shrimp and cook for 10 minutes
2. Add all other ingredients, including the remaining 1 tbsp. of oil, toss and cook for 5 minutes more. Divide between plates, serve and enjoy

Chicken and Mushroom Pie

(Prep + Cooking Time: 20 minutes | Servings: 4)

Ingredients:

- 1 large chicken breast; boneless, skinless and cubed
- 1 yellow onion; chopped.
- 6 white mushrooms; chopped.
- 1 carrot; chopped.
- 1 tsp. soy sauce
- 2 puff pastry sheets
- 1 tsp. Italian seasoning
- 1/2 tsp. garlic powder
- 1 tsp. Worcestershire sauce
- 1 tbsp. milk
- 2 tbsp. olive oil
- 1 tbsp. white flour
- Salt and black pepper to taste

Directions:

1. Heat up a pan with half of the oil over medium-high heat and then add the carrots and onions; stir and cook for 2 minutes
2. Add the chicken, mushrooms, salt, soy sauce, pepper, Italian seasoning, garlic powder, Worcestershire sauce, flour and milk. Stir really well and remove from the heat
3. Place 1 puff pastry sheet on the bottom of your air fryer's pan, add the chicken mix and top with the other puff pastry sheet. Brush the pastry with the rest of the oil and then place the pan in the fryer; cook at 360°F for 8 minutes. Slice, serve and enjoy.

Chicken and Beans Casserole

(Prep + Cooking Time: 30 minutes | Servings: 6)

Ingredients:

- 6 kale leaves; chopped.
- 24 oz. canned black beans; drained and rinsed
- 3 cups chicken breast; skinless, boneless, cooked and shredded
- 1/2 cup cilantro; chopped.
- 1/2 cup green onions; chopped.
- 2 cups salsa
- 3 cups mozzarella cheese; shredded
- A drizzle of olive oil
- 2 tsp. chili powder
- 2 tsp. cumin; ground
- 1 tbsp. garlic powder

Directions:

1. Take a baking dish that fits your air fryer and grease it with the oil
2. Add all other ingredients except the cheese to the baking dish; then sprinkle the cheese all over
3. Place the dish in the air fryer and cook at 350°F for 20 minutes. Divide between plates, serve and enjoy!

Turkey Lunch

(**Prep + Cooking Time:** 1 hour 10 minutes | **Servings:** 6)

Ingredients:

- 1 whole turkey breast
- 1/4 cup maple syrup
- 2 tsp. olive oil
- 1/2 tsp. sweet paprika
- 1 tsp. thyme; dried
- 1 tbsp. butter; melted
- 2 tbsp. mustard
- Salt and black pepper to taste

Directions:

1. Brush the turkey breast with the oil and then season with salt, pepper, paprika and thyme; rub seasoning into turkey breast
2. Place the turkey in your air fryer and cook at 350°F for 25 minutes.
3. Flip the turkey breast and cook for 12 minutes more. Flip again and cook another 12 minutes. In a bowl, mix the butter, mustard and maple syrup; whisk
4. Brush the turkey breast with the maple syrup mix and cook for another 5 minutes. Transfer the meat to a cutting board, slice and, if desired, serve with a side salad

Bourbon Lunch Burger

(Prep + Cooking Time: 40 minutes | Servings: 2)

Ingredients:

- 1 lb. lean ground beef
- 3 maple bacon strips; halved
- 2 Colby jack cheese slices
- 2 tbsp. brown sugar
- 1 tbsp. bourbon
- 1 tbsp. onion; chopped.
- 2 tbsp. barbecue sauce
- A pinch of salt and black pepper
- 2 Kaiser rolls

For the sauce:

- 2 tbsp. mayonnaise
- 1/4 tsp. sweet paprika
- 2 tbsp. barbecue sauce
- A pinch of salt and black pepper

Directions:

1. In a bowl, mix the brown sugar with the bourbon and whisk. Place the bacon strips in your air fryer's basket, brush them with the bourbon mix and cook at 390°F for 4 minutes on each side
2. Meanwhile, in a bowl, mix the beef with 2 tbsp. of barbecue sauce, salt, pepper and onions; stir and then shape 2 burgers out of this mix.
3. Place the burgers in your air fryer's basket and cook them at 370°F for 20 minutes, flipping them halfway
4. Top each burger with a Colby jack cheese slice and leave them in the fryer for 1-2 minutes more
5. In a bowl, mix all sauce ingredients and stir well. Spread this sauce on the inside of the Kaiser rolls, place the burgers on the rolls, top with the bourbon bacon and serve

Greek Sandwiches

(Prep + Cooking Time: 11 minutes | Servings: 4)

Ingredients:

- 8 bacon slices; cooked and cut into thirds
- 1¼ cups lettuce; torn
- 2 tomatoes; sliced
- 2 red bell peppers; sliced
- 3 pita pockets; halved
- 1/3 cup barbecue sauce
- 2 tbsp. honey

Directions:

1. In a bowl, mix the barbecue sauce with honey, whisk and then brush the bacon and bell peppers with this mix
2. Place the bacon and bell peppers in your air fryer and cook at 350°F for 6 minutes, shaking once
3. Stuff pita pockets with the bacon and bell peppers mix and then add tomatoes and lettuce. Garnish with the rest of the barbecue sauce and honey, serve and enjoy!

Beef and Potato Stew

(Prep + Cooking Time: 35 minutes | Servings: 4)

Ingredients:

- 2 lbs. beef stew meat; cubed
- 1 quart beef stock
- 1 carrot; sliced
- 4 gold potatoes; cubed
- A handful of cilantro; chopped.
- 1/2 tsp. smoked paprika
- 4 tbsp. Worcestershire sauce
- Salt and black pepper to taste

Directions:

1. In a pan that fits your air fryer, mix all the ingredients except the cilantro and, toss
2. Place in your air fryer and cook at 375°F for 25 minutes. Divide into bowls, sprinkle the cilantro on top and serve right away.

Pork Bites

(Prep + Cooking Time: 17 minutes | Servings: 4)

Ingredients:

- 2 lbs. pork stew meat; cubed
- 1 cup cornstarch
- 2 eggs
- 1 tsp. sesame oil
- 1/4 tsp. Chinese five spice
- 3 tbsp. olive oil
- Salt and black pepper to taste

Directions:

1. In a bowl, add the Chinese spice, salt, pepper and cornstarch; mix well.
2. In another bowl, mix the eggs and sesame oil; whisk. Dredge the pork cubes in the cornstarch mix, then dip them in the egg mix
3. Place the pork cubes in your air fryer, drizzle all over with the olive oil and cook at 360°F for 12 minutes.
4. Divide into bowls and, if desired, serve with a side salad

Cheese Ravioli

(Prep + Cooking Time: 10 minutes | Servings: 6)

Ingredients:

- 15 oz. cheese ravioli
- 10 oz. marinara sauce
- 2 cups breadcrumbs
- 1/4 cup cheddar cheese; grated
- 1 cup buttermilk
- 1 tsp. butter; melted

Directions:

1. Put the buttermilk in one bowl and the breadcrumbs in another. Dip each ravioli in buttermilk, then in breadcrumbs
2. Put the ravioli in your air fryer's basket, brush them with the melted butter and cook at 400°F for 5 minutes.
3. Divide the ravioli between plates, sprinkle the cheddar cheese on top and serve

Chicken, Kale and Mushroom

(**Prep + Cooking Time:** 25 minutes | **Servings:** 6)

Ingredients:

- 1 bunch kale; torn
- 1 cup chicken breast; skinless, boneless, cooked and shredded
- 1½ cups shiitake mushrooms; roughly sliced
- 1/4 cup tomato sauce
- 2 tbsp. chicken stock
- Salt and black pepper to taste

Directions:

1. In a pan that fits your air fryer, mix all ingredients and then toss. Place the pan in the fryer and cook at 350°F for 20 minutes. Divide between plates and serve

Beef Meatball Sandwiches

(Prep + Cooking Time: 32 minutes | Servings: 4)

Ingredients:

- 3 baguettes; sliced halfway
- 14 oz. beef; minced
- 7 oz. tomato sauce
- 1 yellow onion; chopped.
- 1 egg; whisked
- 1 tsp. fresh basil; chopped.
- 1 tbsp. oregano; chopped.
- 1 tbsp. olive oil
- 1 tbsp. breadcrumbs
- 2 tbsp. parmesan cheese; grated
- Salt and black pepper to taste

Directions:

1. In a bowl, mix all ingredients except the tomato sauce, oil and baguettes; stir and then shape into medium-sized meatballs.
2. Heat up your air fryer with the oil at 375°F, add the meatballs and cook them for 12 minutes, flipping them halfway
3. Add the tomato sauce and cook for 10 minutes more. Divide the meatballs and sauce on half of the baguette halves, top with the other baguette halves and serve

Beef and Cabbage Bowls

(Prep + Cooking Time: 20 minutes | Servings: 4)

Ingredients:

- 1/2 lb. sirloin steak; cut into strips
- 1 yellow bell pepper; chopped.
- 2 green onions; chopped.
- 2 garlic cloves; minced
- 2 cups green cabbage; shredded
- 1 tbsp. olive oil
- 1 tsp. soy sauce
- Salt and black pepper to taste

Directions:

1. In a pan that fits your air fryer, mix the cabbage, salt, pepper and oil; toss. Put the pan in your air fryer and cook at 370°F for 4 minutes
2. Add the steak, green onions, bell peppers, soy sauce and garlic; then toss, cover and cook for another 6 minutes. Divide into bowls and serve

Chicken Wings

(**Prep + Cooking Time:** 50 minutes | **Servings:** 4)

Ingredients:

- 3 lbs. chicken wings
- 3/4 cup potato starch
- 1/2 cup butter; melted
- 1 tbsp. Old Bay seasoning
- 1 tsp. lemon juice

Directions:

1. In a bowl, mix the chicken wings with the starch and Old Bay seasoning, toss and then place the pieces in your air fryer's basket
2. Cook at 360°F for 35 minutes, shaking the fryer from time to time. Increase temperature to 400°F and cook chicken wings for 10 minutes more
3. Divide the wings between plates and serve with the melted butter mixed with the lemon juice drizzled all over.

Okra Lunch Salad

(**Prep + Cooking Time:** 20 minutes | **Servings:** 4)

Ingredients:

- 15 oz. okra; sliced
- 12 oz. canned tomatoes; chopped.
- 1 red bell pepper; chopped.
- 1 red onion; chopped.
- 2 garlic cloves; minced
- 2 cups corn
- 1 tsp. sweet paprika
- 1 tsp. thyme; dried
- 1 tsp. oregano; dried
- 1 tsp. rosemary; dried
- Salt and black pepper to taste

Directions:

1. Place all ingredients in a pan that fits your air fryer; toss well. Place the pan in the fryer and cook at 370°F for 15 minutes. Divide the salad into bowls and serve cold

Beef Meatballs and Sauce

(Prep + Cooking Time: 25 minutes | Servings: 4)

Ingredients:

- 1 lb. lean ground beef
- 16 oz. tomato sauce
- 1/4 cup panko breadcrumbs
- 1 red onion; chopped.
- 2 garlic cloves; minced
- 1 egg yolk
- 1 tbsp. olive oil
- Salt and black pepper to taste

Directions:

1. In a bowl, mix all ingredients except for the tomato sauce and olive oil.
2. Stir well and then shape into medium-sized meatballs. Grease the meatballs with oil, place them in your air fryer and cook at 400°F for 10 minutes
3. Heat up a pan over medium heat; add the tomato sauce and heat it up for 2 minutes
4. Add the meatballs, toss a bit and cook for 3 minutes more. Divide the meatballs between plates and serve.

Cod Curry

(**Prep + Cooking Time:** 25 minutes | **Servings:** 4)

Ingredients:

- 4 cod fillets; skinless, boneless and cubed
- 1½ cups milk; heated up
- 2 tbsp. cilantro; chopped.
- 2 tsp. ginger; grated
- 2 tsp. curry paste
- Salt and black pepper to taste

Directions:

1. In a bowl, mix the milk, curry paste, ginger, salt and pepper; whisk. Put the fish in a pan that fits your air fryer and then add the milk and curry mix; toss gently
2. Place the pan in the fryer and cook at 400°F for 15 minutes, shaking halfway
3. Divide the curry into bowls, sprinkle the cilantro on top and serve.

Sea Bass Stew

(**Prep + Cooking Time:** 30 minutes | **Servings:** 4)

Ingredients:

- 1½ lbs. sea bass fillets; skinless, boneless and cubed
- 4 shrimp
- 14 oz. white wine
- 3 oz. water
- 5 oz. white rice
- 2 oz. peas
- 1 red bell pepper; chopped.
- 1 tbsp. olive oil
- Salt and black pepper to taste

Directions:

1. In your air fryer's pan, mix all ingredients and toss. Place the pan in your air fryer and cook at 400°F for 20 minutes, stirring halfway. Divide into bowls, serve and enjoy

Creamy Potato

(Prep + Cooking Time: 27 minutes | Servings: 4)

Ingredients:

- 4 gold potatoes; cut into medium wedges
- 1/4 cup sour cream
- 1 tsp. olive oil
- 1½ tsp. sweet paprika
- 1/2 tsp. Cajun seasoning
- 2 eggs
- 1 tsp. garlic powder
- Salt and black pepper to taste

Directions:

1. In a bowl, mix the eggs with the sour cream, paprika, garlic powder, Cajun seasoning, salt and pepper; whisk well
2. Take a pan that fits your air fryer and grease with the oil. Arrange the potatoes on the bottom of the pan and spread the sour cream mix all over
3. Place the pan in the fryer and cook at 370°F for 17 minutes. Divide between plates and serve.

Greek Quinoa Salad

(**Prep + Cooking Time:** 25 minutes | **Servings:** 6)

Ingredients:

- 2 oz. feta cheese; crumbled
- 1 cup cherry tomatoes; halved
- 2 green onions; chopped.
- 1/2 cup Kalamata olives; pitted and chopped
- 1½ cups quinoa; cooked
- 1 tbsp. olive oil
- 1 tbsp. balsamic vinegar
- A handful of basil leaves; chopped.
- A handful of parsley leaves; chopped.
- Salt and black pepper to taste

Directions:

1. Add all the ingredients except the feta cheese to a pan that fits your air fryer and toss
2. Sprinkle the cheese on top and then place the pan in the air fryer and cook at 370°F for 15 minutes. Divide into bowls and serve.

Honey Chicken Thighs

(Prep + Cooking Time: 35 minutes | Servings: 4)

Ingredients:

- 1½ lbs. chicken thighs; skinless and boneless
- ¾ cup honey
- ½ cup chicken stock
- ½ tsp. basil; dried
- 2 tsp. sweet paprika
- Salt and black pepper to taste

Directions:

1. In a bowl, make a mixture with all the ingredients except the chicken thighs; whisk well.
2. Add the chicken thighs to this mix and toss until the wings are coated
3. Put the chicken in your air fryer's basket and cook at 380°F for 25 minutes. Divide between plates, serve and enjoy.

Coconut Zucchini

(Prep + Cooking Time: 21 minutes | Servings: 8)

Ingredients:

- 8 zucchinis; cut in medium wedges
- 2 yellow onions; chopped.
- 1 cup coconut cream
- 1 cup veggie stock
- 2 tbsp. olive oil
- 1 tbsp. soy sauce
- 1/4 tsp. thyme; dried
- 1/4 tsp. rosemary; dried
- 1/2 tsp. basil; chopped.
- Salt and black pepper to taste

Directions:

1. Take a pan that fits your air fryer and grease it with the oil. Add all other ingredients to the pan and toss.
2. Place the pan in the fryer and cook at 360°F for 16 minutes. Divide the mix between plates, serve and enjoy

Tomato and Okra Stew

(**Prep + Cooking Time:** 25 minutes | **Servings:** 5)

Ingredients:

- 20 oz. canned tomatoes; roughly cubed
- 3 celery ribs; chopped.
- 1 yellow onion; chopped.
- 1 cup okra; sliced
- 1 red bell pepper; chopped.
- 2 garlic cloves; minced
- 1/2 cup veggie stock
- 1/2 tsp. sweet paprika
- Salt and black pepper to taste

Directions:

1. In your air fryer, mix all ingredients, cover and cook at 360°F for 20 minutes. Divide into bowls and serve; enjoy!

Asian Chicken

(Prep + Cooking Time: 40 Minutes | Servings: 4)

Ingredients:

- 2 chicken breasts; skinless, boneless and sliced
- 14-ounce pizza dough
- 1 ½ cups cheddar cheese; grated
- 1/2 cup jarred cheese sauce
- 1 teaspoon olive oil
- 1 yellow onion; sliced
- 1 tablespoon Worcestershire sauce
- Salt and black pepper to the taste

Directions:

1. Preheat your air fryer at 400 degrees F; add half of the oil and onions and fry them for 8 minutes, stirring once
2. Add chicken pieces, Worcestershire sauce, salt and pepper; toss, air fry for 8 minutes more, stirring once and transfer everything to a bowl
3. Roll pizza dough on a working surface and shape a rectangle.
4. Spread half of the cheese all over, add chicken and onion mix and top with cheese sauce
5. Roll your dough and shape into a “U”
6. Place your roll in your air fryer’s basket, brush with the rest of the oil and cook at 370 degrees for 12 minutes, flipping the roll halfway. Slice your roll when it’s warm and serve for lunch.

Turkish Style Koftas

(Prep + Cooking Time: 25 Minutes | Servings: 2)

Ingredients:

- 2 tablespoon feta cheese; crumbled
- 1/2-pound lean beef; minced
- 1 tablespoon cumin; ground
- 1 tablespoon mint; chopped
- 1 leek; chopped
- 1 tablespoon parsley; chopped
- 1 teaspoon garlic; minced
- Salt and black pepper to the taste

Directions:

1. In a bowl; mix beef with leek, cheese, cumin, mint, parsley, garlic, salt and pepper; stir well, shape your koftas and place them on sticks
2. Add koftas to your preheated air fryer at 360°F and cook them for 15 minutes. Serve them with a side salad for lunch

Quinoa and Spinach Pesto

(**Prep + Cooking Time:** 20 minutes | **Servings:** 4)

Ingredients:

- 1 cup quinoa; cooked
- 3/4 cup jarred spinach pesto
- 1 green apple; chopped.
- 1/4 cup celery; chopped.
- 3 tbsp. chicken stock
- Salt and black pepper to taste

Directions:

1. Mix all the ingredients in a pan that fits your air fryer; toss. Place the pan in your fryer and cook at 370°F for 15 minutes. Divide into bowls and serve right away

Broccoli Mix

(**Prep + Cooking Time:** 25 minutes | **Servings:** 4)

Ingredients:

- 2 broccoli heads; florets separated
- 1/2 cup bacon; cooked and crumbled
- 3 garlic cloves; minced
- 2 tsp. sweet paprika
- Juice of 1/2 lemon
- 1 tbsp. olive oil
- 1 tbsp. sesame seeds
- Salt and black pepper to taste

Directions:

1. In your air fryer's pan, mix all ingredients except the bacon, toss, cover and cook at 360°F for 15 minutes.
2. Add the bacon and cook for 5 more minutes. Divide between plates and serve

Chickpeas Stew

(**Prep + Cooking Time:** 20 minutes | **Servings:** 4)

Ingredients:

- 15 oz. canned chickpeas; drained
- 28 oz. canned tomatoes; chopped.
- 1 red onion; chopped.
- 2 garlic cloves; minced
- 2 tsp. sweet paprika
- 1 tbsp. olive oil
- Salt and black pepper to taste

Directions:

1. Place all ingredients into a pan that fits your air fryer and stir / mix well.
2. Then put the pan in the air fryer and cook at 370°F for 15 minutes. Divide the stew into bowls and serve

Fresh Style Chicken

(**Prep + Cooking Time:** 32 Minutes | **Servings:** 4)

Ingredients:

- 2 chicken breasts; skinless, boneless and cubed
- 8 button mushrooms; sliced
- 1 red bell pepper; chopped
- 1 tablespoon olive oil
- 6 bread slices
- 1/2 teaspoon thyme; dried
- 10-ounce alfredo sauce
- 2 tablespoon butter; soft

Directions:

1. In your air fryer, mix chicken with mushrooms, bell pepper and oil; toss to coat well and cook at 350°F, for 15 minutes
2. Transfer chicken mix to a bowl; add thyme and alfredo sauce, toss, return to air fryer and cook at 350°F, for 4 minutes more.
3. Spread butter on bread slices; add it to the fryer, butter side up and cook for 4 minutes more. Arrange toasted bread slices on a platter; top each with chicken mix and serve for lunch

Potatoes and Calamari Stew

(Prep + Cooking Time: 26 minutes | Servings: 4)

Ingredients:

- 10 oz. calamari; cut into strips
- 1 cup red wine
- 1 cup water
- 1/2 bunch cilantro; chopped.
- 2 garlic cloves; minced
- 1 yellow onion; chopped.
- 4 potatoes; cut into quarters.
- 2 tbsp. olive oil
- 2 tsp. pepper sauce
- 1 tbsp. hot sauce
- 1 tbsp. sweet paprika
- 1 tbsp. tomato sauce
- Salt and black pepper to taste

Directions:

1. Place all the ingredients in a pan that fits the air fryer and toss
2. Put the pan in the fryer and cook at 400°F for 16 minutes. Divide the stew between bowls and serve.

Beef Meatballs

(**Prep + Cooking Time:** 25 Minutes | **Servings:** 4)

Ingredients:

- 1/2-pound Italian sausage; chopped.
- 1/2 cup cheddar cheese; grated
- 1/2-pound beef; ground
- 1/2 teaspoon garlic powder
- 1/2 teaspoon onion powder
- Mashed potatoes for serving
- Salt and black pepper to the taste

Directions:

1. In a bowl; mix beef with sausage, garlic powder, onion powder, salt, pepper and cheese; stir well and shape 16 meatballs out of this mix
2. Place meatballs in your air fryer and cook them at 370°F, for 15 minutes.
Serve your meatballs with some mashed potatoes on the side

Green Beans Lunch Stew

(**Prep + Cooking Time:** 20 minutes | **Servings:** 4)

Ingredients:

- 1 lb. green beans; halved
- 1 yellow onion; chopped.
- 4 carrots; sliced
- 4 garlic cloves; minced
- 1 tbsp. thyme; chopped.
- 3 tbsp. tomato paste
- Salt and black pepper to taste

Directions:

1. In a pan that fits your air fryer, place all the ingredients and toss until combined.
2. Place the pan in the air fryer and cook at 365°F for 15 minutes. Divide the stew into bowls and serve

Tasty Turkey Burgers

(Prep + Cooking Time: 18 Minutes | Servings: 4)

Ingredients:

- 1-pound turkey meat; ground
- 1 shallot; minced
- 1 teaspoon cumin; ground
- 1 teaspoon sweet paprika
- A drizzle of olive oil
- 1 small jalapeno pepper; minced
- 2 teaspoon lime juice
- Zest from 1 lime; grated
- Salt and black pepper to the taste
- Guacamole for serving

Directions:

1. In a bowl; mix turkey meat with salt, pepper, cumin, paprika, shallot, jalapeno, lime juice and zest; stir well, shape burgers from this mix, drizzle the oil over them; introduce in preheated air fryer and cook them at 370°F, for 8 minutes on each side. Divide among plates and serve with guacamole on top

Dill and Scallops

(**Prep + Cooking Time:** 15 Minutes | **Servings:** 4)

Ingredients:

- 1-pound sea scallops; debearded
- 1 tablespoon lemon juice
- 1 teaspoon dill; chopped
- 2 teaspoon olive oil
- Salt and black pepper to the taste

Directions:

1. In your air fryer, mix scallops with dill, oil, salt, pepper and lemon juice; cover and cook at 360°F, for 5 minutes. Discard unopened ones, divide scallops and dill sauce on plates and serve for lunch

Corn Stew

(**Prep + Cooking Time:** 20 minutes | **Servings:** 4)

Ingredients:

- 2 leeks; chopped.
- 4 cups corn
- 1/4 cup chicken stock
- 4 tarragon sprigs; chopped.
- 2 tomatoes; cubed
- 2 garlic cloves; minced
- 1 tbsp. chives; chopped.
- 2 tbsp. butter; melted
- 1 tsp. olive oil
- Salt and black pepper to taste

Directions:

1. Grease a pan with the oil and then add all the ingredients and toss. Place the pan in the fryer and cook at 370°F for 15 minutes. Divide the stew between bowls and serve

Cheese and Macaroni

(Prep + Cooking Time: 40 Minutes | Servings: 3)

Ingredients:

- 1 ½ cups favorite macaroni
- 1 cup chicken stock
- ¾ cup cheddar cheese; shredded.
- ½ cup heavy cream
- ½ cup mozzarella cheese; shredded.
- ¼ cup parmesan; shredded.
- Salt and black pepper to the taste
- Cooking spray

Directions:

1. Spray a pan with cooking spray; add macaroni, heavy cream, stock, cheddar cheese, mozzarella and parmesan but also salt and pepper; toss well, place pan in your air fryer's basket and cook for 30 minutes. Divide among plates and serve for lunch

Lentils Lunch Curry

(Prep + Cooking Time: 20 minutes | Servings: 6)

Ingredients:

- 10 oz. baby spinach
- 15 oz. canned tomatoes; drained and chopped.
- 2 cups canned lentils; drained
- 1 red onion; chopped.
- 1 tbsp. lemon juice
- 2 tbsp. curry paste
- 2 tbsp. cilantro; chopped.
- 1 tbsp. garlic; minced
- 1 tsp. ginger; grated
- 1/2 tsp. cumin; ground
- 2 tsp. sugar
- 1/2 tsp. coriander; ground
- Salt and black pepper to taste

Directions:

1. In a pan that fits your air fryer, mix all the ingredients except the cilantro and lemon juice; stir.
2. Place the pan in the air fryer and cook at 370°F for 15 minutes
3. Add the cilantro and the lemon juice and toss. Divide into bowls, serve and enjoy!

Butternut Squash Stew

(Prep + Cooking Time: 25 minutes | Servings: 5)

Ingredients:

- 1½ lbs. butternut squash; cubed
- 15 oz. canned tomatoes; chopped.
- 1/2 cup green onions; chopped.
- 1 cup quinoa; cooked
- 1½ cups heavy cream
- 1 cup chicken meat; already cooked and shredded
- 1/2 cup carrots; chopped.
- 1/2 cup celery; chopped.
- 1 garlic clove; minced
- 1/2 tsp. Italian seasoning
- 1/8 tsp. red pepper flakes; dried
- 3 tbsp. butter; melted
- Salt and black pepper to taste

Directions:

1. Place all the ingredients in a pan that fits your air fryer and toss
2. Put the pan into the fryer and cook at 400°F for 15 minutes. Divide the stew between bowls, serve and enjoy.

Salsa Chicken

(**Prep + Cooking Time:** 27 minutes | **Servings:** 4)

Ingredients:

- 4 chicken breasts; skinless, boneless and cubed
- 16 oz. jarred chunky salsa
- 20 oz. canned tomatoes; peeled and chopped.
- 12 oz. canned black beans; drained
- 1 onion; chopped.
- 3 garlic cloves; minced
- 1 tsp. garlic powder
- 2 tbsp. parsley; dried
- 2 tbsp. olive oil
- 1 tbsp. chili powder
- Salt and black pepper to taste

Directions:

1. Place all ingredients into a pan that fits your air fryer and toss. Put the pan in the fryer and cook at 380°F for 17 minutes. Divide into bowls, serve and enjoy

Black Beans Lunch Mix

(Prep + Cooking Time: 35 minutes | Servings: 6)

Ingredients:

- 30 oz. canned black beans; drained
- 1 yellow onion; chopped.
- 1 jalapeno; chopped.
- 1 red bell pepper; chopped.
- 2 garlic cloves; minced
- 3 cups brown rice; cooked
- 1 cup veggie stock
- 1 tbsp. olive oil
- 1 tsp. ginger; grated
- 1/2 tsp. cumin; ground
- 1/2 tsp. oregano; dried
- 1/2 tsp. allspice; ground
- Salt and black pepper to taste

Directions:

1. In a pan that fits your air fryer, mix all ingredients except the rice; toss.
2. Place the pan in your air fryer and cook at 360°F for 25 minutes. Add the rice and toss again. Divide into bowls, serve and enjoy

Eggplant Stew

(**Prep + Cooking Time:** 20 minutes | **Servings:** 4)

Ingredients:

- 25 oz. canned tomatoes; chopped.
- 3 eggplants; cubed
- 2 red bell peppers; cubed
- 1 red onion; chopped.
- 2 tsp. cumin; ground
- 1 tsp. sweet paprika
- 1 tbsp. cilantro; chopped.
- Juice of 1/2 lime
- Salt and black pepper to taste

Directions:

1. In a pan that fits your air fryer, add all ingredients except the lime juice and cilantro and mix.
2. Place the pan in the fryer and cook at 370°F for 15 minutes. Then add the lime juice and cilantro and stir. Divide the stew between bowls and serve

Beans and Quinoa Stew

(Prep + Cooking Time: 25 minutes | Servings: 4)

Ingredients:

- 30 oz. canned black beans; drained
- 30 oz. canned tomatoes; chopped.
- 1 cup quinoa
- 2 sweet potatoes; cubed
- 1 yellow onion; chopped.
- 1 green bell pepper; chopped.
- 2 tsp. cumin, ground
- 1/4 tsp. sweet paprika
- 1 tbsp. chili powder
- 2 tbsp. cocoa powder
- Salt and black pepper to taste

Directions:

1. Place all ingredients in a pan that fits your air fryer and stir well.
2. Then put the pan in the air fryer and cook at 400°F for 15 minutes. Divide into bowls and serve right away

Quinoa and Spinach Salad

(**Prep + Cooking Time:** 25 minutes | **Servings:** 4)

Ingredients:

- 1½ cups quinoa; cooked
- 2 tomatoes; chopped.
- 1 red bell pepper; chopped.
- 3 celery stalks; chopped.
- 1/2 cup chicken stock
- 1/2 cup black olives; pitted and chopped.
- 1/2 cup feta cheese; crumbled
- 1/3 cup basil pesto
- 1/4 cup almonds; sliced
- 4 cups spinach; torn
- Salt and black pepper to taste

Directions:

1. In a pan that fits your air fryer, combine the quinoa, bell peppers, celery, salt, pepper, spinach, tomatoes, chicken stock, olives and basil pesto
2. Sprinkle the almonds and the cheese on top and then place the pan in the air fryer and cook at 380°F for 15 minutes. Divide between plates and serve.

Chicken and Cabbage Curry

(Prep + Cooking Time: 40 minutes | Servings: 3)

Ingredients:

- 1½ lbs. chicken thighs; boneless
- 10 oz. coconut milk
- 1 green cabbage; shredded
- 2 chili peppers; chopped.
- 1 yellow onion; chopped.
- 1/2 cup white wine
- 4 garlic cloves; minced
- 1 tbsp. olive oil
- 3 tbsp. curry paste
- 1 tbsp. soy sauce
- Salt and black pepper to taste

Directions:

1. Use the oil to grease a baking dish and then add all ingredients; toss. Place the pan in the fryer and cook at 380°F for 30 minutes. Divide between bowls and serve

Italian Chicken Mix

(**Prep + Cooking Time:** 30 minutes | **Servings:** 4)

Ingredients:

- 28 oz. canned tomatoes; chopped.
- 8 chicken drumsticks; bone-in
- 1 cup chicken stock
- 1 yellow onion; chopped.
- 1/2 cup black olives; pitted and sliced
- 1 tsp. garlic powder
- 1 tsp. oregano; dried
- Salt and black pepper to taste

Directions:

1. Add all the ingredients to a baking dish that fits your air fryer and toss
2. Place the dish in your air fryer and cook at 380°F for 20 minutes. Divide the mix into bowls and serve.

Green Beans Casserole

(**Prep + Cooking Time:** 25 minutes | **Servings:** 4)

Ingredients:

- 3 cups green beans; trimmed and halved
- 2 red chilies; chopped.
- 1/2 tsp. black mustard seeds
- 1/2 cup yellow onion; chopped.
- 2 tomatoes; chopped.
- 3 garlic cloves; minced
- 2 tsp. tamarind paste
- 1/4 tsp. fenugreek seeds
- 1/2 tsp. turmeric powder
- 1 tsp. olive oil
- 2 tsp. coriander powder
- 1 tbsp. cilantro; chopped.
- Salt and black pepper to taste

Directions:

1. Use the oil to grease a heat-proof dish that fits your air fryer, then add all the ingredients and toss.
2. Place the dish in the fryer and cook at 370°F for 20 minutes. Divide between plates, serve and enjoy

Baby Carrots Mix

(**Prep + Cooking Time:** 20 minutes | **Servings:** 4)

Ingredients:

- 4 oz. chicken stock
- 16 oz. baby carrots
- 2 tbsp. butter; melted
- 2 tbsp. dill; chopped.
- Salt and black pepper to taste

Directions:

1. In a pan that fits your air fryer, mix all the ingredients and toss. Place the pan in the fryer and cook at 380°F for 15 minutes. Divide between bowls and serve

Poultry Recipes

Salsa Verde Chicken Breast.

(**Prep + Cooking Time:** 30 minutes | **Servings:** 4)

Ingredients:

- 16 oz. salsa Verde
- 1 lb. chicken breast; boneless and skinless
- 1½ cups cheddar cheese; grated
- 1/4 cup parsley; chopped.
- 1 tsp. sweet paprika
- 1 tbsp. avocado oil
- Salt and black pepper to taste

Directions:

1. In a baking dish that fits your air fryer, place all ingredients except the cheese; toss well
2. Put the pan into the fryer and cook at 380°F for 17 minutes
3. Sprinkle with the cheese and cook for 3-4 minutes more. Divide between plates and serve.

Chicken Breasts and Veggies.

(Prep + Cooking Time: 30 minutes | Servings: 4)

Ingredients:

- 2 lbs. chicken breasts; skinless and boneless
- 12 brown mushrooms; halved
- 1 red onion; chopped.
- 1 red bell pepper; chopped.
- 1 green bell pepper; roughly chopped.
- 2 garlic cloves; minced
- 2 tbsp. olive oil
- 2 tbsp. cheddar cheese; shredded
- Salt and black pepper to taste

Directions:

1. Season the chicken breasts with salt and pepper and then rub with the garlic and 1 tbsp. of the oil
2. Place the chicken breasts in your preheated air fryer's basket, cook at 390°F for 6 minutes on each side and divide between plates.
3. Heat up a pan with the remaining 1 tbsp. of the oil over medium heat; add the onions, stir and cook for 2 minutes
4. Add the mushrooms and bell peppers, stir and cook for 5-6 minutes more
5. Divide this next to the chicken, sprinkle the cheese all over and serve.

Turkey and Parsley Pesto

(**Prep + Cooking Time:** 1 hour 5 minutes | **Servings:** 4)

Ingredients:

- 2 turkey breasts; boneless, skinless and halved
- 1 cup parsley; chopped.
- 1/2 cup olive oil
- 1/4 cup red wine
- 4 garlic cloves
- A drizzle of maple syrup
- A pinch of salt and black pepper

Directions:

1. In a blender, mix the parsley, garlic, salt, pepper, oil, wine and maple syrup; pulse to make a parsley pesto and then transfer to a bowl.
2. Add the turkey breasts to the bowl and toss well. Then place the bowl in the fridge for 30 minutes
3. Drain the turkey breasts (retaining the parsley pesto), put them in your air fryer's basket and cook at 380°F for 35 minutes, flipping the meat halfway
4. Divide the turkey between plates, drizzle the parsley pesto, all over and serve.

Chinese Style Chicken Thighs

(Prep + Cooking Time: 40 minutes | Servings: 4)

Ingredients:

- 4 chicken thighs
- 1 bunch spring onions; chopped.
- 14 oz. water
- 2 green chilies; chopped.
- 1 tbsp. fish sauce
- 1 tbsp. soy sauce
- 1 tbsp. rice wine
- 1 tbsp. olive oil
- 1 tbsp. ginger; grated
- 1 tsp. sesame oil

Directions:

1. Heat up a pan that fits your air fryer with the olive and sesame oil over medium heat.
2. Add the chilies, onions, ginger, fish sauce, soy sauce, rice wine and the water; whisk, bring to a simmer, cook for 3-4 minutes and then take off the heat
3. Add the chicken thighs and toss everything
4. Place the pan into the air fryer and cook at 370°F for 25 minutes. Divide between plates and serve.

Awesome Oregano Chicken Thighs

(Prep + Cooking Time: 35 minutes | Servings: 4)

Ingredients:

- 8 chicken thighs
- 2 garlic cloves; minced
- 1 red onion; chopped.
- 4 tsp. oregano; chopped.
- 1/2 tsp. sweet paprika
- 2 tbsp. olive oil
- Salt and black pepper to taste

Directions:

1. In a baking dish that fits your air fryer, place all of the ingredients and mix well.
2. Transfer the dish to your air fryer and cook at 400°F for 30 minutes, shaking halfway. Divide between plates and serve

Chicken and Green Coconut Sauce.

