



**850 RECIPES**

FOR BUSY PEOPLE WITH YOUR AIR FRYER

**AIR  
FRYER  
COOKBOOK  
FOR BEGINNERS**



**2019 EDITION**



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# **Air Fryer Cookbook for Beginners 2019**

850 Recipes for Busy People with Your Air Fryer

**By Rachel Ashley**

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[Delicious Beef Curry Recipe](#)  
[Flavoursome Oriental Fried Lamb Recipe](#)  
[Tasty Roasted Pork Belly and Apple Sauce](#)  
[Yummy Ham and Veggie Air Fried Mix](#)  
[Instant Garlic Lamb Chops Recipe](#)  
[Tasty Ham and Greens Recipe](#)  
[Delicious Coffee Flavored Steaks Recipe](#)  
[Finger Licking Balsamic Beef Recipe](#)  
[Appetizing Fried Sausage and Mushrooms](#)  
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[Flavourful Beef Patties and Mushroom Sauce](#)  
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[Yummy Lamb Racks and Fennel Mix Recipe](#)  
[Flavoursome Ham and Cauliflower Mix Recipe](#)  
[Delicious Pork Chops and Roasted Peppers](#)  
[Scrumptious Mustard Marinated Beef Recipe](#)  
[Tasty Beef Stuffed Squash Recipe](#)  
[Savoury Beef Casserole Recipe](#)  
[Flavourful Creamy Lamb Recipe](#)  
[Delicious Mexican Beef Mix Recipe](#)  
[Yummy Pork Chops and Mushrooms Mix](#)  
[Tasty Sausage and Kale Recipe](#)  
[Seasoned Pork with Couscous](#)  
[Chopped Creamy Pork](#)  
[Lamb Roast and Potatoes Mix](#)  
[Chinese Steak and Broccoli Mix](#)  
[Beef Fillet and Garlic Mayo Mix](#)  
[Seasoned Simple Braised Pork](#)  
[Seasoned Lamb and Lemon Sauce Mix](#)  
[Seasoned Provencal Pork](#)  
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[Beef Roast and Wine Sauce Mix](#)  
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[Sliced Beef Brisket with Onion Sauce](#)  
[Lamb Shanks and Carrots Mix](#)  
[Marinated Chopped Pork and Onions Mix](#)  
[Chopped Beef and Green Onions Marinade Mix](#)  
[Rib Eye Steak with Salad](#)  
[Tasty Balsamic Asparagus](#)  
[Yummy Cheesy Asparagus](#)  
[Simple Fennel Recipe](#)  
[Beets and Capers Mix](#)  
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#### **Chapter 10 Air Fryer Dessert Recipes**

[Avocado Inspired Muffin](#)  
[Chocolate Crumble Cheesecake](#)  
[Choco Cherry Pudding](#)  
[Choco Liquor Cream](#)  
[Sweet Cinnamon Bread](#)  
[Eggy Pumpkin Pie](#)  
[Cinnamon Pears](#)  
[Sugary Donuts](#)  
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[Lemon Cake](#)  
[Greek Creamy Vanilla Cake](#)  
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[Ale Graham Cheesecake](#)  
[Lemon Gelatin Cream](#)  
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[Choco Butter Cookies](#)  
[Creamy Eggy Berry Blend](#)  
[Milky Cacao Brownies](#)  
[Yogurt and Cream Cheese Cake](#)  
[Cheesy Chocolate Cake](#)  
[Greek Squash Cake](#)

# Welcome to Air Frying

Hey there!

It is great to have you in my book home.

You just got yourself a new air fryer and you are up for some whopping, delicious recipes? Come with me as we explore this cutie of an appliance with foods that will make you drool for days.

If there's one thing that I will trade a warm cup of cappuccino for, it is a piece of cooking equipment that gets me in and out of the kitchen in a flash. And that's what the air fryer does. Don't get me wrong, I love to cook, but what better way to make crunchy, crispy, and healthy food than with a piece of equipment that makes life as seamless as can be.

My first air fryer was the first cooking machine I purchased when I moved into my New York apartment and as a busy food & travel writer; I'm mostly swamped with many articles to churn out at the speed of light. Tucking some three-hour pre-marinated wings into the fryer basket, greased with some melted butter, and set to the cook is one of the heartiest experiences I've ever appreciated.

Why? In split seconds, this tabletop-sized appliance turns out crunchy, well-cooked food in the tastiest form instead of wasting time and effort battling with hot oil and skin-burn prevention techniques to get a decent dinner on your plate.

And if you thought, this device was too small a purchase for your numerous cooking experiments ahead, scan through the recipes below and you will be baking a cheesecake with this mini warrior in the most rewarding forms.

All thanks to the Air Fryer!

And to you, on the next, fun-loaded adventure!

# Chapter1 Knowing the Air Fryer Better

Two keywords describe the air fryer excellently; fat reduction and speedy cooking, which earns my thumbs up.

Thanks to some of the smartest inventors out there that realized we didn't need to fry foods in two to three cups of hot vegetable oil to get them crispy and crunchy as we desired. There was a more effective way and there, technology had the air fryer presented.

While using good oils to cook foods isn't a bad practice in itself, it wouldn't make much sense to soak up foods with so much fat to create something delicious. Hence, the air fryer's goal is to cook foods using the smallest amount of oil as possible with its hot air cooking technique.

Once the food is placed in the fryer basket, the air fryer closed and set to the right cooking temperature and time (as per the recipe in question), the appliance releases hot air, which cooks the food as it rotates. This results in quickly cooked meals with crispier outsides than an oven or hot oil will give.

It is of no surprise that some restaurants offer crunchier French fries than we will have from our pots of heated fat.

# **The Fantastic Benefits of the Air Fryer**

Since at least 2010, the air fryer has proven to be one of the safest and most efficient types of equipment. It combines well with varying diets and will perfectly cook solid foods like potatoes, meats, vegetables unlike it will do for soups and other liquid forms of food.

Counting through the many pluses, we have:

## **Weight Watching**

If you're seeking to lose weight, reducing unhealthy fats in your food is a quick way to reach your goals. By preventing excessive bad fats into your body, weight loss is more effective. Even the ketogenic diet appreciates the air fryer and allows you to eat healthy fatty foods cooked by the air fryer.

## **Time is Saved**

Come on! For impatient cooks like hungry girls, busy moms, and me you want to be able to throw in some meat and veggies and get them out well-cooked in the shortest possible time. Trust me; some recipes could get you scrumptious food in 5 minutes or less with the air fryer. Now, how's that?

## **Super Easy to Use**

Have you ever had to cook with a complicated grill before? Not fun at all. Cooking is the most exciting when an appliance offers itself in the most accessible possible functions. The air fryer is straightforward to use, there isn't a need to work your way through several buttons for the cook, and adjusting the time and temperature setting sits right in your face. Just press away as the recipe's method requires. That simple!

## **Easy to Clean**

I'll spill a little secret; I hate doing dishes talk less of cleaning complicated appliances. But, I had never had to frown at my air fryer when it was time to

clean. It is properly set up to wipe the inner and outer parts at ease. Simply, remove and wash the fryer basket (which is often dishwasher friendly), and clean the food trapper, inner walls, and outer walls with a damp napkin. After leaving it to air dry and you're suitable for your next cook!

## **Multiple Cooking Options**

Trendy appliances should be able to perform a broad category of cooking functions; the air fryer offers this in its petite stature. You can fry, bake, roast, grill, and sauté your favorite foods with the same device.

I find the device to be most convenient for unmarried folks like me and college students. It is excellent for small serving sizes and you wouldn't need to work through different pots and equipment to make a complete dinner.

## **Space Saver**

You will realize that I stress on the size of the air fryer quite a bit. It is perfect on space saving, which is an added advantage that was implemented right from the thoughts of its design. It can fit in almost any area; tabletop, fridge top and even on the dinner table if you are the kind that likes to cook and eat at the same time.

## **Energy Saving**

I saved the best for the last. With the entire world going crazy about saving energy, the air fryer is one to count down those numbers. They use lesser electric power than regular electric ovens and do not heat up spaces.

# **Six Simple Tips for Using an Air Fryer**

Cooking with the air fryer is as seamless as can get and by following these simple steps, you're sure to have your appliance lasting for a long time.

## **Give it a shake**

While cooking, be sure to shake the fryer basket once or twice to ensure that foods are adequately prepared on all sides before serving. Smaller foods like nuts, chips, and French fries might stick to each other; hence shaking the basket frees them up for an even cook.

## **Overcrowding isn't permitted**

Avoid loading the fryer basket with too many foods for optimum results. Make sure to work in batches and give yourself enough time to cook the foods well. I will usually keep foods halfway up the cavity at most so that there is enough room to shake the basket and toss foods.

## **Use lighter oils**

The last thing you want is to clog the holes of the air fryer and to make the basket and walls extremely greasy. If there's a need to oil your foods, work with non-stick cooking sprays for better results.

## **Avoid liquids as much as possible**

Apart from oils that could be used for greasing foods, ensure to pat dry marinated foods before placing them in the fryer basket. It is a more efficient practice to avoid substances clogging the holes of the air fryer, which on the other hand, helps with a more effortless clean after cooking.

## **Work with heatproof containers**

There is a wide range of cooking accessories that you can use in the air fryer

depending on the cooking function that you use. Do not think for a second to use accessories that are not heat resistant else you may be up for a bad burn, an electrical trigger, or you may ruin your air fryer in an instance.

## **Clean sparingly**

Using a wet napkin to wipe the inner and outer parts of the air fryer is mainly all there is to do when it comes to cleaning. You should soak the fryer basket in soapy water and give it a light brush to remove food residues. Afterward, air-dry the air fryer for about an hour and then assemble.

# Air Fryer Cooking Chart

Over time, many manufacturers have tweaked the cooking settings of the air fryer to suit their different inventions. However, you will have many recipes falling along the time and temperature patterns as the chart below.

It is essential to read your manufacturer's time and temperature instructions and then, you can adjust both to fit the recipe in question to ensure that you have well-cooked meals. Also, work with a food thermometer to aid you in reaching the accurate internal temperature of meats and seafood for safe consumption.

## Vegetables

	Temp (°F)	Time (mins)		Temp (°F)	Time (mins)
Asparagus (1-inch slices)	400 °F	5	Onions (quartered)	400 °F	11
Beets (whole)	400 °F	40	Parsnips (½-inch chunks)	380 °F	15
Bell Peppers (1-inch chunks)	400 °F	15	Pearl Onions	400 °F	10
Broccoli (florets)	400 °F	6	Potatoes (whole baby pieces)	400 °F	15
Broccoli Rabe (chopped)	400 °F	6	Potatoes (1-inch chunks)	400 °F	12
Brussel Sprouts (halved)	380 °F	15	Potatoes (baked whole)	400 °F	40
Cabbage (diced)	380 °F	15	Pumpkin (½-inch chunks)	380 °F	13
Carrots (halved)	380 °F	15	Radishes	380 °F	15
Cauliflower (florets)	400 °F	12	Squash (½-inch chunks)	400 °F	12
Collard Greens	250 °F	12	Sweet Potato (baked)	380 °F	30 to 35
Corn on the cob	390 °F	6	Tomatoes (halves)	350 °F	10
Cucumber ( ½-inch slices)	370 °F	4	Tomatoes (cherry)	400 °F	4
Eggplant (2-inch cubes)	400 °F	15	Turnips (½-inch chunks)	380 °F	15
Fennel (quartered)	370 °F	15	Zucchini (½-inch sticks)	400 °F	12
Green Beans	400 °F	5	Mushrooms (¼-inch slices)	400 °F	5
Kale (halved)	250 °F	12			

## Chicken

	Temp (°F)	Time (mins)		Temp (°F)	Time (mins)
Breasts, bone in (1 ¼ lb.)	370 °F	25	Legs, bone-in (1 ¾ lb.)	380 °F	30
Breasts, boneless (4 oz)	380 °F	12	Thighs, boneless (1 ½ lb.)	380 °F	18 to 20
Drumsticks (2 ½ lb.)	370 °F	20	Wings (2 lb.)	400 °F	12
Game Hen (halved 2 lb.)	390 °F	20	Whole Chicken	360 °F	75
Thighs, bone-in (2 lb.)	380 °F	22	Tenders	360 °F	8 to 10

## Beef

	Temp (°F)	Time (mins)		Temp (°F)	Time (mins)
Beef Eye Round Roast (4 lb.s.)	400 °F	45 to 55	Meatballs (1-inch)	370 °F	7
Burger Patty (4 oz.)	370 °F	16 to 20	Meatballs (3-inch)	380 °F	10
Filet Mignon (8 oz.)	400 °F	18	Ribeye, bone-in (1-inch, 8 oz)	400 °F	10 to 15
Flank Steak (1.5 lb.s)	400 °F	12	Sirloin steaks (1-inch, 12 oz)	400 °F	9 to 14
Flank Steak (2 lb.s)	400 °F	20 to 28			

## Pork & Lamb

	Temp (°F)	Time (mins)		Temp (°F)	Time (mins)
Bacon (regular)	400 °F	5 to 7	Pork Tenderloin	370 °F	15
Bacon (thick cut)	400 °F	6 to 10	Sausages	380 °F	15
Pork Loin (2 lb.)	360 °F	55	Lamb Loin Chops (1-inch thick)	400 °F	8 to 12
Pork Chops, bone	400	12	Rack of Lamb (1.5 – 2 lb.)	380	22

in (1-inch, 6.5 oz)	°F			°F	
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## Fish & Seafood

	Temp (°F)	Time (mins)		Temp (°F)	Time (mins)
Calamari (8 oz)	400 °F	4	Tuna Steak	400 °F	7 to 10
Fish Fillet (1-inch, 8 oz)	400 °F	10	Scallops	400 °F	5 to 7
Salmon, fillet (6 oz)	380 °F	12	Shrimp	400 °F	5
Swordfish steak	400 °F	10			

## Frozen Foods

	Temp (°F)	Time (mins)		Temp (°F)	Time (mins)
Breaded Shrimp	400 °F	9	French Fries (thick - 17 oz)	400 °F	18
Chicken Nuggets (12 oz)	400 °F	10	Mozzarella Sticks (11 oz)	400 °F	8
Fish Sticks (10 oz.)	400 °F	10	Onion Rings (12 oz)	400 °F	8
Fish Fillets (½-inch, 10 oz)	400 °F	14	Pot Stickers (10 oz)	400 °F	8
French Fries (thin - 20 oz)	400 °F	14			

# Frequently Asked Questions

- **What can't I cook in the air fryer?**

Because the air fryer uses an air blowing technique, avoid light foods that may be blown all over the cavity while cooking; you will not get adequately prepared food this way. Also, avoid cooking liquids or wet batter because the air will blow the batter all about and will create the kind of mess that you do not want to clean.

- **What size of air fryer should I buy?**

I personally chose a larger appliance for future purposes. I might have family and friends coming over, and I do not want to cook in batches else everyone will be eating at different times. It is better to cook smaller quantities of food in a larger air fryer than work in batches to feed many mouths.

- **I find my cooking temperature and times different. Why is this?**

Most Air Fryers function slightly different from the others concerning time and temperature. As a beginner, you are better off following temperature guides and then, as you get conversant with your Air Fryer, you can tweak times and temperature as you please.

- **Should I preheat the Air Fryer?**

Most often, yes! Preheating prepares the Air Fryer at the temperature that food in question needs for cooking. Meanwhile, different manufacturers have different settings for their makes. It is safer to preheat so that you do not find yourself undercooking your foods.

- **Should I pause the Air Fryer when checking the**

## **food?**

No, you don't need to. Since checking the food requires a few seconds, it is okay to keep the appliance cooking while you do a quick look.

## **. Can I use other cooking accessories in the Air Fryer?**

Sure! Some air fryers may come with accessory kits like baking pans, racks, parchment paper, etc., which are heatproof. Follow the recipe's choice of accessory for cooking and ensure to use heatproof versions in the air fryer.

## **. What are the disadvantages of using Air Fryer?**

The air fryer has one main disadvantage, which is its small cavity size. Due to the design of the appliance, most versions often have small cavities that will require cooking in batches to reach a serving size of above two people. I will advise purchasing the most massive air fryer that you can find to enable you to cook more quantities at a go.

## **. What is the first thing to cook in the Air Fryer?**

Of course, the first recipe in this book. It is quite hard a question to answer because the air fryer cooks many foods to their best. So, working with your mood and tummy cravings is an excellent way to make a choice that will reward your purchasing efforts.

## **. How often should I use the Air Fryer?**

It is a piece of durable equipment and can be used as many times as desired once appropriately managed. Make sure to stick with the tips shared earlier to help you maintain the air fryer for an extended period.

# **Are You Ready for the Ride?**

Once again, I will testify that I have merely found outstanding, crispy food outcomes as the air fryer does. From fried chicken to roasted carrots, and chocolate cakes, there's so much goodness to pop out of your air fryer.

The following recipes are hearty options that serve your own cravings and will keep your guest talking about your perfected dishes.

I'm not sure what you should be waiting for, choose your favorite recipe now, and head over to the air fryer.

It is guaranteed to be a fun time as you whip some toothsome dishes.

Cheers.

# **Chapter 2 Air Fryer Breakfast Recipes**

## **Morning Hash Browns**

Prep + Cook Time: 30 Minutes,

Servings: 4

### **Ingredients:**

- Hash browns-1½ pounds
- Red onion, chopped-1
- Vegetable oil-2 tsp.
- Red bell pepper, chopped-1
- Salt and black pepper -to taste
- Thyme, a chopped-1 tbsp.
- Eggs-2

### **Directions:**

1. Let your Air fryer preheat at 350 ° F.
2. Add oil along with other ingredients to the Air fryer container.
3. Seal it and cook for 25 minutes at Air fryer mode.
4. Serve fresh.

### **Nutrition:**

Calories: 241, Fat: 4g, Fiber: 2g, Carbs: 12g, Protein: 11g

## **Chicken Egg Casserole**

Prep + Cook Time: 30 Minutes,

Servings: 4

### **Ingredients:**

- Chicken meat, ground-1 pound
- Olive oil-1 tbsp.
- Sweet paprika-½ tbsp.
- Eggs, whisked-12
- Baby spinach-1 cup
- Salt and black pepper- to taste

### **Directions:**

1. Beat eggs with paprika, salt, and pepper in a large bowl.
2. Stir in spinach and chicken.
3. Let your Air fryer preheat at 350 ° F.
4. Grease the Air Fryer container with oil then pour in the egg mixture.
5. Secure the Fryer and cook for 25 minutes at Air fryer mode.
6. Enjoy fresh.

### **Nutrition:**

Calories: 270, Fat: 11g, Fiber: 8g, Carbs: 14g, Protein: 7g

## **Cheesy Sausage Quiche**

Prep + Cook Time: 25 Minutes,

Servings: 4

### **Ingredients:**

- Bacon slices, cooked and crumbled-4
- Olive oil- a drizzle
- Coconut milk-2 cups
- Cheddar cheese, shredded-2½ cups
- Breakfast sausage, chopped-1 pound
- Eggs-2
- Salt and black pepper -to taste
- Cilantro, chopped -3 tbsp.

### **Directions:**

1. Beat eggs with cheese, milk, salt, cilantro and pepper in a suitable bowl.
2. Let your Air fryer preheat at 320 ° F.
3. Grease the Air fryer container with oil.
4. Add bacon, and sausage to the Air fryer container and pour the egg mixture on top.
5. Secure the Fryer and cook for 20 minutes at Air fryer mode.
6. Enjoy right away.

### **Nutrition:**

Calories: 244, Fat: 11g, Fiber: 8g, Carbs: 15g, Protein: 9g

## **Chicken, Salsa Burrito**

Prep + Cook Time: 15 Minutes,

Servings: 2

### **Ingredients:**

- Chicken breast slices, cooked and shredded-4
- Green bell pepper, sliced-1
- Eggs, whisked-2
- Avocado, peeled, pitted and sliced-1
- Mild salsa-2 tbsp.
- Salt and black pepper -to taste
- Cheddar cheese, grated-2 tbsp.
- Tortillas-2

### **Directions:**

1. Take a pan, small enough to fit the Air Fryer.
2. Whisk eggs with salt and pepper, pour it into the pan.
3. Transfer this pan in the Air fryer basket and secure it.
4. Cook for 5 minutes at 400 o F.
5. Crumble the cooked egg and toss it with chicken, avocado, bell peppers and cheese in a bowl.
6. Spread the tortillas on the working surface and divide the egg mixture.
7. Roll the tortillas to make the burritos.
8. Layer the Air fryer basket with a foil sheet and place the burritos in the basket.
9. Secure it and cook for 4 minutes at 300 o F on Air fryer mode.
10. Enjoy warm.

### **Nutrition:**

Calories: 329, Fat: 13g, Fiber: 11g, Carbs: 20g, Protein: 8g

## **Blueberry Oats Casserole**

Prep + Cook Time: 30 Minutes,

Servings: 6

### **Ingredients:**

- Old fashioned oats-2 cups
- Baking powder-1 tbsp.
- Sugar- $\frac{1}{3}$  cup
- Cinnamon powder-1 tbsp.
- Blueberries-1 cup
- Banana, peeled and mashed-1
- Milk-2 cups
- Eggs, whisked-2
- Butter -2 tbsp.
- Vanilla extract-1 tbsp.
- Cooking spray

### **Directions:**

1. Beat eggs with sugar, cinnamon, baking powder, blueberries, banana, and vanilla in a suitable bowl.
2. Let your Air fryer preheat at 320 ° F and grease its pan with cooking spray.
3. Add oats along with berries mixture and seal it.
4. Cook for 20 minutes at Air fryer mode.
5. Slice and serve.

### **Nutrition:**

Calories: 260, Fat: 4g, Fiber: 7g, Carbs: 9g, Protein: 10g

## **Cheese and Bread Bake**

Prep + Cook Time: 40 Minutes,

Servings: 6

### **Ingredients:**

- White bread, cubed-1 pound
- Smoked bacon, cooked and chopped -1 pound
- Avocado oil-¼ cup
- Red onion, chopped-1
- Canned tomatoes, chopped -30 ounces
- Cheddar cheese, shredded-½ pound
- Chives, chopped -2 tbsp.
- Monterey jack cheese, shredded-½ pound
- Chicken stock-2 tbsp.
- Salt and black pepper -to taste
- Eggs, whisked-8

### **Directions:**

1. Grease the Air fryer pan with oil and preheat it at 350 ° F.
2. Add everything to this pan except the chives.
3. Seal it and cook for 30 minutes on Air fryer mode.
4. Garnish with chives.
5. Enjoy.

### **Nutrition:**

Calories: 211, Fat: 8g, Fiber: 7g, Carbs: 14g, Protein: 3g

## **Cream Cheese Egg Omelet**

Prep + Cook Time: 30 Minutes,

Servings: 6

### **Ingredients:**

- Hash browns-1½ pounds
- Almond milk-1 cup
- Olive oil- a drizzle
- Bacon slices, chopped-6
- Cream cheese, softened-8 ounces
- Yellow onion, chopped-1
- Cheddar cheese, shredded-1 cup
- Spring onions, chopped-6
- Salt and black pepper -to taste
- Eggs -6

### **Directions:**

1. Let your Air fryer preheat at 350 ° F.
2. Whisk everything in a bowl except the spring onions.
3. Pour this mixture into the air fryer pan.
4. Seal it and cook for 20 minutes at Air fryer mode.
5. Garnish with spring onions.
6. Serve right away.

### **Nutrition:**

Calories: 231, Fat: 9g, Fiber: 9g, Carbs: 8g, Protein: 12g

## **Cheesy Peppers Frittata**

Prep + Cook Time: 30 Minutes,

Servings: 6

### **Ingredients:**

- Jarred roasted red bell peppers, chopped-6 ounces
- Eggs, whisked-12
- Parmesan cheese, grated- $\frac{1}{2}$  cup
- Garlic cloves, minced-3
- Parsley, chopped-2 tbsp.
- Salt and black pepper -to taste
- Chives, chopped-2 tbsp.
- Ricotta cheese-6 tbsp.
- Olive oil - a drizzle

### **Directions:**

1. Whisk eggs with bell peppers, parsley, garlic, pepper, salt, ricotta and chives in a suitable bowl.
2. Let your Air fryer preheat at 300 o F and grease its pan with oil.
3. Transfer the egg mixture into the pan and drizzle the parmesan on top.
4. Seal it and cook for 20 minutes on Air fryer mode.
5. Slice and serve warm.

### **Nutrition:**

Calories: 262, Fat: 6g, Fiber: 9g, Carbs: 18g, Protein: 8g

## **Blackberries and Cornflakes Mix**

Prep + Cook Time: 15 Minutes,

Servings: 4

### **Ingredients:**

- Milk-3 cups
- Sugar -1 tbsp.
- Eggs whisked -2
- Nutmeg, a ground- $\frac{1}{4}$  tbsp.
- Blackberries - $\frac{1}{4}$  cup
- Cream cheese, whipped-4 tbsp.
- Corn flakes - $1\frac{1}{2}$  cups

### **Directions:**

1. Add everything to a suitable-sized bowl and stir well.
2. Let your Air fryer preheat at 350 ° F.
3. Add this prepared mixture to the Air fryer pan and seal it.
4. Cook for 10 minutes on Air fryer mode.
5. Serve fresh.

### **Nutrition:**

Calories: 180, Fat: 5g, Fiber: 7g, Carbs: 12g, Protein: 5g

## **Egg and Onion Scramble**

Prep + Cook Time: 15 Minutes,

Servings: 4

### **Ingredients:**

- Eggs, whisked-4
- Olive oil- a drizzle
- Salt and black pepper -to taste
- Red onion, chopped-1
- Sweet paprika-2 tsp.

### **Directions:**

1. Add everything to a suitable-sized bowl and stir well.
2. Let your Air fryer preheat at 240 ° F.
3. Add this prepared mixture to the Air fryer pan and seal it.
4. Cook for 10 minutes on Air fryer mode.
5. Serve fresh.

### **Nutrition:**

Calories: 190, Fat: 7g, Fiber: 7g, Carbs: 12g, Protein: 4g

## **White Mushroom Pie**

Prep + Cook Time: 20 Minutes,

Servings: 4

### **Ingredients:**

- Olive oil -1 tbsp.
- Pie dough-9-inch
- White mushrooms, chopped -6
- Bacon cooked and crumbled-2 tbsp.
- Eggs -3
- Red onion, chopped-1
- Heavy cream - $\frac{1}{2}$  cup
- Salt and black pepper -to taste
- Thyme, a dried- $\frac{1}{2}$  tbsp.
- Cheddar cheese, grated- $\frac{1}{4}$  cup

### **Directions:**

1. Grease a pie pan with oil, suitable to fit the Air Fryer.
2. Spread the dough in the pie pan.
3. Beat everything in a bowl except the cheese.
4. Pour this mixture over the dough and drizzle cheese on top.
5. Seal it and cook for 10 minutes at 400 ° F.
6. Slice and serve fresh.

### **Nutrition:**

Calories: 192, Fat: 6g, Fiber: 6g, Carbs: 14g, Protein: 7g

## **Cauliflower Egg Bake**

Prep + Cook Time: 30 Minutes,

Servings: 4

### **Ingredients:**

- Cauliflower head stems removed, florets separated and steamed -1
- Carrots, chopped and steamed -3
- Ounces cheddar cheese, grated -2
- Eggs -3
- Milk -2 ounces
- Cilantro, chopped -2 tsp.
- Salt and black pepper -to taste

### **Directions:**

1. Beat eggs with salt, pepper, parsley, and milk in a bowl.
2. Spread the carrots and cauliflower in the Air fryer pan.
3. Pour the egg mixture over them and seal the pan.
4. Cook for 20 minutes at 350 ° F on Air fryer mode.
5. Slice and serve.

### **Nutrition:**

Calories: 194, Fat: 4g, Fiber: 7g, Carbs: 11g, Protein: 6g

## **Pesto Bread Pizza**

Prep + Cook Time: 13 Minutes,

Servings: 3

### **Ingredients:**

- Bread slices -6
- Butter, melted-5 tbsp.
- Garlic cloves, minced -3
- Basil and tomato pesto -6 tsp.
- Mozzarella cheese, grated-1 cup

### **Directions:**

1. Spread the bread slices on the working surface.
2. Whisk butter with garlic and pesto in a bowl.
3. Spread this mixture over the slices.
4. Place 3 slices in the Air fryer basket and drizzle half of the cheese over them.
5. Seal the fryer and cook for 8 minutes at 350 ° F on Air fryer mode.
6. Repeat the same steps with remaining slices to cook.
7. Serve warm.

### **Nutrition:**

Calories: 187, Fat: 6g, Fiber: 6g, Carbs: 13g, Protein: 5g

## **Tomato Sausage Omelet**

Prep + Cook Time: 16 Minutes,

Servings: 2

### **Ingredients:**

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

### **Directions:**

1. Add sausage and tomatoes in the Air fryer basket.
2. Seal it and cook for 5 minutes at 360 ° F.
3. Take a pan, suitable to fit the Air Fryer.
4. Add the sausage and tomatoes to the pan.
5. Whisk remaining things in a bowl and pour it over the tomatoes.
6. Place this pan in the Air fryer and seal it.
7. Cook for 6 minutes at 360 ° F on Air fryer mode.

### **Nutrition:**

Calories: 270, Fat: 14g, Fiber: 3g, Carbs: 23g, Protein: 16g

## **Mini Polenta Patties**

Prep + Cook Time: 35 Minutes,

Servings: 4

### **Ingredients:**

- cornmeal -1 cup
- water-3 cups
- Salt and black pepper -to taste
- butter softened -1 tbsp.
- potato starch - $\frac{1}{4}$  cup
- vegetable oil - A drizzle
- Maple syrup -for serving

### **Directions:**

1. Add water and cornmeal to a pot and cook for 10 minutes on medium heat.
2. Stir in butter and mix well then put off the heat.
3. Once the cornmeal is cooled, make small balls out of it.
4. Place them in a greased baking pan and flatten them with a press of your hand.
5. Drizzle oil over them then place the pan in the air fryer,
6. Seal it and cook for 15 minutes at 380 ° F on Air fryer mode.
7. Flip them once cooked half way through.
8. Garnish with maple syrup.
9. Serve fresh.

### **Nutrition:**

Calories: 170, Fat: 2g, Fiber: 2g, Carbs: 12g, Protein: 4g

## **Sugary Vanilla Toast**

Prep + Cook Time: 10 Minutes,

Servings: 6

### **Ingredients:**

- Butter, softened -1 stick
- Bread slices -12
- Brown sugar - $\frac{1}{2}$  cup
- Vanilla extract -2 tsp.

### **Directions:**

1. Beat butter with vanilla and sugar in a bowl.
2. Place the bread slices on the working surface and spread the butter mixture over them.
3. Place 3 slices in the Air fryer pan and seal it.
4. Cook for 5 minutes at 400 ° F on Air fryer mode.
5. Repeat the same steps with remaining slices to cook.
6. Serve fresh.

### **Nutrition:**

Calories: 170, Fat: 6g, Fiber: 5g, Carbs: 11g, Protein: 2g

## **Tangy Cream Soufflé**

Prep + Cook Time: 14 Minutes,

Servings: 3

### **Ingredients:**

- Eggs -3
- Heavy cream -2 tbsp.
- Red chili pepper, chopped-1
- Parsley, finely chopped -2 tbsp.
- Salt and white pepper -to taste

### **Directions:**

1. Whisk everything in a bowl and divide the batter into 3 ramekins.
2. Place these ramekins in the Air fryer basket and seal it.
3. Cook for 9 minutes at 400 ° F on Air fryer mode.
4. Serve fresh.

### **Nutrition:**

Calories: 200, Fat: 6g, Fiber: 1g, Carbs: 11g, Protein: 3g

## **Mushroom Spinach Omelet**

Prep + Cook Time: 25 Minutes,

Servings: 4

### **Ingredients:**

- White mushrooms, sliced-8
- Garlic clove, minced -1
- Cherry tomatoes, halved-8
- Bacon, chopped -4 slices
- Spinach, torn-7 ounces
- Olive oil - a drizzle
- Eggs -4
- Salt and black pepper -to taste

### **Directions:**

1. Grease a pan with oil, suitable to fit the Air Fryer.
2. Add everything except the spinach and mix well.
3. Place this pan in the Air fryer and seal it.
4. Cook for 15 minutes at 400 ° F on Air fryer mode.
5. Now add spinach to the pan and toss well.
6. Cook for 5 minutes more on Air Fryer mode.
7. Serve warm.

### **Nutrition:**

Calories: 160, Fat: 2g, Fiber: 5g, Carbs: 12g, Protein: 9g

## **Parmesan Egg Muffins**

Prep + Cook Time: 20 Minutes,

Servings: 4

### **Ingredients:**

- Eggs -2
- Olive oil-2 tbsp.
- Almond milk-3 ounces
- Baking powder -1 tbsp.
- White flour -4 ounces
- Worcestershire sauce - a splash
- Parmesan cheese, grated-2 ounces

### **Directions:**

1. Beat eggs with milk, Worcestershire sauce, flour, baking powder, parmesan and a tbsp. of oil in a bowl.
2. Grease a muffin pan with 1 tbsp oil.
3. Divide the eggs mixture into the muffin cups and place this pan in the Air Fryer.
4. Seal the fryer and cook for 15 minutes at 320 ° F on Air fryer mode.
5. Enjoy.

### **Nutrition:**

Calories: 190, Fat: 12g, Fiber: 2g, Carbs: 11g, Protein: 5g

## **Cheesy Tomato Eggs**

Prep + Cook Time: 35 Minutes,

Servings: 2

### **Ingredients:**

- Eggs -2
- Cheddar cheese, shredded - $\frac{1}{2}$  cup
- Red onion, chopped -2 tbsp.
- Salt and black pepper - a pinch
- Milk - $\frac{1}{4}$  cup
- Tomatoes, chopped - $\frac{1}{2}$  cup

### **Directions:**

1. Whisk everything in a bowl except cheese.
2. Pour this mixture in the Air fryer pan and drizzle cheese on top.
3. Place this pan in the Air fryer basket and seal it.
4. Cook at 350 o F for 30 minutes on Air fryer mode.
5. Serve.

### **Nutrition:**

Calories: 210, Fat: 4g, Fiber: 2g, Carbs: 12g, Protein: 9g

## **Crispy Eggplant Sandwich**

Prep + Cook Time: 55 Minutes,

Servings: 2

### **Ingredients:**

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

### **Directions:**

1. Rub the eggplant slices with salt and pepper to season.
2. Place the slices in a colander for 30 minutes then pat them dry.
3. Brush the slices with milk and mayo.
4. Mix parsley, Italian seasoning, breadcrumbs, salt, black pepper and garlic powder in a bowl.
5. Coat the eggplant slices in this mixture then place them in a greased pan.
6. Place this pan in the Air fryer basket and seal it.
7. Cook for 15 minutes at 400 ° F on Air fryer mode.
8. Flip them gently once cooked half way through.
9. Place two bread slices on a working surface and brush them with oil.
10. Top them with tomato paste, eggplant slices, basil, and cheeses.

11. Place the remaining slices on top then grill the sandwiches in the preheated grill for 5 minutes per side.
12. Serve warm.

**Nutrition:**

Calories: 251, Fat: 11g, Fiber: 4g, Carbs: 8g, Protein: 7g

## **Cheesy Corn Pudding**

Prep + Cook Time: 1hr. 25 Minutes,

Servings: 6

### **Ingredients:**

- bacon slices, cooked and chopped-4
- olive oil -1 tbsp.
- corn-2 cups
- green bell pepper, chopped - $\frac{1}{2}$  cup
- yellow onion, chopped-1
- celery, chopped - $\frac{1}{4}$  cup
- thyme, a chopped-1 tbsp.
- garlic, grated -2 tsp.
- Salt and black pepper- to taste
- heavy cream - $\frac{1}{2}$  cup
- whole milk - $1\frac{1}{2}$  cups
- eggs -3
- bread, cubed-3 cups
- parmesan cheese, grated-3 tbsp.
- cheddar cheese, grated-1 cup

### **Directions:**

1. Take a medium sized pan and heat oil in it over medium heat.
2. Stir in celery, corn, bell pepper, salt, pepper, onion, garlic, and thyme.
3. Sauté for 15 minutes then place this mixture in a bowl.
4. Add milk, cream, bacon, eggs, salt, pepper, cheddar and bread to the bowl.
5. Mix well then pour it into a casserole dish, suitable to fit the Air Fryer.
6. Place this dish in the Air fryer basket then seal it.
7. Cook at 350 ° F for 30 minutes on Air fryer mode.
8. Drizzle the parmesan cheese over the casserole and seal the Fryer again.
9. Cook for another 30 minutes at similar settings.
10. Slice and serve.

**Nutrition:**

Calories: 251, Fat: 6g, Fiber: 9g, Carbs: 14g, Protein: 7g

## **Potatoes Yogurt Bowl**

Prep + Cook Time: 25 Minutes,

Servings: 4

### **Ingredients:**

- Gold potatoes, cubed-1½ pounds
- Olive oil-2 tbsp.
- Salt and black pepper -to taste
- Sweet paprika -1 tbsp.
- Greek yogurt -4 ounces
- Cilantro, chopped -1 tbsp.

### **Directions:**

1. Place the diced potatoes in the Air fryer basket.
2. Drizzle oil, pepper, salt and paprika over them and toss well.
3. Seal the Fryer and cook for 20 minutes at 360 ° on Air fryer mode.
4. Serve the potatoes with cilantro and yogurt.
5. Enjoy.

### **Nutrition:**

Calories: 251, Fat: 7g, Fiber: 4g, Carbs: 14g, Protein: 7g

## **Crescent Sausage Rolls**

Prep + Cook Time: 16 Minutes,

Servings: 4

### **Ingredients:**

- Crescent roll dough pieces, separated-8
- Small sausages-8
- Cheddar cheese slices -8

### **Directions:**

1. Spread the crescent roll pieces on the working surface.
2. Arrange one sausage and one cheese slice over each piece.
3. Roll crescent pieces and seal their edges.
4. Place the 4 wraps in the Air fryer basket.
5. Seal it and cook for 3 minutes at 380 o F on Air fryer mode.
6. Repeat the same steps with remaining wraps.
7. Serve warm.

### **Nutrition:**

Calories: 181, Fat: 11g, Fiber: 1g, Carbs: 14g, Protein: 4g

## **Buttermilk Morning Biscuits**

Prep + Cook Time: 18 Minutes,

Servings: 12

### **Ingredients:**

- White flour-2 cups
- Baking soda - $\frac{1}{4}$  tbsp.
- Baking powder - $\frac{1}{2}$  tbsp.
- Sugar -1 tbsp.
- Butter -5 tbsp.
- Buttermilk -1 cup

### **Directions:**

1. Choose a bowl and add flour, sugar, baking powder, baking soda, buttermilk, and 4 tbsp butter.
2. Mix well to form a smooth dough.
3. Knead this dough on a floured working surface then spread it into a sheet.
4. Use a cookie cutter to cut 12 smaller pieces out of this dough.
5. Place the cut biscuits in the air fryer pan.
6. Melt the remaining butter and brush it over the biscuits.
7. Seal the fryer and cook 8 minutes at 400 ° F on Bake mode.
8. Serve.

### **Nutrition:**

Calories: 202, Fat: 11g, Fiber: 9g, Carbs: 14g, Protein: 7g

## **Chorizo Cilantro Omelet**

Prep + Cook Time: 12 Minutes,

Servings: 4

### **Ingredients:**

- Eggs whisked -4
- Chorizo, chopped-½ pound
- Corn -½ cup
- Vegetable oil -1 tbsp.
- Cilantro, chopped -1 tbsp.
- Feta cheese, a crumbled-1 tbsp.
- Salt and black pepper -to taste

### **Directions:**

1. Let your Air fryer preheat at 350 ° F.
2. Add oil and chorizo to the Fryer's pan and sauté for 2 minutes.
3. Whisk everything that is remaining in a bowl.
4. Pour this mix over the chorizo then seal the fryer.
5. Cook for 5 minutes on Air fryer mode at 350 ° F.
6. Slice and serve.

### **Nutrition:**

Calories: 270, Fat: 6g, Fiber: 9g, Carbs: 12g, Protein: 7g

## **Italian Artichoke Omelet**

Prep + Cook Time: 20 Minutes,

Servings: 6

### **Ingredients:**

- Artichoke hearts, canned, drained and chopped-3
- Avocado oil -2 tbsp.
- Eggs whisked- 4
- Oregano, a dried -1/2 tbsp.
- Salt and black pepper -to taste

### **Directions:**

1. Whisk everything in a bowl except.
2. Grease the Air fryer pan with the oil.
3. Let your Air fryer preheat at 320 ° F.
4. Add the prepared mixture in the pan then seal the fryer.
5. Cook for 15 minutes on Air fryer mode at 320 ° F.
6. Serve fresh.

### **Nutrition:**

Calories: 216, Fat: 11g, Fiber: 6g, Carbs: 9g, Protein: 4g

## **Potato Onion Frittata**

Prep + Cook Time: 25 Minutes,

Servings: 6

### **Ingredients:**

- Eggs whisked -8
- Olive oil -1 tbsp.
- Small potatoes, chopped-1 pound
- Red onions, chopped -2
- Salt and black pepper -to taste
- Parmesan cheese, grated-1 ounce
- Heavy cream - $\frac{1}{2}$  cup

### **Directions:**

1. Whisk everything in a bowl except the potatoes.
2. Grease the Air fryer's pan and preheat it at 320 ° F.
3. Add potatoes to the Fryer's pan and sauté for 5 minutes.
4. Pour in the prepared mixture then seal the fryer.
5. Cook for 15 minutes on Air fryer mode at 320 ° F.
6. Slice and serve.

### **Nutrition:**

Calories: 271, Fat: 11g, Fiber: 7g, Carbs: 14g, Protein: 6g

## **Air fried Cheese Sandwich**

Prep + Cook Time: 13 Minutes,

Servings: 2

### **Ingredients:**

- Bread slices-4
- Butter softened -4 tsp.
- Cheddar cheese slices -4

### **Directions:**

1. Layer the top of bread slices with butter.
2. Place two cheese slices each on 2 slices of bread.
3. Cover it with remaining two slices of bread then cut in half diagonally.
4. Place the sandwiches in the Air fryer basket and seal it.
5. Cook for 8 minutes at 370 ° F on Air fryer mode.
6. Serve fresh.

### **Nutrition:**

Calories: 200, Fat: 3g, Fiber: 5g, Carbs: 12g, Protein: 4g

## **Green Beans Egg Bake**

Prep + Cook Time: 15 Minutes,

Servings: 4

### **Ingredients:**

- Eggs, whisked-4
- Soy sauce -1 tbsp.
- Olive oil-1 tbsp.
- Garlic cloves, minced-4
- Green beans, trimmed and halved-3 ounces
- Salt and black pepper -to taste

### **Directions:**

1. Whisk everything in a bowl except oil and beans.
2. Let your Air fryer preheat and grease its pan with oil.
3. Add beans to the pan and sauté for 3 minutes.
4. Pour the prepared mixture over then seal the Fryer.
5. Cook for 8 minutes at the same temperature on Air fryer mode.
6. Slice and serve to enjoy.

### **Nutrition:**

Calories: 212, Fat: 8g, Fiber: 6g, Carbs: 8g, Protein: 6g

## **Cod Corn Burritos**

Prep + Cook Time: 27 Minutes,

Servings: 4

### **Ingredients:**

- Tortillas -4
- Olive oil- a drizzle
- Green bell pepper, chopped-1
- Red onion, chopped -1
- Corn -1 cup
- Cod fillets, skinless and boneless -4
- Salsa -½ cup
- Baby spinach - a handful
- Parmesan cheese, grated -4 tbsp.

### **Directions:**

1. Place the fish in the Air fryer's basket.
2. Secure the Fryer and cook for 6 minutes at 350 ° F on Air fryer mode.
3. Meanwhile, preheat a pan with oil and sauté bell peppers, corn, and onions in it.
4. After 5 minutes put off the heat.
5. Spread the tortillas on a working surface then divide the fish, salsa, spinach, sautéed veggies and parmesan over each tortilla.
6. Roll them into a burrito then place them in the Air fryer basket.
7. Seal it and cook for 6 minutes at 350 ° F on Air fryer mode.
8. Serve warm.

### **Nutrition:**

Calories: 230, Fat: 12g, Fiber: 7g, Carbs: 14g, Protein: 5g

## **Cheese and Ham Pockets**

Prep + Cook Time: 20 Minutes,

Servings: 4

### **Ingredients:**

- Puff pastry sheet -1
- Mozzarella cheese, grated -4 handfuls
- Mustard -4 tsp.
- Ham slices, chopped-8

### **Directions:**

1. Spread the puff pastry on a working surface and slice it into 12 squares.
2. Top the half of the pieces with an equal amount of cheese, mustard, and ham.
3. Place the remaining halves on top and seal their edges.
4. Place these pockets in the Air fryer's basket then seal the Fryer.
5. Cook for 10 minutes at 370 ° F on Air fryer mode.
6. Serve warm and fresh.

### **Nutrition:**

Calories: 212, Fat: 12g, Fiber: 7g, Carbs: 14g, Protein: 8g

## **Tuna Mayo Sandwiches**

Prep + Cook Time: 14 Minutes,

Servings: 4

### **Ingredients:**

- Canned tuna, drained-16 ounces
- Mayonnaise -¼ cup
- Mustard -2 tbsp.
- Lime juice -1 tbsp.
- Spring onions, chopped -2
- Bread slices -6
- Butter, melted-3 tbsp.
- Provolone cheese slices -6

### **Directions:**

1. Toss tuna with lime juice, mayo, spring onions and mustard in a bowl.
2. Layer the bread slices with butter then place them in the Air fryer basket.
3. Seal the fryer and cook for 5 minutes at 350 ° F on Air fryer.
4. Top the half of the bread slices with tuna mixture and cheese.
5. Place the remaining slices on top and place the sandwich in the Air fryer basket.
6. Seal the fryer and cook for 4 minutes at Air fryer mode at 350 ° F.
7. Serve warm.

### **Nutrition:**

Calories: 212, Fat: 8g, Fiber: 7g, Carbs: 8g, Protein: 6g

## **Mint & Peas Omelet**

Prep + Cook Time: 15 Minutes,

Servings: 8

### **Ingredients:**

- Baby peas- $\frac{1}{2}$  pound
- Avocado oil-3 tbsp.
- Yogurt - $1\frac{1}{2}$  cups
- Eggs, whisked-8
- Mint, chopped - $\frac{1}{2}$  cup
- Salt and black pepper -to taste

### **Directions:**

1. Add oil to a pan, suitable to fit the Air fryer and place it over medium heat.
2. Add peas and sauté for 4 minutes.
3. Whisk yogurt with mint, eggs, pepper, and salt in a bowl.
4. Add the mixture over the peas and toss well.
5. Place this pea pan in the Air fryer and seal the fryer.
6. Cook for 7 minutes at 350 ° F on Air fryer mode.
7. Slice and serve.

### **Nutrition:**

Calories: 212, Fat: 9g, Fiber: 4g, Carbs: 13g, Protein: 7g

## **Vanilla Steel Cut Oats**

Prep + Cook Time: 22 Minutes,

Servings: 4

### **Ingredients:**

- Milk -1 cup
- Steel cut oats -1 cup
- Water -2½ cups
- Brown sugar -2 tbsp.
- Vanilla extract -2 tsp.

### **Directions:**

1. Take a pan, suitable to fit the Air Fryer.
2. Add everything to this pan and mix well.
3. Place this pan in the Air fryer and seal it.
4. Cook for 17 minutes at 360 ° F on Air fryer mode.
5. Serve fresh.
6. Enjoy!

### **Nutrition:**

Calories: 161, Fat: 7g, Fiber: 6g, Carbs: 9g, Protein: 6g

## **Pear Cinnamon Oatmeal**

Prep + Cook Time: 17 Minutes,

Servings: 4

### **Ingredients:**

- Milk -1 cup
- Butter, softened -1 tbsp.
- Brown sugar - $\frac{1}{4}$  cups
- Cinnamon powder - $\frac{1}{2}$  tbsp.
- Old fashioned oats -1 cup
- Walnuts, chopped- $\frac{1}{2}$  cup
- Pear, peeled and chopped-2 cups

### **Directions:**

1. Take a pan, suitable to fit the Air Fryer.
2. Add everything to the pan and mix well.
3. Place this pan in the Air fryer and seal it.
4. Cook for 12 minutes at 360 ° F on Air fryer mode.
5. Serve right away.

### **Nutrition:**

Calories: 210, Fat: 9g, Fiber: 11g, Carbs: 12g, Protein: 5g

## **Maple Rice Pudding**

Prep + Cook Time: 25 Minutes,

Servings: 4

### **Ingredients:**

- Brown rice-1 cup
- Coconut, shredded- $\frac{1}{2}$  cup
- Almond milk-3 cups
- Maple syrup - $\frac{1}{2}$  cup
- Almonds, chopped - $\frac{1}{2}$  cup

### **Directions:**

1. Add rice to a pan, suitable to the Air Fryer.
2. Stir in remaining things and toss them well.
3. Place this pan in the Air fryer basket and seal it.
4. Cook at 360 ° F for 20 minutes on Air fryer mode.
5. Serve right away.

### **Nutrition:**

Calories: 201, Fat: 6, Fiber: 8, Carbs: 19, Protein: 6

## **Squash Mushroom Mix**

Prep + Cook Time: 15 Minutes,

Servings: 4

### **Ingredients:**

- Red bell pepper, roughly chopped-1
- White mushrooms, sliced-1 cup
- Yellow squash, cubed -1
- Green onions, sliced-2
- Butter, softened-2 tbsp.
- Feta cheese, crumbled- $\frac{1}{2}$  cup

### **Directions:**

1. Add everything to a bowl except feta cheese.
2. Spread this mixture in the Air fryer pan then seal it.
3. Cook for 10 minutes at 350 ° F on Air fryer mode.
4. Garnish with feta cheese.
5. Serve fresh.

### **Nutrition:**

Calories: 202, Fat: 12g, Fiber: 4g, Carbs: 7g, Protein: 2g

## **Tarragon Cheese Omelet**

Prep + Cook Time: 20 Minutes,

Servings: 4

### **Ingredients:**

- Eggs, whisked-6
- Parsley, a chopped-1 tbsp.
- Tarragon, chopped -1 tbsp.
- Chives, chopped-2 tbsp.
- Salt and black pepper -to taste
- Parmesan cheese, grated-2 tbsp.
- Heavy cream-4 tbsp.

### **Directions:**

1. Mix everything in a bowl except parmesan.
2. Add this mixture to a pan, suitable to fit in the Air fryer basket.
3. Seal it and cook for 15 minutes at 350 ° F on Air fryer mode.
4. Slice and serve with parmesan cheese on top.
5. Enjoy.

### **Nutrition:**

Calories: 251, Fat: 8g, Fiber: 4g, Carbs: 15g, Protein: 4g

## **Zucchini Chicken Burritos**

Prep + Cook Time: 12 Minutes,

Servings: 4

### **Ingredients:**

- Tortillas -4
- Butter softened -4 tbsp.
- Rotisserie chicken, cooked and shredded-6 ounces
- Zucchini, shredded-1 cup
- Mayonnaise- $\frac{1}{3}$  cup
- Mustard -2 tbsp.
- Parmesan cheese, grated-1 cup

### **Directions:**

1. Layer the tortillas with butter then place them in the Air fryer's basket.
2. Seal it and cook for 3 minutes at 400 ° F on Air fryer mode.
3. Toss chicken with mustard, mayo, and zucchini in a bowl.
4. Divide this prepared mixture in the tortillas and top them with cheese.
5. Roll each tortilla and place them in the Air fryer basket.
6. Seal it and cook for 4 minutes at 400 ° F on Air fryer mode.
7. Serve.

### **Nutrition:**

Calories: 212, Fat: 8g, Fiber: 8g, Carbs: 9g, Protein: 4g

## **Kale & Pumpkin Seeds Sandwich**

Prep + Cook Time: 11 Minutes,

Servings: 1

### **Ingredients:**

- Olive oil-1 tbsp.
- Kale, torn-2 cups
- Salt and black pepper - a pinch
- Pumpkin seeds-2 tbsp.
- Small shallot, chopped-1
- Mayonnaise-1½ tbsp.
- Avocado slice -1
- English muffin, halved-1

### **Directions:**

1. Let you Air fryer preheat at 360 ° F with its pan greased with oil.
2. Add salt, pepper, kale, shallots and pumpkin seeds.
3. Toss well then seal the fryer and cook for 6 minutes at Air fryer mode.
4. Shake it well once cooked half way through.
5. Layer the English muffin halves with mayo.
6. Top the half of them with avocado slice and kale mixture.
7. Place the remaining muffin halves on top.
8. Serve fresh.

### **Nutrition:**

Calories: 162, Fat: 4g, Fiber: 7g, Carbs: 9g, Protein: 4g

## **Apple Cinnamon Pancakes**

Prep + Cook Time: 30 Minutes,

Servings: 4

### **Ingredients:**

- White flour-1¾ cups
- Sugar-2 tbsp.
- Baking powder-2 tsp.
- Vanilla extract -¼ tbsp.
- Cinnamon powder-2 tsp.
- Milk -1¼ cups
- Egg whisked -1
- Apple, peeled, cored and chopped-1 cup
- Cooking spray

### **Directions:**

1. Mix everything in a bowl except cooking spray.
2. Grease the Air fryer's pan with cooking spray.
3. Pour ¼ of the batter in the Air fryer pan and place it in the Fryer.
4. Seal it and cook for 5 minutes at 360 ° F.
5. Once cooked half way through then flip it.
6. Cook the remaining pancakes following the same steps.
7. Serve fresh.

### **Nutrition:**

Calories: 172, Fat: 4g, Fiber: 4g, Carbs: 8g, Protein: 3g

## **Romanesco Tofu Quinoa**

Prep + Cook Time: 25 Minutes,

Servings: 4

### **Ingredients:**

- Firm tofu, cubed-12 ounces
- Maple syrup-3 tbsp.
- Soy sauce- $\frac{1}{4}$  cup
- Olive oil -2 tbsp.
- Lime juice -2 tbsp.
- Fresh Romanesco, torn-1 pound
- Carrots, chopped-3
- Red bell pepper, chopped-1
- Baby spinach, torn-8 ounces
- Red quinoa, cooked-2 cups

### **Directions:**

1. Toss tofu with maple syrup, oil, lime juice and soy sauce in a bowl.
2. Add this tofu to the Air fryer basket and seal it.
3. Cook for 15 minutes at 370 ° F on Air fryer mode.
4. Shake it halfway through.
5. Once done, add the tofu to a bowl.
6. Add carrots, Romanesco, quinoa, bell pepper and spinach.
7. Mix well then serve.
8. Enjoy.

### **Nutrition:**

Calories: 209, Fat: 7g, Fiber: 6g, Carbs: 8g, Protein: 4g

## **Black Bean Cheese Burritos**

Prep + Cook Time: 19 Minutes,

Servings: 2

### **Ingredients:**

- Canned black beans, drained-2 cups
- Olive oil- a drizzle
- Red bell pepper, sliced - $\frac{1}{2}$
- Small avocado, peeled, pitted and sliced-1
- Mild salsa -2 tbsp.
- Salt and black pepper- to taste
- Mozzarella cheese, shredded- $\frac{1}{8}$  cup
- Tortillas -2

### **Directions:**

1. Grease your Air fryer pan with oil.
2. Add beans, salsa, salt, pepper, and bell peppers.
3. Seal the fryer and cook for 6minutes at 400 ° F on Air fryer mode.
4. Spread the tortillas on the working surface then divide the beans mixture on top.
5. Add avocado and cheese, then roll the burritos.
6. Place the burritos in the Air fryer basket and seal the fryer.
7. Cook for 3 minutes at 300 ° F on Air fryer mode.
8. Serve.

### **Nutrition:**

Calories: 189, Fat: 3g, Fiber: 7g, Carbs: 12g, Protein: 5g

## **Mushroom Tofu Casserole**

Prep + Cook Time: 35 Minutes,

Servings: 2

### **Ingredients:**

- Yellow onion, chopped -1
- Garlic, minced-1 tbsp.
- Olive oil-1 tbsp.
- Carrot, chopped -1
- Celery stalks, chopped-2
- White mushrooms, chopped-½ cup
- Red bell pepper, chopped -½ cup
- Salt and black pepper- to taste
- Oregano, a dried-1 tbsp.
- Cumin, a ground-½ tbsp.
- Firm tofu, cubed-7 ounces
- Lemon juice -1 tbsp.
- Water -2 tbsp.
- Quinoa, already cooked-½ cup
- Cheddar cheese, grated-2 tbsp.

### **Directions:**

1. Choose a pan and grease it with oil. Place it over medium heat.
2. Add onion and garlic. Sauté for 3 minutes.
3. Stir in celery, carrots, bell peppers, salt, mushrooms, pepper, cumin, and oregano.
4. Sauté for 6 minutes then take it off the heat.
5. Add tofu to the food processor along with cheese, quinoa, water, and lemon juice.
6. Blend until it is smooth then add this mixture to the sautéed veggies.
7. Mix well then add these veggies to the Air fryer pan.
8. Seal the Air fryer and cook for 15 minutes at 350 ° F on Air fryer mode.
9. Serve warm.

**Nutrition:**

Calories: 230, Fat: 11g, Fiber: 7g, Carbs: 14g, Protein: 5g

## **Cinnamon Yam Pudding**

Prep + Cook Time: 13 Minutes,

Servings: 4

### **Ingredients:**

- Canned candied yams, drained-16 ounces
- Cinnamon powder- $\frac{1}{2}$  tbsp.
- Allspice, a ground- $\frac{1}{4}$  tbsp.
- Coconut sugar - $\frac{1}{2}$  cup
- Eggs, whisked-2
- Heavy cream -2 tbsp.
- Maple syrup- $\frac{1}{2}$  cup
- Cooking spray

### **Directions:**

1. Toss yams with allspice and cinnamon in a bowl.
2. Mash them with a fork and keep it aside.
3. Grease the Air fryer pan with pan and preheat it at 400 ° F.
4. Spread the yams mixture at the bottom of the pan.
5. Whisk eggs with maple syrup, and cream in a separate bowl.
6. Pour this mixture over the yams layer.
7. Seal the fryer and cook for 8 minutes at 400 ° F on Air fryer mode.
8. Serve fresh.

### **Nutrition:**

Calories: 251, Fat: 11g, Fiber: 7g, Carbs: 9g, Protein: 5g

## **Tangy Cauliflower Hash**

Prep + Cook Time: 25 Minutes,

Servings: 4

### **Ingredients:**

- Cauliflower head stems discarded, florets separated and steamed -1
- Olive oil -2 tbsp.
- Salt and black pepper -to taste
- Hot paprika -1 tbsp.
- Sour cream -4 ounces

### **Directions:**

1. Add everything to a pan, suitable to fit the Air Fryer.
2. Place this pan in the Air fryer basket then seal it.
3. Cook at 360 ° F for 20 minutes on Air fryer mode.
4. Serve warm.

### **Nutrition:**

Calories: 150, Fat: 3g, Fiber: 2g, Carbs: 10g, Protein: 3g

## **Nutmeg Mushroom Fritters**

Prep + Cook Time: 2hrs. 11 Minutes,

Servings: 8

### **Ingredients:**

- Mushrooms, chopped -4 ounces
- Red onion, chopped-1
- Salt and black pepper -to taste
- Nutmeg, a ground-¼ tsp.
- Olive oil- 2 tbsp
- Panko breadcrumbs -1 tbsp.
- Milk -10 ounces

### **Directions:**

1. Add 1 tbsp oil to a suitable pan and place it over medium-high heat.
2. Stir in mushrooms and onions, sauté for 3 minutes.
3. Add nutmeg, pepper, salt, and milk.
4. Take it off the heat and keep it aside for 2 hours.
5. Mix remaining oil with breadcrumbs in a separate plate.
6. Take a tbsp of the mushroom mixture and roll it.
7. Coat this ball with breadcrumbs mixture then flatten it.
8. Place it in the Air fryer basket.
9. Repeat the same steps and place the fritters in the basket.
10. Seal it and cook for 8 minutes at 400 ° F on Air fryer mode.
11. Serve warm.

### **Nutrition:**

Calories: 202, Fat: 8g, Fiber: 1g, Carbs: 11g, Protein: 6g

## **Tofu & Bell Peppers Medley**

Prep + Cook Time: 15 Minutes,

Servings: 8

### **Ingredients:**

- Yellow bell pepper, cut into strips-1
- Orange bell pepper, cut into strips -1
- Green bell pepper, cut into strips -1
- Salt and black pepper -to taste
- Firm tofu, crumbled-3 ounces
- Green onion, chopped-1
- Parsley, chopped-2 tbsp.

### **Directions:**

1. Take a pan, suitable to fit your Air fryer.
2. Add bell pepper strips along with remaining things.
3. Toss well then place the pan in the Air fryer basket.
4. Seal it and cook for 10 minutes at 400 ° F on Air fryer mode.
5. Serve warm.

### **Nutrition:**

Calories: 135, Fat: 2g, Fiber: 2g, Carbs: 8g, Protein: 3g

## **Stuffed Feta Cheese Peppers**

Prep + Cook Time: 13 Minutes,

Servings: 8

### **Ingredients:**

- Small bell peppers, tops cut off and seeds removed-8
- Avocado oil -1 tbsp.
- Salt and black pepper -to taste
- Feta cheese, cubed-3½ ounces

### **Directions:**

1. Toss cheese with oil, salt, and pepper in a bowl.
2. Stuff the peppers with cheese mixture then place these peppers in the Air fryer basket.
3. Seal the fryer and cook for 8 minutes at 400 ° F on Air fryer mode.
4. Serve warm.

### **Nutrition:**

Calories: 210, Fat: 2g, Fiber: 1g, Carbs: 6g, Protein: 5g

## **Citrus Pepper Salad**

Prep + Cook Time: 15 Minutes,

Servings: 4

### **Ingredients:**

- Lime juice -1 tbsp.
- Red bell peppers-4
- Lettuce head, torn-1
- Salt and black pepper- to taste
- Heavy cream-3 tbsp.
- Olive oil -2 tbsp.
- Rocket leaves -2 ounces

### **Directions:**

1. Add bell peppers to the Air fryer's basket and seal it.
2. Cook at 400 ° F on Air fryer mode for 10 minutes.
3. Remove the peppers from the Fryer.
4. Peel them and slice them into strips.
5. Toss the peppers with remaining things in a bowl.
6. Enjoy fresh.

### **Nutrition:**

Calories: 200, Fat: 5g, Fiber: 3g, Carbs: 7g, Protein: 6g

## **Spinach Egg Pie**

Prep + Cook Time: 34 Minutes,

Servings: 4

### **Ingredients:**

- White flour-7 ounces
- Spinach, torn-7 ounces
- Olive oil-2 tbsp.
- Eggs whisked -2
- Milk-2 tbsp.
- Mozzarella cheese, crumbled-3 ounces
- Salt and black pepper -to taste
- Red onion, chopped -1

### **Directions:**

1. Add flour, eggs, milk, pepper, salt and 1 tbsp oil to a food processor.
2. Blend well to form a dough then knead it.
3. Place the dough in a bowl and cover it. Refrigerate for 10 minutes.
4. Add 1 tbsp oil to a suitable pan and place it over medium heat.
5. Stir in remaining things and sauté for 4 minutes then take it off the heat.
6. Divide the dough into 4 pieces and spread each into a circle.
7. Place one dough circle in a ramekin.
8. Divide the prepared spinach mixture in the ramekin.
9. Place the ramekins in the Air fryer's basket and seal it.
10. Cook for 15 minutes on Air fryer mode at 350 ° F.

### **Nutrition:**

Calories: 200, Fat: 12g, Fiber: 2g, Carbs: 13g, Protein: 5g

## **Eggplant & Zucchini Mix**

Prep + Cook Time: 55 Minutes,

Servings: 4

### **Ingredients:**

- Eggplant, sliced-8 ounces
- Zucchini, sliced-8 ounces
- Bell peppers, chopped -8 ounces
- Garlic cloves, minced-2
- Olive oil-5 tbsp.
- Yellow onions, chopped-2
- Tomatoes, cut into quarters -8 ounces
- Salt and black pepper -to taste

### **Directions:**

1. Add 1 tbsp oil to a pan, suitable to fit the Air fryer and place it over medium heat.
2. Stir in eggplant, pepper and salt. Sauté for 5 minutes.
3. Keep it aside in a bowl.
4. Add 1 tbsp oil more to the pan then add bell peppers and zucchini.
5. Stir cook for 4 minutes then add them to the sautéed eggplant.
6. Now add the remaining of the oil to the same pan and stir in onions.
7. Sauté for 3 minutes then add garlic, tomatoes, salt, and pepper.
8. Place this mixture along with all the sautéed veggie to the Air fryer pan.
9. Seal it and cook for 30 minutes at 300 ° F on Air fryer mode.
10. Serve warm.

### **Nutrition:**

Calories: 210, Fat: 1g, Fiber: 3g, Carbs: 14g, Protein: 6g

## **Air Fried Tomato Mix**

Prep + Cook Time: 25 Minutes,

Servings: 2

### **Ingredients:**

- Cherry tomatoes halved -1 pound
- Olive oil - a drizzle
- Salt and black pepper -to taste
- Cilantro, chopped -1 tbsp.
- Basil, chopped -1 tbsp.
- Oregano, chopped -1 tbsp.
- Rosemary, a chopped-1 tbsp.
- Cucumber, chopped-1
- Spring onion, chopped -1

### **Directions:**

1. Rub the tomatoes with oil, salt, and pepper.
2. Place them in the Air fryer's basket and seal it.
3. Cook them for 20 minutes at 320 ° F on Air fryer mode.
4. Toss these tomatoes with all the remaining things in a salad bowl.
5. Serve fresh.

### **Nutrition:**

Calories: 140, Fat: 2g, Fiber: 3g, Carbs: 8g, Protein: 4g

## **Sugary Pumpkin Oatmeal**

Prep + Cook Time: 25 Minutes,

Servings: 4

### **Ingredients:**

- Milk-1½ cups
- Pumpkin puree -½ cup
- Pumpkin pie spice -1 tbsp.
- Sugar-3 tbsp.
- Steel cut oats-½ cup

### **Directions:**

1. Add everything to the Air fryer pan and mix well.
2. Seal it and cook for 20 minutes at 360 ° F on Air fryer mode.
3. Serve warm.

### **Nutrition:**

Calories: 141, Fat: 4g, Fiber: 7g, Carbs: 8g, Protein: 5g

## **Spiced Apple Oatmeal**

Prep + Cook Time: 20 Minutes,

Servings: 6

### **Ingredients:**

- Almond milk -3 cups
- Apples, cored, peeled and chopped -2
- Steel cut oats -1¼ cups
- Cinnamon powder -½ tbsp.
- Nutmeg, a ground-¼ tbsp.
- Allspice, ground -¼ tbsp.
- Ginger powder-¼ tbsp.
- Cardamom, ground -¼ tbsp.
- Vanilla extract -2 tsp.
- Sugar -2 tsp.
- Cooking spray

### **Directions:**

1. Grease the Air fryer pan with cooking spray.
2. Add everything to this pan and seal it.
3. Cook for 15 minutes on Air fryer mode at 360 ° F.
4. Serve right away.

### **Nutrition:**

Calories: 212, Fat: 5g, Fiber: 7g, Carbs: 14g, Protein: 5 g

## **Cardamom Carrot Oatmeal**

Prep + Cook Time: 20 Minutes,

Servings: 4

### **Ingredients:**

- Almond milk-2 cups
- Steel cut oats-½ cup
- Carrots, shredded-1 cup
- Cardamom, ground-1 tbsp.
- Sugar -2 tsp.
- Cooking spray

### **Directions:**

1. Grease the Air fryer pan with cooking spray.
2. Add everything to this pan and mix well then seal the fryer.
3. Cook for 15 minutes at 365 ° F on Air fryer mode.
4. Serve right away.

### **Nutrition:**

Calories: 172, Fat: 7g, Fiber: 4g, Carbs: 14g, Protein: 5g

## **Strawberry Vanilla Oatmeal**

Prep + Cook Time: 15 Minutes,

Servings: 4

### **Ingredients:**

- Strawberries, chopped -1 cup
- Steel cut oats-1 cup
- Almond milk -1 cup
- Sugar -2 tbsp.
- Vanilla extract - $\frac{1}{2}$  tbsp.
- Cooking spray

### **Directions:**

1. Grease the Air fryer pan with cooking spray.
2. Add everything to this pan and mix well then seal the fryer.
3. Cook for 15 minutes at 365 ° F on Air fryer mode.
4. Serve right away.

### **Nutrition:**

Calories: 172, Fat: 6g, Fiber: 8g, Carbs: 11g, Protein: 5g

## **Creamy Bean Oatmeal**

Prep + Cook Time: 20 Minutes,

Servings: 2

### **Ingredients:**

- Steel cut oats-1 cup
- Canned kidney beans, drained-2 tbsp.
- Red bell peppers, chopped-2
- Heavy cream -4 tbsp.
- Salt and black pepper -to taste
- Cumin, a ground- $\frac{1}{4}$  tbsp.

### **Directions:**

1. Grease the Air fryer pan with cooking spray.
2. Add everything to this pan and seal it.
3. Cook for 15 minutes on Air fryer mode at 360 ° F.
4. Serve right away.