(Prep + Cooking Time: 26 minutes | Servings: 4)

Ingredients:

- 10 green onions; roughly chopped
- 10 chicken drumsticks
- 1 cup coconut milk
- 1/4 cup parsley; chopped.
- 4 garlic cloves; minced
- 2 tbsp. oyster sauce
- 3 tbsp. soy sauce
- 1 tbsp. lemon juice
- 1 tbsp. ginger; grated
- 1 tsp. Chinese five spice
- 1 tsp. olive oil
- Salt and black pepper to taste

Directions:

1. In a blender, mix the green onions with the ginger, garlic, soy sauce, oyster sauce, five spice, salt, pepper, oil and coconut milk; pulse well
2. In a baking dish that fits your air fryer, mix the chicken with the green sauce, toss and then place the dish in the air fryer
3. Cook at 370°F for 16 minutes, shaking the fryer once
4. Divide between plates, sprinkle the parsley on top, drizzle the lemon juice all over and serve.

Turmeric Chicken Legs

(**Prep + Cooking Time:** 25 minutes | **Servings:** 4)

Ingredients:

- 4 chicken legs
- 2 tbsp. ginger; grated
- 4 tbsp. heavy cream
- 5 tsp. turmeric powder
- Salt and black pepper to taste

Directions:

1. Place all ingredients in a bowl and mix well
2. Transfer the chicken to your air fryer and cook at 380°F for 20 minutes.
Divide between plates and serve.

Tomato Chicken

(Prep + Cooking Time: 30 minutes | Servings: 6)

Ingredients:

- 14 oz. tomato sauce
- 6 oz. mozzarella cheese; grated
- 4 medium chicken breasts; skinless and boneless
- 1 tbsp. olive oil
- 1 tsp. oregano; dried
- 1 tsp. garlic powder
- Salt and black pepper to taste

Directions:

1. Put the chicken in your air fryer and season with salt, pepper, garlic powder and the oregano.
2. Cook the chicken at 360°F for 5 minutes; then transfer to a pan that fits your air fryer, greased with the oil
3. Add the tomato sauce, sprinkle the mozzarella on top, place the pan in the fryer and cook at 350°F for 15 minutes more. Divide between plates and serve

Fried Chicken Wings

(Prep + Cooking Time: 55 minutes | Servings: 4)

Ingredients:

- 16 chicken wings
- 1/4 cup butter; melted
- 1/4 cup clover honey
- 4 tbsp. garlic; minced
- Salt and black pepper to taste

Directions:

1. Put the chicken wings in your air fryer's basket and season with salt and pepper.
2. Cook at 380°F for 25 minutes, then at 400°F for 5 minutes and put it in a bowl
3. Melt the butter in a pan over medium-high heat; then add the garlic, stir and sauté for 5 minutes
4. Add salt, pepper, the air fried chicken and the honey; stir and simmer for 10 minutes more over medium heat. Divide the chicken wings and the sauce between plates and serve.

Cinnamon Chicken

(Prep + Cooking Time: 45 minutes | Servings: 8)

Ingredients:

- 1 cup chicken stock
- 1 whole chicken; cut into pieces
- 1½ tsp. cinnamon powder
- 2 tsp. garlic powder
- 1 tbsp. olive oil
- 1½ tbsp. lemon zest
- 1 tbsp. coriander powder
- Salt and black pepper to taste

Directions:

1. Place all of the ingredients in a bowl and mix well
2. Transfer the chicken to your air fryer's basket and cook at 370°F for 35 minutes, shaking the fryer from time to time
3. Divide the chicken between plates and serve with a side salad.

Chicken Thighs and Rice

(**Prep + Cooking Time:** 35 minutes | **Servings:** 4)

Ingredients:

- 2 lbs. chicken thighs; boneless and skinless
- 1 cup white rice
- 1/4 cup red wine vinegar
- 2 cups chicken stock
- 3 carrots; chopped.
- 4 garlic cloves; minced
- 4 tbsp. olive oil
- 1 tbsp. garlic powder
- 1 tbsp. Italian seasoning
- 1 tsp. turmeric powder
- Salt and black pepper to taste

Directions:

1. In a pan that fits your air fryer, mix all of the ingredients and toss
2. Place the pan in the fryer and cook at 370°F for 30 minutes. Divide between plates and serve.

Glazed Chicken and Apples

(**Prep + Cooking Time:** 30 minutes | **Servings:** 4)

Ingredients:

- 6 chicken thighs; skin-on
- 3 apples; cored and sliced
- 2/3 cup apple cider
- 2 tbsp. olive oil
- 1 tbsp. rosemary; chopped
- 2 tbsp. honey
- 1 tbsp. mustard
- Salt and black pepper to taste

Directions:

1. Heat up a pan that fits your air fryer with 1 tbsp. of the oil over medium heat.
2. Add the cider, honey and mustard; whisk
3. Bring to a simmer and take off the heat.
4. Add the chicken, apples, salt, pepper and rosemary; toss
5. Place the pan in your air fryer and cook at 390°F for 17 minutes. Divide between plates and serve.

Herbed Chicken

(Prep + Cooking Time: 35 minutes | Servings: 8)

Ingredients:

- 8 chicken thighs
- 3 garlic cloves; minced
- 1 cup chicken stock
- 1/4 cup cheddar cheese; grated
- 1/4 cup heavy cream
- 3 tbsp. butter; melted
- 1 tbsp. mustard
- 1/2 tsp. basil; dried
- 1/2 tsp. thyme; dried
- 1/2 tsp. oregano; dried
- Salt and black pepper to taste

Directions:

1. In a baking dish that fits your air fryer, place all ingredients except the cheddar cheese; mix well
2. Transfer the dish to your air fryer and cook at 370°F for 25 minutes
3. Sprinkle the cheese on top and cook for 5 more minutes. Divide everything between plates and serve.

Chicken Wings and Endives

(**Prep + Cooking Time:** 40 minutes | **Servings:** 4)

Ingredients:

- 8 chicken wings; halved
- 6 endives; shaved
- 1/4 cup white wine
- 2 garlic cloves; minced
- 1 tbsp. rosemary; chopped.
- 1 tbsp. olive oil
- 1 tsp. cumin; ground
- Salt and black pepper to taste

Directions:

1. Season the chicken wings with the salt, pepper, cumin and rosemary.
2. Place the wings in your air fryer's basket and cook at 360°F for 10 minutes on each side; divide between plates
3. Heat up a pan with the oil over medium heat and then add the garlic, endives, salt, pepper and the wine; bring to a simmer. Cook for 8 minutes, spread over the chicken and serve

Chicken and Yogurt

(**Prep + Cooking Time:** 1 hour 15 minutes | **Servings:** 4)

Ingredients:

- 17 oz. chicken meat; boneless and cubed
- 14 oz. yogurt
- 3½ oz. cherry tomatoes; halved
- 1 red bell pepper; deseeded and cubed
- 1 yellow bell pepper; deseeded and cubed
- 3 mint leaves; torn
- 1 green bell pepper; deseeded and cubed
- 1 tbsp. ginger; grated
- 2 tbsp. red chili powder
- 2 tbsp. coriander powder
- 2 tsp. olive oil
- 1 tsp. turmeric powder
- 2 tbsp. cumin powder
- Salt and black pepper to taste

Directions:

1. In a bowl, mix all of the ingredients, toss well and place in the fridge for 1 hour
2. Transfer the whole mix to a pan that fits your air fryer and cook at 400°F for 15 minutes, shaking the pan halfway. Divide everything between plates and serve

Easy Chicken Thighs

(**Prep + Cooking Time:** 21 minutes | **Servings:** 6)

Ingredients:

- 8 chicken thighs
- 1 tbsp. ginger; grated
- 1 tbsp. turmeric powder
- 1 tbsp. coriander; ground
- 1 tbsp. sweet paprika
- 1 tbsp. lime juice
- 2 tbsp. olive oil
- Salt and black pepper to taste

Directions:

1. Place all the ingredients in a bowl and toss well
2. Transfer the chicken thighs to your air fryer's basket and cook at 370°F for 8 minutes on each side
3. Divide between plates and serve with a side salad.

Lemon and Garlic Chicken

(**Prep + Cooking Time:** 25 minutes | **Servings:** 4)

Ingredients:

- 4 chicken breasts; skinless and boneless
- 4 garlic heads; peeled, cloves separated and cut into quarters
- 2 tbsp. lemon juice
- 1/2 tsp. lemon pepper
- 1½ tbsp. avocado oil
- Salt and black pepper to taste

Directions:

1. In a bowl, mix all of the ingredients and toss well.
2. Transfer the chicken mixture to your air fryer and cook at 360°F for 15 minutes. Divide between plates and serve with a side salad

Japanese Style Chicken Thighs

(Prep + Cooking Time: 40 minutes | Servings: 5)

Ingredients:

- 2 lbs. chicken thighs
- 5 spring onions; chopped.
- 2 tbsp. olive oil
- 1 tbsp. soy sauce
- 1 tbsp. sherry wine
- 1/2 tsp. white vinegar
- 1/4 tsp. sugar
- Salt and black pepper to taste

Directions:

1. Season the chicken with salt and pepper, rub with 1 tbsp. of the oil and put it in the air fryer's basket.
2. Cook at 360°F for 10 minutes on each side and divide between plates
3. Heat up a pan with the remaining tbsp. of oil over medium-high heat and add the spring onions, sherry wine, vinegar, soy sauce and sugar; whisk
4. Cook for 10 minutes, drizzle over the chicken and serve.

Chicken and Pear Sauce

(Prep + Cooking Time: 30 minutes | Servings: 6)

Ingredients:

- 6 chicken breasts; skinless and boneless
- 3 cups ketchup
- 1 cup pear jelly
- 1/4 cup honey
- 1/2 tsp. smoked paprika
- 1 tsp. chili powder
- 1 tsp. garlic powder
- 1 tsp. mustard powder
- Salt and black pepper to taste

Directions:

1. Season the chicken with salt and pepper; put it in preheated air fryer and cook at 350°F for 10 minutes
2. Heat up a pan with the ketchup over medium heat, add the pear jelly, honey, smoked paprika, chili powder, mustard powder, garlic powder, salt and pepper; whisk and cook for 5-6 minutes
3. Add the chicken, toss and cook for 4 minutes more. Divide everything between plates and serve.

Chicken and Dates

(**Prep + Cooking Time:** 35 minutes | **Servings:** 6)

Ingredients:

- 1 whole chicken; cut into medium pieces
- 4 dates; chopped.
- 3/4 cup water
- 1/3 cup honey
- 1/4 cup olive oil
- Salt and black pepper to taste

Directions:

1. Put the water in a pot, bring to a simmer over medium heat.
2. Add the honey, whisk and take off the heat. Rub the chicken with the oil, season with salt and pepper and place in your air fryer's basket
3. Add the dates and cook at 350°F for 10 minutes
4. Brush the chicken with some of the honey mix, cook for 6 minutes more, flip again, brush one more time with the honey mix and cook for 7 minutes more
5. Divide the chicken and the dates between plates and serve.

Soy Sauce Chicken

(**Prep + Cooking Time:** 50 minutes | **Servings:** 6)

Ingredients:

- 1 whole chicken; cut into pieces
- 1 chili pepper; minced
- 1 tbsp. ginger; grated
- 1 tsp. sesame oil
- 2 tsp. soy sauce
- Salt and black pepper to taste

Directions:

1. In a bowl, mix the chicken with all the other ingredients and rub well
2. Transfer the chicken pieces to your air fryer's basket
3. Cook at 400°F for 30 minutes and then at 380°F for 10 minutes more.
Divide everything between plates and serve

Lemon Chicken and Asparagus

(**Prep + Cooking Time:** 20 minutes | **Servings:** 4)

Ingredients:

- 1/2 lb. asparagus; trimmed and halved
- 1 lb. chicken thighs
- 1 zucchini; roughly cubed
- 1 lemon; sliced
- 3 garlic cloves; minced
- Juice of 1 lemon
- 2 tbsp. olive oil
- 1 tsp. oregano; dried
- Salt and black pepper to taste

Directions:

1. In a pan that fits your air fryer, mix all of the ingredients
2. Place the pan in your air fryer and cook at 380°F for 15 minutes. Divide between plates and serve.

Chicken and Veggies

(**Prep + Cooking Time:** 35 minutes | **Servings:** 4)

Ingredients:

- 4 chicken breasts; boneless and skinless
- 3 garlic cloves; minced
- 1 celery stalk; chopped.
- 1 red onion; chopped.
- 1 carrot; chopped.
- 1 cup chicken stock
- 2 tbsp. olive oil
- 1 tsp. sage; dried
- 1/2 tsp. rosemary; dried
- Salt and black pepper to taste

Directions:

1. In a pan that fits your air fryer, place all ingredients and toss well
2. Put the pan in the fryer and cook at 360°F for 25 minutes. Divide everything between plates, serve and enjoy!

Chicken Thighs

(Prep + Cooking Time: 30 minutes | Servings: 4)

Ingredients:

- 5 chicken thighs
- 2 garlic cloves; minced
- 1/4 cup cheddar cheese; grated
- 1/2 cup heavy cream
- 3/4 cup chicken stock
- 1/2 cup tomatoes; chopped
- 2 tbsp. basil; chopped.
- 1 tbsp. olive oil
- 1 tbsp. rosemary
- 1 tsp. chili powder
- Salt and black pepper to taste

Directions:

1. Season the chicken with salt and pepper and rub it with 1/2 tbsp. of the oil.
2. Put the chicken in your air fryer's basket and cook at 350°F for 4 minutes.
3. Heat up a pan that fits your air fryer with the remaining 1/2 tbsp. of oil over medium heat
4. Add rosemary, garlic, chili powder, tomatoes, cream, stock, cheese, salt and pepper; stir / combine.
5. Bring the mixture to a simmer, take off the heat and then add the chicken thighs and toss everything
6. Place the pan in the air fryer and cook at 340°F for 12 minutes. Divide between plates, sprinkle the basil on top, serve and enjoy.

Fried Whole Chicken

(**Prep + Cooking Time:** 30 minutes | **Servings:** 8)

Ingredients:

- 1 whole chicken; cut into medium pieces
- 1 cup chicken stock
- 2 carrots; chopped.
- 3 tbsp. white wine
- 1 tbsp. ginger; grated
- Salt and black pepper to taste

Directions:

1. In a pan that fits your air fryer, mix all of the ingredients
2. Put the pan in the air fryer and cook at 370°F for 20 minutes. Divide between plates and serve.

Chicken and Leeks

(**Prep + Cooking Time:** 40 minutes | **Servings:** 4)

Ingredients:

- 4 chicken thighs; bone-in
- 3 leeks; sliced
- 3 carrots; cut into thin sticks
- 1 cup chicken stock
- 2 tbsp. chives; chopped.
- 1 tbsp. olive oil
- Salt and black pepper to taste

Directions:

1. Heat up a pan that fits your air fryer over medium heat, add the stock, leeks and carrots, cover and simmer for 20 minutes
2. Rub the chicken with olive oil, season with salt and pepper, put it in your air fryer and cook at 350°F for 4 minutes
3. Add the chicken to the leeks mix, place the pan in your air fryer and cook for 6 minutes more. Divide between plates, serve and enjoy!

Rosemary Chicken Breasts

(Prep + Cooking Time: 35 minutes | Servings: 4)

Ingredients:

- 2 chicken breasts; skinless, boneless and halved
- 1 yellow onion; sliced
- 1 cup chicken stock
- 4 garlic cloves; chopped.
- 1 tsp. rosemary; dried
- 1 tbsp. fresh rosemary; chopped.
- 2 tbsp. cornstarch mixed with 2½ tbsp. water
- 2 tbsp. butter; melted
- 1 tbsp. soy sauce
- Salt and black pepper to taste

Directions:

1. Heat up the butter in a pan that fits your air fryer over medium heat.
2. Add the onions, garlic, dried and fresh rosemary, stock, soy sauce, salt and pepper; stir and simmer for 2-3 minutes
3. Add the cornstarch mixture, whisk, cook for 2 minutes more and take off the heat
4. Add the chicken, toss gently and place the pan in the fryer; cook at 370°F for 20 minutes. Divide between plates and serve hot.

Chicken Breasts Delight

(Prep + Cooking Time: 30 minutes | Servings: 6)

Ingredients:

- 3½ lbs. chicken breasts
- 1¼ cups yellow onion; chopped.
- 1 cup chicken stock
- 1 tsp. red pepper flakes
- 2 tsp. sweet paprika
- 1 tbsp. lime juice
- 1 tbsp. olive oil
- 2 tbsp. green onions; chopped.
- Salt and black pepper to taste

Directions:

1. Heat the oil up in a pan that fits your air fryer over medium heat.
2. Add the onions, lime juice, paprika, green onions, pepper flakes, salt and pepper
3. Stir the onion mixture and cook for 8 minutes.
4. Add the chicken and the stock, toss and simmer for 1 more minute
5. Transfer the pan to your air fryer and cook at 370°F for 12 minutes.
Divide between plates and serve.

Honey Duck Breasts

(Prep + Cooking Time: 30 minutes | Servings: 6)

Ingredients:

- 6 duck breasts; boneless
- 20 oz. chicken stock
- 1 tsp. olive oil
- 1 tbsp. ginger; grated
- 4 tbsp. hoisin sauce
- 4 tbsp. soy sauce
- 2 tbsp. honey
- Salt and black pepper to taste

Directions:

1. Place all of the ingredients in a bowl and toss well. Put the bowl in the fridge for 10 minutes
2. Transfer the duck breasts to your air fryer's basket and cook at 400°F for 10 minutes on each side.
3. Divide between plates and serve with a side salad.

Turkey Wings Orange Sauce

(Prep + Cooking Time: 45 minutes | Servings: 4)

Ingredients:

- 2 turkey wings
- 1½ cups cranberries
- 1 cup orange juice
- 1 yellow onion; sliced
- 1 bunch thyme; roughly chopped.
- 2 tbsp. butter; melted
- Salt and black pepper to taste

Directions:

1. Place the butter in a pan that fits your air fryer and heat up over medium-high heat.
2. Add the cranberries, salt, pepper, onions and orange juice; whisk and cook for 3 minutes
3. Add the turkey wings, toss and cook for 3-4 minutes more
4. Transfer the pan to your air fryer and cook at 380°F for 25 minutes
5. Add the thyme, toss and divide everything between plates. Serve and enjoy!

Chicken and Pancetta

(Prep + Cooking Time: 35 minutes | Servings: 4)

Ingredients:

- 2 chicken breasts; skinless, boneless, cubed
- 4 oz. smoked pancetta; chopped.
- 1/2 bunch thyme; chopped.
- 1/2 bunch rosemary; chopped.
- 1/2 fennel bulb; cut into matchsticks
- 4 carrots; cut into thin matchsticks
- 1/2 cup chicken stock
- 2 scallions; chopped.
- Juice of 1 lemon
- A drizzle of olive oil
- Salt and black pepper to taste

Directions:

1. Heat up the oil in a pan that fits your air fryer over medium heat
2. Add the scallions, pancetta, thyme, rosemary, salt, pepper, fennel and carrots; toss and cook for 5 minutes.
3. Add the lemon juice and the chicken, toss and cook for 5 more minutes
4. Place the pan in the fryer and cook at 380°F for 15 minutes. Divide everything between plates and serve.

Turkey Breast

(**Prep + Cooking Time:** 60 minutes | **Servings:** 4)

Ingredients:

- 2 turkey breasts; skinless, boneless and halved
- 1 tbsp. lemon juice
- 2 tbsp. olive oil
- 1 tsp. garlic powder
- 1 tsp. onion powder
- 1/2 tsp. thyme; dried
- 1 tsp. rosemary; dried
- Salt and black pepper to taste

Directions:

1. In a bowl, mix all the ingredients and rub the turkey well
2. Transfer to your air fryer's basket and cook at 370°F for 25 minutes on each side. Serve hot with a side salad.

Turkey with Fig Sauce

(Prep + Cooking Time: 40 minutes | Servings: 4)

Ingredients:

- 2 turkey breasts; halved
- 1 shallot; chopped.
- 1 cup chicken stock
- 1/2 cup red wine
- 1 tbsp. olive oil
- 1/2 tsp. garlic powder
- 1/4 tsp. sweet paprika
- 3 tbsp. butter; melted
- 1 tbsp. white flour
- 4 tbsp. figs; chopped.
- Salt and black pepper to taste

Directions:

1. Heat up a pan with the olive oil and 1½ tbsp. of the butter over medium-high heat.
2. Add the shallots, stir and cook for 2 minutes
3. Add the garlic powder, paprika, stock, salt, pepper, wine and the figs; stir and cook for 7-8 minutes.
4. Next add the flour, stir well and cook the sauce for 1-2 minutes more; take off heat
5. Season the turkey with salt and pepper and drizzle the remaining 1½ tbsp. of butter over them
6. Place the turkey in your air fryer's basket and cook at 380°F for 15 minutes, flipping them halfway. Divide between plates, drizzle the sauce all over and serve.

Tarragon Chicken Breasts

(Prep + Cooking Time: 25 minutes | Servings: 2)

Ingredients:

- 2 chicken breasts; skinless and boneless
- 2 garlic cloves; minced
- 8 tarragon sprigs; chopped.
- 1 cup white wine
- 1/4 cup soy sauce
- 1 tbsp. butter; melted
- Salt and black pepper to taste

Directions:

1. In a bowl, mix the chicken with the wine, soy sauce, garlic, tarragon, salt, pepper and the butter; toss well and set aside for 10 minutes
2. Transfer the chicken and its marinade to a baking dish that fits your air fryer and cook at 370°F for 15 minutes, shaking the fryer halfway. Divide everything between plates and serve.

Blue Cheese Chicken

(**Prep + Cooking Time:** 30 minutes | **Servings:** 4)

Ingredients:

- 1 lb. chicken breasts; skinless, boneless and cut into thin strips
- 1/2 cup buffalo sauce
- 1/4 cup bleu cheese; crumbled
- 1/2 cup chicken stock
- 1 small yellow onion; sliced

Directions:

1. In a pan that fits your air fryer, mix the chicken with the onions, buffalo sauce and the stock.
2. Toss everything and then place the pan in the fryer; cook at 370°F for 20 minutes
3. Sprinkle the cheese on top, divide everything between plates and serve

Tomato Duck Breast

(**Prep + Cooking Time:** 25 minutes | **Servings:** 2)

Ingredients:

- 1 smoked duck breast
- 1 tsp. honey
- 1/2 tsp. apple vinegar
- 1 tbsp. tomato paste

Directions:

1. In a bowl, mix the duck with the other ingredients and toss
2. Transfer the contents to your air fryer and cook at 370°F for 10 minutes on each side. Cut the meat into halves, divide between plates and serve.

Turkey Meatballs

(Prep + Cooking Time: 25 minutes | Servings: 8)

Ingredients:

- 1 lb. turkey meat; ground
- 1/4 cup parsley; chopped.
- 1/4 cup milk
- 1/2 cup panko breadcrumbs
- 1/4 cup parmesan cheese; grated
- 1 yellow onion; minced
- 4 garlic cloves; minced
- 2 tsp. soy sauce
- 1 tsp. fish sauce
- 1 tsp. oregano; dried
- 1 egg; whisked
- Cooking spray
- Salt and black pepper to taste

Directions:

1. In a bowl, mix together all of the ingredients (except the cooking spray), stir well and then shape into medium-sized meatballs
2. Place the meatballs in your air fryer's basket, grease them with cooking spray and cook at 380°F for 15 minutes. Serve the meatballs with a side salad

Duck and Sauce

(**Prep + Cooking Time:** 30 minutes | **Servings:** 4)

Ingredients:

- 2 duck breasts; skin scored
- 8 oz. white wine
- 1 tbsp. garlic; minced
- 2 tbsp. heavy cream
- 1 tbsp. sugar
- 1 tbsp. olive oil
- 2 tbsp. cranberries
- Salt and black pepper to taste

Directions:

1. Season the duck breasts with salt and pepper and put them in preheated air fryer
2. Cook at 350°F for 10 minutes on each side and divide between plates
3. Heat up a pan with the oil over medium heat and add the cranberries, sugar, wine, garlic and the cream; whisk well. Cook for 3-4 minutes, drizzle over the duck and serve.

Chicken and Peppercorns

(**Prep + Cooking Time:** 25 minutes | **Servings:** 4)

Ingredients:

- 8 chicken thighs; boneless
- 4 garlic cloves; minced
- 1/2 cup soy sauce
- 1/2 cup balsamic vinegar
- 1 tsp. black peppercorns
- Salt and black pepper to taste

Directions:

1. In a pan that fits your air fryer; mix the chicken with all the other ingredients and toss
2. Place the pan in the fryer and cook at 380°F for 20 minutes. Divide everything between plates and serve.

Turkey and Spring Onions

(**Prep + Cooking Time:** 40 minutes | **Servings:** 2)

Ingredients:

- 2 small turkey breasts; boneless and skinless
- 1 bunch spring onions; chopped.
- 2 red chilies; chopped.
- 1 cup chicken stock
- 1 tbsp. olive oil
- 1 tbsp. Chinese rice wine
- 1 tbsp. oyster sauce
- 1 tbsp. soy sauce

Directions:

1. Add the oil to a pan that fits your air fryer and place it over medium heat
2. Then add the chilies, spring onions, oyster sauce, soy sauce, stock and rice wine; whisk and simmer for 3-4 minutes
3. Add the turkey, toss and place the pan in the air fryer and cook at 380°F for 30 minutes. Divide everything between plates and serve.

Duck Breast and Potatoes

(**Prep + Cooking Time:** 40 minutes | **Servings:** 2)

Ingredients:

- 1 duck breast; halved and scored
- 1 oz. red wine
- 2 gold potatoes; cubed
- 2 tbsp. butter; melted
- Salt and black pepper to taste

Directions:

1. Season the duck pieces with salt and pepper, put them in a pan and heat up over medium-high heat.
2. Cook for 4 minutes on each side, transfer to your air fryer's basket and cook at 360°F for 8 minutes
3. Put the butter in a pan and heat it up over medium heat; then add the potatoes, salt, pepper and the wine and cook for 8 minutes
4. Add the duck pieces, toss and cook everything for 3-4 minutes more. Divide all between plates and serve.

Parmesan Chicken

(**Prep + Cooking Time:** 40 minutes | **Servings:** 4)

Ingredients:

- 4 chicken breasts; boneless and skinless
- 1/2 cup parmesan cheese; grated
- 1 cup corn flakes; crushed
- 1/4 cup butter; melted
- 1 tbsp. olive oil
- Salt and black pepper to taste

Directions:

1. In a bowl, mix all the ingredients and toss
2. Place the chicken in your air fryer's basket and cook at 360°F for 15 minutes on each side. Divide between plates and serve.

Chicken and Beer

(**Prep + Cooking Time:** 40 minutes | **Servings:** 4)

Ingredients:

- 15 oz. beer
- 1 yellow onion; minced
- 1 chili pepper; chopped.
- 4 chicken drumsticks
- 1 tbsp. balsamic vinegar
- 2 tbsp. olive oil
- Salt and black pepper to taste

Directions:

1. Put the oil in a pan that fits your air fryer and heat up over medium heat.
2. Add the onion and the chili pepper, stir and cook for 2 minutes
3. Add the vinegar, beer, salt and pepper; stir and cook for 3 more minutes
4. Add the chicken, toss and put the pan in the fryer and cook at 370°F for 20 minutes. Divide everything between plates and serve.

Chicken Curry

(**Prep + Cooking Time:** 40 minutes | **Servings:** 4)

Ingredients:

- 15 oz. chicken breast; skinless, boneless, cubed
- 6 potatoes; peeled and cubed
- 5 oz. heavy cream
- 1/2 bunch coriander; chopped
- 1 tbsp. olive oil
- 1 yellow onion; sliced
- 1 tsp. curry powder
- Salt and black pepper to taste

Directions:

1. Heat up the oil in a pan that fits your air fryer over medium heat.
2. Add the chicken, toss and brown for 2 minutes
3. Then add the onions, curry powder, salt and pepper; toss and cook for 3 minutes.
4. Next add the potatoes and the cream; toss well
5. Place the pan in the air fryer and cook at 370°F for 20 minutes
6. Add the coriander and stir. Divide the curry into bowls and serve.

Marinara Chicken

(Prep + Cooking Time: 35 minutes | Servings: 6)

Ingredients:

- 2 lbs. chicken breasts; skinless, boneless and cubed
- 1 cup green bell pepper; chopped.
- 3/4 cup marinara sauce
- 3/4 cup yellow onion; diced
- 1/2 cup cheddar cheese; grated
- 1 tbsp. olive oil
- Salt and black pepper to taste

Directions:

1. Heat up a pan that fits your air fryer with the oil over medium heat.
2. Add the chicken, toss and brown for 3 minutes
3. Add the salt, pepper, onions, bell peppers and the marinara sauce; stir and cook for 3 minutes more.
4. Place the pan in the air fryer and cook at 370°F for 15 minutes
5. Sprinkle the cheese on top, divide the mix between plates and serve.

Sesame Chicken

(Prep + Cooking Time: 30 minutes | Servings: 4)

Ingredients:

- 2 lbs. chicken breasts; skinless, boneless and cubed
- 1/2 cup soy sauce
- 1/2 cup honey
- 1/2 cup yellow onion; chopped.
- 2 garlic cloves; minced
- 1 tbsp. olive oil
- 2 tsp. sesame oil
- 1/4 tsp. red pepper flakes
- 1 tbsp. sesame seeds; toasted
- Salt and black pepper to taste

Directions:

1. Heat up the oil in a pan that fits your air fryer oil over medium heat.
2. Add the chicken, toss and brown for 3 minutes
3. Add the onions, garlic, salt and pepper; stir and cook for 2 minutes more.
4. Add the soy sauce, sesame oil, honey and pepper flakes; toss well
5. Place the pan in the fryer and cook at 380°F for 15 minutes
6. Top with the sesame seeds and toss. Divide between plates and serve.

Mexican Style Turkey

(Prep + Cooking Time: 25 minutes | Servings: 4)

Ingredients:

- 1 lb. turkey meat; ground
- 10 oz. tomato sauce
- 4 oz. mushrooms; sliced
- 1 cup cheddar cheese; grated
- 1 yellow onion; chopped.
- 2 tbsp. olive oil
- 1 tbsp. oregano; dried
- 1 tsp. garlic; minced
- 1 tsp. basil; dried
- Salt and black pepper to taste

Directions:

1. Heat up the oil in a pan that fits your air fryer over medium heat.
2. Add the turkey, oregano, garlic, basil and the onions; toss and cook for 2-3 minutes
3. Then add the mushrooms and tomato sauce, toss and cook for 2 minutes more
4. Place the pan in the fryer and cook at 370°F for 16 minutes
5. Sprinkle the cheese all over, divide the mix between plates and serve.

Cajun Chicken and Okra

(Prep + Cooking Time: 40 minutes | Servings: 4)

Ingredients:

- 1 lb. chicken thighs; halved
- 1/2 lb. okra
- 1 red bell pepper; chopped.
- 1 yellow onion; chopped.
- 4 garlic cloves; minced
- 1 cup chicken stock
- 1 tbsp. Cajun spice
- 1 tbsp. olive oil
- Salt and black pepper to taste

Directions:

1. Add the oil to a pan that fits your air fryer and heat up over medium heat.
2. Then add the chicken and brown for 2-3 minutes
3. Next, add all remaining ingredients, toss and cook for 3-4 minutes more
4. Place the pan into the air fryer and cook at 380°F for 22 minutes. Divide everything between plates and serve.

Asian Atyle Chicken

(Prep + Cooking Time: 40 minutes | Servings: 4)

Ingredients:

- 1 lb. spinach; chopped.
- 1½ lbs. chicken drumsticks
- 15 oz. canned tomatoes; crushed
- 1/4 cup lemon juice
- 1/2 cup cilantro; chopped.
- 1/2 cup chicken stock
- 1/2 cup heavy cream
- 4 garlic cloves; minced
- 1 yellow onion; chopped.
- 2 tbsp. butter; melted
- 1 tbsp. ginger; grated
- 1½ tsp. paprika
- 1½ tsp. coriander; ground
- 1 tsp. turmeric powder
- Salt and black pepper to taste

Directions:

1. Place the butter in a pan that fits your air fryer and heat over medium heat.
2. Add the onions and the garlic, stir and cook for 3 minutes
3. Add the ginger, paprika, coriander, turmeric, salt, pepper and the chicken; toss and cook for 4 minutes more.
4. Add the tomatoes and the stock and stir
5. Place the pan in the fryer and cook at 370°F for 15 minutes
6. Add the spinach, lemon juice, cilantro and the cream; stir and cook for 5-6 minutes more. Divide everything into bowls and serve.

Spiced Chicken

(Prep + Cooking Time: 35 minutes | Servings: 4)

Ingredients:

- 6 chicken thighs; boneless
- 2 yellow onions; chopped.
- 5 garlic cloves; chopped.
- 1/4 cup white wine
- 1 cup chicken stock
- 1/2 cup cilantro; chopped.
- 1/4 cup cranberries; dried
- 2 tbsp. olive oil
- 1/2 tsp. coriander; ground
- 1/2 tsp. cumin; ground
- 1/2 tsp. ginger powder
- 1/2 tsp. turmeric; ground
- 1/2 tsp. cinnamon; ground
- 1 tsp. sweet paprika
- Juice of 1 lemon

Directions:

1. Heat up the oil in a pan that fits your air fryer over medium heat
2. Add all other ingredients except the chicken, lemon juice and cilantro; stir and cook for 5 minutes.
3. Then add the chicken and toss
4. Place the pan in the fryer and cook at 380°F for 20 minutes
5. Add the lemon juice and the cilantro and toss. Divide between plates, serve and enjoy!

Lemongrass Chicken

(Prep + Cooking Time: 40 minutes | Servings: 4)

Ingredients:

- 10 chicken drumsticks
- 1 cup coconut milk
- 1 bunch lemongrass; trimmed
- 1/4 cup parsley; chopped.
- 1 yellow onion; chopped.
- 1 tbsp. ginger; chopped.
- 4 garlic cloves; minced
- 2 tbsp. fish sauce
- 3 tbsp. soy sauce
- 1 tsp. butter; melted
- 1 tbsp. lemon juice
- Salt and black pepper to taste

Directions:

1. In a blender, combine the lemongrass, ginger, garlic, soy sauce, fish sauce and coconut milk; pulse well.
2. Put the butter in a pan that fits your air fryer and heat it up over medium heat; add the onions, stir and cook for 2-3 minutes
3. Add the chicken, salt, pepper and the lemongrass mix; toss well
4. Place the pan in the fryer and cook at 380°F for 25 minutes
5. Add the lemon juice and the parsley and toss. Divide everything between plates and serve.

Chicken and Baby Carrots

(**Prep + Cooking Time:** 35 minutes | **Servings:** 4)

Ingredients:

- 6 chicken thighs
- 1/2 lb. baby carrots; halved
- 15 oz. canned tomatoes; chopped.
- 1 cup chicken stock
- 1/2 cup white wine
- 1 yellow onion; chopped.
- 1 tsp. olive oil
- 1/2 tsp. thyme; dried
- 2 tbsp. tomato paste
- Salt and black pepper to taste

Directions:

1. Put the oil into a pan that fits your air fryer and heat up over medium heat.
2. Add the chicken thighs and brown them for 1-2 minutes on each side
3. Add all the remaining ingredients, toss and cook for 4-5 minutes more
4. Place the pan in the air fryer and cook at 380°F for 22 minutes. Divide the chicken and carrots mix between plates and serve.

Chicken and Chickpeas

(**Prep + Cooking Time:** 35 minutes | **Servings:** 4)

Ingredients:

- 2 lbs. chicken thighs; boneless
- 8 oz. canned chickpeas; drained
- 5 oz. bacon; cooked and crumbled
- 1 cup yellow onion; chopped.
- 2 carrots; chopped.
- 1 cup chicken stock
- 1 tsp. balsamic vinegar
- 2 tbsp. olive oil
- 1 tbsp. parsley; chopped.
- Salt and black pepper to taste

Directions:

1. Heat up a pan that fits your air fryer with the oil over medium heat.
2. Add the onions, carrots, salt and pepper; stir and sauté for 3-4 minutes.
3. Add the chicken, stock, vinegar and chickpeas; then toss
4. Place the pan in the fryer and cook at 380°F for 20 minutes
5. Add the bacon and the parsley and toss again. Divide everything between plates and serve.

Turkey Chili

(**Prep + Cooking Time:** 35 minutes | **Servings:** 4)

Ingredients:

- 1 lb. turkey meat; cubed and browned
- 15 oz. canned lentils; drained
- 12 oz. veggie stock
- 1 yellow onion; chopped.
- 1 green bell pepper; chopped.
- 3 garlic cloves; chopped.
- 2½ tbsp. chili powder
- 1½ tsp. cumin; ground
- Salt and black pepper to taste

Directions:

1. Add all of the ingredients to a pan that fits your air fryer and mix well
2. Place the pan in the fryer and cook at 380°F for 25 minutes. Divide into bowls and serve hot.