### **Nutrition:**

Calories: 203, Fat: 4g, Fiber: 6g, Carbs: 12g, Protein: 4g

## **Green Apple Granola**

Prep + Cook Time: 20 Minutes,

Servings: 4

### **Ingredients:**

- Granola - $\frac{1}{2}$  cup
- Bran flakes - $\frac{1}{2}$  cup
- Green apples, cored, peeled and roughly chopped-2
- Apple juice - $\frac{1}{4}$  cup
- Maple syrup - $\frac{1}{8}$  cup
- Butter -2 tbsp.
- Cinnamon powder -1 tbsp.

### **Directions:**

1. Grease the Air fryer pan with cooking spray.
2. Add everything to this pan and seal it.
3. Cook for 15 minutes at 365 ° F on Air fryer mode.
4. Serve right away.

### **Nutrition:**

Calories: 208, Fat: 6g, Fiber: 9g, Carbs: 14g, Protein: 3g

# **Tasty Hash Browns**

Prep + Cooking Time: 30 Minutes

Servings: 6

## **Ingredients:**

- Hash browns: 2 pounds
- Whole milk: 1 cup
- Eggs: 6
- Creamy Cheese: 9 ounce
- Yellow onion: 1 chopped
- Cheddar cheese: 1 cup shredded
- Green onions: 6 chopped
- Bacon: 8 chopped into slices
- Salt
- Pepper
- Cooking spray

## **Directions:**

1. Turn on the air fryer and let it heat to 350 ° F
2. Using the cooking spray, grease the air fryer
3. Mix the 6 eggs, 1 cup of milk, shredded cheddar cheese, chopped bacon, cream cheese and onions in bowl A.
4. Add a pinch of salt and pinch of pepper to taste
5. Take the hash browns and add them to the air fryer. Let it sit for a minute.
6. Add the ingredients you mixed in bowl A over the hash browns in the air fryer. Let it cook for 20 minutes. Then serve.

## **Sweet egg muffins**

Prep + Cooking Time: 25 Minutes

Servings: 4

### **Ingredients:**

- Egg: 1
- Olive oil: 2 tbsp
- Milk: 3 tbsp
- White all-purpose baking flour: 3.5 ounce
- Baking powder: 1 tbsp
- Parmesan: 2 ounces grated
- Worcestershire sauce: 1 splash

### **Directions:**

1. Mix all the ingredients and mix until it forms a thick paste
2. Arrange muffin cups in your air fryer cooking basket
3. Heat your air fryer to 392 ° F
4. Place the mixture into the muffin cakes then cover. Let it cook for 15 minutes. Serve warm.

## **Breakfast Egg Bowls**

Prep + Cooking Time: 30 Minutes

Servings: 4

### **Ingredients:**

- Eggs: 4
- Dinner rolls: 4 with the tops cut off, and the insides scooped out
- Heavy cream: 4 tbsp
- Chives and parsley: mixed to make 4 tbsp
- Salt
- Pepper

### **Directions:**

1. Place baking sheets on a flat surface and arrange dinner rolls in them
2. Crack one egg into each dinner roll
3. Scoop 1 tbsp of heavy cream into each dinner roll
4. Scoop 1 tbsp of mixed chives and parsley into each dinner roll
5. Sprinkle a pinch of parmesan on to each dinner roll
6. Heat your air fryer to 350 ° F
7. Place the baking sheets with the dinner rolls into the air fryer and let it cook for 20 minutes. Serve

## **Potatoes topped with bacon**

Prep + Cooking Time: 30 Minutes

Servings: 4

### **Ingredients:**

- Potatoes: 4 peeled then cut into medium cubes
- Garlic and cloves: 6 minced
- Rosemary springs: 2 chopped
- Olive oil: 1 tbsp
- Eggs: 2 whisked
- Bacon: 4 chopped into slices
- Salt
- Pepper

### **Directions:**

1. Heat your air fryer to 400 ° F
2. Place all the ingredients in the air fryer in successions starting with the potatoes. Let it cook for 20 minutes. Serve

## **Easy Turkey Burrito**

Prep + Cooking Time: 20 Minutes

Servings: 2

### **Ingredients:**

- Turkey bread: 4 slices already cooked
- Red bell pepper: ½ sliced
- Avocado: peeled, pitted and sliced
- Salsa: 2 tbsp
- Eggs: 2
- Mozzarella cheese: 1/8 cup grated
- Salt
- Black pepper
- Tortillas

### **Directions:**

1. Whisk eggs in a bowl. Add salt and pepper to taste.
2. Heat the air fryer to 400 ° F
3. Pour the whisked eggs in a pan and place it in the air fryer basket. Cook for 5 minutes
4. Transfer the eggs to a plate
5. Place the tortillas on the working surface.
6. Cut the eggs into pieces and place them on the tortillas
7. Place the turkey meat, salsa, mozzarella cheese and avocado, and bell pepper on the tortillas
8. Roll them into burritos
9. Heat your air fryer to 300 ° F
10. Place the burritos in the air fryer and let it cook for 3 minutes. Serve.

## **Tasty potato frittata**

Prep + Cooking Time: 30 Minutes

Servings: 6

### **Ingredients:**

- Red bell peppers: 6 ounces jarred roasted and chopped
- Eggs: 12 whisked
- Parmesan: ½ cup grated
- Garlic cloves: 3 minced
- Parsley: 3 tbsp chopped
- Chives: 2 tbsp chopped
- Potato wedges: 16
- Ricotta cheese: 6 tbsp
- Salt
- Pepper
- Cooking spray

### **Directions:**

1. Mix the 12 whisked eggs, garlic cloves, parsley, red pepper and ricotta.  
Add salt and pepper to taste
2. Heat your fryer to 300°F
3. Grease the air fryer with cooking spray
4. Place 8 potato wedges on the air fryer and sprinkle half of the parmesan on it.
5. Add half of the whisked eggs, the remaining 8 potatoes and parmesan.
6. Add the remaining half eggs
7. Sprinkle a pinch of chives. Cook for 20 minutes. Serve.

## **Veggie burritos for breakfast**

Prep + Cooking Time: 20 Minutes

Servings: 4

### **Ingredients:**

- Sweet potatoes: ½ cup steamed and cubed
- Broccoli head: ½ with florets separated and steamed
- Liquid smoke: 2 tbsp
- Water: 2 tbsp
- Red pepper: 8 roasted and chopped
- Rice papers: 8
- Asparagus stalks: 7
- Cashew butter: 2 tbsp
- Tamari: 2 tbsp
- Kale: a handful chopped

### **Directions:**

1. Mix cashew nuts, water, tamari and liquid smoke in a bowl. Whisk them well.
2. Wet the rice papers and place them on a working surface
3. Mix the sweet potatoes, asparagus stalks, broccoli, red peppers and kale then place them on the wet rice papers then wrap them to make burritos
4. Dip each burrito in the water-cashew nuts mix
5. Heat your air fryer to 350°F.
6. Place the burritos in the air fryer. Let it cook for 10 minutes. Serve.

## **Tomato bacon for breakfast**

Prep + Cooking Time: 40 Minutes

Servings: 6

### **Ingredients:**

- Bacon: 1 pound smoked, cooked and chopped
- White bread: 1 pound cubed
- Canned tomatoes: 28 ounces chopped
- Red pepper: ½ tbsp chopped
- Cheddar: ½ pound shredded
- Chives: 2 tbsp chopped
- Monterey Jack: ½ pound shredded
- Stock: 2 tbsp
- Eggs: 8 whisked
- Salt
- Pepper

### **Directions:**

1. Pour the oil to the air fryer
2. Heat the air fryer to 350°F.
3. Slowly place the cubed bread, onions, tomatoes, red pepper and stock into the air fryer while stirring
4. Add the whisked eggs, cheddar and Monterey Jack. Let it cook for 20 minutes serve

## **Creamed tofu for breakfast**

Prep + Cooking Time: 35 Minutes

Servings: 4

### **Ingredients:**

- Firm tofu: 1 block pressed and cubed
- Potatoes starch: 1 tbsp
- Sesame oil: 2 tbsp
- Rice vinegar: 1 tbsp
- Soy sauce: 2 tbsp
- Greek yogurt 1 cup

### **Directions:**

1. Mix the tofu, vinegar, soy sauce and oil in a bowl. Let it rest for 15 minutes.
2. Heat the air fryer to 370°F.
3. Take the tofu cubes and dip each one of them into the potato starch. Toss them and transfer them to the air fryer. Let it cook for 10 minutes, then stir. Let it continue cooking for another 10 minutes. Serve

## **Frittata mixed with bell pepper**

Prep + Cooking Time: 30 Minutes

Servings: 4

### **Ingredients:**

- Chicken sausage: ½ pound with casings removed and chopped
- Orange bell pepper: 1 chopped
- Mozzarella cheese: ½ shredded
- Green bell pepper: 1 chopped
- Eggs: 8 whisked
- Sweet onion: 1 chopped
- Red bell pepper: 1 chopped
- Olive oil: 2 tbsp
- Oregano: 2 tsps chopped
- Salt
- Black pepper

### **Directions:**

1. Grease your air fryer with the 1 tbsp olive oil
2. Place sausage into the air fryer and heat it to 320°F. Cook for 1 minute till they are brown
3. While stirring, add the remaining olive oil, onion and all the bell peppers. Cook for 2 minutes
4. Slowly add oregano and eggs.
5. Add salt and pepper to taste. Cook for 15 minutes
6. Gently add mozzarella. Let it cook for 5 minutes. Serve.

## **Oatmeal and banana casserole**

Prep + Cooking Time: 30 Minutes

Servings: 8

### **Ingredients:**

- Rolled oats: 2 cups
- Baking powder: 1 tbsp
- Blueberries: 2/3 cup
- Chocolate chips: 1/2 cup
- Milk: 2 cups
- Butter: 2 tbsp
- Banana: 1 peeled and mashed
- Brown sugar: 1/3 cup
- Cinnamon powder: 1 tbsp
- Vanilla extract: 1 tbsp
- Cooking spray

### **Directions:**

1. Mix sugar, baking powder, cinnamon, chocolate chips, blueberries and banana in a bowl A and stir.
2. Mix eggs, vanilla extract and butter in another bowl B and stir
3. Heat your fryer to 320 ° F
4. Grease the air fryer with the cooking spray
5. Gently place the oats in the air fryer
6. Slowly place the mix in bowl A and bowl B in the air fryer. Toss it and let it cook for 20 minutes.
7. Stir and let it cook for 2 minutes. Serve.

## **Sweet scrambled eggs**

Prep + Cooking Time: 20 Minutes

Servings: 2

### **Ingredients:**

- Eggs: 2
- Red bell pepper: 1 chopped
- Sweet paprika: a pinch
- Salt
- Black pepper

### **Directions:**

1. Mix eggs, paprika and red bell pepper. Whisk them well while adding salt and pepper to taste.
2. Heat your air fryer to 140 ° F
3. Add butter to the air fryer and let it melt
4. Add the eggs and stir. Cook for 10 minutes

## **Delicious fried sandwich**

Prep + Cooking Time: 16 Minutes

Servings: 2

### **Ingredients:**

- Eggs: 2
- English muffins: 2 halved
- Bacon strips: 2
- Salt
- Black pepper

### **Directions:**

1. Heat your fryer to 392°F.
2. Crack the eggs into the fryer then add the fryer on top. Let it cook for 6 minutes
3. Heat the English muffins in a microwave for a few seconds
4. Take the food cooked eggs in the air fryer and divide it into 2 halves
5. Place each half of the eggs in between the two bacon halves. Serve.

## **Effortless breakfast**

Prep + Cooking Time: 23 Minutes

Servings: 4

### **Ingredients:**

- Baby spinach: 7 ounce
- Chestnut mushrooms: 8 halved
- Eggs: 4
- Chipolatas: 4
- Bacon slices: 4 chopped
- Tomatoes: 8 halved
- Garlic cloves: 1 minced
- Salt
- Pepper
- Cooking spray

### **Direction:**

1. Take the cooking spray and use it to grease your cooking pan
2. Place tomatoes, garlic and mushrooms to the air fryer
3. Gently add bacon, chipolatas and spinach.
4. Slowly pour whisked eggs on top
5. Season it with salt and pepper.
6. Heat your air fryer to 350 ° F
7. Place the pan in the air fryer. Let it cook for 13 minutes. Serve.

## **Raspberry rolls for breakfast**

Prep + Cooking Time: 50 Minutes

Servings: 6

### **Ingredients:**

- Milk: 1 cup
- Butter: 4 tbsp
- Flour: 3 ¼ cups
- Sugar: ¼ cup
- Egg: 1
- Yeast: 2 tbsp

### **Filling ingredients:**

- Soft cream cheese: 8 ounce
- Vanilla extract: 1 tbsp
- Sugar: 5 tbsp
- Corn starch: 1 tbsp
- Raspberry: 12 ounce
- Grated zest made from 1 lemon

### **Directions:**

1. Mix flour, sugar and yeast in a bowl A. stir them.
2. Add eggs and milk to bowl A. mix to form dough.
3. Leave bowl A aside for 30 minutes, allowing it to rise.
4. Transfer the dough to a working surface and roll it
5. In another bowl B, mix cream, sugar, vanilla and lemon zest. Stir it well
6. Spread the ingredients in bowl B over the dough
7. In another bowl C, mix raspberry and cornstarch. Stir it.
8. Spread the ingredients in bowl C over cream cheese mix
9. Cut the rolled dough into medium pieces
10. Heat your air fryer to 350°F.
11. Place the medium-cut dough in the air fryer and spray them with cooking spray. Cook them for 30 minutes. Serve

## **Ham dish for breakfast**

Prep + Cooking Time: 25 Minutes

Servings: 6

### **Ingredients:**

- Ham: 10 ounces cubed
- French bread: 6 cups cubed
- Cheddar cheese: 4 ounces shredded
- Mustard: 1 tbsp
- Green chilies: 4 ounces chopped
- Milk: 2 cups
- Eggs: 5
- Salt
- Pepper
- Cooking spray

### **Directions:**

1. Heat your air fryer to 350°F
2. Grease the air fryer with the cooking spray
3. Mix eggs, Milk, Cheese, mustard, salt and pepper in a bowl A and stir
4. Place bread cubes in the air fryer
5. Add chilies and ham to the air fryer and mix
6. Spread eggs into the air fryer. Cook for 15 minutes. Serve

## **Tomato eggs**

Prep + Cooking Time: 15 Minutes

Servings: 4

### **Ingredients:**

- Eggs: 4
- Cherry tomatoes: 8 halved
- Milk: 2 ounce
- Parmesan: 2 tbsp
- Salt
- Pepper
- Cooking spray

### **Directions:**

1. Use the cooking spray to heat your air fryer
2. Heat the air fryer to 200 ° F
3. Mix eggs, Cheese, milk, salt and pepper in a bowl and whisk.
4. Pour the mixture in the bowl into the air fryer. Cook for 6 minutes then serve.

## **Smoked sausage for breakfast**

Prep + Cooking Time: 40 Minutes

Servings: 4

### **Ingredients:**

- Smoked sausage: 1 ½ pound chopped and browned
- Garlic powder: ¼ tbsp
- Water: 4 ½ cups
- Eggs: 4 whisked
- Cheddar cheese: 16 ounces shredded
- Milk: 1 cup
- Grits: 1 ½ cup
- Thyme: 1 ½ tbsp chopped
- Salt
- Pepper
- Cooking spray

### **Directions:**

1. Pour the water into a pot. Let it boil over medium heat
2. Add grits to the water and stir. Cover it and let it cook for 5 minutes.
3. Turn off the heat
4. Gently add Cheese, stir and let it melt
5. Add milk, thyme, salt, pepper, garlic powder and eggs. Whisk it properly.
6. Heat your air fryer to 300 ° F.
7. Grease your air fryer using the cooking spray
8. Add the sausage to the air fryer
9. Add the grit mixture in the pot. Spread it and let it cook for 25 minutes.  
Serve.

## **Cheese bread**

Prep + Cooking Time: 18 Minutes

Servings: 3

### **Ingredients:**

- Bread: 6 slices
- Sun-dried tomato pesto: 6 tbsp
- Melted butter: 5 tbsp
- Garlic cloves: 3 minced
- Mozzarella cheese: a cup grated

### **Directions:**

1. Take bread slices and arrange them on a working surface
2. Spread the butter on the bread slices.
3. Add garlic, tomato paste and grated Cheese on the bread slices in relatively equal portions
4. Heat your air fryer to 350°F
5. Place the bread slices on the air fryer. Let it cook for 8 minutes. Serve.

# **Chapter 3 Air Fryer Lunch Recipes**

## **Greek Bar B Q Sandwiches**

Prep + Cooking Time:13 minutes

Servings: 3

### **Ingredients:**

- Barbecue sauce-1/3 cup
- Bacon slices-8 (cooked and cut into thirds)
- Pita pockets-2 (halved)
- Honey-2 tbsps
- Lettuce-1-1/4 cups (torn)
- Red bell peppers-2 (sliced)
- Tomatoes-2 (sliced)

### **Directions:**

1. Take a bowl and mix the barbecue sauce with honey.
2. After whisking finely, brush the bacon and bell peppers with this mixture.
3. Insert the bacon and bell peppers in your air fryer.
4. Cook at 350 ° F for 6 minutes. During cooking shake once.
5. Fill the pita pockets with the bacon and bell peppers mixture.
6. Add some tomatoes and lettuce in the end.
7. To serve, garnish with the rest of the barbecue sauce and honey. Enjoy!

### **Nutrition:**

calories 206, fat 6, fiber 9, carbs 14, protein 5

## **Unique Pie**

Prep + Cooking Time: 22 minutes

Servings: 3

### **Ingredients:**

- A large chicken breast (boneless, skinless and cubed)
- Yellow onion-1 (chopped)
- Soy sauce-1 tsp
- Salt and black pepper to taste
- Garlic powder-1/2 tsp
- White flour-1 tbsp
- Puff pastry sheets-2
- Carrot-1 (chopped)
- White mushrooms-6 (chopped)
- Italian seasoning-1 tsp
- Worcestershire sauce-1 tsp
- Milk-1 tbsp
- Olive oil-2 tbsps

### **Directions:**

1. Warm up a pan with half of the oil over medium-high heat.
2. Mix the carrots with onions and stir.
3. Cook them for 2 minutes.
4. Add the chicken, mushrooms, salt, soy sauce, pepper, Italian seasoning, garlic powder, Worcestershire sauce, flour, and milk.
5. Mix them all really well and then remove from the heat.
6. Insert a puff pastry sheet on the bottom of your air fryer's pan.
7. Layer the chicken mix on it and top with another puff pastry sheet.
8. Oil the pastry with the rest of the oil finely.
9. Place the pan in the fryer to cook at 360 ° F.
10. After 8 minutes of cooking, slice to serve and enjoy.

**Nutrition:**

calories 270, fat 5, fiber 7, carbs 14, protein 5

## **Pizza Like Rolls**

Prep + Cooking Time:43 minutes

Servings: 2

### **Ingredients:**

- Olive oil-2 tsp
- Chicken breasts-2 (skinless, boneless and sliced)
- Worcestershire sauce-1 tbsp
- Parmesan cheese-1-1/2 cups (grated)
- Pizza dough-14 ounces
- Yellow onion-1 (sliced)
- Tomato sauce-1/2 cup
- Salt and black pepper to taste

### **Directions:**

1. Prepare your air fryer at 400 ° F.
2. Throw in the onion and half of the olive oil in it to fry.
3. Cook for 8 minutes, shaking the fryer halfway.
4. Combine the chicken, Worcestershire sauce, salt and pepper and toss.
5. Fry for 8 more minutes, stirring once, then shift to a bowl.
6. On a working surface, roll the pizza dough and shape into a rectangle.
7. All over the dough, spread the cheese and then the chicken and onion mixture.
8. In the end, layer the tomato sauce to roll the dough.
9. Insert it in your air fryer's basket and brush the roll with the rest of the oil.
10. At 370 ° F, cook for 14 minutes, flipping the roll halfway.
11. To serve, slice your roll.

### **Nutrition:**

calories 270, fat 8, fiber 17, carbs 16, protein 6

## **Chinese Lunch**

Prep + Cooking Time:19 minutes

Servings: 5

### **Ingredients:**

- Eggs-2
- Cornstarch-1 cup
- Chinese five spice-1/4 tsp
- Pork stew meat-2 pounds (cubed)
- Salt and black pepper to taste
- Olive oil-3 tbsps
- Sesame oil-1 tsp

### **Directions:**

1. Pick a bowl finely mix the Chinese spice, salt, pepper, and cornstarch.
2. Take another bowl to whisk the eggs and sesame oil very well.
3. Fold the pork cubes in the cornstarch mixture and then dip them in the egg mix.
4. Keep the pork cubes in your air fryer and then drizzle all over with the olive oil.
5. Cook at 360 ° F for 12 minutes.
6. Share into the serving bowls with a side salad

### **Nutrition:**

calories 270, fat 8, fiber 12, carbs 16, protein 5

## **Wings in Old Bay Style**

Prep + Cooking Time:52 minutes

Servings: 3

### **Ingredients:**

- Chicken wings-3 pounds
- Old Bay seasoning-1 tbsp
- Lemon juice-1 tsp
- Butter-1/2 cup (melted)
- Potato starch-3/4 cup

### **Directions:**

1. Pick up a bowl and mix the chicken wings with the starch and Old Bay seasoning.
2. Toss the mixture well once again and then place the pieces in your air fryer's basket.
3. Prepare at 360 ° F for 35 minutes, shaking the fryer from time to time.
4. Raise the temperature to 400 ° F while frying the chicken wings for 10 more minutes.
5. Present the wings between plates to serve.
6. Top with the melted butter mixed with the lemon juice drizzled all over.

### **Nutrition:**

calories 261, fat 6, fiber 8, carbs 18, protein 13

## **Dijon Special Hot Dogs**

Prep + Cooking Time:15 minutes

Servings: 3

### **Ingredients:**

- Hot dog buns-3
- Dijon mustard-1 tbsp
- Hot dogs-3
- Parmesan cheese-2 tbsps (grated)

### **Directions:**

1. Put the hot dogs in preheated air fryer to cook at 390 ° F for 5 minutes.
2. Add the hot dogs into the buns.
3. Spread the mustard all over, and sprinkle with the Parmesan.
4. Fry the hot dogs at 390 ° F for 3 more minutes.
5. Serve and enjoy!

### **Nutrition:**

calories 251, fat 7, fiber 8, carbs 16, protein 7

## **Lentil Cake Bites**

Prep + Cooking Time: 22 minutes

Servings: 2

### **Ingredients:**

- Canned yellow lentils-1 cup (drained)
- Turmeric powder-1/2 tsp
- Hot chili pepper-1 (chopped)
- Garam masala-1 tsp
- Ginger-1 tsp (grated)
- Baking powder-1 tsp
- Olive oil-2 tsp
- Water-1/3 cup water
- Salt and black pepper to taste
- Cilantro-1/2 cup (chopped)
- Garlic cloves-4 (minced)
- Baby spinach-1-1/2 cups (chopped)
- Yellow onion-3/4 cup (chopped)

### **Directions:**

1. Bring your blender and add all ingredients in it.
2. Blend the mixture very well and then shape into two medium cakes.
3. Keep the lentils cakes in your preheated air fryer at 400 ° F.
4. Let it cook for 10 minutes. Leave for few seconds.
5. Serve the lentil cakes on plates and enjoy.

### **Nutrition:**

calories 182, fat 2, fiber 8, carbs 16, protein 4

## **Beefy Balls with Sauce**

Prep + Cooking Time: 27 minutes

Servings: 3

### **Ingredients:**

- Lean ground beef-1 pound
- Garlic cloves-2 (minced)
- Panko breadcrumbs-1/4 cup
- Salt and black pepper to taste
- An egg yolk
- Olive oil-1 tbsp
- Red onion-1 (chopped)
- Tomato sauce-16 ounces

### **Directions:**

1. Pick a bowl and mix all the ingredients except for the tomato sauce and olive oil.
2. Mix well and then shape into medium-sized meatballs.
3. Oil the meatballs evenly and place them in your air fryer.
4. Cook at 400 ° F for 10 minutes.
5. Warm up a pan over medium heat and pour the tomato sauce.
6. Heat it up for 2 minutes and then insert the meatballs.
7. Toss them a bit, and cook for 3 more minutes.
8. Dish out evenly the meatballs between plates and serve to eat.

### **Nutrition:**

calories 270, fat 8, fiber 9, carbs 16, protein 4

## **Meatball Sandwiches**

Prep + Cooking Time:34 minutes

Servings: 3

### **Ingredients:**

- Baguettes-3 (sliced halfway)
- Tomato sauce-7 ounces
- Egg-1 (whisked)
- Parmesan cheese-2 tbsps (grated)
- Olive oil-1 tbsp
- Fresh basil-1 tsp (chopped)
- Beef-14 ounces (minced)
- Yellow onion-1 (chopped)
- Breadcrumbs-1 tbsp
- Oregano-1 tbsp (chopped)
- Salt and black pepper to taste

### **Directions:**

1. Take a bowl to mix all ingredients except the tomato sauce, oil, and baguettes.
2. After stirring well, shape into medium-sized meatballs.
3. Warm up your air fryer with the oil at 375 ° F to add the meatballs.
4. Prepare them for 12 minutes, flipping them halfway.
5. Pour the tomato sauce and cook for 10 more minutes.
6. Dish out the meatballs with sauce on half of the baguette halves.
7. Finally top with the other baguette halves to serve.

### **Nutrition:**

calories 280, fat 9, fiber 6, carbs 16, protein 15

## **Kale Salad with Cod Fillets**

Prep + Cooking Time: 22 minutes

Servings: 2

### **Ingredients:**

- Black cod fillets-2 (boneless)
- Salt and black pepper to taste
- Grapes-1 cup (halved)
- Pecans-1/2 cup
- Olive oil-2 tbsps + 1 tsp
- A fennel bulb (thinly sliced)
- Kale leaves-3 cups (shredded)
- Balsamic vinegar-2 tsp

### **Directions:**

1. Season the fish with salt and pepper to place the fish in your air fryer's basket.
2. Drizzle a tsp of the olive oil over the fish to cook at 400 ° F for 10 minutes.
3. Divide fish between plates.
4. Pick a bowl to mix the fennel, grapes, kale, pecans, vinegar, and 2 tbsps of oil.
5. After fine tossing, dish out.
6. Serve the salad next to the fish and enjoy.

### **Nutrition:**

calories 240, fat 4, fiber 2, carbs 15, protein 12

## **Simple Turkey Dish**

Prep + Cooking Time: 1 hour and 13 minutes

Servings: 7

### **Ingredients:**

- Whole turkey breast-1
- Sweet paprika-1/2 tsp
- Salt and black pepper to taste
- Mustard-2 tbsps
- Olive oil-2 tsp
- Thyme-1 tsp (dried)
- Butter-1 tbsp (melted)
- Maple syrup-1/4 cup

### **Directions:**

1. Use oil to brush over the turkey breast.
2. Marinate salt, pepper, paprika, and thyme and rub the seasoning well into the turkey breast.
3. Keep the turkey in your air fryer and cook at 350 ° F for 25 minutes.
4. Turn the turkey breast and cook for 12 minutes more.
5. Again change the side and cook for another 12 minutes.
6. Take a bowl to whisk the butter, mustard, and maple syrup very well.
7. Brush the turkey breast with the maple syrup mixture.
8. Leave to cook for another 5 minutes.
9. Shift the meat to a cutting board and slice.
10. If desired, serve with a side salad.

### **Nutrition:**

calories 230, fat 13, fiber 3, carbs 16, protein 11

## **Cod Balls Lunch**

Prep + Cooking Time: 24 minutes

Servings: 5

### **Ingredients:**

- Fresh cilantro-3 tbsps (minced)
- Yellow onion-1 (chopped)
- Salt and black pepper to taste
- Garlic cloves-2 (minced)
- Panko breadcrumbs-1/4 cup
- Cod-1 pound (skinless and chopped)
- Egg-1
- Sweet paprika-1/2 tsp
- Oregano-1/2 tsp (ground)
- A drizzle of olive oil

### **Directions:**

1. Pick your food processor and clean to mix all ingredients except the oil.
2. After blending well, shape medium-sized meatballs out of this mix.
3. Insert the meatballs in your air fryer's basket.
4. Let them grease with oil, and cook at 320 ° F for 12 minutes, shaking halfway.
5. Divide the meatballs between plates and, if desired, serve with a side salad.

### **Nutrition:**

calories 230, fat 9, fiber 3, carbs 10, protein 15

## **Stew-Potato & Beef**

Prep + Cooking Time:37 minutes

Servings: 5

### **Ingredients:**

- Beef stew meat-2 pounds (cubed)
- Gold potatoes-4 (cubed)
- Beef stock-1 quart
- A handful of cilantro (chopped)
- Carrot-1 (sliced)
- Salt and black pepper to taste
- Smoked paprika-1/2 tsp
- Worcestershire sauce-4 tbsps

### **Directions:**

1. Take a pan that fits your air fryer; mix all the ingredients well except the cilantro.
2. Keep it in your air fryer to cook at 375 ° F.
3. After 25 minutes, divide into bowls.
4. Sprinkle the cilantro on top. Serve right away.

### **Nutrition:**

calories 250, fat 8, fiber 1, carbs 20, protein 17

## **Pasta With Shrimp**

Prep + Cooking Time: 27 minutes

Servings: 5

### **Ingredients:**

- Spaghetti-5 ounces (cooked)
- Salt and black pepper to taste
- Butter-1 tbsp (melted)
- Shrimp-8 ounces (peeled and de veined)
- Garlic cloves-5 (minced)
- Chili powder-1 tsp
- Olive oil-2 tbsp

### **Directions:**

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

### **Nutrition:**

calories 270, fat 7, fiber 4, carbs 15, protein 6

## **Ravioli Lunch Meal**

Prep + Cooking Time:12minutes

Servings: 5

### **Ingredients:**

- Cheese ravioli-15 ounces
- Butter-1 tsp (melted)
- Breadcrumbs-2 cups
- Buttermilk-1 cup
- Marinara sauce-10 ounces
- Cheddar cheese-1/4 cup (grated)

### **Directions:**

1. Pour the buttermilk in one bowl and add the breadcrumbs in another.
2. In buttermilk, dip ravioli, then in breadcrumbs.
3. Place the ravioli in your air fryer's basket and brush them with the melted butter.
4. Cook at 400 ° F for 5 minutes and then divide the ravioli between plates.
5. Sprinkle the cheddar cheese on top, and serve.

### **Nutrition:**

calories 260, fat 12, fiber 4, carbs 14, protein 11

## **Curry Made With Cod**

Prep + Cooking Time: 27 minutes

Servings: 5

### **Ingredients:**

- Cod fillets-4 (skinless, boneless and cubed)
- Curry paste-2 tsp
- Milk-1-1/2 cups (heated up)
- Ginger-2 tsp (grated)
- Cilantro-2 tbsps (chopped)
- Salt and black pepper to taste

### **Directions:**

1. Take a bowl and mix the milk, curry paste, ginger, salt, and pepper.
2. Place the fish in a pan that fits your air fryer, and then add the milk and curry mixture together.
3. After tossing the mixtures gently, place the pan in the fryer.
4. Cook at 400 ° F for 15 minutes, shaking halfway.
5. Divide the curry into bowls, sprinkle the cilantro on top, and serve.

### **Nutrition:**

calories 260, fat 8, fiber 3, carbs 13, protein 9

## **Special Casserole For Lunch**

Prep + Cooking Time:42 minutes

Servings: 7

### **Ingredients:**

- Butter-2 tbsps (melted)
- Cream cheese-12 ounces (softened)
- Yogurt-1 cup
- Salt and black pepper to taste
- Curry powder-2 tsp
- Chicken meat-2 cups (cooked and cubed)
- Scallions-4 (chopped)
- Cilantro-1/4 cup (chopped)
- Monterey jack cheese-6 ounces (grated)
- Almonds-1/2 cup (sliced)
- Chutney-1/2 cup

### **Directions:**

1. Take a baking dish that fits your air fryer and add all ingredients except the Monterey jack cheese.
2. After mixing well, sprinkle the Monterey jack cheese all over chicken mixture.
3. Place the dish in your air fryer, and cook at 350 ° F for 25 minutes.
4. Divide between plates and serve.

### **Nutrition:**

calories 280, fat 10, fiber 2, carbs 24, protein 15

## **Creamy Potatoes Meal**

Prep + Cooking Time: 29 minutes

Servings: 3

### **Ingredients:**

- Gold potatoes-4 (cut into medium wedges)
- Eggs-2
- Garlic powder-1 tsp
- Salt and black pepper to taste
- Sour cream-1/4 cup
- Sweet paprika-1-1/2 tsp
- Olive oil-1 tsp
- Cajun seasoning-1/2 tsp

### **Directions:**

1. Pick a bowl and mix the eggs with the sour cream, paprika, garlic powder, Cajun seasoning, salt, and pepper.
2. After whisking well, take a pan that fits your air fryer.
3. Grease with the oil and arrange the potatoes on the bottom of the pan.
4. Spread the sour cream to mix all over.
5. Keep the pan in the fryer and cook at 370 ° F for 17 minutes.
6. Divide between plates and serve.

### **Nutrition:**

calories 290, fat 8, fiber 2, carbs 15, protein 7

## **Chinese Cabbage & Beef Bowls**

Prep + Cooking Time: 22 minutes

Servings: 5

### **Ingredients:**

- Sirloin steak-1/2 pound (cut into strips)
- Soy sauce-1 tbsp
- Olive oil-1 tbsp
- Salt and black pepper to taste
- Green cabbage-2 cups (shredded)
- Green onions-2 (chopped)
- Yellow bell pepper-1 (chopped)
- Garlic cloves-2 (minced)

### **Directions:**

1. Pick a pan that fits your air fryer and mix the cabbage, salt, pepper, and oil.
2. After tossing well, put the pan in your air fryer and cook at 370 ° F for 4 minutes.
3. Combine the steak, green onions, bell peppers, soy sauce, and garlic.
4. Toss and cover to cook for another 6 minutes.
5. Divide into bowls and serve.

### **Nutrition:**

calories 262, fat 9, fiber 8, carbs 14, protein 11

## **Pudding With Veggies**

Prep + Cooking Time:43 minutes

Servings: 7

### **Ingredients:**

- Butter-1 tbsp (softened)
- Yellow onion-1 (chopped)
- Corn-2 cups
- Celery-1/4 cup (chopped)
- Thyme-1 tsp (chopped)
- Red bell peppers-2 (chopped)
- Garlic-2 tsp (minced)
- Heavy cream-1/2 cup
- Salt and black pepper to taste
- Milk-1-1/2 cups
- Bread-3 cups (cubed)
- Eggs-3 (whisked)
- Cheddar cheese-4 tbsps (grated)

### **Directions:**

1. Butter to grease a baking dish that fits your air fryer.
2. Mix all other ingredients except the cheddar cheese.
3. After tossing well, sprinkle the cheese all over.
4. Place the dish in the fryer, and cook at 360 ° F for 30 minutes.
5. Divide between plates, serve, and enjoy.

### **Nutrition:**

calories 286, fat 10, fiber 2, carbs 16, protein 11

## **Lunch of Coconut Zucchini**

Prep + Cooking Time: 23 minutes

Servings: 9

### **Ingredients:**

- Veggie stock-1 cup
- Zucchini-8 (cut in medium wedges)
- Coconut cream-1 cup
- Soy sauce-1 tbsp
- Rosemary-1/4 tsp (dried)
- Olive oil-2 tbsps
- Yellow onions-2 (chopped)
- Salt and black pepper to taste
- Thyme-1/4 tsp (dried)
- Basil-1/2 tsp (chopped)

### **Directions:**

1. Pick a pan that fits your air fryer and grease it with the oil.
2. Combine all other ingredients to the pan.
3. After tossing, place the pan in the fryer.
4. Cook at 360 ° F for 16 minutes.
5. Divide the mix between plates, serve, and enjoy.

### **Nutrition:**

calories 181, fat 4, fiber 4, carbs 10, protein 5

## **Simple Kale and Mushroom Chicken Mix**

Prep + Cooking Time: 27 minutes

Servings: 7

### **Ingredients:**

- A bunch of kale (torn)
- Chicken stock-2 tbsps
- Salt and black pepper to taste
- Tomato sauce-1/4 cup
- Shiitake mushrooms-1-1/2 cups (roughly sliced)
- Chicken breast-1 cup (skinless, boneless, cooked and shredded)

### **Directions:**

1. Pick a pan that fits your air fryer and mix all ingredients.
2. Toss and then put the pan in the fryer.
3. Cook at 350 ° F for 20 minutes.
4. Divide between plates and serve.

### **Nutrition:**

calories 210, fat 7, fiber 2, carbs 14, protein 5

## **Chicken Casserole With Beans**

Prep + Cooking Time:33 minutes

Servings: 7

### **Ingredients:**

- Chicken breast-3 cups (skinless, boneless, cooked and shredded)
- Cilantro-1/2 cup (chopped)
- Canned black beans-24 ounces (drained and rinsed)
- Mozzarella cheese-3 cups (shredded)
- Kale leaves-6 (chopped)
- Salsa-2 cups
- Green onions-1/2 cup (chopped)
- A drizzle of olive oil
- Cumin-2 tsp (ground)
- Chili powder-2 tsp
- Garlic powder-1 tbsp

### **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.
3. Then sprinkle the cheese all over and place the dish in the air fryer.
4. Cook at 350 ° F for 20 minutes.
5. Divide between plates, serve, and enjoy!

### **Nutrition:**

calories 285, fat 12, fiber 6, carbs 22, protein 15

## **Warm Tomato With Cod Mix**

Prep + Cooking Time: 24 minutes

Servings: 3

### **Ingredients:**

- Butter-4 tbsps (softened)
- Dill-4 tbsps (chopped)
- Fennel bulb-1 (sliced)
- Cherry tomatoes-8 (halved)
- Salt and black pepper to taste
- Cod fillets-2 (boneless)
- Vermouth-1/4 cup (dry)

### **Directions:**

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

### **Nutrition:**

calories 200, fat 9, fiber 2, carbs 9, protein 12

## **Baked Lunch Meal**

Prep + Cooking Time:32 minutes

Servings: 5

### **Ingredients:**

- Chicken breasts-2 (skinless, boneless and cubed)
- Cauliflower florets-1 cup
- Sweet paprika-1 tsp
- Salt and black pepper to taste
- Tomato sauce-1 cup
- Olive oil-1 tbsp

### **Directions:**

1. Put a baking dish that fits your air fryer and mix all ingredients.
2. Place the dish in the fryer.
3. Bake at 370 ° F for 25 minutes.
4. Divide between plates and serve.

### **Nutrition:**

calories 270, fat 8, fiber 12, carbs 17, protein 12

## **Japanese Pork Lunch**

Prep + Cooking Time: 27 minutes

Servings: 4

### **Ingredients:**

- Pork tenderloin-1/4 pound (cubed)
- Garlic cloves-3 (minced)
- Ginger slices-2 (minced)
- Soy sauce-1/4 cup
- Sake-1/8 cup
- Mirin-1/4 cup
- Olive oil-1/2 tsp
- Sugar-2 tbsps
- Water-1/8 cup
- Cornstarch mixed with 2 tbsps water-1 tbsp

### **Directions:**

1. Take pan that fits your air fryer to mix all ingredients and toss.
2. Place the pan in the fryer.
3. Cook at 370 ° F for 15 minutes.
4. Divide into bowls and serve.

### **Nutrition:**

calories 290, fat 7, fiber 9, carbs 17, protein 9

## **Sea Bass Lunch Stew**

Prep + Cooking Time:33 minutes

Servings: 5

### **Ingredients:**

- White rice-5 ounces
- Red bell pepper-1 (chopped)
- Peas-2 ounces
- Salt and black pepper to taste
- White wine-14 ounces
- Sea bass fillets-1.5 pounds (skinless, boneless and cubed)
- Water-3 ounces
- Shrimps-4
- Olive oil-1 tbsp

### **Directions:**

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

### **Nutrition:**

calories 280, fat 12, fiber 2, carbs 16, protein 11

## **Bourbon Burgers For Lunch**

Prep + Cooking Time:42 minutes

Servings: 2

### **Ingredients:**

- Brown sugar-2 tbsps
- Maple bacon strips-3 (halved)
- Bourbon-1 tbsp
- Colby jack cheese slices-2
- Lean ground beef-1 pound
- Barbecue sauce-2 tbsps
- Onion-1 tbsp (chopped)
- A pinch of salt and black pepper
- Kaiser rolls-2

### **For the sauce:**

- Mayonnaise-2 tbsps
- Barbecue sauce-2 tbsps
- Sweet paprika-1/4 tsp
- A pinch of salt and black pepper

### **Directions:**

1. Pick a bowl and mix the brown sugar with the bourbon.
2. Whisk well and insert the bacon strips in your air fryer's basket.
3. Brush them with the bourbon mix to cook at 390 ° F for 4 minutes on each side.
4. Meanwhile, take a bowl; mix the beef with 2 tbsps of barbecue sauce, salt, pepper, and onions.
5. After stir, shape 2 burgers out of this mix.
6. Set the burgers in your air fryer's basket and cook them at 370 ° F for 20 minutes.
7. Flip them halfway once and top each burger with a Colby jack cheese slice when prepare.
8. Then leave them in the fryer for 1-2 minutes more.

9. In a bowl, mix all sauce ingredients and stir well.
10. Spread this sauce on the inside of the Kaiser rolls.
11. Arrange the burgers on the rolls, top with the bourbon bacon, and serve.

**Nutrition:**

calories 251, fat 14, fiber 8, carbs 16, protein 8

## **Air Fryer Lamb Lunch Meal**

Prep + Cooking Time:42 minutes

Servings: 5

### **Ingredients:**

- Olive oil-1 tbsp
- Macadamia nuts-2 tbsps
- Breadcrumbs-1 tbsp
- Garlic clove-1 (minced)
- Rack of lamb-1.5 pounds
- Rosemary-1 tbsp (chopped)
- Breadcrumbs-1 tbsp
- Egg-1 (whisked)
- Salt and black pepper to taste

### **Directions:**

1. Take a bowl to mix the oil and garlic.
2. After whisk, marinate the rack of lamb with this mix.
3. Season with salt and pepper and then pick another bowl to mix the egg with salt and pepper.
4. In another bowl, mix the breadcrumbs and rosemary.
5. After stir, dip the lamb in the egg and then in the breadcrumbs.
6. Put it in your air fryer's basket, and cook at 400 ° F for 30 minutes.
7. Serve right away, and enjoy!

### **Nutrition:**

calories 251, fat 8, fiber 6, carbs 16, protein 9

## **Broccoli Lunch Mix**

Prep + Cooking Time: 27 minutes

Servings: 5

### **Ingredients:**

- Broccoli heads-2 (florets separated)
- Juice of ½ lemon
- Sweet paprika-2 tsp
- Bacon-1/2 cup (cooked and crumbled)
- Olive oil-1 tbsp
- Sesame seeds-1 tbsp
- Salt and black pepper to taste
- Garlic cloves-3 (minced)

### **Directions:**

1. Bring your air fryer's pan and add all ingredients except the bacon.
2. Mix well and cover to cook at 360 ° F for 15 minutes.
3. Add the bacon and cook for 5 more minutes.
4. Divide between plates and serve.

### **Nutrition:**

calories 251, fat 7, fiber 4, carbs 9, protein 5

## **Okra Tomato Stew**

Prep + Cooking Time: 27 minutes

Servings: 6

### **Ingredients:**

- Okra-1 cup (sliced)
- Garlic cloves-2 (minced)
- Red bell pepper-1 (chopped)
- Celery ribs-3 (chopped)
- Canned tomatoes-20 ounces (roughly cubed)
- Yellow onion-1 (chopped)
- Salt and black pepper to taste
- Veggie stock-1/2 cup
- Sweet paprika-1/2 tsp

### **Directions:**

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

### **Nutrition:**

calories 251, fat 9, fiber 5, carbs 14, protein 4

## **Stew O' Veggie**

Prep + Cooking Time:32 minutes

Servings: 7

### **Ingredients:**

- Tomatoes-2 (roughly chopped)
- Zucchinis-4 (halved lengthwise and sliced)
- Yellow onions-2 (roughly chopped)
- Eggplant-1 (cubed)
- Sugar-1 tsp
- Oregano-1 tsp (dried)
- Green bell peppers-2 (cut into strips)
- Basil-1 tsp (dried)
- Garlic cloves-2 (minced)
- Salt and black pepper to taste
- Olive oil-2 tbsps
- Tomato paste-7 ounces
- Cilantro-2 tbsps (chopped)

### **Directions:**

1. Take a pan that fits your air fryer and combine all ingredients except the cilantro.
2. Toss them well and place the pan in the air fryer.
3. Cook the stew at 360 ° F for 20 minutes.
4. Divide the stew into bowls to sprinkle the cilantro on top, and serve.

### **Nutrition:**

calories 200, fat 4, fiber 5, carbs 16, protein 6

## **Black Beans Meal**

Prep + Cooking Time:37 minutes

Servings: 7

### **Ingredients:**

- Canned black beans-30 ounces (drained)
- Olive oil-1 tbsp
- Veggie stock-1 cup
- Brown rice-3 cups (cooked)
- Yellow onion-1 (chopped)
- Red bell pepper-1 (chopped)
- Jalapeno-1 (chopped)
- Garlic cloves-2 (minced)
- Cumin-1/2 tsp (ground)
- Ginger-1 tsp (grated)
- Salt and black pepper to taste
- Oregano-1/2 tsp (dried)
- Allspice-1/2 tsp (ground)

### **Directions:**

1. In a pan that fits your air fryer and mix all ingredients except the rice.
2. Toss well and place the pan in your air fryer.
3. Cook at 360 ° F for 25 minutes.
4. Combine the rice and toss again.
5. Divide into bowls, serve, and enjoy.

### **Nutrition:**

calories 200, fat 8, fiber 4, carbs 8, protein 3

## **Quinoa n Bean Stew**

Prep + Cooking Time: 27 minutes

Servings: 5

### **Ingredients:**

- 30 ounces canned black beans, drained
- 30 ounces canned tomatoes, chopped
- 1 cup quinoa
- 1 yellow onion, chopped
- 2 sweet potatoes, cubed
- 1 green bell pepper, chopped
- 2 tsp cumin, ground
- 1 tbsp chili powder
- Salt and black pepper to taste
- ¼ tsp sweet paprika
- 2 tbsps cocoa powder

### **Directions:**

1. Place all ingredients in a pan that fits your air fryer.
2. Stir well and then put the pan in the air fryer.
3. Cook at 400 ° F for 15 minutes.
4. Divide into bowls and serve right away.

### **Nutrition:**

calories 200, fat 8, fiber 4, carbs 9, protein 4

## **Green Bean Stew**

Prep + Cooking Time: 22 minutes

Servings: 5

### **Ingredients:**

- Green beans-1 pound (halved)
- Yellow onion-1 (chopped)
- Carrots-4 (sliced)
- Salt and black pepper to taste
- Tomato paste-3 tbsps
- Thyme-1 tbsp (chopped)
- Garlic cloves-4 (minced)

### **Directions:**

1. Take a pan that fits your air fryer and place all the ingredients.
2. Toss until combined and put the pan in the air fryer.
3. Cook at 365 ° F for 15 minutes.
4. Divide the stew into bowls and serve.

### **Nutrition:**

calories 200, fat 8, fiber 2, carbs 8, protein 6

## **Chickpeas Lunch Stew**

Prep + Cooking Time: 22 minutes

Servings: 6

### **Ingredients:**

- Canned chickpeas-15 ounces (drained)
- Red onion-1 (chopped)
- Garlic cloves-2 (minced)
- Olive oil-1 tbsp
- Sweet paprika-2 tsp
- Salt and black pepper to taste
- Canned tomatoes-28 ounces (chopped)

### **Directions:**

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

### **Nutrition:**

calories 200, fat 8, fiber 3, carbs 15, protein 5

## **Lentils Curry**

Prep + Cooking Time: 22 minutes

Servings: 7

### **Ingredients:**

- Canned lentils-2 cups (drained)
- Baby spinach-10 ounces
- Garlic-1 tbsp (minced)
- Canned tomatoes-15 ounces (drained and chopped)
- Red onion-1 (chopped)
- Ginger-1 tsp (grated)
- Cumin-1/2 tsp (ground)
- Coriander-1/2 tsp (ground)
- Sugar-2 tsp
- Lemon juice-1 tbsp
- Cilantro-2 tbsps (chopped)
- Curry paste-2 tbsps
- Salt and black pepper to taste

### **Directions:**

1. Take a pan that fits your air fryer and mix all the ingredients except the cilantro and lemon juice.
2. Stir well and put the pan in the air fryer.
3. Cook at 370 ° F for 15 minutes.
4. Add the cilantro and the lemon juice, and toss.
5. Divide into bowls, serve, and enjoy!

### **Nutrition:**

calories 251, fat 6, fiber 8, carbs 16, protein 7

## **Delicious Eggplant**

Prep + Cooking Time: 22 minutes

Servings: 5

### **Ingredients:**

- Red onion-1 (chopped)
- Cumin-2 tsp (ground)
- Canned tomatoes-25 ounces (chopped)
- Cilantro-1 tbsp (chopped)
- Sweet paprika-1 tsp
- Eggplants-3 (cubed)
- Salt and black pepper to taste
- Red bell peppers-2 (cubed)
- Juice of ½ lime

### **Directions:**

1. Pick a pan that fits your air fryer and add all ingredients except the lime juice and cilantro.
2. Put the pan in the fryer. Cook at 370 ° F for 15 minutes.
3. Mix well and then add the lime juice.
4. Again mix and add the cilantro and stir.
5. Divide the stew between bowls and serve.

### **Nutrition:**

calories 251, fat 7, fiber 6, carbs 14, protein 9

## **Okra Salad**

Prep + Cooking Time:22 minutes

Servings: 5

### **Ingredients:**

- Okra-15 ounces (sliced)
- Red bell pepper-1 (chopped)
- Corn-2 cups
- Salt and black pepper to taste
- Red onion-1 (chopped)
- Sweet paprika-1 tsp
- Garlic cloves-2 (minced)
- Thyme-1 tsp (dried)
- Rosemary-1 tsp (dried)
- Oregano-1 tsp (dried)
- Canned tomatoes-12 ounces (chopped)

### **Directions:**

1. Add all ingredients in a pan that fits your air fryer.
2. Toss well and then place the pan in the fryer.
3. Cook at 370 ° F for 15 minutes.
4. Divide the salad into bowls and serve cold.

### **Nutrition:**

calories 181, fat 7, fiber 4, carbs 9, protein 6

## **Green Bean Casserole**

Prep + Cooking Time: 27 minutes

Servings: 5

### **Ingredients:**

- Olive oil-1 tsp
- Red chilies-2 (chopped)
- Green beans-3 cups (trimmed and halved)
- Black mustard seeds-1/2 tsp
- Fenugreek seeds-1/4 tsp
- Yellow onion-1/2 cup (chopped)
- Turmeric powder-1/2 tsp
- Tomatoes-2 (chopped)
- Salt and black pepper to taste
- Garlic cloves-3 (minced)
- Coriander powder-2 tsp
- Tamarind paste-2 tsp
- Cilantro-1 tbsp (chopped)

### **Directions:**

1. Add the oil to grease a heatproof dish that fits your air fryer, and then add all the ingredients.
2. Toss well and then put the dish in the fryer.
3. Cook at 370 ° F for 20 minutes.
4. Dish out in plates, serve, and enjoy.

### **Nutrition:**

calories 251, fat 7, fiber 7, carbs 14, protein 6

## **Italian Lunch Mix**

Prep + Cooking Time:34 minutes

Servings: 5

### **Ingredients:**

- Chicken stock-1 cup
- Salt and black pepper to taste
- Chicken drumsticks-8 (bone-in)
- Oregano-1 tsp (dried)
- Black olives-1/2 cup (pitted and sliced)
- Canned tomatoes-28 ounces (chopped)
- Garlic powder-1 tsp
- Yellow onion-1 (chopped)

### **Directions:**

1. Mix all the ingredients to a baking dish that fits your air fryer.
2. Toss well to place the dish in your air fryer.
3. Cook at 380 ° F for 20 minutes.
4. Divide the mix into bowls and serve.

### **Nutrition:**

calories 261, fat 7, fiber 4, carbs 9, protein 15

## **Honey Chick Thighs For Lunch**

Prep + Cooking Time:37 minutes

Servings: 5

### **Ingredients:**

- Chicken thighs-1-1/2 pounds (skinless and boneless)
- Honey-3/4 cup
- Salt and black pepper to taste
- Sweet paprika-2 tsp
- Chicken stock-1/2 cup
- Basil-1/2 tsp (dried)

### **Directions:**

1. Take a bowl and make a mixture with all the ingredients except the chicken thighs.
2. Whisk the mixture smoothly and then add the chicken.
3. Toss well until the wings are coated and then place in your air fryer's basket.
4. Cook at 380 ° F for 25 minutes.
5. Divide between plates and serve to enjoy immediately and warm.

### **Nutrition:**

calories 200, fat 7, fiber 6, carbs 16, protein 14

## **Baby Carrots**

Prep + Cooking Time: 22 minutes

Servings: 3

### **Ingredients:**

- Baby carrots-16 ounces
- Chicken stock-4 ounces
- Butter-2 tbsps (melted)
- Salt and black pepper to taste
- Dill-2 tbsps (chopped)

### **Directions:**

1. Take a pan that fits your air fryer and mix all the ingredients.
2. After a toss, put the pan in the fryer.
3. Cook at 380 ° F for 15 minutes.
4. Divide between bowls and serve fresh.

### **Nutrition:**

calories 100, fat 3, fiber 3, carbs 8, protein 8

## **Quinoa and Spinach Pesto Mix**

Prep + Cooking Time: 22 minutes

Servings: 3

### **Ingredients:**

- Quinoa-1 cup (cooked)
- Jarred spinach pesto-3/4 cup
- Chicken stock-3 tbsps
- Celery-1/4 cup (chopped)
- Green apple-1 (chopped)
- Salt and black pepper to taste

### **Directions:**

1. Combine all the ingredients in a pan that fits your air fryer.
2. After a toss, add the pan in your fryer.
3. Cook at 370 ° F for 15 minutes.
4. Divide into bowls and serve right away.

### **Nutrition:**

calories 200, fat 6, fiber 9, carbs 11, protein 6

## **Greek Salad With Quinoa**

Prep + Cooking Time: 27 minutes

Servings: 7

### **Ingredients:**

- Quinoa-1-1/2 cups (cooked)
- Salt and black pepper to taste
- Balsamic vinegar-1 tbsp
- Olive oil-1 tbsp
- Cherry tomatoes-1 cup (halved)
- Feta cheese-2 ounces (crumbled)
- Green onions-2 (chopped)
- A handful of basil leaves (chopped)
- Kalamata olives-1/2 cup (pitted and chopped)
- A handful of parsley leaves (chopped)

### **Directions:**

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

### **Nutrition:**

calories 251, fat 8, fiber 4, carbs 14, protein 7

## **Veggie Salad For Lunch**

Prep + Cooking Time: 27 minutes

Servings: 5

### **Ingredients:**

- Quinoa-1-1/2 cups (cooked)
- Celery stalks-3 (chopped)
- Red bell pepper-1 (chopped)
- Salt and black pepper to taste
- Tomatoes-2 (chopped)
- Spinach-4 cups (torn)
- Almonds-1/4 cup (sliced)
- Chicken stock-1/2 cup
- Feta cheese-1/2 cup (crumbled)
- Black olives-1/2 cup (pitted and chopped)
- Basil pesto-1/3 cup

### **Directions:**

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

### **Nutrition:**

calories 251, fat 8, fiber 5, carbs 20, protein 6

## **Cabbage Curry With Chicken**

Prep + Cooking Time:43 minutes

Servings: 2

### **Ingredients:**

- Chicken thighs-1-1/2 pounds (boneless)
- Olive oil-1 tbsp
- Green cabbage-1 (shredded)
- Coconut milk-10 ounces
- Salt and black pepper to taste
- Yellow onion-1 (chopped)
- Chili peppers-2 (chopped)
- Garlic cloves-4 (minced)
- White wine-1/2 cup
- Curry paste-3 tbsp
- Soy sauce-1 tbsp

### **Directions:**

1. Use the oil to grease a baking dish and then add all ingredients.
2. Toss well and place the pan in the fryer.
3. Cook at 380 ° F for 30 minutes.
4. Divide between bowls and serve.

### **Nutrition:**

calories 251, fat 11, fiber 4, carbs 17, protein 5

## **Calamari Stew**

Prep + Cooking Time: 28 minutes

Servings: 5

### **Ingredients:**

- Calamari-10 ounces (cut into strips)
- Water-1 cup
- Red wine-1 cup
- Olive oil-2 tbsps
- Hot sauce-1 tbsp
- Pepper sauce-2 tsp
- Potatoes-4 (cut into quarters)
- Sweet paprika-1 tbsp
- Salt and black pepper to taste
- Tomato sauce-1 tbsp
- Garlic cloves-2 (minced)
- Cilantro-1/2 bunch (chopped)
- Yellow onion-1 (chopped)

### **Directions:**

1. Add all the ingredients in a pan that fits the air fryer.
2. After tossing well, put the pan in the fryer.
3. Let it cook at 400 ° F for 16 minutes.
4. Divide the stew between bowls and serve.

### **Nutrition:**

calories 251, fat 8, fiber 2, carbs 9, protein 15

## **Chicken Salsa Meal**

Prep + Cooking Time: 29 minutes

Servings: 5

### **Ingredients:**

- Chicken breasts-4 (skinless, boneless and cubed)
- Onion-1 (chopped)
- Olive oil-2 tbsps
- Chili powder-1 tbsp
- Garlic cloves-3 (minced)
- Canned tomatoes-20 ounces (peeled and chopped)
- Jarred chunky salsa-16 ounces
- Salt and black pepper to taste
- Garlic powder-1 tsp
- Parsley-2 tbsp (dried)
- Canned black beans-12 ounces (drained)

### **Directions:**

1. Mix all ingredients into a pan that fits your air fryer.
2. After the toss, place the pan in the fryer.
3. Cook at 380 ° F for 17 minutes.
4. Divide into bowls, serve, and enjoy.

### **Nutrition:**

calories 251, fat 7, fiber 8, carbs 17, protein 20

## **Corn Meal**

Prep + Cooking Time:22 minutes

Servings: 3

### **Ingredients:**

- Leeks-2 (chopped)
- Tomatoes-2 (cubed)
- Butter-2 tbsps (melted)
- Garlic cloves-2 (minced)
- Chicken stock-1/4 cup
- Corn-4 cups
- Olive oil-1 tsp
- Salt and black pepper to taste
- Tarragon sprigs-4 (chopped)
- Chives-1 tbsp (chopped)

### **Directions:**

1. Use the oil to grease a pan.
2. Then add all the ingredients and toss.
3. Insert the pan in the fryer and cook at 370 ° F for 15 minutes.
4. Divide the stew between bowls and serve.

### **Nutrition:**

calories 265, fat 6, fiber 4, carbs 16, protein 11

## **Butternut Squash Lunch Dish**

Prep + Cooking Time: 27 minutes

Servings: 6

### **Ingredients:**

- Green onions-1/2 cup (chopped)
- Butter-3 tbsps (melted)
- Butternut squash-1-1/2 pounds (cubed)
- Carrots-1/2 cup (chopped)
- Garlic clove-1 (minced)
- Celery-1/2 cup (chopped)
- Italian seasoning-1/2 tsp
- Salt and black pepper to taste
- Canned tomatoes-15 ounces (chopped)
- Red pepper flakes-1/8 tsp (dried)
- Heavy cream-1-1/2 cups
- Quinoa-1 cup (cooked)
- Chicken meat-1 cup (already cooked and shredded)

### **Directions:**

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

### **Nutrition:**

calories 200, fat 4, fiber 4, carbs 15, protein 8

## **Chicken Sandwiches**

Prep + Cooking Time: 20 Minutes

Servings: 4

### **Ingredients:**

- Italian Seasoning – ½ cup
- Pita pockets – 4
- Chopped red onion – 1
- Olive - 11 tbsp
- Skinless, boneless and cubed chicken breast – 2
- Halved cherry tomatoes – ½ cup
- Dried thyme – ½ tsp
- Sliced red bell pepper – 1
- Pits pockets – 1

### **Directions:**

1. Get an air fryer
2. Mix in the bell pepper, onion, Italian seasoning and oil
3. Toss and cook for 10 minutes at 380°F
4. Arrange the chicken mix to a bowl, add the butter lettuce, thyme, cherry tomatoes and mix well
5. Stuff the mix with pita pockets and serve for lunch

## **Tuna-Stuffed Zucchini**

Prep + Cooking Time: 20 Minutes

Servings: 4

### **Ingredients:**

- Tortillas corn – 4
- Soft butter – 4 tbsp
- Mustard – 2 tbsp
- Cheddar, cheese, grated – 1 cup
- Mayonnaise – 1/3 cup
- Drained canned tuna – 6 ounce
- Shredded Zucchini – 1 cup

### **Directions:**

1. Add some butter on the Tortillas
2. Put into the air fryer's basket and cook them at 400°F 3 minutes
3. Get a bowl, add in the Tuna with Zucchini, Mayo and Mustard Seed and Stir thoroughly
4. Share this mix on the tortilla, top with cheese, roll the tortilla
5. Place the tortilla back into air fryer's basket and cook at 400°F for 5 minutes

## **Turkish Koftas**

Prep + Cooking Time: 25 Minutes

Servings: 2

### **Ingredients:**

- Ground cumin – 1 tbsp
- Chopped mint – 1 tbsp
- Chopped parsley – 1 tbsp
- Minced garlic – 1 tbsp
- Salt and black pepper
- Minced lean beef – ½ pound
- Chopped leek – 1
- Crumbled feta cheese – 2 tbsps

### **Directions:**

1. Get a bowl, mix in the beef with leek, cumin, cheese, parsley, mint, garlic, salt and pepper
2. Stir thoroughly, shape your koftas and get them placed on sticks
3. Place the Koftas to your preheated air fryer at 360°F and cook for 12 minutes
4. Serve with a side salad and enjoy

## **Seared Scallops with Lemon and Dill**

Prep + Cooking Time: 15 Minutes

Servings: 4

### **Ingredients:**

- Chopped dill – 1 tsp
- Olive oil – 2 tsp
- De bearded sea scallops – 1 pound
- Salt and black pepper
- Lemon juice – 1 tbsp

### **Directions:**

1. Get an air fryer, mix in scallops with oil, dill, salt, pepper and lemon juice
2. Cover and cook for 360°F for 5minutes
3. Take away the unopened ones
4. Dill sauce on plates and serve for lunch

## **Egg Roll Recipe**

Prep + Cooking Time: 25 Minutes

Servings: 4

### **Ingredients:**

- Whisked eggs – 1
- Soy sauce – 2 tbsps
- Egg roll wrappers – 8
- Cornstarch – 1 tbsp
- Grated Zucchini – ½ cup
- Chopped green onions – 2
- Cornstarch – 1 tbsp
- Grated carrots – ½ cup

### **Directions:**

1. Get a bowl, mix mushrooms with carrots, green onions, zucchini, green onions, soy sauce and stir very well
2. Put the egg roll papers on a working surface
3. Share the veggie mix on each surface and roll
4. In another bowl, mix the egg with cornstarch, whisk well and brush the egg rolls with the mixture
5. Give the edges excellent touches by sealing it, arrange all rolls in preheated fryer cook at 375°F for 15 minutes
6. Put them on a platter and enjoy for lunch

## **Crusted Fish and Kettle Chips**

Prep + Cooking Time: 22 Minutes

Servings: 2

### **Ingredients:**

- Buttermilk – ¼ cup
- Skinless, boneless, cod fillets – 2 medium
- Cooked kettle chips – 3 cups
- Salt and black pepper

### **Directions:**

1. Add the fish, pepper, salt and buttermilk into a bowl, stir and leave aside for 5 minutes
2. Arrange the chips in your food processors, get them crushed and spread them on a plate
3. Put the fish and press well on every side
4. Put the fish in your air fryer's basket and cook at 400°F and leave for 12 minutes

## **Classic Succulent Turkey Cakes**

Prep + Cooking Time: 20 Minutes

Servings: 4

### **Ingredients:**

- Chopped mushrooms – 6
- Onion powder – ½ tsp
- Cooking Spray
- Ground turkey meat - 1¼ pound
- Salt and black pepper
- Garlic powder – 1 tsp
- Tomato sauce

### **Directions:**

1. Add the mushroom with the salt and pepper in your blender
2. Pulse well and later transfer into a bowl
3. Add in the turkey, garlic powder, onion powder, salt and pepper, stir thoroughly and shape cake out of this mix
4. Spray the cakes with the cooking spray
5. Transfer them to your air fryer and cook for 10 minutes under 320°F
6. Serve and enjoy with tomato sauce on the side and a tasty side salad

## **Basic Beef Meatballs**

Prep + Cooking Time: 25 Minutes

Servings: 4

### **Ingredients:**

- Onion powder – ½ tsp
- Mashed potatoes
- Grated cheddar cheese – ½ cup
- Ground beef – ½ pound
- Chopped Italian sausage – ½ pound
- Salt and pepper
- Garlic powder – ½ tsp

### **Ingredients:**

1. Get a bowl, add in the beef with sausage, onion powder, garlic powder, cheese, salt and pepper
2. Stir thoroughly and shape 16 meatballs out of the mix
3. Put the meatball in the air fryer for 15 minutes and cook at 370°F
4. Serve your meatball with mashed potatoes at its side

## **Prosciutto Sandwich Recipe**

Prep + Cooking Time: 15 Minutes

Servings: 1

### **Ingredients:**

- Mozzarella slices – 2
- Olive Oil – 1 tsp
- Salt and pepper – A pinch
- Prosciutto slices – 2
- Basil leaves – 2
- Bread slices – 2
- Tomato slices – 2

### **Directions:**

1. Put the mozzarella and prosciutto on a bread slice
2. Add salt and paper
3. Put in the air fryer and cook at 400°F for 5 minutes
4. Cover it with the second bread slice
5. Cut the sandwich into half and serve

## **Creamy Homemade Cheese and Macaroni**

Prep + Cooking Time: 40 Minutes

Servings: 3

### **Ingredients:**

- Chicken stock – 1 cup
- Heavy cream – ½ cup
- Cooking spray
- Shredded parmesan – ¼ cup
- Shredded Mozzarella cheese – ½ cup
- Salt and black pepper
- Favorite Macaroni – 1½ cup
- Shredded cheddar cheese - ¾ cup

### **Directions:**

1. Spray a with the cooking spray
2. Put the Macaroni, stock, cheddar cheese, mozzarella, heavy cream, parmesan, salt and pepper
3. Stir well and place inside the air fryer basket for 30 minutes
4. Share among the plates and serve for lunch

## **Delicious Chicken Fajitas**

Prep + Cooking Time: 20 Minutes

Servings: 4

### **Ingredients:**

- Sliced red bell pepper – 1
- Sliced green bell pepper – 1
- Cooking spray
- Salsa
- Sour cream
- Ground coriander – ¼ tsp
- Chilli powder – ½ tsp
- Ground cumin – ¼ tsp
- Salt and pepper
- Lime juice – 1 tbsp
- Warmed up tortillas – 4
- Chicken breast, cut into strips – 1
- Sour cream
- Lettuce leaves – 1 cup
- Chopped yellow onion – 1

### **Directions:**

1. Get a bowl, add the chicken with cumin, salt, pepper, chilli, salt, coriander, lime juice, green bell pepper, red bell pepper, garlic and onion
2. Stir and place aside for 10 minutes
3. Transfer to the air fryer and drizzle some cooking spray over it
4. Stir and cook for 10 minutes at 400°F
5. Put the tortillas on a working surface, and then divide the chicken mix
6. Add the salsa, lettuce and sour cream
7. Wrap and serve for lunch

## **Spicy Fried Thai Salad**

Prep + Cooking Time: 15 Minutes

Servings: 4

### **Ingredients:**

- Grated carrots – 1 cup
- Lime Juice – 1
- Chopped Cilantro – A handful
- Chopped small cucumber – 1
- Shredded red cabbage – 1 cup
- Cooked, peeled, de veined big shrimp – 12
- Red Curry paste – 2 tsp
- Salt and black pepper – A pinch

### **Directions:**

1. Get a pan, add in the cabbage, cucumber, carrots, shrimps and carrots
2. Stir and put into an air fryer and cook at 360°F for 5 minutes
3. Put the cilantro, salt, pepper, red curry taste and lime juice
4. Stir again and share among plates

## **Best-Ever Turkey Burgers**

Prep + Cooking Time: 20 Minutes

Servings: 4

### **Ingredients:**

- Olive oil – A drizzle
- Lime juice – 2 tsps
- Minced shallot – 1
- Ground turkey meat – 1 pound
- Salt and black pepper
- Minced small jalapeno pepper – 1
- Grated zest – 1 lime
- Sweet Paprika – 1
- Guacamole for serving
- Ground Cumin – 1 tsp

### **Directions:**

1. Get a bowl, add in the salt, pepper, paprika, turkey meat, cumin, lime juice, zest, shallot, jalapeno, zest, lime juice and stir thoroughly
2. Shape burgers from this mix, and pour the oil slowly
3. Put in a preheated air fryer and cook at 370°F for 7 minutes
4. Share among plates and serve with guacamole

## Classic Italian Style Eggplant Sandwich

Prep + Cooking Time: 26 Minutes

Servings: 4

### Ingredients:

- Mayonnaise – ½ cup
- Sliced eggplant – 1
- Garlic powder - ½ tsp
- Dried parsley – 2 tsp
- Milk – 2 tbsp
- Tomato sauce – ¾ cup
- Grated mozzarella cheese
- Italian seasoning – ½ tsp
- Salt and pepper
- Bread slices – 4
- Cooking spray
- Breadcrumbs – ½ cup
- Sliced eggplant – 1

### Directions:

1. Add salt and pepper to the eggplant slices and leave aside for 10 minutes
2. Get a bowl, add the parsley with breadcrumbs, onion, garlic powder, Italian seasoning, salt, black pepper and stir thoroughly
3. In a separate bowl, add the milk with mayo and whisk well
4. Brush the eggplant slices with the mayo mix
5. Dip into the breadcrumbs and arrange into air fryer's basket
6. Slowly add the cooking oil and cook at 400°F for 15 minutes
7. use olive oil to brush each of the slices of bread and arrange on a working surface
8. Add the mozzarella and parmesan on each
9. Add the baked eggplant slices,
10. Spread the tomato sauce basil on top of the other bread slices
11. Share the sandwiches on plates

## **Special Pancake Recipe**

Prep + Cooking Time: 20 Minutes

Servings: 2

### **Ingredients:**

- Milk – ½ cup
- Salsa – 1 cup
- De veined, peeled small shrimp – 1 cup
- Whisked eggs – 3
- Flour – ½ cup
- Butter – 1 tbsp

### **Directions:**

1. Give your air fryer prior heating at 400°F
2. Add the fryer's pan
3. Put the butter inside the pan and melt it
4. Get a bowl, add eggs with milk and flour and mix
5. Give it further whisking and pour into the air fryer's pan for 10 minutes at 350°F and later transfer to a plate
6. Get another bowl, add the shrimp with salsa and mix
7. Serve your pancake with the mixture on the side

## **Spinach Stuffed Portobello Mushrooms**

Prep + Cooking Time: 30 Minutes

Servings: 4

### **Ingredients:**

- Olive oil – 1 tbsp
- Torn spinach – 1 cup
- Bread crumbs – 1/3 cup
- Grated parmesan – 5 tbsp
- Big Portobello Mushrooms caps – 4
- Ricotta cheese – ¼ cup
- Chopped rosemary – ¼ tsp

### **Directions:**

1. Rub the oil to the mushroom caps
2. Put them in the air fryer's basket and cook for 2 minutes at 350°F
3. Get a bowl, add in half of the parmesan with ricotta, rosemary, spinach and bread crumbs and stir well
4. Pour the mushroom into the mixture, and add the remaining parmesan
5. Put on the air fryer basket and cook at 350°F for 12 minutes
6. Share them on plates and serve with a side salad to enjoy your lunch

## **Steak and Cabbage Stir-Fry**

Prep + Cooking Time: 20 Minutes

Servings: 4

### **Ingredients:**

- Chopped green onions -2
- Peanut oil – 1 tbsp
- Cornstarch – 2 tsp
- Salt and black pepper
- Minced garlic cloves – 2
- Chopped yellow bell pepper – 1
- Cut into strips sirloin steak – ½ pound
- Chopped green cabbage – 2 cups

### **Directions:**

1. Get a bowl, add the cabbage with pepper, salt and peanut oil
2. Stir and transfer to air fryer's basket and cook for 5 minutes at 370°F, and later transfer to a bowl
3. Place steak strips to your air dryer
4. Put the green onions, salt, pepper, garlic, bell pepper and cook for 5 minutes
5. Add the mixture over cabbage, toss and share among plates to enjoy your lunch

## **Cheese Ravioli and Marinara Sauce**

Prep + Cooking Time: 18 Minutes

Servings: 6

### **Ingredients:**

- Olive Oil – 1 tbsp
- Cheese ravioli – 20 ounces
- Grated parmesan –  $\frac{1}{4}$  cup
- Buttermilk – 1 cup
- Marinara sauce – 10 ounce
- Bread crumbs – 2 cups

### **Ingredients:**

1. Add the buttermilk into a bowl, and the breadcrumbs into another bowl
2. Add the ravioli to the buttermilk, and also in the breadcrumbs
3. Place the both in an air fryer on a baking sheet
4. Slowly pour the oil over them and cook for 5 minutes over 400°F
5. Share them on plates, sprinkle some parmesan on top and serve for lunch

## **Asian- Style Chicken**

Prep + Cooking Time: 18 Minutes

Servings: 4

### **Ingredients:**

- Sliced yellow onion – 1
- Grated cheddar cheese – 1½ cups
- Skinless, boneless and sliced chicken breast – 2
- Pizza dough – 14 ounce
- Jarred cheese sauce – ½ cup
- Worcestershire sauce – 1 tbsp
- Olive oil – 1 tsp
- Salt and black pepper

### **Directions:**

1. Give your air fryer prior heating at 400°F
2. Put half of the onion and oil and fry for 8 minutes, stir only once
3. Put in the chicken pieces, salt, pepper, Worcestershire sauce
4. Mix and fry for 7 minutes, stir only once and transfer it to a bowl
5. Roll Pizza dough on a working surface and shape into a rectangular form
6. Spread half portion of the cheese all over the dough
7. Put the chicken, onion mix and top with cheese sauce
8. Roll your dough and shape into a "U."
9. Put the dough into the air fryer's basket
10. Brush using the rest of the oil and cook for 12 minutes at 370°F
11. Try flipping to roll halfway, then slice your roll while it's warm and serve for lunch.

## **Yellow Summer Squash Fritters**

Prep + Cooking Time: 17 Minutes

Servings: 4

### **Ingredients:**

- Whisked egg – 1
- Bread crumbs – 2/3 cup
- Grated carrot – 1/3 cup
- Salt and black pepper – A pinch
- Grated yellow summer squash – 1
- Dried Oregano – ½ tsp
- Cream cheese – ½ tsp
- Olive Oil - 2 tbsps

### **Directions:**

1. Get a bowl, add the cream, pepper, salt, egg, oregano, breadcrumbs, carrot, cheese squash and stir thoroughly
2. Shape the medium patties out of this mix and get them brushed with the oil
3. Place the squash patties in your air fryer and cook for 7 minutes at 400°F
4. Serve for lunch

## **Chicken Pie**

Prep + Cooking Time: 17 Minutes

Servings: 4

### **Ingredients:**

- Chopped carrot – 1
- Chopped mushrooms – 2
- Milk – 1 tbsp
- Salt and black pepper
- Flour – 1 tbsp
- Puff pastry sheets – 2
- Italian Seasoning – 1 tsp
- Chopped potatoes – 2
- Worcestershire sauce- 1 tsp
- Garlic tsp – ½ tsp
- Chopped yellow onion – 1
- Soy sauce – 1 tsp
- Boneless, skinless, cubed, chicken thighs – 2
- Melted butter – 1 tbsp

### **Directions:**

1. Place pan over a medium heat
2. Add carrots, potatoes, onions, stir and cook for 2 minutes
3. Put the chicken, salt, pepper, mushrooms, soy sauce, Italian seasoning, flour, milk, Worcestershire sauce stir thoroughly and take off heat
4. Put 1 puff pastry sheet on the bottom of your air fryer's pan and trim with edge excesses
5. Pour the chicken mix, top with other puff pastry sheet
6. Trim the excesses as well and brush pie with butter
7. Arrange into your air fryer and cook for 6 minutes at 360°F
8. Allow the pie to cool, slice and serve for breakfast

## **Home Fresh Style Chicken**

Prep + Cooking Time: 32 Minutes

Servings: 4

### **Ingredients:**

- Bread – 6 slices
- Dried thyme – ½ tsp
- Alfredo sauce – 10 ounce
- Chopped red bell pepper – 1
- Sliced button mushrooms – 8
- Olive oil – 1 tbsp
- Soft butter – 2 tbsps
- Skinless, boneless, cubed chicken breast – 2

### **Directions:**

1. Add the chicken with bell pepper, mushrooms, and oil into your air fryer and cook for 15 minutes at 350 F
2. Pour the chicken mixture into a bowl, add up the alfredo sauce, thyme stir and return it to the air fryer and cook for 4 minutes at 350°F
3. Add the butter to the slices of bread, add to the fryer as well and cook for 5 minutes
4. Arrange the toast bread slices on a platter and top each with chicken mix and serve for lunch

# **Chapter 4 Air Fryer Side Dish Recipes**

## **Awesome Potatoes with Sour Cream**

Prep + Cooking Time: 25 minutes

Servings 4

### **Ingredients:**

- Potatoes – 2
- Olive oil – 1 tbsp
- Salt –  $\frac{3}{4}$  tsp
- Ground black pepper –  $\frac{1}{2}$  tsp
- Sour cream – 3 tbsps

### **Directions:**

1. Switch on the air fryer, insert fryer basket, shut with lid and let preheat at 370 ° F for 5 minutes.
2. Meanwhile, slice potatoes into medium pieces and place in a baking dish that fits into the air fryer.
3. Add remaining ingredients and toss until potatoes are evenly coated.
4. Insert baking dish into the air fryer and cook for 20 minutes or until cooked through.
5. Serve straightaway.

### **Nutrition:**

Calories: 201, Fat: 8, Fiber: 9, Carbs: 18, Protein: 5

## **Creamy and Spiced Sweet Potato Salad**

Prep + Cooking Time: 30 minutes

Servings 2

### **Ingredients:**

- Medium sweet potatoes, peeled and cut into wedges – 2
- Salt – ½ tsp
- Ground black pepper – ½ tsp
- Avocado oil – 2 tbsps
- Curry powder – ½ tsp
- Ground coriander – ¼ tsp
- Mayonnaise – 4 tbsps
- Ground cumin – ½ tsp
- Ginger powder – 1/8 tsp
- Cinnamon powder – 1/8 tsp

### **Directions:**

1. Switch on the air fryer, insert fryer basket greased with oil, shut with lid and let preheat at 370 ° F for 5 minutes.
2. Meanwhile, place sweet potatoes in a bowl, season with salt, black pepper, curry powder, and coriander and toss until well coated.
3. Place seasoned sweet potatoes into air fryer in a single layer and cook for 20 minutes, turning halfway through.
4. When done, transfer potatoes into a bowl, add remaining ingredients and toss until mixed.
5. Serve straightaway.
6. Toss and serve as a side salad.

### **Nutrition:**

Calories: 190, Fat: 5, Fiber: 8, Carbs: 14, Protein: 5

## **Fantastic Garlic Brussels Sprouts with Mayonnaise**

Prep + Cooking Time: 25 minutes

Servings 4

### **Ingredients:**

- Brussels sprouts, trimmed and halved 1 pound
- Salt – 1 tsp
- Ground black pepper – ½ tsp
- Olive oil – 6 tsp
- Mayonnaise – ½ cup
- Minced garlic – 2 tbsps

### **Directions:**

1. Switch on the air fryer, insert fryer basket greased with oil, shut with lid and let preheat at 390 ° F for 5 minutes.
2. Meanwhile, place sprouts in a bowl, season with salt and black pepper, then drizzle with oil and toss until evenly coated.
3. Place sprouts into the air fryer and cook for 15 minutes, shaking halfway through.
4. When done, transfer sprouts into a bowl, add remaining ingredients and toss until mixed.
5. Serve straightaway.

### **Nutrition:**

Calories: 202, Fat: 6, Fiber: 8, Carbs: 12, Protein: 8

## **Green Beans with Walnuts**

Prep + Cooking Time: 25 minutes

Servings 4

### **Ingredients:**

- Green beans, trimmed – 1½ pounds
- Salt – 1 ¼ tsp
- Ground black pepper – ¾ tsp
- Shallots, chopped – ½ pound
- Walnuts, chopped – ¼ cup
- Olive oil – 2 tbsps

### **Directions:**

1. Switch on the air fryer, insert fryer basket greased with oil, shut with lid and let preheat at 350 ° F for 5 minutes.
2. Meanwhile, place beans in a bowl, add remaining ingredients and toss until mixed.
3. Add beans into air fryer basket and cook for 20 minutes, shaking halfway through.
4. Serve straightaway.

### **Nutrition:**

Calories: 182, Fat: 3, Fiber: 6, Carbs: 11, Protein: 5

## **Italian Parmesan Mushroom**

Prep + Cooking Time: 20 minutes

Servings 4

### **Ingredients:**

- Button mushrooms, halved – 1 pound
- Parmesan cheese, grated – 2 tbsps
- Italian seasoning – 1 tsp
- Salt – 1 tsp
- Ground black pepper – ½ tsp
- Butter, melted – 3 tbsps

### **Directions:**

1. Switch on the air fryer, insert fryer basket greased with oil, shut with lid and let preheat at 360 ° F for 5 minutes.
2. Meanwhile, place mushrooms in a bowl, add remaining ingredients and toss until evenly coated.
3. Add mushrooms into the air fryer and cook for 15 minutes.
4. Serve straightaway.

### **Nutrition:**

Calories: 194, Fat: 4, Fiber: 4, Carbs: 14, Protein: 7

## **Simple Eggplant and Bell Pepper Mix**

Prep + Cooking Time: 20 minutes

Servings 4

### **Ingredients:**

- Baby eggplants, cubed – 8
- Salt – 1 ½ tsp
- Ground black pepper – ¾ tsp
- Medium green bell pepper, chopped – 1
- Tomato sauce – 1 tbsp
- Bunch of coriander, chopped – 1
- Garlic powder – ½ tsp
- Olive oil – 1 tbsp
- Medium white onion, peeled and chopped – 1

### **Directions:**

1. Switch on the air fryer, insert fryer basket, shut with lid and let preheat at 370 ° F for 5 minutes.
2. Meanwhile, place eggplants in a baking dish that fits into the air fryer, add remaining ingredients and toss until mixed.
3. Insert baking dish into the air fryer and cook for 10 minutes or until done.
4. Serve straightaway.

### **Nutrition:**

Calories: 210, Fat: 5, Fiber: 7, Carbs: 12, Protein: 5

## **Scrumptious Creamy Cherry Tomatoes**

Prep + Cooking Time: 11 minutes

Servings 4

### **Ingredients:**

- Cherry tomatoes, halved – 1 pound
- Salt – 1 tsp
- Ground black pepper – ½ tsp
- Olive oil – 1 tsp
- Heavy cream – 1 cup
- Creole seasoning – ½ tbsp

### **Directions:**

1. Switch on the air fryer, insert fryer basket, shut with lid and let preheat at 400 ° F for 5 minutes.
2. Meanwhile, take a pan that fits into the air fryer, add all the ingredients in it, and toss until mixed.
3. Insert pan into the air fryer and cook for 6 minutes.
4. Serve straightaway.
5. In a pan that fits your air fryer, combine all the ingredients and toss.

### **Nutrition:**

Calories: 174, Fat: 5, Fiber: 7, Carbs: 11, Protein: 4

# **Creamy Brussels Sprouts and Bacon Delight**

Prep + Cooking Time: 30 minutes

Servings 8

## **Ingredients:**

- Brussels sprouts, halved – 3 pounds
- Olive oil – 1 tsp
- Bacon, chopped – 1 pound
- Salt – 2 tsp
- Ground black pepper – 1 tsp
- Butter, melted – 4 tbsps
- Medium shallots, peeled and chopped – 3
- Milk – 1 cup
- Heavy cream – 2 cups
- Ground nutmeg – ¼ tsp
- Prepared horseradish – 3 tbsps

## **Directions:**

1. Switch on the air fryer, insert fryer basket greased with oil, shut with lid and let preheat at 370 ° F for 5 minutes.
2. Meanwhile, place sprouts in a bowl, add bacon, season with salt and black pepper, drizzle with oil and toss until mixed.
3. Add remaining ingredients, toss until well mixed and then place into the air fryer to cook for 25 minutes or until done.
4. Serve straightaway.

## **Nutrition:**

Calories: 214, Fat: 5, Fiber: 8, Carbs: 12, Protein: 5

## **Crispy Zucchini Fries**

Prep + Cooking Time: 22 minutes

Servings 4

### **Ingredients:**

- Small zucchinis, cut into fries – 2
- Olive oil – 2 tsp
- Salt – 1 tsp
- Ground black pepper – ½ tsp
- Eggs, whisked – 2
- Breadcrumbs – 1 cup
- White flour – ½ cup

### **Directions:**

1. Switch on the air fryer, insert fryer basket greased with oil, shut with lid and let preheat at 400 ° F for 10 minutes.
2. Meanwhile, place flour in a shallow dish, add salt and black pepper and stir until mixed.
3. Place breadcrumbs in another bowl, crack eggs in a third bowl and whisk until blended.
4. Working on one zucchini piece at a time, first dredge in flour, dip in eggs, then cover with breadcrumbs and place into the air fryer.
5. Coat remaining zucchini fries in the same manner, then add into the air fryer and cook for 12 minutes or until done, shaking halfway through.
6. Serve straightaway.

### **Nutrition:**

Calories: 182, Fat: 6, Fiber: 3, Carbs: 11, Protein: 5

## **Awesome Bell Peppers Mix**

Prep + Cooking Time: 25 minutes

Servings 4

### **Ingredients:**

- Smoked paprika – 1 tbsp
- Olive oil – 1 tbsp
- Medium red bell peppers – 4
- Medium green bell peppers – 4
- Medium red onion, peeled and chopped – 1
- Salt – 1 ¼ tsp
- Ground black pepper – ¾ tsp

### **Directions:**

1. Switch on the air fryer, insert fryer basket greased with oil, shut with lid and let preheat at 360 ° F for 5 minutes.
2. Meanwhile, slice peppers into medium strips and place in a bowl along with onion, add remaining ingredients and toss until mixed.
3. Add peppers and onions into the air fryer and cook for 20 minutes or until done, shaking halfway through.
4. Serve straightaway.

### **Nutrition:**

Calories: 172, Fat: 5, Fiber: 4, Carbs: 7, Protein: 4

## **Spiced Baby Carrot Mix**

Prep + Cooking Time: 25 minutes

Servings 4

### **Ingredients:**

- Baby carrots, trimmed – 1 pound
- Olive oil – 2 tsp
- Herbs de Provence – 1 tsp
- Lime juice – 2 tbsps

### **Directions:**

1. Switch on the air fryer, insert fryer basket greased with oil, shut with lid and let preheat at 320 ° F for 5 minutes.
2. Meanwhile, place carrots in a bowl, add remaining ingredients and toss until mixed.
3. Add carrots into the air fryer and cook for 20 minutes or until done, shaking halfway through.
4. Serve straightaway.

### **Nutrition:**

Calories: 132, Fat: 4, Fiber: 3, Carbs: 11, Protein: 4

## **Parsnip with Maple**

Prep + Cooking Time: 45 minutes

Servings 6

### **Ingredients:**

- Parsnips, cubed – 2 pounds
- Maple syrup – 2 tbsps
- Cilantro, chopped – 1 tbsp
- Olive oil – 1 tbsp

### **Directions:**

1. Switch on the air fryer, insert fryer basket greased with oil, shut with lid and let preheat at 360 ° F for 5 minutes.
2. Then add all the ingredients in the air fryer, toss until mixed and cook for 40 minutes or until done, shaking halfway through.
3. Serve straightaway.

### **Nutrition:**

Calories: 174, Fat: 5, Fiber: 3, Carbs: 11, Protein: 4

## **Fried Beets with Maple**

Prep + Cooking Time: 40 minutes

Servings 6

### **Ingredients:**

- Small beets, trimmed and halved – 3 pounds
- Maple syrup – 4 tbsps
- Olive oil – 1 tbsp

### **Directions:**

1. Switch on the air fryer, insert fryer basket greased with oil, shut with lid and let preheat at 360 ° F for 5 minutes.
2. Then add beets into the air fryer, drizzle with maple syrup, toss until mixed and cook for 35 minutes or until done, shaking halfway through.
3. Serve straightaway.

### **Nutrition:**

Calories: 171, Fat: 4, Fiber: 2, Carbs: 13, Protein: 3

## **Cauliflower, Water chestnut and Mushroom Risotto**

Prep + Cooking Time: 50 minutes

Servings 6

### **Ingredients:**

- Olive oil – tbsps
- Soy sauce – 4 tbsps
- Minced garlic – 1 ½ tsp
- Grated ginger – 1 tbsp
- Lime, juiced – 1
- Medium cauliflower head, riced – 1
- Water chestnuts, drained – 10 ounces
- Mushrooms, chopped – 15 ounces
- Egg, whisked – 1

### **Directions:**

1. Switch on the air fryer, insert baking basket greased with oil, shut with lid and let preheat at 350 ° F for 5 minutes.
2. Meanwhile, place cauliflower rice in a bowl, add garlic, ginger, chestnut and mushrooms, drizzle with lime juice, soy sauce and oil and toss until mixed.
3. Add into the air fryer and cook for 20 minutes or until done, stirring halfway through.
4. Then add eggs, stir well until mixed and cook for 20 minutes at 360 ° F until cooked.
5. Serve straightaway.

### **Nutrition:**

Calories: 182, Fat: 3, Fiber: 2, Carbs: 8, Protein: 4

## **Moroccan Styled Eggplant Mix**

Prep + Cooking Time: 25 minutes

Servings 6

### **Ingredients:**

- Eggplant, cubed – 1½ pounds
- Olive oil – 1 tbsp
- Onion powder – 1 tsp
- Sumac – 1 tsp
- Za'atar – 2 tsp
- Lime, juiced – 1

### **Directions:**

1. Switch on the air fryer, insert fryer basket greased with oil, shut with lid and let preheat at 370 ° F for 5 minutes.
2. Meanwhile, place eggplant pieces in a bowl, add remaining ingredients and toss until mixed.
3. Add into the air fryer and cook for 20 minutes or until done, shaking halfway through.
4. Serve straightaway.

### **Nutrition:**

Calories 182, Fat: 4, Fiber: 7, Carbs: 12, Protein: 4

## **Sesame Cauliflower Mix**

Prep + Cooking Time: 25 minutes

Servings 4

### **Ingredients:**

- Olive oil – 1 tbsp
- Medium head of cauliflower, florets separated – 1
- Minced garlic – 1 ½ tsp
- Lime, juiced – 1
- Black sesame seed – 1 tbsp

### **Directions:**

1. Switch on the air fryer, insert fryer basket greased with oil, shut with lid and let preheat at 350 ° F for 5 minutes.
2. Then add cauliflower florets, sprinkle with garlic, drizzle with lime juice, toss until mixed and cook for 20 minutes, shaking halfway through.
3. Sprinkle cauliflower with sesame seeds and serve.

### **Nutrition:**

Calories: 182, Fat: 4, Fiber: 3, Carbs: 11, Protein: 4

## **Awesome Potatoes with Rosemary**

Prep + Cooking Time: 40 minutes

Servings 4

### **Ingredients:**

- Medium potatoes, thinly sliced – 4
- Salt – 1 tsp
- Ground black pepper – ½ tsp
- Olive oil – 1 tbsp
- Rosemary, chopped – 2 tsp

### **Directions:**

1. Switch on the air fryer, insert fryer basket greased with oil, shut with lid and let preheat at 370 ° F for 10 minutes.
2. Meanwhile, place all the ingredients into a bowl and toss until well mixed.
3. Add into the air fryer and cook for 30 minutes or until done, shaking halfway through.
4. Serve straightaway.

### **Nutrition:**

Calories: 190, Fat: 4, Fiber: 4, Carbs: 14, Protein: 4

## **Parsnips and Carrots Sticks with Thyme**

Prep + Cooking Time: 20 minutes

Servings 4

### **Ingredients:**

- Parsnips, cut into medium sticks – 4
- Carrots, cut into medium sticks – 4
- Salt – 1 tsp
- Ground black pepper – ½ tsp
- Thyme, chopped – 2 tbsps
- Olive oil – 2 tbsps
- Onion powder – ½ tsp

### **Directions:**

1. Switch on the air fryer, insert fryer basket greased with oil, shut with lid and let preheat at 350 ° F for 5 minutes.
2. Meanwhile, place all the ingredients in a bowl and toss until mixed.
3. Add into the air fryer and cook for 15 minutes or until done, shaking halfway through.
4. Serve straightaway.

### **Nutrition:**

Calories: 160, Fat: 3, Fiber: 4, Carbs: 7, Protein: 3

## **Delicious Mushroom and Tomato Mix**

Prep + Cooking Time: 20 minutes

Servings 6

### **Ingredients:**

- Mushrooms, roughly sliced – 15 ounces
- Medium red onion, chopped – 1
- Salt – 1 ¼ tsp
- Ground black pepper – ¾ tsp
- Ground nutmeg – ½ tsp
- Olive oil – 2 tbsps
- Tomatoes, chopped – 6 ounces

### **Directions:**

1. Switch on the air fryer, insert fryer basket greased with oil, shut with lid and let preheat at 380 ° F for 5 minutes.
2. Meanwhile, place all the ingredients in a bowl and toss until mixed.
3. Add into the air fryer and cook for 15 minutes or until done, shaking halfway through.
4. Serve straightaway.

### **Nutrition:**

Calories: 202, Fat: 6, Fiber: 1, Carbs: 16, Protein: 4

## **Zucchini and Squash Mix**

Prep + Cooking Time: 45 minutes

Servings 4

### **Ingredients:**

- Olive oil – 5 tsp
- Zucchini, sliced – 1 pound
- Medium yellow squash, halved, de seeded, and cut in chunks – 1
- Salt – 1 ½ tsp
- Ground white pepper – ¾ tsp
- Cilantro, chopped – 1 tbsp

### **Directions:**

1. Switch on the air fryer, insert fryer basket greased with oil, shut with lid and let preheat at 400 ° F for 5 minutes.
2. Meanwhile, place all the ingredients in a bowl and toss until well mixed.
3. Add into the air fryer and cook for 35 minutes or until done, shaking halfway through.
4. Serve straightaway.

### **Nutrition:**

Calories: 200, Fat: 4, Fiber: 1, Carbs: 15, Protein: 4

## **Herbed Mushroom Salad**

Prep + Cooking Time: 20 minutes

Servings 3

### **Ingredients:**

- Large mushrooms, halved – 10
- Mixed herbs, dried – 1 tbsp
- Grated cheddar cheese – 1 tbsp
- Grated mozzarella cheese – 1 tbsp
- Olive oil – 1 tsp
- Parsley flakes – 2 tsp
- Salt – 1 ½ tsp
- Ground black pepper – ¾ tsp

### **Directions:**

1. Switch on the air fryer, insert fryer basket greased, shut with lid and let preheat at 380 ° F for 5 minutes.
2. Meanwhile, take a pan that fits into the air fryer, grease with oil, add all the ingredients and toss until well mixed.
3. Insert pan and cook for 15 minutes or until done.
4. Serve straightaway.

### **Nutrition:**

Calories: 161, Fat: 7, Fiber: 1, Carbs: 12, Protein: 6

## **Paprika Flavored Corn with Lime**

Prep + Cooking Time: 20 minutes

Servings 2

### **Ingredients:**

- Ears of corn, shucked and silk removed – 2
- Salt –  $\frac{3}{4}$  tsp
- Ground black pepper –  $\frac{1}{2}$  tsp
- Olive oil – 2 tsp
- Limes, juiced – 2
- Smoked paprika – 2 tsp

### **Directions:**

1. Switch on the air fryer, insert fryer basket greased with oil, shut with lid and let preheat at 400 ° F for 5 minutes.
2. Meanwhile, stir together salt, black pepper, paprika, oil, and lime juice until combined and rub the mixture all over the corn.
3. Place corn into the air fryer and cook for 15 minutes or until done, turning halfway through.
4. Serve straightaway.

### **Nutrition:**

Calories: 180, Fat: 7, Fiber: 2, Carbs: 12, Protein: 6

## **Simple Potatoes Wedges with Garlic**

Prep + Cooking Time: 50 minutes

Servings 4

### **Ingredients:**

- Large potatoes, pricked with a fork – 4
- Salt – 1 ½ tsp
- Ground black pepper – ¾ tsp
- Olive oil – 2 tbsps
- Minced garlic – 1 tbsp

### **Directions:**

1. Switch on the air fryer, insert fryer basket greased with oil, shut with lid and let preheat at 400 ° F for 5 minutes.
2. Meanwhile, place all the ingredients into a bowl and toss until evenly coated.
3. Add into the air fryer and cook for 40 minutes, shaking halfway through.
4. When done, peel potatoes, cut into wedges and serve.

### **Nutrition:**

Calories: 173, Fat: 3, Fiber: 2, Carbs: 16, Protein: 4

## **Creamy Cabbage and Onion Mix with Bacon**

Prep + Cooking Time: 25 minutes

Servings 2

### **Ingredients:**

- Medium head of green cabbage, shredded – 1
- Medium white onion, peeled and chopped – 1
- Salt – 1 ¼ tsp
- Ground black pepper – ½ tsp
- Slices of bacon, chopped – 4
- Whipped cream – 1 cup

### **Directions:**

1. Switch on the air fryer, insert fryer basket, shut with lid and let preheat at 400 ° F for 5 minutes.
2. Meanwhile, take a pan that fits into the air fryer, add all the ingredients, and stir until mixed.
3. Insert pan into the air fryer and cook for 20 minutes or until done.
4. Serve straightaway.

### **Nutrition:**

Calories: 208, Fat: 10, Fiber: 4, Carbs: 12, Protein: 4

## **Wild Rice Mix with Hazelnuts**

Prep + Cooking Time: 35 minutes

Servings 8

### **Ingredients:**

- Medium shallot, chopped – 1
- Minced garlic – 1 tsp
- Olive oil – 1 tsp
- Wild rice – 1½ cups
- Chicken stock – 4 cups
- Salt – ¾ tsp
- Ground black pepper – ½ tsp
- Parsley, chopped – 1 tbsp
- Hazelnuts, toasted and chopped – ½ cup

### **Directions:**

1. Switch on the air fryer, insert fryer basket, shut with lid and let preheat at 380 ° F for 10 minutes.
2. Meanwhile, take a pan that fits into the air fryer and add oil in it and heat over medium heat.
3. Then add shallots and garlic and cook for 3 minutes or until softened, stirring frequently.
4. Add rice, season with salt and black pepper, pour in the stock and stir well.
5. Insert pan into the air fryer and cook for 25 minutes or until done.
6. Garnish with parsley and hazelnuts and serve.

### **Nutrition:**

Calories 200, Fat: 4, Fiber: 6, Carbs: 16, Protein: 4

## **Fantastic Quinoa with Parsley**

Prep + Cooking Time: 26 minutes

Servings 4

### **Ingredients:**

- Quinoa – 2 cups
- Minced garlic – 1 tsp
- Olive oil – 2 tbsps
- Salt – 1 tsp
- Ground black pepper – ½ tsp
- Turmeric powder – 2 tsp
- Vegetable stock – 3 cups
- Parsley, chopped – ¼ cup

### **Directions:**

1. Switch on the air fryer, insert fryer basket, shut with lid and let preheat at 360 ° F for 10 minutes.
2. Meanwhile, take a pan that fits into the air fryer, add oil and heat over medium heat.
3. Add garlic, cook for 2 minutes or until fragrant, then add quinoa, season with salt, black pepper, and turmeric, pour in the stock and stir until mixed.
4. Insert pan into the air fryer and cook for 16 minutes or until done.
5. Garnish with parsley and serve.

### **Nutrition:**

Calories: 171, Fat: 4, Fiber: 8, Carbs: 16, Protein: 7

## **Creamy Risotto with Parmesan**

Prep + Cooking Time: 30 minutes

Servings 4

### **Ingredients:**

- Risotto rice – 2 cups
- Chicken stock, heated – 4 cups
- Minced garlic – 1 tsp
- Olive oil – 1 tbsp
- Medium white onion, peeled and chopped – 1
- Mushrooms, sliced – 8 ounces
- Heavy cream – 4 ounces
- Grated parmesan cheese – 2 tbsps
- Cilantro, chopped – 1 tbsp

### **Directions:**

1. Switch on the air fryer, insert fryer basket, shut with lid and let preheat at 360 ° F for 5 minutes.
2. Meanwhile, take a pan that fits into the air fryer, add all the ingredients except for cilantro and stir until mixed.
3. Insert pan into the air fryer and cook for 20 minutes or until done.
4. Garnish with cilantro and serve.

### **Nutrition:**

Calories: 261, Fat: 5, Fiber: 8, Carbs: 15, Protein: 5

## **Spiced and Creamy Pumpkin Rice**

Prep + Cooking Time: 30 minutes

Servings 4

### **Ingredients:**

- Olive oil – 2 tbsps
- Small white onion, peeled and chopped – 1
- Minced garlic – 1 tsp
- Risotto rice – 12 ounces
- Chicken stock – 4 cups
- Pumpkin puree – 6 ounces
- Ground nutmeg – ½ tsp
- Grated ginger – ½ tsp
- Cinnamon powder – ½ tsp
- Allspice – ½ tsp
- Heavy cream – 4 ounces

### **Directions:**

1. Switch on the air fryer, insert fryer basket, shut with lid and let preheat at 360 ° F for 10 minutes.
2. Meanwhile, take a pan that fits into the air fryer, add oil and heat over medium heat.
3. Then add onion and garlic and cook until beginning to soften.
4. Season with ginger, nutmeg, cinnamon, and allspice and cook for another 1 minutes.
5. Then add rice, pour in pumpkin puree, cream and stock and stir until mixed.
6. Insert pan into the air fryer and cook for 20 minutes or until done.
7. Serve straightaway.

### **Nutrition:**

Calories: 251, Fat: 6, Fiber: 8, Carbs: 16, Protein: 6

## **Mashed Parmesan Sweet Potatoes**

Prep + Cooking Time: 22 minutes

Servings 8

### **Ingredients:**

- Garlic cloves – 2
- Sweet potatoes, baked, peeled, and chopped – 3 pounds
- Dried parsley – ½ tsp
- Salt – 2 tsp
- Ground black pepper – 1 tsp
- Dried sage – ¼ tsp
- Milk – ¼ cup
- Grated parmesan cheese – ½ cup
- Dried Rosemary – ½ tsp
- Butter – 2 tbsps

### **Directions:**

1. Switch on the air fryer, insert fryer basket, shut with lid and let preheat at 360 ° F for 5 minutes.
2. Meanwhile, take a pan that fits into the air fryer, add sweet potatoes and garlic, season with salt, black pepper, sage, parsley, and rosemary and stir well until mixed.
3. Insert pan into the air fryer and cook for 12 minutes or until done.
4. When done, mash potatoes with a fork, add butter and cheese, then pour in the milk and stir well until well combined.
5. Serve straightaway.

### **Nutrition:**

Calories: 251, Fat: 6, Fiber: 5, Carbs: 16, Protein: 6

## **Saffron Flavored Sweet Rice**

Prep + Cooking Time: 25 minutes

Servings 6

### **Ingredients:**

- Olive oil – 2 tbsps
- Saffron powder – ½ tsp
- White onion, chopped – ½ cup
- Milk, hot – 2 tbsps
- Arborio rice – 1½ cups
- Salt – ¾ tsp
- Ground black pepper – ½ tsp
- Chicken stock – 3½ cups
- Honey – 1 tbsp
- Almonds, chopped – ⅓ cup

### **Directions:**

1. Switch on the air fryer, insert fryer basket greased with oil, shut with lid and let preheat at 360 ° F for 5 minutes.
2. Meanwhile, place all the ingredients in a bowl and stir until mixed.
3. Add into the air fryer and cook for 20 minutes or until done.
4. Serve straightaway.

### **Nutrition:**

Calories: 251, Fat: 4, Fiber: 3, Carbs: 13, Protein: 6

## **Mint, Cherries and Green Onion Rice Dish**

Prep + Cooking Time: 32 minutes

Servings 6

### **Ingredients:**

- Apple cider vinegar – 1 tbsp
- White rice – 1 cup
- Lemon juice – 1 tsp
- Salt –  $\frac{3}{4}$  tsp
- Ground black pepper –  $\frac{1}{2}$  tsp
- Water, hot – 3 cups
- Olive oil – 1 tsp
- Green onions, chopped –  $\frac{1}{4}$  cup
- Mint leaves, chopped – 10
- Cherries, pitted and halved – 2 cups

### **Directions:**

1. Switch on the air fryer, insert fryer basket, shut with lid and let preheat at 370 ° F for 10 minutes.
2. Meanwhile, take a pan that fits into the air fryer, add all the ingredients, and stir until mixed.
3. Insert pan into the air fryer and cook for 22 minutes or until done.
4. Serve straightaway.

### **Nutrition:**

Calories: 200, Fat: 5, Fiber: 5, Carbs: 9, Protein: 5

# **Chapter 5 Air Fryer Snack and Appetizer Recipes**

## **Coconut Crusted Pork Bites**

Prep Time + Cook Time: 25 minutes

Servings: 4

### **Ingredients:**

- Olive oil.
- Panko breadcrumbs,  $\frac{3}{4}$  cup.
- Ground pork, 1 lb.
- Black pepper.
- Shredded coconut,  $\frac{3}{4}$  cup.
- Garlic powder, 2 tsps.
- Eggs, 2.
- Salt and black pepper to taste.

### **Directions:**

1. Combine panko and coconut in a small bowl.
2. Set up another mixing bowl in place to combine eggs, pork, garlic powder and seasonings then mould the mixture into medium meatballs.
3. Pass the meatballs over the coconut mix then put in the air fryer's basket.
4. Allow them to cook for 15 minutes at 3500F then serve.
5. Enjoy.

### **Nutrition:**

Calories: 192, Fat: 4, Fiber: 2, Carbs: 14, Protein: 6

## **Peanut Banana Chips**

Prep Time + Cook Time: 10 minutes

Servings: 8

### **Ingredients:**

- Peeled and sliced banana, 1.
- Vegetable oil, 1 tbsp.
- Soft peanut butter,  $\frac{1}{4}$  cup.

### **Directions:**

1. Set the banana slices in the air fryer's basket then sprinkle the oil all over.
2. Allow the banana chips to cook for 5 minutes at 3600F.
3. Serve into bowls with peanut butter dip.
4. Enjoy.

### **Nutrition:**

Calories: 100, Fat: 4, Fiber: 1, Carbs: 10, Protein: 4

## **Cubed Apple Bites**

Prep Time + Cook Time: 10 minutes

Servings: 4

### **Ingredients:**

- Lemon juice, 2 tsps.
- Caramel sauce, ½ c.
- Cored and cubed big apples, 3.

### **Directions:**

1. Put the apples, lemon juice and caramel sauce in the air fryer.
2. Let the apples cook for 5 minutes at 3400F.
3. Serve into cups as a snack.
4. Enjoy.

### **Nutrition:**

Calories 180, Fat: 4, Fiber: 3, Carbs: 10, Protein: 3

## **Air Fried Zucchini Balls**

Prep Time + Cook Time: 22 minutes

Servings: 8

### **Ingredients:**

- Minced garlic cloves, 2.
- White flour, ½ cup.
- Chopped dill, ½ cup.
- Grated zucchinis, 3.
- Cooking spray
- Egg, 1.
- Salt and black pepper to taste

### **Directions:**

1. Stir together all the ingredients in a mixing bowl.
2. Mould medium balls out of the mixture then put in the air fryer's basket.
3. Let them cook for 12 minutes at 375°F and flip them halfway.
4. Serve the zucchini balls as a snack while still hot.
5. Enjoy.

### **Nutrition:**

Calories: 120, Fat: 1, Fiber: 2, Carbs: 5, Protein: 3

## **Easy Cilantro & Basil Crackers**

Prep Time + Cook Time: 26 minutes

Servings: 6

### **Ingredients:**

- Minced cilantro, 2 tbsps.
- Minced garlic clove, 1.
- Melted butter, 4 tbsps.
- Flour, 1¼ cups.
- Baking powder, ½ tsp.
- Salt and black pepper to taste
- Minced basil, 2 tbsps.

### **Directions:**

1. Stir all the ingredients in a mixing bowl to obtain a dough.
2. Spread the dough on a lined baking tray that fits well in the air fryer.
3. Introduce the baking tray in the air fryer to bake for 16 minutes at 3250F.
4. Allow cooling once cooked before slicing to serve.
5. Enjoy.

### **Nutrition:**

Calories: 171, Fat: 9, Fiber: 1, Carbs: 8, Protein: 4

## **Air-Fried Zucchini Slices**

Prep Time + Cook Time: 55 minutes.

Servings: 6

### **Ingredients:**

- Avocado oil, 2 tbsps.
- Thinly sliced zucchinis, 3.
- Balsamic vinegar, 2 tbsps.
- Salt and black pepper to taste

### **Directions:**

1. Set all the ingredients in a mixing bowl.
2. Set the zucchini mix in the air fryer's basket to cook for 50 minutes at 2200F.
3. Enjoy the tasty zucchini slices as a snack.

### **Nutrition:**

Calories: 40, Fat: 3, Fiber: 7, Carbs: 3, Protein: 7

## **Spiced Carrot Chips**

Prep Time + Cook Time: 30 minutes

Servings: 4

### **Ingredients:**

- Chaat masala, ½ tsp.
- Turmeric powder, ½ tsp.
- Olive oil, 1 tsp.
- Thinly sliced carrots, 4.
- Salt and black pepper to taste.

### **Directions:**

1. Set all the ingredients in a medium bowl.
2. Transfer the mixture in the air fryer's basket to cook for 25 minutes at 3700F as you shake the air fryer occasionally.
3. Enjoy the carrots as a snack.

### **Nutrition:**

Calories: 161, Fat: 1, Fiber: 2, Carbs: 5, Protein: 3

## **Sliced Radish and Chives**

Prep Time + Cook Time: 15 minutes

Servings: 4

### **Ingredients:**

- Chopped chives, 1 tbsp.
- Olive oil.
- Sliced radishes, 16.
- Salt and black pepper to taste

### **Directions:**

1. Mix oil, radishes and seasonings in a mixing bowl.
2. Put the radishes in the air fryer's basket to cook for 10 minutes at 3500F.
3. Transfer into bowls to serve topped with chives.
4. Enjoy.

### **Nutrition:**

Calories: 100, Fat: 1, Fiber: 2, Carbs: 4, Protein: 1

## **Cumin Lentils**

Prep Time + Cook Time: 17 minutes

Servings: 4

### **Ingredients:**

- Sweet paprika, 1 tsp.
- Ground cumin, ½ tsp.
- Olive oil, 1 tbsp.
- Drained canned lentils, 15 oz.
- Salt and black pepper to taste

### **Directions:**

1. Have a mixing bowl in place to combine all the ingredients.
2. Put the mixture in the air fryer to cook for 12 minutes at 400F.
3. Once cooked, enjoy the meal as a snack.

### **Nutrition:**

Calories: 151, Fat: 1, Fiber: 6, Carbs: 10, Protein: 6

## **Roasted Corn**

Prep Time + Cook Time: 15 minutes

Servings: 4

### **Ingredients:**

- Butter, 2½ tbsps.
- Corn kernels, 2 tbsps.

### **Directions:**

1. Combine butter and corn on a pan that fits in the air fryer.
2. Put the pan in the air fryer to cook the corn for 10 minutes at 400F.
3. Enjoy the awesome snack

### **Nutrition:**

Calories: 70, Fat: 2, Fiber: 2, Carbs: 7, Protein: 3

## **Easy Coconut Spiced Shrimp**

Prep Time + Cook Time: 22 minutes

Servings: 4

### **Ingredients:**

- Whisked eggs, 2.
- White flour, 1 cup.
- Peeled and de veined large shrimp, 12.
- Salt and black pepper to taste
- Shredded coconut, 2 cups.

### **Directions:**

1. Set up three mixing bowls with coconut in the first bowl, flour in the second and eggs in the third one.
2. Rub the shrimp with pepper and salt then pass through flour, eggs and coconut.
3. Put the shrimp in the air fryer's basket to cook for 12 minutes at 3600F as you flip halfway.
4. Serve into bowls to enjoy as a snack or an appetizer.

### **Nutrition:**

Calories: 150, Fat: 4, Fiber: 3, Carbs: 13, Protein: 4

## **Crusted Chicken Sticks**

Prep Time + Cook Time: 26 minutes

Servings: 4

### **Ingredients:**

- Whisked egg, 1.
- Breadcrumbs, 1 cup.
- De-boned and skinless chicken breast, 1 lb.
- Olive oil, ½ tbsp.
- White flour, ¾ cup.
- Salt and black pepper to taste.

### **Directions:**

1. In a mixing bowl, combine seasonings and flour.
2. Set up 2 more bowls with egg in one and breadcrumbs in the other.
3. Pass the chicken pieces in the flour, then eggs, and finally breadcrumbs.
4. Put the crusted chicken pieces in the air fryer's basket drizzled with oil all over them.
5. Let them cook for 16 minutes at 400F and flip halfway.
6. Serve while hot and enjoy.

### **Nutrition:**

Calories: 181, Fat: 4, Fiber: 7, Carbs: 15, Protein: 18

## **Air-Fried Beef Meatballs**

Prep Time + Cook Time: 18 minutes

Servings: 8

### **Ingredients:**

- Grated lemon peel, ½ tbsp.
- Breadcrumbs, 1 tbsp.
- Crumbled feta cheese, 2 tbsps.
- Chopped oregano, 1 tbsp.
- Minced beef meat, 4 oz.
- Salt and black pepper to taste.

### **Directions:**

1. Set up a mixing bowl to combine beef meat, feta cheese, oregano, breadcrumbs, grated lemon peel and seasonings.
2. Mould medium meatballs from the mixture then put in the air fryer's basket.
3. Set the air fryer to cook for 8 minutes at 400F.
4. Serve as an entrée or appetizer and enjoy.

### **Nutrition:**

Calories: 194, Fat: 9, Fiber: 2, Carbs: 11, Protein: 15

## **Cheesy Pepper Rolls**

Prep Time + Cook Time: 20 minutes

Servings: 8

### **Ingredients:**

- Chopped oregano, 2 tbsps.
- Crumbled feta cheese, 4 oz.
- Chopped green onion, 1.
- De seeded and halved orange bell pepper, 1.
- Salt and black pepper to taste.
- De seeded and halved yellow bell pepper, 1.

### **Directions:**

1. Put bell pepper halves in the air fryer's basket to cook for 10 minutes at 400F.
2. Place the cooked bell peppers on a chopping board to cool then peel and slice then put on a working table.
3. Combine the pepper, cheese, salt, cilantro, and green onions in a medium bowl.
4. Spread each bell pepper half with the cheese mixture and roll them holding with toothpicks.
5. Serve as a side and enjoy.

### **Nutrition:**

Calories: 150, Fat: 1, Fiber: 2, carbs: 7, Protein: 5

## **Creamed Cheesy Balls**

Prep Time + Cook Time: 10 minutes

Servings: 6

### **Ingredients:**

- Cream cheese, 4 oz.
- Basil pesto, 2 tbsps.
- Chopped pepperoni slices, 14.
- Pitted and minced black olives, 8.
- Salt and black pepper to taste.
- Chopped basil, 1 tbsp.

### **Directions:**

1. Set up a mixing bowl to combine basil pesto, black olives, basil, cream cheese, pepperoni slices, and seasonings.
2. Mould the mixture into medium balls and put into the air fryer's basket.
3. Allow to cook for 5 minutes at 3600F.
4. Serve as a snack and enjoy.

### **Nutrition:**

Calories: 140, Fat: 1, Fiber: 4, Carbs: 8, Protein: 3

## **Air-Fried Shrimp in Red wine**

Prep Time + Cook Time: 13 minutes

Servings: 12

### **Ingredients:**

- Chopped mint, 1 tbsp.
- Peeled and de veined shrimp, 10 oz.
- Red wine,  $\frac{1}{3}$  cup.
- Olive oil, 2 tbsps.

### **Directions:**

1. Mix all the ingredients in the air fryer.
2. Allow the shrimp mix to cook for 8 minutes at 3900F.
3. Transfer into bowls to serve them as an appetizer.
4. Enjoy.

### **Nutrition:**

Calories: 194, Fat: 4, Fiber: 2, Carbs: 12, Protein: 7

## **Mozzarella Sticks, Italia style**

Prep Time + Cook Time: 18 minutes

Servings: 12

### **Ingredients:**

- Italian seasoning, 1 tbsp.
- Halved mozzarella cheese strings, 8.
- Grated parmesan cheese, 1 cup.
- Whisked eggs, 2.
- Salt and black pepper to taste.
- Olive oil.

### **Directions:**

1. Set up a mixing bowl to combine Italian seasoning, pepper, parmesan and salt.
2. Set up another bowl with whisked eggs.
3. Pass the mozzarella sticks in the egg mixture then in the parmesan mix.
4. Pass the sticks once again in egg then in parmesan mix and put them in the air fryer's basket.
5. Let them cook for 8 minutes at 3900F and flip halfway.
6. Serve as an appetizer and enjoy.

### **Nutrition:**

Calories: 200, Fat: 5, Fiber: 3, Carbs: 13, Protein: 4

## **Crispy Air-Fired Kale**

Prep Time + Cook Time: 30 minutes

Servings: 6

### **Ingredients:**

- Minced garlic cloves, 4.
- Chopped basil, 1 bunch.
- Avocado oil, 1/3 cup.
- Soaked, drained and ground flax seed, 4 cups.
- Chopped kale, 4 bunches.

### **Directions:**

1. Blend avocado oil, kale, flax seed, basil, and garlic cloves in the food processor.
2. Transfer the mixture in the air fryer's pan and slice into medium crackers.
3. Allow to cook for 20 minutes at 3800F.
4. Allow cooling before serving as a snack.
5. Enjoy.

### **Nutrition:**

Calories: 153, Fat: 1, Fiber: 2, Carbs: 11, Protein: 5

## **Fried Potato Chips with Cream.**

Prep Time + Cook Time: 17 minutes

Servings: 4

### **Ingredients:**

- Olive oil, 1 tbsp.
- Thinly sliced potatoes, 4.
- Sour cream.
- Salt and black pepper to taste.

### **Directions:**

1. Rub the potato slices with oil then put them in the air fryer's basket.
2. Let them cook for 12 minutes at 400F and flip halfway.
3. Serve as a snack with sour cream on the side.
4. Enjoy.

### **Nutrition:**

Calories: 143, Fat: 4, Fiber: 1.5, Carbs: 10, Protein: 5

## **Air-Fryer's Crab Bites**

Prep Time + Cook Time: 17 minutes

Servings: 6

### **Ingredients:**

- Olive oil, 2 tsps.
- Sliced crab sticks, 10.
- Salt and black pepper to taste

### **Directions:**

1. In the air fryer, combine crab sticks, olive oil and seasonings.
2. Let the crab mix cook for 12 minutes at 3500F.
3. Transfer into bowls to serve.
4. Enjoy.

### **Nutrition:**

Calories: 100, Fat: 3, Fiber: 3, Carbs: 12, Protein: 5

## **Garlic Fried Broccoli**

Prep Time + Cook Time: 20 minutes

Servings: 6

### **Ingredients:**

- Garlic powder, 2 tsps.
- Olive oil, 1 tsp.
- Broccoli head, 1.
- Salt and black pepper to taste.
- Melted butter, 1 tsp.

### **Directions:**

1. Place the broccoli florets on a well-lined baking tray that fits the air fryer.
2. Mix in the remaining ingredients to coat well.
3. Set the air fryer to cook the broccoli for 15 minutes at 450F.
4. Put into bowls to serve as a snack or side.
5. Enjoy.

### **Nutrition:**

Calories: 138, Fat: 2, Fiber: 2, Carbs: 11, Protein: 2

## **Tasty Sausage Balls**

Prep Time + Cook Time: 25 minutes

Servings: 9

### **Ingredients:**

- Breadcrumbs, 3 tbsps.
- Chopped yellow onion, 1.
- Ground sausage meat, 5 oz.
- Salt and black pepper to taste.
- Minced garlic, ½ tsp.

### **Directions:**

1. Combine garlic, sausage meat, breadcrumbs, yellow onion, and seasonings in a mixing bowl.
2. Mould medium balls from the mixture then put in the air fryer.
3. Let them cook for 15 minutes at 3600F.
4. Serve the sausage bites as an appetizer.
5. Enjoy.

### **Nutrition:**

Calories: 200, Fat: 7, Fiber: 1, Carbs: 13, Protein: 9

## **Crusted Endives**

Prep Time + Cook Time: 20 minutes

Servings: 4

### **Ingredients:**

- Garlic powder, 1 tsp.
- Yoghurt, ½ cup.
- Lemon juice, 3 tbsps.
- Halved endives, 6.
- Salt and black pepper to taste

### **Directions:**

1. Whisk together lemon juice, garlic powder, yoghurt, and seasonings in a mixing bowl.
2. Mix in endives and reserve for 10 minutes.
3. Transfer the endives into the air fryer's basket to cook for 10minutes at 3600F.
4. Enjoy the meal as an appetizer.

### **Nutrition:**

Calories: 179, Fat: 6, Fiber: 12, Carbs: 11, Protein: 4

## **Paprika spiced Coriander**

Prep Time + Cook Time: 30 minutes

Servings: 4

### **Ingredients:**

- Soy sauce, 2 tbsps.
- Coriander paste, 1 tbsp.
- Sweet paprika, 1 tsp.
- Fish sauce, 2 tbsps.
- Cubed tofu, 12 oz.
- Olive oil, 2 tsps.

### **Directions:**

1. Combine 1 tsp of the oil, tofu, fish sauce, paprika, soy sauce and coriander paste in a mixing bowl then reserve for 10 minutes.
2. Put the coriander tofu bites in the air fryer's basket to drizzle with the rest of the oil.
3. Let them cook for 20 minutes at 350F as you flip halfway.
4. Serve the meal as a snack.
5. Enjoy.

### **Nutrition:**

Calories: 100, Fat: 4, Fiber: 1, Carbs: 11, Protein: 1

## **Flavoured Beef Dip**

Prep Time + Cook Time: 40 minutes

Servings: 6

### **Ingredients:**

- Dried oregano, ¼ tsp.
- Beef stock, ¼ cup.
- Chopped celery ribs, 2.
- Minced garlic cloves, 4.
- Red wine.
- Chopped yellow onion, 1.
- Dried basil, ¼ tsp.
- Crushed canned tomatoes, 28 oz.
- Browned ground beef, 2 lbs.
- Chopped carrots, 2.
- Olive oil, 1 tbsp.
- Salt and black pepper to taste

### **Directions:**

1. Whisk all the ingredients in a pan that fits the air fryer.
2. Transfer the pan in the air fryer to cook for 30 minutes at 3800F.
3. Set into bowls to serve as a snack.
4. Enjoy.

### **Nutrition:**

Calories: 251, Fat: 14, Fiber: 5, Carbs: 23, Protein: 17

## **Garlic Lentils Snack**

Prep Time + Cook Time: 25 minutes

Servings: 4

### **Ingredients:**

- Chicken stock, 1 cup
- Drained canned red lentils, 2 cups.
- Crushed canned tomatoes, 30 oz.
- Minced garlic cloves, 3.
- Salt and black pepper to taste.

### **Directions:**

1. Stir all the ingredients into a pan that fits in the air fryer.
2. Transfer the pan in the air fryer to cook for 20 minutes at 3700F.
3. Once the timer clicks, put the mixture in an immersion blender to process until done.
4. Serve into bowls immediately as a snack.
5. Enjoy.

### **Nutrition:**

Calories: 171, Fat: 6, Fiber: 4, Carbs: 12, Protein: 5

## **Air Fryer's Chili Dip**

Prep Time + Cook Time: 22 minutes

Servings: 4

### **Ingredients:**

- Dried oregano, ½ tsp.
- Minced garlic cloves, 2.
- Apple cider vinegar, 2 tbsps.
- Sugar, 1½ tsps.
- Deseeded and chopped ancho chillies, 6.
- Salt and black pepper to taste.
- Water, 1 cup.

### **Directions:**

1. In a pan that fits the air fryer, combine all the ingredients and stir well.
2. Set the pan in the air fryer to cook for 12 minutes at 3800F.
3. Once fully cooked, transfer the mixture in a food processor to blend until done.
4. Enjoy the meal as a dip.

### **Nutrition:**

Calories 72, Fat: 1, Fiber: 0, Carbs: 2, Protein: 3

## **Tomato & Honey Dip**

Prep Time + Cook Time: 25 minutes

Servings: 4

### **Ingredients:**

- Tabasco sauce, 1 tsp.
- Chopped yellow onion, 1.
- White vinegar, 4 tsps.
- Liquid smoke, 1 tsp.
- Cumin powder,  $\frac{1}{8}$  tsp.
- Honey, 4 tbsps.
- Minced garlic cloves, 2.
- Olive oil, 1 tbsp.
- Tomato puree, 1 cup.
- Salt and black pepper to taste.

### **Directions:**

1. Combine all the ingredients in a pan that fits the air fryer.
2. Introduce the pan with the mixture into the air fryer to cook for 10 minutes at 3700F.
3. Once cooked, whisk before serving into bowls.
4. Enjoy the meal as a dip.

### **Nutrition:**

Calories: 72, Fat: 1, Fiber: 3, Carbs: 7, Protein: 4

## **Minty Zucchini Spread**

Prep Time + Cook Time: 12 minutes

Servings: 4

### **Ingredients:**

- Chopped mint, 1 bunch.
- Salt.
- White pepper.
- Minced garlic cloves, 2.
- Veggie stock, ½ cup.
- Chopped yellow onion, 1.
- Olive oil, 1 tbsp.
- Chopped zucchini, 1½ lbs.

### **Directions:**

1. Heat up a pan that fits the air fryer with oil over medium heat.
2. Stir in garlic and onions to cook for 2 minutes.
3. Stir in the remaining ingredients then put in the air fryer.
4. Allow to cook for 10 minutes at 3800F.
5. Once the timer beeps, transfer into an immersion blender to process until done.
6. Enjoy the spread as an appetizer.

### **Nutrition:**

Calories: 87, Fat: 6, Fiber: 2, Carbs: 5, Protein: 2

## **Lemony Squash Dip**

Prep Time + Cook Time: 35 minutes

Servings: 6

### **Ingredients:**

- Lemon juice,  $\frac{1}{4}$  cup.
- Chopped butternut squash, 2.
- Veggie stock, 1 cup.
- Chopped basil, 1 bunch.
- Minced garlic cloves, 8.
- Chopped carrots, 8.
- Olive oil, 2 tbsps.
- Chopped yellow onion, 1.
- Salt and black pepper to taste.

### **Directions:**

1. Have a pan that fits in the air fryer to combine veggie stock, garlic cloves, basil, olive oil, yellow onion, carrots, basil, butternut squash and seasonings.
2. Put the pan in the air fryer to cook for 25 minutes at 3800F.
3. Once cooked, put the mixture in the blender together with lemon juice to process well.
4. Serve the meal into bowls as an appetizer
5. Enjoy.

### **Nutrition:**

Calories: 141, Fat: 4, Fiber: 3, Carbs: 11, Protein: 4

## **Tomato & Sausage Dip**

Prep Time + Cook Time: 15 minutes

Servings: 4

### **Ingredients:**

- Cooked and chopped Italian sausage, 1 cup.
- Sliced processed cheese, 2 cups.
- Chicken stock, 4 tbsps.
- Chopped canned tomatoes, 5 oz.

### **Directions:**

1. Combine all the ingredients into a pan that fits the air fryer.
2. Transfer the pan into the air fryer to cook for 10 minutes at 3780F.
3. Once cooked, give the meal a gentle stir then serve as an appetizer or as a dip.
4. Enjoy.

### **Nutrition:**

Calories: 151, Fat: 8, Fiber: 4, Carbs: 16, Protein: 5

## **Parmesan Mushroom Salad**

Prep Time + Cook Time: 35 minutes

Servings: 6

### **Ingredients:**

- Grated parmesan cheese, 1 oz.
- Chicken stock, 1 cup.
- Chopped shiitake mushrooms, 10 oz.
- Minced garlic cloves, 3.
- Chopped thyme, 1 tbsp.
- Minced parsley, 1 tbsp.
- Chopped cremini mushrooms, 10 oz.
- Coconut cream, ¼ cup.
- Chopped yellow onion, 1.
- Olive oil, ¼ cup.
- Salt and black pepper to taste.
- Chopped Portobello mushrooms, 10 oz.

### **Directions:**

1. Set a pan with oil on fire to heat over medium heat.
2. Stir in thyme, onions, garlic and seasonings to cook for 4 minutes.
3. Stir in mushrooms and stock to cook for 2 minutes.
4. Transfer the pan in the air fryer to cook for 20 minutes at 350°F.
5. Top with parsley, cream and parmesan.
6. Transfer into bowls to serve as an appetizer.
7. Enjoy.

### **Nutrition:**

Calories: 200, Fat: 5, Fiber: 6, Carbs: 15, Protein: 5

## **Fried Cauliflower Spread**

Prep Time + Cook Time: 20 minutes

Servings: 6

### **Ingredients:**

- Cauliflower florets, 6 cups
- Veggie stock, 3 cups
- Minced garlic cloves, 8.
- Melted butter, 2 tbsps.
- Chopped mint.
- Salt and black pepper to taste.

### **Directions:**

1. Combine mint, butter, cauliflower florets, stock and seasonings in a pan that fits the air fryer.
2. Introduce the pan into the air fryer to cook for 15 minutes at 3700F.
3. Once the timer is over, transfer the mixture in an immersion blender to process until done.
4. Serve and enjoy.

### **Nutrition:**

Calories: 161, Fat: 5, Fiber: 9, Carbs: 14, Protein: 6

## **Simple Mango Dip**

Prep Time + Cook Time: 25 minutes

Servings: 4

### **Ingredients:**

- Sugar, 1¼ cups.
- Cinnamon powder, ½ tsp.
- Chopped red hot chillies, 2.
- Minced ginger, 2 tbsps.
- Apple cider vinegar, 1¼ cups.
- Chopped shallot, 1.
- Avocado oil, 1 tbsp.
- Chopped mango's, 2.

### **Directions:**

1. Combine all the ingredients in a pan that fits in the air fryer.
2. Transfer the pan into the air fryer to cook for 20 minutes at 3500F.
3. Once cooked, transfer the mixture into a food processor to blend until done.
4. Put into bowls to serve as a party dip.
5. Enjoy.

### **Nutrition:**

Calories: 100, Fat: 1, Fiber: 0, Carbs: 6, Protein: 2

## **Air-Fryer's Hot Dip**

Prep Time + Cook Time: 10 minutes

Servings: 6

### **Ingredients:**

- Apple cider vinegar, 1¼ cups
- Chopped hot peppers, 12 oz.
- Salt and black pepper to taste.

### **Directions:**

1. Combine all the ingredients in a pan that fits in the air fryer.
2. Introduce the pan in the air fryer
3. Let the mixture cook for 5 minutes at 3800F.
4. Transfer everything in an immersion blender to pulse.
5. Serve the dip into bowls and enjoy.

### **Nutrition:**

Calories: 20, Fat: 0, Fiber: 2, Carbs: 3, Protein: 1

## **Balsamic Tomato Party Mix**

Prep Time + Cook Time: 18 minutes

Servings: 6

### **Ingredients:**

- Sweet paprika, 1 tsp.
- Minced garlic cloves, 3.
- Nutmeg powder,  $\frac{1}{4}$  tsp.
- Chopped onions, 2.
- Balsamic vinegar, 1 cup.
- Ground coriander,  $\frac{1}{2}$  tsp.
- Chilli powder, 1 tsp.
- Raisins,  $\frac{1}{4}$  cup.
- Cinnamon powder,  $\frac{3}{4}$  tsp.
- Grated ginger, 1 tbsp.
- Roughly cubed tomatoes, 3 lbs.

### **Directions:**

1. Combine all the ingredients in a pan that fits in the air fryer.
2. Once cooked, allow to chill
3. Serve as an appetizer while cold.
4. Enjoy.

### **Nutrition:**

Calories: 151, Fat: 8, Fiber: 4, Carbs: 11, Protein: 5

## **Dates & Tomatoes Mix**

Prep Time + Cook Time: 20 minutes

Servings: 12

### **Ingredients:**

- Balsamic vinegar, 1 tbsp.
- Chopped dates, 3 oz.
- Chopped yellow onion, 1.
- Brown sugar, ½ tbsp.
- Chopped sultanas, 6 oz.
- Peeled and cubed tomatoes, 1½ lbs.
- Cored and cubed apple, 1.
- Salt and black pepper to taste.
- Whole spice, 1 tsp.

### **Directions:**

1. Add all the ingredients in a pan that fits in the air fryer.
2. Put them in the air fryer to cook for 15 minutes at 3700F.
3. Transfer the salsa into a bowl to chill.
4. Serve as a snack while cold.
5. Enjoy.

### **Nutrition:**

Calories: 131, Fat: 7, Fiber: 4, Carbs: 9, Protein: 3

## **Gingery Tomato Salsa**

Prep Time + Cook Time: 15 minutes

Servings: 12

### **Ingredients:**

- Currants,  $\frac{1}{4}$  cup.
- Chopped red chilli peppers, 4.
- Brown sugar, 1 tbsp.
- Chopped white onion, 1.
- Balsamic vinegar, 1 tbsp.
- Cubed green tomatoes,  $1\frac{1}{2}$  lbs.
- Grated ginger, 2 tbsps.

### **Directions:**

1. Combine all the ingredients in a pan that fits in the air fryer.
2. Introduce the pan in the air fryer to cook the salsa mix for 10 minutes at 3700F.
3. Chill the salsa in a bowl before serving
4. Enjoy.

### **Nutrition:**

Calories: 100, Fat: 1, Fiber: 3, Carbs: 7, Protein: 4

## **Air Fryer's Onion Dip**

Prep Time + Cook Time: 40 minutes

Servings: 8

### **Ingredients:**

- Baking soda, ½ tsp.
- Chopped red onions, 2½ lbs.
- Softened butter, 6 tbsps.
- Salt and black pepper to taste.

### **Directions:**

1. Melt the butter in a pan that fits in the air fryer over medium heat.
2. Stir in baking soda and onions to sauté for 5 minutes.
3. Transfer the meal in the air fryer to cook more for 25 minutes at 3700F.
4. Serve as a party dip while warm.
5. Enjoy.

### **Nutrition:**

Calories: 151, Fat: 2, Fiber: 4, Carbs: 9, Protein: 4

## **Balsamic Cranberry Dip**

Prep Time + Cook Time: 40 minutes

Servings: 10

### **Ingredients:**

- Cranberries, 17 oz.
- Olive oil, 1 tsp.
- Chopped red onions, 2.
- Sugar, 4 oz.
- Chopped red chilli peppers, 4.
- Minced garlic cloves, 4.
- Black pepper.
- Balsamic vinegar, 2 tbsps.

### **Directions:**

1. Set up a pan that fits in the air fryer to combine balsamic vinegar, garlic cloves, red onions, cranberries, sugar, olive oil, red chilli peppers and seasonings.
2. Put the pan into the air fryer to cook the mixture for 30 minutes at 3700F.
3. Once fully cooked, transfer to an immersion blender to process until done
4. Let the meal cool and serve chilled as a party dip.
5. Enjoy.

### **Nutrition:**

Calories: 121, Fat: 1, Fiber: 3, Carbs: 7, Protein: 3

## **Garlic Chili & Onion Dip**

Prep Time + Cook Time: 25 minutes

Servings: 6

### **Ingredients:**

- Distilled vinegar, 2 oz.
- Minced garlic cloves, 12.
- Chopped red chillies, 5 oz.
- Sugar, 3 tbsps.
- Chopped red onion, 4 oz.
- Water, 2 oz.

### **Directions:**

1. Mix garlic cloves, sugar, water, red onion, red chillies and vinegar in a pan that fits in the air fryer.
2. Set the pan into the air fryer to cook for 20 minutes at 3700F.
3. When the timer clicks, transfer the mixture into an immersion blender to blend well.
4. Divide into bowls to serve the meal as a party dip.
5. Enjoy.

### **Nutrition:**

Calories: 100, Fat: 1, Fiber: 2, Carbs: 7, Protein: 4

## **Spicy Eggplant Spread**

Prep Time + Cook Time: 35 minutes

Servings: 6

### **Ingredients:**

- Beef stock, 1 cup.
- Chopped sweet onion, 1.
- Canned tomato paste, 3 oz.
- Olive oil, ½ cup.
- Apple cider vinegar, 1 tbsp.
- Turmeric powder, ½ tsp.
- Chopped parsley, ¼ cup.
- Salt and black pepper to taste.
- Chopped canned tomatoes, 15 oz.
- Minced garlic cloves, 5.
- Chopped small eggplants, 3.

### **Directions:**

1. Add all ingredients with the exception of parsley in a pan that fits in the air fryer.
2. Put the pan in an air fryer to cook the mix for 25 minutes at 3800F.
3. Transfer in the blender once cooked then pulse until done
4. Stir in the parsley then transfer into a bowl to cool.
5. Serve while cold and enjoy.

### **Nutrition:**

Calories: 151, Fat: 8, Fiber: 6, Carbs: 11, Protein: 5

## **Easy Broccoli Spread**

Prep Time + Cook Time: 25 minutes

Servings: 4

### **Ingredients:**

- Veggie stock, 1½ cups.
- Olive oil, 1 tbsp.
- Minced garlic cloves, 2.
- White wine vinegar, 1 tbsp.
- Broccoli florets, 3 cups.
- Coconut milk, ⅓ cup.
- Salt and black pepper to taste.

### **Directions:**

1. Mix broccoli florets, veggie stock, olive oil, garlic cloves, wine vinegar and seasonings.
2. Put the pan in the air fryer to cook for 15 minutes at 390F.
3. Add coconut milk then blend well with an immersion blender.
4. Transfer the spread into a bowl.
5. Serve as an appetizer while cold and enjoy.