Chicken and Squash

(Prep + Cooking Time: 35 minutes | Servings: 4)

Ingredients:

- 14 oz. coconut milk
- 6 cups squash; cubed
- 8 chicken drumsticks
- 1/2 cup cilantro; chopped.
- 1/2 cup basil; chopped.
- 2 red chilies; minced
- 3 garlic cloves; minced
- 2 tbsp. olive oil
- 2 tbsp. green curry paste
- 1/4 tsp. coriander; ground
- A pinch of cumin; ground
- Salt and black pepper to taste

Directions:

1. Heat up a pan that fits your air fryer with the oil over medium heat.
 2. Add the garlic, chilies, curry paste, cumin, coriander, salt and pepper; stir and cook for 3-4 minutes.
 3. Add the chicken pieces and the coconut milk and stir
 4. Place the pan in the fryer and cook at 380°F for 15 minutes
 5. Add the squash, cilantro and basil; toss and cook for 5-6 minutes more.
- Divide into bowls and serve. Enjoy!

Balsamic Chicken

(**Prep + Cooking Time:** 30 minutes | **Servings:** 4)

Ingredients:

- 4 chicken breasts; skinless and boneless
- 1 yellow onion; minced
- 1/4 cup balsamic vinegar
- 12 oz. canned tomatoes; chopped.
- 1/4 cup cheddar cheese; grated
- 1/4 tsp. garlic powder
- Salt and black pepper to taste

Directions:

1. In a baking dish that fits your air fryer, mix the chicken with the onions, vinegar, tomatoes, salt, pepper and garlic powder
2. Sprinkle the cheese on top and place the pan in the air fryer; cook at 400°F for 20 minutes. Divide between plates and serve.

Chicken and Potatoes

(**Prep + Cooking Time:** 25 minutes | **Servings:** 4)

Ingredients:

- 1 lb. chicken thighs; boneless
- 1/2 cup chicken stock
- 4 gold potatoes; cut into medium chunks
- 1 yellow onion; thinly sliced
- Salt and black pepper to taste

Directions:

1. In a pan that fits your air fryer, mix the chicken with the salt, pepper, onions and the stock.
2. Place the pan in the fryer and cook at 380°F for 10 minutes
3. Add the potatoes, put the pan in the fryer again and cook at 400°F for 10 minutes more. Divide between plates and serve.

Marjoram Chicken

(Prep + Cooking Time: 40 minutes | Servings: 6)

Ingredients:

- 2 lbs. chicken thighs
- 1/4 cup white wine
- 1/4 cup chicken stock
- 1 tbsp. olive oil
- 1/2 tsp. sweet paprika
- 1 tsp. marjoram; dried
- Salt and black pepper to taste

Directions:

1. Heat up a pan that fits your air fryer with the oil over medium heat.
2. Add the chicken pieces and brown them for 5 minutes
3. Add all remaining ingredients and toss well
4. Place the pan in the fryer and cook at 390°F for 25 minutes. Divide between plates and serve.

Chicken and Beans Chili

(Prep + Cooking Time: 40 minutes | Servings: 4)

Ingredients:

- 1 lb. chicken meat; ground
- 4 oz. canned green chilies; chopped.
- 15 oz. canned tomatoes; chopped.
- 1½ cups canned kidney beans; drained
- 1 yellow onion; minced
- 2 carrots; chopped.
- 2 garlic cloves; minced
- 1 tbsp. olive oil
- 1 tsp. brown sugar
- A handful of cilantro; chopped.
- Salt and black pepper to taste

Directions:

1. Heat up the oil in a pan that fits your air fryer oil over medium heat; then add the onion and the garlic.
2. Stir and cook for 2-3 minutes.
3. Add the chicken, salt, pepper, carrots, chilies, sugar and the tomatoes
4. Stir, bring to a simmer and cook for 2-3 minutes more
5. Add the beans, toss and place the pan in the air fryer
6. Cook at 370°F for 25 minutes. Divide into bowls, sprinkle the cilantro on top and serve.

Warms Wings

(**Prep + Cooking Time:** 28 minutes | **Servings:** 6)

Ingredients:

- 12 chicken wings; cut into 24 pieces
- 1/4 cup tomato sauce
- 1/4 cup honey
- 4 tbsp. hot sauce
- 1 tbsp. cilantro; chopped.
- Salt and black pepper to taste

Directions:

1. In a bowl, mix the chicken wings with the hot sauce, honey, salt, pepper and tomato sauce; toss well.
2. Transfer the chicken wings to your air fryer's basket and cook at 400°F for 17 minutes
3. Divide between plates, sprinkle the cilantro on top and serve

Meat Recipes

Pork and Bell Peppers

(**Prep + Cooking Time:** 32 minutes | **Servings:** 2)

Ingredients:

- 7 oz. pork tenderloin; cut into strips
- 1 green bell pepper; cut into strips
- 1 yellow bell pepper; cut in strips
- 1 sweet onion; chopped.
- 1 red bell pepper; cut into strips
- 1 tbsp. olive oil
- Salt and black pepper to taste

Directions:

1. Place all of the ingredients into a pan that fits your air fryer and toss well.
2. Put the pan in the fryer and cook at 390°F for 22 minutes. Divide the mix between plates and serve

Pork and Bell Pepper

(Prep + Cooking Time: 25 minutes | Servings: 4)

Ingredients:

- 1 lb. pork; cut into strips
- 1/2 cup beef stock
- 4 shallots; chopped.
- 2 red bell peppers; cut in strips
- 4 garlic cloves; minced
- 2 tbsp. olive oil
- A pinch of salt and black pepper
- 2 tbsp. fish sauce

Directions:

1. In a pan that fits your air fryer, place all the ingredients and toss
2. Place the pan in the fryer and cook at 400°F for 20 minutes, shaking the fryer halfway. Divide everything between plates and serve

Beef and Mushroom

(**Prep + Cooking Time:** 22 minutes | **Servings:** 2)

Ingredients:

- 8 oz. white mushrooms; sliced
- 1 yellow onion; chopped.
- 2 beef steaks; cut into strips
- 2 tbsp. dark soy sauce
- 1 tsp. olive oil
- Salt and black pepper to taste

Directions:

1. In a baking dish that fits your air fryer, combine all ingredients; toss well.
2. Place the pan in the fryer and cook at 390°F for 17 minutes. Divide everything between plates and serve

Smoked Pork Roast

(**Prep + Cooking Time:** 60 minutes | **Servings:** 4)

Ingredients:

- 2 lbs. pork loin roast
- 2 tbsp. oregano; chopped.
- 3 tbsp. smoked paprika
- 1 tbsp. olive oil
- 1 tsp. liquid smoke
- 1 tbsp. brown sugar
- Salt and black pepper to taste

Directions:

1. Place all ingredients into a bowl, mix well and be sure the pork is thoroughly coated.
2. Transfer the roast to your air fryer and cook at 370°F for 55 minutes. Slice the roast, divide it between plates and serve

Rubbed Steaks

(Prep + Cooking Time: 20 minutes | Servings: 4)

Ingredients:

- 1/4 cup ancho chili powder
- 4 flank steaks
- 2 tsp. ginger; grated
- 1 tbsp. oregano; dried
- 1 tbsp. dry mustard
- 2 tbsp. sweet paprika
- 1 tbsp. coriander; ground
- Cooking spray
- Salt and black pepper to taste

Directions:

1. In a bowl, mix all of the spices and then rub the steaks well with the mixture
2. Put the steaks in your air fryer's basket, grease with cooking spray and cook at 370°F for 7 minutes on each side. Serve the steaks with a side salad and enjoy!

Coconut Pork

(Prep + Cooking Time: 20 minutes | Servings: 4)

Ingredients:

- 7 oz. coconut milk
- 14 oz. pork chops; cut into strips
- 2 garlic cloves; minced
- 1 shallot; chopped.
- 1 tsp. ginger; grated
- 2 tsp. chili paste
- 2 tbsp. olive oil
- 3 tbsp. soy sauce
- Salt and black pepper to taste

Directions:

1. In a baking dish that fits your air fryer, mix the pork with the ginger, chili paste, garlic, shallots, oil soy sauce, salt and pepper; toss well
2. Place the pan in the fryer and cook at 400°F for 12 minutes, shaking the fryer halfway
3. Add the coconut milk, toss and cook for 3-4 minutes more. Divide everything into bowls and serve.

Tarragon Pork Loin

(Prep + Cooking Time: 65 minutes | Servings: 6)

Ingredients:

- 3 lbs. pork loin roast; trimmed
- 1/4 cup olive oil
- 3 garlic cloves; minced
- 2 tbsp. tarragon; chopped.
- 2 tsp. sweet paprika
- Salt and black pepper to taste

Directions:

1. In a bowl, mix the roast with all the other ingredients and rub well
2. Transfer the roast to your air fryer and cook at 390°F for 55 minutes.
Slice the roast, divide it between plates and serve

French Beef

(**Prep + Cooking Time:** 20 minutes | **Servings:** 2)

Ingredients:

- 7 oz. beef fillets; cut into strips
- 1 green bell pepper; cut in strips
- 1 red onion; sliced
- 2 tsp. Provencal herbs
- 1/2 tbsp. mustard
- 1 tbsp. olive oil
- Salt and black pepper to taste

Directions:

1. Place all the ingredients in a baking dish that fits your air fryer and mix well.
2. Put the pan in the fryer and cook at 400°F for 15 minutes. Divide the mixture between bowls and serve

Delicious Rack of Lamb

(Prep + Cooking Time: 30 minutes | Servings: 4)

Ingredients:

- 28 oz. rack of lamb
- 1 egg; whisked
- 2 garlic cloves; minced
- 2 tbsp. macadamia nuts; toasted and crushed
- 1 tbsp. vegetable oil
- 1 tbsp. oregano; chopped.
- Salt and black pepper to taste

Directions:

1. In a bowl, mix the lamb with the salt, pepper, garlic and the oil; rub the lamb well.
2. In another bowl, mix the macadamia nuts with the oregano, salt and pepper; stir
3. Put the egg in a third bowl
4. Dredge the lamb in the egg, then in the macadamia nuts mix
5. Place the lamb in your air fryer's basket and cook at 380°F for 10 minutes on each side. Divide between plates and serve with a side salad.

Oregano Pork Chops

(**Prep + Cooking Time:** 20 minutes | **Servings:** 4)

Ingredients:

- 4 pork chops
- 4 garlic cloves; minced
- 2 tbsp. olive oil
- 2 tbsp. oregano; chopped.
- Salt and black pepper to taste

Directions:

1. Place all of the ingredients in a bowl and toss / mix well
2. Transfer the chops to your air fryer's basket and cook at 400°F for 15 minutes. Serve with a side salad and enjoy!

Lamb Chops and Dill

(Prep + Cooking Time: 30 minutes | Servings: 6)

Ingredients:

- 1 lb. lamb chops
- 2 yellow onions; chopped.
- 3 cups chicken stock
- 1½ cups heavy cream
- 1 garlic clove; minced
- 1 tbsp. olive oil
- 2 tbsp. sweet paprika
- 2 tbsp. dill; chopped.
- Salt and black pepper to taste

Directions:

1. Put the lamb chops in your air fryer and season with the salt, pepper, garlic and paprika; rub the chops thoroughly
2. Cook at 380°F for 10 minutes
3. Transfer the lamb to a baking dish that fits your air fryer. Then add the onions, stock, cream and dill and toss.
4. Place the pan in the fryer and cook everything for 7-8 minutes more.
Divide everything between plates and serve hot

Beef and Sauce

(Prep + Cooking Time: 50 minutes | Servings: 6)

Ingredients:

- 3 lbs. beef roast
- 1¾ cups beef stock
- ¾ cup red wine
- 3 garlic cloves; minced
- 2 tbsp. butter; melted
- 1 tbsp. mustard
- Salt and black pepper to taste

Directions:

1. In a bowl, mix the beef with the butter, mustard, garlic, salt and pepper; rub the meat thoroughly.
2. Put the beef roast in your air fryer's basket and cook at 400°F for 15 minutes
3. Heat up a pan over medium-high heat and add the stock and the wine
4. Then add the beef roast and place the pan in the fryer; cook at 380°F for 25 minutes more. Divide into bowls and serve.

Mustard Pork Chops

(**Prep + Cooking Time:** 25 minutes | **Servings:** 6)

Ingredients:

- 2 pork chops
- 2 garlic cloves; minced
- 1/4 cup olive oil
- 1 tsp. sweet paprika
- 1 tbsp. mustard
- Salt and black pepper to taste

Directions:

1. Place all of the ingredients in a bowl and coat the pork chops well
2. Transfer the pork chops to your air fryer's basket and cook at 400°F for 15 minutes. Divide the chops between plates and serve

Pork and Broccoli

(**Prep + Cooking Time:** 20 minutes | **Servings:** 4)

Ingredients:

- 1 lb. pork stew meat; cut into strips
- 1 lb. broccoli florets
- 1 garlic clove; minced
- 1/3 cup oyster sauce
- 1 tsp. soy sauce
- 2 tsp. olive oil

Directions:

1. In a bowl, mix the pork with all the other ingredients and toss well.
2. Put the mixture into your air fryer and cook at 390°F for 15 minutes.
Divide into bowls and serve

Fennel Pork

(**Prep + Cooking Time:** 20 minutes | **Servings:** 4)

Ingredients:

- 2 pork chops
- 1 tsp. fennel seeds; roasted
- 1 tbsp. rosemary; chopped.
- 3 tbsp. olive oil
- Salt and black pepper to taste

Directions:

1. In a bowl, mix the pork chops with the oil, salt, pepper, fennel and the rosemary; toss and make sure the pork chops are coated well
2. Transfer the chops to your air fryer and cook at 400°F for 15 minutes.
Divide the chops between plates and serve

Pork Chops and Spinach

(**Prep + Cooking Time:** 20 minutes | **Servings:** 4)

Ingredients:

- 2 pork chops
- 1/4 cup beef stock
- 2 cups baby spinach
- 3 tbsp. spinach pesto
- Salt and black pepper to taste

Directions:

1. Place the pork chops, salt, pepper and spinach pesto in a bowl; toss well
2. Place the pork chops in the air fryer and cook at 400°F for 4 minutes on each side.
3. Transfer the chops to a pan that fits your air fryer and add the stock and the baby spinach
4. Put the pan in the fryer and cook at 400°F for 7 minutes more. Divide everything between plates and serve.

Pork and Sprouts

(Prep + Cooking Time: 35 minutes | Servings: 4)

Ingredients:

- 1½ lbs. Brussels sprouts; trimmed
- 1 lb. pork tenderloin; cubed
- 1/2 cup sour cream
- 2 tbsp. olive oil
- 2 tbsp. rosemary; chopped.
- Salt and black pepper to taste
- 1 garlic clove; minced
- Salt and black pepper to taste

Directions:

1. In a pan that fits your air fryer, mix the pork with the oil, rosemary, salt, pepper, garlic, salt and pepper; toss well.
2. Place the pan in the fryer and cook at 400°F for 17 minutes
3. Next add the sprouts and the sour cream and toss
4. Place the pan in the fryer and cook for 8 more minutes. Divide everything into bowls and serve.

Pork and Chives

(Prep + Cooking Time: 32 minutes | Servings: 6)

Ingredients:

- 1 lb. pork tenderloin; cubed
- 1/4 cup tarragon; chopped.
- 1 cup mayonnaise
- 2 garlic cloves; minced
- 2 tbsp. mustard
- 2 tbsp. chives; chopped.
- Salt and black pepper to taste

Directions:

1. Place all ingredients except the mayo into a pan that fits your air fryer; mix well.
2. Put the pan in the fryer and cook at 400°F for 15 minutes
3. Add the mayo and toss
4. Put the pan in the fryer for 7 more minutes. Divide into bowls and serve.

Ground Beef

(**Prep + Cooking Time:** 25 minutes | **Servings:** 4)

Ingredients:

- 1 lb. ground beef
- 1/4 cup tomato salsa
- 2 garlic cloves; minced
- 1 green bell pepper; chopped.
- 1 yellow onion; chopped.
- 1 tbsp. olive oil
- 1/2 tsp. cumin
- Salt and black pepper to taste

Directions:

1. Heat up the oil in a pan that fits your air fryer over medium heat.
2. Add the onion, garlic, bell peppers and the cumin; stir and sauté for 3 minutes
3. Add the meat, toss, cook for 3 minutes more and take off the heat.
4. Add the salsa, toss and place the pan in the fryer; cook at 380°F for 14 minutes more. Divide everything into bowls and serve

Beef Roast and Grapes

(Prep + Cooking Time: 50 minutes | Servings: 4)

Ingredients:

- 1 lb. beef roast meat; cubed
- 1/2 lb. red grapes
- 1/2 red onion; chopped.
- 1½ cups chicken stock
- 1/2 cup dry white wine
- 2 garlic cloves; minced
- 1 tsp. thyme; chopped
- 3 tbsp. olive oil
- Salt and black pepper to taste

Directions:

1. Heat up the oil in a pan that fits your air fryer over medium-high heat.
2. Add the beef, salt and pepper; toss and brown for 5 minutes.
3. Add the stock, wine, garlic, thyme and onions; toss and cook for 5 minutes more
4. Transfer the pan to your air fryer and cook at 390°F for 25 minutes
5. Add the grapes, toss gently and cook everything for 5-6 minutes more.
Divide between plates and serve right away.

Pork Steaks

(**Prep + Cooking Time:** 20 minutes | **Servings:** 4)

Ingredients:

- 4 pork steaks
- 1 tbsp. sweet paprika
- 1 tbsp. butter; melted
- Salt and black pepper to taste

Directions:

1. Rub the pork steaks with the salt, pepper, butter and paprika until thoroughly coated
2. Transfer the steaks to your air fryer's basket and cook at 390°F for 7 minutes on each side. Divide the steaks between plates and serve

Sage Pork

(**Prep + Cooking Time:** 60 minutes | **Servings:** 6)

Ingredients:

- 2½ lbs. pork loin; boneless and cubed
- ¾ cup beef stock
- ½ tbsp. smoked paprika
- ½ tbsp. garlic powder
- 2 tbsp. olive oil
- 1 tsp. basil; dried
- 3 tsp. sage; dried
- 1 tsp. oregano; dried
- Salt and black pepper to taste

Directions:

1. In a pan that fits your air fryer, heat up the oil over medium heat.
2. Add the pork, toss and brown for 5 minutes
3. Add the paprika, sage, garlic powder, basil, oregano, salt and pepper; toss and cook for 2 more minutes.
4. Next add the stock and toss
5. Place the pan in the fryer and cook at 360°F for 40 minutes. Divide everything between plates and serve.

Pork Chops

(Prep + Cooking Time: 20 minutes | Servings: 4)

Ingredients:

- 4 medium pork chops
- 1 tbsp. olive oil
- 1 tbsp. cumin; ground
- 1 tbsp. rosemary; dried
- 2 tbsp. sweet paprika
- 2 tbsp. onion powder
- 2 tbsp. garlic powder
- 2 tbsp. oregano; dried
- Salt and black pepper to taste

Directions:

1. In a bowl, mix all of the ingredients and rub the pork chops well.
2. Put the pork chops in your air fryer's basket and cook at 400°F for 15 minutes, flipping them halfway. Divide between plates, serve and enjoy

Jalapeno Beef

(**Prep + Cooking Time:** 45 minutes | **Servings:** 6)

Ingredients:

- 1½ lbs. ground beef
- 16 oz. canned white beans; drained
- 20 oz. canned tomatoes; chopped.
- 1 red onion; chopped.
- 6 garlic cloves; chopped.
- 7 jalapeno peppers; diced
- 1 cup beef stock
- 3 tbsp. chili powder
- 2 tbsp. olive oil
- Salt and black pepper to taste

Directions:

1. Heat up the oil in a pan that fits your air fryer over medium heat.
2. Add the beef and the onions, stir and cook for 2 minutes
3. Add all remaining ingredients and stir; cook for 3 minutes more
4. Place the pan in the air fryer and cook at 380°F for 35 minutes. Divide everything into bowls and serve.

Beef Roast

(**Prep + Cooking Time:** 65 minutes | **Servings:** 4)

Ingredients:

- 2 lbs. beef roast
- 3 tbsp. garlic; minced
- 3 tbsp. olive oil
- 1 tbsp. smoked paprika
- Salt and black pepper to taste

Directions:

1. In a bowl, combine all the ingredients and coat the roast well.
2. Place the roast in your air fryer and cook at 390°F for 55 minutes. Slice the roast, divide it between plates and serve with a side salad

Beef and Celery

(**Prep + Cooking Time:** 65 minutes | **Servings:** 6)

Ingredients:

- 1 lb. yellow onion; chopped.
- 3 lbs. beef roast
- 16 oz. canned tomatoes; chopped.
- 1 lb. celery; chopped.
- 3 cups beef stock
- 2 tbsp. olive oil
- Salt and black pepper to taste

Directions:

1. Place all the ingredients into a baking dish that fits your air fryer and mix well
2. Put the pan in the fryer and cook at 390°F for 55 minutes
3. Slice the roast and then divide it and the celery mix between plates. Serve and enjoy!

Garlicky Loin Roast

(**Prep + Cooking Time:** 60 minutes | **Servings:** 4)

Ingredients:

- 1 lb. pork loin roast
- 3 garlic cloves; minced
- 1 tbsp. rosemary; chopped.
- 2 tbsp. panko breadcrumbs
- 1 tbsp. olive oil
- Salt and black pepper to taste

Directions:

1. Place all ingredients except the roast into a bowl; stir / mix well.
2. Spread the mixture over the roast. Place the roast in the air fryer and cook at 360°F for 55 minutes
3. Slice the roast, divide it between plates and serve with a side salad

Pork and Cauliflower

(**Prep + Cooking Time:** 28 minutes | **Servings:** 4)

Ingredients:

- 1 lb. pork stew meat; cubed
- 1 cauliflower head; florets separated
- 1/3 cup balsamic vinegar
- 1 garlic clove; minced
- 2 tbsp. olive oil
- 1 tsp. soy sauce
- 1 tsp. sugar

Directions:

1. Place all the ingredients in a pan that fits your air fryer and mix well.
2. Put the pan into the fryer and cook at 390°F for 22 minutes. Divide into bowls, serve and enjoy

Chinese Style Beef

(**Prep + Cooking Time:** 25 minutes | **Servings:** 4)

Ingredients:

- 1 lb. beef stew meat; cut into strips
- 1/4 cup sesame seeds; toasted
- 1 cup green onion; chopped
- 1 cup soy sauce
- 5 garlic cloves; minced
- Black pepper to taste

Directions:

1. In a pan that fits your air fryer, place all ingredients and mix well
2. Place the pan in the fryer and cook at 390°F for 20 minutes. Divide everything into bowls and serve

Pork and Peanuts

(Prep + Cooking Time: 20 minutes | Servings: 4)

Ingredients:

- 14 oz. pork chops; cubed
- 3 oz. peanuts; chopped.
- 7 oz. coconut milk
- 2 garlic cloves; minced
- 1 shallot; chopped.
- 2 tsp. chili paste
- 1 tsp. coriander; ground
- 2 tbsp. olive oil
- Salt and black pepper to taste

Directions:

1. Place all of the ingredients into a pan that fits your air fryer; mix well
2. Put the pan in the fryer and cook at 400°F for 15 minutes. Divide into bowls and serve.

Lamb and Beans

(Prep + Cooking Time: 35 minutes | Servings: 4)

Ingredients:

- 3 oz. canned kidney beans; drained
- 8 oz. lamb loin; cubed
- 1 garlic clove; minced
- 1 yellow onion; sliced
- 1 carrot; chopped.
- 1/2 tbsp. olive oil
- 1 tbsp. ginger; grated
- 3 tbsp. soy sauce
- Salt and black pepper to taste

Directions:

1. In baking dish that fits your air fryer, place all of the ingredients and mix well.
2. Place the dish in the fryer and cook at 390°F for 30 minutes. Divide everything into bowls and serve

Pork Chops and Mushrooms Mix

(Prep + Cooking Time: 50 Minutes | Servings: 3)

Ingredients:

- 3 pork chops; boneless
- 8-ounce mushrooms; sliced
- 1 teaspoon garlic powder
- 1 yellow onion; chopped.
- 1 teaspoon nutmeg
- 1 tablespoon balsamic vinegar
- 1 cup mayonnaise
- 1/2 cup olive oil

Directions:

1. Heat up a pan that fits your air fryer with the oil over medium heat, add mushrooms and onions; stir and cook for 4 minutes
2. Add pork chops, nutmeg and garlic powder and brown on both sides.
3. Introduce pan your air fryer at 330°F and cook for 30 minutes. Add vinegar and mayo; stir, divide everything on plates and serve

Beef and Peas

(**Prep + Cooking Time:** 25 minutes | **Servings:** 2)

Ingredients:

- 2 beef steaks; cut into strips
- 14 oz. snow peas
- 2 tbsp. soy sauce
- 1 tbsp. olive oil
- Salt and black pepper to taste

Directions:

1. Put all of the ingredients into a pan that fits your air fryer; toss well.
2. Place the pan in the fryer and cook at 390°F for 25 minutes. Divide everything between plates and serve

Lamb Meatballs

(Prep + Cooking Time: 22 minutes | Servings: 8)

Ingredients:

- 4 oz. lamb meat; minced
- 1 egg; whisked
- 1 tbsp. oregano; chopped.
- 1/2 tbsp. lemon zest
- Cooking spray
- Salt and black pepper to taste

Directions:

1. In a bowl, combine all of the ingredients except the cooking spray and stir well.
2. Shape medium-sized meatballs out of this mix
3. Place the meatballs in your air fryer's basket, grease them with cooking spray and cook at 400°F for 12 minutes. Divide between plates and serve

Beef, Arugula and Leeks

(Prep + Cooking Time: 22 minutes | Servings: 4)

Ingredients:

- 1 lb. ground beef
- 5 oz. baby arugula
- 3 leeks; roughly chopped.
- 1 tbsp. olive oil
- 2 tbsp. tomato paste
- Salt and black pepper to taste

Directions:

1. In a pan that fits your air fryer, mix the beef with the leeks, salt, pepper, oil and the tomato paste; toss well
2. Place the pan in the fryer and cook at 380°F for 12 minutes
3. Add the arugula and toss. Divide into bowls and serve.

Pork Meatloaf

(Prep + Cooking Time: 25 minutes | Servings: 4)

Ingredients:

- 1 lb. ground pork meat
- 1 oz. chorizo; chopped.
- 1 egg; whisked
- 1 yellow onion; chopped.
- 3 tbsp. breadcrumbs
- 1 tbsp. thyme; chopped.
- Cooking spray
- Salt and black pepper to taste

Directions:

1. Place all of the ingredients (except the cooking spray) in a bowl and stir / combine well.
2. Transfer the mixture to a loaf pan, greased with cooking spray, that fits your air fryer
3. Place the pan in the fryer and cook at 390°F for 20 minutes. Slice and serve

Paprika Beef

(Prep + Cooking Time: 30 minutes | Servings: 4)

Ingredients:

- 1½ lbs. beef fillet
- 1 red onion; roughly chopped.
- 1/2 cup beef stock
- 3 tsp. sweet paprika
- 2 tbsp. olive oil
- 1 tbsp. tomato paste
- 1 tbsp. Worcestershire sauce
- Salt and black pepper to taste

Directions:

1. In a bowl, mix the beef with all remaining ingredients; toss well.
2. Transfer the mixture to a pan that fits your air fryer and cook at 400°F for 26 minutes, shaking the air fryer halfway. Divide everything between plates and serve

Lamb Ribs

(Prep + Cooking Time: 20 minutes | Servings: 4)

Ingredients:

- 4 lamb ribs
- 1 cup veggie stock
- 4 garlic cloves; minced
- 1/4 tsp. smoked paprika
- 1/2 tsp. chili powder
- 2 tbsp. extra virgin olive oil
- Salt and black pepper to taste

Directions:

1. In a bowl; combine all of the ingredients except the ribs and mix well.
2. Then add the ribs and rub them thoroughly with the mixture
3. Transfer the ribs to your air fryer's basket and cook at 390°F for 7 minutes on each side. Serve with a side salad

Beef and Plums

(Prep + Cooking Time: 50 minutes | Servings: 6)

Ingredients:

- 1½ lbs. beef stew meat; cubed
- 9 oz. plums; pitted and halved
- 8 oz. beef stock
- 2 yellow onions; chopped.
- 2 garlic cloves; minced
- 3 tbsp. honey
- 2 tbsp. olive oil
- 1 tsp. ginger powder
- 1 tsp. cinnamon powder
- 1 tsp. turmeric powder
- Salt and black pepper to tastes

Directions:

1. In a pan that fits your air fryer, heat up the oil over medium heat.
2. Add the beef, stir and brown for 2 minutes
3. Add the honey, onions, garlic, salt, pepper, turmeric, ginger and cinnamon; toss and cook for 2-3 minutes more
4. Add the plums and the stock; toss again.
5. Place the pan in the fryer and cook at 380°F for 30 minutes. Divide everything into bowls and serve

Delicious Sausage

(**Prep + Cooking Time:** 25 minutes | **Servings:** 4)

Ingredients:

- 6 pork sausage links; halved
- 1 red onion; sliced
- 2 garlic cloves; minced
- 1 tbsp. sweet paprika
- 1 tbsp. olive oil
- 1 tbsp. rosemary; chopped.
- Salt and black pepper to taste

Directions:

1. In a pan that fits your air fryer, mix all of the ingredients and toss.
2. Place the pan in the fryer and cook at 360°F for 20 minutes. Divide between plates and serve

Marinated Lamb and Veggies

(Prep + Cooking Time: 40 Minutes | Servings: 4)

Ingredients:

- 1 carrot; chopped
- 1 onion; sliced
- 8-ounce lamb loin; sliced
- 1/2 tablespoon olive oil
- 3-ounce bean sprouts

For the marinade:

- 1 garlic clove; minced
- 1/2 apple; grated
- 1 tablespoon ginger; grated
- 1 small yellow onion; grated
- 2 tablespoon orange juice
- 5 tablespoon soy sauce
- 1 tablespoon sugar
- Salt and black pepper to the taste

Directions:

1. In a bowl; mix 1 grated onion with the apple, garlic, 1 tablespoon ginger, soy sauce, orange juice, sugar and black pepper, whisk well, add lamb and leave aside for 10 minutes
2. Heat up a pan that fits your air fryer with the olive oil over medium high heat, add 1 sliced onion, carrot and bean sprouts; stir and cook for 3 minutes.
3. Add lamb and the marinade, transfer pan to your preheated air fryer and cook at 360°F, for 25 minutes. Divide everything into bowls and serve

Creamy Beef

(Prep + Cooking Time: 55 minutes | Servings: 4)

Ingredients:

- 1½ lbs. cubed beef
- 4 oz. brown mushrooms; sliced
- 8 oz. sour cream
- 1 red onion; chopped.
- 2 garlic cloves; minced
- 2½ tbsp. vegetable oil
- 1½ tbsp. white flour
- 1 tbsp. cilantro; chopped.
- Salt and black pepper to taste

Directions:

1. In a bowl, mix the beef with the salt, pepper and flour; toss.
 2. Heat up the oil in a pan that fits your air fryer over medium-high heat.
 3. Add the beef, onions and garlic; stir and cook for 5 minutes
 4. Add the mushrooms and toss
 5. Place the pan in the fryer and cook at 380°F for 35 minutes
 6. Add the sour cream and cilantro and toss; cook for 5 minutes more.
- Divide everything between plates and serve.

Cinnamon Beef

(Prep + Cooking Time: 60 minutes | Servings: 6)

Ingredients:

- 2 lbs. beef roast
- 2 yellow onions; thinly sliced
- 2 garlic cloves; minced
- 1 cup beef stock
- Juice of 1 lemon
- 1 tbsp. cilantro; chopped.
- 1½ tbsp. cinnamon powder
- Salt and black pepper to taste

Directions:

1. In a baking dish that fits your air fryer, mix the roast with all other ingredients and toss well.
2. Place the dish in your fryer and cook at 390°F for 55 minutes, flipping the roast halfway
3. Carve the roast, divide between plates and serve with the cooking juices drizzled on top; enjoy!

Beef Kabobs Recipe

(**Prep + Cooking Time:** 20 Minutes | **Servings:** 4)

Ingredients:

- 2 red bell peppers; chopped
- 2-pound sirloin steak; cut into medium pieces
- 1 red onion; chopped
- 1 zucchini; sliced
- Juice from 1 lime
- 2 tablespoon chili powder
- 2 tablespoon hot sauce
- 1/2 tablespoon cumin; ground
- 1/4 cup olive oil
- 1/4 cup salsa
- Salt and black pepper to the taste

Directions:

1. In a bowl; mix salsa with lime juice, oil, hot sauce, chili powder, cumin, salt and black pepper and whisk well.
2. Divide meat bell peppers, zucchini and onion on skewers, brush kabobs with the salsa mix you made earlier, put them in your preheated air fryer and cook them for 10 minutes at 370°F, flipping kabobs halfway. Divide among plates and serve with a side salad

Crispy Lamb Recipe

(Prep + Cooking Time: 40 Minutes | Servings: 4)

Ingredients:

- 1 tablespoon bread crumbs
- 1 tablespoon olive oil
- 1 egg;
- 1 tablespoon rosemary; chopped
- 1 garlic clove; minced
- 28-ounce rack of lamb
- 2 tablespoon macadamia nuts; toasted and crushed
- Salt and black pepper to the taste

Directions:

1. In a bowl; mix oil with garlic and stir well
2. Season lamb with salt, pepper and brush with the oil.
3. In another bowl, mix nuts with breadcrumbs and rosemary
4. Put the egg in a separate bowl and whisk well.
5. Dip lamb in egg, then in macadamia mix, place them in your air fryer's basket, cook at 360°F and cook for 25 minutes; increase heat to 400°F and cook for 5 minutes more. Divide among plates and serve right away

Hot Pork Delight

(Prep + Cooking Time: 28 minutes | Servings: 4)

Ingredients:

- 1 lb. pork tenderloin; cubed
- 1 red onion; chopped.
- 1 garlic clove; minced
- 1/2 tsp. hot chili powder
- 1 tsp. cinnamon powder
- 2 tbsp. olive oil
- 3 tbsp. parsley; chopped.
- Salt and black pepper to taste

Directions:

1. In a bowl, combine the chili, cinnamon, garlic, salt, pepper and the oil. Then add the pork and rub it well with the mixture
2. Transfer the meat to your air fryer and cook at 280°F for 12 minutes. Add the onions and cook for 5 minutes more
3. Divide everything between plates and serve with the parsley sprinkled on top.

Basil Beef Roast

(Prep + Cooking Time: 60 minutes | Servings: 6)

Ingredients:

- 1½ lbs. beef roast
- 2 garlic cloves; minced
- 2 carrots; sliced
- 1 cup beef stock
- 1 tbsp. basil; dried
- Salt and black pepper to taste

Directions:

1. In a pan that fits your air fryer, combine all ingredients well.
2. Place the pan in the fryer and cook at 390°F for 55 minutes
3. Slice the roast, divide it and the carrots between plates and serve with cooking juices drizzled on top.

Beef and Chives Marinade

(**Prep + Cooking Time:** 60 minutes | **Servings:** 6)

Ingredients:

- 2 lbs. beef roast
- 3 garlic cloves; minced
- 1 cup balsamic vinegar
- 2 tbsp. olive oil
- 2 tbsp. chives; minced
- Salt and black pepper to taste

Directions:

1. In a bowl, mix the oil, vinegar and spices (all ingredients except for the roast); whisk well.
2. Add the roast and coat with the mixture
3. Transfer the roast to your air fryer's basket and cook at 390°F for 55 minutes, flipping the roast halfway. Carve and serve right away

Cumin Beef

(**Prep + Cooking Time:** 40 minutes | **Servings:** 4)

Ingredients:

- 1 lb. ground beef
- 4 oz. canned kidney beans; drained
- 8 oz. canned tomatoes; chopped.
- 1 yellow onion; chopped.
- 2 garlic cloves; minced
- 2 tbsp. olive oil
- 2 tsp. cumin; ground
- Salt and black pepper to taste

Directions:

1. Heat up the oil in a pan that fits your air fryer over medium heat.
2. Add the onion and the beef, stir and cook for 2-3 minutes
3. Then add the garlic, salt, pepper, beans, tomatoes and the cumin; toss and cook for another 2 minutes
4. Transfer the pan to your air fryer and cook at 380°F for 30 minutes.
Divide everything into bowls and serve.