### **Nutrition:**

Calories: 151, Fat: 4, Fiber: 7, Carbs: 12, Protein: 5

## **Tasty Buttered Carrot Dip**

Prep Time + Cook Time: 25 minutes

Servings: 6

### **Ingredients:**

- Cayenne pepper, ¼ tsp.
- Chives, 1 tbsp.
- Grated carrots, 2 cups.
- Melted butter, 4 tbsps.
- Salt and black pepper to taste.

### **Directions:**

1. Combine all the ingredients in a pan that fits in the air fryer.
2. Transfer the pan to the air fryer to cook for 15 minutes at 3800F.
3. Transfer the mixture in the blender to blend for a few minutes and set into bowls.
4. Serve as a dip and enjoy.

### **Nutrition:**

Calories: 151, Fat 4, Fiber: 5, Carbs: 13, Protein: 5

## **Dates With Apple Dip**

Prep Time + Cook Time: 24 minutes

Servings: 6

### **Ingredients:**

- Dried dates, 2 cups.
- Apple juice, ¼ cup.
- Cored and grated apples, 2 cups.
- Lemon juice, 1 tbsp.

### **Directions:**

1. Combine all the ingredients in a pan that fits in the air fryer.
2. Allow the mixture to cook for 19 minutes at 3800F.
3. Once fully cooked, transfer the combination in an immersion blender to blend until done.
4. Serve the dip in a bowl while cold.
5. Enjoy.

### **Nutrition:**

Calories: 100, Fat: 1, Fiber: 3, Carbs: 9, Protein: 3

## **Easy Tomato & Fennel Spread**

Prep Time + Cook Time: 16 minutes

Servings: 6

### **Ingredients:**

- Olive oil, 3 tbsps.
- Chopped grape tomatoes, 2 pints.
- Dry white wine,  $\frac{1}{4}$  cup.
- Chopped fennel bulb, 1.
- Salt and black pepper to taste.

### **Directions:**

1. Combine all the ingredients in a pan that fits in the air fryer.
2. Introduce the pan in the air fryer to cook for 16 minutes at 3900F.
3. Gently stir the mixture then serve into bowls.
4. Enjoy.

### **Nutrition:**

Calories: 100, Fat: 2, Fiber: 2, Carbs: 11, Protein: 4

## **Air-Fryer's Creamed Leek Spread**

Prep Time + Cook Time: 20 minutes

Servings: 6

### **Ingredients:**

- Whipping cream, ½ cup.
- Melted butter, 2 tbsps.
- Roughly chopped leeks, 3.
- Lemon juice, 3 tbsps.
- Salt and black pepper to taste.

### **Directions:**

1. Combine lemon juice, leeks, butter and seasonings in a pan that fits in the air fryer.
2. Transfer the pan into the air fryer to cook for 15 minutes at 3800F.
3. Once cooked, put the mixture in the blender then add the cream to process until done.
4. Divide into bowls to serve while cold.
5. Enjoy.

### **Nutrition:**

Calories: 161, Fat: 8, Fiber: 2, Carbs: 14, Protein: 6

## **Creamed Parsley Dip**

Prep Time + Cook Time: 13 minutes

Servings: 6

### **Ingredients:**

- Heavy cream, ¼ cup.
- Melted butter, 2 tbsps.
- Chopped parsley, 6 tbsps.
- Salt.
- Chopped yellow onion, 1.
- Chicken stock, ¼ cup.
- Whole milk, 3 tbsps.
- White pepper.

### **Directions:**

1. In a pan that fits the air fryer, combine yellow onion, parsley, butter, chicken stock, whole milk, yellow onion and seasonings.
2. Place the pan in the air fryer to cook the mixture for 8 minutes at 3700F.
3. Combine the mixture in a blender and add cream to process until done.
4. Transfer the mixture into a bowl to serve while cold.
5. Enjoy.

### **Nutrition:**

Calories: 100, Fat: 2, Fiber: 5, Carbs: 11, Protein: 3

## **Simple Shallots & Scallions Dip**

Prep Time + Cook Time: 20 minutes

Servings: 6

### **Ingredients:**

- Veggie stock, 3½ tbsps.
- Minced shallots, 3.
- Chopped tomato, 1.
- Minced red chillies, 2.
- Olive oil, 1 tbsp.
- Minced garlic cloves, 3.
- Chopped scallions, 3.
- Chopped cilantro, 2 tbsps.
- Salt and black pepper to taste.

### **Directions:**

1. Combine all the ingredients in a pan that fits the air fryer.
2. Transfer the pan in the air fryer to cook for 15 minutes at 3900F.
3. Once cooked, put into an immersion blender to blend well.
4. Serve as a chilled appetizer or a snack.
5. Enjoy.

### **Nutrition:**

Calories: 131, Fat: 5, Fiber: 4, Carbs: 14, Protein: 3

## **Flavoured Corn Dip**

Prep Time + Cook Time: 23 minutes

Servings: 4

### **Ingredients:**

- Corn kernels, 2 cups.
- Chicken stock, 1 cup.
- Olive oil, 1 tbsp.
- Chopped thyme, 1 tsp.
- Melted butter, 2 tsps.
- Chopped yellow onion, 1.
- White wine, 2 tbsps.
- Salt and black pepper to taste.

### **Directions:**

1. Heat butter and oil in a pan that fits the air fryer over medium heat.
2. Stir in the onion to fry for 3 minutes.
3. Stir in wine, corn, thyme, stock and seasonings.
4. Transfer the pan in the air fryer's basket to cook for 15 minutes at 3900F.
5. When cooked, blend the mixture in an immersion blender then put into bowls.
6. Serve as a party dip and enjoy.

### **Nutrition:**

Calories: 151, Fat: 2, Fiber: 5, Carbs: 14, Protein: 4

## **Blackberry Glazed Salmon**

Total time: 43 minutes

Servings: 4

### **Ingredients:**

- Olive oil, 1 tbsp.
- Water, 1 cup.
- Grated ginger piece, 1
- Black pepper
- Blackberries, 12 oz.
- Sugar, ¼ cup.
- Skinless salmon fillets, 4
- Salt
- Juiced lemon, ½.

### **Directions:**

1. Place a pot on fire with water, lemon juice, blackberries, and ginger to cook for 5 minutes over medium heat.
2. Remove from heat then sieve into a bowl.
3. Set the liquid back to the pan to combine with sugar.
4. Allow the combination to boil for 20 minutes over medium-low heat.
5. Allow the sauce to cool before brushing it on the salmon.
6. Add some seasonings to the salmon then drizzle with olive oil.
7. Put the salmon in the preheated air fryer to cook for 10 minutes at 350F as you turn once.
8. Serve the salmon on plates topped with the remaining blackberry sauce.

## **Parmesan Sole and Swiss Chard**

Total time: 24 minutes

Servings: 4

### **Ingredients:**

- Grated parmesan; ¼ cup.
- Swiss chard bunches, 2
- Butter, 4 tbsps.
- Boneless sole fillets, 4
- Chopped walnuts, ¼ cup.
- Quartered white bread slices, 4
- Olive oil, 4 tbsps.
- Capers, 3 tbsps.
- Salt
- Minced garlic cloves; 2
- Grated lemon zest, 1 tsp.
- Lemon juice, ¼ cup.
- Black pepper

### **Directions:**

1. Combine bread with cheese, lemon zest, and walnuts in a blender to process until done.
2. Mix in half of the olive oil to blend again then reserve for later use.
3. Put a pan with the butter on fire to melt the butter over medium heat.
4. Stir in salt, lemon juice, capers, and pepper stir well, add fish.
5. Coat the fish with the mixture then place in a preheated air fryer topped with the bread mix you had reserved.
6. Allow the fish to cook for 14 minutes at 350F
7. In the meantime, set another pan on fire to heat the remaining oil for frying Swiss chard, garlic, pepper, and salt for 2 minutes.
8. Serve the fish on plates with sautéed chard as a side.
9. Enjoy.

## **Air Fried Tilapia**

Total time: 20 minutes

Servings: 4

### **Ingredients:**

- Cooking spray.
- Chopped garlic cloves, 2.
- Garam masala, ½ tsp.
- Chopped jalapeno, ½.
- Black pepper.
- Chopped cilantro, ½ cup.
- Grated ginger, 1 tsp.
- Medium tilapia fillets, 4.
- Coconut milk, ½ cup.
- Salt.

### **Directions:**

1. Combine ginger, coconut milk, jalapeno, garlic, garam masala and seasonings in a food processor.
2. Spray the fish with cooking spray and coconut mix all over.
3. Place the fish in the air fryer's basket to cook for 10 minutes at 400F.
4. Set into plates to serve while still hot.
5. Enjoy.

## **Tasty Halibut**

Total time: 40 minutes

Servings: 3

### **Ingredients:**

- Grated ginger, ¼ tsp.
- Lime juice, 2 tbsp.
- Crushed red pepper flakes, ¼ tsp.
- Minced garlic clove, 1.
- Orange juice, ¼ cup.
- Sugar, ¼ cup.
- Halibut steaks, 1lb.
- Soy sauce, 2/3 cup.
- Mir in, ½ cup.

### **Directions:**

1. Set a pan with soy sauce on fire over medium heat.
2. Stir in pepper flakes, mir in, ginger, orange juice, garlic, lime and sugar.
3. Let the combination boil for a few minutes then remove from heat.
4. Combine half of the marinade and halibut in a mixing bowl to coat evenly.
5. Refrigerate for 30 minutes and transfer into the air fryer's basket.
6. Allow to cook for 10 minutes at 390°F as you flip once.
7. Serve the halibut steak on plates and drizzle the remaining marinade while hot.
8. Enjoy.

## **Cilantro Tuna and Chimichurri Sauce**

Total time: 18 minutes

Servings: 4

### **Ingredients:**

- Chopped cilantro, ½ cup.
- Balsamic vinegar, 3 tbsps.
- Minced garlic cloves, 3.
- Chopped thyme, 1 tsp.
- Red pepper flakes, 1 tsp.
- Olive oil, 2 tbsps.
- Chopped jalapeno pepper, 1.
- Baby arugula, 6 oz.
- Salt.
- Chopped basil, 2 tbsps.
- Olive oil, 1/3 cup.
- Chopped parsley, 2 tbsps.
- Sushi tuna steak, 1lb.
- Chopped small red onion, 1.
- Pitted and sliced avocados, 2.
- Black pepper.

### **Directions:**

1. Combine thyme, garlic, ⅓ cup oil, cilantro, pepper flakes, jalapeno, parsley, vinegar, onion and seasonings in a mixing bowl.
2. Add seasonings to the tuna then rub with the remaining oil.
3. Put the tuna into the air fryer to cook for 3 minutes on each side at 3600F.
4. Combine half of the chimichuri mix and arugula to coat evenly.
5. Serve the arugula on plates with tuna slices topped with chimichuri mix.

# **Creamy Shrimp and Cauliflower**

Total time: 22 minutes

Servings: 2

## **Ingredients:**

- Red pepper flakes
- Finely chopped parsley, 1 tbsp.
- Butter, 1 tbsp.
- Riced cauliflower head, 1.
- Heavy cream, ¼ cup.
- Salt.
- Chopped chives, 1 tbsp.
- Beef stock, ½ cup.
- Roughly chopped mushrooms, 8 oz.
- Black pepper.
- Cooked and crumbled bacon slices, 4.
- De veined shrimp, 1lb.
- Minced garlic cloves, 2.
- Cooking spray

## **Directions:**

1. Add seasonings to the shrimp and spray with cooking oil.
2. Place the shrimp into the air fryer to cook for 7 minutes at 3600F.
3. In the meantime, set a pan on fire to melt the oil over medium heat.
4. Stir in mushrooms to cook for 4 minutes.
5. Mix in pepper flakes, parsley, cauliflower rice, cream, garlic, chives, stock and seasonings to cook for few minutes and remove from heat.
6. Serve the shrimp on plates with the cauliflower mix as a side topped with bacon.
7. Enjoy.

## **Air-Fried Cod Fillets with Peas**

Total time: 20 minutes

Servings: 4

### **Ingredients:**

- Chopped parsley, 2 tbsps.
- Minced garlic cloves, 2.
- Sweet paprika, ½ tsp.
- Salt.
- Dried oregano, ½ tsp.
- Wine, 4 tbsps.
- Pepper.
- De-boned cod fillets, 4.
- Peas, 2 cups.

### **Directions:**

1. Blend parsley, oregano, garlic, paprika, seasonings and wine in a food processor.
2. Rub the fish with the mixture then place in the air fryer.
3. Allow to cook for 10 minutes at 3600F.
4. In the meantime, set the peas in the pot with water and salt to boil for 10 minutes while covered over medium high heat.
5. Remove all the water and serve on plates along with the fish topped with the remaining herb dressing.
6. Enjoy.

## **Easy Squid with Guacamole**

Total time: 16 minutes

Servings: 2

### **Ingredients:**

- Lime juice, 1 lime.
- Salt.
- Olive oil, 1 tbsp.
- Medium squids, 2.
- Black pepper.

### **For the guacamole:**

- Peeled and chopped avocados, 2.
- Chopped red chilies, 2.
- Lime juice, 2 limes.
- Chopped coriander, 1 tbsp.
- Chopped tomato, 1.
- Chopped red onion, 1.

### **Directions:**

1. Add seasonings to squid and squid tentacles then drizzle with olive oil.
2. Put the marinated squids in the air fryer's basket to cook on each side for 3 minutes at 360F.
3. Place the squid into a bowl and drizzle with lime juice all over.
4. In the meantime, mash the avocado with a fork in a bowl.
5. Mix in onion, chilies, lime juice, tomato and coriander.
6. Serve the squid on plates with guacamole topping.
7. Serve and enjoy.

## **Orange Flavored Trout Fillet**

Total time: 20 minutes

Servings: 4

### **Ingredients:**

- Chopped spring onions, 4.
- Minced ginger, 1 tbsp.
- Black pepper.
- Orange juice, ½ orange.
- Olive oil, 1 tbsp.
- De-boned trout fillets, 4.
- Salt.
- Orange zest, ½ orange.

### **Directions:**

1. Rub the trout fillets with seasonings then brush them with olive oil.
2. Put the fillets in a pan that fits the air fryer then mix in green onions, orange juice and zest and ginger to coat evenly.
3. Put in the air fryer to cook for 10 minutes at 3600F.
4. Serve the sauce and fish on plates immediately.
5. Enjoy.

## **Lemon Saba Fish**

Total time: 18 minutes

Servings: 1

### **Ingredients:**

- Lemon juice, 2 tbsps.
- Minced garlic, 2 tbsps.
- Salt.
- Chopped red chili pepper, 3.
- Olive oil, 2 tbsps.
- De-boned Saba fish fillet, 4.
- Black pepper.

### **Directions:**

1. Brush the fish fillets with seasonings and place them in a bowl.
2. Mix in chili, lemon juice, garlic and oil then put in the air fryer.
3. Let the fish cook for 8 minutes at 3600F and flip halfway.
4. Serve on plates with some fries.
5. Enjoy.

## **Simple Mustard Salmon**

Total time: 20 minutes

Servings: 4

### **Ingredients:**

- Honey, 2 tbsps.
- Mustard, 1 tbsp.
- Lemon juice,  $\frac{1}{4}$  cup.
- Chopped dill, 1 tsp.
- Salt.
- Salmon fillets, 4.
- Chopped pistachios, 1 cup.
- Black pepper.

### **Directions:**

1. Combine lemon juice, pistachios, dill, honey, mustard and seasonings in a medium bowl.
2. Spread the mix over the salmon and place in the air fryer.
3. Let the salmon cook for 10 minutes at 350F.
4. Serve into plates with a side salad.
5. Enjoy.

## **Honey Glazed Salmon**

Total time: 1 hour 15 minutes

Servings: 2

### **Ingredients:**

- Light soy sauce, 6 tbsps.
- Medium salmon fillets, 2.
- Mirin, 3 tsps.
- Water, 1 tsp.
- Honey, 6 tbsps.

### **Directions:**

1. Set up a mixing bowl in place to Whisk together mirin, soy sauce, water and honey.
2. Rub the salmon with the mixture and refrigerate for 1 hour.
3. Put the salmon in the air fryer to cook for 15 minutes at 3600F then flip after 7 minutes.
4. In the meantime, set up a pan with soy marinade on fire to cook over medium heat for 2 minutes then get off the heat.
5. Serve the salmon on plates with the marinade.
6. Enjoy.

## **Crab and Shrimp Mix**

Total time: 35 minutes

Servings: 4

### **Ingredients:**

- Worcestershire sauce, 1 tsp.
- Melted butter, 1 tbsp.
- Flaked crab meat, 1 cup.
- Breadcrumbs, 2 tbsps.
- Chopped green bell pepper, 1 cup.
- Mayonnaise, 1 cup.
- Salt.
- Chopped celery, 1 cup.
- Peeled and de veined shrimp, 1lb.
- Chopped yellow onion, ½ cup.
- Sweet paprika, 1 tsp.
- Black pepper.

### **Directions:**

1. Set up a mixing bowl in place to mix celery, crab meat, mayo, shrimp, bell pepper, Worcestershire sauce, onion, and seasonings to coat evenly.
2. Put the mix into a pan that fits in the air fryer.
3. Top up paprika, bread crumbs and melted butter then put in the air fryer.
4. Let the mix cook for 25 minutes at 3200F as you shake halfway.
5. Serve into plates while still hot.
6. Enjoy.

## **Spicy Shrimp**

Total time: 20 minutes

Servings: 4

### **Ingredients:**

- Tabasco sauce, 1 tsp.
- Dried oregano, 1 tsp.
- Red pepper flakes, 1 tsp.
- Black pepper.
- Smoked paprika, ½ tsp.
- Olive oil, 2 tbsps.
- Dried parsley, ½ tsp.
- Peeled and de veined shrimp, 1 lb.
- Water, 2 tbsps.
- Salt.

### **Directions:**

1. Set up a mixing bowl in place to combine paprika, oregano, Tabasco sauce, parsley, shrimp, water, pepper flakes, oil and seasonings to coat evenly.
2. Put the shrimp into a preheated air fryer to cook for 10 minutes at 3700F as you shake the air fryer once.
3. Serve the shrimp on plates with a salad on the side and enjoy.

## **Air-Fryer's Tasty Salmon**

Total time: 1 hour 8 minutes

Servings: 2

### **Ingredients:**

- Olive oil, 2 tbsps.
- Garlic powder, ½ tsp.
- Salt.
- Chopped scallions, 3.
- Water, 1/3 cup.
- Brown sugar, 1/3 cup.
- Black pepper.
- Salmon fillets, 2.
- Lemon juice, 2 tbsps.
- Soy sauce, 1/3 cup.

### **Directions:**

1. Whisk oil, sugar, soy sauce, lemon juice, water, garlic powder and seasonings in a medium bowl.
2. Coat the salmon with the mixture to coat evenly then refrigerate for 1 hour.
3. Put the salmon fillets in the air fryer's basket to cook for 8 minutes at 3600F as you flip them halfway.
4. Serve the salmon on plates topped with scallions.
5. Enjoy.

## **Simple Cod with Vinaigrette**

Total time: 25 minutes

Servings: 4

### **Ingredients:**

- Black pepper.
- Olive oil, 2 tbsps.
- Lemon juice, 2 tbsps.
- Salt.
- Chopped basil, 1 bunch.
- Cooking spray
- De-boned cod fillets, 4.
- Pitted and roughly chopped black olives, 8.
- Halved cherry tomatoes, 12.

### **Directions:**

1. Rub the cod with seasonings then place in the air fryer's basket.
2. Let the cod cook for 10 minutes at 360F turning after 5 minutes.
3. In the meantime, set a pan with oil on fire to heat over medium heat.
4. Stir in olives, salt, lemon juice, pepper, basil and tomatoes to boil under low heat.
5. Once boiled, remove from heat.
6. Serve the fish on plates topped with vinaigrette.
7. Enjoy.

## **Rosemary Spiced Halibut**

Total time: 20 minutes

Servings: 2

### **Ingredients:**

- Sliced fennel bulb, 1.
- Olive oil, 2 tsps.
- Salt.
- Sliced small red onions, 2.
- Chopped rosemary springs, 4.
- Chopped sun dried tomatoes, 6.
- Crushed red pepper flakes, ½ tsp.
- Black pepper.
- Medium halibut fillets, 2.
- Minced garlic cloves, 2.
- Pitted and sliced black olives, 9.

### **Directions:**

1. Rub the fish with seasonings, garlic and oil.
2. Transfer the fish on in a heatproof dish that fits in the air fryer.
3. Mix in fennel, onion slices, olives, sun dried tomatoes and rosemary.
4. Sprinkle with pepper flakes and place in the air fryer to cook for 10 minutes at 3800F.
5. Serve the veggies and fish on plates.
6. Enjoy.

## **Fried Salmon with Potato Mash**

Total time: 30 minutes

Servings: 4

### **Ingredients:**

- Lemon juice, 1 lemon.
- Salt.
- Olive oil, 2 tsps.
- De-boned salmon fillets, 4.
- Drained capers, 1 tbsp.
- Black pepper.

### **For the potato mash:**

- Dried dill, 1 tbsp.
- Milk, ½ cup.
- Olive oil, 2 tsps.
- Chopped potatoes, 1 lb.

### **Directions:**

1. Set a pot with potatoes, water and salt on fire to boil over medium high heat for 15 minutes.
2. Remove all the water then put the potatoes into a bowl to mash with a potato masher.
3. Whisk in milk, dill, seasonings and 2 tsps oil then reserve.
4. Rub the salmon with pepper, salt, and then 2 tsps of oil.
5. Put the salmon in the air fryer's basket topped with capers to cook for 8 minutes at 360F.
6. Serve the capers and salmon with mashed potato as a side.
7. Drizzle lemon juice all over and enjoy.

## **Cod with Mushrooms**

Total time: 25 minutes

Servings: 2

### **Ingredients:**

- Medium cod fillets, 2.
- Dried thyme, 1 tsp.
- Sliced mushrooms, 8 oz.
- Black pepper.
- Pearl onions, 14 oz.
- Dried parsley, 1 tbsp.

### **Directions:**

1. Set the fish in a heatproof dish to fit the air fryer.
2. Top up the black pepper, mushrooms, onions, thyme and parsley to coat well.
3. Put the fish in the air fryer to cook for 15 minutes at 350F.
4. Serve the meal and enjoy.

## **Flavored Cod in Plum Sauce**

Total time: 30 minutes

Servings: 2

### **Ingredients:**

- Turmeric powder, ¼ tsp.
- Ginger powder, ½ tsp.
- Black pepper.
- Cooking spray
- Plum sauce, 1 tbsp.
- Garlic powder, ½ tsp.
- Big cod steaks, 2.
- Salt.

### **Directions:**

1. Rub the cod steaks with seasonings, cooking oil, ginger powder, garlic powder and turmeric powder to coat evenly.
2. Introduce the cod steaks into the air fryer to cook for 15 minutes at 3600F, turn them after 7 minutes.
3. Meanwhile, set a pan with plum sauce on fire to cook for 2 minutes over medium heat stirring gently.
4. Serve the cod steaks on plates topped plum sauce all over.
5. Enjoy.

## **Air-Fried Cod Fillets with Tasty Salad**

Total time: 25 minutes

Servings: 2

### **Ingredients:**

- Thinly sliced fennel bulb, 1.
- Pecans, ½ cup.
- Salt.
- Halved grapes, 1 cup.
- Olive oil, 1 tbsp.
- De-boned black cod fillets, 2.
- Black pepper.

### **Directions:**

1. Spread the fish fillets with ½ of the oil and season with pepper and salt.
2. Introduce the fish fillets into the air fryer's basket to cook for 10 minutes at 400F and set into a plate.
3. Mix fennel, the remaining oil, grapes, pecans and seasonings in a medium bowl.
4. Transfer the pecan mix in a pan that fits in the air fryer to cook for 5 minutes at 400F.
5. Serve the cod on plates with grapes mix and fennel as a side.
6. Enjoy.

## **Easy Catfish**

Total time: 30 minutes

Servings: 4

### **Ingredients:**

- Sweet paprika.
- Olive oil, 1 tbsp.
- Salt.
- Chopped parsley, 1 tbsp.
- Cat fish fillets, 4.
- Lemon juice, 1 tbsp.
- Black pepper.

### **Directions:**

1. Add seasonings and paprika to the catfish fillets then rub with oil and place in the air fryer's basket to cook for 20 minutes at 400F.
2. Flip the catfish fillets after 10 minutes and serve them on plates.
3. Sprinkle with lemon juice and parsley on top.
4. Enjoy.

## **Buttered Trout with Sauce**

Total time: 20 minutes

Servings: 4

### **Ingredients:**

- Lemon juice, 2 tsps.
- Grated lemon zest, 3 tsps.
- Salt.
- Chopped chives, 3 tbsps.
- Butter, 6 tbsps.
- De-boned trout fillets.
- Olive oil, 2 tbsps.
- Black pepper.

### **Directions:**

1. Add seasonings to the trout then rub with oil and put in the air fryer.
2. Let the trout cook for 10 minutes at 3600F and flip once.
3. In the meantime, set a pan with butter on fire to melt over medium heat.
4. Mix in seasonings, lemon zest, lemon juice and chives to cook for 2 minutes and remove from heat.
5. Serve the fish fillets on plates drizzled with butter all over.
6. Enjoy.

## **Balsamic Salmon and Orange Marmalade**

Total time: 25 Minutes

Servings: 4

### **Ingredients:**

- Orange marmalade, 1/3 cup.
- Orange juice, ¼ cup.
- Salt.
- Balsamic vinegar, ¼ cup.
- De-boned and cubed wild salmon, 1 lb.
- Sliced lemons, 2.
- Black pepper.

### **Directions:**

1. Set a pot with vinegar on fire to heat over medium heat.
2. Stir in orange juice and marmalade to cook for 1 minute under low heat then remove from heat.
3. Arrange the lemon slices and salmon cubes on skewers then season with pepper and salt.
4. Rub the lemon slices and salmon cubes with half of the orange marmalade mix on both sides then put in the air fryer's basket to cook for 3 minutes at 3600F on both sides.
5. Rub the skewers with the remaining vinegar mix.
6. Serve on plates with a salad on the side.
7. Enjoy.

## **Spiced Salmon with Avocado Salsa**

Total time: 40 minutes

Servings: 4

### **Ingredients:**

- Sweet paprika, 1 tsp.
- Salt.
- Garlic powder, 1 tsp.
- Black pepper.
- Chili powder, ½ tsp.
- Salmon fillets, 4.
- Olive oil, 1 tbsp.
- Ground cumin, 1 tsp.

### **For the salsa:**

- Lime juice, 2 limes.
- Salt.
- Peeled and chopped avocado, 1.
- Chopped cilantro, 2 tbsps.
- Chopped small red onion, 1.
- Black pepper.

### **Directions:**

1. Set up a mixing bowl in place to combine chili powder, seasonings, cumin, onion powder, and paprika.
2. Brush the salmon with the mixture and some oil.
3. Introduce the salmon into the air fryer to cook for 5 minutes on each side at 350F.
4. In the meantime, set up a mixing bowl in place to Mix cilantro, avocado, lime juice, red onion and seasonings.
5. Serve the fish fillets on plates topped with salsa.
6. Serve and enjoy.
7. Enjoy.

## **Lemony Salmon**

Total time: 40 minutes

Servings: 2

### **Ingredients:**

- Olive oil, 1 tbsp.
- Black pepper.
- De-boned salmon fillets, 2.
- Salt.

### **For the relish:**

- Chopped parsley, 2 tbsps.
- Chopped shallot, 1.
- Olive oil, ¼ cup.
- Sliced Meyer lemon, 1.
- Lemon juice, 1 tbsp.

### **Directions:**

1. Add seasonings to the salmon then brush with 1 tbsp oil.
2. Introduce the salmon into the air fryer's basket to cook for 20 minutes at 3200F and flip halfway.
3. Set up a mixing bowl in place to stir together lemon juice and shallot with seasonings then reserve for 10 minutes.
4. Set up another mixing bowl in place to whisk together ¼ cup oil, lemon slices, parsley, marinated shallot and seasonings.
5. Serve the salmon on plates topped with lemon relish.
6. Enjoy.

## **Herbed Salmon**

Total time: 25 minutes

Servings: 4

### **Ingredients:**

- Lemon juice, 1 lemon.
- Thyme springs, 4.
- Chopped yellow onion, 1.
- Salt.
- Extra virgin olive oil, 3 tbsps.
- Parsley springs, 4.
- De-boned salmon fillets, 4.
- Sliced tomatoes, 3.
- Black pepper.

### **Directions:**

1. Sprinkle the pan that fits in your air fryer with 1 tbsp oil.
2. Arrange a layer of tomatoes, seasonings, 1 tbsp of oil, fish, some seasonings, then the remaining oil, thyme, parsley, spring onions, lemon juice, then finish with some seasonings.
3. Introduce the fish in the air Fryer's basket to cook for 12 minutes at 360°F and shake once.
4. Serve the salmon on plates to serve immediately.
5. Enjoy.

## Simple Cod

Total time: 22 minutes

Servings: 4

### Ingredients:

- Olive oil, 3 tbsps.
- Ginger slices, 4.
- Water, 1 cup.
- Salt.
- Light soy sauce, 4 tbsps.
- Chopped coriander, 2 tbsps.
- Sugar, 1 tbsp.
- Sesame oil.
- Black pepper.
- Cod fish, 14 oz.
- Dark soy sauce, 1 tsp.
- Chopped spring onions, 3.

### Directions:

1. Add seasonings to the fish and rub with sesame oil then reserve for 10 minutes.
2. Set the fish into the air fryer to cook for 12 minutes at 3560F.
3. In the meantime, set a pot with water on fire to heat over medium heat.
4. Stir in sugar, dark and light soy sauce to cook under low heat then remove from the heat.
5. Set a pan on fire to heat the oil for frying ginger and green onions for a few minutes then remove from heat.
6. Serve the fish on plates topped with green onions and ginger, soy sauce mix, and coriander.
7. Enjoy the meal while still hot.

## **Tilapia with Yogurt Sauce**

Total time: 18 minutes

Servings: 4

### **Ingredients:**

- Cooking spray
- Greek yogurt, ¼ cup.
- Chopped chives, 2 tbsps.
- Lemon juice, 1 lemon.
- Black pepper.
- Honey, 2 tsps.
- Medium tilapia fillets, 4.
- Salt.

### **Directions:**

1. Rub the fish with pepper, salt then cooking spray.
2. Put the fish in a preheated air fryer to cook for 8 minutes at 350F as you flip halfway.
3. Whisk together lemon juice, yogurt, chives, honey and seasonings in a medium bowl.
4. Serve the fish on plates drizzled with yoghurt sauce.
5. Serve while hot and enjoy.

## **Stuffed Red Snapper**

Total time: 45 minutes

Servings: 4

### **Ingredients:**

- Butter, 1 tbsp.
- Chopped parsley, 2 tbsps.
- Chopped okra, ¼ lb.
- Olive oil, 2 tbsps.
- Salt.
- White wine, 2 tbsps.
- Chopped jalapeno, 1.
- Minced garlic cloves, 3.
- Cleaned and scored big red snapper, 1.
- Chopped red bell pepper, 1.
- Black pepper.

### **Directions:**

1. Set up a mixing bowl in place to combine wine, jalapeno and garlic then rub the snapper with the mix.
2. Add seasonings to the fish then reserve for 30 minutes.
3. In the meantime, set a pan with 1 tbsp butter on fire to heat over medium heat.
4. Stir in okra and bell pepper to cook for 5 minutes.
5. Fill the red snapper's belly with the mix and parsley then rub with the olive oil.
6. Introduce in the preheated air fryer to cook for 15 minutes at 400F and flip halfway.
7. Set the snapper on plates to serve.
8. Enjoy.

## **Easy Tamarind Fish**

Total time: 22 minutes

Servings: 4

### **Ingredients:**

- Chopped mint, 3 tbsps.
- Tamarind paste, 1 tbsp.
- Water, 2 tbsps.
- Oriental sesame oil, 1 tbsp.
- Chopped yellow onion, 1.
- Salt.
- Grated ginger, 1 tbsp.
- Minced garlic cloves, 3.
- De-boned red snapper fillets, 2 lbs.
- Lemon juice, 1 tbsp.
- Ground cumin, ½ tsp.
- Black pepper.

### **Directions:**

1. Combine tamarind paste, sesame oil, cumin, ginger, onion, garlic, water and seasonings in a food processor to process until done.
2. Rub the fish with the mix then set in the air fryer.
3. Allow to cook for 12 minutes at 3200F and flip halfway.
4. Serve the fish on plates drizzled with lemon juice and sprinkle with mint.

## **Cilantro Swordfish with Mango Salsa**

Total time: 16 minutes

Servings: 2

### **Ingredients:**

- Cumin, ¼ tsp.
- Pitted and chopped avocado, 1.
- Chopped mango, 1.
- Salt, ¼ tsp.
- Onion powder, ¼ tsp.
- Chopped cilantro, 1 tbsp.
- Balsamic vinegar, ½ tbsp.
- Garlic powder, ¼ tsp.
- Peeled and sliced orange, 1.
- Medium swordfish steaks, 2.
- Avocado oil, 2 tsps.
- Black pepper, ¼ tsp.

### **Directions:**

1. Rub the fish steaks with seasonings, onion powder, cumin, garlic powder, and half of the oil.
2. Set in the air fryer to cook for 6 minutes at 360F as you flip halfway.
3. In the meantime, set up a mixing bowl in place to combine balsamic vinegar, avocado, cilantro, mango, seasonings and the remaining oil.
4. Serve the fish on plates topped with mango salsa.
5. Enjoy.

## **Mouthwatering Salmon and Vinaigrette**

Total time: 22 minutes

Servings: 4

### **Ingredients:**

- Balsamic vinegar, 3 tbsps.
- Chopped dill, 2 tbsps.
- Olive oil, 1 tbsp.
- Black pepper.
- Chopped chives, 2 tbsps.
- De-boned salmon fillets, 4.
- Maple syrup, 1/3 cup.
- Salt.

### **Directions:**

1. Rub the fish with pepper, salt and oil.
2. Introduce the fish into the air fryer to cook for 8 minutes at 350F as you flip once.
3. Set a pot with vinegar on fire to heat over medium heat.
4. Stir in chives, maple syrup and dill to cook for 3 minutes.
5. Serve the fish on plates topped with chives vinaigrette.
6. Enjoy.

## **Simple Marinated Cod**

Total time: 20 minutes

Servings: 2

### **Ingredients:**

- Grated ginger, ½ tsp.
- Light soy sauce, 1 tbsp.
- Crushed peanuts, 1 tsp.
- De-boned medium cod fillets, 2.
- Garlic powder, 2 tsps.

### **Directions:**

1. Arrange the fish fillets in a heat proof dish that fits in the air fryer well.
2. Mix in soy sauce, ginger and garlic powder then put in the air fryer.
3. Let the cod t cook for 10 minutes at 3500F.
4. Serve the fish with peanut topping and enjoy.

## **Tasty Barramundi Fillets**

Total time: 18 minutes

Servings: 4

### **Ingredients:**

- Italian seasoning, 2 tsps.
- Chopped parsley, 2 tbsps.
- Chopped cherry tomatoes, ¼ cup.
- Olive oil, 2 tsps.
- Lemon zest, 2 tbsps.
- Pitted and chopped green olives, ¼ cup.
- Black pepper.
- Lemon zest, 1 tbsp.
- Chopped black olives, ¼ cup.
- De-boned barramundi fillets, 2.
- Olive oil, 1 tbsp.
- Salt.

### **Directions:**

1. Season the fish with Italian seasoning, pepper, 2 tsps olive oil and salt.
2. Transfer the fish into the air fryer to cook for 8 minutes at 3600F as you flip halfway.
3. Set up a mixing bowl in place to combine parsley, 1 tbsp of oil, tomatoes, green olives, lemon juice, black olives, lemon zest and seasonings.
4. Serve the fish on plates topped with tomato salsa.

## Easy Salmon and Sauce

Total time: 30 minutes

Servings: 2

### Ingredients:

- Minced garlic clove, 1.
- Chopped cilantro, ½ tsp.
- Cayenne pepper
- Sea salt.
- Greek yogurt, 1 cup.
- Chopped mint, ½ tsp.
- Chopped basil, 1 tbsp.
- Medium salmon fillets, 2.
- Lemon slices, 6.
- Curry powder, 2 tsps.
- Black pepper.

### Directions:

1. Arrange every salmon fillet on a parchment paper and make 3 cuts in each then fill them with basil
2. Rub each fillet with pepper, salt, then top each fillet with a slice of lemon then fold the parchment and seal the edges and place in the oven.
3. Let the fish cook for 20 minutes at 400F.
4. In the meantime, whisk together cayenne pepper, yogurt, mint, salt, garlic, curry, and cilantro in a mixing bowl.
5. Serve the fish on plates topped with yogurt sauce.

## **Delicious Flavored Salmon**

Total time: 1 hour 20 minutes

Servings: 6

### **Ingredients:**

- Minced garlic, 1 tbsp.
- Chopped tarragon, 1 tbsp.
- Salt.
- Lemon juice, 2 lemons.
- Chopped dill, 1 tbsp.
- Whole salmon, 1.
- Sliced lemon, 1.
- Black pepper.

### **Directions:**

1. Combine fish with pepper, lemon juice, and salt in a fish bowl to coat evenly then refrigerate for one hour.
2. Fill the fish with lemon slices and garlic then introduce in the air fryer's basket.
3. Let the fish cook for 25 minutes at 320°F.
4. Serve on plates with a coleslaw on the side

## **Air-Fried Calamari**

Total time: 35 minutes

Servings: 4

### **Ingredients:**

- Chopped yellow onion, 1.
- Minced garlic cloves, 2.
- Canned tomato puree, 2 oz.
- Chopped kale, 5 oz.
- Salt.
- Olive oil, 1 tbsp.
- Chopped red bell pepper, 1.
- Black pepper.
- Chopped big calamari, 4.
- Chopped parsley, 2 tbsps.

### **Directions:**

1. Set a pan on fire to heat the oil over medium heat for frying the onions and garlic for 2 minutes.
2. Stir in calamari tentacles, bell pepper, tomato puree, kale and seasonings to cook for 10 minutes then remove from heat.
3. Fill the mixture in calamari tubes and hold with toothpicks then place in the air fryer.
4. Allow to cook for 20 minutes at 3600F.
5. Serve the calamari on plates sprinkled with parsley.
6. Enjoy.

## **Creamed Shrimp and Veggies Mix**

Total time: 40 minutes

Servings: 4

### **Ingredients:**

- Italian seasoning, 2 tsps.
- Heavy cream, 1 cup.
- Chopped yellow onion, 1.
- Peeled and de veined shrimp, 1 lb.
- Olive oil, 2 tbsps.
- Black pepper.
- Melted butter, ¼ cup.
- Minced garlic cloves, 2.
- Sliced spaghetti squash, 1.
- Crushed red pepper flakes, 1 tsp.
- Chopped mushrooms, 8 oz.
- Sliced asparagus bunch, 1.
- Grated parmesan cheese, 1 cup.
- Salt.

### **Directions:**

1. Put squash halves into the air fryer's basket to cook for 17 minutes at 3900F.
2. Transfer the squash to a chopping board and remove the insides to a bowl.
3. Set up a pot with water and some salt over medium heat to boil.
4. Mix in asparagus to steam for some minutes then place into a bowl with ice water. Drain the water then reserve for later use.
5. Set a pan that fits the air fryer on fire to heat oil over medium heat.
6. Stir in onions and mushrooms to cook for 7 minutes.
7. Add squash, salt, melted butter, pepper flakes, asparagus, garlic, pepper, parmesan, cream, Italian seasoning, and shrimp to coat evenly.
8. Place in the air fryer to cook for 6 minutes at 3600F.
9. Serve the shrimp and veggies on plates.

## **Mustard Cod & Prosciutto**

Total time: 20 minutes

Servings: 4

### **Ingredients:**

- Chopped prosciutto, 3 tbsps.
- Chopped shallot, 1.
- Butter, ¼ cup.
- Minced garlic cloves, 2.
- Black pepper.
- Dijon mustard, 1 tsp.
- Medium cod file's, 4.
- Chopped parsley, 1 tbsp.
- Lemon juice, 2 tbsps.
- Salt.

### **Directions:**

1. Whisk together shallot, mustard, lemon juice, parsley, garlic, prosciutto, butter and seasonings in a mixing bowl.
2. Rub the fish with pepper and salt and prosciutto mix on the fish
3. Introduce the fish in the air fryer to cook for 10 minutes at 3900F.
4. Serve the meal on plates while still warm.
5. Enjoy.

## **Coconut Flavored Salmon**

Total time: 25 minutes

Servings: 12

### **Ingredients:**

- Balsamic vinegar, ¼ cup.
- Black pepper.
- Minced garlic cloves, 3.
- Flour, 1/3 cup.
- Water, ¼ cup.
- Salt.
- Egg, 1.
- Olive oil, 2 tbsps.
- Chopped red chilies, 4.
- Shredded coconut, 1¼ cups.
- Cubed salmon, 1lb.
- Honey, ½ cup.

### **Directions:**

1. Mix some salt and flour in a small bowl.
2. Whisk together black pepper and egg in another mixing bowl.
3. Set up a third bowl with coconut.
4. Pass the salmon cubes through flour, egg and coconut and set them into the air fryer's basket.
5. Let the salmon cook for 8 minutes at 3700F and shake halfway then transfer them on plates.
6. Set a pan with water on fire to heat over medium heat.
7. Stir in vinegar, chilies, honey and cloves to boil for some minutes under reduced heat.
8. Drizzle the mix over salmon to serve.
9. Enjoy.

## **Buttered Skewed Shrimp**

Total time: 16 minutes

Servings: 2

### **Ingredients:**

- Chopped rosemary, 1 tbsp.
- Minced garlic cloves, 4.
- Salt.
- Green bell pepper slices, 8.
- Melted butter, 1 tbsp.
- Peeled and de veined shrimps, 8.
- Black pepper.

### **Directions:**

1. Combine butter, shrimp, rosemary, garlic, bell pepper slices and seasonings in a mixing bowl to coat evenly then reserve for 10 minutes.
2. Place 2 bell pepper slices and 2 shrimp on a skewer and do the same for the remaining bell pepper slices and shrimp.
3. Introduce the skewed shrimp and bell peppers into the air fryer's basket to cook for 6 minutes at 3600F.
4. Serve on plates and enjoy.

## **Simple Stuffed Salmon**

Total time: 30 minutes

Servings: 2

### **Ingredients:**

- Olive oil, 1 tbsp.
- Chopped green onions, 3.
- Chopped mushrooms, 6.
- Salt.
- Torn spinach, 2 cups.
- De veined and chopped tiger shrimp, 5 oz.
- De-boned salmon fillets, 2.
- Toasted and chopped macadamia nuts, ¼ cup.
- Black pepper.

### **Directions:**

1. Set a pan with half of the oil on fire to heat over medium high heat.
2. Stir in onions, mushrooms and seasonings to cook for 4 minutes.
3. Mix in spinach, shrimp and macadamia nut to cook for 3 minutes then remove from heat.
4. Make small cuttings on each salmon fillet then season with pepper and salt.
5. Put the shrimp mix and spinach into the cuttings then rub with the remaining olive oil.
6. Set the salmon into the air fryer's basket to cook for 10 minutes at 3600F and flip halfway.
7. Serve the stuffed salmon on plates and enjoy.

## **Orange Flavored Branzino**

Total time: 20 minutes

Servings: 4

### **Ingredients:**

- Lemon juice, ½ lemon.
- Orange zest, 1 grated orange.
- Salt.
- Lemon zest, 1 grated lemon.
- Crushed red pepper flakes.
- Chopped parsley, ½ cup.
- De-boned medium branzino fillets, 4.
- Olive oil, 2 tbsps.
- Orange juice, ½ orange.
- Black pepper.

### **Directions:**

1. Combine pepper flakes, orange juice and zest, lemon juice and zest, fish fillets, oil and seasonings in a large bowl to coat evenly.
2. Introduce the fillets into the air fryer's basket to bake for 10 minutes at 350F as you flip once.
3. Serve on plates sprinkled with parsley.
4. Enjoy.

## **Air-Fried Cheesy Salmon**

Total time: 20 minutes

Servings: 4

### **Ingredients:**

- Mustard, 1 ½ tsps.
- Olive oil, 1 tbsp.
- Salt.
- Grated cheddar cheese, 1/3 cup.
- Coconut cream, ½ cup.
- De-boned salmon fillets, 4.
- Black pepper.

### **Directions:**

1. Rub the salmon with oil and seasonings.
2. Set up a mixing bowl in place to combine mustard, coconut cream, seasonings and cheddar.
3. Put the salmon in a pan that fits the air fryer then mix in coconut cream.
4. Put the pan with the fish in the air fryer to cook for 10 minutes at 3200F.
5. Serve on plates and enjoy.

## Tasty Black Cod in Plum Sauce

Total time: 25 minutes

Servings: 2

### Ingredients:

- Egg white, 1.
- Whole wheat flour, 2 tsps.
- Already cooked red quinoa, ½ cup.
- Olive oil, 1 tsp.
- Lemon juice, 4 tsps.
- Water, ¼ cup.
- Parsley, 2 tsps.
- Smoked paprika, ½ tsp.
- Raw honey, 2 tsps.
- De-boned medium black cod fillets, 2.
- Pitted and chopped red plum, 1.
- Crushed black peppercorns, ¼ tsp.

### Directions:

1. Whisk together egg white, flour, ¼ tsp paprika and 1 tsp lemon juice in a mixing bowl.
2. Have another mixing bowl in place to combine ⅓ of egg white mix and quinoa.
3. Set the fish on the rest of the egg white mix to coat evenly.
4. Pass the fish through the quinoa mix to coat and reserve for 10 minutes.
5. Set a pan with 1 tsp oil on fire to heat over medium heat.
6. Stir in honey, peppercorns and plum to cook for 1 minute.
7. Stir in the remaining paprika and lemon juice with water then bring to a simmer for 5 minutes.
8. Stir in parsley and remove from heat and reserve.
9. Put the fish into the air fryer to cook for 10 minutes at 380°F.
10. Serve the fish on plates topped with plum sauce.
11. Enjoy.

## **Spicy Catfish Fillets**

Total time: 22 minutes

Servings: 4

### **Ingredients:**

- Minced garlic, ½ tsp.
- Cat sup, ¾ cup.
- Chopped parsley, 1 tbsp.
- Balsamic vinegar, 1 tbsp.
- Jerk seasoning, ½ tsp.
- Salt.
- Black pepper.
- Worcestershire sauce, 4 oz.
- Catfish fillets, 2.
- Mustard, 1 tsp.
- Butter, 2 oz.

### **Directions:**

1. Set a pan on fire to melt the butter over medium heat.
2. Stir in jerk seasoning, catsup, mustard, Worcestershire sauce, vinegar, garlic and seasonings then remove from heat then add fish fillets.
3. Coat well and reserve for 10 minutes then drain the fish fillets.
4. Put the fillets into the preheated air fryer's basket to cook for 8 minutes at 350F and flip them halfway.
5. Serve on plates topped with parsley.
6. Enjoy.

## **Avocado Salad with Salmon**

Total time: 30 minutes

Servings: 4

### **Ingredients:**

- Chopped jalapeno pepper, 1.
- Sea salt.
- Pitted and cubed avocado, 1.
- Torn lettuce leaves, 8 oz.
- Halved cherry tomatoes, 12.
- White wine vinegar, 2 tbsps.
- Melted butter,  $\frac{1}{4}$  cup.
- Crumbled feta cheese, 1 oz.
- Black pepper.
- Medium salmon fillets, 2.
- Chopped cilantro springs, 5.
- Sliced mushrooms, 4 oz.
- Olive oil, 2 tbsps.

### **Directions:**

1. On a lined baking tray, put the salmon then rub with 2 tbsps of melted butter.
2. Rub with the seasonings then broil for 15 minutes over medium heat and keep it warm.
3. Set a pan with the remaining butter over medium heat and stir in mushrooms to cook for some minutes.
4. Set up a bowl to combine tomatoes to add 1 tbsp olive oil and seasonings to coat well.
5. Combine jalapeno, mushrooms, avocado, tomatoes, lettuce, cilantro and the salmon in a salad bowl.
6. Add the remaining oil, seasonings, vinegar, and cheese on top.
7. Serve immediately and enjoy.

## Tasty Fried Salmon

Total time: 35 minutes

Servings: 4

### Ingredients:

- Chopped parsley, 1 tbsp.
- Chopped fresh tarragon, 1 tbsp.
- Mixed baby greens, 4 cups.
- Grated lemon zest, 1 tbsp.
- Chopped chives, 1 tbsp.
- Salt.
- Olive oil, 6 tbsps.
- Chopped shallots, 3 tbsps.
- De-boned salmon fillets, 1 ½ lbs.
- Sliced medium beets, 1 lb.
- Lemon juice, ¼ cup.
- Pepper.

### Directions:

1. Combine ½ tbsp of oil with beets in a medium bowl to coat well
2. Add some seasonings then set on a baking tray
3. Put the beets in the oven to cook for 20 minutes at 450°F
4. Remove the beets from the oven then top with the salmon.
5. Brush the fillets with the remaining oil and season with pepper and salt
6. Combine tarragon, chives, and parsley in a mixing bowl.
7. Rub 1 tbsp of the mix over salmon and put back in the oven.
8. Allow to bake for 15 minutes.
9. In the meantime, boil the lemon peel, shallots, pepper, lemon juice, salt, and the remaining herb mixture stirring gently.
10. Mix 2 tbsp of shallots dressing with mixed greens.
11. Get the salmon from the oven and set on plates
12. Add beets and greens on the side drizzled with the remaining shallot dressing on top.
13. Serve immediately and enjoy.

## **Parmesan Pollock**

Total time: 25 minutes

Servings: 6

### **Ingredients:**

- Sour cream, ½ cup.
- Salt.
- Melted butter, 2 tbsps.
- Grated parmesan, ¼ cup.
- De-boned Pollock fillets, 4.
- Black pepper.
- Cooking spray

### **Directions:**

1. Whisk together parmesan, sour cream, butter and seasonings in a mixing bowl.
2. Spray the fish with cooking spray then season with pepper and salt.
3. Rub each side of the Pollock fillet with sour cream mix then set them in a preheated air fryer.
4. Let them cook for 15minutes at 3200F.
5. Serve on plates with a tasty salad as a side.
6. Enjoy.

## **Pineapple Flavored Salmon**

Total time: 20 minutes

Servings: 2

### **Ingredients:**

- Grated ginger, ½ tsp.
- Onion powder, 1 tsp.
- De-boned medium salmon fillets, 2.
- Balsamic vinegar, 1 tbsp.
- Salt.
- Canned pineapple pieces and juice, 20 oz.
- Garlic powder, 2 tsps.
- Black pepper.

### **Directions:**

1. Rub the salmon with onion powder, black pepper, garlic powder, and salt.
2. Put the salmon into a heat proof dish that fits in the air fryer.
3. Gently add the pineapple chunks and ginger to coat evenly.
4. Drizzle vinegar all over the salmon then cook in the air fryer for 10 minutes at 350F.
5. Serve on plates and enjoy.

## **Lime Salmon with Avocado Paste**

Total time: 20 minutes

Servings: 4

### **Ingredients:**

- Coconut milk, 1/3 cup.
- Onion powder, 1 tsp.
- Pitted and chopped avocado, 1.
- Garlic powder, 1 tsp.
- Salt.
- Chopped cilantro, ¼ cup.
- Grated lime zest, 1 tbsp.
- De-boned salmon fillets, 4.
- Lime juice, 1 tbsp.
- Black pepper.

### **Directions:**

1. Rub the salmon fillets with black pepper, lime zest and salt then put in the air fryer.
2. Let the fillets cook for 9 minutes at 350F and flip once.
3. Serve the fillets on plates.
4. Blend cilantro, lime juice, onion powder, coconut milk, avocado, garlic powder, and seasonings in a food processor.
5. Spread the mix over the salmon and serve immediately.
6. Enjoy.

## **Spanish Style Salmon**

Total time: 25 minutes

Servings: 6

### **Ingredients:**

- Olive oil, 5 tbsps.
- Sliced red onions, 3.
- Sliced red bell peppers, 3.
- Smoked paprika, ½ tsp.
- De-boned medium salmon fillets, 6.
- Chopped parsley, 2 tbsps.
- Black pepper.
- Bread croutons, 2 cups.
- Pitted green olives, ¾ cup.
- Salt.

### **Directions:**

1. Have a heat proof dish that fits the air fryer set in place.
2. Add the olives, bread croutons, onion wedges, 3 tbsp olive oil, paprika and seasonings to mix evenly.
3. Put the mix in the air fryer to cook for 7 minutes at 3560F.
4. Brush the salmon with the remaining oil then top on the veggies to cook for 8 minutes at 3600F.
5. Serve the fish with veggie mix on plates topped with parsley.
6. Enjoy.

## **Air-Fried Fish and Couscous mix**

Total time: 25 minutes

Servings: 4

### **Ingredients:**

- Cooking spray
- Toasted and sliced almonds, ¼ cup.
- Cored and sliced small fennel bulbs, 2.
- Fennel seeds, 5 tsps.
- Black pepper.
- Cooked whole wheat couscous, ¾ cup.
- Guted sea bass, 2½ lbs.
- Chopped red onions, 2.
- Salt.

### **Directions:**

1. Rub the fish with pepper, salt and cooking spray.
2. Put the marinated fish in the air fryer to cook for 10 minutes at 350°F.
3. In the meantime, spray the pan with cooking oil and heat over medium heat.
4. Stir in fennel seeds and toast for 1 minute.
5. Mix in almonds, onion, couscous, fennel bulbs and seasonings to cook for 3 minutes then serve on plates.
6. Serve the fish next to couscous mix.
7. Serve immediately and enjoy.

# **Tasty Maple Salmon**

Total time: 20 minutes

Servings: 1

## **Ingredients:**

- Mustard, 2 tbsps.
- Salt.
- Maple extract, 1 tbsp.
- De-boned big salmon fillet, 1.
- Coconut oil, 1 tbsp.
- Black pepper.

## **Directions:**

1. Whisk together mustard and maple extract in a mixing bowl.
2. Rub the salmon with pepper, salt and the mustard mix.
3. Spray the fish with cooking spray then put in the air fryer.
4. Let it cook for 10 minutes at 3700F and flip halfway.
5. Serve with a tasty salad on the side.
6. Enjoy.

## **Simple Snapper Fillets with Veggies mix**

Total time: 24 minutes

Servings: 2

### **Ingredients:**

- White wine.
- Chopped leeks, ½ cup.
- Chopped red bell pepper, ½ cup.
- Dried tarragon, 1 tsp.
- Black pepper.
- Olive oil, 1 tbsp.
- De-boned red snapper fillets, 2.
- Chopped green bell pepper, ½ cup.
- Salt.

### **Directions:**

1. Set up a heat proof dish that fits in the air fryer.
2. Mix in green bell pepper, fish fillets, leeks, pepper, tarragon, red bell pepper, wine, oil and salt to coat evenly.
3. Put the fish into the air fryer to cook for 14 minutes at 350F and flip halfway.
4. Serve the veggies and fish on plates while still warm.
5. Enjoy.

## **French Style Cod**

Total time: 32 minutes

Servings: 4

### **Ingredients:**

- Chopped parsley, 3 tbsps.
- White wine, ½ cup.
- Black pepper.
- Minced garlic cloves, 2.
- Olive oil, 2 tbsps.
- Stewed canned tomatoes, 14 oz.
- De-boned cod, 2 lbs.
- Chopped yellow onion, 1.
- Salt.
- Butter, 2 tbsps.

### **Directions:**

1. Set a pan with oil on fire to heat over medium heat.
2. Stir in onion and garlic to cook for 5 minutes.
3. Mix in wine to cook for 1 more minute.
4. Add tomatoes to cook for 2 minutes.
5. Stir in parsley and remove from heat and pour the mix in a heat proof dish that fits the air fryer.
6. Add the fish then season with pepper and salt
7. Allow to cook in the air fryer for 14 minutes at 3500F.
8. Serve the fish and tomatoes mix on plates.
9. Enjoy.

## **Honey Glazed Sea Bass**

Total time: 20 minutes

Servings: 2

### **Ingredients:**

- Chopped parsley.
- Honey, 2 tsps.
- Orange juice, ½ orange.
- Salt.
- Olive oil, 2 tbsps.
- Drained canned lentils, ½ lb.
- Mustard, 2 tbsps.
- Watercress, 2 oz.
- Sea bass fillets, 2.
- Orange zest, ½ orange.
- Chopped dill.
- Black pepper.

### **Directions:**

1. Add seasonings to the fish fillets and orange zest and juice then rub with 1 tbsp oil, honey, and mustard.
2. Transfer everything into the air fryer to cook for 10 minutes at 350F as you flip halfway.
3. Cook the lentils in a small pot over medium heat.
4. Stir in the watercress, parsley, dill and the remaining oil.
5. Serve the meal on plates and enjoy.

## **Air-Fried Jamaican Salmon**

Total time: 20 minutes

Servings: 4

### **Ingredients:**

- Shredded cabbage, 2 cups.
- Apple cider vinegar, 4 tsps.
- Sugar, 4 tsps.
- Salt.
- Chopped scallions, 3.
- Jamaican jerk seasoning, 1 ½ tsps.
- De-boned medium salmon fillets, 4.
- Baby arugula, 4 cups.
- Olive oil, 2 tsps.
- Julienned radish, 2 cups.
- Sriracha sauce, 2 tsps.
- Toasted pepitas, ¼ cup.
- Avocado oil, 3 tsps.
- Black pepper.

### **Directions:**

1. Combine sugar and sriracha in a mixing bowl then put 2 tsps of the mixture in another bowl.
2. Whisk together vinegar, olive oil, 2 tsp sriracha, avocado oil and seasonings.
3. Rub the salmon with jerk seasoning, sriracha, sugar mix and seasonings.
4. Set into the air fryer to cook for 10 minutes at 3600F as you flip once.
5. Combine sriracha, radishes, arugula, cabbage, vinegar mix, and seasonings in a mixing bowl.
6. Serve the salmon and radish mix on plates sprinkled with pepitas and scallions.

## **Yummy Cheese Sticks**

Prep + Cooking Time: 1 hour and 18 minutes

Servings: 4

### **Ingredients:**

- Eggs - 2; whisked
- garlic clove - 1; minced
- parmesan - 1 cup; grated
- Italian seasoning - 1 tbsp
- Salt and black pepper to the taste
- mozzarella cheese strings - 8; cut into two equal parts
- Cooking spray

### **Directions:**

1. Mix parmesan with salt, pepper, Italian seasoning and garlic in a bowl and stir well
2. Transfer the whisked eggs to another bowl.
3. Insert mozzarella sticks in the egg mixture; followed by the cheese mix
4. Insert them again in egg' then in parmesan mix. Transfer them to the freezer and keep it there for an hour.
5. Grease cheese sticks using cooking oil; then place them in your air fryer's basket.
6. Cook at a temperature of 390°F for 8 minutes; flip them halfway.
7. Place them neatly on a platter and serve as an appetizer

## **Tasty Wrapped Shrimp**

Prep + Cooking Time: 18 Minutes

Servings: 16

### **Ingredients:**

- already cooked shrimp - 10-ounce; peeled and de veined
- olive oil - 2 tbsp
- prosciutto sliced - 11
- red wine - 1/3 cup
- blackberries - 1/3 cup; ground
- mint - 1 tbsp; chopped

### **Directions:**

1. Put each shrimp in a prosciutto slices and wrap, then drizzle the oil all over. Rub well.
2. Transfer to your preheated air fryer at a temperature of 390°F; fry them for about 10 minutes
3. Also, add medium-high heat to a pan with ground blackberries, then add mint and wine.
4. Stir gently and cook for about 3 minutes; then remove the heat.
5. Place the shrimp neatly on a platter, then drizzle blackberries sauce all over.
6. Now you can serve as an appetizer

## **Salmon Patties**

Prep + Cooking Time: 30 Minutes

Servings: 4

### **Ingredients:**

- big potatoes - 3; boiled, drained and mashed
- bread crumbs - 2 tbsp
- parsley - 2 tbsp; chopped
- Dill - 2 tbsp; chopped
- egg - 1
- big salmon fillet - 1; skinless and boneless
- Salt and black pepper to the taste
- Cooking spray

### **Directions:**

1. Put the salmon in your air fryer's basket and cook for about 10 minutes at a temperature of 360 degrees F.
2. Introduce the salmon to a cutting board; let it cool it down, then flake it and transfer to a clean bowl.
3. Add mashed potatoes, salt, pepper, dill, parsley, egg and bread crumbs; stir gently and shape 8 patties from this mix.
4. Transfer the salmon patties to your air fryer's basket, and grease using cooking oil.
5. Cook at a temperature of 360°F for 12 minutes; flip them halfway.
6. Move them to a clean platter and serve as an appetizer

# Tasty Potato Spread

Prep + Cooking Time: 20 Minutes

Servings: 10

## Ingredients:

- canned garbanzo beans - 19-ounce; drained
- garlic cloves - 5; minced
- cumin - 1/2 tsp; ground
- tahini - 1/4 cup
- lemon juice - 2 tbsp
- olive oil - 1 tbsp
- water - 2 tbsp
- Sweet potatoes - 1 cup; peeled and chopped.
- A pinch of salt and white pepper

## Directions:

1. Place potatoes in your air fryer's basket, and cook them at a temperature of 360°F for 15 minutes.
2. Let them cool down so you can peel, then put them in your food processor and pulse well.
3. Then, add sesame paste, garlic, beans, lemon juice, cumin, water and oil and pulse very well once again.
4. Add salt and pepper as seasoning, pulse once more.
5. Cut into different bowls and serve.

## **Tasty and Crispy Shrimp Snack**

Prep + Cooking Time: 15 Minutes

Servings: 4

### **Ingredients:**

- big shrimp - 12; de veined and peeled
- panko bread crumbs - 1 cup
- egg whites - 2
- coconut - 1 cup; shredded.
- white flour - 1 cup
- Salt and black pepper to the taste

### **Directions:**

1. Mix panko with coconut in a bowl and stir well.
2. Pour flour into a second bowl, then add salt and pepper to taste. Also, whisk egg whites in a third bowl.
3. Insert the shrimp in the flour, egg whites mix and coconut; transfer them all in your air fryer's basket.
4. Cook at a temperature of 350°F for about 10 minutes; flip them halfway.
5. Place them neatly on a platter and serve as an appetizer

## **Sweet and Cool Popcorn Snack**

Prep + Cooking Time: 15 Minutes

Servings: 4

### **Ingredients:**

- butter - 2 ½ tbsp
- brown sugar - 2-ounce
- corn kernels - 2 tbsp

### **Directions:**

1. Place corn kernels in your air fryer's pan, cook at a temperature of 400°F for a little over 5 minutes;
2. Move them to a tray, spread and keep it aside for now.
3. Add low heat to pan, then add butter. Let it melt before adding sugar and stir gently until it all becomes soluble.
4. Add popcorn, toss well to coat, remove the heat and spread on the tray once again.
5. Let it cool down, then cut into different bowls and serve as a snack.

## **Cheering Chicken Breast Rolls Appetizer**

Prep + Cooking Time: 32 Minutes

Servings: 4

### **Ingredients:**

- chicken breasts - 4; boneless and skinless
- sun dried tomatoes - 1 cup; chopped
- Italian seasoning - 1 ½ tbsp
- mozzarella slices - 4
- baby spinach - 2 cups
- A drizzle of olive oil
- Salt and black pepper to the taste

### **Directions:**

1. Use a meat tenderizer to flatten some chicken breasts; then divide tomatoes, mozzarella and spinach.
2. Sprinkle a pinch of salt and pepper as seasoning, followed by Italian seasoning.
3. Roll them and seal tightly.
4. Introduce to your air fryer's basket; then drizzle some oil all over the rolls and cook at a temperature of 375°F for 17 minutes. Ensure that you only flip once.
5. Place the chicken rolls on a platter and serve them as an appetizer

## **Soft Chicken Dip**

Prep + Cooking Time: 35 Minutes

Servings: 10

### **Ingredients:**

- chicken meat - 2 cups; cooked and shredded.
- curry powder - 2 tsp
- Scallions - 4; chopped.
- raisins - 1/3 cup
- Cilantro - 1/4 cup; chopped
- Almonds - 1/2 cup; sliced
- Butter - 3 tbsp; melted
- yogurt - 1 cup
- cream cheese - 12-ounce
- Monterey jack cheese - 6-ounce; grated
- Chutney - 1/2 cup
- Salt and black pepper to the taste

### **Directions:**

1. Mix cream cheese with yogurt in a bowl and whisk with your mixer
2. Then add curry powder, scallions, chicken meat, raisins, cheese, and cilantro.
3. Also, add salt and pepper to taste, then stir everything.
4. Place this neatly on a baking dish; the baking dish should fit your air fryer perfectly.
5. Add almonds on top by sprinkling, then transfer to your air fryer and bake at a temperature of 300 degrees for 25 minutes.
6. Divide into different bowls, then use chutney as toppings and serve as an appetizer.

## **Sweet and Crispy Apple Chips**

Prep + Cooking Time: 20 Minutes

Servings: 2

### **Ingredients:**

- Apple - 1; cored and sliced
- white sugar - 1 tbsp
- cinnamon powder - 1/2 tsp
- A pinch of salt

### **Directions:**

1. Mix apple slices with salt, sugar and cinnamon in a bowl. Toss well to coat
2. Move to your air fryer's basket, and cook for 10 minutes at a temperature of 390°F; flip just once.
3. Divide apple chips into different bowls and serve as a snack

## **Cheesy and Seasoned Zucchini Snack**

Prep + Cooking Time: 18 Minutes

Servings: 4

### **Ingredients:**

- Mozzarella - 1 cup; shredded.
- Zucchini - 1; sliced
- tomato sauce - 1/4 cup
- Salt and black pepper to the taste
- A pinch of cumin
- Cooking spray

### **Directions:**

1. Place zucchini slices neatly in your air fryer's basket;
2. Grease using cooking oil, and spread tomato sauce all over. ,
3. Add salt and pepper as seasoning. Also, add cumin, sprinkle mozzarella at the end and cook them at a temperature of 320°F for about 10 minutes.
4. Place them neatly on a platter and serve as a snack

## **Bread Sticks Snack with Nutmeg**

Prep + Cooking Time: 20 Minutes

Servings: 2

### **Ingredients:**

- bread slices - 4; each cut into 4 sticks
- milk - 1/4 cup
- cinnamon powder - 1 tsp
- honey - 1 tbsp
- brown sugar - 1/4 cup
- eggs - 2
- A pinch of nutmeg

### **Directions:**

1. Mix eggs with milk, brown sugar, cinnamon, nutmeg and honey in a clean bowl and whisk well.
2. Insert the bread sticks into the mix; then transfer to your air fryer's basket and cook at a temperature of 360°F for 10 minutes.
3. Divide bread sticks into bowls and serve as a snack

## **Seasoned Herbed Tomatoes Appetizer**

Prep + Cooking Time: 30 Minutes

Servings: 2

### **Ingredients:**

- Tomatoes - 2; halved
- Oregano - 1 tsp; dried
- Rosemary - 1 tsp; dried
- Parsley - 1 tsp; dried
- Basil - 1 tsp; dried
- Cooking spray
- Salt and black pepper to the taste

### **Directions:**

1. Spray tomato halves with cooking oil, then add parsley, basil, oregano and rosemary over them. Add salt and pepper to taste.
2. Transfer them to your air fryer's basket and cook at a temperature of 320°F for 20 minutes.
3. Place them neatly on a platter and serve as an appetizer.

## **Chestnut and Shrimp Rolls**

Prep + Cooking Time: 25 Minutes

Servings: 4

### **Ingredients:**

- already cooked shrimp - 1/2-pound; chopped.
- water chestnuts - 8-ounce; chopped
- scallions - 3; chopped
- water - 1 tbsp
- egg yolk - 1
- shiitake mushrooms - 1/2-pound; chopped.
- Cabbage - 2 cups; chopped
- olive oil - 2 tbsp
- garlic clove - 1; minced
- ginger - 1 tsp; grated
- spring roll wrappers - 6
- Salt and black pepper to the taste

### **Directions:**

1. Add medium-high heat to a pan containing oil, then add cabbage, shrimp, chestnuts, mushrooms, garlic, ginger, and scallions.
2. Sprinkle a pinch of salt and pepper to taste; then stir gently and cook for 2 minutes
3. Mix egg with water in a bowl and stir well.
4. Place the roll wrappers on a working surface, then divide shrimp and veggie mix on them.
5. Hold the edges firmly with egg wash, then transfer everything to your air fryer's basket and cook at a temperature of 360°F. Cook for about 15 minutes.
6. Move to a clean platter and serve as an appetizer

## **Greek Inspired Lamb Meatballs Appetizer**

Prep + Cooking Time: 18 Minutes

Servings: 10

### **Ingredients:**

- lamb meat - 4-ounce; minced
- lemon peel - 1/2 tbsp; grated
- oregano - 1 tbsp; chopped
- 1 slice of bread; toasted and crumbled
- feta cheese - 2 tbsp; crumbled
- Salt and black pepper to the taste

### **Directions:**

1. Mix meat with bread crumbs, salt, pepper, feta, oregano and lemon peel in a bowl; stir gently and well,
2. Shape 10 meatballs from the mix and transfer the to your air fryer. Cook at 400°F for 8 minutes.
3. Place them neatly on a platter and serve as an appetizer

## **Seasoned Fish Nuggets**

Prep + Cooking Time: 22 Minutes

Servings: 4

### **Ingredients:**

- fish fillets - 28-ounce; skinless and cut into medium pieces
- flour - 5 tbsp
- egg - 1; whisked
- water – 5 tbsp
- homemade mayonnaise - 4 tbsp
- panko bread crumbs - 3-ounce
- garlic powder - 1 tbsp
- smoked paprika - 1 tbsp
- dill - 1 tsp; dried
- Lemon juice from 1/2 lemon
- Salt and black pepper to the taste
- Cooking spray

### **Directions:**

1. Mix flour with water in a bowl and stir well
2. Add egg, salt and pepper to the bowl and whisk well
3. Mix panko with garlic powder and paprika in a second bowl and stir well
4. Insert fish pieces inside flour and egg mix and then in panko mix.
5. Put them in your air fryer's basket, then spray using cooking oil and cook at a temperature of 400°F for about 15 minutes.
6. Also, mix mayo with dill and lemon juice in a bowl and whisk well.
7. Place the fish nuggets on a platter and serve with dill mayo as the side dish.

## **Cajun Seasoned Crab Sticks**

Prep + Cooking Time: 30 Minutes

Servings: 4

### **Ingredients:**

- Crab sticks - 10; halved
- sesame oil - 2 tsp
- Cajun seasoning - 2 tsp

### **Directions:**

1. Place the crab sticks in a clean bowl; then add sesame oil and Cajun seasoning;
2. Toss well to ensure it is well coated.
3. Move them to your air fryer's basket and cook at a temperature of 350°F for about 15 minutes.
4. Place them neatly on a platter and serve as an appetizer

## **Sweet Banana Snack**

Prep + Cooking Time: 15 Minutes

Servings: 8

### **Ingredients:**

- cups crust - 16 baking
- peanut butter - 1/4 cup
- chocolate chips - 3/4 cup
- banana - 1; peeled and sliced into 16 pieces
- vegetable oil - 1 tbsp

### **Directions:**

1. Place the chocolate chips in a small pot, add low heat to the pot; and stir until all of it melts.
2. Remove the heat.
3. Mix peanut butter with coconut oil in a clean bowl and whisk well
4. Pour 1 tsp of chocolate mix with a spoon to a cup, then add 1 banana slice. Finally, top with 1 tsp butter mix.
5. Repeat this with the remaining cups, then transfer them all into a dish that fits right into your air fryer.
6. Cook that at a temperature of 320°F for 5 minutes;
7. Move to a freezer and leave it there until you are ready to serve them as a snack

## **Seasoned Chicken Breast Sticks**

Prep + Cooking Time: 26 Minutes

Servings: 4

### **Ingredients:**

- chicken breast - 1-pound; skinless, boneless and cut into medium sticks
- sweet paprika - 1 tsp
- white flour - 3/4 cup
- olive oil - 1/2 tbsp
- panko bread crumbs - 1 cup
- egg - 1; whisked
- Salt and black pepper to the taste
- Lemon zest – 1; grated

### **Directions:**

1. Mix paprika with flour, salt, pepper and lemon zest in a bowl and stir gently.
2. Put whisked egg in a second bowl and the panko breadcrumbs in a third bowl.
3. Dip chicken pieces in the flour, egg and panko and transfer them to your lined air fryer's basket.
4. Drizzle the oil all over and cook at a temperature of 400°F for 8 minutes; then flip and cook for another 8 minutes.
5. Place them neatly on a platter; now you can serve as a snack.

## **Special Empanadas Appetizer**

Prep + Cooking Time: 35 Minutes

Servings: 4

### **Ingredients:**

- empanada shells - 1 package
- olive oil - 1 tbsp
- beef meat - 1-pound; ground
- yellow onion - 1; chopped
- cumin - 1/2 tsp; ground
- tomato salsa - 1/4 cup
- garlic cloves - 2; minced
- green bell pepper - 1; chopped
- egg yolk - 1; whisked with water - 1 tbsp
- Salt and black pepper to the taste

### **Directions:**

1. Add medium-high heat to a pan containing oil; then add beef and let it gets brown on all sides
2. Followed by adding onion, garlic, salt, pepper, bell pepper and tomato salsa to the mix; stir gently and cook for 15 minutes
3. Cut the cooked meat in empanada shells, then brush them with egg wash and seal tightly.
4. Introduce to your air fryer's steamer basket and cook at a temperature of 350°F for 10 minutes.
5. Place them on a platter and serve as an appetizer.

## **Hot and Quick Zucchini Snack**

Prep + Cooking Time: 22 Minutes

Servings: 12

### **Ingredients:**

- whole wheat flour - 1/2 cup
- egg - 1
- yellow onion - 1; chopped.
- garlic cloves - 2; minced
- dill - 1/2 cup; chopped
- zucchinis - 3; grated
- Cooking spray
- Salt and black pepper to the taste

### **Directions:**

1. Mix zucchinis with garlic, onion, flour, salt, pepper, egg and dill in a bowl; and stir well.
2. Shape some small patties from this mix, spray them using cooking spray;
3. Introduce them to your air fryer's basket and cook at a temperature of 370°F for 6 minutes. Do this for each side.
4. Serve them as a snack immediately.

## **Tasty Spring Rolls Appetizer**

Prep + Cooking Time: 35 Minutes

Servings: 8

### **Ingredients:**

- green cabbage - 2 cups; shredded.
- yellow onions - 2; chopped
- chili pepper - 1/2; minced
- ginger - 1 tbsp; grated
- garlic cloves - 3; minced
- carrot - 1; grated
- spring roll sheets - 10
- corn flour - 2 tbsp
- water - 2 tbsp
- sugar - 1 tsp
- soy sauce - 1 tsp
- olive oil - 2 tbsp
- Salt and black pepper to the taste

### **Directions:**

1. Add heat to a pan containing oil over medium-high heat source.
2. Then add cabbage, onions, carrots, chili pepper, ginger, garlic, sugar, salt, pepper and soy sauce.
3. Stir gently and cook for 2 to 3 minutes; remove the heat and let it cool down
4. Divide spring roll sheets in squares, cut cabbage mix on each and roll them together.
5. Mix corn flour with water in a bowl; stir well and seal spring rolls with this mix.
6. Transfer the spring rolls to your air fryer's basket and cook them at a temperature of 360°F for 10 minutes
7. Flip the rolls and cook them for another 10 minutes.
8. Place them neatly on a platter before serving as an appetizer.

## **Stuffed Peppers Appetizer**

Prep + Cooking Time: 18 Minutes

Servings: 8

### **Ingredients:**

- small bell peppers - 8; tops cut off and seeds removed
- olive oil - 1 tbsp
- goat cheese - 3.5-ounce; cut into 8 pieces
- Salt and black pepper to the taste

### **Directions:**

1. Mix cheese with oil with salt and pepper in a bowl; toss well to coat.
2. Stuff goat cheese into each pepper.
3. Introduce them to your air fryer's basket, and cook at a temperature of 400°F for 8 minutes.
4. Place them on a platter and serve as an appetizer

## **Radish Chips with Chives**

Prep + Cooking Time: 20 Minutes

Servings: 4

### **Ingredients:**

- Radishes - 15; sliced
- Cooking spray
- Chives - 1 tbsp; chopped.
- Salt and black pepper to the taste

### **Directions:**

1. Arrange radish slices in your air fryer's basket, then spray them using cooking oil.
2. Add salt and black pepper to taste, then cook them at a temperature of 350°F for 10 minutes.
3. Flip them halfway, then move to different bowls
4. Serve with chives sprinkled as toppings.

## **Tasty Coco Chicken Bites**

Prep + Cooking Time: 23 Minutes

Servings: 4

### **Ingredients:**

- chicken tenders - 8
- garlic powder - 2 tsp
- panko bread crumbs - 3/4 cup
- coconut - 3/4 cup; shredded.
- Eggs - 2
- Salt and black pepper to the taste
- Cooking spray

### **Directions:**

1. Mix eggs with salt, pepper and garlic powder in a bowl and whisk well
2. Mix coconut with panko in a second bowl and stir well.
3. Insert chicken tenders in the eggs mix; then coat in coconut one.
4. Spray chicken bites using cooking spray, before introducing them to your air fryer's basket
5. Cook them at a temperature of 350°F for 10 minutes; then place them on a platter and serve as an appetizer

## **Tasty Banana Chips Snack**

Prep + Cooking Time: 25 Minutes

Servings: 4

### **Ingredients:**

- turmeric powder - 1/2 tsp
- bananas - 4; peeled and sliced
- chaat masala - 1/2 tsp
- olive oil - 1 tsp
- A pinch of salt

### **Directions:**

1. Mix banana slices with salt, turmeric, chaat masala and oil in a bowl.
2. Toss well to coat and keep it aside for 10 minutes.
3. Move the banana slices to your preheated air fryer, set at a temperature of 360°F
4. Cook them for 15 minutes; flip them once. Now, you can serve as a snack

## **Seasoned Cajun Shrimp**

Prep + Cooking Time: 15 Minutes

Servings: 2

### **Ingredients:**

- tiger shrimp - 20; peeled and deveined
- old bay seasoning - 1/2 tsp
- smoked paprika - 1/4 tsp
- olive oil - 1 tbsp
- Salt and black pepper to the taste

### **Directions:**

1. Mix shrimp with oil, salt, pepper, old bay seasoning and paprika in a bowl and toss to coat
2. Transfer the shrimp to your air fryer's basket and cook at a temperature of 390°F for 5 minutes.
3. Place them neatly on a platter and serve as an appetizer

## **Yummy Fish Sticks Appetizer**

Prep + Cooking Time: 22 Minutes

Servings: 2

### **Ingredients:**

- white fish filets - 1; boneless, skinless and cut into medium sticks
- egg - 1; whisked
- bread crumbs - 4-ounce
- olive oil - 4 tbsp
- Salt and black pepper to the taste

### **Directions:**

1. Mix bread crumbs with oil in a bowl and stir well
2. Place the egg in another bowl; then sprinkle salt and pepper and whisk well.
3. Dip fish stick in egg and then in bread crumb mix, place them in your air fryer's basket and cook at a temperature of 360°F for 12 minutes.
4. Place the fish sticks neatly on a platter Now you can serve as an appetizer

## **Fried Dill Pickles with Ranch Sauce**

Prep + Cooking Time: 15 Minutes

Servings: 4

### **Ingredients:**

- jarred dill pickles - 16-ounce; cut into wedges and pat dried
- white flour - 1/2 cup
- milk - 1/4 cup
- garlic powder - 1/2 tsp
- sweet paprika - 1/2 tsp
- egg - 1
- ranch sauce - 1/4 cup
- Cooking spray

### **Directions:**

1. Mix milk with egg in a bowl and whisk well
2. Mix flour with salt, garlic powder and paprika in a second bowl and stir gently.
3. Dip pickles inside flour, followed by egg mix and again in flour and place them in your air fryer.
4. Grease them using cooking spray, and cook the pickle wedges at a temperature of 400°F for 5 minutes.
5. Move to a bowl and serve with ranch sauce as the side dish.

## **Honey Chicken Wings Appetizer**

Prep + Cooking Time: 1 hour and 22 minutes

Servings: 8

### **Ingredients:**

- chicken wings - 16; halved
- honey - 2 tbsp
- lime juice - 2 tbsp
- soy sauce - 2 tbsp
- Salt and black pepper to the taste

### **Directions:**

1. Mix chicken wings with soy sauce, honey, salt, pepper and lime juice in a bowl.
2. Toss well to coat and keep in the fridge for an hour
3. Move the chicken wings to your air fryer and cook them at a temperature of 360°F for 12 minutes; flip them halfway.
4. Place them neatly on a platter and serve as an appetizer

## **Seasoned Chicken Wings**

Prep + Cooking Time: 1 hours 10 Minutes

Servings: 2

### **Ingredients:**

- chicken wings - 16 pieces'
- potato starch - 3/4 cup
- garlic - 4 tbsp; minced
- honey - 1/4 cup
- butter - 1/4 cup
- Salt and black pepper to the taste

### **Directions:**

1. Mix chicken wings with salt, pepper and potato starch in a bowl; toss well to coat, and transfer to your air fryer's basket.
2. Cook them at a temperature of 380°F for 25 minutes; then increase to 400°F, cooking for another 5 minutes.
3. Also, heat up a pan containing butter over medium high heat; let it melt then add garlic;
4. Stir gently, and cook for about 5 minutes.
5. Add salt, pepper and honey to the mix to taste.
6. Whisk well, cook for 20 minutes using medium-high heat before removing the heat.
7. Place the chicken wings on a clean platter. Then, drizzle honey sauce all over those wings.
8. Now you can serve as an appetizer

## **Tasty and Delightful Tuna Cakes**

Prep + Cooking Time: 20 Minutes

Servings: 12

### **Ingredients:**

- canned tuna - 15-ounce; drain and flaked
- parsley - 1 tsp; dried
- red onion - 1/2 cup; chopped
- dill - 1/2 tsp; dried
- garlic powder - 1 tsp
- eggs - 3
- Salt and black pepper to the taste
- Cooking spray

### **Directions:**

1. Mix tuna with salt, pepper, dill, parsley, onion, garlic powder and eggs in a bowl; stir gently and shape some medium sized cakes from the mix
2. Put tuna cakes in your air fryer's basket, and spray using cooking oil.
3. Cook at a temperature of 350°F for 10 minutes; flip them halfway.
4. Place them neatly on a platter and serve as an appetizer

## **Cauliflower Snack with Mayo**

Prep + Cooking Time: 25 Minutes

Servings: 4

### **Ingredients:**

- cauliflower florets - 4 cups
- buffalo sauce - 1/4 cup
- Butter - 1/4 cup; melted
- panko bread crumbs - 1 cup
- Mayonnaise for serving

### **Directions:**

1. Mix buffalo sauce with butter in a bowl and whisk well
2. Dredge cauliflower florets into this mix and coat them using panko bread crumbs.
3. Introduce them to your air fryer's basket and cook at a temperature of 350°F for 15 minutes.
4. Finally, place on a platter and serve with mayo as the side dish.

## **Mouthwatering Pesto Crackers**

Prep + Cooking Time: 27 Minutes

Servings: 6

### **Ingredients:**

- baking powder - 1/2 tsp
- garlic clove - 1; minced
- basil pesto - 2 tbsp
- Butter - 3 tbsp
- Basil - 1/4 tsp; dried
- Flour - 1¼ cups
- Salt and black pepper to the taste

### **Directions:**

1. Mix salt, pepper, baking powder, flour, garlic, cayenne, basil, pesto and butter in a bowl and stir until you get a dough
2. Spread this dough on a lined baking sheet that fits right into your air fryer.
3. Move to a fryer set at a temperature of 325°F and bake for 17 minutes.
4. Let it cool down, then divide crackers and serve them as a snack

## **Warm Mexican Style Apple Snack**

Prep + Cooking Time: 15 Minutes

Servings: 4

### **Ingredients:**

- big apples - 3; cored, peeled and cubed
- clean caramel sauce - 1/2 cup
- Pecans - 1/4 cup; chopped.
- lemon juice - 2 tsp
- dark chocolate chips - 1/2 cup

### **Directions:**

1. Mix apples with lemon juice in a clean bowl; stir gently and move to a pan that fits perfectly into the air fryer
2. Follow this by adding chocolate chips, and pecans.
3. Also, drizzle the caramel sauce on the mix, and toss to coat.
4. Move to your air fryer and cook at a temperature of 320°F for 5 minutes.
5. Toss gently, cut into small bowls. Serve immediately as a snack.

## **Healthy Appetizer Spinach Balls**

Prep + Cooking Time: 17 Minutes

Servings: 30

### **Ingredients:**

- Butter - 4 tbsp; melted
- Eggs - 2
- flour - 1 cup
- feta cheese - 1/3 cup; crumbled
- onion powder - 1 tbsp
- whipping cream - 3 tbsp
- Nutmeg - 1/4 tsp; ground
- Parmesan - 1/3 cup; grated
- spinach - 16-ounce
- garlic powder - 1 tsp
- Salt and black pepper to the taste

### **Directions:**

1. Mix spinach with butter, eggs, flour, feta cheese, parmesan, nutmeg, whipping cream, salt, pepper, onion and garlic pepper in a blender.
2. Pulse very well and keep in the freezer for 10 minutes when you are done blending.
3. From the blend, shape out 30 balls; then, put them in your air fryer's basket.
4. Cook at a temperature of 300°F for about 7 minutes. Serve this snack as a party appetizer

## **Pure and Cold Pumpkin Muffins**

Prep + Cooking Time: 25 Minutes

Servings: 18

### **Ingredients:**

- pumpkin puree - 3/4 cup
- Flax seed meal - 2 tbsp
- flour - 1/4 cup
- sugar - 1/2 cup
- Butter - 1/4 cup
- Nutmeg - 1/2 tsp; ground
- cinnamon powder - 1 tsp
- baking soda - 1/2 tsp
- Egg - 1
- baking powder - 1/2 tsp

### **Directions:**

1. Mix butter with pumpkin puree and egg in a clean bowl and blend well
2. Then, add flaxseed meal, flour, sugar, baking soda, baking powder, nutmeg and cinnamon to the mix; and stir well.
3. Introduce this to a muffin pan using a spoon; the muffin pan should fit perfectly into your air fryer.
4. Set the temperature at 350°F and bake for 15 minutes. Serve the muffins when cold and as a snack.

## **Roasted Appetizer Pepper Rolls**

Prep + Cooking Time: 20 Minutes

Servings: 8

### **Ingredients:**

- yellow bell pepper - 1; halved
- Oregano - 2 tbsp; chopped
- orange bell pepper - 1; halved
- feta cheese - 4-ounce; crumbled
- green onion - 1; chopped
- Salt and black pepper to the taste

### **Directions:**

1. Mix cheese with onion, oregano in a bowl. Add salt and pepper to taste and whisk well
2. Introduce bell pepper halves into your air fryer's basket, and cook at a temperature of 400°F. Cook for about 10 minutes
3. Then move to a cutting board, let it cool down so you can peel.
4. Cut cheese mix on each bell pepper half, roll, and hold firm with toothpicks.
5. Place them neatly on a platter and serve as an appetizer

## **Cold Jerky Beef Snack**

Prep + Cooking Time: 3 hour and 30 minutes

Servings: 6

### **Ingredients:**

- black peppercorns - 2 tbsp
- beef round - 2-pound; sliced
- soy sauce - 2 cups
- black pepper - 2 tbsp
- Worcestershire sauce - 1/2 cup

### **Directions:**

1. Mix soy sauce with black peppercorns, black pepper and Worcestershire sauce in a bowl and whisk well.
2. Followed by adding beef slices; then toss to ensure it is well coated.
3. Keep it in the fridge for close to 6 hours.
4. Put the beef rounds in your air fryer and cook the rounds at a temperature of 370°F.
5. Cook for about an hour and half. Finally, move to a bowl and serve when it gets cold

## **Beef Rolls Appetizer**

Prep + Cooking Time: 24 Minutes

Servings: 4

### **Ingredients:**

- beef steak - 2-pound; opened and flattened with a meat tenderizer
- red bell pepper - 3-ounce; roasted and chopped.
- provolone cheese - 6 slices
- baby spinach - 1 cup
- pesto - 3 tbsp
- Salt and black pepper to the taste

### **Directions:**

1. Place flattened beef steak neatly on a cutting board.
2. Then spread pesto all over the beef steaks, and add cheese in a single layer.
3. Also, add some bell peppers and spinach.
4. Season with salt and pepper
5. Roll your beef steak, then hold them tight with toothpicks.
6. Add salt and pepper again to taste.
7. Put the rolls in your air fryer's basket and cook at a temperature of 400°F for about 15 minutes; rotate the rolls halfway.
8. Keep it aside for a while so it can cool down.
9. Then cut into smaller rolls; each of the size 2 inches.
10. Place them neatly on a platter and serve them as an appetizer

## **Spicy Stuffed Peppers with Sour Cream**

Prep + Cooking Time: 30 Minutes

Servings: 6

### **Ingredients:**

- mini bell peppers - 1-pound; halved
- beef meat - 1-pound; ground
- Oregano - 1/2 tsp; dried
- red pepper flakes - 1/4 tsp
- chili powder - 1 tbsp
- cheddar cheese - 1½ cups; shredded.
- Salt and black pepper to the taste
- garlic powder - 1 tsp
- sweet paprika - 1 tsp
- Cumin - 1 tsp; ground
- Sour cream for serving

### **Directions:**

1. Mix chili powder with paprika, salt, pepper, cumin, oregano, pepper flakes and garlic powder in a bowl and stir gently.
2. Add medium-high heat to a pan. Then add beef; stir gently and brown for about 10 minutes
3. Follow this by adding chili powder mix. Stir gently and remove the heat.
4. Also, stuff pepper halves with this mix
5. Add cheese by sprinkling it all over, then introduce the peppers to your air fryer's basket.
6. Cook them at a temperature of 350°F for 6 minutes.
7. Place the peppers neatly on a platter. Serve with sour cream as a side dish.

## **Easy and Cold Zucchini Chips**

Prep + Cooking Time: 1 hour 10 Minutes

Servings: 6

### **Ingredients:**

- Zucchini - 3; thinly sliced
- balsamic vinegar - 2 tbsp
- olive oil - 2 tbsp
- Salt and black pepper to the taste

### **Directions:**

1. Mix oil with vinegar, salt and pepper in a bowl and whisk well
2. Add zucchini slices to the mix, and toss to coat well.
3. Move to your air fryer and cook at a temperature of 200°F for an hour.
4. Serve when the zucchini chips gets cold as a snack

## **Shrimp and Calamari with Sauce**

Prep + Cooking Time: 30 Minutes

Servings: 1

### **Ingredients:**

- Calamari - 8-ounce; cut into medium rings
- turmeric powder - 1/2 tsp
- olive oil - 1 tbsp
- tomato paste - 1 tsp
- Mayonnaise - 1 tbsp
- lemon juice - 1 tsp
- Avocado - 2 tbsp; chopped
- Shrimp - 7-ounce; peeled and deveined
- eggs - 1
- white flour - 3 tbsp
- A splash of Worcestershire sauce
- Salt and black pepper to the taste

### **Directions:**

1. Whisk egg with oil, add calamari rings and shrimp in a bowl and toss well to coat
2. Mix flour with and turmeric as well as salt and pepper in a bowl and stir gently.
3. Insert calamari and shrimp deep inside this mix, and place them in your air fryer's basket.
4. Cook at a temperature of 350°F for 9 minutes; flip them only once.
5. Also, mix avocado with mayo, tomato paste and mash in a bowl with a fork.
6. Also, add Worcestershire sauce, lemon juice. Sprinkle a pinch of salt and pepper to taste and stir well.
7. Place calamari and shrimp neatly on a platter. Serve with the sauce as the side dish.

## **Delicious Shrimp Muffins Snack**

Prep + Cooking Time: 36 Minutes

Servings: 6

### **Ingredients:**

- spaghetti squash - 1; peeled and halved
- Mayonnaise - 2 tbsp
- Shrimp - 8-ounce; peeled, cooked and chopped
- garlic clove - 1; minced
- Salt and black pepper to the taste
- panko - 1 ½ cups
- parsley flakes - 1 tsp
- Mozzarella - 1 cup; shredded.
- Cooking spray

### **Directions:**

1. Place squash halves in your air fryer and cook at a temperature of 350°F for 16 minutes.
2. Keep it aside and let it cool down; then scrape flesh into a bowl
3. Followed by adding salt, pepper, parsley flakes, panko, shrimp, mayo and mozzarella; stir the mix well
4. Grease a muffin tray with cooking spray; the tray should fit right into your air fryer.
5. Then cut the squash and shrimp mix into different cups.
6. Move to your fryer and cook at a temperature of 360°F for 10 minutes.
7. Place the muffins neatly on a platter and serve as a snack.

## **Holiday Beef Patties Appetizer**

Prep + Cooking Time: 18 Minutes

Servings: 4

### **Ingredients:**

- Beef - 14-ounce; minced
- Leek - 1; chopped
- bread crumbs - 3 tbsp
- Salt and black pepper to the taste
- Nutmeg - 1/2 tsp; ground
- Ham - 2 tbsp; cut into strips

### **Directions:**

1. Mix beef with leek, salt, pepper, ham, breadcrumbs and nutmeg in a bowl.
2. Stir gently and shape small patties out of the mix.
3. Put them in your air fryer's basket, cook at a temperature of 400°F for 8 minutes.
4. Put them nicely on a platter and serve as an appetizer

## **Mouthwatering Seafood Appetizer**

Prep + Cooking Time: 35 Minutes

Servings: 4

### **Ingredients:**

- yellow onion - 1/2 cup; chopped
- green bell pepper - 1 cup; chopped.
- Celery - 1 cup; chopped
- baby shrimp - 1 cup; peeled and deveined
- bread crumbs - 2 tbsp
- Crabmeat - 1 cup; flaked
- homemade mayonnaise - 1 cup
- Worcestershire sauce - 1 tsp
- Butter - 1 tbsp
- sweet paprika - 1 tsp
- Salt and black pepper to the taste

### **Directions:**

1. Mix shrimp with crab meat, bell pepper, onion, mayo, celery, salt and pepper in a bowl and stir gently.
2. Follow that by adding Worcestershire sauce to the mix; and stir again.
3. Then, pour all of the mix into a baking dish that fits right into your air fryer.
4. Sprinkle some bread crumbs, then add butter. Then move to your air fryer.
5. Cook at a temperature of 320°F for 25 minutes; shaking halfway.
6. Cut into different bowls. Serve with sprinkled paprika as toppings.

## **Salmon Meatballs Appetizer**

Prep + Cooking Time: 22 Minutes

Servings: 4

### **Ingredients:**

- Salmon - 1-pound; skinless and chopped.
- Oregano - 1/2 tsp; ground
- small yellow onion - 1; chopped
- egg white - 1
- Cilantro - 3 tbsp; minced
- garlic cloves - 2; minced
- paprika - 1/2 tsp
- Panko - 1/4 cup
- Salt and black pepper to the taste
- Cooking spray

### **Directions:**

1. Mix salmon with onion, cilantro, egg white, garlic cloves, salt, pepper, paprika and oregano in your food processor, pulse and stir well
2. Add panko to the mix and blend again.
3. After that, shape some meatballs out of the mix using your palms.
4. Put them in your air fryer's basket; and grease those using cooking spray.
5. Cook at a temperature of 320°F for about 12 minutes; shake the fryer halfway.
6. Place the meatballs neatly on a platter and serve them as an appetizer

## **Broccoli Patties Appetizer**

Prep + Cooking Time: 20 Minutes

Servings: 12

### **Ingredients:**

- broccoli florets - 4 cups
- almond flour - 1 ½ cup
- cheddar cheese - 2 cups; grated
- garlic powder - 1 tsp
- apple cider vinegar - 1/2 tsp
- baking soda - 1/2 tsp
- Paprika - 1 tsp
- Eggs - 2
- olive oil - 1/4 cup
- Salt and black pepper to the taste

### **Directions:**

1. Introduce broccoli florets to your food processor; then add salt and pepper to taste.
2. Pulse well and move to a clean bowl
3. Also, add almond flour, salt, pepper, paprika, garlic powder, baking soda, cheese, oil, eggs and vinegar;
4. Stir gently and thoroughly; then shape 12 patties from this mix.
5. Transfer the patties to your preheated air fryer's basket and cook at a temperature of 350°F for about 10 minutes.
6. Put the patties neatly on a platter and serve as an appetizer

## **Party Appetizer Pork Rolls**

Prep + Cooking Time: 50 Minutes

Servings: 4

### **Ingredients:**

- pork fillet - 1 15-ounce
- Parsley - 3 tbsp; chopped
- garlic clove - 1; minced
- olive oil - 2 tbsp
- chili powder - 1/2 tsp
- cinnamon powder - 1 tsp
- red onion - 1; chopped
- Cumin - 1 ½ tsp; ground
- Salt and black pepper to the taste

### **Directions:**

1. Mix cinnamon with garlic, salt, pepper, chili powder, oil, onion, parsley and cumin in a bowl and stir well
2. Place the pork fillet on a cutting board, then flatten it with the help of a meat tenderizer
3. Spread onion mix all over the pork, roll tight, and divide into medium rolls.
4. Place them in your preheated air fryer at a temperature of 360°F.
5. Cook them for a little over 30 minutes. Finally, place them neatly on a platter and serve as an appetizer.

## **Kale and Celery Crackers Mix**

Prep + Cooking Time: 30 Minutes

Servings: 6

### **Ingredients:**

- flax seed - 2 cups; ground
- flax seed - 2 cups; soaked overnight and drained
- Kale - 4 bunches; chopped
- garlic cloves - 4; minced
- Basil - 1 bunch; chopped
- Celery - 1/2 bunch; chopped
- olive oil - 1/3 cup

### **Directions:**

1. Mix ground flaxseed with celery, kale, basil and garlic together in your food processor and blend well
2. Then add oil and soaked flaxseed to the mix; and blend again.
3. Spread in your air fryer's pan and divide into medium crackers.
4. Finally, cook at a temperature of 380°F for almost half an hour.
5. Cut into different bowls and serve as an appetizer

## **Tasty Olives Balls**

Prep + Cooking Time: 14 Minutes

Servings: 6

### **Ingredients:**

- black olives - 8; pitted and minced
- cream cheese - 4-ounce
- basil - 1 tbsp; chopped.
- sun dried tomato pesto - 2 tbsp
- pepperoni slices - 14; chopped
- Salt and black pepper to the taste

### **Directions:**

1. Mix cream cheese with salt, pepper, basil, pepperoni, pesto and black olives together in a bowl.
2. Stir well and shape small balls out of this mix.
3. Introduce them in your air fryer's basket, then cook at a temperature of 350°F for almost 5 minutes.
4. Transfer to a platter and serve as a snack

## **Yummy Sausage Balls Snack**

Prep + Cooking Time: 25 Minutes

Servings: 9

### **Ingredients:**

- sausage meat - 4-ounce; ground
- small onion - 1; chopped.
- Breadcrumbs - 3 tbsp
- sage - 1 tsp
- Garlic - 1/2 tsp; minced
- Salt and black pepper to the taste

### **Directions:**

1. Mix sausage with salt, pepper, sage, garlic, onion and breadcrumbs in a bowl.
2. Stir gently and shape small balls from this mix.
3. Transfer to your air fryer's basket, and cook at a temperature of 360°F for 15 minutes.
4. Cut into different bowls and serve as a snack

## **Party Beef Rolls with Gravy**

Prep + Cooking Time: 25 Minutes

Servings: 4

### **Ingredients:**

- beef stock - 14-ounce
- sage leaves - 8
- white wine - 7-ounce
- beef cutlets - 4
- ham slices - 4
- Butter - 1 tbsp; melted
- Salt and black pepper to the taste

### **Directions:**

1. Add medium-high heat to a pan with the stock; then add wine, and cook until it decreases.
2. Remove the heat and cut into small bowls.
3. Season cutlets with salt and pepper; cover with sage and roll each in ham slices
4. Brush the rolls with butter, and place them in your air fryer's basket
5. Cook at a temperature of 400°F for 15 minutes.
6. Transfer the rolls to a platter. Serve with the gravy as the side dish.

## **White Mushrooms**

Prep + Cooking Time: 20 Minutes

Servings: 4

### **Ingredients:**

- Mexican cheese - 1/2 cup; shredded.
- cream cheese - 4-ounce; soft
- garlic powder - 1 tsp
- small yellow onion - 1; chopped
- white mushroom caps - 24-ounce
- sour cream - 1/4 cup
- Shrimp - 1 cup; cooked, peeled, deveined and chopped.
- mayonnaise - 1/4 cup
- Salt and black pepper to the taste
- curry powder - 1 tsp

### **Directions:**

1. Mix mayo with garlic powder, onion, curry powder, cream cheese, sour cream, Mexican cheese, shrimp in a bowl.
2. Add salt and pepper to taste and whisk well
3. Stuff this mix into mushrooms; then place them in your air fryer's basket and cook at a temperature of 300°F for 10 minutes.
4. Transfer to a platter and serve as an appetizer

## **Tasty Chickpeas Snack**

Prep + Cooking Time: 20 Minutes

Servings: 4

### **Ingredients:**

- canned chickpeas - 15-ounce; drained
- Cumin - 1/2 tsp; ground
- olive oil - 1 tbsp
- smoked paprika - 1 tsp
- Salt and black pepper to the taste

### **Directions:**

1. Mix chickpeas with oil, cumin, paprika, salt and pepper in a bowl.
2. Toss well to coat, and place them in your fryer's basket and cook at a temperature of 390°F for 10 minutes.
3. Cut into different bowls and serve as a snack

## **Egg White Chips Appetizer**

Prep + Cooking Time: 13 Minutes

Servings: 2

### **Ingredients:**

- water - 1/2 tbsp
- parmesan - 2 tbsp; shredded.
- eggs whites - 4
- Salt and black pepper to the taste

### **Directions:**

1. Mix egg whites with salt, pepper and water in a clean bowl and whisk well
2. Transfer with a spoon to a muffin pan that fits right into your air fryer.
3. Then, sprinkle some cheese on top; before moving to your air fryer.
4. Cook at a temperature of 350°F for 8 minutes. Place the egg white chips neatly on a platter and serve as a snack

## **Cheesy Chicken Wings Appetizer**

Prep + Cooking Time: 22 Minutes

Servings: 6

### **Ingredients:**

- chicken wings - 6-pound; halved
- Egg - 1
- butter - 2 tbsp
- parmesan cheese - 1/2 cup; grated
- Italian seasoning - 1/2 tsp
- garlic powder - 1 tsp
- A pinch of red pepper flakes; crushed
- Salt and black pepper to the taste

### **Directions:**

1. Put chicken wings in your air fryer's basket and cook at a temperature of 390°F and cook for about 10 minutes.
2. Also, mix butter with cheese, egg, salt, pepper, pepper flakes, garlic powder and Italian seasoning in a blender; pulse well.
3. Remove the chicken wings, then pour cheese sauce all over the wings.
4. Toss to ensure it is well coated and cook in your air fryer's basket at a temperature of 390°F for 3 minutes.
5. Serve them as an appetizer

## **Bacon Jalapeno Balls Appetizer**

Prep + Cooking Time: 14 Minutes

Servings: 3

### **Ingredients:**

- bacon slices - 3; cooked and crumbled
- Parsley - 1/2 tsp; dried
- garlic powder - 1/4 tsp
- cream cheese - 3-ounce
- onion powder - 1/4 tsp
- jalapeno pepper - 1; chopped
- Salt and black pepper to the taste

### **Directions:**

1. Mix cream cheese with jalapeno pepper, onion and garlic powder, parsley, bacon salt and pepper in a bowl and stir well.
2. Shape small balls from this mix,
3. Then, transfer them into your air fryer's basket and cook at a temperature of 350°F for about 5 minutes.
4. Place them nicely on a platter and serve as an appetizer

## **Cheesy and Tasty Chicken Rolls**

Prep + Cooking Time: 30 Minutes

Servings: 12

### **Ingredients:**

- blue cheese - 4-ounce; crumbled
- Chicken - 2 cups; cooked and chopped.
- green onions - 2; chopped
- celery stalks - 2; finely chopped
- tomato sauce - 1/2 cup
- egg roll wrappers - 12
- Salt and black pepper to the taste
- Cooking spray

### **Directions:**

1. Mix chicken meat with blue cheese, salt, pepper, green onions, and celery and tomato sauce in a bowl.
2. Stir gently and well; then keep inside the fridge for 2 hours
3. Put the egg wrappers on a working surface, then divide chicken mix on them.
4. Roll them and seal the edges.
5. Transfer the rolls into your air fryer's basket, and spray using cooking oil.
6. Cook at a temperature of 350°F for 10 minutes; flip them halfway

## **Cold Traditional Sweet Bacon Snack**

Prep + Cooking Time: 40 Minutes

Servings: 16

### **Ingredients:**

- cinnamon powder - 1/2 tsp
- avocado oil - 1 tbsp
- dark chocolate - 3-ounce
- bacon slices - 16
- maple extract - 1 tsp

### **Directions:**

1. Put the bacon slices in your air fryer's basket; and sprinkle cinnamon mix all over. .
2. Also, cook them at a temperature of 300°F for half an hour.
3. Add medium-high heat to a pot containing oil, then add chocolate and stir until everything melts.
4. Follow that by adding maple extract; then stir gently, remove from heat source and let it to cool down for a while.
5. Remove the bacon strips from the oven; and let them to cool down.
6. Insert each one inside the chocolate mix; transfer them to a parchment paper and let it cool down completely.
7. Serve cold as a snack

## **Delicious Creamy Endives**

Prep + Cook Time: 20 Minutes,

Servings: 6

### **Ingredients:**

- Seasoning- Salt and black pepper to the taste
- Lemon juice -3 tbsps
- Curry powder - $\frac{1}{2}$  tsp
- 6 trimmed and halved endives
- Greek yogurt -  $\frac{1}{2}$  cup
- Garlic powder - 1 tsp

### **Directions:**

1. Combine and mix endives with garlic powder, yogurt, curry powder, lemon juice in a bowl, season with salt and pepper; toss carefully, and set aside for 10 minutes.
2. Place the mixture into your preheated air fryer at a temperature of 350° F, Cook for 10 minutes.
3. Share among plates and serve as a side dish

## **Easy Potato Wedges**

Prep + Cook Time: 35 Minutes,

Servings: 4

### **Ingredients:**

- Seasoning-Salt and black pepper to the taste
- Sweet chili sauce-2 tbsps
- Olive oil-1 tbsps
- 2 potatoes cut into wedges
- Sour cream- 3 tbsps

### **Directions:**

1. Combine and mix potato wedges with oil, salt, and pepper in a bowl, toss it well.
2. Put mixture into air fryer's basket and cook for 25minutes at a temperature of 360°F. flip the potato wedges once.
3. Share among plates and drizzle all over with sour cream and chili sauce.
4. Serve as a side dish

## **Sweet Zucchini Fries Dish Recipes**

Prep + Cook Time: 22 Minutes,

Servings: 4

### **Ingredients:**

- Bread crumbs -1 cup
- Flour- ½ cup
- 1 zucchini cut into medium sticks
- A drizzle of olive oil
- 2 whisked eggs
- Seasoning- Salt and black pepper to the taste

### **Directions:**

1. Mix the flour with salt and pepper in a bowl, stir carefully.
2. In a separate bowl, Put the breadcrumbs.
3. Mix eggs with a pinch of salt and pepper in a third bowl
4. In the cup of flour provided, Dredge zucchini fries in it, then in eggs and in bread crumbs at the end.
5. Polish your air fryer with some olive oil and heat up at 400°F
6. Put zucchini fries and cook for 12 minutes, then Serve

## **Healthy Roasted Parsnips Dish Recipe**

Prep + Cook Time: 50 Minutes,

Servings: 6

### **Ingredients:**

- 2-lbs parsnips peeled and cut into medium chunks
- Olive oil-1 tbsps
- Dried Parsley flakes -1 tbsps
- Maple syrup-2 tbsps

### **Directions:**

1. The Air fryer should be preheated at a temperature of 360°F, Put oil and heat it up as well
2. Put parsnips, parsley flakes, and maple syrup; toss well and cook for 40 minutes.
3. Share among plates and serve.

## **Nice Eggplant Fries Dish Recipe**

**Prep + Cook:** 15 Minutes,

Servings: 4

### **Ingredients:**

- Shredded Italian cheese- $\frac{1}{2}$  cup
- Milk-2 tbsps
- 1 eggplant peeled and cut into medium fries
- Panko bread crumbs-2 cups
- 1 Whisked egg
- Seasoning-A pinch of salt and black pepper to the taste
- Cooking spray

### **Directions:**

1. Combine egg with milk in a bowl and mix well, season with salt and pepper and whisk well
2. In a separate bowl, put panko with cheese, mix and stir well.
3. Carefully dip eggplant fries into the egg mix, then coat in panko mix.
4. Transfer into your air fryer polished with cooking spray and cook at for 5minutes at a temperature of 400°F.
5. Share among plates and serve as a side dish.

## **Tasty Potatoes Dish with Yogurt**

Prep + Cook Time: 30 Minutes,

Servings: 4

### **Ingredients:**

- Hot paprika-1 tbsps
- Seasoning-Salt and black pepper to the taste
- Greek yogurt-1 cup
- Potatoes peeled and cubed -1 ½-lbs
- Olive oil -2 tbsps

### **Directions:**

1. Add water in a bowl, then put potatoes ensure that the water cover the potatoes, set aside for 10 minutes; drain and pat dry the potatoes.
2. Transfer to separate a bowl, season with salt and pepper, paprika and half of the oil and toss well.
3. Put potatoes in your air fryer's basket and cook for 20 minutes at a temperature of 360°F.
4. Mix yogurt with salt, pepper and the rest of the oil in a bowl and whisk.
5. Share potatoes between plates, sprinkle yogurt dressing all over, toss well and serve.

## **Spicy Squash and Zucchini Dish**

Prep + Cook Time: 45 Minutes,

Servings: 4

### **Ingredients:**

- Olive oil-6 tsp
- Sliced Zucchini-1lbs
- 1 yellow squash halved, de seeded and cut into chunks
- Cubed Carrots- ½ lbs
- Chopped tarragon-1 tbsps
- Seasoning- Salt and white pepper to the taste

### **Directions:**

1. Combine and Mix zucchini with carrots, squash, seasoned with salt, pepper, and oil in your air fryer's basket, toss well
2. Cook for 25 minutes at a temperature of 400°F.
3. Share them between plates, drizzled with tarragon on top, and serve as a side dish.

## **Air Fried Red Cabbage, Garlic-flavored**

Prep + Cook Time: 25 Minutes,

Servings: 4

### **Ingredients:**

- Seasoning- Salt and black pepper to the taste
- Apple cider vinegar-1 tbsps
- Chopped red cabbage-6 cups
- Veggie stock-1 cup
- Applesauce-1 cup
- Olive oil-1 tbsps Chopped Yellow onion-½ cup
- 4 Minced garlic cloves

### **Directions:**

1. Combine and mix cabbage with onion, garlic, oil, stock, vinegar, applesauce in a heatproof dish that fits into your air fryer, seasoned with salt and pepper; toss well.
2. Transfer dish into your air fryer's basket and cook for 15minutes at a temperature of 380°F.
3. Share between plates and serve.

## **Healthy Italian Parmesan Mushrooms**

Prep + Cook Time: 25 Minutes,

Servings: 3

### **Ingredients:**

- Italian seasoning-1 tsp
- Melted butter-1 tbsps
- 1 egg white
- Mushroom caps-9 button
- 3 Crumbled cream cracker slices
- Grated Parmesan -2 tbsps
- Seasoning-A pinch of salt and black pepper

### **Directions:**

1. Combine and mix crackers with egg white, parmesan, Italian seasoning, butter in a bowl, season with salt and pepper; stir well and stuff mushrooms with this mix
2. Place mushrooms in your air fryer's basket in an orderly manner, cook for 15minutes at a temperature of 360°F.
3. Share among plates and serve.

## **Sweet Tomatoes, Garlic-Herbed Dish**

Prep + Cook Time: 25 Minutes,

Servings: 4

### **Ingredients:**

- 4 big tomatoes halved and insides scooped out
- 2 minced garlic cloves
- Chopped thyme- $\frac{1}{2}$  tsp
- Olive oil-1 tbsps
- Seasoning- Salt and black pepper to the taste

### **Directions:**

1. Combine and mix tomatoes with salt, pepper, oil, garlic, and thyme in your air fryer; toss well
2. At a temperature of 390°F, cook for 15 minutes. Share among plates and serve.

## **Sweet Potato Chips**

Prep + Cook Time: 60 Minutes,

Servings: 4

### **Ingredients:**

- Olive oil-1 tbsps
- Salt to taste
- 4 potatoes scrubbed, peeled into thin chips, soaked in water for 30 minutes, drained and pat dried
- Chopped rosemary-2 tsp

### **Directions:**

1. Combine and mix potato chips with salt and oil in a bowl toss to coat.
2. Transfer into your air fryer's basket and cook for 30minutes at a temperature of 330°F.
3. Share among plates; drizzle rosemary all over and serve.

## **Herbed Roasted Carrots**

Prep + Cook Time: 30 Minutes,

Servings: 4

### **Ingredients:**

- Orange juice-4 tbsps
- Baby carrots-1-lbs
- Olive oil-2 tsp
- Herbs de Provence-1 tsp

### **Directions:**

1. Combine and mix carrots with herbs de Provence, oil and orange juice in your air fryer's basket, then toss well.
2. Cook for 20 minutes at a temperature of 320°F.
3. Share among plates and serve.

# **Awesome Barley Risotto Recipe**

Prep + Cook Time: 40 Minutes,

Servings: 8

## **Ingredients:**

- Veggie stock-5 cups
- Olive oil-3 tbsps
- 2 Chopped yellow onions
- 2 Minced garlic cloves
- Chopped and peeled Sweet potato-2-lbss
- Barley-3/4-lbs
- Sliced mushrooms-3-ounce
- skim milk-2-ounces
- Seasoning -Salt and black pepper to the taste
- Dried Thyme-1 tsp
- Dried Tarragon-1 tsp

## **Directions:**

1. Add stock in a pot, put barley, stir well, with medium temperature bring to a boil and cook for 15 minutes.
2. Heat up your air fryer at a temperature of 350°F, add oil and heat it up
3. Put the following ingredients: barley, onions, garlic, mushrooms, milk, salt, pepper, tarragon, and sweet potato, stir and cook for another 15 minutes.
4. Share among plates and serve.

## **Healthy Cauliflower and Broccoli**

Prep + Cook Time: 17 Minutes,

Servings: 4

### **Ingredients:**

- 2 cauliflower heads florets separated and steamed
- 1 broccoli head florets separated and steamed
- Chopped capers-1 tbsps
- Juice from 1 orange
- A pinch of hot pepper flakes
- Seasoning -Salt and black pepper to the taste
- Olive oil-4 tbsps
- 4 anchovies
- Zest from 1 orange grated

### **Directions:**

1. Combine and mix the orange zest with orange juice, pepper flakes, anchovies, capers salt, pepper and olive oil in a bowl, whisk well.
2. Put broccoli and cauliflower ensure it is tossed well.
3. Transfer into your air fryer's basket and cook for 7minutes at a temperature of 400°F.
4. Share among plates, drizzle all over with some orange vinaigrette and serve.

## **Garlic-Herbed Mayonnaise Brussels Sprouts Dish**

Prep + Cook Time: 25 Minutes,

Servings: 4

### **Ingredients:**

- Mayonnaise- $\frac{1}{2}$  cup
- Brussels sprouts trimmed and halved -1-lbs
- Olive oil-6 tsp
- Chopped Thyme- $\frac{1}{2}$  tsp
- Seasoning-Salt and black pepper to the taste
- Crushed Roasted garlic -2 tbsps

### **Directions:**

1. Combine and mix Brussels sprouts with salt, pepper, and oil in a clean bowl, toss well, cook for 15minutes at a temperature of 390°F.
2. In a separate bowl, mix thyme with mayo and garlic and ensure it is well whisked.
3. Share Brussels sprouts between plates, sprinkle garlic sauce on top and serve.

## **Unusual Risotto Recipe**

Prep + Cook Time: 40 Minutes,

Servings: 4

### **Ingredients:**

- Dried Basil-1 tsp
- Dried oregano-1 tsp
- Rice-1 ½ Cups
- Olive oil-2 tbsps
- 2 Chopped yellow onions.
- Beer-2 cups
- Chicken stock-2 cups
- Butter-1 tbsps
- Sliced mushrooms-1 cup
- Grated parmesan-½ cup

### **Directions:**

1. Combine and mix oil with onions, mushrooms, basil and oregano in a dish that fits your air fryer and stirs well.
2. Add rice, beer, butter, stock, and butter; stir carefully again.
3. Transfer in your air fryer's basket and cook for 30minutes at a temperature of 350°F.
4. Share among plates, add grated parmesan on top and serve.

## **Lip-smacking Buttermilk-Biscuits**

Prep + Cook Time: 30 Minutes,

Servings: 8

### **Ingredients:**

- Buttermilk-1  $\frac{1}{3}$  cup
- $\frac{1}{2}$  cup butter+ 1 tbsps melted
- Self-rising flour-2  $\frac{1}{3}$  cup
- Grated Cheddar cheese- $\frac{1}{2}$  cup
- Flour-1 cup
- Sugar-2 tbsps

### **Directions:**

1. Combine and mix self-rising flour with  $\frac{1}{2}$  cup butter, sugar, cheddar cheese and buttermilk in a bowl, stir well until you obtain a dough
2. Prepare a clean working surface and spread 1 cup of flour on it, roll dough, flatten it, cut 8 circles with a cookie cutter and coat them with flour.
3. Line your air fryer's basket with tin foil, put biscuits, brush them with melted butter and cook for 20 minutes at a temperature of 380°F.
4. Share between plates and serve as a side dish.

## **Spicy Eggplant Dish**

Prep + Cook Time: 20 Minutes,

Servings: 4

### **Ingredients:**

- Tomato paste-1 tbsps
- 1 green bell pepper chopped
- Chopped coriander-1 bunch
- Chopped Tomato- 1quantity
- A pinch of dried oregano
- 8 baby eggplants; scooped in the center and pulp reserved
- Seasoning- Salt and black pepper to the taste
- Garlic powder- $\frac{1}{2}$  tsp
- Olive oil-1 tbsps
- Chopped yellow onion- 1 quantity

### **Directions:**

1. With medium temperature, heat the oil in a pan, add onion; stir well and cook for 1 minute.
2. Seasoned with salt and pepper, add eggplant pulp, oregano, green bell pepper, tomato paste, garlic powder, coriander, and tomato; stir carefully, and cook for another 2 minutes more, put off heat and cool down.
3. Eggplants should be stuffed with this mix, transfer them in your air fryer's basket and cook for 8 minutes at a temperature of 360°F.
4. Share eggplants between plates and serve.

## **Lip-smacking Mushroom Recipe**

Prep + Cook Time: 20 Minutes,

Servings: 6

### **Ingredients:**

- Seasoning-Salt and black pepper to the taste
- 1 green bell pepper chopped
- Mushrooms with stems removed – 24 quantity
- 1 Grated carrot
- 2 Chopped bacon strips
- 1 yellow onion chopped
- Grated Cheddar cheese - 1 cup
- Sour cream- $\frac{1}{2}$  cup

### **Directions:**

1. With medium-high temperature, heat up a pan add bacon, onion, bell pepper, and carrot; stir well and cook for 1 minute.
2. Put salt, pepper, and sour cream, stir well and cook for a minute more put off heat and cool down.
3. Mushrooms should be stuffed with this mix, drizzle cheese on top and cook for 8minutes at a temperature 360°F.
4. Share between plates and serve.

## **Simple Creamy Fried Potato Dish**

Prep + Cook Time: 1 hour and 30 minutes,

Servings: 2

### **Ingredients:**

- Seasoning-Salt and black pepper to the taste
- 2 bacon strips cooked and chopped
- Olive oil-1 tsp
- Big potato- 1 quantity
- Shredded cheddar cheese- 1/3 cup
- Butter-1 tbsps
- Chopped Green onions-1 tbsps
- Heavy cream-2 tbsps

### **Directions:**

1. Polish potato with oil, season with salt and pepper, transfer in a preheated air fryer and cook for 30 minutes at a temperature of 400°F.
2. Flip potato on both sides, cook for another 30 minutes, transfer to a clean cutting board, cool it down then slice in half lengthwise and scoop pulp in a bowl
3. Put bacon, cheese, butter, heavy cream, green onions, then seasoned with salt and pepper, stir well and stuff potato skins with this mix.
4. Put potatoes back to your air fryer and cook for 20minutes at a temperature of 400°F.
5. Share between plates and serve.

## **Nice Veggie Fries Dish**

Prep + Cook Time: 40 Minutes,

Servings: 4

### **Ingredients:**

- Parsnips cut into medium sticks- 4 quantity
- 2 sweet potatoes cut into medium sticks
- Chopped rosemary-2 tbsps
- Olive oil-2 tbsps
- Seasoning-Salt and black pepper to the taste
- 4 mixed carrots cut into medium sticks
- Flour-1 tbsps
- Garlic powder- $\frac{1}{2}$  tsp

### **Directions:**

1. In a bowl put veggie fries, add oil, garlic powder, seasoned with salts and pepper, add flour and rosemary, toss well to coat
2. In your preheated air fryer put sweet potatoes, cook them for 10 minutes at a temperature of 350°F and transfer into a platter.
3. Also, in your air fryer put parsnip, and cook for 5 minutes then transfer over potato fries.
4. More also, put carrot fries in your air fryer, cook for 15 minutes at a temperature of 350°F and transfer to the platter with the other fries.
5. Share veggie fries on plates and serve.

## **Enjoyable Green Beans Dish**

Prep + Cook Time: 35 Minutes,

Servings: 4

### **Ingredients:**

- 1 ½-lbs Green beans trimmed and steamed for 2 minutes
- Olive oil-2 tbsps
- Chopped Shallots-½-lbs
- Toasted Almonds-1/4 cup
- Seasoning-Salt and black pepper to the taste

### **Directions:**

1. Mix green beans with salt, pepper, shallots, almonds, and oil in your air fryer's basket; toss well and cook for 25 minutes at a temperature of 400°F.
2. Share between plates and serve.

## **Healthy Cinnamon Roasted Pumpkin**

Prep + Cook Time: 22 Minutes,

Servings: 4

### **Ingredients:**

- A pinch of nutmeg ground
- Pumpkin de seeded, sliced and roughly chopped-1½ lbs
- 3 garlic cloves; minced
- A pinch of brown sugar
- A pinch of sea salt
- Olive oil-1 tbsps
- A pinch of cinnamon powder

### **Directions:**

1. Combine and mix, pumpkin with garlic, oil, salt, brown sugar, cinnamon and nutmeg in your air fryer's basket, toss well, cover and cook for 12minutes at a temperature of 370°F.
2. Share between plates and serve.

## **Cinnamon-Mayonnaise-Potato Fries**

Prep + Cook Time: 30 Minutes,

Servings: 2

### **Ingredients:**

- 2 sweet potatoes peeled and cut into medium fries
- Mayonnaise -2 tbsps
- Ketchup-1/4 cup
- Olive oil-2 tbsps
- A pinch of ginger powder
- Cumin ground-1/2 tsp
- A pinch of cinnamon powder
- Curry powder-1/2 tsp
- Coriander ground-1/4 tsp
- Seasoning-Salt and black pepper to the taste

### **Directions:**

1. Combine and mix sweet potato fries with salt, pepper, coriander, curry powder and oil in your air fryer's basket, toss well and cook for 20minutes at a temperature of 370°F, flip potatoes once.
2. Meanwhile, in a separate bowl, mix ketchup with mayo, cumin, ginger, and cinnamon then whisk well.
3. Share fries on plates, sprinkle ketchup mix on top and serve.

## **Delicious Cauliflower Cakes**

Prep + Cook Time: 20 Minutes,

Servings: 6

### **Ingredients:**

- Parmesan; grated- $\frac{1}{2}$  cup
- 2 eggs
- White flour- $\frac{1}{4}$  cup
- Cauliflower rice- $3\frac{1}{2}$  cups
- Seasoning-Salt and black pepper to the taste
- Cooking spray

### **Directions:**

1. Mix cauliflower rice with salt and pepper in a bowl, stir well and squeeze excess water.
2. Put cauliflower into another bowl, put eggs, salt, and pepper, flour, and parmesan stir really well and shape your cakes.
3. Polish your air fryer with cooking spray, heat it up to a temperature of  $400^{\circ}\text{F}$ , put cauliflower cakes and cook for 10 minutes, flipping them halfway.
4. Share cakes on plates and serve.

## **Tasty Button Mushroom Dish Recipe**

Prep + Cook Time: 18 Minutes,

Servings: 4

### **Ingredients:**

- 10 button mushrooms; stems removed
- Italian seasoning -1 tbsps
- Grated Cheddar cheese-2 tbsps
- Olive oil-1 tbsps
- Seasoning-Salt and black pepper to the taste
- Grated Mozzarella-2 tbsps
- Chopped dill-1 tbsps

### **Directions:**

1. Combine and Mix mushrooms with Italian seasoning, seasoned with salt and pepper, oil and dill in a bowl and rub well.
2. Place mushrooms in your air fryer's basket in an orderly manner; sprinkle mozzarella and cheddar in each.
3. Cook them for 8minutes at a temperature of 360°F.
4. Share between plates and serve.

## **Sweet Buttermilk-Tomatoes**

Prep + Cook Time: 15 Minutes,

Servings: 4

### **Ingredients:**

- Creole seasoning- $\frac{1}{2}$  tbsps
- Flour - $\frac{1}{2}$  cup
- 2 green tomatoes; sliced
- Seasoning-Salt and black pepper to the taste
- Cooking spray
- Buttermilk-1 cup
- Panko bread crumbs-1 cup

### **Directions:**

1. Tomato slices should be seasoned with salt and pepper.
2. In three separate bowl, Put flour in one; buttermilk in second and panko crumbs and Creole seasoning in a third one.
3. Tomato slices should be dredged in flour, then in buttermilk and panko bread crumbs.
4. Transfer into your air fryer's basket polished with cooking spray and cook for 5minutes at a temperature of 400°F.
5. Share among plates and serve.

## **Delicious Garlic Potatoes**

Prep + Cook Time: 30 Minutes,

Servings: 6

### **Ingredients:**

- Dried basil- $\frac{1}{2}$  tsp
- Dried oregano- $\frac{1}{2}$  tsp
- Chopped parsley-2 tbsps
- Olive oil-2 tbsps
- Seasoning-Salt and black pepper to the taste
- 5 garlic cloves minced
- Butter-2 tbsps
- Grated parmesan- $\frac{1}{3}$  cup
- 3-lbs red potatoes; halved
- Dried thyme

### **Directions:**

1. Combine and mix potato halves with parsley, garlic, basil, oregano, thyme, oil, butter, seasoned with salt and pepper in a bowl.
2. Toss the mixture really well and transfer to your air fryer's basket to cook.
3. Cover with lid and cook for 20 minutes with a temperature of 400°F, flipping them once and drizzle with parmesan on top.
4. Share potatoes between plates and serve.

## **Sweet Eggplant Dish with Garlic flavor**

Prep + Cook Time: 30 Minutes,

Servings: 6

### **Ingredients:**

- Onion powder-1 tsp
- Juice from ½ lemon
- 2 bay leaves
- Garlic powder-1 tsp
- Olive oil-1 tbsps
- Cubed eggplant-1 ½-lbs
- Za'atar-2 tsp
- Sumac-1 tsp

### **Directions:**

1. Combine and mixture eggplant cubes with oil, garlic powder, onion powder, sumac, za'atar, lemon juice, and bay leaves in your air fryer.
2. Toss well and cook for 20 minutes at a temp at a temperature of 370°F.  
Share among plates and serve.

## **Nice Cauliflower Healthy Dish**

Prep + Cook Time: 20 Minutes,

Servings: 4

### **Ingredients:**

- Turmeric powder-1/4 tsp
- Lemon juice-2 tsp
- Seasoning-Salt and black pepper to the taste
- Cooking spray
- Steamed florets-12 cauliflower
- White flour-3 tbsps
- Grated Ginger-1 tbsps
- Water - 2 tbsps
- Corn flour-1/2 tsp
- Red chili powder-1 1/2 tsp

### **Directions:**

1. Combine and mix chili powder with turmeric powder, ginger paste, salt, pepper, lemon juice, white flour, corn flour and water in a bowl, stir carefully.
2. Put cauliflower, toss well and transfer them to your air fryer's basket and Coat them with cooking spray.
3. Cook for 10 minutes at a temperature of 400°F. Share among plates and serve.

## **Sweet Cauliflower Rice Dish**

Prep + Cook Time: 50 Minutes,

Servings: 8

### **Ingredients:**

- 3 garlic cloves; minced
- 1 cauliflower head; riced
- 1 Whisked egg
- Drained water chestnuts-9-ounce
- Peas-3/4 cup
- Grated Ginger-1 tbsps
- Juice from ½ lemon
- Soy sauce-4 tbsps
- Peanut oil-1 tbsps
- Sesame oil-1 tbsps
- Chopped mushrooms-15-ounce

### **Directions:**

1. Combine and mix cauliflower rice with peanut oil, sesame oil, soy sauce, garlic, ginger and lemon juice in your air fryer; stir well.
2. Cover with lid and cook for 20 minutes at a temperature of 350°F.
3. Put chestnuts, peas, mushrooms, and egg; toss and cook for another 20 minutes at a temperature of 360°F.
4. Share among plates and serve for breakfast

## **Tasty Hassel-Back Potatoes**

Prep + Cook Time: 30 Minutes,

Servings: 2

### **Ingredients:**

- Sweet paprika- $\frac{1}{2}$  tsp
- Olive oil - 2 tbsps
- 2 potatoes peeled and thinly sliced almost all the way horizontally
- Dried oregano- $\frac{1}{2}$  tsp
- Dried basil- $\frac{1}{2}$  tsp
- Minced Garlic-1 tsp
- Seasoning- Salt and black pepper to the taste

### **Directions:**

1. Combine and mix oil with garlic, salt, pepper, oregano, basil, and paprika in a bowl and whisk really well
2. Grease potatoes with this mix, place them in your air fryer's basket and fry them for 20 minutes at a temperature of 360°F.
3. Share between plates and serve.

## **Easy Buttered-Mushroom Cakes**

Prep + Cook Time: 18 Minutes,

Servings: 8

### **Ingredients:**

- Flour-1 ½ tbsps
- Bread crumbs-1 tbsps
- Milk-14-ounces
- Chopped mushrooms-4-ounce
- 1 yellow onion; chopped.
- Ground Nutmeg-½ tsp
- Olive oil-2 tbsps
- Butter-1 tbsps
- Seasoning-Salt and black pepper to the taste

### **Directions:**

1. With medium-high temperature, Heat up the butter in a pan, put onion and mushrooms; stir well, cook for 3 minutes, add flour then stir well again and put off the heat.
2. Put milk gradually, seasoned with salt, pepper, and nutmeg, stir carefully and set aside to cool down completely.
3. Mix oil with bread crumbs and whisk in a bowl.
4. A spoonful of the mushroom filling should be added to breadcrumbs mix, coat well, shape patties out of this mix.
5. Transfer them in your air fryer's basket and cook for 8 minutes at 400°F.
6. Share among plates and serve.

## **Delicious Beet Wedges Dish**

Prep + Cook Time: 25 Minutes,

Servings: 4

### **Ingredients:**

- 4 beets washed, peeled and cut into large wedges
- Lemon juice-1 tsp
- Seasoning-Salt and black to the taste
- Olive oil-1 tbsps
- 2 garlic cloves; minced

### **Directions:**

1. Combine and mix beets with oil, salt, pepper, garlic and lemon juice in a bowl; toss well,
2. Place mixture in your air fryer's basket and cook for 15minutes at a temperature of 400°F.
3. Share beets wedges on plates and serve.

## **Tasty Roasted Peppers Dish**

Prep + Cook Time: 20 Minutes,

Servings: 4

### **Ingredients:**

- 1 lettuce head; cut into strips
- Seasoning-Salt and black pepper to the taste
- Lemon juice-1 tbsps
- Greek yogurt-3 tbsps
- Olive oil-2 tbsps
- Yellow bell pepper-2 tbsps
- Red bell pepper – 1 Quantity
- Green bell pepper-1 Quantity
- Rocket leaves -1-ounce

### **Directions:**

1. Transfer bell peppers in your air fryer's basket and cook for 10 minutes at a temperature of 400°F.
2. Transfer bell pepper into a bowl, set aside for 10 minutes, peel and discard seeds, cut them into strips, transfer to a larger bowl.
3. Add rocket leaves and lettuce strips and toss
4. In a separate bowl, combine and mix oil with lemon juice, yogurt, salt, and pepper, then whisk well. Put this over bell peppers mix, toss well to coat.
5. Share among plates and serve as a side salad.

## **Nice Vermouth-White Mushrooms Recipe**

Prep + Cook Time: 35 Minutes,

Servings: 4

### **Ingredients:**

- Olive oil-1 tbsps
- Herbs de Provence-2 tsp
- 2 Minced garlic cloves.
- White mushrooms-2-lbs
- White vermouth-2 tbsps

### **Directions:**

1. In your air fryer; Combine and mix oil with mushrooms, herbs de Provence and garlic in a bowl, then ensure its tossed well.
2. Cook for 20 minutes at a temperature of 350° F, add vermouth, toss and cook for another 5 minutes more.
3. Share among plates and serve as a side dish

## **Sweet Pumpkin Rice Dish**

Prep + Cook Time: 35 Minutes,

Servings: 4

### **Ingredients:**

- Allspice- $\frac{1}{2}$  tsp
- heavy cream-4-ounce
- Chicken stock-4 cups
- Pumpkin puree-6-ounce
- Olive oil-2 tbsps 2 garlic cloves; minced
- Nutmeg- $\frac{1}{2}$  tsp
- White rice-12-ounce
- Chopped thyme-1 tsp
- Grated ginger- $\frac{1}{2}$  tsp
- Cinnamon powder- $\frac{1}{2}$  tsp
- 1 small yellow onion chopped

### **Directions:**

1. Combine and mix oil with garlic, onion, stock, rice, pumpkin puree, nutmeg, ginger, thyme, cinnamon, allspice and cream in a dish that fits your air fryer, stir well.
2. Transfer dish in your air fryer's basket and cook for 30 minutes at 360°F.
3. Share among plates and serve.

## **Delicious Fried Creamy Cabbage**

Prep + Cook Time: 30 Minutes,

Servings: 4

### **Ingredients:**

- 1 green cabbage head chopped
- Whipped cream-1 cup
- 4 bacon slices chopped.
- Seasoning-Salt and black pepper to the taste
- Cornstarch-2 tbsps
- 1 yellow onion; chopped

### **Directions:**

1. Put cabbage, bacon, and onion in your air fryer
2. Combine and mix cornstarch with cream, salt, and pepper in a bowl, stir well and add over cabbage. Toss carefully.
3. Cook for 20 minutes at a temperature of 400°F. Share among plates and serve.

## **Delicious Onion Rings Dish**

Prep + Cook Time: 20 Minutes,

Servings: 3

### **Ingredients:**

- White flour-1¼ cups
- Baking powder-1 tsp
- 1 onion cut into medium slices and rings separated
- Egg- 1 quantity
- Milk-1 cup
- A pinch of salt
- Bread crumbs-3/4 cup

### **Directions:**

1. Combine and mix flour with salt and baking powder in a bowl, stir well.
2. Onion rings should be dredged in this mix and transfer them on a separate plate.
3. Put milk and egg to the flour mix and whisk well
4. Onion rings should be dipped in this mix, then they should be dredge in breadcrumbs, then place them in your air fryer's basket.
5. Cook for 10 minutes at a temperature of 360°F.
6. Share among plates and serve as a side dish for a steak

## **Pleasant Cajun Onion Wedges Dish**

Prep + Cook Time: 25 Minutes,

Servings: 4

### **Ingredients:**

- 2 eggs
- Cajun seasoning - $\frac{1}{2}$  tsp
- Panko- $\frac{1}{3}$  cup
- A drizzle of olive oil
- Salt and black pepper to the taste
- 2 big white onions; cut into wedges
- Milk- $\frac{1}{4}$  cup
- Paprika- $1\frac{1}{2}$  tsp
- Garlic powder-1 tsp

### **Directions:**

1. Mix panko with Cajun seasoning and oil in a bowl and stir carefully.
2. In a separate bowl, Combine and mix the egg with milk, seasoned with salt and pepper then stir carefully again.
3. With paprika and garlic powder, drizzle onion wedges, dip them in egg mix, then in bread crumbs mix.
4. Place in your air fryer's basket, cook for 10 minutes at a temperature of 360°F. also, flip and cook for another 5 minutes.
5. Share among plates and serve as a side dish.

## **Sweet Tortilla Chips**

Prep + Cook Time: 16 Minutes,

Servings: 4

### **Ingredients:**

- A pinch of sweet paprika
- A pinch of garlic powder
- 8 corn tortillas; cut into triangles
- Olive oil-1 tbsps
- Salt and black pepper to the taste

### **Directions:**

1. Combine and mix tortilla chips with oil, add salt, pepper, garlic powder, and paprika in a bowl, Carefully.
2. Transfer to your air fryer's basket and cook for 6 minutes at a temperature of 400°F.
3. Share among plates then Serve them as a side for a fish dish

## **Rice and Sausage Dish Recipe**

Prep + Cook Time: 30 Minutes,

Servings: 4

### **Ingredients:**

- Already Boiled White rice -2 cups
- Butter-1 tbsps
- 4 garlic cloves; minced
- Grated cheddar cheese-3 tbsps
- 1 pork sausage chopped
- Seasoning-Salt and black pepper to the taste
- Chopped carrot-2 tbsps
- Shredded mozzarella cheese-2 tbsps

### **Directions:**

1. Ensure your air fryer is heated up to a temperature of 350°F, put butter, melt it, then add garlic, stir carefully and brown for 2 minutes.
2. Put the following ingredients; sausage, salt, pepper, carrots and rice; stir and also cook for 10 minutes at 350°F.
3. Lastly, put cheddar and mozzarella, toss well, then share among plates and serve as a side dish.