Marinated Beef

(Prep + Cooking Time: 30 minutes | Servings: 4)

Ingredients:

- 3 lbs. chuck roast; cut into thin strips
- 1/2 cup soy sauce
- 1/2 cup black soy sauce
- 5 garlic cloves; minced
- 3 red peppers; dried and crushed
- 1 tbsp. olive oil
- 2 tbsp. fish sauce

Directions:

1. In a bowl, combine the beef with all ingredients; toss well and place in the fridge for 10 minutes.
2. Transfer the beef to your air fryer's basket and cook at 380°F for 20 minutes. Serve with a side salad

Lamb and Carrots

(**Prep + Cooking Time:** 40 minutes | **Servings:** 6)

Ingredients:

- 1½ lbs. ground lamb
- 4 garlic cloves; minced
- 4 carrots; grated
- 1 cup beef stock
- 1 yellow onion; chopped.
- 1/2 tbsp. olive oil
- 1 tbsp. red wine
- 1/2 tsp. smoked paprika
- Salt and black pepper to taste

Directions:

1. Heat up a pan that fits your air fryer with the oil over medium heat; add the lamb, stir and brown for 1-2 minutes
2. Add all remaining ingredients and toss well; cook for 2 more minutes
3. Transfer the pan to your air fryer and cook at 380°F for 25 minutes.
Divide the mix into bowls and serve.

Beef Curry

(Prep + Cooking Time: 40 minutes | Servings: 4)

Ingredients:

- 2 lbs. cubed beef
- 10 oz. coconut milk
- 2 yellow onions; chopped.
- 2 garlic cloves; minced
- 3 potatoes; diced
- 1 tomato; cubed
- 2 tbsp. olive oil
- 2½ tbsp. curry powder
- Salt and black pepper to taste

Directions:

1. In a pan that fits your air fryer, heat up the oil over medium heat.
2. Add the meat and brown it for 2-3 minutes
3. Then add the potatoes, tomato, curry powder, onions, garlic, salt and pepper; toss and cook for 2 more minutes
4. Transfer the pan to your air fryer and cook at 380°F for 25 minutes
5. Add the coconut milk, toss and cook for 5 minutes more. Divide everything into bowls, serve and enjoy.

Pork Chops and Green Beans

(**Prep + Cooking Time:** 25 Minutes | **Servings:** 4)

Ingredients:

- 4 pork chops; bone in
- 3 garlic cloves; minced
- 2 tablespoon parsley; chopped
- 1 tablespoon sage; chopped
- 2 tablespoon olive oil
- 16-ounce green beans
- Salt and black pepper to the taste

Directions:

1. In a pan that fits your air fryer, mix pork chops with olive oil, sage, salt, pepper, green beans, garlic and parsley, toss, introduce in your air fryer and cook at 360°F, for 15 minutes.
2. Divide everything on plates and serve

Lamb Roast and Potatoes Recipe

(Prep + Cooking Time: 55 Minutes | Servings: 6)

Ingredients:

- 4-pound lamb roast
- 6 potatoes; halved
- 1/2 cup lamb stock
- 4 bay leaves
- 3 garlic cloves; minced
- 1 spring rosemary
- Salt and black pepper to the taste

Directions:

1. Put potatoes in a dish that fits your air fryer, add lamb, garlic, rosemary spring, salt, pepper, bay leaves and stock, toss, introduce in your air fryer and cook at 360°F, for 45 minutes. Slice lamb, divide among plates and serve with potatoes and cooking juices

Milky Lamb

(**Prep + Cooking Time:** 20 minutes | **Servings:** 4)

Ingredients:

- 1 lb. lamb chops
- 1 cup coconut milk
- 1 garlic clove; minced
- 2 tbsp. olive oil
- 1 tbsp. rosemary; chopped.
- 1 tbsp. butter; melted
- Salt and black pepper to taste

Directions:

1. Season the lamb chops with salt and pepper, then put them in a pan that fits your air fryer.
2. Add the oil, rosemary, garlic, butter and milk to the pan; toss well
3. Place the pan in the fryer and cook at 400°F for 15 minutes. Divide the mix between plates and serve

Pork Curry

(**Prep + Cooking Time:** 35 minutes | **Servings:** 4)

Ingredients:

- 1 lb. pork stew meat; cubed
- 2 oz. coconut cream
- 1 yellow onion; chopped.
- 3 tbsp. pure cream
- 3 tbsp. curry powder
- 1 tbsp. cilantro; chopped.
- 2 tbsp. olive oil
- Salt and black pepper to taste

Directions:

1. In a bowl, mix the pork with the curry powder, salt and pepper.
2. Heat up a pan that fits your air fryer with the oil over medium-high heat; add the pork, toss and brown for 3 minutes.
3. Add the coconut cream, pure cream and onions; toss
4. Place the pan in the fryer and cook at 380°F for 25 minutes
5. Add the cilantro and toss. Divide everything into bowls and serve

Ham and Veggie Air Fried Mix

(Prep + Cooking Time: 30 Minutes | Servings: 6)

Ingredients:

- 1/4 cup butter
- 3 cups milk
- 1/2 teaspoon thyme; dried
- 2 cups ham; chopped
- 1/4 cup flour
- 6-ounce sweet peas
- 4-ounce mushrooms; halved
- 1 cup baby carrots

Directions:

1. Heat up a large pan that fits your air fryer with the butter over medium heat, melt it, add flour and whisk well
2. Add milk and, well again and take off heat
3. Add thyme, ham, peas, mushrooms and baby carrots, toss, put in your air fryer and cook at 360°F, for 20 minutes. Divide everything on plates and serve

Mustard Pork Chops

(**Prep + Cooking Time:** 20 minutes | **Servings:** 6)

Ingredients:

- 2 lbs. pork chops
- 3 garlic cloves; minced
- 4 tbsp. mustard
- 2 tbsp. chives; chopped.
- Salt and black pepper to taste

Directions:

1. In a bowl, mix the pork chops with the other ingredients and rub the chops well
2. Put the pork chops in your air fryer's basket and cook at 400°F for 7 minutes on each side. Serve right away.

Simple Braised Pork Recipe

(**Prep + Cooking Time:** 1 hour 20 Minutes | **Servings:** 4)

Ingredients:

- 2-pound pork loin roast; boneless and cubed
- 2 cups chicken stock
- 4 tablespoon butter; melted
- 1/2 cup dry white wine
- 2 garlic cloves; minced
- 1 teaspoon thyme; chopped
- 1 thyme spring
- 1/2-pound red grapes
- 1 bay leaf
- 1/2 yellow onion; chopped.
- 2 tablespoon white flour
- Salt and black pepper to the taste

Directions:

1. Season pork cubes with salt and pepper, rub with 2 tablespoon melted butter, put in your air fryer and cook at 370°F, for 8 minutes
2. Meanwhile; heat up a pan that fits your air fryer with 2 tablespoon butter over medium high heat, add garlic and onion; stir and cook for 2 minutes.
3. Add wine, stock, salt, pepper, thyme, flour and bay leaf; stir well, bring to a simmer and take off heat.
4. Add pork cubes and grapes, toss, introduce in your air fryer and cook at 360°F, for 30 minutes more.
5. Divide everything on plates and serve

BBQ Lamb Chops

(Prep + Cooking Time: 20 minutes | Servings: 4)

Ingredients:

- 14 oz. canned tomatoes; chopped.
- 4 lamb chops
- 3 oz. red wine
- 2 tbsp. flour
- 2 tbsp. olive oil
- 2 garlic cloves; crushed
- 2 tbsp. bbq sauce
- 2 tbsp. cilantro; chopped.
- 2 tbsp. tomato sauce
- Salt and black pepper to taste

Directions:

1. In a bowl, mix the lamb chops with salt, pepper and the flour; toss and coat the lamb chops well.
2. Heat up a pan that fits your air fryer with the oil over medium heat; add the lamb, toss and brown for 2-3 minutes
3. Add the garlic, wine, tomato sauce, bbq sauce and tomatoes; toss again
4. Place the pan in the fryer and cook at 400°F for 12 minutes. Divide between plates and serve

Fryer Lamb Shanks Recipe

(**Prep + Cooking Time:** 55 Minutes | **Servings:** 4)

Ingredients:

- 4 lamb shanks
- 1 yellow onion; chopped
- 2 ½ cups chicken stock
- 4 teaspoon coriander seeds; crushed
- 2 tablespoon white flour
- 1 tablespoon olive oil
- 2 teaspoon honey
- 5-ounce dry sherry
- 4 bay leaves
- Salt and pepper to the taste

Directions:

1. Season lamb shanks with salt and pepper, rub with half of the oil, put in your air fryer and cook at 360°F, for 10 minutes
2. Heat up a pan that fits your air fryer with the rest of the oil over medium high heat, add onion and coriander; stir and cook for 5 minutes.
3. Add flour, sherry, stock, honey and bay leaves, salt and pepper; stir, bring to a simmer, add lamb, introduce everything in your air fryer and cook at 360°F, for 30 minutes. Divide everything on plates and serve

French Style Lamb

(Prep + Cooking Time: 30 minutes | Servings: 4)

Ingredients:

- 1½ lbs. lamb chops
- 1/2 lbs. mushrooms; sliced
- 1 small yellow onion; chopped.
- 6 garlic cloves; minced
- 4 tomatoes; chopped.
- 2 tbsp. tomato paste
- 1 tsp. olive oil
- 1 tsp. oregano; dried
- 1/2 tsp. mint; dried
- A handful of cilantro; chopped.
- Salt and black pepper to taste

Directions:

1. Heat up a pan that fits your air fryer with the oil over medium heat.
2. Add the lamb chops, salt, pepper, oregano and mint; toss and brown for 2-3 minutes
3. Add the mushrooms, onions, garlic, tomatoes and tomato paste; toss and cook for 2 more minutes.
4. Place the pan in the fryer and cook at 400°F for 12 minutes more
5. Add the cilantro and toss. Divide everything between plates and serve

Great Pork Chops

(Prep + Cooking Time: 25 minutes | Servings: 4)

Ingredients:

- 4 pork chops
- 4 oz. red wine
- 1 yellow onion; minced
- 2 garlic cloves; minced
- 2 tbsp. olive oil
- 2 tbsp. white flour
- 2 tbsp. tomato paste
- 1 tsp. oregano; dried
- Salt and black pepper to taste

Directions:

1. In a bowl, mix the pork chops with the flour, salt and pepper; coat the chops well.
2. Heat up the oil in a pan that fits your air fryer over medium heat
3. Add the pork chops and brown for 2-3 minutes.
4. Add the onions, garlic, oregano and wine; stir and cook for 2 more minutes
5. Add the tomato paste, toss and then place the pan into the fryer
6. Cook at 380°F for 14 minutes and then divide between plates. Serve with a side salad and enjoy!

Pork and Shallots

(Prep + Cooking Time: 45 minutes | Servings: 4)

Ingredients:

- 1½ lbs. pork stew meat; cubed
- 3 oz. white mushrooms; sliced
- 16 oz. shallots; chopped.
- 2 oz. white wine
- 2 oz. canned tomatoes; cubed
- 2 garlic cloves; minced
- 1/2 cup beef stock
- 2 tbsp. chives; chopped.
- 2 tbsp. olive oil
- 1 tbsp. cilantro; chopped.
- Salt and black pepper to taste

Directions:

1. Heat up a pan that fits your air fryer with the oil over medium heat.
2. Add the meat, stir and brown for 2 minutes.
3. Next, add the shallots, garlic, chives, salt, pepper and mushrooms; toss and cook for 2 minutes more.
4. Then add the mushrooms, tomatoes, wine and stock; stir well
5. Simmer for about 1 minute and then transfer the pan to your air fryer; cook at 380°F for 30 minutes.
6. Add the cilantro and toss. Divide everything into bowls and serve

Beef Casserole

(Prep + Cooking Time: 45 minutes | Servings: 4)

Ingredients:

- 1 lb. ground beef; browned
- 13 oz. mozzarella cheese; shredded
- 16 oz. tomato puree
- 17 oz. small pasta; cooked
- 1 yellow onion; chopped.
- 1 carrot; chopped.
- 1 celery stalk; chopped.
- Cooking spray
- Salt and black pepper to taste

Directions:

1. Grease a baking dish that fits your air fryer with the cooking spray and spread the pasta on the bottom.
2. Next layer the beef, tomato puree, celery, onion and carrots
3. Season with salt and pepper and sprinkle the mozzarella on top
4. Place the dish in the air fryer and cook at 380°F for 35 minutes. Divide between plates and serve.

Beef Casserole Recipe

(**Prep + Cooking Time:** 65 Minutes | **Servings:** 12)

Ingredients:

- 28-ounce canned tomatoes; chopped.
- 1 tablespoon olive oil
- 2-pound beef; ground
- 16-ounce tomato sauce
- 2 teaspoon mustard
- 2 tablespoon parsley; chopped
- 2 cups eggplant; chopped.
- 2 teaspoon gluten free Worcestershire sauce
- 2 cups mozzarella; grated
- 1 teaspoon oregano; dried
- Salt and black pepper to the taste

Directions:

1. In a bowl; mix eggplant with salt, pepper and oil and toss to coat
2. In another bowl, mix beef with salt, pepper, mustard and Worcestershire sauce; stir well and spread on the bottom of a pan that fits your air fryer.
3. Add eggplant mix, tomatoes, tomato sauce, parsley, oregano and sprinkle mozzarella at the end
4. Introduce in your air fryer and cook at 360°F, for 35 minutes Divide among plates and serve hot

Pork and Cabbage

(Prep + Cooking Time: 45 minutes | Servings: 6)

Ingredients:

- 2½ lbs. pork stew meat; cubed
- 3 garlic cloves; chopped.
- 4 carrots; chopped.
- 1 red cabbage head; shredded
- 2 bay leaves
- 1/2 cup tomato sauce
- 2 tsp. olive oil
- Salt and black pepper to taste

Directions:

1. Heat up a pan that fits your air fryer with the oil over medium-high heat, add the meat and brown it for 5 minutes.
2. Add all remaining ingredients and toss
3. Place the pan in the fryer and cook at 380°F for 30 minutes. Divide the mix between plates and serve

Beef and Tofu

(**Prep + Cooking Time:** 40 minutes | **Servings:** 6)

Ingredients:

- 2 lbs. beef steak; cut into thin strips and browned
- 12 oz. extra firm tofu; cubed
- 1 chili pepper; sliced
- 1 scallion; chopped.
- 1 yellow onion; thinly sliced
- 1 cup beef stock
- Salt and black pepper to taste

Directions:

1. Mix all of the ingredients in a pan that fits your air fryer; toss well.
2. Place the pan in the fryer and cook at 380°F for 30 minutes. Divide between plates and serve

Pork and Celery

(Prep + Cooking Time: 40 minutes | Servings: 4)

Ingredients:

- 1½ lbs. pork stew meat; cubed
- 1 yellow onion; chopped.
- 2 cups beef stock
- 1/4 cup tomato sauce
- 2 garlic cloves; minced
- 3 celery stalks; chopped.
- 1/2 bunch parsley; chopped
- 2 tbsp. olive oil
- 2 tbsp. red wine
- Salt and black pepper to taste

Directions:

1. In a pan that fits your air fryer, heat up the oil over medium heat.
2. Add the pork and brown for 2-3 minutes. Next, add the onions, garlic, wine, salt, pepper, tomato sauce and celery; stir and cook for 2 minutes more
3. Place the pan in the fryer and cook at 380°F for 30 minutes
4. Divide between plates and serve with the parsley sprinkled on top.

Greek Style Lamb Chops

(Prep + Cooking Time: 24 minutes | Servings: 4)

Ingredients:

- 4 lamb chops
- 1 cup green olives; pitted and sliced
- 3 garlic cloves; minced
- 1/2 cup veggie stock
- 1 tbsp. white flour
- 2 tbsp. olive oil
- 1 tsp. marjoram; dried
- 1 tsp. thyme; dried
- Salt and black pepper to taste

Directions:

1. Place all ingredients except the olives in a bowl and mix well. Then put in the fridge for 10 minutes.
2. Transfer the lamb chops to your air fryer's basket and cook at 390°F for 7 minutes on each side
3. Divide the lamb chops between plates, sprinkle the olives on top and serve

Beef Fillets with Garlic Mayo Recipe

(Prep + Cooking Time: 50 Minutes | Servings: 8)

Ingredients:

- 3-pound beef fillet
- 1 cup mayonnaise
- 2 tablespoon mustard
- 1/4 cup tarragon; chopped
- 1/3 cup sour cream
- 2 tablespoon chives; chopped
- 2 tablespoon mustard
- 2 garlic cloves; minced
- Salt and black pepper to the taste

Directions:

1. Season beef with salt and pepper to the taste, place in your air fryer, cook at 370°F, for 20 minutes; transfer to a plate and leave aside for a few minutes
2. In a bowl; mix garlic with sour cream, chives, mayo, some salt and pepper, whisk and leave aside.
3. In another bowl, mix mustard with Dijon mustard and tarragon, whisk, add beef, toss, return to your air fryer and cook at 350°F, for 20 minutes more. Divide beef on plates, spread garlic mayo on top and serve

Fish and Seafood Recipes

Shrimp and Veggies

(**Prep + Cooking Time:** 30 minutes | **Servings:** 4)

Ingredients:

- 1 lb. shrimp; peeled and deveined
- 1/2 cup red onion; chopped.
- 1 cup red bell pepper; chopped.
- 1 cup celery; chopped.
- 1 tbsp. butter; melted
- 1 tsp. sweet paprika
- 1 tsp. Worcestershire sauce
- Salt and black pepper to taste

Directions:

1. Add all the ingredients to a bowl and mix well
2. Transfer everything to your air fryer and cook 320°F for 20 minutes, shaking halfway. Divide between plates and serve

Salmon Fillets

(Prep + Cooking Time: 18 minutes | Servings: 4)

Ingredients:

- 4 salmon fillets; boneless
- 1 tsp. cumin; ground
- 1 tsp. sweet paprika
- 1/2 tsp. chili powder
- 1 tbsp. olive oil
- 1 tsp. garlic powder
- Juice of 1 lime
- Salt and black pepper to taste

Directions:

1. In a bowl, mix the salmon with the other ingredients, rub / coat well and transfer to your air fryer.
2. Cook at 350°F for 6 minutes on each side
3. Divide the fish between plates and serve right away with a side salad

Saffron Shrimp Mix

(Prep + Cooking Time: 18 minutes | Servings: 4)

Ingredients:

- 20 shrimp; peeled and deveined
- 1/4 cup parsley; chopped.
- 4 garlic cloves; minced
- 2 tbsp. butter; melted
- 1/2 tsp. saffron powder
- Juice of 1 lemon
- Salt and black pepper to taste

Directions:

1. In a pan that fits your air fryer, mix the shrimp with all the other ingredients; toss well
2. Place the pan in the fryer and cook at 380°F for 8 minutes. Divide between plates and serve hot.

Trout Mix

(**Prep + Cooking Time:** 23 minutes | **Servings:** 2)

Ingredients:

- 2 trout fillets; boneless
- 1 red chili pepper; chopped.
- 1 tbsp. garlic; minced
- 1 tbsp. lemon juice
- 1 tbsp. olive oil
- Salt and black pepper to taste

Directions:

1. Put the trout in your air fryer and add all other ingredients; rub the trout gently.
2. Cook at 360°F for 13 minutes. Divide between plates and serve

Rosemary Shrimp Kabobs

(Prep + Cooking Time: 13 minutes | Servings: 2)

Ingredients:

- 8 shrimps; peeled and deveined
- 8 red bell pepper slices
- 4 garlic cloves; minced
- 1 tbsp. rosemary; chopped.
- 1 tbsp. olive oil
- Salt and black pepper to taste

Directions:

1. Place all ingredients in a bowl and toss them well.
2. Thread 2 shrimp and 2 bell pepper slices on a skewer and then repeat with 2 more shrimp and bell pepper slices.
3. Thread another 2 shrimp and 2 bell pepper slices on the other skewer and then repeat with the last 2 shrimp and 2 bell pepper slices
4. Put the kabobs in your air fryer's basket., cook at 360°F for 7 minutes and serve immediately with a side salad

Chili Salmon Fillets

(Prep + Cooking Time: 14 minutes | Servings: 2)

Ingredients:

- 2 salmon fillets; boneless
- 3 red chili peppers; chopped.
- 2 tbsp. lemon juice
- 2 tbsp. garlic; minced
- 2 tbsp. olive oil
- Salt and black pepper to taste

Directions:

1. In a bowl, combine the ingredients, toss and coat fish well.
2. Transfer everything to your air fryer and cook at 365°F for 8 minutes, flipping the fish halfway. Divide between plates and serve right away

Roasted Cod and Parsley

(**Prep + Cooking Time:** 20 minutes | **Servings:** 4)

Ingredients:

- 4 medium cod filets; boneless
- 1 shallot; chopped.
- 1/4 cup butter; melted
- 2 garlic cloves; minced
- 3 tbsp. parsley; chopped.
- 2 tbsp. lemon juice
- Salt and black pepper to taste

Directions:

1. In a bowl, mix all ingredients except the fish; whisk well.
2. Spread this mixture over the cod fillets
3. Put them in your air fryer and cook at 390°F for 10 minutes. Divide the fish between plates and serve

Balsamic Cod Fillets

(Prep + Cooking Time: 18 minutes | Servings: 2)

Ingredients:

- 2 cod fillets; boneless
- 3 shallots; chopped
- 1/3 cup water
- 1/3 cup balsamic vinegar
- 1/2 tsp. garlic powder
- 2 tbsp. olive oil
- 2 tbsp. lemon juice
- Salt and black pepper to taste

Directions:

1. In a bowl, toss the cod with the salt, pepper, lemon juice, garlic powder, water, vinegar and oil; coat well.
2. Transfer the fish to your fryer's basket and cook at 360°F for 12 minutes, flipping them halfway
3. Divide the fish between plates, sprinkle the shallots on top and serve

White Fish and Peas

(Prep + Cooking Time: 22 minutes | Servings: 4)

Ingredients:

- 4 white fish fillets; boneless
- 2 cups peas; cooked and drained
- 2 garlic cloves; minced
- 1/2 tsp. basil; dried
- 1/2 tsp. sweet paprika
- 2 tbsp. cilantro; chopped.
- 4 tbsp. veggie stock
- Salt and pepper to taste

Directions:

1. In a bowl, mix the fish with all ingredients except the peas; toss to coat the fish well.
2. Transfer everything to your air fryer and cook at 360°F for 12 minutes
3. Add the peas, toss and divide everything between plates, Serve

Cod Fillets

(**Prep + Cooking Time:** 25 minutes | **Servings:** 4)

Ingredients:

- 4 cod fillets; boneless
- 4 ginger slices
- 3 spring onions; chopped.
- 1 cup water
- 3 tbsp. olive oil + a drizzle
- 2 tbsp. coriander; chopped.
- 4 tbsp. light soy sauce
- 1 tbsp. sugar
- Salt and black pepper to taste

Directions:

1. Season the fish with salt and pepper, then drizzle some oil over it and rub well.
2. Put the fish in your air fryer and cook at 360°F for 12 minutes.
3. Put the water in a pot and heat up over medium heat; add the soy sauce and sugar, stir, bring to a simmer and remove from the heat
4. Heat up a pan with the olive oil over medium heat; add the ginger and green onions, stir, cook for 2-3 minutes and remove from the heat
5. Divide the fish between plates and top with ginger, coriander and green onions. Drizzle the soy sauce mixture all over, serve and enjoy!

Coconut Cod Fillets

(Prep + Cooking Time: 15 minutes | Servings: 4)

Ingredients:

- 4 medium cod fillets; boneless
- 1/2 cup parsley; chopped.
- 2 garlic cloves; chopped.
- 1/2 jalapeno; chopped.
- 1/2 cup coconut milk
- A drizzle of olive oil
- 1 tsp. ginger; grated
- Salt and black pepper to taste

Directions:

1. Place all ingredients except the fish in your blender; pulse well
2. In a baking dish that fits your air fryer, place the fish along with the coconut milk mixture and toss gently.
3. Place the dish in your air fryer and cook at 380°F for 10 minutes. Divide between plates and serve hot.

Cod and Lime Sauce

(Prep + Cooking Time: 18 minutes | Servings: 4)

Ingredients:

- 4 cod fillets; boneless
- 2 tsp. lime juice
- 3 tsp. lime zest
- 6 tbsp. butter; melted
- 2 tbsp. olive oil
- 3 tbsp. chives; chopped.
- Salt and black pepper to taste

Directions:

1. Season the fish with the salt and pepper, rub it with the oil and then put it in your air fryer.
2. Cook at 360°F for 10 minutes, flipping once
3. Heat up a pan with the butter over medium heat and then add the chives, salt, pepper, lime juice and zest, whisk; cook for 1-2 minutes. Divide the fish between plates, drizzle the lime sauce all over and serve immediately

Chili Tomato Shrimp

(**Prep + Cooking Time:** 20 minutes | **Servings:** 4)

Ingredients:

- 1 lb. shrimp; peeled and deveined
- 1 cup tomato juice
- 1 yellow onion; chopped.
- 1/2 tsp. sugar
- 2 tsp. vinegar
- 1 tsp. chili powder
- 2 tbsp. olive oil
- Salt and black pepper to taste

Directions:

1. Place all of the ingredients into a pan that fits your air fryer and mix well.
2. Put the pan in the fryer and cook at 370°F for 10 minutes. Divide into bowls and serve

Salmon and Fennel

(Prep + Cooking Time: 30 minutes | Servings: 4)

Ingredients:

- 2 red onions; chopped.
- 2 small fennel bulbs; trimmed and sliced
- 1/4 cup almonds; toasted and sliced
- 4 salmon fillets; boneless
- 2 tbsp. olive oil
- 5 tsp. fennel seeds; toasted
- Salt and black pepper to taste

Directions:

1. Season the fish with salt and pepper, grease it with 1 tbsp. of the oil and place in your air fryer's basket.
2. Cook at 350°F for 5-6 minutes on each side and divide between plates
3. Heat up a pan with the remaining tbsp. of oil over medium-high heat; add the onions, stir and sauté for 2 minutes
4. Add the fennel bulbs and seeds, almonds, salt and pepper and cook for 2-3 minutes more. Spread the mixture over the fish and serve right away; enjoy!

Coconut Shrimp

(**Prep + Cooking Time:** 15 minutes | **Servings:** 4)

Ingredients:

- 12 large shrimp; deveined and peeled
- 1 cup coconut cream
- 1 tbsp. parsley; chopped.
- 1 tbsp. cornstarch
- Salt and black pepper to taste

Directions:

1. Add all ingredients to a pan that fits your air fryer and toss.
2. Place the pan in the fryer and cook at 360°F for 10 minutes. Serve hot and enjoy!

Shrimp and Mushrooms

(Prep + Cooking Time: 15 minutes | Servings: 2)

Ingredients:

- 1 lb. shrimp; peeled and deveined
- 8 oz. mushrooms; roughly sliced
- 1/2 cup beef stock
- 1/4 cup heavy cream
- 2 garlic cloves; minced
- A drizzle of olive oil
- 1 tbsp. parsley; chopped.
- 1 tbsp. butter; melted
- 1 tbsp. chives; chopped.
- A pinch of red pepper flakes
- Salt and black pepper to taste

Directions:

1. Season the shrimp with salt and pepper and grease with the oil.
2. Place the shrimp in your air fryer, cook at 360°F for 7 minutes and divide between plates
3. Heat up a pan with the butter over medium heat, add the mushrooms, stir and cook for 3-4 minutes.
4. Add all remaining ingredients; stir and then cook for a few minutes more
5. Drizzle the butter / garlic mixture over the shrimp and serve.

Salmon and Orange Vinaigrette

(Prep + Cooking Time: 15 minutes | Servings: 2)

Ingredients:

- 2 salmon fillets; boneless
- 2 tsp. honey
- 2 tbsp. mustard
- 2 tbsp. olive oil
- 2 tbsp. parsley; chopped.
- 1 tbsp. dill; chopped.
- A pinch of salt and black pepper
- Zest of 1/2 orange
- Juice of 1/2 orange

Directions:

1. In a bowl, mix the orange zest with the orange juice, salt, pepper, mustard, honey, oil, dill and parsley and whisk well
2. Add the salmon to this mix, toss and transfer the fish to your air fryer
3. Cook at 350°F for 10 minutes, flipping halfway. Divide the fish between plates, drizzle the orange vinaigrette all over and serve.

Herbed Tuna

(Prep + Cooking Time: 18 minutes | Servings: 4)

Ingredients:

- 1/2 cup cilantro; chopped.
- 1/3 cup olive oil
- 1 jalapeno pepper; chopped.
- 4 sushi tuna steaks
- 3 garlic cloves; minced
- 1 small red onion; chopped.
- 3 tbsp. balsamic vinegar
- 2 tbsp. parsley; chopped.
- 2 tbsp. basil; chopped.
- 1 tsp. red pepper flakes
- 1 tsp. thyme; chopped.
- Salt and black pepper to taste

Directions:

1. Place all ingredients except the fish into a bowl and stir well.
2. Add the fish and toss, coating it well
3. Transfer everything to your air fryer and cook at 360°F for 4 minutes on each side. Divide the fish between plates and serve

Salmon Fillets and Bell Peppers

(Prep + Cooking Time: 20 minutes | Servings: 6)

Ingredients:

- 6 medium salmon fillets; skinless and boneless
- 3 red bell peppers; cut into medium pieces
- 1 cup green olives; pitted
- 1/2 tsp. smoked paprika
- 3 tbsp. olive oil
- 2 tbsp. cilantro; chopped.
- Salt and black pepper to taste

Directions:

1. In a baking dish that fits your air fryer, mix all the ingredients and toss gently
2. Place the baking dish in your air fryer and cook at 360°F for 15 minutes. Divide the fillets between plates and serve.

Salmon and Orange Marmalade Recipe

(Prep + Cooking Time: 25 Minutes | Servings: 4)

Ingredients:

- 1-pound wild salmon; skinless, boneless and cubed
- 2 lemons; sliced
- 1/4 cup balsamic vinegar
- 1/4 cup orange juice
- 1/3 cup orange marmalade
- A pinch of salt and black pepper

Directions:

1. Heat up a pot with the vinegar over medium heat; add marmalade and orange juice; stir, bring to a simmer, cook for 1 minute and take off heat
2. Thread salmon cubes and lemon slices on skewers, season with salt and black pepper, brush them with half of the orange marmalade mix, arrange in your air fryer's basket and cook at 360°F, for 3 minutes on each side. Brush skewers with the rest of the vinegar mix; divide among plates and serve right away with a side salad

Salmon and Balsamic Orange Sauce

(Prep + Cooking Time: 20 minutes | Servings: 4)

Ingredients:

- 4 salmon fillets; boneless and cubed
- 1/4 cup balsamic vinegar
- 1/4 cup orange juice
- 2 lemons; sliced
- A pinch of salt and black pepper

Directions:

1. In a pan that fits your air fryer, mix all ingredients except the fish; whisk.
2. Heat the mixture up over medium-high heat for 5 minutes and add the salmon
3. Toss gently and place the pan in the air fryer and cook at 360°F for 10 minutes. Divide between plates and serve right away with a side salad

Easy Shrimp

(**Prep + Cooking Time:** 20 minutes | **Servings:** 4)

Ingredients:

- 1 lb. shrimp; peeled and deveined
- 1 cup chicken stock
- 2 tbsp. olive oil
- 1 tbsp. red onion; chopped.

Directions:

1. In a pan that fits your air fryer, mix all the ingredients.
2. Place the pan in the fryer and cook at 380°F for 10 minutes. Divide into bowls and serve

Maple Salmon

(**Prep + Cooking Time:** 15 minutes | **Servings:** 2)

Ingredients:

- 2 salmon fillets; boneless
- 1 tbsp. olive oil
- 1 tbsp. maple syrup
- 2 tbsp. mustard
- Salt and black pepper to taste

Directions:

1. In a bowl, mix the mustard with the oil and the maple syrup; whisk well and brush the salmon with this mix.
2. Place the salmon in your air fryer and cook it at 370°F for 5 minutes on each side. Serve immediately with a side salad

Salmon and Carrots

(**Prep + Cooking Time:** 25 minutes | **Servings:** 2)

Ingredients:

- 2 salmon fillets; boneless
- 1/4 cup veggie stock
- 1 cup baby carrots
- 3 garlic cloves; minced
- 1 tbsp. olive oil
- Salt and black pepper to taste

Directions:

1. In your air fryer, mix all the ingredients.
2. Cook at 370°F for 20 minutes. Divide everything between plates and serve

Pistachio Crusted Cod

(Prep + Cooking Time: 20 minutes | Servings: 4)

Ingredients:

- 4 cod fillets; boneless
- 1/4 cup lime juice
- 1 cup pistachios; chopped.
- 2 tbsp. honey
- 1 tbsp. mustard
- 1 tsp. parsley; chopped.
- Salt and black pepper to taste

Directions:

1. Place all the ingredients except the fish into a bowl; whisk.
2. Spread the mixture over the fish fillets, put them in your air fryer and cook at 350°F for 10 minutes
3. Divide the fish between plates and serve immediately with a side salad

Cod Fillets with Leeks

(**Prep + Cooking Time:** 25 minutes | **Servings:** 2)

Ingredients:

- 2 black cod fillets; boneless
- 2 leeks; sliced
- 1/2 cup pecans; chopped.
- 1 tbsp. olive oil
- Salt and black pepper to taste

Directions:

1. In a bowl, mix the cod with the oil, salt, pepper and the leeks; toss / coat well.
2. Transfer the cod to your air fryer and cook at 360°F for 15 minutes.
Divide the fish and leeks between plates, sprinkle the pecans on top and serve immediately

Salmon and Capers

(**Prep + Cooking Time:** 18 minutes | **Servings:** 4)

Ingredients:

- 4 salmon fillets; boneless
- Juice of 1 lemon
- 2 tsp. olive oil
- 1 tbsp. capers; drained
- 1 tbsp. dill; chopped.
- Salt and black pepper to taste

Directions:

1. In your air fryer, mix the capers, dill, salt, pepper and the oil and then rub the fish gently with this mixture.
2. Cook at 360°F for 6 minutes on each side. Divide the fish between plates, drizzle the lemon juice all over and serve

Salmon Fillets and Pineapple Mix

(Prep + Cooking Time: 15 minutes | Servings: 2)

Ingredients:

- 20 oz. canned pineapple pieces
- A drizzle of olive oil
- 2 medium salmon fillets; boneless
- 1/2 tsp. ginger; grated
- 2 tsp. garlic powder
- 1 tbsp. balsamic vinegar
- Salt and black pepper to taste

Directions:

1. Grease a pan that fits your air fryer with the oil and add the fish inside.
2. Add the remaining ingredients and place the pan in the air fryer.
3. Cook at 350°F for 10 minutes. Divide between plates and serve

Butter Shrimp

(**Prep + Cooking Time:** 15 minutes | **Servings:** 2)

Ingredients:

- 8 large shrimp
- 4 garlic cloves; minced
- 1 tbsp. rosemary; chopped.
- 2 tbsp. butter; melted
- Salt and black pepper to taste

Directions:

1. Add all the ingredients to a bowl and toss
2. Transfer the shrimp to your air fryer and cook at 360°F for 10 minutes.
Divide into bowls, serve and enjoy!

Tiger Shrimp

(**Prep + Cooking Time:** 15 minutes | **Servings:** 2)

Ingredients:

- 20 tiger shrimp; peeled and deveined
- 1/2 tsp. Italian seasoning
- 1 tbsp. extra virgin olive oil
- 1/4 tsp. smoked paprika
- Salt and black pepper to taste

Directions:

1. Add all the ingredients to a bowl and toss
2. Put the shrimp in the air fryer's basket and cook at 380°F for 10 minutes.
Divide into bowls and serve.

Baby Shrimp

(Prep + Cooking Time: 22 minutes | Servings: 4)

Ingredients:

- 1 lb. baby shrimp; peeled and deveined
- 1 cup mayonnaise
- 1/2 cup yellow onion; chopped.
- 1 cup green bell pepper; chopped.
- 1 cup red bell pepper; chopped.
- 1 tbsp. olive oil
- 1 tsp. sweet paprika
- Salt and black pepper to taste

Directions:

1. In a pan that fits your air fryer, add all the ingredients except the mayo; toss well
2. Place the pan in the fryer and cook at 380°F for 12 minutes
3. Cool the mixture down and then add the mayo. Toss and serve.