## **Coconut-Potatoes Recipes**

Prep + Cook Time: 30 Minutes,

Servings: 4

### **Ingredients:**

- 2 Whisked eggs
- Grated cheddar cheese
- Coconut cream-4-ounce
- Seasoning-Salt and black pepper to the taste
- Flour-1 tbsps
- 2 Sliced potatoes

### **Directions:**

1. In your air fryer's basket, put potato slices and cook for 10 minutes at a temperature of 360°F.
2. In a clean bowl, Combine and mix eggs with coconut cream, salt, pepper, and flour.
3. Put potatoes in your air fryer's pan in an orderly manner, put coconut cream mix over them, then sprinkle cheese all over.
4. Transfer to air fryer's basket and cook for another 10 minutes at a temperature of 400°F.
5. Share among plates then serve.

## **Sweet Glazed Beets Recipe**

Prep + Cook Time: 50 Minutes,

Servings: 8

### **Ingredients:**

- Trimmed Small beets-3-lbss
- Duck fat-1 tbsps
- Maple syrup-4 tbsps

### **Directions:**

1. Preheat your air fryer at a temperature of 360°F, put duck fat and heat up.
2. Put beets and maple syrup, then toss carefully.
3. Cook for 40 minutes, then share among plates and serve.

## **Veggie Rice Recipe**

Prep + Cook Time: 35 Minutes,

Servings: 4

### **Ingredients:**

- Cumin seeds-1 tbsps
- Butter-2 tbsps
- 1 tsp cinnamon powder
- Sugar-1 tbsps
- Bay leaves-2 quantity
- Water-2 cups
- Minced Green chili- $\frac{1}{2}$  tsp
- Grated ginger- $\frac{1}{2}$  tsp
- Black peppercorns- 5 quantity
- 2 whole cardamoms
- 3 whole cloves
- 3 garlic cloves minced
- Salt to the taste
- 1 cup mixed carrots peas, corn, and green beans
- Basmati rice-2 cups

### **Directions:**

1. In a heatproof dish that fits your air fryer, pour the water.
2. Put rice and the following ingredients; mixed veggies, green chili, grated ginger, garlic cloves, cinnamon, cloves, butter, cumin seeds, bay leaves, cardamoms, black peppercorns, seasoned with salt and sugar; stir carefully, then put in your air fryer's basket and cook for 25 minutes at a temperature of 370°F.
3. Share among plates and serve.

## **Artichokes Side with Lemon flavored Dish**

Prep + Cook Time: 25 Minutes,

Servings: 4

### **Ingredients:**

- Cooking spray
- Seasoning-Salt and black pepper to the taste
- 2 medium artichokes; trimmed and halved
- Lemon juice-2 tbsps

### **Directions:**

1. Polish your air fryer with cooking spray put artichokes; drizzle with lemon juice and sprinkle salt and black pepper all over.
2. Bring to cook for 15 minutes at a temperature of 380°F.
3. Share them on plates and serve.

## **Rhubarb and Carrots Dish**

Prep + Cook Time: 50 Minutes,

Servings: 4

### **Ingredients:**

- Baby carrots-1-lbs
- Rhubarb roughly chopped- 1-lbs
- Halved walnuts- $\frac{1}{2}$  cup
- Walnut oil-2 tsp
- Stevia- $\frac{1}{2}$  tsp
- 1 orange peeled, cut into medium segments and zest grated

### **Directions:**

1. Add oil in your air fryer, put carrots, toss well and fry for 20 minutes at a temperature of 380°F.
2. Also add the following ingredients; rhubarb, orange zest, stevia, and walnuts; toss and cook for another 20 minutes.
3. Put orange segments, toss well and serve.

## **Potato Casserole Dish Recipes**

Prep + Cook Time: 55 Minutes,

Servings: 4

### **Ingredients:**

- White flour-2 tbsps
- Sweet potatoes; scrubbed-3-lbs
- Milk-1/4 cup
- Nutmeg ground- 1/2 tsp
- Allspice ground- 1/4 tsp
- Salt to the taste

### **For the topping:**

- Pecans soaked, drained and ground-1/4 cup
- Shredded Coconut-1/4 cup
- Almond flour-1/2 cup
- Walnuts soaked, drained and ground- 1/2 cup
- Cinnamon powder-1 tsp
- Butter-5 tbsps
- Sugar-1/4 cup
- Chia seeds-1 tbsps

### **Directions:**

1. Put potatoes in your air fryer's basket, then prick them with a fork and cook for 30 minutes for 360°F.
2. Combine and Mix almond flour with pecans, walnuts, 1/4 cup coconut, 1/4 cup sugar, chia seeds, 1 tsp cinnamon, and the butter in a clean bowl and stir until its even.
3. Transfer the potatoes unto a clean cutting board, cool, peel and place in a baking dish that fits into your air fryer.
4. Milk, flour, salt, nutmeg, and allspice should be added, then stir carefully.
5. The crumble mix you've made earlier should be added on top, place dish in your air fryer's basket and cook for 8 minutes for 400°F.
6. Share among plates and serve.

## **Healthy Potatoes Patties**

Prep + Cook Time: 18 Minutes,

Servings: 4

### **Ingredients:**

- Chopped chives-3 tbsps
- White flour-2 tbsps
- 2 egg yolks
- 4 potatoes cubed, boiled and mashed
- Grated parmesan-1 cup
- A pinch of nutmeg
- Seasoning-Salt and black pepper to the taste

### **For the breading:**

- Vegetable oil-3 tbsps
- White flour-1/4 cup
- Bread crumbs-1/4 cup
- 2 Whisked eggs

### **Directions:**

1. Combine and mix mashed potatoes with egg yolks, salt, pepper, chives, nutmeg, parmesan, and 2 tbsps flour in a bowl, stir well, shape medium cakes and transfer on a plate
2. In a separate bowl, mix vegetable oil with bread crumbs and stir well.
3. Whisked eggs should be placed a third bowl, and 1/4 cup flour in a forth one bowl.
4. Carefully dip cakes in flour, also in eggs and in breadcrumbs, then place them in your air fryer's basket.
5. Cook them for 8 minutes at a temperature of 390°F. Share among plates and serve.

## **Fried Broccoli with Lemon flavored**

Prep + Cook Time: 30 Minutes,

Servings: 4

### **Ingredients:**

- Sesame seeds-1 tbsps
- 3 Minced garlic cloves
- Juice from ½ lemon
- 1 broccoli head florets separated
- Duck fat-1 tbsps

### **Directions:**

1. Preheat your air fryer to a temperature of 350°F, put duck fat and heat as well.
2. Put broccoli, garlic, lemon juice, and sesame seeds; toss well and ensure cooking for 20 minutes.
3. Share among plates and serve.

## **Lime flavored Corn with Cheese**

Prep + Cook Time: 25 Minutes,

Servings: 2

### **Ingredients:**

- A drizzle of olive oil
- Sweet paprika-2 tsp
- Juice from 2 limes
- 2 corns on the cob husks removed
- Grated feta cheese- $\frac{1}{2}$  cup

### **Directions:**

1. Polish corn with oil and paprika, then put it in your air fryer and cook for 15 minutes with a temperature of 400°F, ensure you flip the corn once.
2. Share corn on plates, sprinkle cheese all over and drizzle with lime juice, then serve.

## **Veggie Dish Recipe**

Prep + Cook Time: 55 Minutes,

Servings: 4

### **Ingredients:**

- 2 garlic cloves minced
- Olive oil-3 tbsps
- 1 thyme spring; chopped
- Sliced eggplant- 1 quantity
- Sliced zucchini-1 quantity
- 4 tomatoes cut into quarters
- 2 red bell peppers chopped.
- 2 Chopped onions
- Bay leaf – 2 quantity
- Seasoning- Salt and black pepper to the taste

### **Directions:**

1. Combine and mix eggplant slices with the following ingredients; zucchini ones, bell peppers, garlic, oil, bay leaf, thyme, onions, tomatoes, salt and pepper in your air fryer's pan, toss well.
2. Ensure cooking for 35 minutes at a temperature of 300°F. Share among plates and serve.

## **Delicious Roasted Peppers Dish**

Prep + Cook Time: 30 Minutes,

Servings: 4

### **Ingredients:**

- Sweet paprika-1 tbsps
- Olive oil-1 tbsps
- 4 red bell peppers cut into medium strips
- 4 green bell peppers cut into medium strips
- 1 yellow onion chopped
- 4 yellow bell peppers; cut into medium strips
- Seasoning-Salt and black pepper to the taste

### **Directions:**

1. Combine and mix red bell peppers with green and yellow ones in your air fryer.
2. Paprika and the following ingredients should be added; oil, onion, salt, and pepper, ensure you toss well.
3. Cook for 20 minutes at a temperature of 350°F. Share among plates and serve.

## **Awesome Pomegranate Seeds & Brussels Sprouts Recipe**

Prep + Cook Time: 15 Minutes,

Servings: 4

### **Ingredients:**

- Seasoning-Salt and black pepper to the taste
- 1-lbs Brussels sprouts; trimmed and halved
- Pomegranate seeds-1 cup
- Pine nuts toasted-1/4 cup Olive oil-1 tbsps
- Veggie stock-2 tbsps

### **Directions:**

1. Combine and mix Brussels sprouts with salt, pepper, pomegranate seeds, pine nuts, oil and stock in a heatproof dish that fits your air fryer, stir well.
2. Transfer heatproof dish in your air fryer's basket and cook for 10 minutes at a temperature of 390°F.
3. Share among plates and serve.

## **Zucchini Croquettes Recipe**

Prep + Cook Time: 20 Minutes,

Servings: 4

### **Ingredients:**

- Grated parmesan cheese-2 tbsps
- Corn flour-1 tbsps
- Grated carrot- 1 quantity
- Grated zucchini- 1 quantity
- 2 slices of bread crumbled
- 1 egg
- Sweet paprika- $\frac{1}{2}$  tsp
- Minced garlic-1 tsp
- Salt and black pepper to the taste

### **Directions:**

1. In a clean bowl, put zucchini, add salt, and set aside for 10 minutes, drain excess water by squeezing, then transfer into another bowl.
2. Put carrots and the following ingredients; salt, pepper, paprika, garlic, flour, parmesan, egg, and bread crumbs. Stir well then shape 8 croquettes.
3. Transfer into your air fryer and cook for 10 minutes at a temperature of 360°F. Share among plates and serve.

## **Nice Brussels Sprouts and Potatoes Recipe**

Prep + Cook Time: 18 Minutes,

Servings: 4

### **Ingredients:**

- Brussels sprouts; washed and trimmed-1 ½-lbs
- Butter- 1½ tbsps
- Bread crumbs- 1½ tbsps
- New chopped potatoes
- Salt and black pepper to the taste

### **Directions:**

1. Brussels sprouts and potatoes should be added to your air fryer's pan, also add bread crumbs, salt, pepper, and butter.
2. Toss well and cook for 8 minutes at a temperature of 400°F.
3. Share among plates and serve.

## **Lemon-flavored Panko-Avocado Fries Dish**

Prep + Cook Time: 20 Minutes,

Servings: 4

### **Ingredients:**

- Olive oil-1 tbsps
- 1 avocado; pitted, peeled, sliced and cut into medium fries
- Lemon juice-1 tbsps
- 1 Whisked egg
- Panko bread crumbs
- Salt and black pepper to the taste

### **Directions:**

1. Mix panko with salt and pepper and stir carefully and properly.
2. In a separate bowl, mix the egg with a pinch of salt and whisk well.
3. Meanwhile, in a third bowl, mix avocado fries with lemon juice and oil and toss very well.
4. Fries should be dipped in egg, also in panko, transfer them into your air fryer's basket.
5. Cook for 10 minutes at a temperature of 390°F. Share among plates and serve.

## **Saucy Artichokes and Tarragon**

Prep + Cook Time: 28 Minutes,

Servings: 4

### **Ingredients:**

- 4 artichokes trimmed
- Chicken stock-2 tbsps
- Chopped tarragon-2 tbsps
- Lemon juice-2 tbsps
- 1 celery stalk chopped
- Olive oil-½ cup
- Lemon zest from 2 lemons grated
- Salt to the taste

### **Directions:**

1. Combine and mix tarragon, chicken stock, lemon zest, lemon juice, celery, salt and olive oil in your food processor and pulse very well.
2. Mix artichokes with tarragon and lemon sauce in a bowl, toss well, place into your air fryer's basket and cook for 18 minutes at a temperature 380°F.
3. Share artichokes on plates, drizzle the rest of the sauce all over and serve.

## **Simple Cauliflower Recipe**

Prep + Cook Time: 35 Minutes,

Servings: 12

### **Ingredients:**

- Italian seasoning-1 tsp
- Shredded Mozzarella-½ cup
- Seasoning-Salt and black pepper to the taste
- 1 big cauliflower head florets separated
- Egg whites-1/4 cup

### **Directions:**

1. Cauliflower florets should be placed in your food processor, pulse very well, spread out on a lined baking sheet that fits into your air fryer.
2. Transfer baking sheets into the fryer and cook for 10 minutes at a temperature of 360°F.
3. Cauliflower should be transferred into a bowl, then add the following ingredients; salt, pepper, cheese, egg whites, and Italian seasoning, stir really well.
4. Spread the mix into a rectangle pan that fits your air fryer; press to fit pan well, then transfer into the fryer basket and cook for 15 more minutes at a temperature of 360°F.
5. Cut into 12 bars, arrange them on a platter and serve as snacks.

## **Healthy and Tasty Wild Rice Pilaf Recipe**

Prep + Cook Time: 35 Minutes,

Servings: 12

### **Ingredients:**

- A drizzle of olive oil
- Salt and black pepper to the taste
- Chopped chives for serving
- Chopped Parsley-1 tbsps
- Farro-1 cup
- hazelnuts toasted and chopped- ½ cup
- 1 shallot chopped
- Minced garlic; minced
- Dried cherries-3/4 cup
- Wild rice-3/4 cup
- Chicken stock-4 cups

### **Directions:**

1. Combine and mix the following ingredients in a dish that fits into your air fryer; shallot with garlic, oil, faro, wild rice, stock, salt, pepper, parsley, hazelnuts, and cherries. Stir carefully.
2. Transfer in your air fryer's basket and cook for 25 minutes at a temperature of 350°F.
3. Share among plates and serve.

## **Lip-smacking Creamy Brussels Sprouts**

Prep + Cook Time: 35 Minutes,

Servings: 8

### **Ingredients:**

- Brussels sprouts halved- 3-lbs
- Heavy cream-2 cups
- Bacon chopped- 1-lbs
- A drizzle of olive oil
- Salt and black pepper to the taste
- Butter-4 tbsps
- 3 Chopped shallots
- Milk-1 cup
- Nutmeg ground- 1/4 tsp
- Prepared horseradish-3 tbsps

### **Directions:**

1. Preheat your air fryer at 370°F, put oil, bacon, salt and pepper and Brussels sprouts then toss well.
2. Add butter, shallots, heavy cream, milk, nutmeg and horseradish, toss again.
3. Cook for 25 minutes. Share among plates and serve.

## **Chocolate Gateau**

Prep + cook time: 40 minutes

Serves: 12

### **Ingredients:**

- Cooking spray
- White flour-  $\frac{3}{4}$  cup
- Mashed banana- 1
- Whole wheat flour-  $\frac{3}{4}$  cup
- Pumpkin pie spice-  $\frac{3}{4}$  tsp.
- Baking soda- 1 tsp.
- Egg- 1
- Baking powder- 1 tsp.
- Canned pumpkin puree- 8 oz.
- Sugar-  $\frac{3}{4}$  cup
- Greek yoghurt-  $\frac{1}{2}$  cup
- Vanilla extract-  $\frac{1}{2}$  tsp.
- Canola oil- 2 tbsp.
- Chocolate chips-  $\frac{2}{3}$  cup

### **Directions:**

1. Combine wheat flour, white flour, baking soda, baking powder, and pumpkin pie spice in a bowl.
2. Mix together the egg, vanilla extract, yoghurt, pumpkin puree, sugar, banana, and oil in a bowl with a mixer.
3. Mix the flour mix and the yoghurt mix together and add the chocolate chips and pour it into a Bundt pan coated with cooking spray that fits the Air fryer.
4. Bake in the Air fryer for 30 minutes at 330°F.
5. Set aside to cool then cut and share.

## **Pumpkin chocolate chip biscuits**

Prep + cook time: 25 minutes

Serves: 24

### **Ingredients:**

- Dark chocolate chips- ½ cup
- Flour- 2 ½ cups
- Water- 3 tbsp.
- Baking soda- ½ tsp
- Ground flax seed- 1 tbsp.
- Mashed pumpkin flesh- ½ cup
- Honey- ¼ cup
- Vanilla extract- 1 tsp.
- Butter- 2 tbsp.

### **Directions:**

1. Combine water with ground flax seeds in a bowl and set aside for some minutes.
2. Mix baking soda, salt, and flour in another bowl.
3. Mix the pumpkin puree, honey, and butter with the flax seed mix in a third bowl.
4. Mix the flour mix and the pumpkin puree mix together and add in the chocolate chips.
5. Mix to incorporate then scoop a tbsp of the dough on a lined Air fryer baking dish.
6. Bake in the Air fryer for 15 minutes at 350°F.
7. Let cool and serve.

## **Sugary bread with creamy chocolate liqueur dip**

Prep + cook time: 22 minutes

Serves: 12

### **Ingredients:**

- Amaretto liqueur- 2 tbsp.
- Bread dough- 1 lb.
- Heavy cream- 1 cup
- Chocolate chips- 12 oz.
- Sugar- 1 cup
- Melted butter- ½ cup

### **Directions:**

1. Roll the dough and cut it into 20 slices then cut each of the cut slices into halves.
2. Lightly graze the sliced dough with butter and then sprinkle sugar on the butter coated dough and bake it in the Air fryer for 3 minutes at 350°F.
3. Turn the baked dough to cook for another 3 minutes and put on a dish.
4. Pour the heavy cream in a pan over medium heat and mix in the chocolate chips to melt as you mix.
5. Pour in the liqueur and then mix it then pour it into a bowl.
6. Serve the sugar bread with the creamy chocolate liqueur dip.

## **Cinnamon bread rolls and vanilla cheese dip**

Prep + cook time: 2 hours 15 minutes

Serves: 8

### **Ingredients:**

- Ground cinnamon- 1 ½ tbsp.
- Bread dough- 1 lb.
- Brown sugar- ¾ cup
- Melted butter- ¼ cup

### **Vanilla cheese dip:**

- Cream cheese- 4 oz.
- Butter- 2 tbsp.
- Sugar- 1 ¼ cups
- Vanilla- ½ tsp.

### **Directions:**

1. Spread the dough on a flat board and shape in a rectangular form then brush it with the melted butter.
2. Combine sugar with cinnamon then spread it over the dough and roll it into a log form and seal it well.
3. Cut the roll into 8 pieces and let it rise for 2 hours then bake in the Air fryer basket for 5 minutes at 350°F.
4. Turn and cook for another 4 minutes then put it in a dish.
5. Whisk the butter, vanilla extract, sugar, and cream cheese together in a bowl.
6. Serve the cinnamon rolls with the vanilla cheese dip.

## **Pumpkin pasty**

Prep + cook time: 25 minutes

Serves: 9

### **Ingredients:**

- Butter- 1 tbsp.
- Sugar- 1 tbsp.
- Flour- 2 tbsp.
- Water- 2 tbsp.

### **Pasty filling:**

- Pumpkin flesh: chopped- 3.5 oz.
- Sugar- 1 tbsp.
- Water- 3 oz.
- Whisked egg- 1
- Water- 3 oz.
- Nutmeg- 1 tsp.
- Mixed spice- 1 tsp.

### **Directions:**

1. Pour 3 ounces of water into a pot over medium-high and let it boil then mix in the egg, sugar, flour, spices, nutmeg, and pumpkin.
2. Let it boil for 20 minutes then puree with a dipping blender.
3. Combine butter and flour in a bowl and add 1 tbsp of sugar and 2 tbsp. of water and knead the dough.
4. Coat an Air fryer-sized pan with butter and press the dough into the bottom of the pan and pour the filling inside the pan.
5. Put it in the Air fryer basket and bake for 15 minutes at 360°F.
6. Slice and serve when still warm.

## **Air fryer banana bread**

Prep + cook time: 50 minutes

Serves: 6

### **Ingredients:**

- Cooking spray
- Sugar-  $\frac{3}{4}$  cup
- Butter-  $\frac{1}{3}$  cup
- Mashed bananas- 2
- Egg- 1
- Baking powder- 1 tsp.
- Flour-  $1 \frac{1}{2}$  cups
- Vanilla extract- 1 tsp.
- Milk-  $\frac{1}{3}$  cup
- Baking soda-  $\frac{1}{2}$  tsp.
- Cream of tartar-  $1 \frac{1}{2}$  tsp.

### **Directions:**

1. Combine vanilla, bananas, egg, butter, cream of tartar, sugar, and sugar in a bowl.
2. Mix baking soda, baking powder, and flour together in a different bowl.
3. Mix both mixtures together till well blended and coat the bread pan with cooking spray.
4. Pour the mix into the greased pan and bake in the Air fryer for 40 minutes at 320°F.
5. Remove the bread and let it cool.
6. Slice and serve.

## **Blueberry walnuts mousse**

Prep + cook time: 35 minutes

Serves: 6

### **Ingredients:**

- Flour- 2 cups
- Chopped rosemary- 2 tbsp.
- Maple syrup- 3 tbsp.
- Chopped walnuts- 1 cup
- Rolled oats- 2 cups
- Melted butter- 1 stick
- Blueberries- 8 cups

### **Directions:**

1. Grease a pan and pour in the blueberries and set aside.
2. Blend the rolled oats, rosemary, maple syrup, walnuts, butter, and flour in a food processor and pour the mix over the blueberries in the pan.
3. Bake for 25 minutes at 350°F.
4. Let it cool then slice and serve.

## **Crusty apple bread**

Prep + cook time: 50 minutes

Serves: 6

### **Ingredients:**

- Water- 1 cup
- Apples- cored and cubed- 3 cups
- White flour- 2 cups
- Vanilla- 1 tbsp.
- Eggs- 2
- Butter- 1 stick
- Baking powder- 1 tbsp.
- Apple pie spice- 1 tbsp.
- Sugar- 1 cup

### **Directions:**

1. Combine the butter stick with sugar, egg, and apple spice with your mixer in a bowl and add the cubed apples then mix.
2. Mix the flour and the baking powder together in a bowl.
3. Mix the butter mix with the flour mix then pour it in a spring form pan.
4. Bake in the Air fryer for 40 minutes at 320°F.
5. Cut and serve.

## **Mixed fruit bars**

Prep + cook time: 34 minutes

Serves: 6

### **Ingredients:**

- Goji berries- ¼ cup
- Dates: pitted and soaked- 8
- Shredded coconut- ¼ cup
- Cocoa powder- 2 tbsp.
- Almond: soaked and drained- 1 cup
- Hemp seeds- ¼ cup
- Cocoa nibs- ¼ cup

### **Directions:**

1. Blend almonds, coconut, cocoa nibs, cocoa powder, goji berries, and hemp seeds together in a food processor.
2. Add in the dates and blend then spread on a lined Air fryer baking sheet.
3. Bake for 4 minutes at 320°F.
4. Cut into bars and cool in the fridge for 30 minutes.
5. Serve.

## **Coconut and cashew cubes**

Prep + cook time: 25 minutes

Serves: 6

### **Ingredients:**

- Chia seeds- 1 tbsp.
- Almond meal-  $\frac{1}{4}$  cup
- Chopped dates- 4
- Chopped cashews- 1  $\frac{1}{2}$  cups
- Shredded coconut-  $\frac{3}{4}$  cup
- Almond butter- 1 tbsp.
- Honey-  $\frac{1}{3}$  cup

### **Directions:**

1. Combine almond butter, almond meal, and honey in a bowl.
2. Mix in the chia seeds, coconut, cashews, and dates ,
3. Pour the mix in a lined baking sheet and spread it and press into the pan.
4. Bake for 15 minutes in the Air fryer at 300°F.
5. Cut into medium-sized cubes and serve.

## **Nutty bars**

Prep + cook time: 45 minutes

Serves: 4

### **Ingredients:**

- Shredded coconut- 1 cup
- Apple spice mix- 1 tsp.
- Pumpkin seeds- ½ cup
- Almond- ½ cup
- Sugar- 2 tbsp.
- Ground nutmeg- 1 tsp.
- Chopped pecans- ½ cup
- Sunflower seeds- ½ cup
- Sunflower oil- 2 tbsp.

### **Directions:**

1. Mix pumpkin seeds, almonds, pecans, sunflower seeds, nutmeg, apple spice mix, and coconut in a bowl.
2. Pour the oil on a pan over medium heat and add the sugar then mix well.
3. Pour the sugar mix on the almond mix and mix well.
4. Pour the mix on a lined baking sheet and spread.
5. Bake for 25 minutes at 300°F then let cool.
6. Serve.

## **Sugar pears topped with Espresso cream mix**

Prep + cook time: 40 minutes

Serves: 4

### **Ingredients:**

- Pears: halved and cored- 4
- Lemon juice- 2 tbsp.
- Sugar- 1 tbsp.
- Water- 2
- Butter- 2 tbsp.

### **Espresso cream mix**

- Sugar- 1/3 cup
- Cold espresso- 2 tbsp.
- Whipping cream- 1 cup
- Mascarpone- 1 cup

### **Directions:**

1. Mix sugar, pear halves, lemon juice, butter, and butter together in a bowl and bake in the Air fryer for 30 minutes at 360°F.
2. Whisk whipping cream, sugar, mascarpone, and espresso in a bowl and cool in the fridge.
3. Serve sugar pears topped with espresso cream mix.

## **Air fryer cheesecake**

Prep + cook time: 25 minutes

Serves: 15

### **Ingredients:**

- Sugar- 4 tbsp.
- Cream cheese- 1 lb.
- Crumbled graham crackers- 1 cup
- Vanilla extract- ½ tsp.
- Eggs- 2
- Butter- 2 tbsp.

### **Directions:**

1. Combine butter and graham crackers in a bowl then press on the bottom on a lined cake pan.
2. Bake in the Air fryer for 4 minutes at 350°F.
3. Whisk cream cheese, sugar, vanilla, and eggs in a bowl.
4. Spread the cream cheese mix on the graham crackers in the pan.
5. Bake in the Air fryer for 15 minutes at 310°F.
6. Cool in the fridge for 3 hours then slice and serve.

# **Chapter 6 Air Fryer Fish and Seafood Recipes**

## **Chinese Cod Strips**

Prep time+ Cook time: 25 minutes,

Servings: 4

### **Ingredients:**

- 4 deboned cod strips
- Salt and black pepper to taste
- A cup of water
- Light soy gravy, 4 tablespoons
- 1 kitchen spoon sugar
- Olive oil, just over 3 kitchen spoons
- Ginger, about 4 sliced pieces
- Scallion, 3, diced
- Diced Chinese parsley, 2 kitchen spoons

### **Directions:**

1. Apply salt and pepper seasoning to the fish, sprinkle a little oil over it and rub well
2. Set your air fryer at 360° F insert the fish and cook for about 12 minutes
3. Heat up some water in a pot, in the air fryer
4. Add the soy gravy and sugar, while swirling, boil to a simmer
5. Take the pot off the heat
6. Put the olive oil in a fresh pot and insert into your air fryer
7. Add the ginger and green onions
8. While swirling, cook for 2-3 minutes, and take the pot off the heat.
9. Share the fish onto plates and garnish with ginger, Chinese parsley, and scallion
10. Sprinkle the soy gravy mixture atop, serve

### **Nutrition:**

calories 270, fat 12, fiber 8, carbs 16, protein 14

## **Cod Strips with Chives**

Prep time+ Cook time: 25 minutes,

Servings: 2

### **Ingredients:**

- Deboned black cod strips, 2
- Olive oil, 1 kitchen spoon
- Salt and black pepper to taste
- Chives, 2 diced pieces
- A ½ cup of diced Walnuts

### **Directions:**

1. Place the cod with the oil a bowl
2. Mix with salt, pepper, and the chives. Flip properly to coat
3. Set your air fryer at 360°F
4. Place the cod in the air fryer and cook for a quarter of an hour
5. Share the fish and chives into dishes
6. Drizzle the walnuts on top, and serve immediately

### **Nutrition:**

calories 280, fat 4, fiber 2, carbs 12, protein 15

## **Polar plant Prawn Kabobs**

Prep time+ Cook time: 12 minutes,

Servings: 2

### **Ingredients:**

- Deveined peeled prawns, 8
- 4 garlic cloves, diced
- Salt and black pepper to taste
- 8 red sweet pepper slices
- 1 kitchen spoon polar plant, diced
- Olive oil, 1 kitchen spoon

### **Directions:**

1. Put the ingredients in a bowl and flip properly
2. Arrange 2 prawn and 2 sweet pepper slices on a stick
3. Repeat the step on three more sticks
4. Set your air fryer to 360°F
5. Insert the kabobs and cook for 7 minutes
6. Dish instantly along with a side salad.

### **Nutrition:**

calories 200, fat 4, fiber 12, carbs 15, protein 6

## **Simple Balmy Cod Fish**

Prep time+ Cook time: 17 minutes,

Servings: 2

### **Ingredients:**

- Deboned codfish, 2
- Linden juice 2 kitchen spoons
- Salt and black pepper to taste
- Pulverized garlic clove ½teaspoon
- Water ⅓ of a cup
- Balmy cider ⅓ of a cup
- Chopped eschalots, 3
- Olive oil, 2 kitchen spoons

### **Directions:**

1. Place the fish in a bowl and add salt and pepper, flip well
2. Add linden juice, pulverized garlic cloves, water, cider, and oil; coat well.
3. Set your air fryer at 360°F
4. Cook for 6 minutes, flip over and cook for another 6 minutes
5. Share the fish into dishes, top with eschalots, and serve.

### **Nutrition:**

calories 271, fat 12, fiber 10, carbs 16, protein 20

## **Chili Kipper Strips**

Prep time+ Cook time: 13 minutes,

Servings: 2

### **Ingredients:**

- Deboned kipper fish, 2
- Salt and black pepper to taste
- Chopped cayenne pepper, 3
- Linden juice 2 kitchen spoons
- Olive oil 2 kitchen spoons
- Diced garlic cloves, 2 kitchen spoons

### **Directions:**

1. Mix the ingredients in a bowl and flip properly
2. Set your air fryer at 365°F
3. Cook for 4 minutes, flip and cook for another 4 minutes
4. Share into dishes and serve immediately

### **Nutrition:**

calories 280, fat 4, fiber 8, carbs 15, protein 20

## **Prawn and Veggie Mix**

Prep time+ Cook time: 30 minutes,

Servings: 4

### **Ingredients:**

- Diced purple onions, ½ cup
- Diced cayenne pepper, 1 cup
- 1 cup celery, chopped
- Deveined peeled prawns, 1 pound
- Brown gravy. 1 kitchen spoon
- Salt and black pepper to taste
- Thawed margarine, 1 kitchen spoon
- Sweet pepper, 1 teaspoon

### **Directions:**

1. Mix the ingredients in a bowl and flip properly
2. Set your air fryer at 320°F
3. Cook for 10 minutes, shake then cook for a further 10 minutes
4. Share into dishes and serve

### **Nutrition:**

calories 220, fat 14, fiber 9, carbs 17, protein 20

## **White Fish and Green beans**

Prep time+ Cook time: 22 minutes,

Servings: 4

### **Ingredients:**

- Deboned skip jack strips, 4
- Chopped coriander, 2 kitchen spoons
- Cooked and drained green beans, 2 cups
- Vegetable broth, 4 kitchen spoons
- Desiccated Basil ½ teaspoon
- Sweet pepper, a ½ teaspoon
- Diced garlic cloves, 2
- Salt and pepper to taste

### **Directions:**

1. Place the fish with all ingredients, barring the green beans in a bowl
2. Mix and flip very well to ensure proper coating
3. Set your air fryer at 360°F
4. Cook for 12 minutes
5. Insert the green beans, Flip
6. Share into dishes
7. Serve and enjoy

### **Nutrition:**

calories 241, fat 8, fiber 12, carbs 15, protein 18

## **Cod and Linden Gravy**

Prep time+ Cook time: 17 minutes,

Servings: 4

### **Ingredients:**

- Deboned codfish, 4
- Salt and black pepper to taste
- Linden peel, 3 kitchen spoons
- Linden juice, 2 teaspoons
- Diced shallots, 3 kitchen spoons
- Thawed margarine, 6 kitchen spoons
- Olive oil, 2 kitchen spoons

### **Directions:**

1. Apply salt and pepper seasoning to the fish
2. Coat the fish with olive oil
3. Set your air fryer to 360°F
4. Cook for 5 minutes
5. Flip, then cook for a further 5 minutes
6. Place the margarine in a pan and heat to 360°F
7. Add in the Shallot, salt, pepper, linden juice, and peel
8. Stir and cook for 1-2 minutes.
9. Share the fish into dishes
10. Sprinkle the linden gravy all over and serve promptly

### **Nutrition:**

calories 280, fat 12, fiber 9, carbs 17, protein 15

## **Flavored Kipper Strips**

Prep time+ Cook time: 17 minutes,

Servings: 4

### **Ingredients:**

- Deboned kipper fish, 4
- Olive oil, 1 kitchen spoon
- Salt and black pepper to taste
- Crushed caraway, 1 teaspoon
- Sweet pepper, 1 teaspoon
- Pulverized cayenne, ½ teaspoon
- Pulverized garlic cloves, 1 teaspoon
- Juice from 1 linden

### **Directions:**

1. Put the kipper with the other ingredients and mix
2. Cover the kipper in the ingredients
3. Set your air fryer to 350°F
4. Cook for 6 minutes
5. Flip, cook for a further 6 minutes
6. Share into dishes
7. Serve immediately along with a side salad.

### **Nutrition:**

calories 280, fat 14, fiber 4, carbs 18, protein 20

## **Herbed Albacore**

Prep time+ Cook time: 18 minutes,

Servings: 4

### **Ingredients:**

- Diced coriander, ½ cup
- Olive oil, ⅓ cup
- Diced purple onion, 1 small piece
- Balmy vinegar, 3 kitchen spoons
- Diced parsley, 2 kitchen spoons
- Diced sweet basil, 2 kitchen spoons
- Diced hot pepper, 1 piece
- Sushi albacore cutlets, 4 pieces
- Salt and black pepper to taste
- Cayenne pepper flecks, 1 teaspoon
- Diced sage, 1 teaspoon
- 3 garlic cloves, minced

### **Directions:**

1. Barring the fish, put all the ingredients in a bowl
2. Mix and flip well
3. Insert the fish and flip, coat it properly
4. Set your air fryer to 360°F
5. Cook for 4 minutes
6. Flip, and cook for a further 4 minutes
7. Share into dishes then serve

### **Nutrition:**

calories 306, fat 8, fiber 1, carbs 14, protein 16

## **Creamy Prawn and Toadstools**

Prep time+ Cook time: 15 minutes,

Servings: 2

### **Ingredients:**

- Thawed margarine, 1 kitchen spoon
- Olive oil, a little sprinkle
- Deveined peeled prawns, 1 pound
- Sour cream, ½ cup
- Coarsely chopped up toadstool, 8 ounces
- A pinch of cayenne pepper flecks
- Salt and black pepper to taste
- Diced garlic cloves, 2 pieces
- Beef broth, ½ cup
- Diced parsley, 1 kitchen spoon
- Diced shallots, 1 kitchen spoon

### **Directions:**

1. Apply salt and pepper seasoning to the prawn
2. Rub with the oil, evenly
3. Set your air fryer to 360°F
4. Cook the prawn for 7 minutes
5. Share into dishes
6. Put margarine in a pan and heat to 360°F
7. Insert the toadstools, swirl
8. Cook for 3-4 minutes
9. Add the rest of the ingredients, swirl
10. Cook further for a few minutes
11. Sprinkle the margarine/garlic mixture atop the prawn and serve

### **Nutrition:**

calories 305, fat 13, fiber 4, carbs 14, protein 11

## **Maple Kipper**

Prep time+ Cook time: 15 minutes,

Servings: 2

### **Ingredients:**

- Deboned kipper fish, 2
- Salt and black pepper to taste
- Mustard, 2 kitchen spoons
- Olive oil, 1 kitchen spoon
- Honey maple, 1 kitchen spoon

### **Directions:**

1. Put the mustard with the oil in a bowl and mix
2. Add the honey maple, whisk well
3. Rub this mixture on the kipper
4. Set your air fryer to 370°F for 5 minutes
5. Flip, cook for a further 5 minutes
6. Serve instantly alongside a side salad.

### **Nutrition:**

calories 290, fat 7, fiber 14, carbs 18, protein 17

## **Kipper and Balmy Orange Gravy**

Prep time+ Cook time: 20 minutes,

Servings: 4

### **Ingredients:**

- Cubed, deboned kipper fish, 4
- 2 lemons, sliced
- Balmy vinegar, ¼ cup
- Sweet orange juice, ¼ cup
- A pinch of salt and black pepper

### **Directions:**

1. Barring the fish, mix all the ingredient in a pan
2. Set your air fryer to about 360°F
3. Cook for 5 minutes
4. Insert the kipper
5. Flip lightly and cook in the air fryer 360°F for 10 minutes.
6. Share into dishes and serve immediately alongside a side salad.

### **Nutrition:**

calories 227, fat 9, fiber 12, carbs 14, protein 11

## **Pistachio Skinned Cod**

Prep time+ Cook time: 20 minutes,

Servings: 4

### **Ingredients:**

- Diced chestnuts, 1 cup
- Deboned codfish, 4
- Lemon squash, ¼ cup
- Honey, 2 kitchen spoons
- Diced parsley, 1 teaspoon
- Salt and black pepper to taste
- Mustard, 1 kitchen spoon

### **Directions:**

1. Barring the fish, place all ingredients in a bowl and mix
2. Rub the mixture over the fish
3. Set your air fryer to 350°F
4. Cook for 10 minutes
5. Share into dishes and serve instantly alongside a side salad.

### **Nutrition:**

calories 270, fat 17, fiber 12, carbs 20, protein 12

## **Barbecued Cod and Parsley**

Prep time+ Cook time: 20 minutes,

Servings: 4

### **Ingredients:**

- Diced caraway, 3 kitchen spoons
- Deboned medium-sized codfish, 4
- Thawed margarine, ¼ cup
- Diced garlic cloves, 2 pieces
- Lime juice, 2 kitchen spoons
- Chopped shallot, 1
- Salt and black pepper to taste

### **Directions:**

1. Barring the fish, place all ingredients in a bowl, mix by stirring
2. Apply this mixture all over the fish
3. Set your air fryer to 390°F
4. Cook for 10 minutes
5. Share into dishes and serve.

### **Nutrition:**

calories 280, fat 4, fiber 7, carbs 12, protein 15

## **Kipper and Pansies**

Prep time+ Cook time: 30 minutes,

Servings: 4

### **Ingredients:**

- Chopped purple onions, 2
- Olive oil, 2 kitchen spoons
- Trimmed and sliced pansies, 2
- Toasted and slice kernels, ¼ cup
- Salt and black pepper to taste
- Deboned kipper fish, 4
- Grilled pansies seeds, 5 teaspoons

### **Directions:**

1. Apply salt and pepper seasoning to the fish
2. Rub 1 kitchen spoon of the oil over it
3. Set your air fryer to 350°F
4. Insert the fish and cook for 5-6 minutes
5. Flip and cook for about 5-6 minutes more
6. Share into dishes
7. Heat 1 kitchen spoon of oil in a pan at about 360°F
8. Insert the onions, swirl, and fry for 2 minutes.
9. Put in pansies seeds and bulbs, kernels, salt, and pepper
10. Cook for 2-3 minutes more.
11. Apply the mixture over the fish and dish immediately; enjoy!

### **Nutrition:**

calories 284, fat 7, fiber 10, carbs 17, protein 16

## **Kipper Strips and Pine cone Mix**

Prep time+ Cook time: 15 minutes,

Servings: 2

### **Ingredients:**

- Canned pine cone portions, 8 ounces
- Shredded ginger, a ½ teaspoon
- Olive oil, a little sprinkle
- Pulverized garlic cloves, 2 teaspoons
- Balmy vinegar, 1 kitchen spoon
- Deboned kipper fish, medium-sized, 2 pieces
- Salt and black pepper to taste

### **Directions:**

1. Rub oil in a pan place the fish in it
2. Insert all the other ingredients
3. Set your air fryer to 350°F
4. Insert the fish and cook for 10 minutes
5. Share into dishes and serve

### **Nutrition:**

calories 236, fat 8, fiber 12, carbs 17, protein 16

## **Easy Kipper Strips and Bell Peppers**

Prep time+ Cook time: 20 minutes,

Servings: 6

### **Ingredients:**

- Rough green olives, 1 cup
- Cayenne peppers, 3 pieces divided into average portions
- Smoke-dried pimento, a ½ teaspoon
- Salt and black pepper to taste
- Olive oil, 3 kitchen spoons
- Deboned and skinned kipper fish, 6 average pieces
- Diced coriander, 2 kitchen spoons

### **Directions:**

1. Mix all the ingredients in a pan
2. Set your air fryer to 360°F
3. Insert the mixture and cook for 15 minutes.
4. Share the fish into dishes and serve.

### **Nutrition:**

calories 281, fat 8, fiber 14, carbs 17, protein 16

## **Coconut Cod Strips**

Prep time+ Cook time: 15 minutes,

Servings: 4

### **Ingredients:**

- Deboned codfish, 4 average-sized pieces
- Salt and black pepper to taste
- Coconut water, ½ cup
- Olive oil, a little sprinkle
- Shredded ginger, 1 teaspoon
- Diced parsley, ½ cup
- Diced garlic cloves, 2
- Diced pimento, ½ a piece

### **Directions:**

1. Barring the fish, place all ingredients in your blender; blend well
2. Put the fish with the coconut milk mixture in a pan and flip carefully
3. Set your air fryer to 380°F
4. Insert the fish and cook for 10 minutes
5. Share into dishes and serve instantly

### **Nutrition:**

calories 250, fat 5, fiber 6, carbs 15, protein 18

## **Kipper and citrus dressing**

Prep time+ Cook time: 15 minutes,

Servings: 2

### **Ingredients:**

- Deboned kipper fish, 2
- Orange peel, from ½ of the peel
- Citrus juice, from ½ an orange
- A pinch of salt and black pepper
- Mustard, 2 kitchen spoons
- Honey, 2 teaspoons
- Olive oil, 2 kitchen spoon
- Diced dill, 1 kitchen spoon
- Diced parsley, 2 kitchen spoon

### **Directions:**

1. Place the citrus peel with the citrus juice, salt, pepper, mustard, honey, oil, dill, and parsley
2. Mix and whisk well
3. Insert the kipper into this mixture, and flip
4. Set your air fryer to 350°F
5. Insert the kipper and cook for 5 minutes
6. Flip, and cook for a further 5 minutes
7. Share the fish into dishes, sprinkle the citrus dressing on top, and serve.

### **Nutrition:**

calories 272, fat 8, fiber 12, carbs 15, protein 16

## **Redfish Paella**

Prep time+ Cook time: 35 minutes,

Servings: 4

### **Ingredients:**

- Brown rice, 5 ounces
- Garden green beans, 2 ounces
- Chopped and deseeded cayenne pepper
- Chardonnay, 6 ounces
- Chicken broth, 3½ ounces
- Cubed redfish, 1 pound
- Oysters, 6
- Deveined and peeled prawn, 8
- Salt and black pepper to taste
- Olive oil, a little sprinkle

### **Directions:**

1. Put all the ingredients in a pan and flip
2. Set your air fryer to 380°F
3. Insert the mixture and cook for 12½ minutes
4. Stir, cook for a further 12½ minutes
5. Share into dishes and serve

### **Nutrition:**

calories 290, fat 12, fiber 2, carbs 16, protein 19

## **Easy Coconut prawn**

Prep time+ Cook time: 15 minutes,

Servings: 4

### **Ingredients:**

- Deveined and peeled prawn, 12 large pieces
- Coconut milk, 1 cup
- Corn flour, 1 kitchen spoon
- Diced parsley, 1 kitchen spoon
- Salt and black pepper to taste

### **Directions:**

1. Place and mix all ingredients in a pan, flip
2. Set your air fryer to 360°F
3. Insert the mixture and cook for 10 minutes
4. Serve instantly and enjoy

### **Nutrition:**

calories 272, fat 4, fiber 3, carbs 14, protein 4

## **Tiger prawn Mix**

Prep time+ Cook time: 15 minutes,

Servings: 2

### **Ingredients:**

- Deveined and peeled prawn, 20 pieces
- Salt and black pepper to taste
- Italian seasoning, a ½ teaspoon
- Light olive oil, 1 kitchen spoon
- Smoke-dried pimento, a ¼ teaspoon

### **Directions:**

1. Put the ingredients in a bowl, toss
2. Set your air fryer to 380°F
3. Insert the prawn and cook for 10 minutes
4. Share into dishes and serve

### **Nutrition:**

calories 219, fat 6, fiber 4, carbs 14, protein 15

## **Hot Prawn Mix**

Prep time+ Cook time: 130 minutes,

Servings: 4

### **Ingredients:**

- Deveined and peeled prawn, 1 pound
- Cayenne pepper flecks, 1 teaspoon
- Olive oil, 2 teaspoons
- Tabasco gravy, 1 teaspoon
- Water, 2 kitchen spoons
- Dried basil, 1 teaspoon
- Salt and black pepper to taste
- Diced parsley, 1 kitchen spoon
- Pulverized garlic cloves, a ½ teaspoon
- Sweet pepper, a ½ teaspoon

### **Directions:**

1. Barring the parsley, mix all ingredients with the prawn
2. Coat the prawn in ingredients by flipping
3. Refrigerate the prawn for 2 hours
4. Set your air fryer to 370°F
5. Insert the prawn and cook for 10 minutes.
6. Share into dishes, Drizzle parsley on top, and serve alongside a salad

### **Nutrition:**

calories 210, fat 7, fiber 6, carbs 13, protein 8

## **Margarine Prawn Mix**

Prep time+ Cook time: 15 minutes,

Servings: 2

### **Ingredients:**

- Prawn, 8 big pieces
- Diced garlic cloves, 4 pieces
- Salt and black pepper to taste
- Diced rosemary, 1 kitchen spoon
- Thawed margarine, 2 kitchen spoons

### **Directions:**

1. Mix the ingredients in a pan
2. Set your air fryer to 360°F
3. Insert the prawn and cook for 10 minutes.
4. Share into dishes, serve, and enjoy!

### **Nutrition:**

calories 210, fat 11, fiber 12, carbs 16, protein 9

## **Kipper and Capers**

Prep time+ Cook time: 17 minutes,

Servings: 4

### **Ingredients:**

- Deboned kipper fish, 4 pieces
- Sapped capers, 1 kitchen spoon
- Diced dill, 1 kitchen spoon
- Salt and black pepper to taste
- Lemon juice, from 1 lemon
- Olive oil, 2 teaspoons

### **Directions:**

1. Make a mixture of the capers, dill, salt, pepper, and the oil
2. Coat the fish with the resulting mixture
3. Set your air fryer to 360°F
4. Insert the fish and cook for 6 minutes
5. Flip, cook for a further 6 minutes
6. Share the fish into dishes, Sprinkle the lemon juice atop, and serve

### **Nutrition:**

calories 280, fat 11, fiber 1, carbs 12, protein 18

## **Simple Cracker Mix**

Prep time+ Cook time: 20 minutes,

Servings: 4

### **Ingredients:**

- Diced garlic cloves, 8 pieces
- Lime peel, 1 kitchen spoon
- Olive oil, 1/3 cup
- Deboned crackers, 4 average sized pieces
- Rough and slashed green olives, 1 1/2 kitchen spoon
- Lime juice, from 2 limes
- Salt and black pepper to taste

### **Directions:**

1. Barring the fish, place all ingredients in a pan
2. Toss and mix properly
3. Insert the fish and Flip lightly
4. Set your air fryer to 360°F
5. Insert the fish and cook for 15 minutes.
6. Share into dishes and serve

### **Nutrition:**

calories 191, fat 2, fiber 3, carbs 18, protein 12

## **Simple Char Mix**

Prep time+ Cook time: 23 minutes,

Servings: 2

### **Ingredients:**

- Deboned char strips, 2
- Salt and black pepper to taste
- Diced red pepper, 1 piece
- Lemon juice, 1 kitchen spoon
- Olive oil, 1 kitchen spoon
- Shredded garlic, 1 kitchen spoon

### **Directions:**

1. Make a mixture of all ingredients barring the char
2. Coat the char with this mixture
3. Set your air fryer to 360°F
4. Insert the char and cook for 13 minutes
5. Share into dishes and serve

### **Nutrition:**

calories 271, fat 4, fiber 2, carbs 15, protein 11

## **Coriander Char Strips**

Prep time+ Cook time: 17 minutes,

Servings: 4

### **Ingredients:**

- Deboned char strips, 4
- Diced garlic cloves, 4 pieces
- Rough and diced olives, 1 cup
- Chopped coriander, 3 kitchen spoons
- Olive oil, 1 kitchen spoon

### **Directions:**

1. Mix all the ingredients in a pan
2. Set your air fryer to 360°F
3. Insert and cook for 6 minutes
4. Flip, and cook for a further 6 minutes
5. Share into dishes and serve

### **Nutrition:**

calories 251, fat 7, fiber 3, carbs 16, protein 12

## **Kipper and Jasmine Rice**

Prep time+ Cook time: 35 minutes,

Servings: 2

### **Ingredients:**

- Deboned wild kipper strips, 2
- Salt and black pepper to taste
- Jasmine rice, ½ cup
- Chicken broth, 1 cup
- Thawed margarine, 1 kitchen spoon
- Saffron, a ¼ teaspoon

### **Directions:**

1. Barring the fish, place all ingredients in a pan
2. Flip and mix well
3. Set your air fryer 360°F
4. Insert the ingredients and cook for 15 minutes.
5. Insert the fish, place on the lid
6. Cook 12 minutes more at the same temperature
7. Share into dishes and serve immediately

### **Nutrition:**

calories 271, fat 8, fiber 9, carbs 15, protein 8

## **Kipper and Carrots**

Prep time+ Cook time: 25 minutes,

Servings: 2

### **Ingredients:**

- Deboned kipper strips, 2
- Diced garlic cloves, 3
- Olive oil, 1 kitchen spoon
- Veggie broth, ¼ cup
- Baby carrots, 1 cup
- Salt and black pepper to taste

### **Directions:**

1. Mix the ingredients in a pan
2. Set your air fryer to 370°F
3. Insert the mixture and cook for 20 minutes
4. Share into dishes and serve

### **Nutrition:**

calories 200, fat 6, fiber 6, carbs 18, protein 11

## **Tasty Cod**

Prep time+ Cook time: 15 minutes,

Servings: 4

### **Ingredients:**

- Deboned cod strips, 4
- 2 kitchen spoons assorted chili peppers
- Lemon juice, from 1 lemon
- Chopped up lemon, 1
- Salt and black pepper to taste

### **Directions:**

1. Mix the chili pepper with the cod, the lemon juice, as well as the salt and pepper in a pan
2. Set your air fryer to 360°F
3. Place the lemon slices atop the cod mixture
4. Insert in the air fryer and cook for 10 minutes
5. Share the strips into dishes and serve

### **Nutrition:**

calories 200, fat 4, fiber 8, carbs 16, protein 7

# **Chapter 7 Air Fryer Poultry Recipes**

## **Turmeric Chicken Legs**

Prep + Cooking Time: 25 minutes

Servings: 2

### **Ingredients:**

- Chicken legs: 4
- Turmeric powder: 5 tbsp
- Grated ginger: 2 tbsp
- Salt
- Black pepper
- Heavy cream: 4 tbsp

### **Directions:**

1. Mix all the ingredients in a bowl, cook them in the air fryer for 20 minutes at 380 ° F. Then serve.

### **Nutrition:**

Calories 300, fat 4, fiber 12, carbs 22, protein 20

## **Sweet Turkey Breast**

Prep + Cooking Time: 1hours

Servings: 4

### **Ingredients:**

- Turkey breasts: 2 skinless, boneless and halved
- Salt
- Black pepper
- Onion powder: 1 tbsp
- Dried thyme: ½ tbsp
- Dried rosemary: 1 tbsp
- Lemon juice: 1 tbsp
- Olive oil: 2 tbsp

### **Directions:**

1. In a bowl, mix all the ingredients in a bowl rub the turkey
2. Cook them in the air fryer. Let each side cook for 25 minutes at 370°F.  
Serve hot.

### **Nutrition:**

Calories 271, fat 10, fiber 5, carbs 18, protein 15

## **Salsa Verde Chicken Breast**

Prep + Cooking Time: 30 minutes

Servings: 4

### **Ingredients:**

- Salsa Verde: 16 ounces
- Avocado oil: 1 tbsp
- Salt
- Black pepper
- Chicken breast: 1 pound boneless and skinless
- Grated cheddar cheese: 1 ½ cups
- Chopped parsley: ¼ cup
- Sweet paprika: 1 tbsp

### **Directions:**

1. Place all ingredients except cheese in a baking dish, cook in the air fryer for 17 minutes at 380°F
2. Sprinkle cheese on it and let it cook for 4 minutes. Serve hot.

### **Nutrition:**

Calories 280, fat 18, fiber 9, carbs 17, protein 14

## **Delicious Creamy Chicken Thighs**

Prep + Cooking Time: 30 minutes

Servings: 4

### **Ingredients:**

- Chicken thighs: 5
- Olive oil: 1 tbsp
- Minced garlic cloves: 2
- Rosemary: 1 tbsp
- Heavy cream: ½ cup
- Chicken stock: ¾ cup
- Chili powder: 1 tbsp
- Grated cheddar cheese: ¼ cup
- Chopped tomatoes: ½ cup
- Chopped basil: 2 tbsp
- Salt
- Black pepper

### **Directions:**

1. Using salt and black pepper, season the chicken. Rub it with ½ tbsp oil; place it in the air fryer basket, cook in the air fryer for 4 minutes at 350°F
2. Heat a pan with ½ tbsp oil over medium heat. Add rosemary, garlic, chili powder, tomatoes, cream, stock, cheese, salt, and pepper and stir
3. Let it simmer then add in the chicken thigh, cook in the air fryer for 12 minutes at 340°F.
4. Top it with basil. Serve hot

### **Nutrition:**

Calories 232, fat 9, fiber 12, carbs 27, protein 16

## **Tasty Chinese Chicken Thighs**

Prep + Cooking Time: 40 minutes

Servings: 4

### **Ingredients:**

- Chicken thigh: 4
- Chopped green chili: 2
- Olive oil: 1 tbsp
- Chopped spring onions: 1 bunch
- Grated ginger: 1 tbsp
- Fish sauce: 1 tbsp
- Soy sauce: 1 tbsp
- Sesame oil: 1 tbsp
- Water: 14 ounce
- Rice wine: 1 tbsp

### **Directions:**

1. Heat a pan with olive and sesame oil over medium heat
2. Add chilies, onions, ginger, fish sauce, soy sauce, rice wine, and the water then whisk and let it simmer for 4 minutes.
3. Add chicken thigh and stir.
4. Cook for 25 minutes in the air fryer at 370 °F. Serve hot.

### **Nutrition:**

Calories 280, fat 12, fiber 12, carbs 20, protein 13

## **Oregano Chicken Thighs**

Prep + Cooking Time: 35 minutes

Servings: 4

### **Ingredients:**

- Chicken thigh: 8
- Olive oil: 2 tbsp
- Chopped oregano: 4 tbsp
- Sweet paprika: ½ tbsp
- Salt
- Black pepper
- Minced garlic cloves: 2
- Chopped red onion: 1

### **Directions:**

1. Take a baking dish and Place all the ingredients
2. Cook in the air fryer for 30 minutes at 400°F and stir after 15 minutes.  
Serve hot

### **Nutrition:**

Calories 264, fat 14, fiber 13, carbs 21, protein 15

## **Nutritious Her bed Chicken**

Prep + Cooking Time: 35 minutes

Servings: 8

### **Ingredients:**

- Chicken thigh: 8
- Salt
- Black pepper
- Minced garlic cloves: 3
- Melted butter: 3 tbsp
- Chicken stock: 1 cup
- Heavy cream: ¼ cup
- Dried basil: ½ tbsp
- Dried thyme: ½ tbsp
- Mustard: 1 tbsp
- Grated cheddar cheese: ¼ cup

### **Directions:**

1. Place all the ingredients except cheddar cheese in a baking dish and mix.  
Cook in the air fryer for 25 minutes at 370°F
2. Top with cheese and cook for 5 minutes. Serve hot.

### **Nutrition:**

Calories 280, fat 11, fiber 13, carbs 22, protein 14

## **Tasty Honey Duck Breasts**

Prep + Cooking Time: 30 minutes

Servings: 6

### **Ingredients:**

- Boneless duck breasts: 6
- Soy sauce: 4 tbsp
- Olive oil: 1 tbsp
- Honey: 2 tbsp
- Salt
- Black pepper
- Chicken stock: 20 ounces
- Grated ginger: 1 tbsp
- Hoisin sauce: 4 tbsp

### **Directions:**

1. While mixing, Place all the ingredients in a bowl
2. Let it sit in the fridge for 10 minutes then place it in the air fryer basket, cook it for 10 minutes in the air fryer at 400°F. Serve hot

### **Nutrition:**

Calories 286, fat 9, fiber 1, carbs 20, protein 17

## **Duck and Sauce**

Prep + Cooking Time: 30 minutes

Servings: 4

### **Ingredients:**

- Duck breasts: 2 with skin scored
- Salt
- Black pepper
- Sugar: 1 tbsp
- Olive oil: 1tbsp
- Cranberries: 2 tbsp
- White wine: 8 ounces
- Minced garlic: 1 tbsp
- Heavy cream: 2 tbsp

### **Directions:**

1. Using salt and pepper, season the duck breasts. Preheat the air fryer to 350°F and cook them for 10 minutes
2. Heat a greased pan over medium heat, add cranberries, sugar, wine, garlic, and the cream and whisk well. Cook for 4 minutes
3. Drizzle them over the duck breasts. Serve hot.

### **Nutrition:**

Calories 280, fat 11, fiber 32, carbs 19, protein 20

## **Chicken Wings and Endives**

Prep + Cooking Time: 40 minutes

Servings: 4

### **Ingredients:**

- Halved chicken wings: 8
- Shaved endives: 6
- Olive oil: 1 tbsp
- Minced garlic cloves: 2
- White wine: ¼ cup
- Salt
- Black pepper
- Chopped rosemary: 1 tbsp
- Ground cumin: 1 tbsp

### **Directions:**

1. Use salt, cumin, rosemary and black pepper to season the chicken wings, cook them in the air fryer for 10 minutes each side at 360 °F
2. Heat a greased pan over medium heat, add garlic, endives, salt, pepper, and the wine and let it simmer for 8 minutes
3. Spread it over the chicken and serve hot.

### **Nutrition:**

Calories 270, fat 8, fiber 12, carbs 20, protein 22

## **Turkey and Parsley Pesto**

Prep + Cooking Time: 1 hour and 10 minutes

Servings: 4

### **Ingredients:**

- Chopped parsley: 1 cup
- Olive oil: ½ cup
- Red wine: ¼ cup
- Garlic cloves: 4
- Salt
- Black pepper
- Maple syrup: a drizzle
- Turkey breasts: 2 boneless, skinless and halved

### **Directions:**

1. Mix the parsley, garlic, salt, pepper, oil, wine, and maple syrup in a blender and pulse it to make pesto. Place it in a bowl
2. Add turkey breasts into the bowl and toss. place it in the fridge for 30 minutes
3. While retaining the parsley pesto, drain the turkey breast
4. Cook in the air fryer for 35 minutes at 380°F; make sure to flip it after 17 minutes
5. Top it with parsley pesto and serve hot.

### **Nutrition:**

Calories 274, fat 10, fiber 12, carbs 20, protein 17

## **Chicken Breasts and Veggies**

Prep + Cooking Time: 30 minutes

Servings: 4

### **Ingredients:**

- Chicken breast: 2 skinless and boneless
- Olive oil: 2 tbsp
- Chopped onions: 1
- Minced garlic cloves: 2
- Salt
- Black pepper
- Halved brown mushroom: 12
- Chopped red bell pepper: 1
- Roughly chopped green bell pepper: 1
- Shredded cheddar cheese: 2 tbsp

### **Directions:**

1. Using salt and pepper, season the chicken breast. Rub it with garlic and 1 tbsp oil, cook each side for 6 minutes in the air fryer at 390 °F
2. Heat a greased pan over medium, heat. Add onions, stir and cook for 2 minutes. Add mushroom and bell pepper and cook for 6 minutes
3. Sprinkle it over the chicken and serve hot.

### **Nutrition:**

Calories 285, fat 12, fiber 11, carbs 20, protein 22

## **Chicken and Green Coconut Sauce**

Prep + Cooking Time: 26 minutes

Servings: 4

### **Ingredients:**

- Roughly chopped green onions: 10
- Grated ginger: 1 tbsp
- Minced garlic cloves: 4
- Oyster sauce: 2 tbsp
- Soy sauce: 3 tbsp
- Chinese five spice: 1 tbsp
- Chicken Drumsticks: 10
- Coconut milk: 1 cup
- Salt
- Black pepper
- Olive oil: 1 tbsp
- Chopped parsley: ¼ cup
- Lemon juice: 1 tbsp

### **Directions:**

1. Mix the green onions with the ginger, garlic, soy sauce, oyster sauce, five spices, salt, Pepper, oil, and coconut milk in a blender and whisk well
2. Mix the chicken and green sauce in a baking dish and toss it, cook in the air fryer for 16 minutes at 370°F
3. Top it with parsley and lemon juice then serve hot.

### **Nutrition:**

Calories 281, fat 11, fiber 12, carbs 22, protein 16

## **Simple Chicken Thighs**

Prep + Cooking Time: 26 minutes

Servings: 6

### **Ingredients:**

- Chicken thigh: 8
- Turmeric powder: 1 tbsp
- Ground coriander: 1 tbsp
- Grated ginger: 1 tbsp
- Sweet paprika: 1 tbsp
- Salt
- Black pepper
- Olive oil: 2 tbsp
- Lime juice: 1 tbsp

### **Directions:**

1. Toss all the ingredients in a bowl
2. Cook in the air fryer for 8 minutes each side at 370°F. then serve hot

### **Nutrition:**

Calories 270, fat 11, fiber 11, carbs 17, protein 11

## **Chicken Breasts Delight**

Prep + Cooking Time: 35 minutes

Servings: 6

### **Ingredients:**

- Olive oil: 1 tbsp
- Chicken breasts: 3 ½ pounds
- Chicken stock: 1 cup
- Chopped yellow onions: 1 ¼ cup
- Lime juice: 1 tbsp
- Sweet paprika: 2 tbsp
- Red pepper flakes: 1 tbsp
- Chopped green onions: 2 tbsp
- Salt
- Black pepper

### **Directions:**

1. Heat a greased pan over medium heat. Add onions, lime juice, paprika, green onions, pepper flakes, salt and pepper and stir. Cook for 8 minutes
2. Add chicken breasts and let it simmer for 1 minute
3. Transfer to the air fryer and cook for 12 minutes at 370°F. Then serve hot

### **Nutrition:**

Calories 280, fat 11, fiber 13, carbs 27, protein 16

## **Tomato Chicken Mix**

Prep + Cooking Time: 30 minutes

Servings: 6

### **Ingredients:**

- Tomato sauce: 14 ounce
- Olive oil: 1 tbsp
- Chicken breast: 4 medium skinless and boneless
- Salt
- Black pepper'
- Dries oregano: 1 tbsp
- Grated mozzarella cheese: 6 ounces
- Garlic powder: 1 tbsp

### **Directions:**

1. Use salt, pepper, garlic powder, and the oregano to season the chicken, cook in the air fryer for 5 minutes at 360 ° F. Transfer it to a greased pan.  
Add tomato sauce
2. Top it with mozzarella, cook for 15 minutes in the air fryer at 350 ° F.  
Serve hot

### **Nutrition:**

Calories 270, fat 10, fiber 16, carbs 16, protein 18

## **Chicken and Veggies**

Prep + Cooking Time: 35 minutes

Servings: 4

### **Ingredient:**

- Chopped red onions: 1
- Chopped carrot: 1
- Minced garlic cloves: 3
- Chicken breast: 4 boneless and skinless
- Chopped celery stalk: 1
- Chicken stock: 1 cup
- Olive oil: 2 tbsp
- Dried rosemary: ½ tbsp
- Dried sage: 1 tbsp
- Salt
- Black pepper

### **Directions:**

1. Take a pan and place all the ingredients in it then toss it well, cook for 25 minutes at 360 °F. Serve hot

### **Nutrition:**

Calories 292, fat 12, fiber 16, carbs 19, protein 15

## **Japanese Chicken Thighs**

Prep + Cooking Time: 40 minutes

Servings: 5

### **Ingredients:**

- Chicken thighs: 2 pounds
- Salt
- Black pepper
- Chopped spring onions: 5
- Olive oil: 2 tbsp
- Sherry wine: 1 tbsp
- White vinegar: ½ tbsp
- Soy sauce: 1 tbsp
- Sugar: ¼ tbsp

### **Directions:**

1. Using salt and pepper, season the chicken. Rub it with 1 tbsp oil and place it in the air fryer basket, cook for 10 minutes on each side in the air fryer in the air fryer at 360°F
2. Heat a greased pan over medium heat. Add spring onions, sherry wine, vinegar, soy sauce, and sugar and whisk it then let it cook for 10 minutes
3. Drizzle it over the chicken and serve hot.

### **Nutrition:**

Calories 271, fat 8, fiber 12, carbs 26, protein 17

## **Air Fried Whole Chicken**

Prep + Cooking Time: 30 minutes

Servings: 8

### **Ingredients:**

- Whole chicken: 1 cut into medium pieces
- White wine: 3 tbsp
- Chopped carrots: 2
- Chicken stock: 1 cup
- Grated ginger: 1 tbsp
- Salt
- Black pepper

### **Directions:**

1. Mix all the ingredients in a pan, cook for 20 minutes at 370°F. Serve hot

### **Nutrition:**

Calories 220, fat 10, fiber 8, carbs 20, protein 16

## **Chicken Thighs and Rice**

Prep + Cooking Time: 35 minutes

Servings: 4

### **Ingredients:**

- Chopped carrots: 3
- Chicken thighs: 3 pounds boneless and skinless
- Wine vinegar: ½ cup
- Minced garlic cloves: 4
- Salt
- Black pepper
- Olive oil: 4 tbsp
- Garlic powder: 1 tbsp
- Italian seasoning: 1 tbsp
- White rice: 1 cup
- Turmeric powder: 1 tbsp
- Chicken stock: 2 cups

### **Directions:**

1. Mix all the ingredients in a pan while tossing them, cook in the air fryer for 30 minutes at 370°F. Serve hot.

### **Nutrition:**

Calories 280, fat 12, fiber 12, carbs 16, protein 13

## **Glazed Chicken and Apples**

Prep + Cooking Time: 30 minutes

Servings: 4

### **Ingredients:**

- Apples: 3 sliced and core
- Olive oil: 2 tbsp
- Chopped rosemary: 1 tbsp
- Salt
- Black pepper
- Chicken thighs: 6 skin-on
- Apple cider: 2/3 cup
- Mustard: 1 tbsp
- Honey: 2 tbsp

### **Directions:**

1. Heat greased pan over medium heat, add cider, honey, and mustard then whisk it. Let it simmer.
2. Toss in chicken, apples, salt, pepper, and rosemary, cook in the air fryer for 17 minutes at 390°F. Then serve hot

**Nutrition:** calories 281, fat 11, fiber 12, carbs 28, protein 19

## **Lemon Chicken and Asparagus**

Prep + Cooking Time: 20 minutes

Servings: 4

### **Ingredients:**

- Olive oil: 2 tbsp
- Juice from 1 lemon
- Dried oregano: 1 tbsp
- Minced garlic cloves: 3
- Chicken thigh: 1 pound
- Salt
- Black pepper
- Asparagus: ½ pound trimmed and halved
- Zucchini: 1 roughly cubed
- Lemon: 1 sliced

### **Directions:**

1. Mix all the ingredients in a pan, cook for 15 minutes in the air fryer at 380°F. Serve hot.

### **Nutrition:**

Calories 280, fat 8, fiber 12, carbs 20, protein 15

## **Turkey with Fig Sauce**

Prep + Cooking Time: 40 minutes

Servings: 4

### **Ingredients:**

- Turkey breast: 2 halved
- Olive oil: 1 tbsp
- Garlic powder: ½ tbsp
- Sweet paprika: ¼ tbsp
- Salt
- Black pepper
- Chicken stock: 1 cup
- Melted butter: 3 tbsp
- Chopped shallot: 1
- Red wine: ½ cup
- Chopped figs: 4 tbsp
- White flour: 1 tbsp

### **Directions:**

1. Heat a greased pan over medium heat. Add shallots and cook for 2 minutes. Add garlic powder, paprika, stock, salt, pepper, wine, and the figs then stir and cook for 8 minutes
2. Add flour and stir. Cook for 2 minutes. Turn off the heat. This is the seasoning sauce
3. Use salt and pepper to season the turkey. Drizzle oil over it, cook for 8 minutes each side in the air fryer at 380°F
4. Top it with the sauce and serve hot.