Hot Shrimp

(**Prep + Cooking Time:** 2 hour 10 minutes | **Servings:** 4)

Ingredients:

- 1 lb. large shrimp; peeled and deveined
- 1/2 tsp. garlic powder
- 1/2 tsp. sweet paprika
- 1 tsp. Tabasco sauce
- 1 tsp. red pepper flakes
- 1 tsp. basil; dried
- 2 tbsp. water
- 2 tbsp. olive oil
- 1 tbsp. parsley; chopped.
- Salt and black pepper to taste

Directions:

1. In a bowl, mix the shrimp with all other ingredients except the parsley; toss to coat the shrimp well.
2. Place shrimp in the fridge for 2 hours
3. Transfer the shrimp to your air fryer's basket and cook at 370°F for 10 minutes. Divide into bowls, sprinkle with parsley and serve with a side salad

Sea Bass Paella

(**Prep + Cooking Time:** 35 minutes | **Servings:** 4)

Ingredients:

- 1 lb. sea bass fillets; cubed
- 1 red bell pepper; deseeded and chopped.
- 14 oz. dry white wine
- 3½ oz. chicken stock
- 6 scallops
- 8 shrimp; peeled and deveined
- 5 oz. wild rice
- 2 oz. peas
- A drizzle of olive oil
- Salt and black pepper to taste

Directions:

1. In a heatproof dish that fits your air fryer, place all the ingredients and toss
2. Place the dish in your air fryer and cook at 380°F and cook for 25 minutes, stirring halfway. Divide between plates and serve.

Halibut and Sun Dried Tomatoes

(Prep + Cooking Time: 20 Minutes | Servings: 2)

Ingredients:

- 2 medium halibut fillets
- 2 garlic cloves; minced
- 9 black olives; pitted and sliced
- 4 rosemary springs; chopped
- 1/2 teaspoon red pepper flakes; crushed
- 2 teaspoon olive oil
- 6 sun dried tomatoes; chopped
- 2 small red onions; sliced
- 1 fennel bulb; sliced
- Salt and black pepper to the taste

Directions:

1. Season fish with salt, pepper, rub with garlic and oil and put in a heat proof dish that fits your air fryer.
2. Add onion slices, sun dried tomatoes, fennel, olives, rosemary and sprinkle pepper flakes, transfer to your air fryer and cook at 380°F, for 10 minutes. Divide fish and veggies on plates and serve

Cilantro Trout Fillets

(**Prep + Cooking Time:** 18 minutes | **Servings:** 4)

Ingredients:

- 4 trout fillets; boneless
- 1 cup black olives; pitted and chopped.
- 4 garlic cloves; minced
- 1 tbsp. olive oil
- 3 tbsp. cilantro; chopped.

Directions:

1. Add all of the ingredients to your air fryer and mix well
2. Cook at 360°F for 6 minutes on each side. Divide everything between plates and serve.

Salmon Steaks

(**Prep + Cooking Time:** 20 minutes | **Servings:** 6)

Ingredients:

- 6 salmon steaks
- 2 garlic cloves; minced
- 1 cup clam juice
- 1/3 cup dill; chopped.
- 2 tbsp. olive oil
- 2 tbsp. parsley; chopped.
- 2 tbsp. lemon juice
- 1 tsp. sherry
- Salt and white pepper to taste

Directions:

1. In a pan that fits your air fryer, mix the salmon with all the other ingredients
2. Place the pan in the fryer and cook at 370°F for 15 minutes. Divide everything between plates and serve.

Salmon and Jasmine Rice

(**Prep + Cooking Time:** 35 minutes | **Servings:** 2)

Ingredients:

- 2 wild salmon fillets; boneless
- 1/2 cup jasmine rice
- 1 cup chicken stock
- 1 tbsp. butter; melted
- 1/4 tsp. saffron
- Salt and black pepper to taste

Directions:

1. Add all ingredients except the fish to a pan that fits your air fryer; toss well
2. Place the pain in the air fryer and cook at 360°F for 15 minutes
3. Add the fish, cover and cook at 360°F for 12 minutes more. Divide everything between plates and serve right away.

Spicy Cod

(**Prep + Cooking Time:** 15 minutes | **Servings:** 4)

Ingredients:

- 4 cod fillets; boneless
- 1 lemon; sliced
- 2 tbsp. assorted chili peppers
- Juice of 1 lemon
- Salt and black pepper to taste

Directions:

1. In your air fryer, mix the cod with the chili pepper, lemon juice, salt and pepper
2. Arrange the lemon slices on top and cook at 360°F for 10 minutes. Divide the fillets between plates and serve.

Parmesan Clams

(Prep + Cooking Time: 22 minutes | Servings: 4)

Ingredients:

- 24 clams; shucked
- 1/4 cup parsley; chopped.
- 1 cup breadcrumbs
- 1/4 cup parmesan cheese; grated
- 3 garlic cloves; minced
- 4 tbsp. butter; softened
- 1 tsp. oregano; dried

Directions:

1. In a bowl, combine the breadcrumbs, parmesan, oregano, parsley, butter and garlic; mix well.
2. Divide the breadcrumb mixture into the exposed clams
3. Put the clams in your air fryer and cook at 380°F for 12 minutes. Serve and enjoy!

Mussels Bowls

(**Prep + Cooking Time:** 18 minutes | **Servings:** 4)

Ingredients:

- 2 lbs. mussels; scrubbed
- 8 oz. spicy sausage; chopped.
- 12 oz. black beer
- 1 yellow onion; chopped.
- 1 tbsp. olive oil
- 1 tbsp. paprika

Directions:

1. Combine all the ingredients in a pan that fits your air fryer
2. Place the pan in the air fryer and cook at 400°F for 12 minutes. Divide the mussels into bowls, serve and enjoy!

Shrimp and Corn

(**Prep + Cooking Time:** 20 minutes | **Servings:** 4)

Ingredients:

- 1½ lbs. shrimp; peeled and deveined
- 2 cups corn
- 1/4 cup chicken stock
- 2 sweet onions; cut into wedges
- 8 garlic cloves; crushed
- A drizzle of olive oil
- 1 tbsp. old bay seasoning
- 1 tsp. red pepper flakes; crushed
- Salt and black pepper to taste

Directions:

1. Grease a pan that fits your air fryer with the oil.
2. Add all other ingredients to the oiled pan and toss well
3. Place the pan in the fryer and cook at 390°F for 10 minutes. Divide everything into bowls and serve

Snapper Fillets

(**Prep + Cooking Time:** 20 minutes | **Servings:** 4)

Ingredients:

- 4 medium snapper fillets; boneless
- 8 garlic cloves; minced
- 1/3 cup olive oil
- Juice of 2 limes
- 1 tbsp. lemon zest
- 1½ tbsp. green olives; pitted and sliced
- Salt and black pepper to taste

Directions:

1. Add all the ingredients except the fish to a baking dish that fits your air fryer; mix well.
2. Add the fish and toss gently, then place in the fryer
3. Cook at 360°F for 15 minutes. Divide everything between plates and serve

Trout Bites

(Prep + Cooking Time: 18 minutes | Servings: 4)

Ingredients:

- 1 lb. trout fillets; boneless and cut into cubes
- 1 sweet onion; chopped.
- 1/3 cup sake
- 1/3 cup mirin
- 1/4 cup miso
- 2 celery stalks; sliced
- 1 garlic clove; crushed
- 1 shallot; sliced
- 1-inch ginger piece; chopped
- 1 tsp. mustard
- 1 tsp. sugar
- 1 tbsp. rice vinegar

Directions:

1. Add all ingredients to a pan that fits your air fryer and toss
2. Place the pan in the fryer and cook at 370°F for 12 minutes. Divide into bowls and serve.

Clams and Potatoes

(**Prep + Cooking Time:** 20 minutes | **Servings:** 4)

Ingredients:

- 1 lb. baby red potatoes; scrubbed
- 10 oz. beer
- 2 chorizo links; sliced
- 1 yellow onion; chopped.
- 15 small clams; shucked
- 2 tbsp. cilantro; chopped.
- 1 tsp. olive oil

Directions:

1. In a pan that fits your air fryer, add all of the ingredients and toss
2. Place the pan in the fryer and cook at 390°F for 15 minutes. Divide into bowls and serve.

Baked Cod

(**Prep + Cooking Time:** 18 minutes | **Servings:** 4)

Ingredients:

- 4 cod fillets; boneless
- 3/4 tsp. sweet paprika
- 1/2 tsp. oregano; dried
- 1/2 tsp. thyme; dried
- 1/2 tsp. basil; dried
- A drizzle of olive oil
- Juice of 1 lemon
- 2 tbsp. parsley; chopped.
- 2 tbsp. butter; melted
- Salt and black pepper to taste

Directions:

1. Add all ingredients to a bowl and toss gently.
2. Transfer the fish to your air fryer and cook at 380°F for 6 minutes on each side. Serve right away

Pea Pods and Shrimp Mix

(**Prep + Cooking Time:** 18 minutes | **Servings:** 4)

Ingredients:

- 1 lb. shrimp; peeled and deveined
- 1/2 lb. pea pods
- 3/4 cup pineapple juice
- 2 tbsp. soy sauce
- 3 tbsp. sugar
- 3 tbsp. balsamic vinegar

Directions:

1. In a pan that fits your air fryer, mix all the ingredients.
2. Place the pan in the fryer and cook at 380°F for 8 minutes. Divide into bowls and serve

Easy Trout

(**Prep + Cooking Time:** 25 minutes | **Servings:** 4)

Ingredients:

- 4 whole trout
- 3 oz. breadcrumbs
- 1 egg; whisked
- 1 tbsp. butter
- 1 tbsp. chives; chopped.
- 1 tbsp. olive oil
- Juice of 1 lemon
- Salt and black pepper to taste

Directions:

1. In a bowl, combine the breadcrumbs, lemon juice, salt, pepper, egg and chives; stir very well.
2. Coat the trout with the breadcrumb mix
3. Heat up your air fryer with the oil and the butter at 370°F; add the trout and cook for 10 minutes on each side. Divide between plates and serve with a side salad

Simple Lime Salmon

(**Prep + Cooking Time:** 17 minutes | **Servings:** 5)

Ingredients:

- 1/2 cup butter; melted
- 1/2 cup olive oil
- 3 garlic cloves; minced
- 2 shallots; chopped.
- 2 salmon fillets; boneless
- 1 lime; sliced
- 6 green onions; chopped.
- Juice of 1 lime
- Salt and black pepper to taste

Directions:

1. In a bowl, mix the salmon with the lime juice, butter, oil, garlic, shallots, salt, pepper and the green onions; rub well
2. Transfer the fish to your air fryer, top with the lime slices and cook at 380°F for 6 minutes on each side. Serve with a side salad.

Mussels and Shrimp

(Prep + Cooking Time: 25 minutes | Servings: 4)

Ingredients:

- 1½ lbs. large shrimp; peeled and deveined
- 20 oz. canned tomatoes; chopped.
- 8 oz. clam juice
- 12 mussels
- 2 tbsp. butter; melted
- 2 yellow onions; chopped.
- 3 garlic cloves; minced
- 1/2 cup parsley; chopped.
- 1/2 tsp. marjoram; dried
- 1 tbsp. basil; dried
- Salt and black pepper to taste

Directions:

1. Place all the ingredients in a pan that fits your air fryer; toss well
2. Put the pan into the fryer and cook at 380°F for 15 minutes. Divide into bowls and serve right away.

Fried Salmon

(**Prep + Cooking Time:** 22 minutes | **Servings:** 4)

Ingredients:

- 4 salmon fillets; boneless
- 1 white onion; chopped.
- 3 tomatoes; sliced
- 4 thyme sprigs; chopped.
- 4 cilantro sprigs; chopped.
- 1 lemon; sliced
- 3 tbsp. olive oil
- Salt and black pepper to taste

Directions:

1. In your air fryer, mix the salmon with the oil, onions, tomatoes, thyme, cilantro, salt and pepper
2. Top with the lemon slices and cook at 360°F for 12 minutes. Divide everything between plates and serve.

Salmon Thyme and Parsley

(**Prep + Cooking Time:** 25 Minutes | **Servings:** 4)

Ingredients:

- 4 salmon fillets; boneless
- 1 yellow onion; chopped
- 3 tomatoes; sliced
- 4 thyme springs
- 4 parsley springs
- 3 tablespoon extra virgin olive oil
- Juice from 1 lemon
- Salt and black pepper to the taste

Directions:

1. Drizzle 1 tablespoon oil in a pan that fits your air fryer; add a layer of tomatoes, salt and pepper, drizzle 1 more tablespoon oil, add fish, season them with salt and pepper, drizzle the rest of the oil, add thyme and parsley springs, onions, lemon juice, salt and pepper, place in your air fryer's basket
2. Cook at 360°F, for 12 minutes shaking once. Divide everything on plates and serve right away

Tarragon Shrimp

(Prep + Cooking Time: 22 minutes | Servings: 4)

Ingredients:

- 1 lb. shrimp; peeled and deveined
- 2 garlic cloves; minced
- 1 yellow onion; chopped.
- 1/2 cup chicken stock
- 3/4 cup parmesan cheese; grated
- 1/4 cup tarragon; chopped.
- 2 tbsp. olive oil
- 2 tbsp. dry white wine
- Salt and black pepper to taste

Directions:

1. In a pan that fits your air fryer, add all ingredients except the parmesan cheese and stir well
2. Place the pan in the air fryer and cook at 380°F for 12 minutes
3. Add the parmesan and toss. Divide everything between plates and serve.

Shrimp and Tomatoes

(**Prep + Cooking Time:** 25 minutes | **Servings:** 4)

Ingredients:

- 2 lbs. shrimp; peeled and deveined
- 1 lb. tomatoes; peeled and chopped
- 4 onions; chopped.
- 1/4 cup veggie stock
- 4 tbsp. olive oil
- 1 tsp. coriander; ground
- Juice of 1 lemon
- Salt and black pepper to taste

Directions:

1. In a pan that fits your air fryer, mix all the ingredients well
2. Place the pan in the fryer and cook at 360°F for 15 minutes. Divide into bowls and serve; enjoy!

Shrimp and Spaghetti

(Prep + Cooking Time: 20 minutes | Servings: 4)

Ingredients:

- 1 lb. shrimp; cooked, peeled and deveined
- 10 oz. canned tomatoes; chopped.
- 12 oz. spaghetti; cooked
- 1 garlic clove; minced
- 1 cup parmesan cheese; grated
- 2 tbsp. olive oil
- 1/4 tsp. oregano; dried
- 1 tbsp. parsley; finely chopped.

Directions:

1. In a pan that fits your air fryer, add the shrimp with the oil, garlic, tomatoes, oregano and parsley; toss well.
2. Place the pan in the fryer and cook at 380°F for 10 minutes
3. Add the spaghetti and the parmesan; toss well. Divide between plates, serve and enjoy!

Salmon and Blackberry Sauce

(**Prep + Cooking Time:** 18 minutes | **Servings:** 2)

Ingredients:

- 2 salmon fillets; boneless
- 1/2 cup blackberries
- 1 tbsp. olive oil
- 1 tbsp. honey
- Juice of 1/2 lemon
- Salt and black pepper to taste

Directions:

1. In a blender, mix the blackberries with the honey, oil, lemon juice, salt and pepper; pulse well
2. Spread the blackberry mixture over the salmon and then place the fish in your air fryer's basket
3. Cook at 380°F for 12 minutes, flipping the fish halfway. Serve hot and enjoy!

Trout and Almond Butter Sauce

(Prep + Cooking Time: 25 minutes | Servings: 5)

Ingredients:

- 4 trout fillets; boneless
- Cooking spray
- Salt and black pepper to taste

For the sauce:

- 1 cup almond butter
- 1/4 cup lemon juice
- 1/4 cup water
- 4 tsp. soy sauce
- 1 tsp. almond oil

Directions:

1. Put the fish fillets in your air fryer, season with salt and pepper and grease with the cooking spray.
2. Cook at 380°F for 5 minutes on each side and divide between plates
3. Heat up a pan with the almond butter over medium heat; then add the soy sauce, lemon juice, almond oil and the water
4. Whisk the sauce well and cook for 2-3 minutes. Drizzle the almond butter sauce over the fish and serve.

Awesome Shrimp Mix

(Prep + Cooking Time: 20 minutes | Servings: 4)

Ingredients:

- 18 oz. shrimp; peeled and deveined
- 2 green chilies; minced
- 2 onions; chopped.
- 4 oz. curd; beaten
- 1-inch ginger; chopped.
- 1/2 tbsp. mustard seeds
- 1 tbsp. olive oil
- 1 tsp. turmeric powder
- Salt and black pepper to taste

Directions:

1. In a pan that fits your air fryer, place and mix all the ingredients.
2. Place the pan in the fryer and cook at 380°F for 10 minutes. Divide into bowls and serve

Peas and Cod Fillets

(**Prep + Cooking Time:** 20 Minutes | **Servings:** 4)

Ingredients:

- 4 cod fillets; boneless
- 2 cups peas
- 4 tablespoon wine
- 2 garlic cloves; minced
- 1/2 teaspoon oregano; dried
- 1/2 teaspoon sweet paprika
- 2 tablespoon parsley; chopped
- Salt and pepper to the taste

Directions:

1. In your food processor mix garlic with parsley, salt, pepper, oregano, paprika and wine and blend well.
2. Rub fish with half of this mix, place in your air fryer and cook at 360°F, for 10 minutes
3. Meanwhile; put peas in a pot, add water to cover, add salt, bring to a boil over medium high heat, cook for 10 minutes; drain and divide among plates. Also divide fish on plates, spread the rest of the herb dressing all over and serve

Hawaiian Salmon Recipe

(**Prep + Cooking Time:** 20 Minutes | **Servings:** 2)

Ingredients:

- 20-ounce canned pineapple pieces and juice
- 2 teaspoon garlic powder
- 1 teaspoon onion powder
- 1 tablespoon balsamic vinegar
- 2 medium salmon fillets; boneless
- 1/2 teaspoon ginger; grated
- Salt and black pepper to the taste

Directions:

1. Season salmon with garlic powder, onion powder, salt and black pepper, rub well, transfer to a heat proof dish that fits your air fryer, add ginger and pineapple chunks and toss them really gently
2. Drizzle the vinegar all over, put in your air fryer and cook at 350°F, for 10 minutes. Divide everything on plates and serve

Shrimp, Crab and Sausage

(Prep + Cooking Time: 30 minutes | Servings: 6)

Ingredients:

- 1/2 lb. crab meat
- 24 shrimp; peeled and deveined
- 1 lb. sausage; sliced
- 4 garlic cloves; chopped.
- 6 plum tomatoes; chopped.
- 1 cup chicken stock
- 1 cup yellow onions; chopped.
- 1/2 cup celery; chopped.
- 1 cup green bell pepper; chopped.
- 2 tbsp. olive oil
- 1 tsp. celery seeds
- 1 tsp. sweet paprika
- 1/2 tsp. onion powder
- 1/2 tsp. garlic powder
- 1 tsp. thyme; dried
- Salt and black pepper to taste

Directions:

1. Heat up a pan with the oil over medium heat, then add the onions and celery; stir and cook for 1-2 minutes.
2. Add the bell peppers, garlic, tomatoes, onion powder, garlic powder, thyme, celery seeds and paprika; stir and cook for another 2 minutes
3. Add the sausage, stock, shrimp, crab, salt and pepper and place the pan into the fryer.
4. Cook at 380°F for 15 minutes. Divide into bowls and serve.

Shrimp and Chestnut

(**Prep + Cooking Time:** 25 minutes | **Servings:** 4)

Ingredients:

- 1/2 lb. shrimp; peeled and deveined
- 1/2 lb. shiitake mushrooms; sliced
- 3 scallions; chopped.
- 1 garlic clove; minced
- 8 oz. water chestnuts; chopped.
- 2 tbsp. olive oil
- 1 tsp. ginger; minced
- Salt and black pepper to taste

Directions:

1. In your air fryer, add all the ingredients and mix
2. Cook at 380°F for 15 minutes. Serve hot and enjoy!

Flounder Fillets

(**Prep + Cooking Time:** 18 minutes | **Servings:** 4)

Ingredients:

- 2 lbs. flounder fillets
- 4 tbsp. butter; melted
- Juice of 1 lime
- Salt and black pepper to taste

Directions:

1. Put the flounder fillets in your air fryer and then add the melted butter, salt, pepper and lime juice.
2. Cook at 390°F for 6 minutes on each side. Divide between plates, serve with a side salad and enjoy

Shrimp and Zucchini

(Prep + Cooking Time: 18 minutes | Servings: 4)

Ingredients:

- 1 lb. shrimp; peeled and deveined
- 1 garlic clove; minced
- 1/2 cup parsley; chopped.
- 1/4 cup tomato sauce
- 2 red onions; cut into chunks
- 3 zucchinis; cut in medium chunks
- 2 tbsp. olive oil
- 1 tbsp. lemon juice
- Salt and black pepper to taste

Directions:

1. In a baking dish that fits your air fryer, mix all the ingredients except the parsley; toss well
2. Place the baking dish into the fryer and cook at 400°F for 8 minutes
3. Add the parsley and stir. Divide everything between plates and serve.

Trout Fillet & Orange Sauce

(**Prep + Cooking Time:** 20 Minutes | **Servings:** 4)

Ingredients:

- 4 trout fillets; skinless and boneless
- 1 tablespoon olive oil
- 1 tablespoon ginger; minced
- 4 spring onions; chopped
- Salt and black pepper to the taste
- Juice and zest from 1 orange

Directions:

1. Season trout fillets with salt, pepper, rub them with the olive oil, place in a pan that fits your air fryer, add ginger, green onions, orange zest and juice; toss well, place in your air fryer and cook at 360°F, for 10 minutes. Divide fish and sauce on plates and serve right away

Salmon with Mash and Capers

(Prep + Cooking Time: 30 Minutes | Servings: 4)

Ingredients:

- 4 salmon fillets; skinless and boneless
- 1 tablespoon capers; drained
- Juice from 1 lemon
- 2 teaspoon olive oil
- Salt and black pepper to the taste

For the potato mash:

- 1-pound potatoes; chopped.
- 2 tablespoon olive oil
- 1/2 cup milk
- 1 tablespoon dill; dried

Directions:

1. Put potatoes in a pot, add water to cover, add some salt, bring to a boil over medium high heat, cook for 15 minutes; drain, transfer to a bowl; mash with a potato masher, add 2 tablespoon oil, dill, salt, pepper and milk, whisk well and leave aside for now
2. Season salmon with salt and pepper, drizzle 2 teaspoon oil over them, rub, transfer to your air fryer's basket, add capers on top, cook at 360°F and cook for 8 minutes. Divide salmon and capers on plates; add mashed potatoes on the side, drizzle lemon juice all over and serve.

Side Dish Recipes

Mixed Peppers Dish

(**Prep + Cooking Time:** 25 minutes | **Servings:** 4)

Ingredients:

- 4 red bell peppers; cut into medium strips
- 4 green bell peppers; cut in medium strips
- 1 red onion; chopped.
- 1 tbsp. smoked paprika
- 1 tbsp. olive oil
- Salt and black pepper to taste

Directions:

1. In your air fryer, mix all ingredients, toss and cook at 360°F for 20 minutes. Divide the peppers between plates and serve as a side dish

Fried Beans

(**Prep + Cooking Time:** 25 minutes | **Servings:** 4)

Ingredients:

- 1 cup canned garbanzo beans; drained
- 4 cups water
- 1 cup canned cranberry beans; drained
- 1½ cups green beans; blanched
- 1 garlic clove; minced
- 2 celery stalks; chopped.
- 1 bunch cilantro; chopped.
- 1 small red onion; chopped.
- 5 tbsp. apple cider vinegar
- 4 tbsp. olive oil
- 1 tbsp. sugar
- Salt and black pepper to taste

Directions:

1. In a pan that fits your air fryer, mix all ingredients except the cilantro; stir well.
2. Place the pan in the air fryer and cook at 380°F for 15 minutes. Add the cilantro, stir, divide between plates and serve as a side dish

Yellow Squash and Zucchini

(**Prep + Cooking Time:** 45 minutes | **Servings:** 4)

Ingredients:

- 1 lb. zucchinis; sliced
- 1 yellow squash; halved, deseeded and cut in chunks
- 1 tbsp. cilantro; chopped.
- 5 tsp. olive oil
- Salt and white pepper to taste

Directions:

1. In a bowl, mix all the ingredients, toss well and transfer them to your air fryer's basket
2. Cook for 35 minutes at 400°F. Divide everything between plates and serve as a side dish.

Italian Mushroom

(**Prep + Cooking Time:** 20 minutes | **Servings:** 4)

Ingredients:

- 1 lb. button mushrooms; halved
- 3 tbsp. butter; melted
- 2 tbsp. parmesan cheese; grated
- 1 tsp. Italian seasoning
- A pinch of salt and black pepper

Directions:

1. In a pan that fits your air fryer, mix all the ingredients and toss
2. Place the pan in the air fryer and cook at 360°F for 15 minutes. Divide the mix between plates and serve.

Zucchini Fries

(**Prep + Cooking Time:** 22 minutes | **Servings:** 4)

Ingredients:

- 2 small zucchinis; cut into fries
- 1 cup breadcrumbs
- 2 eggs; whisked
- 1/2 cup white flour
- 2 tsp. olive oil
- Salt and black pepper to taste

Directions:

1. In a bowl, mix the flour, salt and pepper; stir. Put the breadcrumbs in another bowl and whisk the eggs in a third bowl
2. Dredge the zucchini fries in the flour, then in the eggs and then in the breadcrumbs
3. Use the oil to grease your air fryer and heat to 400°F.
4. Add the zucchini fries and cook for 12 minutes; serve as a side dish.

Creamy Risotto

(Prep + Cooking Time: 30 minutes | Servings: 4)

Ingredients:

- 8 oz. mushrooms; sliced
- 4 oz. heavy cream
- 2 cups risotto rice
- 4 cups chicken stock; heated up
- 2 garlic cloves; minced
- 1 yellow onion; chopped.
- 1 tbsp. olive oil
- 1 tbsp. cilantro; chopped.
- 2 tbsp. parmesan cheese; grated

Directions:

1. Add all ingredients - except the cilantro - to a pan that fits your air fryer
2. Place the pan in the fryer and cook at 360°F for 20 minutes. Add the cilantro, stir, divide between plates and serve.

Sweet Potato Side Salad

(**Prep + Cooking Time:** 25 minutes | **Servings:** 2)

Ingredients:

- 2 sweet potatoes; peeled and cut into wedges
- 2 tbsp. avocado oil
- 1/2 tsp. curry powder
- 1/2 tsp. cumin; ground
- 1/4 tsp. coriander; ground
- 4 tbsp. mayonnaise
- A pinch of cinnamon powder
- A pinch of ginger powder
- Salt and black pepper to taste

Directions:

1. In your air fryer's basket, mix the sweet potato wedges with salt, pepper, coriander, curry powder and the oil; toss well
2. Cook at 370°F for 20 minutes, flipping them once
3. Transfer the potatoes to a bowl, then add the mayonnaise, cumin, ginger and the cinnamon. Toss and serve as a side salad.

Moroccan Eggplant Dish

(**Prep + Cooking Time:** 25 minutes | **Servings:** 6)

Ingredients:

- 1½ lbs. eggplant; cubed
- 1 tsp. onion powder
- 1 tsp. sumac
- 1 tbsp. olive oil
- 2 tsp. za'atar
- Juice of 1 lime

Directions:

1. Place all ingredients in your air fryer and mix well
2. Cook at 370°F for 20 minutes. Divide between plates and serve as a side dish.

Garlic Potatoes

(**Prep + Cooking Time:** 45 minutes | **Servings:** 4)

Ingredients:

- 4 large potatoes; pricked with a fork
- 2 tbsp. olive oil
- 1 tbsp. garlic; minced
- Salt and black pepper to taste

Directions:

1. Place all of the ingredients in a bowl and mix well, ensuring the potatoes are coated
2. Put the potatoes in your air fryer's basket and cook at 400°F for 40 minutes
3. Peel the potatoes (if desired), cut up, divide between plates and serve as a side dish.

Fried Beets

(**Prep + Cooking Time:** 40 minutes | **Servings:** 6)

Ingredients:

- 3 lbs. small beets; trimmed and halved
- 1 tbsp. olive oil
- 4 tbsp. maple syrup

Directions:

1. Heat up your air fryer at 360°F, then add the oil and heat it up
2. Add the beets and maple syrup, toss and cook for 35 minutes. Divide the beets between plates and serve as a side dish.

Green Beans and Shallots

(**Prep + Cooking Time:** 30 minutes | **Servings:** 4)

Ingredients:

- 1½ lbs. green beans; trimmed
- 1/2 lb. shallots; chopped.
- 1/4 cup walnuts; chopped.
- 2 tbsp. olive oil
- Salt and black pepper to taste

Directions:

1. In your air fryer, mix all ingredients and toss. Cook at 350°F for 25 minutes. Divide between plates and serve as a side dish

Maple Parsnips

(**Prep + Cooking Time:** 45 minutes | **Servings:** 6)

Ingredients:

- 2 lbs. parsnips; roughly cubed
- 1 tbsp. cilantro; chopped.
- 1 tbsp. olive oil
- 2 tbsp. maple syrup

Directions:

1. Preheat your air fryer at 360°F, then add the oil and heat it up
2. Add the other ingredients, toss and cook for 40 minutes. Divide between plates and serve as a side dish.

Brussels Sprouts Side Dish

(Prep + Cooking Time: 35 minutes | Servings: 5)

Ingredients:

- 3 lbs. Brussels sprouts; halved
- 1 lb. bacon; chopped.
- 1 cup milk
- 2 cups heavy cream
- 3 shallots; chopped.
- 1 tsp. olive oil
- 1/4 tsp. nutmeg; ground
- 4 tbsp. butter; melted
- 3 tbsp. prepared horseradish
- Salt and black pepper to taste

Directions:

1. Preheat your air fryer at 370°F and add oil, bacon, salt, pepper and Brussels sprouts; toss
2. Then add butter, shallots, heavy cream, milk, nutmeg and horseradish; toss again and cook for 25 minutes. Divide between plates and serve as a side dish

Fried Cauliflower

(**Prep + Cooking Time:** 25 minutes | **Servings:** 4)

Ingredients:

- 1 cauliflower head; florets separated
- 3 garlic cloves; minced
- 1 tbsp. olive oil
- 1 tbsp. black sesame seeds
- Juice of 1 lime

Directions:

1. Heat up your air fryer at 350°F, then add the oil and heat it up
2. Add the cauliflower, garlic and lime juice; toss and then cook for 20 minutes. Divide between plates, sprinkle the sesame seeds on top and serve as a side dish.

Mayo Brussels Sprouts

(**Prep + Cooking Time:** 20 minutes | **Servings:** 4)

Ingredients:

- 1 lb. Brussels sprouts; trimmed and halved
- 1/2 cup mayonnaise
- 6 tsp. olive oil
- 2 tbsp. garlic; minced
- Salt and black pepper to taste

Directions:

1. In your air fryer, mix the sprouts, salt, pepper and oil; toss well
2. Cook the sprouts at 390°F for 15 minutes
3. Transfer them to a bowl; then add the mayo and the garlic and toss.
Divide between plates and serve as a side dish.

Endives and Rice

(**Prep + Cooking Time:** 25 minutes | **Servings:** 4)

Ingredients:

- 2 scallions; chopped.
- 1/2 cup white rice
- 1 cup veggie stock
- 4 endives; trimmed and shredded
- 3 garlic cloves; minced
- 1 tbsp. olive oil
- 1 tsp. chili sauce
- Salt and black pepper to taste

Directions:

1. Take the oil and grease a pan that fits your air fryer. Add all other ingredients and toss.
2. Place the pan in the air fryer and cook at 365°F for 20 minutes. Divide everything between plates and serve as a side dish

Parsley Quinoa

(Prep + Cooking Time: 23 minutes | Servings: 4)

Ingredients:

- 2 cups quinoa
- 3 cups veggie stock
- 2 garlic cloves; minced
- 2 tbsp. olive oil
- 2 tsp. turmeric powder
- A handful of parsley; chopped.
- Salt and black pepper to taste

Directions:

1. Heat the oil up in a pan that fits your air fryer over medium heat
2. Add the garlic, stir and cook for 2 minutes. Add the quinoa, salt, pepper, turmeric and the stock; cover and cook at 360°F for 16 minutes
3. Add the parsley, stir and then divide between plates and serve as a side dish.

Mushroom Mix

(**Prep + Cooking Time:** 20 minutes | **Servings:** 6)

Ingredients:

- 15 oz. mushrooms; roughly sliced
- 6 oz. canned tomatoes; chopped.
- 1 red onion; chopped.
- 1/2 tsp. nutmeg; ground
- 2 tbsp. olive oil
- Salt and black pepper to taste

Directions:

1. Place all ingredients in a pan that fits your air fryer and mix well
2. Put the pan in the fryer and cook at 380°F for 15 minutes. Divide the mix between plates and serve as a side dish.

Pineapple Rice

(**Prep + Cooking Time:** 25 minutes | **Servings:** 6)

Ingredients:

- 2 cups rice
- 4 cups chicken stock; heated up
- 1 pineapple; peeled and chopped.
- 2 tsp. olive oil
- Salt and black pepper to taste

Directions:

1. In a pan that fits your air fryer, place all the ingredients and toss.
2. Insert the pan into your preheated air fryer and cook at 370°F for 20 minutes. Divide between plates and serve as a side dish

Creamy Tomatoes

(Prep + Cooking Time: 11 minutes | Servings: 4)

Ingredients:

- 1 lb. cherry tomatoes; halved
- 1 cup heavy cream
- 1/2 tbsp. Creole seasoning
- A drizzle of olive oil
- Salt and black pepper to taste

Directions:

1. In a pan that fits your air fryer, combine all the ingredients and toss
2. Place the pan in the fryer and cook at 400°F for 6 minutes. Divide between plates and serve.

Simple Eggplant

(Prep + Cooking Time: 20 minutes | Servings: 4)

Ingredients:

- 8 baby eggplants; cubed
- 1 yellow onion; chopped.
- 1 bunch coriander; chopped.
- 1 green bell pepper; chopped.
- 1 tbsp. tomato sauce
- 1/2 tsp. garlic powder
- 1 tbsp. olive oil
- Salt and black pepper to taste

Directions:

1. In a pan that fits your air fryer, combine all the ingredients and toss
2. Place the pan in the fryer and cook at 370°F for 10 minutes. Divide between plates and serve as a side dish.

French Carrots

(**Prep + Cooking Time:** 25 minutes | **Servings:** 4)

Ingredients:

- 1 lb. baby carrots; trimmed
- 2 tbsp. lime juice
- 2 tsp. olive oil
- 1 tsp. herbs de Provence

Directions:

1. In a bowl, mix all ingredients well and then transfer to your air fryer's basket
2. Cook at 320°F for 20 minutes. Divide between plates and serve as a side dish.

Creamy Potatoes

(**Prep + Cooking Time:** 25 minutes | **Servings:** 4)

Ingredients:

- 2 gold potatoes; cut into medium pieces
- 3 tbsp. sour cream
- 1 tbsp. olive oil
- Salt and black pepper to taste

Directions:

1. In a baking dish that fits your air fryer, mix all the ingredients and toss
2. Place the dish in the air fryer and cook at 370°F for 20 minutes. Divide between plates and serve as a side dish.

Cauliflower and Mushroom Risotto

(Prep + Cooking Time: 50 minutes | Servings: 6)

Ingredients:

- 1 cauliflower head; riced
- 10 oz. water chestnuts; drained
- 15 oz. mushrooms; chopped.
- 3 garlic cloves; minced
- 1 egg; whisked
- 2 tbsp. olive oil
- 4 tbsp. soy sauce
- 1 tbsp. ginger; grated
- Juice of 1 lime

Directions:

1. In your air fryer, mix the cauliflower rice, oil, soy sauce, garlic, ginger, lime juice, chestnuts and mushrooms
2. Stir, cover and cook at 350°F for 20 minutes. Add the egg, toss and cook at 360°F for 20 minutes more. Divide between plates and serve.

Mint and Cherries Rice

(**Prep + Cooking Time:** 32 minutes | **Servings:** 6)

Ingredients:

- 10 mint leaves; chopped.
- 1/4 cup green onions; chopped.
- 2 cups cherries; pitted and halved
- 3 cups water; hot
- 1 cup white rice
- 1 tsp. lemon juice
- 1 tbsp. apple cider vinegar
- 1 tsp. olive oil
- Salt and black pepper to taste

Directions:

1. In a pan that fits your air fryer, add all of the ingredients and mix well.
2. Place the pan in the fryer and cook at 370°F for 22 minutes. Divide between plates and serve as a side dish

Pumpkin Rice

(Prep + Cooking Time: 30 minutes | Servings: 4)

Ingredients:

- 12 oz. risotto rice
- 6 oz. pumpkin puree
- 4 oz. heavy cream
- 1 small yellow onion; chopped.
- 4 cups chicken stock
- 2 garlic cloves; minced
- 1/2 tsp. nutmeg; ground
- 1/2 tsp. ginger; grated
- 1/2 tsp. cinnamon powder
- 1/2 tsp. allspice
- 2 tbsp. olive oil

Directions:

1. In a pan that fits your air fryer, heat up the oil over medium heat.
2. Add the onion and the garlic, stir and cook for 2 minutes
3. Add the nutmeg, ginger, cinnamon and allspice; stir and cook for 1 more minute
4. Add the rice, stock, pumpkin puree and the cream; stir
5. Place the pan in the fryer and cook at 360°F for 20 minutes. Divide between plates and serve as a side dish.

Cheesy Mushroom Salad

(Prep + Cooking Time: 20 minutes | Servings: 3)

Ingredients:

- 10 large mushrooms; halved
- 1 tbsp. cheddar cheese; grated
- 1 tbsp. mozzarella cheese; grated
- 1 tbsp. mixed herbs; dried
- 2 tsp. parsley flakes
- A drizzle of olive oil
- Salt and black pepper to taste

Directions:

1. Use the oil to grease a pan that fits your air fryer. Add all other ingredients and toss
2. Place the pan in the fryer and cook at 380°F for 15 minutes. Divide between plates and serve as a side dish.

Black Beans

(**Prep + Cooking Time:** 20 minutes | **Servings:** 6)

Ingredients:

- 1 cup canned black beans; drained
- 1 spring onion; chopped.
- 2 garlic cloves; minced
- 1 cup water
- 1/2 tsp. cumin seeds
- Salt and black pepper to taste

Directions:

1. Add all ingredients to a pan that fits your air fryer; mix well.
2. Place the pan in the fryer and cook at 370°F for 15 minutes. Divide between plates and serve as a side dish

Wild Rice

(Prep + Cooking Time: 35 minutes | Servings: 8)

Ingredients:

- 1 shallot; chopped.
- 1½ cups wild rice
- 4 cups chicken stock
- 1/2 cup hazelnuts; toasted and chopped.
- 1 tsp. garlic; minced
- 1 tsp. olive oil
- 1 tbsp. parsley; chopped.
- Salt and black pepper to taste

Directions:

1. Heat up the oil in a pan that fits your air fryer over medium heat.
2. Add the garlic and the shallots, stir and cook for 2-3 minutes
3. Add the rice, stock, salt and pepper and stir completely. Place the pan in the air fryer and cook at 380°F for 25 minutes
4. Add the parsley and the hazelnuts, stir, divide between plates and serve as a side dish.

Rosemary Potatoes

(**Prep + Cooking Time:** 40 minutes | **Servings:** 4)

Ingredients:

- 4 potatoes; thinly sliced
- 2 tsp. rosemary; chopped.
- 1 tbsp. olive oil
- Salt and black pepper to taste

Directions:

1. Place all the ingredients in a bowl, mix well and then transfer to your air fryer's basket
2. Cook at 370°F for 30 minutes. Divide between plates and serve as a side dish.

Parsnips and Carrots Fries

(**Prep + Cooking Time:** 20 minutes | **Servings:** 4)

Ingredients:

- 4 parsnips; cut into medium sticks
- 4 carrots; cut into medium sticks
- 1/2 tsp. onion powder
- 2 tbsp. thyme; chopped.
- 2 tbsp. olive oil
- Salt and black pepper to taste

Directions:

1. In a bowl, mix all ingredients and toss
2. Transfer the fries to your air fryer's basket and cook at 350°F for 15 minutes. Divide between plates and serve as a side dish.

Delicious Beans Mix

(Prep + Cooking Time: 35 minutes | Servings: 6)

Ingredients:

- 1 lb. canned red kidney beans; drained
- 1 yellow onion; chopped.
- 1 celery stalk; chopped.
- 4 garlic cloves; chopped.
- 1 green bell pepper; chopped.
- 2 green onions; minced
- 1 tsp. olive oil
- 1 tsp. thyme; dried
- 2 tbsp. tomato sauce
- 2 tbsp. parsley; minced
- Salt and black pepper to taste

Directions:

1. Place all the ingredients - except the parsley - into a pan that fits your air fryer and stir.
2. Put the pan into your air fryer and cook at 370°F for 25 minutes. Add the parsley, stir, divide between plates and serve

Creamy Cabbage

(**Prep + Cooking Time:** 30 minutes | **Servings:** 2)

Ingredients:

- 1 green cabbage head; shredded
- 1 cup whipped cream
- 1 yellow onion; chopped.
- 4 bacon slices; chopped.
- Salt and black pepper to taste

Directions:

1. In a pan that fits your air fryer, mix all the ingredients and stir
2. Place the pan in the fryer and cook at 400°F for 20 minutes. Divide between plates and serve as a side dish.

Lemony Artichokes

(**Prep + Cooking Time:** 35 minutes | **Servings:** 4)

Ingredients:

- 2 medium artichokes; trimmed
- A drizzle of olive oil
- Juice of 1/2 lemon
- Salt to taste

Directions:

1. Brush the artichokes with the oil, season with salt and put them in your air fryer's basket.
2. Cook at 370°F for 20 minutes. Divide between plates, drizzle lemon juice all over and serve

Red Potatoes

(**Prep + Cooking Time:** 30 minutes | **Servings:** 5)

Ingredients:

- 2 lbs. red potatoes; cubed
- 1/2 cup mint
- 1/2 cup cilantro
- 1/4 cup veggie stock
- 1/2 tsp. mustard seeds
- 1 tsp. garlic; minced
- 1 tsp. ginger; grated
- 2 tsp. lime juice
- Salt and black pepper to taste

Directions:

1. In a blender, add the stock, mint, cilantro, ginger, lime juice, salt and pepper; pulse well.
2. Then place this mint mix into a pan that fits your air fryer, along with the remaining ingredients and toss
3. Place the pan in the fryer and cook at 370°F for 20 minutes. Divide the potatoes between plates and serve as a side dish

Saffron Rice

(**Prep + Cooking Time:** 25 minutes | **Servings:** 6)

Ingredients:

- 1/2 cup onion; chopped.
- 1½ cups Arborio rice
- 1/3 cup almonds; chopped.
- 3½ cups chicken stock
- 2 tbsp. olive oil
- 2 tbsp. milk; hot
- 1/2 tsp. saffron powder
- 1 tbsp. honey
- Salt and black pepper to taste

Directions:

1. Add all of the ingredients to a pan that fits your air fryer.
2. Place the pan in the fryer and cook at 360°F for 20 minutes. Divide between plates and serve as a side dish

Herbed Potatoes

(**Prep + Cooking Time:** 40 minutes | **Servings:** 4)

Ingredients:

- 3 large potatoes; peeled and cut into chunks
- 2 tbsp. olive oil
- 1 tsp. oregano; chopped.
- 1 tbsp. garlic; minced
- 1 tsp. parsley; chopped.
- 1 tsp. chives; chopped.
- Salt and black pepper to taste

Directions:

1. Mix all of the ingredients in your air fryer and stir well. Cook at 370°F for 30 minutes. Divide between plates and serve as a side dish

Lime Corn

(**Prep + Cooking Time:** 20 minutes | **Servings:** 2)

Ingredients:

- 2 ears of corn; shucked and silk removed
- 2 tsp. smoked paprika
- 2 tsp. olive oil
- Juice of 2 limes
- Salt and black pepper to taste

Directions:

1. In a bowl, mix the salt with the pepper, oil, lime juice and paprika and stir well
2. Rub the corn with this mix and put it in your air fryer's basket. Cook at 400°F for 15 minutes. Divide between plates and serve.

Artichoke Rice

(**Prep + Cooking Time:** 25 minutes | **Servings:** 4)

Ingredients:

- 15 oz. canned artichoke hearts; chopped
- 8 oz. cream cheese
- 3 cups chicken stock
- 1 cup Arborio rice
- 2 garlic cloves; minced
- 1 tbsp. olive oil
- 1 tbsp. parmesan cheese; grated
- 1½ tbsp. thyme; chopped.
- Salt and black pepper to taste

Directions:

1. In a pan that fits your air fryer, add all the ingredients except the parmesan cheese; stir well.
2. Place the pan in the air fryer and cook at 370°F for 20 minutes. Add the parmesan, stir, divide between plates and serve as a side dish

Fava Beans

(**Prep + Cooking Time:** 25 minutes | **Servings:** 4)

Ingredients:

- 3 lbs. fava beans; shelled
- 4 oz. bacon; cooked and crumbled
- 1/2 cup white wine
- 1 tsp. olive oil
- 1 tbsp. parsley; chopped.
- Salt and black pepper to taste

Directions:

1. Place all of the ingredients into a pan that fits your air fryer and mix well.
2. Put the pan in the air fryer and cook at 380°F for 15 minutes. Divide between plates and serve as a side dish

Fried Fennel

(**Prep + Cooking Time:** 17 minutes | **Servings:** 3)

Ingredients:

- 2 big fennel bulbs; sliced
- A pinch of ground nutmeg
- 2 tbsp. butter; melted
- Salt and black pepper to taste

Directions:

1. Place all of the ingredients into a bowl and toss.
2. Transfer the fennel mixture to your air fryer's basket and cook at 370°F for 12 minutes. Divide between plates and serve as a side dish

Carrot Puree

(**Prep + Cooking Time:** 25 minutes | **Servings:** 4)

Ingredients:

- 1½ lbs. carrots; peeled and chopped.
- 1 cup chicken stock; heated up
- 1 tbsp. honey
- 1 tbsp. butter; softened
- 1 tsp. brown sugar
- Salt and black pepper to taste

Directions:

1. In a pan that fits your air fryer, mix the carrots with the stock, salt, pepper and sugar; stir well.
2. Put the pan into the fryer and cook at 370°F for 15 minutes
3. Transfer the carrot mixture to a blender, add the butter and the honey and pulse well. Divide between plates and serve

Mashed Sweet Potatoes

(Prep + Cooking Time: 22 minutes | Servings: 8)

Ingredients:

- 3 lbs. sweet potatoes; baked, peeled and chopped.
- 2 garlic cloves
- 1/4 cup milk
- 1/2 cup parmesan cheese; grated
- 1/2 tsp. parsley; dried
- 1/4 tsp. sage; dried
- 1/2 tsp. rosemary; dried
- 2 tbsp. butter
- Salt and black pepper to taste

Directions:

1. In a pan that fits your air fryer, combine the sweet potatoes, garlic, salt, pepper, parsley, sage and rosemary; mix well
2. Place the pan in the fryer and cook at 360°F for 12 minutes
3. Mash the potatoes, adding the milk, parmesan and butter; stir well.
Divide between plates and serve as a side dish.

Broccoli Risotto

(Prep + Cooking Time: 30 minutes | Servings: 4)

Ingredients:

- 1 broccoli head; florets separated and roughly chopped.
- 2 tbsp. olive oil
- 2 garlic cloves; minced
- 1 yellow onion; chopped.
- 3 cups chicken stock; heated up
- 1 cup white rice
- 1/2 cup parmesan cheese; grated
- 2 tbsp. parsley; chopped.
- 1 tbsp. butter
- Salt and black pepper to taste

Directions:

1. In a pan that fits your air fryer, mix the oil with the broccoli, salt, pepper, garlic, onions, rice and stock; stir well
2. Place the pan in the air fryer and cook at 370°F for 20 minutes. Add the parsley, butter and the parmesan and stir. Divide between plates and serve as a side dish

Butternut Puree

(Prep + Cooking Time: 25 minutes | Servings: 4)

Ingredients:

- 1 butternut squash; peeled and cut into medium chunks
- 1 yellow onion; thinly sliced
- 1 cup veggie stock
- 2 tbsp. butter; melted
- 1/2 tsp. apple pie spice
- Salt and black pepper to taste

Directions:

1. In a pan that fits your air fryer, mix the stock, squash, onion, spice, salt and pepper; stir well.
2. Place the pan in the fryer and cook at 370°F for 20 minutes
3. Transfer the squash mixture to a blender, add the butter and pulse well. Divide between plates and serve as a side dish.

Parsnips Mash

(**Prep + Cooking Time:** 25 minutes | **Servings:** 4)

Ingredients:

- 4 parsnips; peeled and chopped.
- 1 yellow onion; chopped.
- 1/2 cup chicken stock; heated up
- 1/4 cup sour cream
- Salt and black pepper to taste

Directions:

1. In a pan that fits your air fryer, place all ingredients except the sour cream; stir well.
2. Place the pan in the air fryer and cook at 370°F for 15 minutes
3. Mash the parsnip mixture, adding the sour cream; stir well again. Divide between plates and serve as a side dish

Tomato Endives

(Prep + Cooking Time: 15 minutes | Servings: 4)

Ingredients:

- 8 endives; trimmed
- Juice of 1 lime
- 3 tbsp. avocado oil
- 1 tbsp. tomato sauce
- 2 tbsp. cilantro; chopped.
- 1 tsp. sugar
- Salt and black pepper to taste

Directions:

1. In a bowl, mix all of the ingredients well, then transfer to your air fryer's basket.
2. Cook at 370°F for 10 minutes. Divide between plates and serve as a side dish

Minty Peas

(**Prep + Cooking Time:** 17 minutes | **Servings:** 4)

Ingredients:

- 1 lb. fresh peas
- 1/4 cup veggie stock
- 1 green onion; sliced
- 1 tbsp. mint; chopped.
- 1 tbsp. butter; melted
- Salt and black pepper to taste

Directions:

1. Place all of the ingredients into a pan that fits your air fryer and mix well.
2. Put the pan in the air fryer and cook at 370°F for 12 minutes. Divide between plates and serve

Cauliflower Mashed

(Prep + Cooking Time: 15 minutes | Servings: 4)

Ingredients:

- 1 cauliflower; florets separated and steamed
- 3 spring onions; chopped.
- 1/2 cup veggie stock; heated up
- 1/2 tsp. turmeric powder
- 1 tbsp. butter
- Salt and black pepper to taste

Directions:

1. In a pan that fits your air fryer, mix the cauliflower with the stock, salt, pepper and turmeric; then stir well.
2. Place the pan in the fryer and cook at 360°F for 10 minutes
3. Mash the cauliflower mixture using a potato masher, adding the butter and the spring onions. Stir, divide between plates and serve

Mung Beans

(Prep + Cooking Time: 26 minutes | Servings: 3)

Ingredients:

- 1 cup mung beans
- 1 cup veggie stock
- 1/2 cup red onion; chopped.
- 4 garlic cloves; minced
- 3 tomatoes; chopped.
- 1/2 tsp. olive oil
- 1 tsp. coriander; ground
- 1/2 tsp. turmeric powder
- 1/2 tsp. cumin seeds
- 1 tbsp. lemon juice
- 1/2 tsp. garam masala
- Salt and black pepper to taste

Directions:

1. Place all of the ingredients into a pan that fits your air fryer and toss.
2. Place the pan in the fryer and cook at 365°F for 16 minutes. Divide the mix between plates and serve as a side dish

Roasted Rhubarb

(**Prep + Cooking Time:** 25 minutes | **Servings:** 4)

Ingredients:

- 1 lb. rhubarb; cut in chunks
- 1/2 cup walnuts; chopped.
- 2 tsp. olive oil
- 2 tbsp. orange zest
- 1/2 tsp. sugar

Directions:

1. In your air fryer, mix all the listed ingredients and toss. Cook at 380°F for 15 minutes
2. Divide the rhubarb between plates and serve as a side dish.

Cabbage Mix

(**Prep + Cooking Time:** 25 minutes | **Servings:** 4)

Ingredients:

- 4 garlic cloves; minced
- 6 cups red cabbage; shredded
- 1/2 cup red onion; chopped.
- 1 tbsp. olive oil
- 3 tbsp. applesauce
- 1 tbsp. balsamic vinegar
- Salt and black pepper to taste

Directions:

1. Heat the oil up in a pan that fits your air fryer over medium-high heat. Add the onions and the garlic, stir and cook for 1-2 minutes
2. Add the cabbage, vinegar, applesauce, salt and pepper and toss
3. Place the pan in the air fryer and cook at 380°F for 12 minutes. Divide the cabbage mix between plates and serve as a side dish.

Bell Pepper and Lettuce Salad

(Prep + Cooking Time: 20 minutes | Servings: 4)

Ingredients:

- 1 red bell pepper
- 1 lettuce head; torn
- 1 tbsp. lemon juice
- 3 tbsp. yogurt
- 2 tbsp. olive oil
- Salt and black pepper to taste

Directions:

1. In your air fryer, place the bell pepper along with the oil, salt and pepper; air fry at 400°F for 15 minutes.
2. Cool the bell pepper down, peel, cut it into strips and put it in a bowl. Add lettuce, lemon juice, yogurt, salt and pepper. Toss well and serve as a side dish

Cheesy Spinach

(Prep + Cooking Time: 15 minutes | Servings: 4)

Ingredients:

- 14 oz. spinach
- 3 oz. cottage cheese
- 1 yellow onion; chopped.
- 2 eggs; whisked
- 2 tbsp. milk
- 1 tbsp. olive oil
- Salt and black pepper to taste

Directions:

1. In a pan that fits your air fryer, heat up the oil over medium heat, add the onions, stir and sauté for 2 minutes
2. Add all other ingredients and toss. Place the pan in the air fryer and cook at 380°F for 8 minutes
3. Divide the spinach between plates and serve as a side dish.

Brown Lentils

(Prep + Cooking Time: 25 minutes | Servings: 4)

Ingredients:

- 8 oz. baby spinach
- 2 tomatoes; chopped.
- 4 garlic cloves; minced
- 1 cup canned brown lentils; drained
- 1 tsp. olive oil
- 1 tsp. ginger; grated
- 1/2 tsp. turmeric powder
- 1/4 tsp. cinnamon powder
- 1/4 tsp. cardamom powder
- Salt and black pepper to taste

Directions:

1. In a pan that fits your air fryer, add all of the listed ingredients and toss
2. Place the pan the fryer and cook at 370°F for 15 minutes. Divide the lentils between plates and serve as a side dish.

Turmeric Cabbage

(Prep + Cooking Time: 17 minutes | Servings: 4)

Ingredients:

- 1/2 cup yellow onion; chopped.
- 1 big green cabbage head; shredded
- 1 tbsp. olive oil
- 2 tsp. turmeric powder
- 4 tbsp. tomato sauce
- Salt and black pepper to taste

Directions:

1. Take the oil and grease a pan that fits your air fryer. Add all of the other ingredients and toss
2. Place the pan in the fryer and cook at 365°F for 12 minutes. Divide between plates and serve as a side dish.

Parmesan Asparagus Mix

(Prep + Cooking Time: 25 minutes **| Servings:** 4)

Ingredients:

- 3 garlic cloves; minced
- 1 bunch asparagus; trimmed
- 3 tbsp. parmesan cheese; grated
- 3 tbsp. butter; melted

Directions:

1. Mix the melted butter with the garlic and then brush the asparagus with the mixture.
2. Put the asparagus in the air fryer's basket, sprinkle the parmesan on top and cook at 380°F for 10 minutes. Divide the asparagus between plates and serve

Citrus Cauliflower Mix

(Prep + Cooking Time: 19 minutes | Servings: 4)

Ingredients:

- 2 small cauliflower heads; florets separated
- 4 tbsp. olive oil
- Juice of 1 orange
- A pinch of hot pepper flakes
- Salt and black pepper to taste

Directions:

1. Brush the cauliflower with the oil, then season with salt, pepper and the pepper flakes
2. Transfer the cauliflower to your air fryer's basket and cook at 380°F for 14 minutes
3. Divide between plates, drizzle orange juice all over and serve.

Garlicky Beets

(**Prep + Cooking Time:** 25 minutes | **Servings:** 4)

Ingredients:

- 3 beets; trimmed, peeled and cut into wedges
- 4 garlic cloves; minced
- 1 tbsp. olive oil
- 1 tsp. lemon juice
- Salt and black pepper to taste

Directions:

1. Place all the ingredients in a bowl and mix well.
2. Transfer the beets to your air fryer's basket and cook at 400°F for 20 minutes. Divide between plates and serve as a side dish

Cranberry Beans Side Salad

(**Prep + Cooking Time:** 25 minutes | **Servings:** 6)

Ingredients:

- 25 oz. canned tomatoes; drained and chopped.
- 10 oz. kale; torn
- 6 garlic cloves; minced
- 2½ cups canned cranberry beans; drained
- 1 yellow onion; chopped.
- 2 celery ribs; chopped.
- 1/2 tsp. red pepper flakes
- 3 tsp. basil; chopped.
- 1/2 tsp. smoked paprika
- Salt and black pepper to taste

Directions:

1. In a pan that fits your air fryer, add all of the ingredients and mix
2. Place the pan in the fryer and cook at 370°F for 15 minutes. Divide between plates and serve as a side salad.

Snack and Appetizer Recipes

Cream Cheese Balls

(**Prep + Cooking Time:** 10 minutes | **Servings:** 6)

Ingredients:

- 4 oz. cream cheese
- 14 pepperoni slices; chopped.
- 8 black olives; pitted and minced
- 2 tbsp. basil pesto
- 1 tbsp. basil; chopped.
- Salt and black pepper to taste

Directions:

1. In a bowl, place all of the ingredients and stir.
2. Shape the mixture into medium balls and then place them in your lined air fryer's basket. Cook at 360°F for 5 minutes. Serve as a snack

Lemony Apple Bites

(**Prep + Cooking Time:** 10 minutes | **Servings:** 4)

Ingredients:

- 3 big apples; cored, peeled and cubed
- 1/2 cup caramel sauce
- 2 tsp. lemon juice

Directions:

1. In your air fryer, mix all the ingredients; toss well.
2. Cook at 340°F for 5 minutes. Divide into cups and serve as a snack

Turmeric Carrot Chips

(**Prep + Cooking Time:** 30 minutes | **Servings:** 4)

Ingredients:

- 4 carrots; thinly sliced
- 1/2 tsp. chaat masala
- 1 tsp. olive oil
- 1/2 tsp. turmeric powder
- Salt and black pepper to taste

Directions:

1. Place all ingredients in a bowl and toss well. Put the mixture in your air fryer's basket and cook at 370°F for 25 minutes, shaking the fryer from time to time. Serve as a snack

Banana Chips

(**Prep + Cooking Time:** 10 minutes | **Servings:** 8)

Ingredients:

- 1 banana; peeled and sliced into 16 pieces
- 1/4 cup peanut butter; soft
- 1 tbsp. vegetable oil

Directions:

1. Put the banana slices in your air fryer's basket and drizzle the oil over them
2. Cook at 360°F for 5 minutes. Transfer to bowls and serve them dipped in peanut butter.

Pork Bites

(**Prep + Cooking Time:** 25 minutes | **Servings:** 4)

Ingredients:

- 1 lb. ground pork
- 2 tsp. garlic powder
- 2 eggs
- 3/4 cup panko breadcrumbs
- 3/4 cup coconut; shredded
- A drizzle of olive oil
- Salt and black pepper to taste

Directions:

1. In a bowl, mix coconut with panko and stir well. In another bowl, mix the pork, salt, pepper, eggs and garlic powder and then shape medium meatballs out of this mix
2. Dredge the meatballs in the coconut mix, place them in your air fryer's basket, introduce in the air fryer and cook at 350°F for 15 minutes. Serve and enjoy!

Broccoli Bites

(**Prep + Cooking Time:** 20 minutes | **Servings:** 6)

Ingredients:

- 1 broccoli head; florets separated
- 1 tsp. olive oil
- 1 tsp. butter; melted
- 2 tsp. garlic powder
- Salt and black pepper to taste

Directions:

1. Spread the broccoli florets on a lined baking sheet that fits your air fryer; then add all other ingredients and toss.
2. Cook at 450°F for 15 minutes. Divide into bowls and serve as a snack (or as a side)

Zucchini Balls

(Prep + Cooking Time: 22 minutes | Servings: 8)

Ingredients:

- 3 zucchinis; grated
- 1/2 cup dill; chopped.
- 2 garlic cloves; minced
- 1 egg
- 1/2 cup white flour
- Cooking spray
- Salt and black pepper to taste

Directions:

1. In a bowl, mix all the ingredients and stir. Shape the mix into medium balls and place them into your air fryer's basket
2. Cook at 375°F for 12 minutes, flipping them halfway. Serve them as a snack right away.

Basil and Cilantro Crackers

(**Prep + Cooking Time:** 26 minutes | **Servings:** 6)

Ingredients:

- 1¼ cups flour
- 1 garlic clove; minced
- 2 tbsp. cilantro; minced
- 4 tbsp. butter; melted
- 2 tbsp. basil; minced
- 1/2 tsp. baking powder
- Salt and black pepper to taste

Directions:

1. Add all of the ingredients to a bowl and stir until you obtain a dough.
2. Spread this on a lined baking sheet that fits your air fryer. Place the baking sheet in the fryer at 325°F and cook for 16 minutes. Cool down, cut and serve

Minty Shrimp Mix

(**Prep + Cooking Time:** 13 minutes | **Servings:** 12)

Ingredients:

- 10 oz. shrimp; peeled and deveined
- 1/3 cup red wine
- 2 tbsp. olive oil
- 1 tbsp. mint; chopped.

Directions:

1. In your air fryer, mix / toss all the ingredients.
2. Cook at 390°F for 8 minutes. Divide into bowls and serve as an appetizer

Lentils Snack

(**Prep + Cooking Time:** 17 minutes | **Servings:** 4)

Ingredients:

- 15 oz. canned lentils; drained
- 1 tbsp. olive oil
- 1 tsp. sweet paprika
- 1/2 tsp. cumin; ground
- Salt and black pepper to taste

Directions:

1. Place all ingredients in a bowl and mix well. Transfer the mixture to your air fryer and cook at 400°F for 12 minutes
2. Divide into bowls and serve as a snack (or a side, or appetizer!)

Sausage Bites

(**Prep + Cooking Time:** 25 minutes | **Servings:** 9)

Ingredients:

- 5 oz. ground sausage meat
- 1 yellow onion; chopped.
- 1/2 tsp. garlic; minced
- 3 tbsp. breadcrumbs
- Salt and black pepper to taste

Directions:

1. Mix all of the ingredients in a bowl; stir well. Shape medium balls out of this mix, place them in your air fryer and cook at 360°F for 15 minutes
2. Serve as an appetizer, or, would be a great breakfast food!

Italian Mozzarella Sticks

(**Prep + Cooking Time:** 18 minutes | **Servings:** 12)

Ingredients:

- 2 eggs; whisked
- 8 mozzarella cheese strings; halved
- 1 cup parmesan cheese; grated
- 1 tbsp. Italian seasoning
- A drizzle of olive oil
- Salt and black pepper to taste

Directions:

1. In a bowl, mix the parmesan, salt, pepper and Italian seasoning; stir. Put the whisked eggs in another bowl.
2. Dip the mozzarella sticks in the egg mixture, then in the parmesan mix
3. Dip the sticks one more time in egg and parmesan and place them in your air fryer's basket. Drizzle the oil over them and cook at 390°F for 8 minutes, flipping them halfway. Serve as an appetizer

Balsamic Zucchini Slices

(**Prep + Cooking Time:** 55 minutes | **Servings:** 6)

Ingredients:

- 3 zucchinis; thinly sliced
- 2 tbsp. avocado oil
- 2 tbsp. balsamic vinegar
- Salt and black pepper to taste

Directions:

1. Add all of the ingredients to a bowl and mix. Put the zucchini mixture in your air fryer's basket and cook at 220°F for 50 minutes. Serve as a snack and enjoy!

Coconut Shrimp Snack

(**Prep + Cooking Time:** 22 minutes | **Servings:** 4)

Ingredients:

- 12 large shrimp; deveined and peeled
- 2 cups coconut; shredded
- 1 cup white flour
- 2 eggs; whisked
- Salt and black pepper to taste

Directions:

1. Put the coconut in one bowl, the flour in a second one and the eggs in a third.
2. Season the shrimp with the salt and pepper, then dredge them in the flour, then the eggs and then the coconut
3. Place the shrimp in your air fryer's basket and cook at 360°F for 12 minutes, flipping them halfway
4. Divide the shrimp into bowls and serve as a snack (or an appetizer, or even an entrée!)

Fried Corn

(**Prep + Cooking Time:** 15 minutes | **Servings:** 4)

Ingredients:

- 2½ tbsp. butter
- 2 tbsp. corn kernels

Directions:

1. In a pan that fits your air fryer, mix the corn with the butter.
2. Place the pan in the fryer and cook at 400°F for 10 minutes. Serve as a snack and enjoy!

Chives Radish Snack

(**Prep + Cooking Time:** 15 minutes | **Servings:** 4)

Ingredients:

- 16 radishes; sliced
- 1 tbsp. chives; chopped.
- A drizzle of olive oil
- Salt and black pepper to taste

Directions:

1. In a bowl, mix the radishes, salt, pepper and oil; toss well
2. Place the radishes in your air fryer's basket and cook at 350°F for 10 minutes. Divide into bowls and serve with chives sprinkled on top

Pepper Rolls

(**Prep + Cooking Time:** 20 minutes | **Servings:** 8)

Ingredients:

- 4 oz. feta cheese; crumbled
- 1 green onion; chopped.
- 1 yellow bell pepper; deseeded and halved
- 2 tbsp. oregano; chopped.
- 1 orange bell pepper; deseeded and halved
- Salt and black pepper to taste

Directions:

1. Place the bell pepper halves in your air fryer's basket and cook at 400°F for 10 minutes.
2. Transfer the bell peppers to a cutting board, cool down, peel and arrange them on a working surface.
3. In a bowl, mix the cheese, salt, pepper, cilantro and green onions; stir well
4. Spread the cheese mixture on each pepper half, roll the peppers and secure them with toothpicks. Serve as an appetizer, or even as a great side

Crab Bites

(**Prep + Cooking Time:** 17 minutes | **Servings:** 6)

Ingredients:

- 10 crabsticks; cut into medium bites
- 2 tsp. olive oil
- Salt and black pepper to taste

Directions:

1. Mix all the ingredients in your air fryer.
2. Cook at 350°F for 12 minutes. Divide into bowls and serve

Tomatoes and Dates Salsa

(**Prep + Cooking Time:** 20 minutes | **Servings:** 12)

Ingredients:

- 1½ lbs. tomatoes; peeled and cubed
- 6 oz. sultanas; chopped.
- 3 oz. dates; roughly chopped.
- 1 yellow onion; chopped.
- 1 apple; cored and cubed
- 1 tbsp. balsamic vinegar
- 1 tsp. whole spice
- 1/2 tbsp. brown sugar
- Salt and black pepper to taste

Directions:

1. In a pan that fits your air fryer, add and toss all the ingredients. Place the pan in the fryer and cook at 370°F for 15 minutes
2. Remove the salsa, place in a bowl and chill. Serve the salsa cold as a snack or appetizer

Minty Cauliflower Spread

(**Prep + Cooking Time:** 20 minutes | **Servings:** 6)

Ingredients:

- 3 cups veggie stock
- 8 garlic cloves; minced
- 6 cups cauliflower florets
- 2 tbsp. butter; melted
- Salt and black pepper to taste
- A handful of mint; chopped.

Directions:

1. Place all the ingredients into a pan that fits your air fryer; mix well.
2. Put the pan into the air fryer and cook at 370°F for 15 minutes. Blend using an immersion blender, divide into bowls and serve

Chicken Sticks

(**Prep + Cooking Time:** 26 minutes | **Servings:** 4)

Ingredients:

- 1 lb. chicken breast; skinless, boneless and cut in medium sticks
- 3/4 cup white flour
- 1 cup breadcrumbs
- 1 egg; whisked
- 1/2 tbsp. olive oil
- Salt and black pepper to taste

Directions:

1. Combine the flour, salt and pepper in a bowl. Put the egg in another bowl and the breadcrumbs in a third one.
2. Dredge the chicken pieces in the flour, then the egg and then the breadcrumbs
3. Place the chicken pieces in your air fryer's basket, drizzle the oil over them and cook at 400°F for 16 minutes, flipping them halfway. Serve right away and enjoy

Kale Crackers

(**Prep + Cooking Time:** 30 minutes | **Servings:** 6)

Ingredients:

- 4 cups flax seed; soaked overnight, drained and ground
- 4 bunches kale; chopped.
- 4 garlic cloves; minced
- 1/3 cup avocado oil
- 1 bunch basil; chopped.

Directions:

1. Place all ingredients in your food processor and pulse well. Spread the mixture in your air fryer's pan and cut into medium crackers.
2. Cook in the air fryer cook at 380°F for 20 minutes. Cool and serve as a snack

Cheesy Beef Meatballs

(Prep + Cooking Time: 18 minutes | Servings: 8)

Ingredients:

- 4 oz. beef meat; minced
- 1/2 tbsp. lemon peel; grated
- 1 tbsp. oregano; chopped.
- 1 tbsp. breadcrumbs
- 2 tbsp. feta cheese; crumbled
- Salt and black pepper to taste

Directions:

1. Place all of the ingredients in a bowl and stir well. Shape medium meatballs out of this mix.
2. Place the meatballs in your air fryer's basket and cook at 400°F for 8 minutes. Serve as an appetizer, or even as an entrée

Buttery Onion Dip

(**Prep + Cooking Time:** 40 minutes | **Servings:** 8)

Ingredients:

- 2½ lbs. red onions; chopped.
- 1/2 tsp. baking soda
- 6 tbsp. butter; softened
- Salt and black pepper to taste

Directions:

1. Place the butter into a pan that fits your air fryer and heat over medium heat.
2. Add the onions and the baking soda, stir and sauté for 5 minutes. Transfer the pan to your air fryer and cook at 370°F for 25 minutes. Serve warm as a party dip

Coriander Bites

(**Prep + Cooking Time:** 30 minutes | **Servings:** 4)

Ingredients:

- 12 oz. tofu; cubed
- 2 tsp. olive oil
- 1 tsp. sweet paprika
- 2 tbsp. soy sauce
- 2 tbsp. fish sauce
- 1 tbsp. coriander paste

Directions:

1. In a bowl, mix the tofu, paprika, 1 tsp. of the oil, coriander paste, soy sauce and fish sauce; toss and set aside for 10 minutes
2. Transfer the coriander tofu bites to your air fryer's basket, drizzle the remaining tsp. of the oil over them and cook at 350°F for 20 minutes, shaking halfway. Serve as a snack

Squash Dip

(**Prep + Cooking Time:** 35 minutes | **Servings:** 6)

Ingredients:

- 1 yellow onion; chopped.
- 1 cup veggie stock
- 1/4 cup lemon juice
- 8 carrots; chopped.
- 2 butternut squash; chopped.
- 8 garlic cloves; minced
- 1 bunch basil; chopped.
- 2 tbsp. olive oil
- Salt and black pepper to taste

Directions:

1. In a pan that fits your air fryer, mix all the ingredients except the lemon juice.
2. Place the pan in the fryer and cook at 380°F for 25 minutes
3. Transfer the entire mixture to a blender, add the lemon juice and pulse well. Divide into bowls and serve as a party dip or an appetizer

Potato Chips

(**Prep + Cooking Time:** 17 minutes | **Servings:** 4)

Ingredients:

- 4 potatoes; thinly sliced
- 1 tbsp. olive oil
- Sour cream for serving
- Salt and black pepper to taste

Directions:

1. Brush the potato slices with the oil and place them in your air fryer's basket. Cook at 400°F for 12 minutes, flipping them halfway. Serve as a snack along with the sour cream

Corn Dip

(**Prep + Cooking Time:** 23 minutes | **Servings:** 4)

Ingredients:

- 2 cups corn kernels
- 1 cup chicken stock
- 1 yellow onion; chopped.
- 1 tbsp. olive oil
- 2 tbsp. white wine
- 2 tsp. butter; melted
- 1 tsp. thyme; chopped.
- Salt and black pepper to taste

Directions:

1. Put a pan that fits your air fryer over medium heat and add the oil and the butter; heat up.
2. Add the onion; stir and sauté for 3 minutes. Add the corn, stock, wine, salt, pepper and thyme; stir
3. Place the pan in the fryer and cook at 390°F for 15 minutes
4. Blend a bit using an immersion blender, divide into bowls and serve as a party dip or appetizer.

Lemony Endives Appetizer

(**Prep + Cooking Time:** 20 minutes | **Servings:** 4)

Ingredients:

- 6 endives; halved lengthwise
- 1/2 cup yogurt
- 3 tbsp. lemon juice
- 1 tsp. garlic powder
- Salt and black pepper to taste

Directions:

1. In a bowl, mix all ingredients except the endives; whisk. Now add the endives, toss and set them aside for 10 minutes.
2. Place the endives in your air fryer's basket and cook at 360°F for 10 minutes. Serve as an appetizer

Mushroom Salad

(Prep + Cooking Time: 35 minutes | Servings: 6)

Ingredients:

- 10 oz. shiitake mushrooms; chopped.
- 1 oz. parmesan cheese; grated
- 10 oz. cremini mushrooms; chopped.
- 10 oz. Portobello mushrooms; chopped.
- 1/4 cup olive oil
- 1 cup chicken stock
- 1/4 cup coconut cream
- 1 yellow onion; chopped.
- 1 tbsp. thyme; chopped.
- 3 garlic cloves; minced
- 1 tbsp. parsley; minced
- Salt and black pepper to taste

Directions:

1. In a pan that fits your air fryer, heat up the oil over medium heat. Add the onions, garlic, thyme, salt and pepper; stir and cook for 3-4 minutes
2. Add the stock and the mushrooms; stir and cook for 1-2 minutes more
3. Place the pan in the air fryer and cook at 350°F for 20 minutes
4. Add the cream, parmesan and parsley and stir well. Divide into bowls and serve as an appetizer.