### **Nutrition:**

Calories 246, fat 12, fiber 4, carbs 22, protein 16

## **Simple Garlic and Lemon Chicken**

Prep + Cooking Time: 25 minutes

Servings: 4

### **Ingredients:**

- Chicken breast: 4 boneless and skinless
- Garlic heads: 4 peeled with cloves separated and cut into quarters
- Lemon juice: 2 tbsp
- Salt
- Black pepper
- Lemon pepper: ½ tbsp
- Avocado oil: 1 ½ tbsp

### **Directions:**

1. Mix all the ingredients in a bowl, cook for 15 minutes in the air fryer at 360°F. Serve hot.

### **Nutrition:**

calories 240, fat 7, fiber 1, carbs 17, protein 18

## **Tarragon Chicken Breasts**

Prep + Cooking Time: 25 minutes

Servings: 2

### **Ingredients:**

- Chicken breast: 2 skinless and boneless
- White wine: 1 cup
- Soy sauce: ¼ cup
- Minced garlic cloves: 2
- Chopped tarragon sprigs: 8
- Salt
- Black pepper
- Melted butter: 1 tbsp

### **Directions:**

1. Mix chicken, wine, soy sauce, garlic, tarragon, salt, pepper, and the butter in a bowl and let it sit aside for 10 minutes
2. Transfer to a greased pan and cook in the air fryer for 8 minutes each side at 370°F. Serve hot

### **Nutrition:**

calories 271, fat 12, fiber 3, carbs 17, protein 15

## **Chicken and Pear Sauce**

Prep + Cooking Time: 30 minutes

Servings: 6

### **Ingredients:**

- Ketchup: 3 cups
- Pear jelly: 1 cup
- Honey: ¼ cup
- Smoked paprika: ½ tbsp
- Chili powder: 1 tbsp
- Mustard powder: 1 tbsp
- Salt
- Black pepper
- Garlic powder: 1 tbsp
- Chicken breasts: 6 skinless and boneless

### **Directions:**

1. Using salt and pepper, season the chicken, cook for in the air fryer for 10 minutes at 350°F
2. Heat a greased pan over medium heat. Add pear jelly, honey, smoked paprika, chili powder, mustard powder, garlic powder, Salt, and pepper and whisk then let it cook for 6 minutes
3. Toss the chicken in it and cook for 4 minutes. Serve hot

### **Nutrition:**

Calories 283, fat 13, fiber 7, carbs 19, protein 17

## **Honey Chicken and Dates**

Prep + Cooking Time: 35 minutes

Servings: 6

### **Ingredients:**

- Whole chicken: 1 cut into medium pieces
- Water:  $\frac{3}{4}$  cup
- Honey:  $\frac{1}{3}$  cup
- Salt
- Black pepper
- Olive oil:  $\frac{1}{4}$  cup
- Chopped dates: 4

### **Direction:**

1. Simmer the water in a pot over medium heat. Add honey and whisk then take off the heat
2. Use oil to rub the chicken then season it using salt and pepper
3. Place it in the air fryer basket. Cook it in the air fryer for 10 minutes at 350°F
4. Brush the chicken with honey and cook for 6 minutes each side. Serve it hot

### **Nutrition:**

Calories 270, fat 14, fiber 3, carbs 15, protein 20

## **Chicken and Leeks**

Prep + Cooking Time: 40 minutes

Servings: 4

### **Ingredients:**

- Chicken thigh: 4 bone-in
- Salt
- Black pepper
- Olive oil: 1 tbsp
- Chicken stock: 1 cup
- Leeks: 3 sliced
- Chopped chives: 2 tbsp

### **Directions:**

1. Heat a greased pan over medium heat. Add stock, leeks and carrots and cover it. Let it cook for 20 minutes
2. Using salt and pepper, season the chicken. Rub it with olive oil. Cook it in the air fryer for 4 minutes at 350°F
3. Place the chicken in the leeks mix. Serve it hot.

### **Nutrition:**

Calories 237, fat 10, fiber 4, carbs 19, protein 16

## **Chicken and Yogurt Mix**

Prep + Cooking Time: 1 hour and 15minutes

Servings: 4

### **Ingredients:**

- Chicken meat: 17 ounces boneless and cubed
- Red bell pepper: 1 de seeded and cubed
- Green bell pepper: 1 de seeded and cubed
- Yellow bell pepper: 1 de seeded and cubed
- Yogurt: 14 ounces
- Salt
- Black pepper
- Cherry tomato: 3 ½ ounces halved
- Grated ginger: 1 tbsp
- Red chili powder: 2 tbsp
- Coriander powder: 2 tbsp
- Olive oil: 2 tbsp
- Turmeric powder: 1 tbsp
- Cumin powder: 2 tbsp
- Mint leaves: 3 torn

### **Directions:**

1. Toss and mix all the ingredients in a bowl. Keep it in the fridge for 1 hour
2. Place them in a pan. Cook them in the air fryer for 8 minutes each side at 400°F. Serve hot

### **Nutrition:**

Calories 245, fat 4, fiber 5, carbs 17, protein 16

## **Air Fried Chicken Wings**

Prep + Cooking Time: 55 minutes

Servings: 4

### **Ingredients:**

- Chicken wings: 16
- Salt
- Black pepper
- Melted butter: ¼ cup
- Clover honey: ¼ cup
- Minced garlic: 4 tbsp

### **Directions:**

1. Season chicken wings using the salt and pepper then place it in the air fryer basket. Cook for 25 minutes in the air fryer at 380°F then for 5 minutes at 400°F heat a greased pan over medium heat
2. Add garlic and sauté for 5 minutes. Add salt, pepper, the air fried chicken and the honey then stir and let it simmer for 10 minutes
3. Place the chicken in the pan and let it sit or a few minutes. Serve it hot.

### **Nutrition:**

Calories 274, fat 11, fiber 3, carbs 19, protein 15

## **Tomato Duck Breast**

Prep + Cooking Time: 25 minutes

Servings: 2

### **Ingredients:**

- Smoked duck breast: 1
- Honey: 1 tbsp
- Tomato paste: 1 tbsp
- Apple vinegar: ½ tbsp

### **Directions:**

1. Toss and mix all the ingredients in a bowl, cook for 10 minutes each side in the air fryer at 370°F.
2. Cut it into halves and serve hot.

### **Nutrition:**

Calories 274, fat 11, fiber 3, carbs 22, protein 13

# **Chapter 8 Air Fryer Meat Recipes**

## **Spicy Pork Chop**

Prep + Cooking Time: 20 Minutes

Servings: 4

### **Ingredients:**

- Onion powder – 2 tbsp.
- Dried Oregano – 2 tbsp.
- Dried rosemary – 1 tbsp.
- Olive Oil – 1 tbsp.
- Ground cumin - 1 tbsp.
- Garlic powder – 2 tbsp.
- Sweet Paprika – 2 tbsp.
- Salt and black pepper
- Pork chops – 4 medium

### **Directions:**

1. Get a bowl, mix in the dried rosemary, oregano, Sweet Paprika, olive oil, garlic, cumin, salt and pepper and rub the pork chops well
2. Put the pork chops in your air fryer's basket and cook for 15 minutes at 400°F, and ensure you flip halfway
3. Share between plates
4. Serve and enjoy while warm

### **Nutrition:**

Calories 281, Fiber 7, Protein 19, carbs 17, Fat 18

## **Chinese Pork and Broccoli Stir Fry Recipe**

Prep + Cooking Time: 20 Minutes

Servings: 4

### **Ingredients:**

- Oyster sauce – ½ cup
- Olive oil – 2 tsp
- Broccoli florets – 1 pound
- Soy sauce – 1 tsp
- Minced garlic clove – 1
- Pork stew meat – 1 pound

### **Directions:**

1. Get a bowl, mix in the oyster sauce, olive oil, broccoli forest, soy sauce, pork stew meat, garlic clove and stir well
2. Place the mixture in an air fryer and cook for 15 minutes at 390°F
3. Divide into bowls and share
4. Serve and enjoy

### **Nutrition:**

Fat 12, Protein 20, Calories 281, Carbs 19, Fiber 7

## **French-Style Onion Beef**

Prep + Cooking Time: 20 Minutes

Servings: 2

### **Ingredients:**

- Olive oil – 1 tbsp.
- Green bell pepper cut into strips – 1
- Mustard – ½ tbsp.
- Provençal herbs – 2 tsps.
- Sliced red onion – 1
- Salt and black pepper
- Beef fillets cut into strips – 7 ounces

### **Directions:**

1. Put all your ingredients olive oil, green bell pepper, mustard, sliced red onion, Provençal herbs, beef fillets, salt and black pepper in a baking dish that suits your air fryer and mix well
2. Put the pan on the fryer and cook for 15 minutes at 400°F
3. Share the mixture between bowls and enjoy

### **Nutrition:**

Protein 20, Calories 291, Fat 8, Fiber 7, Carbs 19

## **Simple Beef and Mushroom Mix**

Prep + Cooking Time: 20 Minutes

Servings: 2

### **Ingredients:**

- Chopped yellow onion – 1
- Cut into streaks, beef steaks – 2
- Sliced white mushrooms – 8 ounces
- Salt and black pepper
- Dark soy sauce – 2 tbsp
- Olive oil – 1 tsp

### **Directions:**

1. Get a baking dish that suits your air fryer, mix in the onion, beef steaks, mushrooms, soy sauce, olive oil, salt and pepper and stir well
2. Arrange the pan in the air fryer and cook for 17 minutes at 390°F
3. Share everything between plates
4. Enjoy while hot

### **Nutrition:**

Fat 8, Protein 20, Calories 285, Carbs 18, Fiber 2

## **Tasty Oregano Pork Chops**

Prep + Cooking Time: 20 Minutes

Servings: 4

### **Ingredients:**

- Pork chops – 4
- Minced garlic cloves 4
- Salt and Pepper
- Chopped Oregano – 2 tablespoon
- Olive oil – 2 tbsp

### **Directions:**

1. Get a bowl and combine the pork chops, garlic, salt, pepper, oregano, olive oil and mix thoroughly
2. Arrange the chops to your air fryer's basket and cook for 15 minutes at 400°F
3. Serve with a side salad and enjoy

### **Nutrition:**

Fat 7, Protein 22, Calories 301, Fiber 5, Carbs 19

## **Garlic Crusted Rack of lamb**

Prep + Cooking Time: 30 Minutes

Servings: 4

### **Ingredients:**

- Vegetable oil – 1 tbsp
- Whisked egg – 1
- Salt and black pepper
- Minced garlic cloves – 2
- Toasted and crushed Macedonia nuts – 2 tbsp
- Chopped Oregano – 1 tbsp
- Rack of lamb – 28 ounces

### **Directions:**

1. Get a bowl, mix in the pepper, salt, Oil and garlic; ensure you rub the lamb well
2. In a separate bowl, mix in the Macedonia nut with the salt, pepper and Oregano
3. Place the egg in a third bowl
4. Firstly, dredge the lamb in the egg and then in the Macedonia nuts mix
5. Arrange the lamb in an air fryer basket and cook for 10 minutes at 380°F
6. Share between plates and serve

### **Nutrition:**

Carbs 20, Calories 280, Protein 19, Fiber 8, Fat 12

## **Coconut-Pork Stir Fry**

Prep + Cooking Time: 20 Minutes

Servings: 4

### **Ingredients:**

- Minced garlic cloves – 2
- Chilli paste – 2 tsps.
- Soy sauce – 3 tbsps.
- Coconut milk - 7 ounces
- Salt and black pepper
- Chilli paste – 2 tsps.
- Chopped shallot – 1
- Cut into strips, pork chops – 14 ounces
- Olive Oil – 2 tbsps.
- Grated ginger – 1 tsp

### **Directions:**

1. Get a baking dish that suits your fryer, add in the pork, chilli paste, ginger, shallots, pepper, Oil, soy sauce, salt and pepper and stir well
2. Put the pan in an air fryer and cook for 12 minutes at 400°F, shaking the fryer halfway
3. Put in the coconut milk, stir and cook for an additional 4 minutes
4. Share everything in the bowls and serve

### **Nutrition:**

Fat 11, Protein 14, Calories 283, Carbs 22, Fiber 9

## **Creamy Sprouts and Pork**

Prep + Cooking Time: 30 Minutes

Servings: 4

### **Ingredients:**

- Sour cream – ½ cup
- Cubed tenderloin – 1 pound pork
- Trimmed Brussels Sprouts – 1½ pound
- Olive Oil – 2 tbsps.
- Chopped rosemary – 2 tbsps.
- Minced garlic clove – 1
- Salt and pepper

### **Directions:**

1. Get a pan that suits your air fryer, mix in the pork with the rosemary, garlic, salt, pepper, Oil and stir well
2. Put the pan in an air fryer and cook for 17 minutes at 400°F
3. Add the sprout and the sour cream and stir thoroughly
4. Put the pan on the air fryer and cook for an additional 8 minutes
5. Share everything into bowls and serve

### **Nutrition:**

Fat 13, Calories 280, Protein 18, Fiber 9, Carbs 22

## **Pork and Chives Dumpling**

Prep + Cooking Time: 32 Minutes

Servings: 6

### **Ingredients:**

- Chopped chives – 2 tbsps.
- Salt and black pepper
- Mustard – 2 tbsps.
- Chopped tarragon – ¼ cup
- Cubed tenderloin pork – 1 pound
- Mayonnaise – 1 cup
- Minced cloves – 2 garlic

### **Directions:**

1. Put mustard, tarragon, chives, pork, garlic, salt and pepper into the pan that suits your air fryer, stir well
2. Arrange the pan in the air fryer and cook for 15 minutes at 400°F
3. Put the mayo and stir
4. Put the pan in the air fryer for an additional 7 minutes
5. Share in a bowl and serve

### **Nutrition:**

Fiber 2, Calories 280, Protein 14, Carbs 17, fat 12

## **Beef with Red wine sauce**

Prep + Cooking Time: 50 Minutes

Servings: 6

### **Ingredients:**

- Minced garlic cloves – 3
- Beef roast – 3 pounds
- Red wine –  $\frac{3}{4}$  cup
- Salt and pepper
- Melted butter – 2 tbsps.
- Beef stock –  $1\frac{3}{4}$  cups
- Mustard – 1 tbsp.

### **Directions:**

1. Get a bowl, mix in the beef with butter, garlic, pepper, salt and mustard, rub the meet thoroughly
2. Place the beef roast in your air fryer and cook for 15 minutes at 400°F
3. Get a pan over medium-high heat and add the stock and the wine
4. After then add the beef roast and put the pan in the air fryer, cook for 25 minutes at 380°F
5. Share into bowls and serve

### **Nutrition:**

Calories 300, Carbs 18, Protein 22, Fiber 4, Fat 11

## **Paprika Lamb chops and dill**

Prep + Cooking Time: 30 Minutes

Servings: 6

### **Ingredients:**

- Minced garlic clove – 1
- Salt and pepper
- Chopped dill – 2 tbsps.
- Olive Oil – 1 tbsps.
- Chopped yellow onions – 2
- Chicken stocks-3 cups
- Sweet Paprika – 2 tbsps.
- Chops lamb – 1 pound
- Heavy cream – 1½ cups

### **Directions:**

1. Arrange the lamb chops in your air fryer, add pepper, salt, Paprika, garlic and rub the chops thoroughly
2. Cook for 10 minutes at 380°F
3. Take the lamb to a baking dish that suits your air fryer
4. Add the onions, cream, dill, stock and stir
5. Put the pan in the fryer and cook for an additional 8 minutes
6. Share within plates and serve hot

### **Nutrition:**

Fiber 10, Protein 25, Carbs 19, Calories 310, Fat 8

## **Pork Chops with Mustard Sauce**

Prep + Cooking Time: 25 Minutes

Servings: 6

### **Ingredients:**

- Olive Oil – ¼ cup
- Salt and pepper
- Mustard – 1 tbsps.
- Olive Oil – ¼ cup
- Minced garlic cloves – 2
- Sweet Paprika – 1 tsp

### **Directions:**

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

### **Nutrition:**

Carbs 17, Protein 28, Calories 284, Fat 14, Fiber 4

## **Beef Roast and Red Grapes**

Prep + Cooking Time: 50 Minutes

Servings: 4

### **Ingredients:**

- Chopped red onion – 1
- Red grapes – ½ pound
- Chopped thyme – 1 tsp
- Olive Oil – 3 tbsps.
- Salt and pepper
- Chicken stock – 1½ cups
- Red grapes – ½ pound
- Cubed, beef roast meat – 1 pound
- Dry white wine – ½ cup

### **Directions:**

1. Get a pan that suits your air fryer, place over a medium-high heat
2. Put the salt, beef and pepper, stir and brown for 5 minutes
3. Put the stock, garlic, thyme, onions, toss and cook for 7 minutes
4. Arrange the pan to your air fryer and cook for 25 minutes at 390°F
5. Add the grapes, stir gently and cook everything for 6 more minutes
6. Share between plates and serve right away

### **Nutrition:**

Fat 12, Protein 28, Calories 290, Fiber 5, Carbs 19

## **Sage Pork Chop Recipe**

Prep + Cooking Time: 60 Minutes

Servings: 6

### **Ingredients:**

- Dried Oregano – 1 tsp
- Dried sage – 3 tsp
- Garlic powder – ½ tsp
- Beef stock – ¾ cup
- Boneless and cubed pork loin – 2 ½ pounds
- Olive Oil – 2 tbsps.
- Smoked Paprika – ½ tsp
- Salt and pepper

### **Directions:**

1. Get an oil that suits your air fryer, put Oil and place over a medium heat
2. Add the pork, stir and brown for 5 minutes
3. Add the garlic, Oregano, pepper, Paprika, sage, basil and pepper, toss and stir for 2 minutes
4. Add the stock and toss
5. Put the pan on the fryer and cook for 40 minutes at 360°F
6. Divide everything between plates and serve

### **Nutrition:**

Protein 29, Calories 290, Fiber 6, Fat 11, Carbs 20

## **Beef Roast Recipe**

Prep + Cooking Time: 65 Minutes

Servings: 6

### **Ingredients:**

- Salt and pepper
- Olive Oil – 3 tbsps.
- Minced garlic – 3 tbsps.
- Beef roast – 2 pounds
- Smoked Paprika – 1 tbsp
- Olive Oil – 3 tbsps.

### **Directions:**

1. Get a bowl,
2. Mix in the beef roast, garlic, paprika, oil, salt and pepper and toss to coat well
3. Put the roast in your air fryer and cook for 55 minutes at 390°F
4. Slice the roast, divide it between plates and serve with a side salad

### **Nutrition:**

Fiber 9, Calories 291, Protein 26, Carbs 20, Fat 12

## **Pork Loin Terragon**

Prep + Cooking Time: 65 Minutes

Servings: 6

### **Ingredients:**

- sweet Paprika – 2 tsps.
- Trimmed pork loin – 3 pounds
- minced garlic cloves
- Chopped tarragon – 2 tablespoons
- Salt and pepper
- Olive Oil – ¼ cup

### **Directions:**

1. Get a bowl and mix all the ingredients, rub well
2. Arrange the roast to your air fryer and cook for 15 minutes at 390°F
3. Slice the roasts.
4. Divide between plates and serve

### **Nutrition:**

Fat 14, Calories 290, Protein 22, Fiber 9, Carbs 19

## **Beef and Celery Stir-Fry**

Prep + Cooking Time: 65 Minutes

Servings: 6

### **Ingredients:**

- Beef roast – 3 cups
- Canned tomatoes – 16 ounces
- Chopped celery – 1 pound
- Olive oil – 2 tbsps.
- Chopped yellow onion
- Salt and black pepper
- Beef stock – 3 cups

### **Directions:**

1. Put all the beef roast, beef stock, celery, olive oil, onion, tomatoes, salt and pepper in a baking dish that suits your air fryer and mix well
2. Place the pan in the fryer and cook for 55 minutes at 390°F
3. Slice the roast, divide it and the celery and ensure you mix between plates
4. Serve and enjoy

### **Nutrition:**

Fat 12, Protein 20, Calories 300, Fiber 4, Carbs 18

## **Asian Beef Mix**

Prep + Cooking Time: 25 Minutes

Servings: 4

### **Ingredients:**

- Chopped green onion – 1 cup
- Toasted sesame seed – ¼ cup
- Soy sauce – 1 cup
- Minced garlic cloves – 5
- Beef stew meat – 1 pound
- Black pepper

### **Directions:**

1. Get a pan that fits your air fryer.
2. Add the onion, sesame seed, soy sauce, garlic cloves, stew meat, black pepper and mix well
3. Place the pan in the air fryer and cook for 20 minutes at 390°F
4. Share everything into bowls and serve

### **Nutrition:**

Carbs 20, Protein 19, Calories 289, Fiber 12, Fat 8

## **Pork and Pepper Stir Fry**

Prep + Cooking Time: 25 Minutes

Servings: 4

### **Ingredients:**

- Olive Oil – 2 tbsps.
- Chopped shallot – 4
- Fish sauce – 2 tbsps.
- Salt and black pepper – A pinch
- Cut in strips; red bell pepper – 2
- Minced garlic cloves – 4
- Cut into strips; pound pork – 1
- Beef stock - 1/2 cup

### **Directions:**

1. Get a pan that suits your fryer
2. Put the olive oil, shallot, fish, bell pepper, garlic, pound pork, beef stock and stir
3. Put the pan in an air fryer and cook for 20 minutes at 400°F
4. Share everything within plates and serve

### **Nutrition:**

Calories 293, Protein 29, Fiber 12, Carbs 20, Fat 12

## **Slow-Cooked Lamb with Beans**

Prep + Cooking Time: 35 Minutes

Servings: 4

### **Ingredients:**

- Cubed lamb coin – 8 ounces
- Grated ginger – 1 tbsps.
- Sliced yellow onion – 1
- Olive oil – ½ tsp
- Salt and black pepper
- drained, canned kidney beans – 3 ounces
- Soy sauce – 3 tbsps.
- Minced garlic clove – 1
- Chopped carrot – 1
- Soy sauce – 3 tbsps.
- Cubed lamb coin – 8 ounces

### **Directions:**

1. Get a baking dish that suits your air fryer, add up all the ingredients and mix well
2. Put the dish in the air fryer and cook for 30 minutes at 390°F
3. Share everything into bowls and serve

### **Nutrition:**

Fat 3, Protein 18, Calories 275, Carbs 20, Fiber 7

## **Pork chops with Lemon Spinach**

Prep + Cooking Time: 20 Minutes

Servings: 4

### **Ingredients:**

- Salt and black pepper
- Pork chops – 2
- Spinach pesto – 3 tbsps.
- Beef stock – ½ cup
- Baby spinach – 2 cups

### **Directions:**

1. Put the pork chops, pepper, salt and spinach in a bowl and stir thoroughly
2. Put the pork chops in the air fryer and cook for 4 minutes on each side at 400°F
3. Arrange the chops to a pan that suits your air fryer
4. Add the stock and baby spinach
5. Place the pan in the fryer and cook for 7 minutes at 400°F
6. Share everything between plates and serve

### **Nutrition:**

Protein 19. Calories 290. Carbs 22. Fat 11, Fiber 9

## **Classic Ground Beef Mix**

Prep + Cooking Time: 25 Minutes

Servings: 4

### **Ingredients:**

- Ground beef – 1 pound
- Salt and pepper
- Olive oil – 1 tbsps.
- Cumin – ½ tsp
- Minced garlic cloves – 2
- Chopped green bell pepper
- Chopped yellow onion
- Tomato Salsa – ¼ cup

### **Directions:**

1. Heat the pan that suits your air fryer over a medium heat
2. Put the onion, bell peppers, garlic and cumin and cook for 3 minutes
3. Put the meat, stir and cook for 3 minutes and take off the heat
4. Add the Salsa, stir and place the pan in the fryer
5. Cook for 14 minutes at 380°F
6. Serve and enjoy

### **Nutrition:**

Protein 16, Calories 264, Carbs 20, Fat 11, Fiber 4

## **Delicious Smoked Pork Roast**

Prep + Cooking Time: 60 Minutes

Servings: 4

### **Ingredients:**

- Chopped Oregano – 2 tbsps.
- Smoked Paprika – 3 tbsps.
- Salt and black pepper
- Pork loin roast – 2 pounds
- Brown sugar – 1 tbsps.
- Olive oil – 1 tbsps.
- Liquid smoke – 1 tsp

### **Directions:**

1. Place all the ingredients in a bowl
2. Mix well and ensure the pork is thoroughly coated
3. Arrange the roast to your air fryer and cook for 55 minutes at 370°F
4. Slice the roast, share it between roast and serve

### **Nutrition:**

Fiber 9, Protein 18, Calories 300, Carbs 22, Fat 12

## **Pork Fillet and Cauli Flower**

Prep + Cooking Time: 27 Minutes

Servings: 4

### **Ingredients:**

- Minced garlic clove – 1
- Olive Oil – 2 tbsps.
- Cauliflower head, florets separated – 1
- Cubed pork stew meat – 1 pound
- Sugar – 1 tsp
- Balsamic Vinegar – ½ cup
- Soy sauce – 1 tsp

### **Directions:**

1. Put all the ingredients in a pan that suits your air fryer and mix thoroughly
2. Put the pan into the fryer and cook for 22 minutes at 390°F
3. Share into bowls
4. Serve and enjoy warm

### **Nutrition:**

Protein 20, Calories 270, Fiber 7, Fat 9, Carbs 23

## **Pork and Peppers**

Prep + Cooking Time: 32 Minutes

Servings: 2

### **Ingredients:**

- Cut in strips, yellow bell pepper – 1
- Cut in strips, red bell pepper – 1
- Olive Oil – 2 tbsps.
- Cut in strips, pork tenderloin – 7 ounces
- Chopped sweet onion -1
- Salt and black pepper
- Cut in pieces, green bell pepper – 1

### **Directions:**

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

### **Nutrition:**

Protein 19, Fiber 7, Calories 280, Fat 13, Carbs 21

## **Ground Beef and Peas**

Prep + Cooking Time: 30 Minutes

Servings: 2

### **Ingredients:**

- Cut into strips, beef steak – 2
- Snow peas – 14 ounces
- Olive Oil – 1 tbsps.
- Salt and black pepper
- Soy sauce – 2 tbsps.

### **Directions:**

1. Get a pan that suits your air fryer
2. Add in the olive oil, soy sauce, beef steak, snow peas, salt and pepper
3. Put the pan in a fryer and cook for 25 minutes at 390°F
4. Share between plates and serve

### **Nutrition:**

Carbs 22, Fat 11, Calories 265, Protein 19, Fiber 4

## **Fennel-Crusted Pork Chops**

Prep + Cooking Time: 20 Minutes

Servings: 4

### **Ingredients:**

- Pork chops – 2
- Olive oil – 3 tbsps.
- Chopped rosemary – 1 tbsps.
- Salt and pepper
- Roasted seed - tablespoon fennel

### **Directions:**

1. Get a bowl, add in the pork chops with the salt, fennel, Oil, pepper and the rosemary
2. Stir and ensure the pork chops are coated well
3. Arrange the chops to your air fryer and cook for 15 minutes at 400°F
4. Share the chops between plates and serve

### **Nutrition:**

Fat 11, Protein 20, Calories 281, Fiber 8, Carbs 17

## **Lamb Meatballs with Lemon Zest**

Prep + Cooking Time: 22 Minutes

Servings: 8

### **Ingredients:**

- Salt and black pepper
- Whisked egg – 1
- Cooking spray
- Lemon zest – ½ tbsps.
- Oregano chopped – 1 tbsps.
- Minced lamb meat – 4 ounces

### **Directions:**

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

### **Nutrition:**

Carbs 22, Protein 19, Calories 294, Fat 12, Fiber 2

## **Favorite Pork Meatloaf**

Prep + Cooking Time: 25 Minutes

Servings: 4

### **Ingredients:**

- Cooking spray
- Chopped thyme - 1 tbsps.
- Chopped chorizo – 1 ounce
- Salt and black pepper
- Ground pork meat – 1 pound
- Chopped yellow onion – 1
- Whisked egg – 1
- Breadcrumbs – 3 tbsps.

### **Directions:**

1. Get a bowl and mix all the ingredients except the cooking spray
2. Stir and combine well
3. Transfer the mixture to a loaf pan that fits your air fryer and grease with Oil
4. Arrange the pan in the air fryer and cook for 20 minutes at 390°F
5. Slice and serve

### **Nutrition:**

Carbs 19, Protein 26, Calories 290, Fat 12, Fiber 1

## **Easy Pork Steaks**

Prep + Cooking Time: 19 Minutes

Servings: 4

### **ingredients:**

- Pork steaks – 4
- Melted butter – 1 tbsps.
- Salt and black pepper
- Sweet Paprika – 1 tbsps.

### **Directions:**

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

### **Nutrition:**

Calories 250, Protein 21, Carbs 18, Fat 12, Fiber 5

## **Homemade Sausage Mix**

Prep + Cooking Time: 25 Minutes

Servings: 4

### **Ingredients:**

- Sliced red onion – 1
- Sliced red onion – 1
- Chopped rosemary – 1 tbsps.
- Halved sausage link – 6 pork
- Sweet Paprika – 1 tbsps.
- Salt and black pepper
- Minced garlic cloves – 2

### **Directions:**

1. Get a pan that suits your air fryer, mix all the air fryer and stir
2. Put the pan in the fryer and cook for 20 minutes at 360°F
3. Share between plates and serve

### **Nutrition:**

Protein 18, Fiber 7, Calories 280, Fat 11, Carbs 18

## **Simple Hot Pork Mix**

Prep + Cooking Time: 27 Minutes

Servings: 4

### **Ingredients:**

- Olive Oil – 2 tbsps.
- Chopped Red onion – 1
- Cinnamon powder – 1 tsp
- Hot chilli powder – ½ tsp
- Chopped parsley – 3 tbsps.
- Cubed tenderloin pork – 1 pound
- Minced garlic clove – 1
- Salt and black pepper

### **Directions:**

1. Get a bowl and combine garlic, chilli, pepper, salt, cinnamon, pepper and the Oil
2. Add the pork and rub it well with the mixture
3. Arrange the meat to your air fryer and cook at 280°F for 15 minutes
4. Add the chopped onion and cook for an additional 7 minutes
5. Share between plates and serve with the parsley sprinkled on top

### **Nutrition:**

Protein 23, Calories 264, Fiber 1, Fat 12, carbs 19

## **Beef with Arugula and Leeks**

Prep + Cooking Time: 22 Minutes

Servings: 4

### **Ingredients:**

- Olive Oil – 1 tbsps.
- Ground beef – 1 pound
- Tomato paste – 2 tbsps.
- Roughly chopped- 3 leeks
- Salt and black pepper
- Baby Arugula – 1 tbsps.
- Tomato paste – 2 tbsps.

### **Directions:**

1. Get a pan that suits your air fryer
2. Mix in the beef with leeks, pepper, salt, tomato paste and Oil
3. Put the pan in an air fryer and cook for 12 minutes 380°F
4. Add the arugula and toss
5. Share into bowls and stir

### **Nutrition:**

Protein 15, Fat 12, Calories 220, Fiber 3, Carbs 18

## **Ultimate Garlicky Loin Roast**

Prep + Cooking Time: 60 Minutes

Servings: 4

### **Ingredients:**

- Olive Oil – 1 tbsps.
- Pork loin roast – 1 pound
- Chopped rosemary – 1 tbsps.
- Minced garlic cloves – 3
- Panko breadcrumbs – 2 tbsps.
- Salt and black pepper

### **Directions:**

1. Get a bowl and put all the ingredients except the roast
2. Mix well and spread the mixture over the roast
3. Arrange the roast in an air fryer and cook for 55 minutes at 360°F
4. Slice the roast, share within plates
5. Enjoy with a side salad

### **Nutrition:**

Protein 28, Calories 300, Fiber 9, Fat 12, Carbs 20

## **Pork in Peanut Sauce**

Prep + Cooking Time: 20 Minutes

Servings: 4

### **Ingredients:**

- Chilli paste – 2 tsps.
- Cubed pork chops – 14 ounces
- Salt and pepper
- Chopped peanuts – 3 ounces
- Ground coriander – 1 tsp
- Minced garlic cloves – 2
- Olive oil - 2 tbsps.
- Chopped shallot - 1
- Coconut milk – 7 ounces

### **Directions:**

1. Put all the ingredients in a pan that suits your air fryer and stir well
2. Place the pan in the fryer and cook for 15 minutes at 400°F
3. Share into bowls and serve

### **Nutrition:**

Fat 11, Protein 18, Calories 283, Carbs 22, Fiber 8

## **Spice-Rubbed Steaks**

Prep + Cooking Time: 19 Minutes

Servings: 4

### **Ingredients:**

- Sweet Paprika – 2 tbsps.
- Flank steak – 4
- An co chilli powder – ¼ cup
- Grated ginger – 2 tbsps.
- Cooking spray
- Dry mustard – 1 tbsps.
- Flank steaks – 4
- Dried Oregano – 1 tbsps.
- Salt and black pepper

### **Directions:**

1. Mix all the spices in a bowl
2. Rub the steaks well with the mixture
3. Put the steaks in your air fryer basket and grease with cooking spray
4. Serve the sticks with a side salad and enjoy

### **Nutrition:**

Protein 18, Calories 290, Carbs 22, fat 12, Fiber 10

## **Sweet Milky Lamb**

Prep + Cooking Time: 20 Minutes

Servings: 4

### **Ingredients:**

- Olive Oil – 2 tbsps.
- Salt and black pepper
- Chopped rosemary – 1 tbsps.
- Melted butter – 1 tbsps.
- Coconut milk – 1 cup
- Lamb chops – 1 pound
- Minced garlic clove – 1

### **Directions:**

1. Add salt and pepper to the lamb chops
2. Put them in a pan that suits your air fryer
3. Put the Oil, garlic, milk, butter, rosemary to the pan and toss well
4. Put the pan in the fryer and cook for 15 minutes at 400°F
5. Share the mix between plates and serve

### **Nutrition:**

Protein 19, Calories 281, Fiber 9, Carbs 22, Fat 13

## **Beef Paprika**

Prep + Cooking Time: 31 Minutes

Servings: 4

### **Ingredients:**

- Sweet Paprika – 3 tbsps.
- Worcestershire sauce – 1 tbsps.
- Salt and black pepper
- Beef stock – ½ cup
- Tomato paste – 1 tbsps.
- Roughly chopped – red onion
- Beef fillets – 1½ pounds
- Olive Oil – 2 tbsps.

### **Directions:**

1. Get a bowl and mix the beef with all the ingredients, mix well
2. Arrange the mixture to a pan that suits your air fryer and cook for 26 minutes at 400°F
3. Share everything between plates and serve

### **Nutrition:**

Protein 18, Calories 304, Carbs 22, Fiber 5, Fat 13

## **Easy Mustard Pork Chops**

Prep + Cooking Time: 19 Minutes

Servings: 6

### **Ingredients:**

- Pork chops – 2 pounds
- Salt and black pepper
- Mustard – 4 tbsps.
- Chopped chives – 2 tbsps.
- Minced garlic cloves – 3

### **Directions:**

1. Get a bowl and mix the pork chops with other ingredients and rub well
2. Place the pork chops in the air fryer basket and cook for 7 minutes at 400°F
3. Serve and enjoy

### **Nutrition:**

Carbs 20, Calories 260, Fat 12, Fiber 2, Protein 19

## **Tasty Beef and Chives Marinade**

Prep + Cooking Time: 60 Minutes

Servings: 6

### **Ingredients:**

- Beef roast – 2 pounds
- Salt and black pepper
- Minced chives – 2 tbsps.
- Beef roast – 2 pounds
- Balsamic Vinegar – 1 cup
- Minced garlic cloves – 2 tbsps.

### **Directions:**

1. Get a bowl, mix the Vinegar, Oil and other spices except for the roast, ensure you whisk the mixture well
2. Put the roast and coat with the mixture
3. Arrange the roast to your air fryer's basket and cook for 55 minutes at 390°F
4. Carve and serve immediately

### **Nutrition:**

Fiber 4, Carbs 19, Protein 22, Calories 300, Fat 9

## **Cinnamon Beef**

Prep + Cooking Time: 60 Minutes

Servings: 6

### **Ingredients:**

- Lemon juice – 1
- Thinly sliced yellow onion -2
- Beef stock – 1 cup
- Chopped cilantro – 1 tbsps.
- Beef roast – 2 pounds
- Salt and black pepper
- Minced garlic cloves
- Chopped cilantro – 1 tbsps.
- Cinnamon powder – ½ tbsps.

### **Directions:**

1. Get a baking dish that suits your air fryer, mix the roasts with all other ingredients and toss well
2. Put the dish in your air fryer and cook for 55 minutes at 390°F, flipping the roast halfway
3. Carve the roast and divide between plates
4. Serve with cooking juices drizzled on top

### **Nutrition:**

Protein 18, Calories 261, Carbs 20, Fat 11, Fiber 7

## **Basil Beef Roast with Garlic**

Prep + Cooking Time: 60 Minutes

Servings: 6

### **Ingredients:**

- Beef Stock – 1 cup
- Dried basil – 1 tbsps.
- Sliced carrot
- Beef roast – 1½ pound
- Minced garlic cloves – 2
- Salt and black pepper

### **Directions:**

1. Get a pan that suits your air fryer, combine all the ingredients well
2. Get the pan in the air fryer and cook for 55 minutes at 390°F
3. Slice the roast, share it and carrots between plates
4. Serve with cooking juices and drizzle on top

### **Nutrition:**

Calories 281, Protein 27, Fiber 9, Carbs 20, Fat 7

## **Beef Curry**

Prep + Cooking Time: 40 Minutes

Servings: 4

### **Ingredients:**

- Cubed tomato – 1
- Cubed beef – 2 pounds
- Curry powder – 2 ½ tbsps.
- Salt and black pepper
- Chopped yellow onions – 2
- Salt and black pepper
- Coconut milk – 10 ounces
- Chopped yellow onions – 2
- Olive Oil – 2 tbsps.
- Diced potatoes - 3

### **Directions:**

1. Get a pan that suits your air fryer, heats up over a medium heat
2. Put the meat and brown it for 3 minutes
3. Add the tomato, curry powder, potatoes, salt, garlic, onions and pepper
4. Stir and cook for additional 3 minutes
5. Put the pan to your air fryer and cook for 25 minutes at 380°F
6. Put the coconut, stir and cook for 6 minutes
7. Share into bowls, serve and enjoy

### **Nutrition:**

Protein 20, Calories 300, Fiber 8, Fat 14, Carbs 16

## **Simple Creamy Beef**

Prep + Cooking Time: 55 Minutes

Servings: 4

### **Ingredients:**

- Minced garlic cloves – 2
- Sour cream – 8 ounces
- Vegetable oil – 2½ tbsps.
- Salt and black pepper
- Cilantro chopped – 1 tbsp
- Vegetable oil – 2½ tbsp
- Brown mushrooms – 4 ounces
- Salt and black pepper
- Chopped red onion – 1
- Vegetable oil – 2½ tbsps.
- White flour – 1½ tbsps.

### **Directions:**

1. Get a bowl and mix the beef with salt, pepper and flour and stir
2. Heat the pan in Oil that suits your air fryer over a medium heat
3. Add the onions, beef, and garlic, stir and cook for 5 minutes
4. Add the mushroom and stir
5. Put the pan in the fryer and cook for 35 minutes at 380°F
6. Add the sour cream and cilantro and stir
7. Cook for an additional 5 minutes
8. Share between plates and serve

### **Nutrition:**

Protein 13, Calories 300, Carbs 20, Fat 12, Fiber 6

## **Classic Jalapeno Beef Mix**

Prep + Cooking Time: 45 Minutes

Servings: 6

### **Ingredients:**

- Chopped red onion
- Drained, canned white beans – 16 ounces
- Ground beef – 1½ pound
- Salt and pepper
- Beef stock – 1 cup
- Olive Oil - 2 tbsps.
- Chilli powder – 3 tbsps.
- Chopped canned tomatoes – 20 ounces
- Chopped garlic cloves – 6
- Diced jalapeno peppers – 7

### **Directions:**

1. Heat the pan that suits your air fryer over a medium heat
2. Add the beef and the onions, stir and cook for 2 minutes
3. Put all the remaining ingredients and stir
4. Cook for an additional 3 minutes
5. Get the pan in the air fryer and cook for 35 minutes at 380°F
6. Share into bowls and serve

### **Nutrition:**

Protein 17, Calories 300, Fiber 8, Fat 8, Carbs 20

## **Cumin Beef Stir-Fry**

Prep + Cooking Time: 40 Minutes

Servings: 4

### **Ingredients:**

- Chopped yellow onion – 1
- Cumin ground – 2 tbsps.
- Salt and black pepper
- Drained canned kidney beans – 4 ounces
- Minced garlic cloves – 2
- Chopped canned tomatoes – 8 ounces
- Olive oil – 2 tbsps.
- Ground beef – 1 pound

### **Directions:**

1. Get a pan that suits your air fryer and place over medium heat
2. Add the onion and beef, stir and cook for 3 minutes
3. Put the garlic, pepper, salt, tomatoes, beans and cumin
4. Stir and cook for additional 3 minutes
5. Place the pan to your air fryer and cook for 30 minutes over 380°F
6. Share everything into bowls and serve

### **Nutrition:**

Protein 15, Calories 281, Fiber 7, Fat 11, Carbs 20

## **Spicy Lamb and Carrot Stir-Fry**

Prep + Cooking Time: 40 Minutes

Servings: 6

### **Ingredients:**

- Red wine – 1 tbsp
- Grated carrots – 4
- Olive oil – ½ tbsps.
- Smoked Paprika – ½ tsp
- Salt and black pepper
- Minced garlic cloves - 4
- Ground lamb – 1½ pounds
- Beef stock – 1 cup
- Chopped yellow onion – 1

### **Directions:**

1. Get a pan that suits your air fryer and place over medium heat
2. Put the lamb, stir and brown for 2 minutes
3. Add the other ingredients and stir well, cook for an additional 2 minutes
4. Arrange the pan to the air fryer and cook for 25 minutes at 380°F
5. Share the mix into bowls
6. Serve while hot

### **Nutrition:**

Protein 16, Calories 271, Fiber 6, Fat 12, Carbs 17

## **Celery and Pork Stir-Fry**

Prep + Cooking Time: 40 Minutes

Servings: 4

### **Ingredients:**

- Red wine – 2 tbsps.
- Chopped celery stalks – 3
- Chopped parsley – a ½ bunch
- Beef Stock – 2 cups
- Salt and black pepper
- Red wine – 2 tbsps.
- Cubed pork stew meat – 1½ pound
- Tomato sauce – ¼ cup
- Olive oil – 2 tbsps.
- Chopped yellow onion – 1

### **Directions:**

1. Get a pan that suits your air fryer
2. Add Oil and put over medium heat
3. Add the pork and brown for 3 minutes
4. Add the onions, wine, garlic, sauce, tomato, pepper, salt, celery and cook for 2 minutes
5. Mix the pan in the air fryer and cook for 30 minutes at 380°F
6. Share within the plates and serve with parsley sprinkled over it

### **Nutrition:**

Protein 16, Fat 8, carbs 20, Fiber 8, Calories 291

## **Shallot and Pork Stir- Fry**

Prep + Cooking Time: 45 Minutes

Servings: 4

### **Ingredients:**

- Beef stock – ½ cup
- Minced garlic cloves – 2
- Cilantro chopped - 1 tbsp
- Beef stock – ½ cup
- Chopped shallot – 16 ounces
- White wine – 2 ounces
- Cubed pork stew meat – 1½ pound
- Minced garlic cloves – 2
- Sliced white mushrooms – 3 ounces
- Chopped chives 2 tbsp
- Salt and black pepper
- Cubed canned tomatoes – 2 ounces

### **Directions:**

1. Get a pan that suits your air fryer and place over medium heat
2. Put the meat, stir and brown for 2 minutes
3. Add the garlic, shallot, salt, mushrooms and pepper
4. Stir and cook for additional 2 minutes
5. Add the mushrooms, wine, tomatoes, mushroom and stock, stir thoroughly
6. Cook for about 1 minute then arrange the pan to your air fryer
7. Cook for 30 minutes at 380°F
8. Add the cilantro and toss
9. Share everything into bowls and serve

### **Nutrition:**

Carbs 19, Protein 24, Calories 271, Fat 11, Fiber 4

## **Tasty Beef Casserole**

Prep + Cooking Time: 45 Minutes

Servings: 4

### **Ingredients:**

- Chopped celery stalk – 1
- Browned ground beef – 1 pound
- Shredded Mozzarella cheese – 13 ounces
- Cooking spray
- Cooked small pasta – 17 ounces
- Chopped carrot -1
- Chopped yellow onion – 1
- Tomato puree – 16 ounces
- Salt and black pepper

### **Directions:**

1. Get a baking dish that suits your air fryer and grease with a cooking spray
2. Spread the pasta on the bottom
3. Lay the beef, celery, carrots, onion and tomato puree
4. Add salt and pepper and sprinkle mozzarella on top
5. Put the dish in an air fryer and cook for 35 minutes at 380°F
6. Share between plates and serve

### **Nutrition:**

Protein 22, Calories 261, Fat 11, Carbs 18, Fiber 7

## **Spicy Hot Beef and Tofu**

Prep + Cooking Time: 40 Minutes

Servings: 6

### **Ingredients:**

- Thinly sliced yellow onion
- Cubed extra tofu – 12 ounces
- Salt and black pepper
- Beef stock – 1 cup
- Cut into strips and browned beef steaks – 2 pounds
- Chopped scallion – 1
- Sliced chilli pepper – 1

### **Directions:**

1. Get a pan that suits your air fryer and stir well
2. Mix in the onion, scallion, tofu, beef stock, beef steaks, chilli pepper, salt and pepper
3. Put the pan in the fryer and cook for 30 minutes at 380°F
4. Share between plates and serve

### **Nutrition:**

Calories 237, Protein 20, Fiber 6, Carbs 18, Fat 8

## **Delicious Marinated Beef**

Prep + Cooking Time: 30 Minutes

Servings: 4

### **Ingredients:**

- Soy sauce – ½ cup
- Dried and crushed red peppers – 3
- Minced garlic cloves – 5
- Olive Oil – 1 tbsp
- Cut into chips chuck roast – 3 pounds
- Fish sauce – 2 tbsps.
- Black soy sauce – ½ cup

### **Directions:**

1. Get a bowl, mix the beef and all ingredients
2. Stir well and place in the fridge for 10 minutes
3. Put the beef in your air fryer's basket and cook for 20 minutes at 380°F
4. Serve and enjoy with a side salad

### **Nutrition:**

Fat 11, Carbs 17, Calories 281, Protein 11, Fiber 6

## **Simple Pork and Cabbage**

Prep + Cooking Time: 45 Minutes

Servings: 6

### **Ingredients:**

- Bay leaves – 2
- Chopped garlic cloves – 3
- Salt and black pepper
- Shredded, red cabbage head – 1
- Chopped carrots – 4
- Olive Oil – 2 teaspoons
- Chopped carrots – 4
- Tomato sauce - ½ cup

### **Directions:**

1. Add Oil in a pan that suits your air fryer over a medium heat
2. Add the meat and brown it for 5 minutes
3. Put all the remaining ingredients and stir
4. Put the pan in a fryer and cook for 30 minutes at 380°F
5. Share the mix between plates and serve

### **Nutrition:**

Fiber 6, Protein 20, Calories 300, Fat 12, Carbs 19

## **Green Chile Pork Chops**

Prep + Cooking Time: 25 Minutes

Servings: 4

### **Ingredients:**

- Olive Oil – 2 tbsps.
- Red wine – 4 ounces
- Dried Oregano – 1 tsp
- Salt and black pepper
- Minced garlic cloves
- Minced yellow onion – 1
- White flour – 2 tbsps.
- Tomato paste – 2 tbsps.
- Pork chops – 4

### **Ingredients:**

1. Get a bowl and mix in the pork chops with the flour, pepper, salt and coat the chops well
2. Add some oil to a pan that suits your air fryer over a medium heat
3. Add the pork chops and brown for 3 minutes
4. Put the onions, Oregano, garlic and wine
5. Stir and cook for additional 3 minutes
6. Put the tomato paste, stir and place the pan in an air fryer
7. Serve with a side salad and enjoy

### **Nutrition:**

Carbs 19, Calories 271, Fiber 5, Fat 11, Proteins 17

## **Lamb Ribs Recipe**

Prep + Cooking Time: 19 Minutes

Servings: 4

### **Ingredients:**

- Veggie stock – 1 cup
- Extra virgin olive oil – 2 tsps.
- Lamb's ribs
- Veggie stock – 1 cup
- Salt and black pepper
- Smoked Paprika – 1/4 tsp
- Chilli powder – 1/2 tsp

### **Directions:**

1. Get a bowl, combine all the ingredients except the ribs, ensure you mix well
2. Add the ribs and rub them thoroughly with the mixture
3. Arrange the ribs to your air fryer's basket and cook for 7 minutes at 390°F
4. Serve with a side salad

### **Nutrition:**

Carbs 17, Calories 281, Protein 15, Fiber 9, Fat 7

## **Green Lamb Chops Recipe**

Prep + Cooking Time: 24 Minutes

Servings: 4

### **Ingredients:**

- Minced garlic cloves – 3
- Dried thyme – 1 tsp
- White flour – 1 tbsps.
- Salt and black pepper
- Veggie stock – ½ cup
- Lamb chops – 4
- Pitted and sliced green olives – 1 cup
- Dried thyme – 1 tsp
- Olive Oil – 2 tbsps.
- Dried marjoram – 1 tsps.

### **Directions:**

1. Get a bowl, mix all the ingredients except the olive
2. Place in the fridge for 10 minutes
3. Arrange the lamb chops to your air fryer's basket and cook for 7 minutes at 390°F
4. Share the lamb chops between plates
5. Sprinkle the olives on top and serve

### **Nutrition:**

Protein 11, Calories 271, Carbs 18, Fat 4, Fiber 8

## **Spicy Curry Pork Mix**

Prep + Cooking Time: 35 Minutes

Servings: 4

### **Ingredients:**

- Pure cream – 3 tbsps.
- Salt and black pepper
- Chopped cilantro – 1 tbsps.
- Cubed, pork stew meat – 1 pound
- Curry powder – 3 tbsps.
- Chopped yellow onion- 1
- Olive Oil – 2 tbsps.
- Coconut cream – 2 ounces

### **Directions:**

1. Get a bowl, mix the pork with salt, pepper and curry powder
2. Put the Oil in a pan that suits your air fryer and place over a medium heat
3. Stir and brown for 3 minutes
4. Add the coconut cream, onions, pure cream and stir
5. Arrange the pan in the air fryer and cook for 25 minutes at 389°F
6. Add the cilantro mix
7. Share everything into bowls and serve

### **Nutrition:**

Fiber 6, Protein 18, Calories 271, Carbs 18, Fat 7

## **Easy Barbeque Lamb Chops**

Prep + Cooking Time: 20 Minutes

Servings: 4

### **Ingredients:**

- Red wine – 3 ounces
- Tomato sauce – 2 tbsps.
- Chopped cilantro – 2 tbsps.
- Flour - 2 tbsps.
- Salt and black pepper
- BBQ sauce -2 tbsps.
- Lamb chops – 4
- Crushed garlic cloves – 2
- Olive oil – 2 tbsps.
- Chopped canned tomatoes – 2 tbsps.

### **Directions:**

1. Get a bowl, mix the lamb chops with salt, flour and pepper
2. Stir and ensure you coat the lamb chops well
3. Get a pan that suits your air fryer, add Oil and place over a medium heat
4. Add the lamb, stir and brown for 3 minutes
5. Put the garlic, tomato sauce, wine, BBQ sauce and tomato, stir again
6. Arrange the pan in the air fryer and cook for 12 minutes at 400°F
7. Share between plates, serve and enjoy

### **Nutrition:**

Protein 20, Calories 261, Fiber 9, Fat 9, Carbs 18

## **Beef and Plum Sauce Recipe**

Prep + Cooking Time: 50 Minutes

Servings: 6

### **Ingredients:**

- Olive oil – 2 tbsps.
- Honey – 3 tbsps.
- Chopped yellow onions – 2
- Cinnamon powder – 1 tsp
- Beef stock – 8 ounces
- Ginger powder – 1 tsp
- Honey – 3 tbsps.
- Salt and black pepper
- Pitted and halved ounces plums – 9
- Turmeric powder – 1 tsp
- Cubed beef stew meat – 1½ pounds
- Cinnamon powder – 1 tsp
- Beef stock – 8 ounces

### **Directions:**

1. Get a pan that suits your air fryer, add some oil and heat over medium heat
2. Put the beef, stir and brown for like 2 minutes
3. Put the onions, honey, pepper, salt, turmeric, cinnamon and ginger
4. Stir and cook for additional 3 minutes
5. Put the plums and the stock and stir again
6. Put the pan in the fryer and cook for 30 minutes at 380°F
7. Share everything into bowls and serve

### **Nutrition:**

Fiber 6, Protein 20, Calories 271, Fat 11, carb 19

## **Homemade French Lamb Mix**

Prep + Cooking Time: 30 Minutes

Servings: 4

### **Ingredients:**

- Tomato paste – 2 tbsps.
- Lamb chops – 1½ pound
- Salt and black pepper
- Tomato paste – 2 tbsps.
- Dried Oregano – 1 tsp
- Dried mint – ½ tsp
- Sliced mushrooms – 1½ pounds
- Beef stock – 8 ounces
- Minced garlic cloves
- Cilantro chopped – A handful
- Chopped tomatoes – 4
- Chopped, small yellow onion – 1

### **Directions:**

1. Get a medium size bowl, mix up the lamb chops, flour, salt, pepper and flour
2. Stir and coat the lamb chops
3. Get a pan that suits your air fryer, add Oil and place over a medium heat
4. Put the lamb chops, pepper, salt, mint, Oregano, and brown for 2 minutes
5. Add the mushrooms, garlic, onion, tomato paste, tomatoes, stir and cook for an additional 2 minutes
6. Put the pan in your air fryer and cook for 12 minutes at 400°F
7. Add the cilantro and stir
8. Share everything between plates and serve

### **Nutrition:**

Carbs 19, Protein 12, Calories 271, Fiber 9, Fat 11

## **Tasty Pork with Couscous Recipe**

Prep + Cooking Time: 45 Minutes

Servings: 6

### **Ingredients:**

- Pork loin ; boneless and trimmed - 2 ½-pound.
- Sage ; dried - 2 ¼ tsp.
- Chicken stock - ¾ cup.
- Marjoram ; dried - ¼ tsp.
- Rosemary ; dried - ¼ tsp.
- Basil ; dried - 1 tsp.
- Olive oil - 2 tbsp.
- Couscous ; cooked - 2 cups.
- Sweet paprika - ½ tbsp.
- Garlic powder - ½ tbsp..
- Oregano ; dried - 1 tsp.
- Salt and black pepper to taste.

### **Directions:**

1. Take a bowl and mix oil with stock, paprika, garlic powder, sage, rosemary, thyme, marjoram, oregano, salt and pepper to taste.
2. Whisk everything well and toss pork loin in this mixture and keep it aside.
3. Gather a pan that fits your air fryer and put the pork loin in it.
4. Place the pan in the fryer to cook at 370°F for 35 minutes.
5. Arrange plates to serve pork loin with couscous on the side.

## **Delicious Lemony Lamb Leg Recipe**

Prep + Cooking Time: 1 hour 10 Minutes

Servings: 6

### **Ingredients:**

- Lamb leg - 4-pound.
- Olive oil - 2 tbsp.
- Parsley ; chopped - 2 tbsp.
- Oregano ; chopped - 2 tbsp.
- Lemon rind ; grated - 1 tbsp.
- Garlic cloves ; minced - 1 tbsp.
- Springs rosemary ; chopped - 2
- Lemon juice - 2 tbsp.
- Baby potatoes - 2-pound.
- Beef stock - 1 cup.
- Salt and black pepper to taste.

### **Directions:**

1. Take the lamb and make small cuts all over it to insert rosemary sprigs and season with some salt and pepper.
2. Take a bowl to mix 1 tbsp oil with oregano, parsley, garlic, lemon juice and rind.
3. Stir everything and massage lamb into this mixture.
4. Gather pan that fits your air fryer and warming it up with the rest of the oil over medium-high heat.
5. Place potatoes in the pan and stir them to cook for 3 minutes.
6. Now, add lamb and stock and stir for one last time.
7. Put the pan in the fryer and let it cook at 360°F for 1 hour.
8. Divide them into separate plates and serve right away.

## **Scrumptious Fennel Flavored Pork Roast Recipe**

Prep + Cooking Time: 1 hour 10 Minutes

Servings: 10

### **Ingredients:**

- Pork loin roast; trimmed - 5 ½ pound.
- Garlic cloves; minced - 3
- Rosemary; chopped - 2 tbsp.
- Fennel; ground - 1 tsp.
- Fennel seeds - 1 tbsp.
- Red pepper; crushed - 2 tsp.
- Olive oil - 1/4 cup.
- Salt and black pepper to taste.

### **Directions:**

1. Add garlic with fennel seeds, fennel, rosemary, red pepper, some black pepper and olive oil in a food processor.
2. Blend everything until you obtain a paste out of it.
3. Take pork loin and spread 2 tbsps garlic paste on it.
4. Rub loin well and season it with some salt and pepper.
5. Place the lamb loin in a preheated air fryer and cook at 350°F for 30 minutes.
6. Turn down the heat to 300 ° F and cook for another 15 minutes more.
7. Cut the pork into equal slices and divide them into separate plates to serve.

# **Tasty Mustard Flavoured Beef Fillets with Garlic Mayo Recipe**

Prep + Cooking Time: 50 Minutes

Servings: 8

## **Ingredients:**

- Beef fillet - 3-pound.
- Mayonnaise - 1 cup.
- Mustard - 2 tbsp.
- Tarragon; chopped - 1/4 cup.
- Sour cream - 1/3 cup.
- Chives; chopped - 2 tbsp.
- Mustard - 2 tbsp.
- Garlic cloves; minced - 2
- Salt and black pepper to taste.

## **Directions:**

1. Take the beef and season it with salt and pepper to taste.
2. Place the beef in your air fryer and cook at 370 ° F for 20 minutes.
3. Transfer beef to a plate and leave it aside for a few minutes.
4. Gather a bowl to mix garlic with sour cream, chives, mayo, some salt and pepper.
5. Whisk all the ingredients extremely well and leave it aside.
6. Grab another bowl to mix mustard with Dijon mustard and tarragon.
7. Add beef to it and massage it well with the mix.
8. Again, place the beef in the air fryer to cook at 350°F for 20 minutes more.
9. Arrange beef on different plates and top it off with garlic mayo before serving.

## **Savoury Beef and Cabbage Mix Recipe**

Prep + Cooking Time: 50 Minutes

Servings: 6

### **Ingredients:**

- Beef brisket - 2 ½-pound.
- Cabbage head; cut into medium wedges - 1
- Turnips; cut into quarters - 3
- Beef stock - 1 cup.
- Garlic cloves; chopped - 3
- Carrots; chopped - 4
- Bay leaves - 2
- Salt and black pepper to taste.

### **Directions:**

1. Take a large pan that fits your air fryer and put beef brisket and stock in it.
2. Season beef with some salt and pepper and add garlic, bay leaves, carrots, cabbage, potatoes, and turnips.
3. Toss everything together and place the pan in the fryer to cook at 360°F for 40 minutes.
4. Arrange it on separate plates and serve right away.

## **Delectable Lamb and Lemon Sauce Recipe**

Prep + Cooking Time: 40 Minutes

Servings: 4

### **Ingredients:**

- Lamb shanks - 2
- Garlic cloves; minced - 2
- Oregano; dried - 1/2 tsp.
- Olive oil - 4 tbsp.
- Juice from 1/2 lemon
- Zest from 1/2 lemon
- Salt and black pepper to taste.

### **Directions:**

1. Take the lamb and season it with some salt and pepper.
2. Massage the lamb with garlic before putting it to the air fryer and cook at 350°F for 30 minutes.
3. In the meantime, gather a bowl to add lemon juice with lemon zest, some salt, pepper, olive oil, oregano and whisk everything together.
4. Shred the lamb properly and discard the bones.
5. Arrange different plates and serve lamb on it with a drizzle of lemon dressing all over.

## **Tasty Simple Braised Pork Recipe**

Prep + Cooking Time: 1 hour 20 Minutes

Servings: 4

### **Ingredients:**

- Pork loin roast; boneless and cubed - 2 pound.
- Chicken stock - 2 cups.
- Butter; melted - 4 tbsp.
- Dry white wine - 1/2 cup.
- Garlic cloves; minced - 2
- Thyme; chopped - 1 tsp.
- Thyme spring - 1
- Red grapes - 1/2-pound.
- Bay leaf - 1
- Onion; chopped - 1/2 yellow.
- White flour - 2 tbsp.
- Salt and black pepper to taste.

### **Directions:**

1. Take the pork cubes and season it with some salt and pepper.
2. Rub the pork cubes with 2 tbsps melted butter and put it the air fryer to cook at 370<sup>0</sup> F for 8 minutes.
3. In the meantime, heat up a pan that fits your fryer with 2 tbsp butter over medium high heat.
4. Add garlic and onion to it and saute for 2 minutes.
5. Now add wine, stock salt, pepper, thyme, flour and bay leaf.
6. Stir well and bring everything to a simmer.
7. Take the pan off the heat and add pork cubes and grapes to the pan.
8. Toss everything together and put the pan in the fryer to cook at 360°F for 30 minutes more.
9. Serve by dividing the dish on separate plates.

## **Delicious Chinese Steak and Broccoli Recipe**

Prep + Cooking Time: 57 Minutes

Servings: 4

### **Ingredients:**

- Round steak; cut into strips - 3/4-pound.
- Broccoli florets - 1-pound.
- Olive oil - 1 tbsp.
- Garlic clove; minced - 1
- Sesame oil - 2 tsp.
- Sugar - 1 tsp.
- Sherry - 1/3 cup.
- Oyster sauce - 1/3 cup.
- Soy sauce - 1 tsp.

### **Directions:**

1. Take a bowl to mix sesame oil with oyster sauce, soy sauce, sherry and sugar.
2. Stir all the ingredients well and add beef to this mixture.
3. Toss beef in the mixture and leave aside for 30 minutes.
4. Gather a pan fitting your air fryer and place beef to it.
5. Add broccoli, garlic and oil to the pan and toss everything again.
6. Place the pan in the air fryer to cook at 380°F, for 12 minutes.
7. Serve right away in different plates.

## **Appetizing Provençal Pork Recipe**

Prep + Cooking Time: 25 Minutes

Servings: 2

### **Ingredients:**

- Pork tenderloin - 7 ounce.
- Mustard - 1/2 tbsp.
- Olive oil - 1 tbsp.
- Red onion; sliced - 1
- Yellow bell pepper; cut into strips - 1
- Provençal herbs - 2 tsp.
- Green bell pepper; cut into strips - 1
- Salt and black pepper to taste.

### **Directions:**

1. Take a baking dish fitting your air fryer and mix yellow bell pepper with green bell pepper, onion, salt, pepper, provençal herbs and half of the oil in it.
2. Toss everything extremely well together.
3. Now, season pork with some salt, pepper, mustard and rest of the oil.
4. Mix well and then add this to the veggies.
5. Place the dish in your fryer to cook at 370°F for 15 minutes.
6. Arrange plates and serve separately right away.

# Flavoursome Greek Beef Meatballs Salad Recipe

Prep + Cooking Time: 20 Minutes

Servings: 6

## Ingredients:

- Beef; ground - 17-ounce.
- Yellow onion; grated - 1
- Bread slices; cubed - 5
- Garlic cloves; minced - 2
- Mint; chopped - 1/4 cup.
- Oregano; dried - 2 ½ tsp.
- Cherry tomatoes; halved - 7-ounce.
- Baby spinach - 1 cup.
- Lemon juice - 1 ½ tbsp.
- Greek yogurt - 7 ounce.
- Milk - 1/4 cup.
- Egg; whisked - 1
- Parsley; chopped - 1/4 cup.
- Salt and black pepper to taste.
- Olive oil - 1 tbsp.
- Cooking spray.

## Directions:

1. Take a bowl and put torn bread in it.
2. Add milk to soak the bread for a few minutes and then squeeze and transfer to another bowl.
3. Add beef, egg, salt, pepper, oregano, mint, parsley, garlic and onion to this mix.
4. Stir everything well and then shape medium meatballs out of this mix.
5. Spritz the meatballs with cooking spray and place them in your fryer to cook at 370°F for 10 minutes.
6. Gather a salad bowl to add mix spinach with cucumber and tomato.
7. Add cooked meatballs to this salad mix and sprinkle some salt and pepper with a drizzle of lemon juice and yoghurt.
8. Toss everything together and serve right away.

## **Scrumptious Marinated Pork Chops and Onions**

Prep + Cooking Time: 24 hours 25 Minutes

Servings: 6

### **Ingredients:**

- Pork chops - 2
- Yellow onions; sliced - 2
- Garlic cloves; minced - 2
- Mustard - 2 tsp.
- Sweet paprika - 1 tsp.
- Oregano; dried - 1/2 tsp.
- Thyme; dried - 1/2 tsp.
- Olive oil - 1/4 cup.
- A pinch of cayenne pepper.
- Salt and black pepper to taste.

### **Directions:**

1. Whisk oil with garlic, mustard, paprika, black pepper, oregano, thyme and cayenne in a bowl.
2. Combine onion and mustard mix together and add meat to it.
3. Massage and coat meat well with this mixture and cover the meat.
4. keep it in the fridge for 1 day to marinate.
5. Take a pan that fits your air fryer and transferring meat and onion mix to it.
6. Place the pan in your fryer to cook at 360°F for 25 minutes.
7. Serve right away on separate plates.

## **Delicious Simple Fried Pork Shoulder Recipe**

Prep + Cooking Time: 1 hour and 50 minutes

Servings: 6

### **Ingredients:**

- Pork shoulder - 4-pound.
- Garlic; minced - 3 tbsp.
- Olive oil - 3 tbsp.
- Salt and black pepper to taste.

### **Directions:**

1. Take a bowl to mix olive oil with salt, pepper and oil.
2. Whisk everything well and brush pork shoulder with this mix.
3. Place pork in a preheated air fryer and cook at 390°F, for 10 minutes.
4. Turn down the heat to 300 ° F and roast pork for 1 hour and 10 minutes.
5. Slice pork shoulder evenly and serve in separate plates along with salad on the side.

## **Appetizing Short Ribs and Sauce Recipe**

Prep + Cooking Time: 46 Minutes

Servings: 4

### **Ingredients:**

- Green onions; chopped - 2
- Vegetable oil - 1 tsp.
- Garlic cloves; minced - 3
- Ginger slices - 3
- Short ribs - 4 pound.
- Water - 1/2 cup.
- Soy sauce - 1/2 cup.
- Rice wine - 1/4 cup.
- Pear juice - 1/4 cup.
- Sesame oil - 2 tsp.

### **Directions:**

1. Take a pan that fits your air fryer to heat some oil over medium high heat.
2. Add green onions, ginger and garlic to the pan and saute well for 1 minute.
3. Now, add ribs, water, wine, soy sauce, sesame oil and pear juice and stir well.
4. Place the pan in your air fryer and cook at 350<sup>0</sup> F for 35 minutes.
5. Serve ribs and sauce right away on plates.

## **Tasty Beef and Green Onions Marinade**

Prep + Cooking Time: 30 Minutes

Servings: 4

### **Ingredients:**

- Green onion; chopped - 1 cup.
- Garlic cloves; minced - 5
- Black pepper - 1 tsp.
- Brown sugar - 1/4 cup.
- Soy sauce - 1 cup.
- Water - 1/2 cup.
- Sesame seeds - 1/4 cup.
- Lean beef - 1-pound.

### **Directions:**

1. Gather a bowl to mix the onion with soy sauce, water, sugar, garlic, sesame seeds and pepper.
2. Whisk all ingredients well and toss the meat into this mixture and leave it aside for 10 minutes.
3. Drain the beef and put it in your air fryer to cook at 390°F for 20 minutes.
4. Slice beef into equal pieces and divide among plates with a side salad.

## **Mouth Watering Lamb Roast and Potatoes Recipe**

Prep + Cooking Time: 55 Minutes

Servings: 6

### **Ingredients:**

- Lamb roast - 4 pound.
- Potatoes; halved - 6
- Lamb stock - 1/2 cup.
- Bay leaves - 4
- Garlic cloves; minced - 3
- Spring rosemary - 1
- Salt and black pepper to taste.

### **Directions:**

1. Take a dish fitting your air fryer and place the potatoes on it.
2. Add lamb, garlic, rosemary spring, salt, pepper, bay leaves and stock and toss everything together.
3. Place the dish in your air fryer to cook at 360°F for 45 minutes.
4. Slice lamb equally and divide among plates to serve with potatoes and cooking juices.

## **Flavourful Lamb and Creamy Brussels Sprouts**

Prep + Cooking Time: 1 hour and 20 minutes

Servings: 4

### **Ingredients:**

- Leg of lamb; scored - 2 pound.
- Brussels sprouts; trimmed - 1 ½ pound.
- Butter; melted - 1 tbsp.
- Sour cream - 1/2 cup.
- Garlic clove; minced - 1
- Olive oil - 2 tbsp.
- Rosemary; chopped - 1 tbsp.
- Lemon thyme; chopped - 1 tbsp.
- Salt and black pepper to taste.

### **Directions:**

1. Take the leg of lamb and season it with some salt, pepper, thyme and rosemary.
2. Brush the lamb with some oil and place it in your fryer basket.
3. Cook lamb at 300°F for 1 hour and then transfer to a plate and keep warm.
4. Take a pan fitting your air fryer and toss brussels sprouts with salt, pepper, garlic, butter and sour cream in it.
5. Place the pan in your air fryer and cook at 400 ° F for 10 minutes.
6. Arrange lamb on plates and serve right away with Brussels sprouts on the side.