Beef Dip

(**Prep + Cooking Time:** 40 minutes | **Servings:** 6)

Ingredients:

- 2 lbs. ground beef; browned
- 28 oz. canned tomatoes; crushed
- 1/4 cup beef stock
- 1 yellow onion; chopped.
- 2 carrots; chopped.
- 4 garlic cloves; minced
- 2 celery ribs; chopped.
- 1 tbsp. olive oil
- A splash of red wine
- A pinch of basil; dried
- A pinch of oregano; dried
- Salt and black pepper to taste

Directions:

1. Place all the ingredients in a pan that fits your air fryer and whisk.
2. Put the pan in the fryer and cook at 380°F for 30 minutes. Divide into bowls and serve as a snack or appetizer

Cheesy Tomatoes and Sausage Dip

(Prep + Cooking Time: 15 minutes | Servings: 4)

Ingredients:

- 5 oz. canned tomatoes; chopped.
- 1 cup Italian sausage; cooked and chopped.
- 2 cups processed cheese; cut into chunks
- 4 tbsp. chicken stock

Directions:

1. Place all the ingredients into a pan that fits your air fryer and mix well.
2. Put the pan into the fryer and cook at 378°F for 10 minutes. Stir well and serve as a party dip or appetizer; enjoy!

Zucchini and Mint Spread

(Prep + Cooking Time: 22 minutes | Servings: 4)

Ingredients:

- 1½ lbs. zucchini; chopped.
- 1/2 cup veggie stock
- 1 bunch mint; chopped.
- 2 garlic cloves; minced
- 1 yellow onion; chopped.
- 1 tbsp. olive oil
- Salt and white pepper to taste

Directions:

1. Over medium heat, heat up the oil in a pan that fits your air fryer
2. Add the onions and garlic, stir and cook for 1-2 minutes. Add the remaining ingredients; stir well.
3. Place the pan in the air fryer and cook at 380°F for 10 minutes
4. Blend using an immersion blender and serve as an appetizer or party spread.

Tomato Dip

(**Prep + Cooking Time:** 15 minutes | **Servings:** 4)

Ingredients:

- 1 cup tomato puree
- 2 garlic cloves; minced
- 1 yellow onion; chopped.
- 1 tsp. liquid smoke
- 1 tsp. Tabasco sauce
- 1 tbsp. olive oil
- 1/8 tsp. cumin powder
- 4 tbsp. white vinegar
- 4 tbsp. honey
- Salt and black pepper to taste

Directions:

1. Place all the ingredients in a pan that fits your air fryer and mix well
2. Put the pan into the fryer and cook at 370°F for 10 minutes. Whisk well, divide into bowls and serve as a dip.

Leek Spread

(**Prep + Cooking Time:** 20 minutes | **Servings:** 6)

Ingredients:

- 3 leeks; roughly chopped.
- 1/2 cup whipping cream
- 3 tbsp. lemon juice
- 2 tbsp. butter; melted
- Salt and pepper to taste

Directions:

1. In a pan that fits your air fryer, mix the leeks, butter, lemon juice, salt and pepper; stir well.
2. Put the pan into the fryer and cook at 380°F for 15 minutes
3. Transfer the mixture to a blender, add the cream and pulse. Divide into bowls and serve cold

Carrot Dip

(**Prep + Cooking Time:** 25 minutes | **Servings:** 6)

Ingredients:

- 2 cups carrots; grated
- 4 tbsp. butter; melted
- A pinch of cayenne pepper
- 1 tbsp. chives
- Salt and black pepper to taste

Directions:

1. Add all ingredients to a pan that fits your air fryer and mix. Place the pan in the fryer and cook at 380°F for 15 minutes
2. Blend a bit using an immersion blender and then divide into bowls. Serve as a dip.

Chili Dip

(**Prep + Cooking Time:** 22 minutes | **Servings:** 4)

Ingredients:

- 6 ancho chilies; dried, seedless and chopped.
- 2 garlic cloves; minced
- 1/2 tsp. oregano; dried
- 1½ tsp. sugar
- 2 tbsp. apple cider vinegar
- 1 cup water
- Salt and black pepper to taste

Directions:

1. Mix all the ingredients together in a pan that fits your air fryer; stir well.
2. Place the pan in the air fryer and cook at 380°F for 12 minutes. Transfer the mixture to a blender and pulse. Divide into bowls and serve as a dip

Lentils Spread

(**Prep + Cooking Time:** 25 minutes | **Servings:** 4)

Ingredients:

- 30 oz. canned tomatoes; crushed
- 1 cup chicken stock
- 2 cups canned red lentils; drained
- 3 garlic cloves; minced
- Salt and black pepper to taste

Directions:

1. Add all of the ingredients to a pan that fits your air fryer and stir
2. Place the pan into the fryer and cook at 370°F for 20 minutes. Blend the mix with an immersion blender. Divide into bowls and serve as a snack or an appetizer

Chili Tomato Salsa

(**Prep + Cooking Time:** 15 minutes | **Servings:** 12)

Ingredients:

- 1½ lbs. green tomatoes; cubed
- 1/4 cup currants
- 4 red chili peppers; chopped.
- 1 white onion; chopped.
- 1 tbsp. brown sugar
- 1 tbsp. balsamic vinegar
- 2 tbsp. ginger; grated

Directions:

1. Mix all the ingredients in a pan that fits your air fryer and toss.
2. Place the pan in the fryer and cook at 370°F for 10 minutes
3. Put the salsa into a bowl and chill. Serve cold as a party salsa or as an appetizer

Apple and Dates Dip

(**Prep + Cooking Time:** 24 minutes | **Servings:** 6)

Ingredients:

- 2 cups apples; cored, peeled and grated
- 2 cups dates; dried
- 1/4 cup apple juice
- 1 tbsp. lemon juice

Directions:

1. In a pan that fits your air fryer, mix all the ingredients. Place the pan in the fryer and cook at 380°F for 19 minutes
2. Blend a bit using an immersion blender, then place in a bowl and chill. Serve cold as a dip.

Eggplant Spread

(**Prep + Cooking Time:** 35 minutes | **Servings:** 6)

Ingredients:

- 15 oz. canned tomatoes; chopped.
- 1 sweet onion; chopped.
- 3 small eggplants; chopped.
- 5 garlic cloves; minced
- 3 oz. canned tomato paste
- 1/2 cup olive oil
- 1/4 cup parsley; chopped.
- 1 cup beef stock
- 1/2 tsp. turmeric powder
- 1 tbsp. apple cider vinegar
- Salt and black pepper to taste

Directions:

1. In a pan that fits your air fryer, place all the ingredients except the parsley; stir well.
2. Put the pan in the fryer and cook at 380°F for 25 minutes
3. Blend a bit using an immersion blender, add the parsley and stir. Put into a bowl, chill and serve cold

Hot Dip

(**Prep + Cooking Time:** 10 minutes | **Servings:** 6)

Ingredients:

- 12 oz. hot peppers; chopped.
- 1¼ cups apple cider vinegar
- Salt and black pepper to taste

Directions:

1. Add the ingredients to a pan that fits your air fryer and mix.
2. Place the pan in the fryer and cook at 380°F for 5 minutes. Blend using an immersion blender, divide into bowls and serve

Cranberry Dip

(**Prep + Cooking Time:** 40 minutes | **Servings:** 10)

Ingredients:

- 17 oz. cranberries
- 4 oz. sugar
- 4 garlic cloves; minced
- 2 red onions; chopped.
- 4 red chili peppers; seeded and chopped.
- 2 tbsp. balsamic vinegar
- 1 tsp. olive oil
- Black pepper to taste

Directions:

1. In a pan that fits your air fryer, place all the ingredients and mix well.
Place the pan in the air fryer and cook at 370°F for 30 minutes
2. Blend using an immersion blender and cool. Serve cold as a party dip or appetizer

Mango Dip

(**Prep + Cooking Time:** 25 minutes | **Servings:** 4)

Ingredients:

- 1 shallot; chopped.
- 2 mangos; chopped.
- 2 red hot chilies; chopped.
- 1¼ cups sugar
- 1¼ cups apple cider vinegar
- 1 tbsp. avocado oil
- 2 tbsp. ginger; minced
- 1/2 tsp. cinnamon powder

Directions:

1. In a pan that fits your air fryer, mix all the ingredients well.
2. Place the pan in the fryer and cook at 350°F for 20 minutes. Transfer the contents to a blender and pulse. Divide into bowls and serve as a party dip

Scallions and Shallots Dip

(**Prep + Cooking Time:** 20 minutes | **Servings:** 6)

Ingredients:

- 3 garlic cloves; minced
- 3 scallions; chopped.
- 1 tomato; chopped
- 2 red chilies; minced
- 3 shallots; minced
- 1 tbsp. olive oil
- 2 tbsp. cilantro; chopped.
- 3½ tbsp. veggie stock
- Salt and black pepper to taste

Directions:

1. In a pan that fits your air fryer, add all the ingredients and toss.
2. Place the pan in the fryer and cook at 390°F for 15 minutes
3. Blend a bit using an immersion blender, then put in a bowl and chill.
Serve cold as a snack or appetizer; enjoy!

Parsley Dip

(**Prep + Cooking Time:** 13 minutes | **Servings:** 6)

Ingredients:

- 1 yellow onion; chopped.
- 1/4 cup chicken stock
- 1/4 cup heavy cream
- 2 tbsp. butter; melted
- 3 tbsp. whole milk
- 6 tbsp. parsley; chopped.
- Salt and white pepper to taste

Directions:

1. Place all of the ingredients- except the cream- into a pan that fits your air fryer; mix well.
2. Put the pan into the fryer and cook at 370°F for 8 minutes
3. Transfer to a blender, add the cream and pulse. Put the mixture into a bowl and chill. Serve cold

Broccoli Spread

(Prep + Cooking Time: 25 minutes | Servings: 4)

Ingredients:

- 1½ cups veggie stock
- 1/3 cup coconut milk
- 3 cups broccoli florets
- 2 garlic cloves; minced
- 1 tbsp. white wine vinegar
- 1 tbsp. olive oil
- Salt and black pepper to taste

Directions:

1. In a pan that fits your air fryer, mix all the ingredients except the coconut milk.
2. Place the pan in the fryer and cook at 390°F for 15 minutes
3. Add the coconut milk and blend using an immersion blender. Put the spread into a bowl and chill. Serve cold as an appetizer

Spiced Tomatoes

(Prep + Cooking Time: 18 minutes | Servings: 6)

Ingredients:

- 3 lbs. tomatoes; roughly cubed
- 3 garlic cloves; minced
- 2 onions; chopped.
- 1 cup balsamic vinegar
- 1/4 cup raisins
- 1 tbsp. ginger; grated
- 1 tsp. sweet paprika
- 1 tsp. chili powder
- 3/4 tsp. cinnamon powder
- 1/2 tsp. coriander; ground
- 1/4 tsp. nutmeg powder

Directions:

1. Add all the ingredients to a pan that fits your air fryer and toss. Place the pan in the air fryer and cook at 360°F for 13 minutes
2. Remove, place in a bowl and chill. Serve cold as an appetizer or snack

Fennel and Tomato Spread

(**Prep + Cooking Time:** 26 minutes | **Servings:** 6)

Ingredients:

- 2 pints grape tomatoes; chopped
- 1/4 cup dry white wine
- 1 fennel bulb; chopped.
- 3 tbsp. olive oil
- Salt and black pepper to taste

Directions:

1. In a pan that fits your air fryer, mix all the ingredients. Place the pan in the fryer and cook at 390°F for 16 minutes
2. Stir well, divide into bowls and serve as a dip

Onion and Chili Dip

(**Prep + Cooking Time:** 25 minutes | **Servings:** 6)

Ingredients:

- 5 oz. red chilies; seeded and chopped.
- 12 garlic cloves; minced
- 2 oz. distilled vinegar
- 2 oz. water
- 4 oz. red onion; chopped.
- 3 tbsp. sugar

Directions:

1. Place all the ingredients into a pan that fits your air fryer and mix well.
2. Put the pan into the air fryer and cook at 370°F for 20 minutes
3. Blend using an immersion blender, divide into bowls and serve as a party dip

Vegetable Recipes

Hot Greek Potatoes

(**Prep + Cooking Time:** 20 minutes | **Servings:** 4)

Ingredients:

- 1½ lbs. potatoes; peeled and cubed
- 1 cup Greek yogurt
- 1 tbsp. olive oil
- 1 tbsp. hot paprika
- 2 tbsp. black olives; pitted and sliced
- Salt and black pepper to taste

Directions:

1. In a bowl, mix the potatoes with the oil, salt, pepper and paprika; toss well
2. Put the potatoes in your air fryer's basket and cook at 400°F for 15 minutes
3. Place the potatoes in a serving dish and add the yogurt and the black olives. Toss, serve and enjoy.

Spinach and Cream Cheese

(**Prep + Cooking Time:** 14 minutes | **Servings:** 4)

Ingredients:

- 14 oz. baby spinach
- 3 oz. cream cheese; softened
- 1 yellow onion; chopped.
- 1 tbsp. olive oil
- 2 tbsp. milk
- Salt and black pepper to taste

Directions:

1. In a pan that fits your air fryer, mix all ingredients and toss gently.
2. Place the pan in the air fryer and cook at 260°F for 8 minutes. Divide between plates and serve

Cheesy Asparagus Delight

(Prep + Cooking Time: 12 minutes | Servings: 6)

Ingredients:

- 14 oz. asparagus; trimmed
- 16 oz. cheddar cheese; grated
- 8 oz. cream cheese; softened
- 3 garlic cloves; minced
- 1/2 cup sour cream
- 1 tsp. garlic powder

Directions:

1. In a pan that fits your air fryer, the mix asparagus with the cream cheese, sour cream, garlic powder and garlic; toss
2. Sprinkle the cheddar cheese on top and then place the pan in the fryer
3. Cook at 400°F for 6 minutes. Divide between plates and serve.

Simple Fennel

(**Prep + Cooking Time:** 22 minutes | **Servings:** 2)

Ingredients:

- 2 fennel bulbs; trimmed and halved
- 1 tsp. sweet paprika
- 1 tbsp. lime juice
- 2 garlic cloves; minced
- A drizzle of olive oil

Directions:

1. In a bowl, combine all ingredients and toss.
2. Put the fennel in your air fryer's basket and cook at 400°F for 12 minutes.
Divide between plates and serve

Squash Salad

(**Prep + Cooking Time:** 18 minutes | **Servings:** 4)

Ingredients:

- 1 butternut squash; cubed
- 1 bunch cilantro; chopped.
- 2 tbsp. balsamic vinegar
- 1 tbsp. olive oil
- Salt and black pepper to taste

Directions:

1. Put the squash in your air fryer and add the salt, pepper and oil; toss well
2. Cook at 400°F for 12 minutes
3. Transfer the squash to a bowl, add the vinegar and cilantro and toss.
Serve and enjoy!

Spicy Cabbage

(**Prep + Cooking Time:** 18 minutes | **Servings:** 4)

Ingredients:

- 1 green cabbage head; shredded
- 1 tbsp. olive oil
- 2 tsp. sweet paprika
- 1 tsp. cayenne pepper
- A pinch of salt and black pepper

Directions:

1. Mix all of the ingredients in a pan that fits your fryer
2. Place the pan in the fryer and cook at 320°F for 12 minutes. Divide between plates and serve right away

Goat Cheese Brussels Sprouts

(**Prep + Cooking Time:** 20 minutes | **Servings:** 8)

Ingredients:

- 1 lb. Brussels sprouts; trimmed
- 3 oz. goat cheese; crumbled
- 1 tbsp. olive oil
- Salt and black pepper to taste

Directions:

1. In a bowl, mix the sprouts with the oil, salt and pepper; toss well
2. Put the sprouts in your air fryer's basket and cook at 380°F for 15 minutes. Divide between plates, sprinkle the cheese on top and serve

Beet and Tomato Salad

(Prep + Cooking Time: 30 minutes | Servings: 6)

Ingredients:

- 2 oz. pecans; chopped.
- 8 small beets; trimmed, peeled and cut into wedges
- 1 red onion; sliced
- 1 pint mixed cherry tomatoes, halved
- 1 tbsp. balsamic vinegar
- 2 tbsp. olive oil
- Salt and black pepper to taste

Directions:

1. Put the beets in your air fryer's basket and add the salt, pepper and 1 tbsp. of the oil.
2. Cook at 400°F for 15 minutes
3. Transfer the beets to a pan that fits your air fryer and add the onions, tomatoes, pecans and remaining 1 tbsp. of the oil; toss well.
4. Cook at 400°F for 10 more minutes. Divide between plates and serve

Mustard Greens

(**Prep + Cooking Time:** 18 minutes | **Servings:** 6)

Ingredients:

- 1 lb. collard greens; trimmed
- 1/4 lb. bacon; cooked and chopped.
- 1/2 cup veggie stock
- A drizzle of olive oil
- Salt and black pepper to taste

Directions:

1. Place all ingredients in a pan that fits your air fryer and mix well.
2. Put the pan in the fryer and cook at 260°F for 12 minutes. Divide everything between plates and serve

Sesame Seed Beets

(**Prep + Cooking Time:** 30 minutes | **Servings:** 6)

Ingredients:

- 6 beets; peeled and quartered
- 1 tbsp. red wine vinegar
- 1 tbsp. olive oil
- 1 tbsp. sesame seeds; toasted
- Salt and black pepper to taste

Directions:

1. Put the beets in your air fryer's basket and cook at 400°F for 20 minutes.
2. Transfer the beets to a bowl and add all remaining ingredients. Toss and serve

Coconut Mushroom

(**Prep + Cooking Time:** 14 minutes | **Servings:** 8)

Ingredients:

- 1 lb. brown mushrooms; halved
- 14 oz. coconut milk
- 1 small yellow onion; chopped.
- 2 tbsp. olive oil
- Salt and black pepper to taste

Directions:

1. Add all ingredients to a pan that fits your air fryer and mix well
2. Place the pan in the fryer and cook at 400°F for 8 minutes. Divide between plates and serve

Red Cabbage and Carrots

(**Prep + Cooking Time:** 14 minutes | **Servings:** 4)

Ingredients:

- 1 red cabbage head; shredded
- 1 carrot; grated
- 1/4 cup balsamic vinegar
- 1 tbsp. olive oil
- Salt and black pepper to taste

Directions:

1. Place all ingredients in a pan that fits your air fryer and mix well.
2. Put the pan in the fryer and cook at 380°F for 8 minutes. Divide between plates and serve

Balsamic Asparagus

(**Prep + Cooking Time:** 10 minutes | **Servings:** 4)

Ingredients:

- 1 asparagus bunch; trimmed and halved
- 2 tbsp. olive oil
- 2 tbsp. lime juice
- 1 tsp. oregano; dried
- 2 tsp. balsamic vinegar
- Salt and black pepper to taste

Directions:

1. In a bowl, combine all ingredients and toss.
2. Put the asparagus in your air fryer's basket and cook at 400°F for 5 minutes. Divide the asparagus between plates and serve

Celery Root

(**Prep + Cooking Time:** 20 minutes | **Servings:** 4)

Ingredients:

- 2 cups celery root; roughly cubed
- 1/2 tbsp. butter; melted
- A pinch of salt and black pepper

Directions:

1. Put all of the ingredients in your air fryer and toss
2. Cook at 350°F for 15 minutes. Divide between plates and serve.

Tarragon Green Beans

(Prep + Cooking Time: 14 minutes | Servings: 4)

Ingredients:

- 1 lb. green beans; trimmed
- 1 tbsp. olive oil
- 1 tbsp. tarragon; chopped.
- Zest of 2 lemons
- Salt and black pepper to taste

Directions:

1. In a bowl, mix the green beans with the lemon zest, oil, salt and pepper; toss well
2. Put the beans in your air fryer and cook at 400°F for 7 minutes
3. Divide the beans between plates, sprinkle the tarragon on top and serve

Tasty Eggplant

(**Prep + Cooking Time:** 20 minutes | **Servings:** 4)

Ingredients:

- 4 eggplants; roughly cubed
- 2 tbsp. olive oil
- 2 tbsp. lime juice
- 1 tsp. oregano; dried
- Salt and black pepper to taste

Directions:

1. Place all of the ingredients in a pan that fits your air fryer and mix / toss well
2. Put the pan into the fryer and cook at 400°F for 15 minutes. Divide the eggplants between plates and serve.

Green Beans

(**Prep + Cooking Time:** 12 minutes | **Servings:** 4)

Ingredients:

- 1 lb. green beans; trimmed
- 3 garlic cloves; minced
- 2 tbsp. olive oil
- 1 tbsp. balsamic vinegar
- Salt and black pepper to taste

Directions:

1. Place all of the ingredients in a bowl, except the vinegar and mix well
2. Put the beans in your air fryer and cook at 400°F for 6 minutes.
3. Divide the green beans between plates, drizzle the vinegar all over and serve

Turmeric Kale

(**Prep + Cooking Time:** 18 minutes | **Servings:** 2)

Ingredients:

- 3 tbsp. butter; melted
- 1/2 cup yellow onion; chopped.
- 2 cups kale leaves
- 2 tsp. turmeric powder
- Salt and black pepper to taste

Directions:

1. Place all ingredients in a pan that fits your air fryer and mix well
2. Put the pan in the fryer and cook at 250°F for 12 minutes. Divide between plates and serve.

Butter Broccoli

(**Prep + Cooking Time:** 11 minutes | **Servings:** 4)

Ingredients:

- 1 broccoli head; florets separated
- 1 tbsp. lime juice
- 2 tbsp. butter; melted
- Salt and black pepper to taste

Directions:

1. In a bowl, mix well all of the ingredients
2. Put the broccoli mixture in your air fryer and cook at 400°F for 6 minutes. Serve hot

Spicy Kale

(**Prep + Cooking Time:** 18 minutes | **Servings:** 6)

Ingredients:

- 2½ lbs. kale leaves
- 3 garlic cloves; minced
- 2 tbsp. balsamic vinegar
- 1 tbsp. chili powder
- 1/2 tsp. crushed red pepper
- 2 tbsp. olive oil
- Salt and black pepper to taste

Directions:

1. In a bowl, mix the kale with salt, pepper, oil, red pepper and chili powder; toss well
2. Transfer the kale to your air fryer and cook at 250°F for 12 minutes
3. Put the kale leaves in a bowl, add the garlic and the vinegar and toss. Serve and enjoy!

Mustard Brussels Sprouts

(Prep + Cooking Time: 20 minutes | Servings: 4)

Ingredients:

- 1 lb. Brussels sprouts; trimmed
- 1 tbsp. mustard
- 2 tbsp. cilantro; chopped.
- 1 tbsp. olive oil
- Salt and black pepper to taste

Directions:

1. In a bowl, mix the sprouts with the salt, pepper, mustard and the oil; toss well
2. Transfer the sprouts to your air fryer's basket and cook at 380°F for 15 minutes.
3. Divide the sprouts between plates, sprinkle the cilantro on top and serve

Bell Peppers and Kale

(Prep + Cooking Time: 20 minutes | Servings: 4)

Ingredients:

- 1/2 lb. kale leaves
- 2 red bell peppers; cut into strips
- 2 green bell peppers; cut into strips
- 2 yellow onions; roughly chopped.
- 1/4 cup veggie stock
- 2 tbsp. tomato sauce
- Salt and black pepper to taste

Directions:

1. Add all ingredients to a pan that fits your air fryer; mix well
2. Place the pan in the fryer and cook at 360°F for 15 minutes. Divide between plates, serve and enjoy!

Beets and Capers

(**Prep + Cooking Time:** 25 minutes | **Servings:** 4)

Ingredients:

- 4 beets; peeled and cut into wedges
- 1 tbsp. olive oil
- 2 tbsp. balsamic vinegar
- 1 tbsp. cilantro; chopped
- 2 tbsp. capers
- Salt and black pepper to taste

Directions:

1. Put the beet wedges in your air fryer's basket and cook at 400°F for 20 minutes.
2. Transfer the beet wedges to a salad bowl and then add the remaining ingredients. Toss, serve and enjoy

Healthy Artichokes

(Prep + Cooking Time: 20 minutes | Servings: 6)

Ingredients:

- 14 oz. canned artichoke hearts
- 16 oz. parmesan cheese; grated
- 1/2 cup mayonnaise
- A drizzle of olive oil
- 3 garlic cloves; minced
- 1 tsp. garlic powder

Directions:

1. In a pan that fits your air fryer, mix the artichokes with the oil, garlic and garlic powder and then toss well.
2. Place the pan in the fryer and cook at 350°F for 15 minutes
3. Cool the mix down, add the mayo and toss. Divide between plates, sprinkle the parmesan on top and serve

Napa Cabbage

(**Prep + Cooking Time:** 18 minutes | **Servings:** 4)

Ingredients:

- 1 Napa cabbage; shredded
- 1 yellow onion; chopped.
- 1/4 tsp. nutmeg; ground
- 2 tbsp. tomato sauce
- 1 tbsp. parsley; chopped.
- Salt and black pepper to taste

Directions:

1. Add all of the ingredients to a pan that fits your air fryer and mix well.
2. Place the pan in the fryer and cook at 300°F for 12 minutes. Divide between plates and serve

Delicious Cauliflower

(**Prep + Cooking Time:** 14 minutes | **Servings:** 4)

Ingredients:

- 1 cauliflower head; florets separated
- 6 garlic cloves; minced
- 1 tbsp. Chinese rice wine vinegar
- 1 tbsp. peanut oil
- Salt and black pepper to taste

Directions:

1. Mix all ingredients in a bowl.
2. Put the mixture in the fryer and cook at 400°F for 7 minutes. Divide between plates and serve

Tomato and Green Beans Salad

(Prep + Cooking Time: 12 minutes | Servings: 4)

Ingredients:

- 1 lb. green beans; trimmed and halved
- 5 oz. canned green chilies; chopped.
- 8 cherry tomatoes; halved
- 2 green onions; chopped.
- 1 jalapeno pepper; chopped.
- A drizzle of olive oil
- 2 tsp. chili powder
- 1 tsp. garlic powder
- Salt and black pepper to taste

Directions:

1. Place all ingredients in a pan that fits your air fryer and mix / toss
2. Put the pan in the fryer and cook at 400°F for 6 minutes. Divide the mix between plates and serve hot

Garlic Parsnips

(**Prep + Cooking Time:** 20 minutes | **Servings:** 4)

Ingredients:

- 1 lb. parsnips; cut into chunks
- 6 garlic cloves; minced
- 1 tbsp. balsamic vinegar
- 1 tbsp. olive oil
- Salt and black pepper to taste

Directions:

1. Add all of the ingredients to a bowl and mix well.
2. Place them in the air fryer and cook at 380°F for 15 minutes. Divide between plates and serve

Endives and Bacon

(**Prep + Cooking Time:** 15 minutes | **Servings:** 4)

Ingredients:

- 4 endives; trimmed and halved
- 2 tbsp. bacon; cooked and crumbled
- 1 tbsp. olive oil
- 1/2 tsp. nutmeg; ground
- Salt and black pepper to taste

Directions:

1. Put the endives in your air fryer's basket and add the salt, pepper, oil and nutmeg; toss gently.
2. Cook at 360°F for 10 minutes. Divide the endives between plates, sprinkle the bacon on top and serve

Parmesan Broccoli

(**Prep + Cooking Time:** 14 minutes | **Servings:** 4)

Ingredients:

- 1 broccoli head; florets separated
- 2 tbsp. olive oil
- 3 tbsp. parmesan cheese; grated
- Juice of 1 lime
- Salt and black pepper to taste

Directions:

1. Put the broccoli in your air fryer's basket; add the salt, pepper and the oil and toss.
2. Cook at 400°F for 8 minutes. Transfer the broccoli to a bowl, add the lime juice and parmesan, toss and serve

Butter Carrots

(**Prep + Cooking Time:** 20 minutes | **Servings:** 4)

Ingredients:

- 1 lb. carrots; cut into wedges
- 1/2 tbsp. butter; melted
- 1 tsp. sweet paprika
- A pinch of salt and black pepper

Directions:

1. In a bowl, combine all of the ingredients and toss well.
2. Put the carrots in your air fryer and cook at 350°F for 15 minutes. Divide between plates and serve

Balsamic Zucchini

(Prep + Cooking Time: 18 minutes | Servings: 4)

Ingredients:

- 4 zucchinis; sliced
- 2 tbsp. olive oil
- 2 tsp. balsamic vinegar
- 2 tbsp. lime juice
- 1 tsp. oregano; dried
- Salt and black pepper to taste

Directions:

1. In a pan that fits your air fryer, mix all the ingredients well
2. Place the pan in the fryer and cook at 400°F for 12 minutes. Divide the mix between plates and serve

Broccoli and Tomatoes

(**Prep + Cooking Time:** 12 minutes | **Servings:** 4)

Ingredients:

- 1 broccoli head; florets separated
- 6 cherry tomatoes; halved
- 1/4 cup scallions; chopped
- 1 tbsp. olive oil
- Salt and black pepper to taste

Directions:

1. Put the broccoli florets in your air fryer's basket and add the salt, pepper and 1/2 tbsp. of the oil; toss well.
2. Cook at 380°F for 7 minutes
3. Transfer the broccoli to a bowl and add the tomatoes, scallions, salt, pepper and the remaining 1/2 tbsp. of oil. Toss and serve.

Balsamic Mustard Greens

(**Prep + Cooking Time:** 18 minutes | **Servings:** 4)

Ingredients:

- 1/2 cup chicken stock
- 3 garlic cloves; minced
- 1 bunch mustard greens; trimmed
- 2 tbsp. olive oil
- 2 tbsp. tomato puree
- 1 tbsp. balsamic vinegar
- Salt and black pepper to taste

Directions:

1. Combine all ingredients in a pan that fits your air fryer and toss well
2. Place the pan in the fryer and cook at 260°F for 12 minutes. Divide everything between plates, serve and enjoy!

Bacon Cauliflower

(**Prep + Cooking Time:** 18 minutes | **Servings:** 4)

Ingredients:

- 1 cauliflower head; florets separated
- 1/2 cup bacon; cooked and chopped.
- 1 tbsp. olive oil
- 2 tbsp. dill; chopped.
- Salt and black pepper to taste

Directions:

1. Put the cauliflower in your air fryer and add the salt, pepper and oil; toss well.
2. Cook at 400°F for 12 minutes. Divide the cauliflower between plates, sprinkle the bacon and the dill on top and serve

Oregano Pearl Onions

(**Prep + Cooking Time:** 15 minutes | **Servings:** 8)

Ingredients:

- 1 lb. pearl onions; trimmed
- 3 oz. feta cheese; crumbled
- 1 tbsp. olive oil
- 2 tbsp. oregano; chopped.
- A pinch of salt and black pepper

Directions:

1. In a bowl, mix the onions with the salt, pepper and oil.
2. Transfer the contents to your air fryer and cook at 400°F for 10 minutes
3. Transfer the onions to a bowl, add the oregano and the cheese, toss and serve

Beets and Kale

(**Prep + Cooking Time:** 25 minutes | **Servings:** 4)

Ingredients:

- 1½ lbs. beets; peeled and quartered
- 1/2 cup orange juice
- 2 scallions; chopped.
- 2 cups kale leaves
- 1 tbsp. olive oil
- 2 tbsp. balsamic vinegar
- Salt and black pepper to taste

Directions:

1. Put the beets in your air fryer's basket and cook at 400°F for 15 minutes.
2. Add the kale leaves and cook for another 5 minutes
3. Transfer the beets and kale to a bowl and add all remaining ingredients.
Toss, serve and enjoy

Tomato Salad

(**Prep + Cooking Time:** 10 minutes | **Servings:** 8)

Ingredients:

- 2 oz. pecans
- 2 oz. feta cheese; crumbled
- 1 red onion; sliced
- 1 pint mixed cherry tomatoes; halved
- 2 tbsp. olive oil
- Salt and black pepper to taste

Directions:

1. In your air fryer, mix the tomatoes with the salt, pepper, onions and the oil
2. Cook at 400°F for 5 minutes.
3. Transfer to a bowl and add the pecans and the cheese. Toss and serve

New Potatoes

(**Prep + Cooking Time:** 20 minutes | **Servings:** 4)

Ingredients:

- 1 lb. new potatoes; halved
- 1½ tbsp. butter; melted
- 1 tbsp. dill; chopped.
- Salt and black pepper to taste

Directions:

1. Put the potatoes in your air fryer's basket and add the salt, pepper and butter; toss well.
2. Cook at 400°F for 15 minutes. Divide between plates, sprinkle the dill on top and serve

Orange Carrots

(**Prep + Cooking Time:** 20 minutes | **Servings:** 4)

Ingredients:

- 1½ lbs. baby carrots
- 1/2 cup orange juice
- A handful of parsley; chopped.
- A drizzle of olive oil
- 2 tsp. orange zest
- 2 tbsp. cider vinegar

Directions:

1. Put the baby carrots in your air fryer's basket, add the orange zest and oil and rub the carrots well
2. Cook at 350°F for 15 minutes
3. Transfer the carrots to a bowl and then add the vinegar, orange juice and parsley. Toss, serve and enjoy!

Butter Endives

(**Prep + Cooking Time:** 15 minutes | **Servings:** 4)

Ingredients:

- 4 endives; trimmed and halved
- 1 tbsp. butter; melted
- 1 tbsp. lime juice
- Salt and black pepper to taste

Directions:

1. Put the endives in your air fryer and add the salt, pepper, lemon juice and butter.
2. Cook at 360°F for 10 minutes. Divide between plates and serve

Wrapped Asparagus

(**Prep + Cooking Time:** 10 minutes | **Servings:** 4)

Ingredients:

- 8 oz. prosciutto slices
- 8 asparagus spears; trimmed
- A pinch of salt and black pepper

Directions:

1. Wrap the asparagus in prosciutto slices and then season with salt and pepper
2. Put all in your air fryer's basket and cook at 400°F for 5 minutes. Divide between plates and serve.

Butter Cabbage

(**Prep + Cooking Time:** 18 minutes | **Servings:** 6)

Ingredients:

- 1 green cabbage head; shredded
- 1/4 cup butter; melted
- 1 tbsp. dill; chopped.
- 1 tbsp. sweet paprika

Directions:

1. Mix all of the ingredients in a pan that fits your air fryer
2. Place the pan in the fryer and cook at 320°F for 12 minutes. Divide everything between plates, serve and enjoy!

Creamy Squash

(**Prep + Cooking Time:** 18 minutes | **Servings:** 6)

Ingredients:

- 1 big butternut squash; roughly cubed
- 1 cup sour cream
- 1 tbsp. parsley; chopped.
- A drizzle of olive oil
- Salt and black pepper to taste

Directions:

1. Put the squash in your air fryer, add the salt and pepper and rub with the oil
2. Cook at 400°F for 12 minutes.
3. Transfer the squash to a bowl and add the cream and the parsley. Toss and serve

Broccoli and Pomegranate

(**Prep + Cooking Time:** 14 minutes | **Servings:** 4)

Ingredients:

- 1 broccoli head; florets separated
- 1 pomegranate; seeds separated
- A drizzle of olive oil
- Salt and black pepper to taste

Directions:

1. In a bowl, mix the broccoli with the salt, pepper and oil; toss
2. Put the florets in your air fryer and cook at 400°F for 7 minutes. Divide between plates, sprinkle the pomegranate seeds all over and serve

Cajun Asparagus

(**Prep + Cooking Time:** 10 minutes | **Servings:** 4)

Ingredients:

- 1 bunch asparagus; trimmed
- 1/2 tbsp. Cajun seasoning
- 1 tsp. extra virgin olive oil

Directions:

1. In a bowl, mix the asparagus with the oil and Cajun seasoning; coat the asparagus well
2. Put the asparagus in your air fryer and cook at 400°F for 5 minutes.
Divide between plates and serve.

Dill Corn

(**Prep + Cooking Time:** 11 minutes | **Servings:** 4)

Ingredients:

- 4 ears of corn
- 2 tbsp. butter; melted
- 2 tbsp. dill; chopped.
- Salt and black pepper to taste

Directions:

1. In a bowl, combine the salt, pepper and the butter
2. Rub the corn with the butter mixture and then put it in your air fryer
3. Cook at 390°F for 6 minutes. Divide the corn between plates, sprinkle the dill on top and serve.

Broccoli Casserole

(Prep + Cooking Time: 20 minutes | Servings: 4)

Ingredients:

- 1 lb. fettuccine pasta; cooked
- 3 tomatoes; chopped.
- 2 green onions; chopped.
- 6 cups broccoli florets
- 2 garlic cloves; minced
- 1 cup chicken stock
- 2 tbsp. butter; melted
- 1 tbsp. parmesan cheese; grated
- Salt and black pepper to taste

Directions:

1. Use the butter to grease a baking dish that fits your air fryer.
2. Add the broccoli, garlic, stock, salt, pepper, pasta, onions and tomatoes; toss gently
3. Place the dish in the fryer and cook at 390°F for 15 minutes. Sprinkle the parmesan on top, divide everything between plates and serve.

Coconut Artichokes

(**Prep + Cooking Time:** 20 minutes | **Servings:** 2)

Ingredients:

- 2 artichokes; washed, trimmed and halved
- 1/4 cup coconut; shredded
- 2 garlic cloves; minced
- 1 tbsp. coconut oil; melted
- Juice of 1 lemon

Directions:

1. In a bowl, mix the artichokes with the garlic, oil and lemon juice; toss well
2. Put the artichokes into your air fryer and cook at 360°F for 15 minutes
3. Divide the artichokes between plates, sprinkle the coconut on top and serve.

Maple Glazed Corn

(Prep + Cooking Time: 11 minutes | Servings: 4)

Ingredients:

- 4 ears of corn
- 1 tbsp. butter; melted
- 1 tbsp. maple syrup
- Black pepper to taste

Directions:

1. Combine the black pepper, butter and the maple syrup in a bowl
2. Rub the corn with the mixture and then put it in your air fryer
3. Cook at 390°F for 6 minutes. Divide the corn between plates and serve.

Dessert Recipes

Cinnamon Apples

(**Prep + Cooking Time:** 20 minutes | **Servings:** 4)

Ingredients:

- 4 apples; peeled, cored and cut into wedges
- 3 tbsp. butter; melted
- 3 tbsp. cinnamon sugar

Directions:

1. In a pan that fits your air fryer, mix the apples with the sugar and the butter; toss
2. Place the pan in the fryer and cook at 370°F for 15 minutes. Serve warm

Pineapple and Carrot Cake

(Prep + Cooking Time: 55 minutes | Servings: 6)

Ingredients:

- 5 oz. flour
- 1/4 cup pineapple juice
- 1/3 cup carrots; grated
- 1/3 cup coconut flakes; shredded
- 1/2 cup sugar
- 1 egg; whisked
- 3 tbsp. yogurt
- 4 tbsp. vegetable oil
- 3/4 tsp. baking powder
- 1/2 tsp. baking soda
- 1/2 tsp. cinnamon powder
- Cooking spray

Directions:

1. Place all of the ingredients (except the cooking spray) in a bowl and mix well.
2. Pour the mixture into a spring form pan, greased with cooking spray, that fits your air fryer
3. Place the pan in your air fryer and cook at 320°F for 45 minutes. Allow the cake to cool before cutting and serving

Lemon Cake

(**Prep + Cooking Time:** 22 minutes | **Servings:** 6)

Ingredients:

- 3 oz. brown sugar
- 3 oz. flour
- 3½ oz. butter; melted
- 3 eggs
- 1 tsp. dark chocolate; grated
- 1/2 tsp. lemon juice

Directions:

1. Mix all of the ingredients in a bowl.
2. Pour the mixture into a greased cake pan and place in the fryer
3. Cook at 360°F for 17 minutes. Let cake cool before serving

Orange Cake

(**Prep + Cooking Time:** 30 minutes | **Servings:** 3)

Ingredients:

- 4 tbsp. flour
- 1 egg
- 2 tbsp. orange juice
- 4 tbsp. sugar
- 2 tbsp. vegetable oil
- 4 tbsp. milk
- 1 tbsp. cocoa powder
- 1/2 tsp. orange zest
- 1/2 tsp. baking powder

Directions:

1. Place all of the ingredients in a bowl and mix well.
2. Divide the mixture between 3 ramekins and place them in your air fryer
3. Cook at 320°F for 20 minutes. Serve the cakes warm and enjoy!

Maple Apples

(**Prep + Cooking Time:** 20 minutes | **Servings:** 4)

Ingredients:

- 5 apples; cored and cut into wedges
- 1/4 cup brown sugar
- 2 tsp. cinnamon powder
- 1/2 tsp. nutmeg powder
- 1 tbsp. maple syrup
- 4 tbsp. butter

Directions:

1. In a pan that fits your air fryer, mix the apples with the other ingredients and toss
2. Place the pan in the fryer and cook at 360°F for 10 minutes. Divide into cups and serve.

Cinnamon Rolls

(Prep + Cooking Time: 12 minutes | Servings: 8)

Ingredients:

- 1 lb. bread dough
- 1/4 cup butter; melted
- 3/4 cup brown sugar
- 1½ tbsp. cinnamon; ground

Directions:

1. Roll the dough on a floured working surface, shape a rectangle and brush with the butter.
2. In a bowl, combine the cinnamon and sugar and then sprinkle this over the dough
3. Roll the dough into a log, seal, cut into 8 pieces and leave the rolls to rise for 2 hours
4. Place the rolls in your air fryer's basket and cook at 350°F for 5 minutes on each side. Serve warm and enjoy!

Yummy Rice Pudding

(Prep + Cooking Time: 25 minutes | Servings: 6)

Ingredients:

- 7 oz. white rice
- 16 oz. milk
- 1/3 cup sugar
- 1 tbsp. butter; melted
- 1 tbsp. heavy cream
- 1 tsp. vanilla extract

Directions:

1. Place all ingredients in a pan that fits your air fryer and stir well
2. Put the pan in the fryer and cook at 360°F for 20 minutes. Stir the pudding, divide it into bowls, refrigerate and serve cold.

Rum Cheesecake

(**Prep + Cooking Time:** 30 minutes | **Servings:** 6)

Ingredients:

- 16 oz. cream cheese; softened
- 1/2 cup graham cookies; crumbled
- 2 eggs
- 1/2 cup sugar
- 2 tsp. butter; melted
- 1/2 tsp. vanilla extract
- 1 tsp. rum

Directions:

1. Grease a pan with the butter and spread the cookie crumbs on the bottom.
2. In a bowl, mix all the remaining ingredients and whisk well; then spread this mixture over the cookie crumbs
3. Place the pan in your air fryer and cook at 340°F for 20 minutes. Let the cheesecake cool down, refrigerate and serve cold

Brioche Pudding

(Prep + Cooking Time: 35 minutes | Servings: 4)

Ingredients:

- 3 cups brioche; cubed
- 2 cups half and half
- 2 cups milk
- 1/2 cup raisins
- 1 cup sugar
- 4 egg yolks; whisked
- 1/2 tsp. vanilla extract
- 2 tbsp. butter; melted
- Zest of 1/2 lemon

Directions:

1. In a bowl, add all of the ingredients and whisk well
2. Pour the mixture into a pudding mould and place it in the air fryer
3. Cook at 330°F for 30 minutes. Cool down and serve.

Yogurt Cake

(**Prep + Cooking Time:** 35 minutes | **Servings:** 8)

Ingredients:

- 8 oz. canned pumpkin puree
- 1 banana; mashed
- 1 egg
- 1½ cups white flour
- 1 cup Greek yogurt
- ¾ cup sugar
- 1 tsp. baking soda
- ½ tsp. vanilla extract
- ½ tsp. baking powder
- 2 tbsp. vegetable oil
- Cooking spray

Directions:

1. In a bowl, combine all ingredients (except the cooking spray) and stir well.
2. Pour the mixture into a cake pan greased with cooking spray and put it in your air fryer's basket
3. Cook at 330°F for 30 minutes. Cool down, slice and serve

Strawberry Cream

(**Prep + Cooking Time:** 20 minutes | **Servings:** 6)

Ingredients:

- 8 oz. cream cheese
- 4 oz. strawberries
- 1/2 cup heavy cream
- 2 tbsp. water
- 1/2 tbsp. lemon juice
- 1 tsp. gelatin
- 1/4 tsp. sugar

Directions:

1. Place all ingredients in your blender and pulse
2. Divide the mixture into 6 ramekins and place them in your air fryer
3. Cook at 330°F for 15 minutes. Refrigerate (or place briefly in freezer) and serve the cream really cold.

Fried Apples

(**Prep + Cooking Time:** 27 Minutes | **Servings:** 4)

Ingredients:

- 4 big apples; cored
- 1 tablespoon cinnamon; ground
- Raw honey to the taste
- A handful raisins

Directions:

1. Fill each apple with raisins, sprinkle cinnamon, drizzle honey, put them in your air fryer and cook at 367°F, for 17 minutes. Leave them to cool down and serve.

Pear Delight

(**Prep + Cooking Time:** 25 minutes | **Servings:** 4)

Ingredients:

- 4 pears; peeled and roughly cut into cubes
- 1/4 cup brown sugar
- 2 tsp. cinnamon powder
- 4 tbsp. butter; melted
- 1 tbsp. maple syrup

Directions:

1. In a pan that fits your air fryer, place all the ingredients and toss.
2. Place the pan in the air fryer and cook at 300°F for 20 minutes. Divide into cups, refrigerate and serve cold

Coffee Cream

(**Prep + Cooking Time:** 15 minutes | **Servings:** 6)

Ingredients:

- 8 oz. cream cheese
- 3 eggs
- 1/3 cup sugar
- 2 tbsp. butter
- 3 tbsp. coffee
- 1 tbsp. caramel syrup

Directions:

1. Place all ingredients in your blender and pulse. Divide the mixture between 6 ramekins; and place in the fryer
2. Cook at 320°F; bake for 10 minutes
3. Let cool down and then place in the freezer before serving.

Coffee Cheesecakes Recipe

(Prep + Cooking Time: 30 Minutes | Servings: 6)

Ingredients:

For the cheesecakes:

- 2 tablespoon butter
- 8-ounce cream cheese
- 3 tablespoon coffee
- 3 eggs
- 1/3 cup sugar
- 1 tablespoon caramel syrup

For the frosting:

- 3 tablespoon caramel syrup
- 3 tablespoon butter
- 2 tablespoon sugar
- 8-ounce mascarpone cheese; soft

Directions:

1. In your blender, mix cream cheese with eggs, 2 tablespoon butter, coffee, 1 tablespoon caramel syrup and 1/3 cup sugar and pulse very well, spoon into a cupcakes pan that fits your air fryer, introduce in the fryer and cook at 320°F and bake for 20 minutes.
2. Leave aside to cool down and then keep in the freezer for 3 hours.
Meanwhile; in a bowl, mix 3 tablespoon butter with 3 tablespoon caramel syrup, 2 tablespoon sugar and mascarpone, blend well, spoon this over cheesecakes and serve them

Amaretto Cream

(**Prep + Cooking Time:** 18 minutes | **Servings:** 8)

Ingredients:

- 12 oz. chocolate chips
- 1 cup heavy cream
- 1/2 cup butter; melted
- 1 cup sugar
- 2 tbsp. amaretto liqueur

Directions:

1. Place all of the ingredients in a bowl and stir
2. Pour the mixture into small ramekins and place in the air fryer
3. Cook at 320°F for 12 minutes. Refrigerate / freeze for a while... best when served really cold.

Oreo Cheesecake

(**Prep + Cooking Time:** 30 minutes | **Servings:** 8)

Ingredients:

- 1 lb. cream cheese; softened
- 1 cup Oreo cookies; crumbled
- 2 eggs; whisked
- 1/2 tsp. vanilla extract
- 4 tbsp. sugar
- 2 tbsp. butter; melted

Directions:

1. In a bowl, mix the cookies with the butter and then press this mixture onto the bottom of a cake pan lined with parchment paper.
2. Place the pan in your air fryer and cook at 350°F for 4 minutes
3. In a bowl, mix the sugar with the cream cheese, eggs and vanilla; whisk until combined and smooth and spread this over the crust
4. Cook the cheesecake in your air fryer at 310°F for 15 minutes. Place the cheesecake in the fridge for a couple of hours before serving.

Apple and Cinnamon Sauce

(**Prep + Cooking Time:** 40 minutes | **Servings:** 6)

Ingredients:

- 6 apples; peeled, cored and cut into wedges
- 1 cup sugar
- 1 cup red wine
- 1 tbsp. cinnamon powder

Directions:

1. In a pan that fits your air fryer, place all of the ingredients and toss
2. Place the pan in the fryer and cook at 320°F for 30 minutes. Divide into cups and serve right away

Strawberry Cobbler Recipe

(Prep + Cooking Time: 35 Minutes | Servings: 6)

Ingredients:

- 3/4 cup sugar
- 6 cups strawberries; halved
- 1/2 cup flour
- 1/2 cup water
- 3 1/2 tablespoon olive oil
- 1/8 teaspoon baking powder
- 1 tablespoon lemon juice
- A pinch of baking soda
- Cooking spray

Directions:

1. In a bowl; mix strawberries with half of sugar, sprinkle some flour, add lemon juice, whisk and pour into the baking dish that fits your air fryer and greased with cooking spray.
2. In another bowl, mix flour with the rest of the sugar, baking powder and soda and stir well
3. Add the olive oil and mix until the whole thing with your hands
4. Add 1/2 cup water and spread over strawberries
5. Introduce in the fryer at 355°F and bake for 25 minutes. Leave cobbler aside to cool down, slice and serve.

Zucchini Bread

(**Prep + Cooking Time:** 50 minutes | **Servings:** 6)

Ingredients:

- 2 cups white flour
- 1 cup sugar
- 3 cups zucchinis; grated
- 1 stick butter; melted
- 2 eggs; whisked
- 1 tbsp. vanilla extract
- 1 tbsp. baking powder

Directions:

1. Add all of the ingredients to a bowl and mix well.
2. Pour the mixture into a lined loaf pan and place in the fryer. and cook at 320°F for 40 minutes. Slice and serve warm

Cream of Tartar Bread

(Prep + Cooking Time: 50 minutes | Servings: 6)

Ingredients:

- 3/4 cup sugar
- 1½ cups flour
- 1/3 cup milk
- 1/3 cup butter
- 2 zucchinis; grated
- 1 tsp. vanilla extract
- 1 egg
- 1 tsp. baking powder
- 1/2 tsp. baking soda
- 1½ tsp. cream of tartar

Directions:

1. Place all ingredients in a bowl and mix well.
2. Pour the mixture into a lined loaf pan and place the pan in the air fryer
3. Cook at 320°F for 40 minutes Cool down, slice and serve.

Grape Stew

(**Prep + Cooking Time:** 20 minutes | **Servings:** 4)

Ingredients:

- 26 oz. grape juice
- 1 lb. red grapes
- Juice and zest of 1 lemon

Directions:

1. In a pan that fits your air fryer, add all ingredients and toss
2. Place the pan in the fryer and cook at 320°F for 14 minutes. Divide into cups, refrigerate and serve cold

Butter Donuts

(Prep + Cooking Time: 25 minutes | Servings: 4)

Ingredients:

- 8 oz. flour
- 4 oz. whole milk
- 1 egg
- 1 tbsp. brown sugar
- 1 tbsp. white sugar
- 2½ tbsp. butter
- 1 tsp. baking powder

Directions:

1. Place all of the ingredients in a bowl and mix well.
2. Shape donuts from this mix and place them in your air fryer's basket
3. Cook at 360°F for 15 minutes. Arrange the donuts on a platter and serve them warm

Cinnamon Pears

(**Prep + Cooking Time:** 20 minutes | **Servings:** 4)

Ingredients:

- 2 pears; halved
- 1/2 tsp. cinnamon powder
- 2 tbsp. sugar

Directions:

1. Put the pears in your air fryer and sprinkle the cinnamon and the sugar all over
2. Cook at 320°F for 15 minutes. Serve these pears warm and enjoy!

Cranberry Jam

(**Prep + Cooking Time:** 25 minutes | **Servings:** 8)

Ingredients:

- 2 lbs. cranberries
- 2 lbs. sugar
- 4 oz. black currant
- 3 tbsp. water
- Zest of 1 lime

Directions:

1. In a pan that fits your air fryer, add all the ingredients and stir.
2. Place the pan in the fryer and cook at 360°F for 20 minutes. Stir the jam well, divide into cups, refrigerate and serve cold

Yogurt and Cream Cheese Cake

(**Prep + Cooking Time:** 40 minutes | **Servings:** 10)

Ingredients:

- 4 oz. cream cheese; softened
- 9 oz. white flour
- 4 oz. yogurt
- 6 eggs; whisked
- 1 mandarin orange; peeled and pureed
- 6 tbsp. sugar
- 1 tsp. vanilla extract
- 1 tsp. baking powder

Directions:

1. In a food processor, add the mandarin puree, flour, 2 tbsp. of sugar, eggs, vanilla extract and baking powder; pulse.
2. Divide the mixture between 2 cake pans lined with parchment paper cook each in the air fryer at 330°F for 15 minutes
3. In a bowl, combine the cream cheese, yogurt and 4 tbsp. sugar; whisk well
4. Place one cake layer on a plate and top with half of the yogurt mix; spread evenly
5. Add the other cake layer on top of the first with the yogurt mix and top this layer with the remaining yogurt mix, spreading it well. Slice, serve and enjoy!

Pumpkin Cake

(Prep + Cooking Time: 35 minutes | Servings: 8)

Ingredients:

- 8 oz. canned pumpkin puree
- 1/2 cup Greek yogurt
- 1 egg; whisked
- 3/4 cup sugar
- 1 cup white flour
- 1 tsp. baking powder
- 3/4 tsp. pumpkin pie spice
- Cooking spray

Directions:

1. Place all ingredients (other than the cooking spray) in a bowl and mix well.
2. Grease a cake pan with cooking spray, pour the cake batter inside and spread
3. Place the pan in the air fryer and cook at 330°F for 25 minutes. Let the cake cool down, slice and serve.

Passion Fruit Pudding Recipe

(Prep + Cooking Time: 50 Minutes | Servings: 6)

Ingredients:

- 1 cup Paleo passion fruit curd
- 3 ½-ounce almond milk
- 3 ½-ounce maple syrup
- 3 eggs
- 2-ounce ghee; melted
- 1/2 cup almond flour
- 4 passion fruits; pulp and seeds
- 1/2 teaspoon baking powder

Directions:

1. In a bowl; mix the half of the fruit curd with passion fruit seeds and pulp; stir and divide into 6 heat proof ramekins
2. In a bowl; whisked eggs with maple syrup, ghee, the rest of the curd, baking powder, milk and flour and stir well
3. Divide this into the ramekins as well, introduce in the fryer and cook at 200°F, for 40 minutes. Leave puddings to cool down and serve!

Creamy Blackberry

(Prep + Cooking Time: 18 minutes | Servings: 4)

Ingredients:

- 1 cup blackberries
- 1/2 cup heavy cream
- 1/2 cup butter; melted
- 2 eggs
- 5 tbsp. sugar
- 2 tsp. vanilla extract
- 2 tsp. baking powder

Directions:

1. Place all of the ingredients in a bowl and whisk well.
2. Divide the mixture between 4 ramekins and place the ramekins in the fryer
3. Cook at 320°F for 12 minutes. Refrigerate and serve cold

Orange Stew

(**Prep + Cooking Time:** 30 minutes | **Servings:** 3)

Ingredients:

- 4 oranges; peeled and cut into segments
- 2 cups orange juice
- 2¼ cups white sugar

Directions:

1. In a pan that fits your air fryer, mix the oranges with the sugar and orange juice; toss.
2. Place the pan in the fryer and cook at 320°F for 20 minutes. Divide the orange stew into cups, refrigerate and serve cold

Chocolate Brownies

(**Prep + Cooking Time:** 30 minutes | **Servings:** 12)

Ingredients:

- 2 cups white flour
- 1/2 cup butter; melted
- 1/2 cup chocolate chips
- 1 egg
- 4 tbsp. sugar
- 1 tsp. vanilla extract

Directions:

1. Place all the ingredients in a bowl and mix well.
2. Spread the mixture into a pan that fits your air fryer
3. Place the pan in the fryer and bake at 330°F for 25 minutes. Cool down, slice, serve and enjoy!

Lemon Lava Cake

(**Prep + Cooking Time:** 30 minutes | **Servings:** 4)

Ingredients:

- 1 egg; whisked
- 4 tbsp. milk
- 4 tbsp. flour
- 4 tbsp. sugar
- 2 tbsp. butter; melted
- 1 tsp. lemon zest
- 1 tsp. lemon juice
- 1/2 tsp. baking powder

Directions:

1. Mix all the ingredients in a bowl and pour into 4 small ramekins.
2. Place the ramekins in your air fryer and cook at 320°F for 20 minutes.
Serve the cakes right away

Avocado Cake

(Prep + Cooking Time: 40 minutes | Servings: 4)

Ingredients:

- 1/3 cup brown sugar
- 1 cup white flour
- 2 avocados; peeled; pitted and mashed
- 1 egg; whisked
- 1 tbsp. butter; melted
- 1 tsp. baking powder
- 1/2 tsp. cinnamon powder
- Cooking spray

Directions:

1. Place all of the ingredients (except the cooking spray) in a bowl; mix / whisk well.
2. Pour this mixture into a cake pan greased with cooking spray
3. Place the pan in your air fryer and cook at 350°F for 30 minutes. Cool down, slice and serve

Fried Bananas Recipe

(**Prep + Cooking Time:** 25 Minutes | **Servings:** 4)

Ingredients:

- 3 tablespoon butter
- 2 eggs
- 8 bananas; peeled and halved
- 3 tablespoon cinnamon sugar
- 1 cup panko
- 1/2 cup corn flour

Directions:

1. Heat up a pan with the butter over medium high heat, add panko; stir and cook for 4 minutes and then transfer to a bowl.
2. Roll each in flour, eggs and panko mix, arrange them in your air fryer's basket, dust with cinnamon sugar and cook at 280°F, for 10 minutes.
Serve right away

Apple Jam

(**Prep + Cooking Time:** 30 minutes | **Servings:** 8)

Ingredients:

- 8 apples; peeled, cored and blended
- 1 tsp. cinnamon powder
- 1 cup apple juice

Directions:

1. In a pan that fits your air fryer, mix the apples with the cinnamon and apple juice; stir.
2. Place the pan in the fryer and cook at 340°F for 20 minutes
3. Blend using an immersion blender. Divide the jam into cups and serve.

Banana Bread

(**Prep + Cooking Time:** 50 minutes | **Servings:** 6)

Ingredients:

- 3 bananas; peeled and mashed
- 2 eggs; whisked
- 2 cups white flour
- 1 cup sugar
- 1 stick of butter; melted
- 1 tbsp. baking powder

Directions:

1. Place all the ingredients in a bowl and stir well.
2. Pour this mixture into a lined loaf pan and place in the air fryer
3. Cook at 340°F for 40 minutes. Let the bread cool; then slice, serve and enjoy!

Creamy White Chocolate Cheesecake

(Prep + Cooking Time: 30 minutes | Servings: 8)

Ingredients:

For the crust:

- 4 tbsp. butter; melted
- 1½ cups chocolate cookies; crumbled

For the filling:

- 24 oz. cream cheese; softened
- 12 oz. white chocolate; melted
- 1 cup sugar
- 3 eggs; whisked
- 1/2 cup heavy cream
- 2 tbsp. cornstarch
- 1 tbsp. vanilla extract

Directions:

1. Place the cookie crumbs and butter in a bowl and stir well.
2. Spread the cookie crumb mixture on the bottom of a cake pan lined with parchment paper and freeze for now
3. In another bowl, mix all other ingredients; whisk well. Spread this over the cake crust, put the pan in the fryer and cook at 320°F for 20 minutes
4. Let the cake cool down and put in the fridge for 1 hour before serving.

Plum Bars Recipe

(Prep + Cooking Time: 26 Minutes | Servings: 8)

Ingredients:

- 2 cups dried plums
- 2 cup rolled oats
- 1 cup brown sugar
- 1/2 teaspoon baking soda
- 6 tablespoon water
- 2 tablespoon butter; melted
- 1 egg; whisked
- 1 teaspoon cinnamon powder
- Cooking spray

Directions:

1. In your food processor, mix plums with water and blend until you obtain a sticky spread
2. In a bowl; mix oats with cinnamon, baking soda, sugar, egg and butter and whisk really well
3. Press half of the oats mix in a baking pan that fits your air fryer sprayed with cooking oil, spread plums mix and top with the other half of the oats mix.
4. Introduce in your air fryer and cook at 350°F, for 16 minutes. Leave mix aside to cool down, cut into medium bars and serve.

Apricot Cake

(Prep + Cooking Time: 40 minutes | Servings: 4)

Ingredients:

- 8 oz. apricots; chopped
- 1/2 cup butter; softened
- 1 cup sugar
- 1 cup white flour
- 4 eggs; whisked
- 3 tsp. baking powder
- 1 tsp. ginger powder
- 1 tsp. cinnamon powder
- 3 tbsp. maple syrup

Directions:

1. Place all the ingredients in a bowl and stir well.
2. Pour the mixture into a cake pan lined with parchment paper and place the pan in the fryer
3. Cook at 340°F for 30 minutes. Let the cake cool before slicing and serving

Chocolate Cookies Recipe

(**Prep + Cooking Time:** 35 Minutes | **Servings:** 12)

Ingredients:

- 1 teaspoon vanilla extract
- 1 egg
- 4 tablespoon sugar
- 2 cups flour
- 1/2 cup butter
- 1/2 cup unsweetened chocolate chips

Directions:

1. Heat up a pan with the butter over medium heat; stir and cook for 1 minute.
2. In a bowl; mix egg with vanilla extract and sugar and stir well
3. Add melted butter, flour and half of the chocolate chips and stir everything.
4. Transfer this to a pan that fits your air fryer, spread the rest of the chocolate chips on top, introduce in the fryer at 330°F and bake for 25 minutes. Slice when it's cold and serve.

Nutmeg Pumpkin Pie

(Prep + Cooking Time: 45 minutes | Servings: 8)

Ingredients:

- 1 pie crust
- 3 oz. water
- 3½ oz. pumpkin flesh; chopped.
- 1 egg; whisked
- 1 tsp. nutmeg; ground
- 1 tbsp. sugar

Directions:

1. Put the water in a pot and bring to a boil over medium-high heat.
2. Add the pumpkin, egg, sugar and the nutmeg; stir and allow to boil for 20 minutes
3. Remove the mixture from the heat and blend using an immersion blender
4. Put the pie crust in a lined pan that fits your air fryer and spread the pumpkin mix all over
5. Place the pan in the fryer and cook at 360°F for 15 minutes. Slice and serve warm.

Cherry Cream Pudding

(**Prep + Cooking Time:** 60 minutes | **Servings:** 4)

Ingredients:

- 2 cups cherries; pitted and halved
- 1½ cups whipping cream
- 1/2 cup raisins
- 1/4 cup sugar
- 1/2 cup chocolate chips.
- 4 egg yolks

Directions:

1. Place all ingredients in a bowl and mix well
2. Transfer the mixture to a greased pan that fits your air fryer
3. Cook at 310°F for 55 minutes. Cool down and serve.

Tangerine Cake Recipe

(Prep + Cooking Time: 30 Minutes | Servings: 8)

Ingredients:

- 3/4 cup sugar
- 1/4 cup olive oil
- 1/2 cup milk
- 1 teaspoon cider vinegar
- 2 cups flour
- 1/2 teaspoon vanilla extract
- Juice and zest from 2 lemons
- Juice and zest from 1 tangerine
- Tangerine segments; for serving

Directions:

1. In a bowl; mix flour with sugar and stir
2. In another bowl, mix oil with milk, vinegar, vanilla extract, lemon juice and zest and tangerine zest and whisk very well.
3. Add flour; stir well, pour this into a cake pan that fits your air fryer, introduce in the fryer and cook at 360°F, for 20 minutes. Serve right away with tangerine segments on top

Strawberry Jam

(**Prep + Cooking Time:** 30 minutes | **Servings:** 6)

Ingredients:

- 1 lb. strawberries; chopped.
- 4 cups sugar
- Juice of 2 limes
- 2 cups water

Directions:

1. In a pan that fits your air fryer, mix the strawberries with the sugar, lime juice and the water; stir.
2. Place the pan in the fryer and cook at 340°F for 25 minutes. Blend the mix using an immersion blender, divide into cups, refrigerate and serve cold

Pumpkin Cookies Recipe

(**Prep + Cooking Time:** 25 Minutes | **Servings:** 24)

Ingredients:

- 2 ½ cups flour
- 1/2 teaspoon baking soda
- 1/2 cup pumpkin flesh; mashed
- 1/4 cup honey
- 2 tablespoon butter
- 1 teaspoon vanilla extract
- 1 tablespoon flax seed; ground
- 3 tablespoon water
- 1/2 cup dark chocolate chips

Directions:

1. In a bowl; mix flax seed with water; stir and leave aside for a few minutes
2. In another bowl, mix flour with salt and baking soda.
3. In a third bowl, mix honey with pumpkin puree, butter, vanilla extract and flaxseed
4. Combine flour with honey mix and chocolate chips and stir
5. Scoop 1 tablespoon of cookie dough on a lined baking sheet that fits your air fryer, repeat with the rest of the dough, introduce them in your air fryer and cook at 350°F, for 15 minutes
6. Leave cookies to cool down and serve.

Cream Cheese Cookies

(**Prep + Cooking Time:** 24 minutes | **Servings:** 12)

Ingredients:

- 6 oz. vegetable oil
- 3 oz. cocoa powder
- 4 oz. cream cheese
- 6 eggs
- 5 tbsp. sugar
- 2 tsp. vanilla extract
- 1/2 tsp. baking powder

Directions:

1. Add all the ingredients to a blender and pulse a bit.
2. Pour this mixture into a baking dish lined with parchment paper that fits your air fryer
3. Place the pan in the fryer at 320°F and bake for 14 minutes. Slice into rectangles and serve.

Walnut Cookies

(Prep + Cooking Time: 22 minutes | Servings: 4)

Ingredients:

- 1/4 cup white flour
- 1/4 cup walnuts; chopped
- 1/3 cup cocoa powder
- 1/3 cup sugar
- 1 egg
- 7 tbsp. butter; melted
- 1/2 tsp. baking powder
- 1/2 tsp. vanilla extract

Directions:

1. Place all of the ingredients in a bowl and mix well (preferably using a mixer).
2. Spread the mixture on a baking sheet lined with parchment paper that fits your air fryer
3. Place the baking sheet in the fryer and bake at 320°F for 17 minutes. Let the cookies cool down, cut and serve

Banana Cake Recipe

(Prep + Cooking Time: 40 Minutes | Servings: 4)

Ingredients:

- 1 tablespoon butter; soft
- 1/2 teaspoon cinnamon powder
- 2 tablespoon honey
- 1 banana; peeled and mashed
- 1 egg
- 1/3 cup brown sugar
- 1 teaspoon baking powder
- 1 cup white flour
- Cooking spray

Directions:

1. Spray a cake pan with some cooking spray and leave aside
2. In a bowl; mix butter with sugar, banana, honey, egg, cinnamon, baking powder and flour and whisk
3. Pour this into a cake pan greased with cooking spray, introduce in your air fryer and cook at 350°F, for 30 minutes. Leave cake to cool down, slice and serve.

Lime Tapioca Pudding

(**Prep + Cooking Time:** 25 minutes | **Servings:** 6)

Ingredients:

- 1/3 cup tapioca pearls; rinsed
- 1/2 cup sugar
- 2 cups milk
- Zest of 1 lime

Directions:

1. Place all ingredients in a heat-proof dish that fits your air fryer; whisk well
2. Put the dish in the fryer and cook at 320°F for 15 minutes. Set the pudding aside for 10 minutes, divide into bowls and serve

Baked Pears

(**Prep + Cooking Time:** 25 minutes | **Servings:** 4)

Ingredients:

- 4 pears; peeled and halved
- 1/2 cup sugar
- 1 cup red wine

Directions:

1. In a pan that fits your air fryer, mix the pears with the wine and sugar.
2. Place the pan in the fryer and cook at 340°F for 20 minutes. Divide into bowls and serve

Creamy Pudding

(**Prep + Cooking Time:** 30 minutes | **Servings:** 6)

Ingredients:

- 2 cups fresh cream
- 6 tbsp. white sugar
- 6 egg yolks; whisked
- Zest of 1 orange

Directions:

1. Combine all ingredients in a bowl and whisk well
2. Divide the mixture between 6 small ramekins
3. Place the ramekins in your air fryer and cook at 340°F for 25 minutes.
Place in the fridge for 1 hour before serving.

Pear Bread

(Prep + Cooking Time: 50 minutes | Servings: 6)

Ingredients:

- 2 pears; peeled and chopped.
- 1½ cups flour
- 1/3 cup almond milk
- 1 egg; whisked
- 1 cup sugar
- 1/3 cup butter; melted
- 1 tsp. vanilla extract
- 1 tsp. baking powder
- Cooking spray

Directions:

1. Combine all of the ingredients (except the cooking spray) in a bowl and mix well.
2. Spread the mixture into a loaf pan greased with cooking spray and place the pan in the air fryer
3. Cook at 340°F for 40 minutes. Cool the bread down, slice and serve

Liqueur Chocolate Cream

(**Prep + Cooking Time:** 18 minutes | **Servings:** 4)

Ingredients:

- 3½ oz. sweet dark chocolate; cut into chunks
- 3½ oz. heavy cream
- 1 tsp. liquor

Directions:

1. In a heat-proof dish, mix the cream with the chocolate and the liqueur.
2. Place the dish in the air fryer and cook at 300°F for 12 minutes. Whisk the cream, divide it into cups and serve

Spiced Banana Pudding

(Prep + Cooking Time: 35 minutes | Servings: 6)

Ingredients:

- 4 bananas; peeled and mashed
- 1 cup milk
- 3/4 cup maple syrup
- 2 eggs; whisked
- 1 tsp. cinnamon powder
- 1/4 tsp. cloves; ground
- 1/2 tsp. ginger powder
- 1 tbsp. cornstarch

Directions:

1. In a bowl, mix all the ingredients; whisk well.
2. Pour the mixture into a pudding mould, put it in the air fryer and cook at 340°F for 25 minutes. Serve the pudding warm; enjoy

Banana and Rice Pudding

(**Prep + Cooking Time:** 30 minutes | **Servings:** 6)

Ingredients:

- 2 bananas; peeled and mashed
- 1 cup brown rice
- 1/2 cup maple syrup
- 3 cups milk
- 1 tsp. vanilla extract

Directions:

1. Place all the ingredients in a pan that fits your air fryer; stir well.
2. Put the pan in the fryer and cook at 360°F for 20 minutes. Stir the pudding, divide into cups, refrigerate and serve cold

Sweet Plum Stew

(**Prep + Cooking Time:** 40 minutes | **Servings:** 8)

Ingredients:

- 1½ lbs. plums; pitted and chopped.
- 1 cup white sugar
- 1/2 cup water
- 2 tbsp. lime juice

Directions:

1. In a pan that fits your air fryer, mix the plums with the other ingredients; stir
2. Place the pan in the fryer and cook at 330°F for 30 minutes. Divide the stew into cups, refrigerate and serve cold.

Orange Marmalade

(**Prep + Cooking Time:** 30 minutes | **Servings:** 4)

Ingredients:

- 4 oranges; peeled and chopped.
- 1½ cups water
- 3 cups sugar

Directions:

1. In a pan that fits your air fryer, mix the oranges with the sugar and the water; stir.
2. Place the pan in the fryer and cook at 340°F for 20 minutes. Stir well, divide into cups, refrigerate and serve cold

Strawberry Cake

(Prep + Cooking Time: 45 minutes | Servings: 8)

Ingredients:

- 1 lb. strawberries; chopped.
- 1 cup white flour
- 1 cup ricotta cheese
- 1/4 cup sugar
- 1 egg; whisked
- 1 tbsp. lemon juice
- 1 tsp. vanilla extract
- 3 tbsp. butter; melted
- 2 tsp. baking powder

Directions:

1. Place all of the ingredients in a bowl and whisk well
2. Pour the mixture into a cake pan lined with parchment paper and place in the air fryer
3. Cook at 340°F for 35 minutes. Cool the cake down, slice and serve.

Blackberry Pudding

(Prep + Cooking Time: 40 minutes | Servings: 6)

Ingredients:

- 1 lb. ricotta cheese; softened
- 2 oz. honey
- 6 oz. blackberries
- 1/4 cup sugar
- 4 eggs
- 1/4 tsp. vanilla extract
- Zest of 1/2 orange

Directions:

1. Place all the ingredients in a bowl; whisk well
2. Divide the mixture between 6 ramekins and place them in the air fryer
3. Cook at 300°F for 30 minutes. Cool down, serve and enjoy!

Almond and Cocoa Cake

(Prep + Cooking Time: 50 minutes | Servings: 6)

Ingredients:

- 1/4 cup almonds; sliced
- 1 cup white flour
- 1/2 cup cocoa powder
- 1 cup ricotta cheese; softened
- 1/2 cup sugar
- 1 tsp. almond extract
- 3 tbsp. butter; melted
- 2 eggs; whisked
- 2 tsp. baking powder

Directions:

1. Place all of the ingredients in a bowl and stir well
2. Pour the mixture into a cake pan lined with parchment paper place the pan in the fryer and cook at 330°F for 40 minutes. Allow the cake to cool, slice and serve