## **Delicious Marinated Lamb and Veggies**

Prep + Cooking Time: 40 Minutes

Servings: 4

### **Ingredients:**

- Carrot; chopped - 1
- Onion; sliced - 1
- Lamb loin; sliced - 8 ounce.
- Olive oil - 1/2 tbsp.
- Bean sprouts - 3-ounce.

### **For the marinade:**

- Garlic clove; minced - 1
- Apple; grated - 1/2
- Ginger; grated - 1 tbsp.
- Small yellow onion; grated - 1
- Orange juice - 2 tbsp.
- Soy sauce - 5 tbsp.
- Sugar - 1 tbsp.
- Salt and black pepper to taste.

### **Directions:**

1. Take a bowl to whisk 1 grated onion with apple, garlic, 1 tbsp ginger, soy sauce, orange juice, sugar and black pepper.
2. Add lamb to this mixture and put it aside for 10 minutes.
3. Take a pan that fits your air fryer and warm olive oil over medium high heat.
4. Add 1 sliced onion, carrot and bean sprouts to the pan and saute for 3 minutes.
5. Now, add lamb and marinade to this veggies mix and put the pan in a preheated fryer to cook at 360<sup>0</sup> F for 25 minutes.
6. Serve right away by dividing among bowls.

## **Tasty Lamb Ribs Recipe**

Prep + Cooking Time: 55 Minutes

Servings: 8

### **Ingredients:**

- Lamb ribs - 8
- Veggie stock - 2 cups.
- Rosemary; chopped - 1 tbsp.
- Extra virgin olive oil - 2 tbsp.
- Garlic cloves; minced - 4
- Carrots; chopped - 2
- White flour - 3 tbsp..
- Salt and black pepper to taste.

### **Directions:**

1. Take lamb ribs and season it with some salt and pepper.
2. Massage lamb ribs with oil and garlic and put it in the preheated air fryer to cook at 360<sup>0</sup> F for 10 minutes.
3. Gather a heatproof dish fitting your air fryer and mix stock with flour and whisk well.
4. Add rosemary, carrots and lamb ribs to the pan and put it in the fryer to cook at 350<sup>0</sup> F for 30 minutes.
5. Arrange lamb ribs on separate plates and serve immediately.

## **Flavourful Creamy Pork Recipe**

Prep + Cooking Time: 32 Minutes

Servings: 6

### **Ingredients:**

- Pork meat; boneless and cubed - 2-pound.
- Garlic clove; minced - 1
- Chicken stock - 3 cups.
- White flour - 2 tbsp.
- Sour cream - 1 ½ cups.
- Yellow onions; chopped - 2
- Dill; chopped - 2 tbsp.
- Sweet paprika - 2 tbsp.
- Olive oil - 1 tbsp.
- Salt and black pepper to taste.

### **Directions:**

1. Gather a pan fitting your air fryer and mix pork with salt, pepper and oil in it.
2. Toss everything extremely well and place the pan in your air fryer to cook at 360°F, for 7 minutes.
3. Now, add onion, garlic, stock, paprika, flour, sour cream, and dill to the pan.
4. Toss well and cook at 370 ° F for another 15 minutes.
5. Divide everything between plates and serve right away.

## **Delicious Beef Kabobs Recipe**

Prep + Cooking Time: 20 Minutes

Servings: 4

### **Ingredients:**

- Red bell peppers; chopped - 2
- Sirloin steak; cut into medium pieces - 2-pound.
- Red onion; chopped - 1
- Zucchini; sliced - 1
- Juice from 1 lime.
- Chili powder - 2 tbsp.
- Hot sauce - 2 tbsp.
- Cumin; ground - 1/2 tbsp.
- Olive oil - 1/4 cup.
- Salsa - 1/4 cup.
- Salt and black pepper to taste.

### **Directions:**

1. Grab a bowl to mix salsa with lime juice, oil, hot sauce, chilli powder, cumin, salt and black pepper.
2. Whisk everything really well.
3. Thread skewers with meat, bell peppers, zucchini and onion.
4. Brush kabobs with the salsa mix prepared earlier and put the kabobs in your preheated air fryer to cook them for 10 minutes at 370°F.
5. Flip kabobs halfway and cook.
6. Arrange them on plates and serve with a side salad.

## **Easy To Cook Crispy Lamb Recipe**

Prep + Cooking Time: 40 Minutes

Servings: 4

### **Ingredients:**

- Bread crumbs - 1 tbsp.
- Olive oil - 1 tbsp.
- Egg - 1
- Rosemary; chopped - 1 tbsp.
- Garlic clove; minced - 1
- Rack of lamb - 28 ounce.
- Macadamia nuts; toasted and crushed - 2 tbsp.
- Salt and black pepper to taste.

### **Directions:**

1. Take a bowl to stir the oil with garlic.
2. Sprinkle some salt and pepper on lamb and massage well.
3. Brush lamb with some oil.
4. Gather another bowl to mix nuts with breadcrumbs and rosemary.
5. Add egg in a separate bowl and whisk extremely well.
6. Dip lamb in egg and then coat it with macadamia mix.
7. Place the lamb in your fryer basket to cook at 360°F and cook for 25 minutes.
8. Gradually increase the heat to 400°F and cook for 5 minutes more.
9. Serve by dividing it on separate plates.

## **Succulent Short Ribs and Beer Sauce Recipe**

Prep + Cooking Time: 60 Minutes

Servings: 6

### **Ingredients:**

- Short ribs; cut into small pieces - 4 pounds.
- Yellow onion; chopped - 1
- Chicken stock - 1 cup.
- Tomato paste - 1/4 cup.
- Dark beer - 1 cup.
- Portobello mushroom; dried - 1
- Bay leaf - 1
- Thyme springs; chopped - 6
- Salt and black pepper to taste.

### **Directions:**

1. Heat up a pan that fits your air fryer over medium high heat.
2. Add tomato paste, onion, stock, beer, mushroom, bay leaves and thyme into the pan.
3. Bring to a simmer.
4. Add ribs to the veggies mix and place the pan in the fryer.
5. Cook at 350°F for 40 minutes.
6. Arrange different plates to serve lamb right away.

## **Appetizing Beef Steaks with Snow Peas & Mushrooms**

Prep + Cooking Time: 32 Minutes

Servings: 2

### **Ingredients:**

- Snow peas - 7 ounce.
- Soy sauce - 2 tbsp..
- Yellow onion; cut into rings - 1
- Olive oil - 1 tsp.
- Beef steaks; cut into strips - 2
- White mushrooms; halved - 8 ounce.
- Salt and black pepper to taste.

### **Directions:**

1. Take a bowl and add olive oil with soy sauce in it.
2. Whisk everything well and then add beef steaks and toss.
3. Gather another bowl and mix snow peas with onion and mushrooms with salt, pepper and oil.
4. Again, toss everything well and put this veggies mix in a pan that fits your air fryer to cook at 350°F for 16 minutes.
5. Now, add beef strips to the pan as well and cook at 400°F, for 6 minutes more.
6. Divide beef strips on different plates and serve immediately.

# **Yummy Rib Eye Steak Recipe**

Prep + Cooking Time: 30 Minutes

Servings: 4

## **Ingredients:**

- Rib eye steak - 2 pounds.
- Olive oil - 1 tbsp.
- Salt and black pepper to taste.

## **For the rub:**

- Sweet paprika - 3 tbsp.
- Onion powder - 2 tbsp.
- Oregano; dried - 2 tbsp.
- Garlic powder - 2 tbsp.
- Brown sugar - 1 tbsp.
- Cumin; ground - 1 tbsp.
- Rosemary; dried - 1 tbsp..

## **Directions:**

1. Mix paprika with onion and garlic powder, sugar, oregano, rosemary, salt, pepper and cumin in a mixer bowl.
2. Stir all the ingredients well and rub steak with this mix.
3. Season steak with some salt and pepper and again rub steak with some oil.
4. Put the steak in your air fryer and cook at 400°F for 20 minutes.
5. Flip steak halfway to cook another side.
6. Transfer the steak to a cutting board and make equal slices out of it.
7. Serve on a platter with a side salad.

# **Finger Licking Asian Pork Recipe**

Prep + Cooking Time: 45 Minutes

Servings: 4

## **Ingredients:**

- Ginger powder - 1 tsp.
- Shallot; chopped - 1
- Coriander; ground - 1 tsp..
- Pork chops; cubed - 14 ounce.
- Chili paste - 2 tsp.
- Garlic cloves; minced - 2
- Olive oil - 2 tbsp.
- Peanuts; ground - 3 ounce.
- Soy sauce - 3 tbsp.
- Coconut milk - 7-ounce.
- Salt and black pepper to taste.

## **Directions:**

1. Gather a bowl and add ginger with 1 tsp of chilli paste, half of the garlic, half of the soy sauce and half of the oil in it.
2. Whisk everything well and add meat and toss again.
3. Leave the meat aside to rest for 10 minutes.
4. Transfer meat to your air fryer basket and cook at 400°F, for 12 minutes.
5. Flip the meat halfway to cook the other side.
6. In the meantime, heat up a pan with the rest of the oil over medium-high heat.
7. Add shallot, rest of the garlic, coriander, coconut milk, rest of the peanuts, rest of the chilli paste, and the rest of the soy sauce to the pan.
8. Stir everything for 5 minutes.
9. Arrange pork on plates and spread coconut mix on top to serve immediately.

## **Delicious Burgundy Beef Mix Recipe**

Prep + Cooking Time: 1 hour 10 Minutes

Servings: 7

### **Ingredients:**

- Beef chuck roast; cubed - 2 pound.
- Canned tomatoes; chopped - 15 ounce.
- Mustard powder - 1/2 tsp.
- Almond flour - 3 tbsp.
- Thyme; chopped - 1 tbsp.
- Carrots; chopped - 4
- Mushrooms; sliced - 1/2 pound.
- Celery ribs; chopped - 2
- Yellow onions; chopped - 2
- Water - 1 cup.
- Beef stock - 1 cup.
- Salt and black pepper to taste.

### **Directions:**

1. Heat up a heat proof pot that fits your air fryer over medium-high heat.
2. Add beef to the pan and stir for a couple of minutes until it browns a bit.
3. Now, add tomatoes, mushrooms, onions, carrots, celery, salt, pepper, mustard, stock and thyme.
4. Stir all the vegetables together well.
5. Take a bowl and stir the water with flour in it.
6. Add this mixture to the pot and toss again.
7. Place the pot in your fryer to cook at 300°F for 1 hour.
8. Divide among bowls and serve right away.

## **Flavoursome Lamb Shanks and Carrots Recipe**

Prep + Cooking Time: 55 Minutes

Servings: 4

### **Ingredients:**

- Lamb shanks - 4
- Olive oil - 2 tbsp.
- Red wine - 4 ounce.
- Carrots; roughly chopped - 6
- Garlic cloves; minced - 2
- Tomato paste - 2 tbsp.
- Yellow onion; finely chopped - 1
- Oregano; dried - 1 tsp.
- Tomato; roughly chopped - 1
- Water - 2 tbsp.
- Salt and black pepper to taste.

### **Directions:**

1. Take the lamb and season it with some salt and pepper.
2. Massage lamb with oil and put it in your air fryer to cook at 360°F, for 10 minutes.
3. Gather a pan fitting your air fryer and mix the onion with carrots, garlic, tomato paste, tomato, oregano, wine and water in it.
4. Toss everything well and add lamb to it.
5. Place the pan in your air fryer to cook at 370°F, for 35 minutes.
6. Arrange lamb on separate plates and serve immediately.

# Flavourful Sirloin Steaks and Pico De Gallo Recipe

Prep + Cooking Time: 20 Minutes

Servings: 4

## Ingredients:

- Chili powder - 2 tbsp.
- Medium sirloin steaks - 4
- Cumin; ground - 1 tsp.
- Sweet paprika - 1/2 tbsp.
- Onion powder - 1 tsp.
- Garlic powder - 1 tsp.
- Salt and black pepper to taste.

## For Pico de gallo:

- Small red onion; chopped - 1
- Garlic cloves; minced - 2
- Lime juice - 2 tbsp.
- Cilantro; chopped - 1/4 cup.
- Small green bell pepper; chopped - 1
- Jalapeno; chopped - 1
- Tomatoes; chopped - 2
- Cumin; ground - 1/4 tsp.

## Directions:

1. Take a bowl and mix chili powder with a pinch of salt, black pepper, onion powder, garlic powder, paprika and 1 tsp cumin in it.
2. Stir everything well and massage steak with this mixture.
3. Put the steak in your air fryer to cook at 360°F, for 10 minutes.
4. Gather another bowl and blend red onion with tomatoes, garlic, lime juice, bell pepper, jalapeno, cilantro, black pepper to taste and 1/4 tsp cumin.
5. Toss all vegetables together and top steaks with this veggies mix to serve right away.

## **Easy To Cook Lamb and Spinach Mix Recipe**

Prep + Cooking Time: 45 Minutes

Servings: 6

### **Ingredients:**

- Lamb meat; cubed - 1 pound.
- Cumin powder - 2 tsp.
- Ginger; grated - 2 tbsp.
- Garlic cloves; minced - 2
- Cardamom; ground - 2 tsp.
- Chili powder - 1/2 tsp.
- Turmeric - 1 tsp.
- Coriander; ground - 2 tsp.
- Spinach - 1 pound.
- Red onion; chopped - 1
- Garam masala - 1 tsp.
- Canned tomatoes; chopped - 14 ounce.

### **Directions:**

1. Take a heatproof dish fitting your air fryer and mix lamb with spinach, tomatoes, ginger, garlic, onion, cardamom, cloves, cumin, garam masala, chilli, turmeric and coriander in it.
2. Stir everything together extremely well and place the dish in a preheated air fryer.
3. Cook at 360°F, for 35 minutes properly.
4. Divide lamb into bowls and serve immediately.

## **Instant Pork Chops and Sage Sauce Recipe**

Prep + Cooking Time: 25 Minutes

Servings: 2

### **Ingredients:**

- Pork chops - 2
- Shallot; sliced - 1
- Sage; chopped - 1 handful.
- Olive oil - 1 tbsp.
- Butter - 2 tbsp.
- Lemon juice - 1 tsp.
- Salt and black pepper to taste.

### **Directions:**

1. Take pork chops and season it with some salt and pepper.
2. Massage pork with some oil and put it in your air fryer to cook at 370°F for 10 minutes.
3. Flip them halfway to cook the other side properly.
4. In the meantime, heat up a pan with butter over medium-high heat.
5. Add shallot to the pan and stir for 2 minutes.
6. Again, add sage and lemon juice and stir to cook for a few more minutes.
7. Take the pan off the heat and divide the pork chops among plates.
8. Drizzle sage sauce all over pork chops and serve immediately.

## **Delicious Fryer Lamb Shanks Recipe**

Prep + Cooking Time: 55 Minutes

Servings: 4

### **Ingredients:**

- Lamb shanks - 4
- Yellow onion; chopped - 1
- Chicken stock - 2 ½ cups.
- Coriander seeds; crushed - 4 tsp.
- White flour - 2 tbsp.
- Olive oil - 1 tbsp.
- Honey - 2 tsp.
- Dry sherry - 5 ounce.
- Bay leaves - 4
- Salt and pepper to taste.

### **Directions:**

1. Season lamb shanks with salt and pepper and massage with half of the oil.
2. Put the lamb shanks in your air fryer to cook at 360°F, for 10 minutes.
3. Take a pan that fits your air fryer and warm the rest of the oil in it over medium-high heat.
4. Add onion and coriander and stir to cook for 5 minutes.
5. Now, add flour, sherry, stock, honey and bay leaves, salt and pepper.
6. Stir everything together and bring to a simmer.
7. Add lamb to it and place the pan in your fryer to cook at 360°F for 30 minutes.
8. Divide everything between plates and serve right away.

# **Chapter 9 Air Fryer Vegetable Recipes**

## **Spinach and Cream Cheese Recipe**

Prep time + cook time: 13 minutes;

Servings: 4

### **Ingredients:**

- baby spinach - 14 ounces
- olive oil - 1 tablespoon
- milk - 2 tablespoons
- cream cheese - 3 ounces, softened
- Salt and black pepper to taste
- yellow onion - 1, chopped

### **Directions:**

1. Mix all of the ingredients in a pan, and toss gently. Ensure that the pan fits seamlessly into the air fryer,
2. Put in a pan that fits perfectly with your air fryer and cook at a temperature of 260 ° F for about 10 minutes.

Cut into different plates and serve right away.

### **Nutrition:**

calories 190, fat 4, fiber 2, carbs 13, protein 9

# **Yummy Beef Brisket and Onion Sauce Recipe**

Prep + Cooking Time: 2 hours 10 Minutes

Servings: 6

## **Ingredients:**

- Yellow onion; chopped - 1 pound.
- Celery; chopped - ½ pound.
- Carrot; chopped - 1 pound.
- Beef brisket - 4 pound.
- Earl grey tea bags - 8
- Salt and black pepper to taste.
- Water - 4 cups.

## **For the sauce:**

- Canned tomatoes; chopped - 16 ounce.
- Earl grey tea bags - 8
- Celery; chopped - ½ pound.
- Garlic; minced - 1 ounce.
- Sweet onion; chopped - 1 pound.
- Brown sugar - 1 cup.
- Vegetable oil - 4 ounce.
- White vinegar - 1 cup.

## **Directions:**

1. Pour water in a heatproof dish that fits your air fryer.
2. Add 1-pound onion, 1-pound carrot, 1/2-pound celery, salt and pepper into the pot and stir everything together and bring to a simmer.
3. Now, add beef brisket and 8 tea bags and stir again.
4. Transfer this to your air fryer and cook at 300°F for 1 hour and 30 minutes.
5. In the meantime, heat up a pan with vegetable oil over medium-high heat and add 1 pound onion into the pan.
6. Stir and saute onion for 10 minutes.
7. Add garlic, 1/2-pound celery, tomatoes, sugar, vinegar, salt, pepper and 8 tea bags and stir again to bring to a simmer.
8. Cook for 10 minutes and then discard the tea bags.

9. Transfer beef brisket to a cutting board and make equal slices.
10. Arrange among plates and drizzle onion sauce all over to serve immediately.

## **Scrumptious Garlic and Bell Pepper Beef Recipe**

Prep + Cooking Time: 60 Minutes

Servings: 4

### **Ingredients:**

- Steak fillets; sliced - 11 ounce.
- Fish sauce - 2 tbsp.
- Corn flour - 2 tsp.
- Beef stock - 1/2 cup.
- Garlic cloves; minced - 4
- Olive oil - 2 tbsp.
- Sugar - 1 tbsp.
- Red bell pepper; cut into strips - 1
- Black pepper to taste.
- Green onions; sliced - 4

### **Directions:**

1. Gather a pan fitting your air fryer and mix beef with oil, black pepper and bell pepper in it.
2. Stir everything and cover and keep in the fridge for 30 minutes.
3. Place the pan in your preheated air fryer and cook at 360°F, for 14 minutes.
4. Take a bowl and mix sugar with fish sauce.
5. Stir well and pour this mixture over beef and cook at 360°F, for 7 minutes more.
6. Add stock mixed with corn flour and green onions and toss well.
7. Cook at 370°F for 7 minutes more and divide among plates to serve.

## **Instant Tasty Mediterranean Steaks and Scallops**

Prep + Cooking Time: 24 Minutes

Servings: 2

### **Ingredients:**

- Beef steaks- 2
- Sea scallops- 10
- Shallot; chopped- 1
- Lemon juice- 2 tbsp.
- Parsley; chopped- 2 tbsp.
- Lemon zest- 1 tsp.
- Butter- 1/4 cup.
- Veggie stock- 1/4 cup.
- Garlic cloves; minced- 4
- Basil; chopped- 2 tbsp.
- Salt and black pepper to taste

### **Directions:**

1. Start with seasoning your beef steaks with some salt and pepper as per taste.
2. Let the steak cook for 10 minutes at 360°F in your air fryer.
3. Now proceed to transfer them to a pan that fits your air fryer.
4. In it now add shallots, garlic, butter, stock, basil, lemon juice, parsley, lemon zest and scallops.
5. Give it all a gentle good toss and cook at 360°F, for 4 minutes more.
6. Now gather plates and divide the steaks and scallops on it before you serve.

## **Yummy Beef Medallions Mix Recipe**

Prep + Cooking Time: 2 hours 10 Minutes

Servings: 4

### **Ingredients:**

- Beef medallions- 4
- Chili powder- 2 tsp.
- Tomatoes; crushed- 1 cup.
- Hot pepper- 1 tbsp.
- Lime juice- 2 tbsp.
- Onion powder- 2 tsp.
- Soy sauce- 2 tbsp.
- Salt and black pepper to taste

### **Directions:**

1. Gather a bowl, in it mix tomatoes with hot pepper, soy sauce, chilli powder, onion powder, a pinch of salt, black pepper, lime juice and whisk it really well.
2. Now, take a dish and on it arrange beef medallions before you pour the sauce over them.
3. Leave it aside for 2 hours and proceed to discard the tomato marinade.
4. Preheat your air fryer and put beef in it to cook at 360°F for 10 minutes.
5. After it's done, gather a few plates and divide the steaks on it before you serve with a side salad.

## **Flavourful Beef Roast and Wine Sauce**

Prep + Cooking Time: 55 Minutes

Servings: 6

### **Ingredients:**

- Beef roast- 3-pound.
- Beef stock- 17-ounce.
- Smoked paprika- 1/2 tsp.
- Yellow onion; chopped- 1
- Garlic cloves; minced- 4
- Carrots; chopped- 3
- Potatoes; chopped- 5
- Red wine- 3-ounce.
- Chicken salt- 1/2 tsp.
- Salt and black pepper to taste

### **Directions:**

1. Gather a bowl and in it, mix salt, pepper, chicken salt, and paprika.
2. Now, stir and rub the beef with this mix before you put it in a big pan that fits your air fryer.
3. Proceed with adding onion, garlic, stock, wine, potatoes, and carrots and introduce it in your air fryer.
4. Let it cook for 45 minutes at 360°F.
5. After it's done, gather a few plates and divide everything on it to serve.

## **Savoury Pork Chops and Green Beans**

Prep + Cooking Time: 25 Minutes

Servings: 4

### **Ingredients:**

- Pork chops; bone in- 4
- Garlic cloves; minced- 3
- Parsley; chopped- 2 tbsp.
- Sage; chopped- 1 tbsp.
- Olive oil- 2 tbsp.
- Green beans- 16-ounce.
- Salt and black pepper to taste

### **Directions:**

1. Take a pan that fits your air fryer and in it mix pork chops with olive oil, sage, salt, pepper, green beans, garlic, parsley.
2. Toss everything together before you introduce it in your air fryer.
3. Now, let it cook at 360°F for 15 minutes.
4. Once it's done, take the pan out and transfer and divide everything on a platter to serve.

# Tasty Stuffed Pork Steaks Recipe

Prep + Cooking Time: 30 Minutes

Servings: 4

## Ingredients:

- Pork loin steaks - 4
- Pickles; chopped - 2
- Ham slices - 4
- Swiss cheese slices - 6
- Mustard - 2 tbsp.
- Lime Zest; grated - 2 limes.
- Orange Zest; grated - 1
- Orange Juice- 1 orange
- Lime Juice - 2 limes.
- Garlic; minced - 4 tsp.
- Olive oil - 3/4 cup.
- Cilantro; chopped - 1 cup.
- Mint; chopped - 1 cup.
- Oregano; dried - 1 tsp.
- Cumin; ground - 2 tsp.
- Salt and black pepper to taste.

## Directions:

1. Take a food processor and add lime zest and juice with orange zest and juice, garlic, oil, cilantro, mint, oregano, cumin, salt and pepper.
2. Blend all the ingredients extremely well.
3. Sprinkle some salt and pepper on steaks and place them into a bowl.
4. Add marinade and toss steak well with the mixture.
5. Put the steaks on a working surface and divide pickles, cheese, mustard and ham on them.
6. Roll steaks and secure them with toothpicks.
7. Put stuffed pork steaks in your air fryer and cook at 340°F for 20 minutes.
8. Divide among plates and serve with a side salad.

## **Delicious Beef Curry Recipe**

Prep + Cooking Time: 55 Minutes

Servings: 4

### **Ingredients:**

- Beef steak; cubed - 2 pound.
- Canned coconut milk - 10 ounce.
- Tomato sauce - 2 tbsp.
- Olive oil - 2 tbsps.
- Potatoes; cubed - 3
- Yellow onions; chopped - 2
- Garlic cloves; minced - 2
- Wine mustard - 1 tbsp.
- Curry powder - 2 ½ tbsp.
- Salt and black pepper to taste.

### **Directions:**

1. Take a pan fitting your air fryer and warm some oil in it over medium-high heat.
2. Add onions and garlic and stir to cook for 4 minutes.
3. Add potatoes and mustard and saute for 1 minute.
4. Now, add beef, curry powder, salt, pepper, coconut milk and tomato sauce and stir everything well.
5. Transfer this to your air fryer to cook at 360°F for 40 minutes.
6. Divide into separate bowls and serve right away.

## **Flavoursome Oriental Fried Lamb Recipe**

Prep + Cooking Time: 52 Minutes

Servings: 8

### **Ingredients:**

- Lamb shoulder; chopped - 2 ½ pound.
- Honey - 3 tbsp.
- Almonds; peeled and chopped - 3 ounce.
- Plumps; pitted - 9 ounce.
- Cumin powder - 1 tsp.
- Turmeric powder - 1 tsp.
- Ginger powder - 1 tsp.
- Veggie stock - 8 ounce.
- Yellow onions; chopped - 2
- Garlic cloves; minced - 2
- Cinnamon powder - 1 tsp.
- Olive oil - 3 tbsp.
- Salt and black pepper to taste.

### **Directions:**

1. Take a bowl to mix cinnamon powder with ginger, cumin, turmeric, garlic, olive oil and lamb.
2. Toss lamb well to coat with the mixture and place it in your preheated air fryer.
3. Cook at 350°F for 8 minutes.
4. Transfer meat to a dish fitting your air fryer and add onions, stock, honey and plums.
5. Stir everything and place the dish in your air fryer to cook at 350°F for 35 minutes.
6. Arrange everything on plates and serve with almonds sprinkled on top.

## **Tasty Roasted Pork Belly and Apple Sauce**

Prep + Cooking Time: 50 Minutes

Servings: 6

### **Ingredients:**

- Pork belly; scored - 2 pound.
- A drizzle of olive oil.
- Sugar - 2 tbsps.
- Lemon juice - 1 tbsp.
- Water - 1 quart.
- Apples; cored and cut into wedges - 17 ounce.
- Salt and black pepper to taste.

### **Directions:**

1. Mix water with apples, lemon juice and sugar in your blender and pulse well.
2. Transfer this mixture to a bowl and toss the meat with it.
3. Put the meat in your air fryer to cook at 400°F for 40 minutes.
4. Take a pot and pour the sauce in it.
5. Heat up over medium heat and simmer for 15 minutes.
6. Slice pork belly evenly and divide among plates.
7. Drizzle sauce all over and serve immediately.

## **Yummy Ham and Veggie Air Fried Mix**

Prep + Cooking Time: 30 Minutes

Servings: 6

### **Ingredients:**

- Butter - 1/4 cup.
- Milk - 3 cups.
- Thyme; dried - 1/2 tsp.
- Ham; chopped - 2 cups.
- Flour - 1/4 cup.
- Sweet peas - 6 ounce.
- Mushrooms; halved - 4 ounce.
- Baby carrots - 1 cup.

### **Directions:**

1. Take a large pan fitting your air fryer and warm up some butter in it over medium-high heat.
2. Add flour to butter and whisk well.
3. Add milk and stir well again.
4. Take the pan off the heat.
5. Now, add thyme, ham, peas, mushrooms and baby carrots to the pan.
6. Toss everything together and place the pan in the fryer to cook at 360°F for 20 minutes.
7. Divide everything between plates and serve right away.

## **Instant Garlic Lamb Chops Recipe**

Prep + Cooking Time: 20 Minutes

Servings: 4

### **Ingredients:**

- Lamb chops - 8
- Oregano; chopped - 1 tbsp.
- Coriander; chopped - 1 tbsp.
- Olive oil - 3 tbsp.
- Garlic cloves; minced - 4
- Salt and black pepper to taste.

### **Directions:**

1. Gather a bowl to mix oregano with salt, pepper, oil, garlic and lamb chops.
2. Toss everything together well to coat.
3. Transfer lamb chops to your air fryer and cook at 400°F for 10 minutes.
4. Arrange lamb chops among plates and serve with a side salad.

## **Tasty Ham and Greens Recipe**

Prep + Cooking Time: 26 Minutes

Servings: 8

### **Ingredients:**

- Collard greens; chopped - 16 ounce.
- Chicken stock - 3 cups.
- Canned black eyed peas; drained - 14 ounce.
- Ham; chopped - 4 cups.
- Olive oil - 2 tbsp.
- Flour - 2 tbsp.
- Onion; chopped - 5 ounce.
- Red pepper; crushed - 1/2 tsp.

### **Directions:**

1. Drizzle some oil in a pan that fits your air fryer.
2. Add ham, stock, flour and whisk everything together.
3. Again, add onion, black-eyed peas, red pepper and collard greens.
4. Place the pan in your air fryer and cook at 390°F, for 16 minutes.
5. Divide everything between plates and serve immediately.

## **Delicious Coffee Flavored Steaks Recipe**

Prep + Cooking Time: 25 Minutes

Servings: 4

### **Ingredients:**

- Coriander, ground - 1/4 tsp.
- Sweet paprika - 1/2 tbsp.
- Chili powder - 2 tbsp.
- Garlic powder - 2 tsp.
- Coffee; ground - 1 ½ tbsp.
- Rib eye steaks - 4
- Onion powder - 2 tsp.
- Ginger; ground - 1/4 tsp.
- A pinch of cayenne pepper.
- Black pepper to taste.

### **Directions:**

1. Take a bowl and mix coffee with paprika, chilli powder, garlic powder, onion powder, ginger, coriander, cayenne and black pepper.
2. Stir all the ingredients together and rub steak with this mix.
3. Put steaks in a preheated air fryer and cook at 360<sup>0</sup> F for 15 minutes.
4. Arrange steaks on plates and serve with a side salad.

## **Finger Licking Balsamic Beef Recipe**

Prep + Cooking Time: 1 hour 10 Minutes

Servings: 6

### **Ingredients:**

- Balsamic vinegar - 1/2 cup.
- Beef stock - 1 cup.
- Medium beef roast - 1
- Worcestershire sauce - 1 tbsp.
- Honey - 1 tbsp.
- Soy sauce - 1 tbsp.
- Garlic cloves; minced - 4

### **Directions:**

1. Gather a heat proof dish that fits your air fryer and mix beef roast with Worcestershire sauce, vinegar, stock, honey, soy sauce and garlic.
2. Toss everything together and place the dish in your fryer to cook at 370°F for 1 hour.
3. Slice beef roast evenly and arrange among plates.
4. Drizzle sauce all over the roast and serve right away.

# **Appetizing Fried Sausage and Mushrooms**

Prep + Cooking Time: 50 Minutes

Servings: 6

## **Ingredients:**

- Portobello mushrooms; sliced - 2 pound.
- Pork sausage; sliced - 2 pound.
- Red bell peppers; chopped - 3
- Sweet onions; chopped - 2
- Brown sugar - 1 tbsp.
- Olive oil - 1 tsp.
- Salt and black pepper to taste.

## **Directions:**

1. Gather a baking dish that fits your air fryer and mix sausage slices with oil, salt, pepper, bell pepper, mushrooms, onions and sugar.
2. Toss everything together and introduce dish in your air fryer to cook at 300°F for 40 minutes.
3. Divide among plates and serve right away.

## **Delicious Lamb and Green Pesto Recipe**

Prep + Cooking Time: 1 hour 45 Minutes

Servings: 4

### **Ingredients:**

- Lamb rib lets - 2 pound.
- Onion; chopped - 1/2
- Garlic cloves; minced - 5
- Juice from 1 orange.
- Parsley - 1 cup.
- Mint - 1 cup.
- Small yellow onion; roughly chopped - 1
- Pistachios; chopped - 1/3 cup.
- Lemon zest; grated - 1 tsp.
- Olive oil - 5 tbsp.
- Salt and black pepper to taste.

### **Directions:**

1. Blend parsley with mint , onions, pistachios, lemon zest, salt, pepper and oil in your food processor.
2. Massage lamb with this mix and place it in a bowl.
3. Cover the bowl and leave it in the fridge for 1 hour.
4. Take a baking dish that fits your air fryer and transfer lamb in it.
5. Add some garlic and drizzle oil all over the lamb and place the dish in your air fryer to cook at 300°F for 45 minutes.
6. Place lamb on a platter and serve immediately.

## **Flavourful Beef Patties and Mushroom Sauce**

Prep + Cooking Time: 35 Minutes

Servings: 6

### **Ingredients:**

- Beef; ground - 2 pound.
- Garlic powder - 1/2 tsp.
- Parsley; chopped - 1 tbsp.
- Onion flakes - 1 tbsp.
- Soy sauce - 1 tbsp.
- Beef stock - 1/4 cup.
- Flour - 3/4 cup.
- Salt and black pepper to taste.

### **For the sauce:**

- Yellow onion; chopped - 1 cup.
- Mushrooms; sliced - 2 cups.
- Bacon fat - 2 tbsp.
- Butter - 2 tbsp.
- Soy sauce - 1/2 tsp.
- Sour cream - 1/4 cup.
- Beef stock - 1/2 cup.
- Salt and black pepper to taste.

### **Directions:**

1. Take a bowl to mix beef with salt, pepper, garlic powder, 1 tbsp soy sauce, 1/4 cup beef stock, flour, parsley and onion flakes.
2. Stir everything together and shape 6 patties.
3. Place them in your air fryer to cook at 350°F, for 14 minutes.
4. In the meantime, heat up a pan with the butter and bacon fat over medium high heat.
5. Add mushrooms to it and stir for 4 minutes.
6. Add onions and again stir for 4 minutes more.
7. Drizzle 1/2 tsp soy sauce, sour cream and 1/2 cup stock and stir again to bring to a simmer.

8. Take off the heat and divide beef patties on plates.

9. Drizzle mushroom sauce all over and serve immediately.

## **Mouth Watering Filet Mignon and Mushrooms Sauce**

Prep + Cooking Time: 35 Minutes

Servings: 4

### **Ingredients:**

- Mushrooms; sliced - 12
- Parsley; chopped - 2 tbsp.
- Shallot; chopped - 1
- Fillet mignons - 4
- Garlic cloves; minced - 2
- Dijon mustard - 1/4 cup.
- Wine - 1/4 cup.
- Coconut cream - 1¼ cup.
- Olive oil - 2 tbsps.
- Salt and black pepper to taste.

### **Directions:**

1. Take a pan and warm some oil over medium high heat.
2. Add garlic and shallots and stir to cook for 3 minutes.
3. Add mushrooms and saute for another 4 minutes.
4. Pour some wine and stir to cook until it evaporates.
5. Add coconut cream, mustard, parsley, a pinch of salt and black pepper to taste.
6. Stir and cook for 6 minutes more and take off heat.
7. Sprinkle some salt and pepper over fillets and put them in your air fryer to cook at 360°F, for 10 minutes.
8. Arrange fillets on plates and serve with mushroom sauce on top.

## **Yummy Lamb Racks and Fennel Mix Recipe**

Prep + Cooking Time: 26 Minutes

Servings: 4

### **Ingredients:**

- Lamb racks - 12 ounce.
- Apple cider vinegar - 1/8 cup.
- Brown sugar - 1 tbsp.
- Figs; cut into halves - 4
- Fennel bulbs; sliced - 2
- Olive oil - 2 tbsps.
- Salt and black pepper to taste.

### **Directions:**

1. Gather a bowl to mix fennel with figs, vinegar, sugar and oil.
2. Toss everything to coat well and transfer to a baking dish that fits your air fryer.
3. Put it in your air fryer to cook at 350°F for 6 minutes.
4. Season lamb with salt and pepper and add it to the baking dish with the fennel mix.
5. Air fry for 10 minutes more and then divide everything on plates and serve.

## **Flavoursome Ham and Cauliflower Mix Recipe**

Prep + Cooking Time: 4 hours 10 Minutes

Servings: 6

### **Ingredients:**

- Cheddar cheese; grated - 8 ounce.
- Cauliflower florets - 16 ounce.
- Chicken stock - 14 ounce.
- Garlic powder - 1/2 tsp.
- Ham; cubed - 4 cups.
- Garlic cloves; minced - 4
- Heavy cream - 1/4 cup.
- Onion powder - 1/2 tsp.
- Salt and black pepper to taste.

### **Directions:**

1. Gather a pot that fits your air fryer and mix ham with stock, cheese, cauliflower, garlic powder, onion powder, salt, pepper, garlic and heavy cream.
2. Stir everything together and put the pot in your air fryer to cook at 300°F for 1 hour.
3. Arrange into bowls and serve right away.

# **Delicious Pork Chops and Roasted Peppers**

Prep + Cooking Time: 26 Minutes

Servings: 4

## **Ingredients:**

- Pork chops; bone in- 4
- Lemon juice- 3 tbsp.
- Garlic cloves; minced- 3
- Olive oil- 3 tbsp.
- Smoked paprika- 1 tbsp.
- Bell peppers; chopped- 2 roasted.
- Thyme; chopped- 2 tbsp
- Salt and black pepper to taste

## **Directions:**

1. First, take a pan that fits your air fryer.
2. Next, in the same pan, mix pork chops with oil, lemon juice, smoked paprika, thyme, garlic, bell peppers, salt, and pepper and toss them really well.
3. Now introduce them in your air fryer and let it cook at 400°F for 16 minutes.
4. After it's done, take serving plates and divide pork chops and pepper mix on plates to serve them right away.

## **Scrumptious Mustard Marinated Beef Recipe**

Prep + Cooking Time: 55 Minutes

Servings: 6

### **Ingredients:**

- Beef roast- 3-pound.
- Beef stock- 1 ¾ cup.
- Bacon strips - 6
- Red wine - ¾ cup.
- Garlic cloves; minced - 3
- Butter - 2 tbsp.
- Horseradish - 1 tbsp.
- Mustard - 1 tbsp.
- Salt and black pepper to taste.

### **Directions:**

1. Mix butter with mustard, garlic, salt, pepper and horseradish in a bowl.
2. Rub beef with this mix.
3. Place bacon strips on a cutting board and arrange beef on top.
4. Fold bacon around beef and transfer them to your air fryer basket.
5. Cook at 400°F for 15 minutes and transfer to a pan that fits your fryer.
6. Pour wine and stock to beef and place pan in your fryer to cook at 360°F for 30 minutes more.
7. Carve beef carefully and divide among plates to serve immediately with a side salad.

## **Tasty Beef Stuffed Squash Recipe**

Prep + Cooking Time: 50 Minutes

Servings: 2

### **Ingredients:**

- Spaghetti squash; pricked - 1
- Canned tomatoes; chopped - 28 ounce.
- Oregano; dried - 1 tsp.
- Cayenne pepper - 1/4 tsp.
- Thyme; dried - 1/2 tsp.
- Beef; ground - 1 pound.
- Salt and black pepper to taste.
- Garlic cloves; minced - 3
- Yellow onion; chopped - 1
- Portobello mushroom; sliced - 1
- Green bell pepper; chopped - 1

### **Directions:**

1. Put spaghetti squash in your fryer and cook at 350°F for 20 minutes.
2. Take a cutting board and transfer spaghetti squash on it.
3. Cut into halves and discard seeds.
4. Heat up a pan over medium high heat.
5. Add meat, garlic, onions and mushrooms and stir everything together and cook until meat browns.
6. Now, add salt, pepper, thyme, oregano, cayenne, tomatoes and green peppers.
7. Saute and cook for 10 minutes more.
8. Stuff squash with this beef mix and introduce in the fryer to cook at 360°F, for 10 minutes.
9. Divide on plates and serve immediately.

## **Savoury Beef Casserole Recipe**

Prep + Cooking Time: 65 Minutes

Servings: 12

### **Ingredients:**

- Canned tomatoes; chopped - 28 ounce.
- Olive oil - 1 tbsp.
- Beef; ground - 2 pound.
- Tomato sauce - 16 ounce.
- Mustard - 2 tsp.
- Parsley; chopped - 2 tbsp.
- Eggplant; chopped - 2 cups.
- Gluten free Worcestershire sauce - 2 tsp.
- Mozzarella; grated - 2 cups.
- Oregano; dried - 1 tsp.
- Salt and black pepper to taste..

### **Directions:**

1. Gather a bowl and mix eggplant with salt, pepper and oil in it.
2. Toss everything together extremely well.
3. Take another bowl and mix beef with salt, pepper, mustard and Worcestershire sauce.
4. Stir well and spread this mix on bottom of the pan that fits your air fryer.
5. Add eggplant mix, tomatoes, tomato sauce, parsley, oregano and sprinkle mozzarella at the end.
6. Put the pan in your air fryer and cook at 360°F, for 35 minutes.
7. Arrange among plates to serve hot immediately.

## **Flavourful Creamy Lamb Recipe**

Prep + Cooking Time: 1 day 1 hour

Servings: 8

### **Ingredients:**

- Leg of lamb - 5 pound.
- 2 cups low fat buttermilk
- 2 tbsp mustard
- 1 cup white wine
- 1 tbsp cornstarch mixed with 1 tbsp water
- 1/2 cup sour cream
- 1/2 cup butter
- 2 tbsp basil; chopped
- 2 tbsp tomato paste
- 2 garlic cloves; minced
- Salt and black pepper to taste.

### **Directions:**

1. Place lamb roast in a big dish and add buttermilk.
2. Toast everything together to coat and cover and keep in the fridge for 24 hours.
3. Take a pan that fits your air fryer and pat dry lamb.
4. Gather a bowl to mix butter with tomato paste, mustard, basil, rosemary, salt, pepper and garlic.
5. Whisk everything together extremely well and spread over lamb.
6. Place everything in your air fryer and cook at 300°F for 1 hour.
7. Slice lamb equally and divide among plates and leave it aside.
8. Heat up cooking juices from the pan on your stove.
9. Pour wine to it, cornstarch mix, salt, pepper and sour cream.
10. Stir everything together and take off heat.
11. Drizzle this sauce all over the lamb to serve immediately.

## **Delicious Mexican Beef Mix Recipe**

Prep + Cooking Time: 1 hour and 20 minutes

Servings: 8

### **Ingredients:**

- Yellow onions; chopped - 2
- Olive oil - 2 tbsp.
- Cilantro; chopped - 2 tbsp.
- Jalapenos; chopped - 4
- Canned tomatoes; chopped - 14 ounce.
- Water - 1/2 cup.
- Cumin; ground - 1 1/2 tsp.
- Garlic cloves; minced - 6
- Beef roast; cubed - 2 pound.
- Green bell peppers; chopped - 2
- Habanero pepper; chopped - 1
- Black olives; pitted and chopped - 1/2 cup.
- Oregano; dried - 1 tsp.
- Salt and black pepper to taste.

### **Directions:**

1. Take a pan that fits your air fryer and combine beef with oil, green bell peppers, onions, jalapeno, habanero pepper, tomatoes, garlic, water, cilantro, oregano, cumin, salt and pepper.
2. Stir all the ingredients well and put in your air fryer.
3. Cook at 300 ° F for 1 hour.
4. Add olives and stir again.
5. Divide into bowl and serve immediately.

## **Yummy Pork Chops and Mushrooms Mix**

Prep + Cooking Time: 50 Minutes

Servings: 3

### **Ingredients:**

- Pork chops; boneless- 3
- Mushrooms; sliced- 8-ounce.
- Garlic powder- 1 tsp.
- Yellow onion; chopped- 1
- Nutmeg- 1 tsp.
- Balsamic vinegar- 1 tbsp.
- Mayonnaise- 1 cup.
- Olive oil- 1/2 cup.

### **Directions:**

1. First, take a pan that fits your air fryer and heat it with oil over medium heat.
2. In the same pan, add mushrooms, onions and stir and cook it really well for 4 minutes.
3. Now, proceed to add pork chops, nutmeg and garlic powder and let them brown on both sides.
4. Introduce the pan now to your air fryer at 330°F and cook for 30 minutes.
5. After it's done, add vinegar and mayo and give it a good stir.
6. Gather a few plates, and divide everything on it to serve.

# **Tasty Sausage and Kale Recipe**

Prep + Cooking Time: 30 Minutes

Servings: 4

## **Ingredients:**

- Kale; chopped- 5-pound.
- Garlic; minced- 1 tsp.
- Red bell pepper; chopped- 1/2 cup.
- Yellow onion; chopped- 1 cup.
- Italian pork sausage; sliced- 1 ½-pound.
- Red Hot Chili Peppers; chopped- 1/4 cup.
- Water- 1 cup.
- Salt and black pepper to taste.

## **Directions:**

1. Start with taking a pan that fits your air fryer to mix sausage with onion, bell pepper, salt, pepper, kale, garlic, water and chilli pepper in it.
2. Toss everything well together and introduce it in your preheated air fryer.
3. Let the sausage cook at 300°F for 20 minutes.
4. After it's done, gather a plate and divide the sausage on it to serve.

## **Seasoned Pork with Couscous**

Prep + Cook Time: 45 Minutes

Servings: 6

### **Ingredients:**

- pork loin - 2 ½ lbs.; boneless and trimmed
- sage - 2 ¼ tsp.; dried
- chicken stock - ¾ cup
- sweet paprika - ½ tbsp.
- garlic powder - ½ tbsp.
- marjoram - ¼ tsp.; dried
- rosemary - ¼ tsp.; dried
- basil - 1 tsp.; dried
- olive oil - 2 tbsp.
- couscous - 2 cups; cooked
- oregano - 1 tsp.; dried
- Salt and black pepper to the taste

### **Directions:**

1. Mix oil with stock, paprika, garlic powder, sage, rosemary, thyme, marjoram, oregano in a bowl.
2. Then add salt and pepper to taste.
3. Whisk properly before adding pork loin, then toss well and keep it aside for about an hour.
4. Move all of it to a pan that fits perfectly into your air fryer and cook at a temperature of 370 °F for 35 minutes.
5. Cut all of it into different plates
6. Serve with couscous as a side dish.

## **Chopped Creamy Pork**

Prep + Cook Time: 32 Minutes

Servings: 6

### **Ingredients:**

- pork meat - 2 lbs.; boneless and cubed
- yellow onions - 2; chopped.
- Dill - 2 tbsp.; chopped.
- sweet paprika - 2 tbsp.
- olive oil - 1 tbsp.
- garlic clove - 1; minced
- chicken stock - 3 cups
- white flour - 2 tbsp.
- sour cream - 1 ½ cups
- Salt and black pepper to the taste

### **Directions:**

1. Mix pork with salt, pepper and oil in a pan that fits into your air fryer.
2. Toss well to coat before moving to your air fryer and cook at a temperature of 360 °F, for 7 minutes.
3. Pour some onion, garlic, stock, paprika, flour, sour cream and dill.
4. Toss well to coat and cook at a temperature of 370 °F for another 15 minutes.
5. Divide among different plates and serve immediately.

## **Lamb Roast and Potatoes Mix**

Prep + Cook Time: 55 Minutes

Servings: 6

### **Ingredients:**

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

### **Directions:**

1. Pour potatoes in a dish that fits perfectly into your air fryer, add lamb, garlic, rosemary spring, salt, pepper, bay leaves and stock,
2. Toss well to coat; then, introduce to your air fryer and cook at a temperature of 360 °F for 45 minutes.
3. Slice lamb and divide into different plates
4. Serve along with some potatoes and cooking juices.

## **Chinese Steak and Broccoli Mix**

Prep + Cook Time: 57 Minutes

Servings: 4

### **Ingredients:**

- round steak - 3/4 lb.; cut into strips
- broccoli florets - 1 lb.
- sugar - 1 tsp.
- sherry - 1/3 cup
- oyster sauce - 1/3 cup
- olive oil - 1 tbsp.
- garlic clove - 1; minced
- sesame oil - 2 tsp.
- soy sauce - 1 tsp.

### **Directions:**

1. Mix sesame oil with oyster sauce, soy sauce, sherry and sugar in a bowl.
2. Stir gently, then add beef, toss and keep it aside for about 30 minutes.
3. Move beef to a pan that fits right into your air fryer.
4. Follow this by adding broccoli, garlic and oil.
5. Toss all of the mix and cook at a temperature of 380 °F for 12 minutes.
6. Divide into different plates and serve right away.

## **Beef Fillet and Garlic Mayo Mix**

Prep + Cook Time: 50 Minutes

Servings: 8

### **Ingredients:**

- beef fillet - 3 lbs.
- Mayonnaise - 1 cup
- sour cream - 1/3 cup
- Chives - 2 tbsp.; chopped
- Mustard - 2 tbsp.
- Mustard - 2 tbsp.
- Tarragon - 1/4 cup; chopped
- garlic cloves - 2; minced
- Salt and black pepper to the taste

### **Directions:**

1. Add salt and pepper to the beef; do this to allow it to taste.
2. Place in your air fryer and cook at a temperature of 370 °F, for 20 minutes.
3. Move to a clean plate and keep it aside for some minutes.
4. Mix garlic with sour cream, chives, mayo, some salt and pepper in a bowl; then, whisk and keep it aside for a while.
5. Mix mustard with Dijon mustard and tarragon in another bowl, whisk, add beef, toss, return to your air fryer and cook at a temperature of 350 °F, for another 20 minutes.
6. Divide beef into different plates.
7. Spread garlic mayo on the plate as toppings and serve.

## **Seasoned Simple Braised Pork**

Prep + Cook Time: 1 hour 20 Minutes

Servings: 4

### **Ingredients:**

- pork loin roast - 2 lbs.; boneless and cubed
- Butter - 4 tbsp.; melted
- chicken stock - 2 cups
- red grapes - 1/2 lb.
- bay leaf - 1
- yellow onion - 1/2; chopped.
- dry white wine - 1/2 cup
- garlic cloves - 2; minced
- Thyme - 1 tsp.; chopped
- thyme spring - 1
- White flour - 2 tbsp.
- Salt and black pepper to the taste

### **Directions:**

1. Add salt and pepper to some pork cubes, then rub with 2 tbsp. of melted butter.
2. Place in your air fryer and cook at a temperature of 370 °F for 8 minutes.
3. Add medium-high heat to a pan that fits your air fryer; the pan should also contain 2 tbsp. of butter.
4. Follow this by adding garlic and onion; stir gently and cook for 2 minutes.
5. Add wine, stock, salt, pepper, thyme, flour and bay leaf.
6. Stir gently, before bringing to a simmer and remove the heat.
7. Add pork cubes and grapes, toss well to coat.
8. Move to your air fryer and cook at a temperature of 360 °F for another 30 minutes.
9. Divide everything into different plates and serve.

## **Seasoned Lamb and Lemon Sauce Mix**

Prep + Cook Time: 40 Minutes

Servings: 4

### **Ingredients:**

- lamb shanks - 2
- garlic cloves - 2; minced
- Olive oil - 4 tbsp.
- lemon juice – ½
- lemon zest – ½
- oregano - 1/2 tsp.; dried
- Salt and black pepper to the taste

### **Directions:**

1. Sprinkle some salt, pepper on the lamb; then rub with garlic.
2. Place this in your air fryer and cook at 350 °F. Do this for about 30 minutes.
3. Mix lemon juice with lemon zest, some salt and pepper, the olive oil and oregano in a clean bowl and whisk properly.
4. Shred the lamb, remove the bone and divide into different plates.
5. Drizzle the lemon dressing all over on each of the plates and serve.

## **Seasoned Provençal Pork**

Prep + Cook Time: 25 Minutes

Servings: 2

### **Ingredients:**

- pork tenderloin - 7 oz.
- red onion - 1; sliced
- yellow bell pepper - 1; cut into strips
- Provençal herbs - 2 tsp.
- mustard - 1/2 tbsp.
- olive oil - 1 tbsp.
- green bell pepper - 1; cut into strips
- Salt and black pepper to the taste

### **Directions:**

1. Mix yellow bell pepper with green bell pepper, onion, salt, pepper, Provençal herbs and half of the oil in a baking dish that fits right into your air fryer
2. Toss well to coat
3. Add salt, pepper, mustard and the rest of the oil to the pork.
4. Then, toss well to ensure it is well coated before adding the veggies.
5. Move all of it into your air fryer,
6. Cook at a temperature of 370 °F for 15 minutes.
7. Divide into different plates and serve.

## **Seasoned Lemony Lamb Leg**

Prep + Cook Time: 1 hour 10 Minutes

Servings: 6

### **Ingredients:**

- lamb leg - 4 lbs.
- olive oil - 2 tbsp.
- springs rosemary - 2; chopped.
- lemon juice - 2 tbsp.
- baby potatoes - 2 lbs.
- beef stock - 1 cup
- Parsley - 2 tbsp.; chopped
- Oregano - 2 tbsp.; chopped
- lemon rind - 1 tbsp.; grated
- garlic cloves - 3; minced
- Salt and black pepper to the taste

### **Directions:**

1. Make some little cuts all over the lamb, then insert rosemary springs into the openings.
2. Add salt and pepper as seasoning.
3. Add 1 tbsp. of oil with oregano, parsley, garlic, lemon juice and rind together in a clean bowl.
4. Stir gently; then rub the lamb and the mix together.
5. Add medium-high heat to a pan that fits right into your air fryer. The fryer should contain the remaining oil.
6. Then add potatoes; stir gently and cook for 3 minutes.
7. Add lamb and stock; stir gently and move to your air fryer.
8. Cook at 360 °F, for about an hour.
9. Divide all of it into different plates and serve.

## **Beef Roast and Wine Sauce Mix**

Prep + Cook Time: 55 Minutes

Servings: 6

### **Ingredients:**

- beef roast - 3 lbs.
- beef stock - 17 oz.
- garlic cloves - 4; minced
- Carrots - 3; chopped
- Potatoes - 5; chopped
- red wine - 3 oz.
- chicken salt - 1/2 tsp.
- Salt and black pepper to the taste
- smoked paprika - 1/2 tsp.
- yellow onion - 1; chopped

### **Directions:**

1. Mix salt, pepper, chicken salt and paprika in a bowl; stir the mix gently and rub beef with this mix.
2. Continue by putting the mix in a big pan that fits your air fryer.
3. Then add onion, garlic, stock, wine, potatoes and carrots.
4. Move all of into your air fryer and cook at a temperature of 360 °F for 45 minutes.
5. Divide everything into different plates and serve.

## **Pork Roast with Fennel Flavor**

Prep + Cook Time: 1 hour 10 Minutes

Servings: 10

### **Ingredients:**

- pork loin roast - 5 ½ lbs.; trimmed
- fennel seeds - 1 tbsp.
- red pepper - 2 tsp.; crushed
- olive oil - 1/4 cup
- garlic cloves - 3; minced
- Rosemary - 2 tbsp.; chopped.
- Fennel - 1 tsp.; ground
- Salt and black pepper to the taste

### **Directions:**

1. Mix garlic with fennel seeds, fennel, rosemary, red pepper, some black pepper and the olive oil in your processor.
2. Pulse well and blend until you get a paste.
3. Spread 2 tbsp. of garlic paste on pork loin; then rub well.
4. Add salt and pepper to it as seasoning.
5. Then move to your preheated air fryer and cook at 350 °F for about half an hour.
6. Lower the heat to 300 °F and cook for another 15 minutes.
7. Slice the pork, and divide into different plates and serve.

## **Sliced Beef Brisket with Onion Sauce**

Prep + Cook Time: 2 hours 10 Minutes

Servings: 6

### **Ingredients:**

- yellow onion - 1 lb.; chopped
- Beef brisket - 4 lbs.
- earl grey tea bags - 8
- Celery - 1/2 lb.; chopped.
- Carrot - 1 lb.; chopped
- Salt and black pepper to the taste
- Water - 4 cups

### **For the sauce:**

- canned tomatoes - 16 oz.; chopped
- sweet onion - 1 lb.; chopped
- brown sugar - 1 cup
- earl grey tea bags - 8
- celery - 1/2 lb.; chopped
- garlic - 1 oz.; minced
- vegetable oil - 4 oz.
- white vinegar - 1 cup

### **Directions:**

1. Pour some water in a heat proof dish that fits perfectly into your air fryer.
2. Then add 1 lb. of onion, 1 lb. of carrot, 1/2 lb. of celery to the dish.
3. Sprinkle a pinch of salt and pepper.
4. Stir gently and bring to a simmer over medium high heat.
5. Add beef brisket and 8 tea bags; stir gently and move to your air fryer.
6. Cook at a temperature of 300 °F for an hour and half.
7. Also, add medium-high heat to a pan containing the vegetable oil
8. Then, add 1 lb. of onion; stir gently and sauté for about 10 minutes.
9. Add garlic, 1/2 lb. of celery, some tomatoes, sugar, and vinegar.
10. Also, add salt and pepper to taste as well as 8 tea bags.

11. Stir gently before bringing to a simmer,
12. Cook for about 10 minutes and remove the tea bags.
13. Transfer the beef brisket to a cutting board,
14. Slice and divide into different plates.
15. Drizzle the onion sauce all over and serve immediately.

## **Lamb Shanks and Carrots Mix**

Prep + Cook Time: 55 Minutes

Servings: 4

### **Ingredients:**

- lamb shanks - 4
- olive oil - 2 tbsp.
- Yellow onion - 1; finely chopped.
- oregano; dried
- tomato - 1; roughly chopped.
- water - 2 tbsp.
- red wine - 4 oz.
- carrots - 6; roughly chopped.
- garlic cloves - 2; minced
- tomato paste - 2 tbsp.
- Salt and black pepper to the taste

### **Directions:**

1. Add salt and pepper to the lamb. Then rub with oil and place in your air fryer.
2. Cook at a temperature of 360 °F for 10 minutes.
3. Mix some onions with carrots, garlic, tomato paste, tomato, oregano, wine and water inside a baking dish that fits right into your air fryer
4. Toss well to coat.
5. Add lamb, toss, introduce in your air fryer and cook at 370 °F, for 35 minutes.
6. Divide all of it into different plates and serve immediately.

## **Marinated Chopped Pork and Onions Mix**

Prep + Cook Time: 24 hours 25 Minutes

Servings: 6

### **Ingredients:**

- pork chops - 2
- Oregano - 1/2 tsp.; dried
- Thyme - 1/2 tsp.; dried
- olive oil - 1/4 cup
- yellow onions - 2; sliced
- garlic cloves - 2; minced
- mustard - 2 tsp.
- sweet paprika - 1 tsp.
- A pinch of cayenne pepper
- Salt and black pepper to the taste

### **Directions:**

1. Mix some oil with garlic, mustard, paprika, black pepper, oregano, thyme and cayenne in a bowl and whisk well.
2. Mix onions with meat and mustard mix.
3. Then toss to coat and cover with the lid. Place it in the fridge for about 24 hours.
4. Move meat and onions mix to a pan that fits perfectly into the air fryer and cook at 360 °F for about 25 minutes.
5. Divide all of the mix into different plates and serve.

## **Chopped Beef and Green Onions Marinade Mix**

Prep + Cook Time: 30 Minutes

Servings: 4

### **Ingredients:**

- green onion - 1 cup; chopped
- soy sauce - 1 cup
- water - 1/2 cup
- sesame seeds - 1/4 cup
- 5 garlic cloves; minced
- black pepper - 1 tsp.
- brown sugar - 1/4 cup
- lean beef - 1 lb.

### **Directions:**

1. Mix onion with soy sauce, water, sugar, garlic, sesame seeds and pepper in a bowl.
2. Whisk well, and add meat.
3. Toss well to coat and keep it aside for about 10 minutes.
4. Remove the water from beef, and move to your preheated air fryer
5. Finally, cook at a temperature of 390 °F for about 20 minutes.
6. Slice gently, and divide into different plates
7. Serve with salad as a side dish.

## **Rib Eye Steak with Salad**

Prep + Cook Time: 30 Minutes

Servings: 4

### **Ingredients:**

- rib eye steak - 2 lbs.
- Salt and black pepper to the taste
- olive oil - 1 tbsp.

### **For the rub:**

- sweet paprika - 3 tbsp.
- brown sugar - 1 tbsp.
- Cumin - 1 tbsp.; ground
- onion powder - 2 tbsp.
- Oregano - 2 tbsp.; dried
- garlic powder - 2 tbsp.
- Rosemary - 1 tbsp.; dried

### **Directions:**

1. Mix paprika with onion and garlic powder, sugar, oregano, rosemary, salt, pepper and cumin in a bowl.
2. Stir gently and rub steak with this mix.
3. Add salt and pepper to the steak, then rub again with the oil.
4. Move to your air fryer and cook at a temperature of 400 °F for 20 minutes. Flip them halfway.
5. Move to the steak to a cutting board, and slice gently.
6. Serve with a side salad.

## **Tasty Balsamic Asparagus**

Prep time + cook time: 10 minutes;

Servings: 4

### **Ingredients:**

- asparagus bunch - 1, trimmed and halved
- Salt and black pepper to taste
- lime juice - 2 tablespoons
- olive oil - 2 tablespoons
- balsamic vinegar - 2 teaspoons
- oregano - 1 teaspoon, dried

### **Directions:**

1. Mix all ingredients in a clean bowl and toss well to coat.
2. Introduce the asparagus in your air fryer's basket and cook at a temperature of 400 ° F for 5 minutes.
3. Cut the asparagus into different plates and serve.

### **Nutrition:**

calories 190, fat 3, fiber 6, carbs 8, protein 4

## **Yummy Cheesy Asparagus**

Prep time + cook time: 11 minutes;

Servings: 6

### **Ingredients:**

- Asparagus - 14 ounces, trimmed
- cream cheese - 8 ounces, softened
- cheddar cheese - 16 ounces, grated
- sour cream - ½ cup
- garlic cloves - 3, minced
- garlic powder - 1 teaspoon

### **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.
4. Cut into different plates and serve right away.

### **Nutrition:**

calories 191, fat 8, fiber 2, carbs 12, protein 8

## **Simple Fennel Recipe**

Prep time + cook time: 22 minutes;

Servings: 4

### **Ingredients:**

- fennel bulbs - 2, trimmed and halved
- A drizzle of olive oil
- garlic cloves - 2, minced
- lime juice - 1 tablespoon
- sweet paprika - 1 teaspoon

### **Directions:**

1. Mix all the ingredients in a clean bowl and toss well to coat.
2. Put the fennel in your air fryer's basket and cook at a temperature of 400 ° F for 12 minutes.
3. Divide into different plates and serve.

### **Nutrition:**

calories 131, fat 4, fiber 7, carbs 10, protein 8

## **Beets and Capers Mix**

Prep time + cook time: 25 minutes;

Servings: 4

### **Ingredients:**

- Beets - 4, peeled and cut into wedges
- balsamic vinegar - 2 tablespoons
- Cilantro - 1 tablespoon, chopped
- Salt and black pepper to taste
- olive oil - 1 tablespoon
- capers - 2 tablespoons

### **Directions:**

1. Put the beet wedges in your air fryer's basket and cook at a temperature of 400 ° F for 20 minutes.
2. Move the beet wedges to a salad bowl, before adding the rest of the ingredients.
3. Toss well to coat, serve right away, and enjoy.

### **Nutrition:**

calories 70, fat 1, fiber 1, carbs 6, protein 4

## **Sesame Seed Beets**

Prep time + cook time: 30 minutes;

Servings: 6

### **Ingredients:**

- Beets - 6, peeled and quartered
- Salt and black pepper to taste
- sesame seeds - 1 tablespoon, toasted
- red wine vinegar - 1 tablespoon
- olive oil - 1 tablespoon

### **Directions:**

1. Introduce the beets to your air fryer's basket and cook at a temperature of 400 ° F for 20 minutes.
2. Move the beets to a clean bowl, then add all remaining ingredients.
3. Toss well to coat and serve.

### **Nutrition:**

calories 100, fat 2, fiber 4, carbs 7, protein 5

## **Seasoned Beets and Kale Mix**

Prep time + cook time: 25 minutes;

Servings: 4

### **Ingredients:**

- Beets - 1½ pounds, peeled and quartered
- olive oil - 1 tablespoon
- balsamic vinegar - 2 tablespoons
- orange juice - ½ cup
- Salt and black pepper to taste
- Scallions - 2, chopped
- kale leaves - 2 cups

### **Directions:**

1. Place the beets in your air fryer's basket and cook at a temperature of 400 ° F for 15 minutes.
2. Add the kale leaves and cook for extra 5 minutes.
3. Move the beets and kale to a clean bowl before adding the remaining ingredients.
4. Toss well to coat, serve right away, and enjoy your meal.

### **Nutrition:**

calories 151, fat 2, fiber 3, carbs 9, protein 4

## **Seasoned Beet and Tomato Salad**

Prep time + cook time: 30 minutes;

Servings: 6

### **Ingredients:**

- small beets - 8, trimmed, peeled and cut into wedges
- red onion - 1, sliced
- balsamic vinegar - 1 tablespoon
- Salt and black pepper to taste
- mixed cherry tomatoes - 1 pint, halved
- Pecans - 2 ounces, chopped
- olive oil - 2 tablespoons

### **Directions:**

1. Introduce the beets to your air fryer's basket, then add the salt and pepper to taste.
2. Also, add about 1 tablespoon of the oil to the mix.
3. Cook at a temperature of 400 ° F for 15 minutes.
4. Move the beets to a pan that fits your exactly into your air fryer.
5. Then, add the onions, tomatoes, pecans, and rest of the 1 tablespoon of oil. Toss well to coat.
6. Cook at a temperature of 400 ° F for another 10 minutes.
7. Cut into different plates and serve right away.

### **Nutrition:**

calories 144, fat 7, fiber 5, carbs 8, protein 6

## **Cauliflower Mix Recipe**

Prep time + cook time: 12 minutes;

Servings: 4

### **Ingredients:**

- cauliflower head - 1, florets separated
- peanut oil - 1 tablespoon
- garlic cloves - 6, minced
- Chinese rice wine vinegar - 1 tablespoon
- Salt and black pepper to taste

### **Directions:**

1. Mix all ingredients gently and thoroughly in a clean bowl.
2. Move the mixture to your fryer and cook at a temperature of 400 ° F for a little above 7 minutes.
3. Divide into different plates and serve.

### **Nutrition:**

calories 141, fat 3, fiber 4, carbs 4, protein 2

## **Seasoned Broccoli and Tomatoes**

Prep time + cook time: 12 minutes;

Servings: 4

### **Ingredients:**

- broccoli head - 1, florets separated
- Salt and black pepper to taste
- cherry tomatoes - 6, halved
- scallions - ¼ cup, chopped
- olive oil - 1 tablespoon

### **Directions:**

1. Place the broccoli florets in your air fryer's basket, then add the salt and pepper as seasoning.
2. Also, add about ½ tablespoon of the oil to the mix; then toss well to coat.
3. Cook at a temperature of 380 ° F for a little above 5 minutes.
4. Move the broccoli to a clean bowl, then add the tomatoes, scallions, salt, pepper, and the rest of ½ tablespoon of oil.
5. Toss well to coat and serve right away.

### **Nutrition:**

calories 111, fat 4, fiber 4, carbs 9, protein 2

## **Mustard Brussels Sprouts with Toppings**

Prep time + cook time: 20 minutes;

Servings: 4

### **Ingredients:**

- Brussels sprouts - 1 pound, trimmed
- Salt and black pepper to taste
- Mustard - 1 tablespoon
- olive oil - 1 tablespoon
- cilantro - 2 tablespoons, chopped

### **Directions:**

1. Mix the sprouts with the salt, pepper, mustard, and the oil in a clean bowl; toss well to coat.
2. Move the sprouts to your air fryer's basket and cook at a temperature of 380 ° F for 15 minutes.
3. Divide the sprouts into different clean plates, then sprinkle the cilantro as toppings, and serve.

### **Nutrition:**

calories 122, fat 2, fiber 2, carbs 9, protein 4

## **Parmesan Broccoli Mix**

Prep time + cook time: 13 minutes;

Servings: 4

### **Ingredients:**

- broccoli head - 1, florets separated
- Lime Juice – 1
- Salt and black pepper to taste
- olive oil - 2 tablespoons
- parmesan cheese - 3 tablespoons, grated

### **Directions:**

1. Put the broccoli in your air fryer's basket; then add the salt and pepper to taste. Also, add the oil and toss well to coat.
2. Cook at a temperature of 400 ° F for almost 10 minutes.
3. Move the broccoli to a clean bowl, then add the lime juice and parmesan, toss well to coat, and serve right away.

### **Nutrition:**

calories 122, fat 3, fiber 6, carbs 8, protein 9

## **Red Cabbage and Carrots Mix**

Prep time + cook time: 13 minutes;

Servings: 4

### **Ingredients:**

- red cabbage head - 1, shredded
- olive oil - 1 tablespoon
- carrot - 1, grated
- balsamic vinegar - ¼ cup
- Salt and black pepper to taste

### **Directions:**

1. Put all of the ingredients in a pan that fits right into your air fryer, and mix thoroughly.
2. Place the pan in the fryer and cook at a temperature of 380 ° F for 8 minutes.
3. Cut into different plates and serve.

### **Nutrition:**

calories 100, fat 4, fiber 2, carbs 7, protein 2

## **Seasoned Butter Carrots**

Prep time + cook time: 20 minutes;

Servings: 4

### **Ingredients:**

- Carrots - 1 pound, cut into wedges
- A pinch of salt and black pepper
- sweet paprika - 1 teaspoon
- butter - ½ tablespoon, melted

### **Directions:**

1. Mix all of the ingredients in a clean bowl and toss well.
2. Place the carrots in your air fryer and cook at a temperature of 350 ° F for 15 minutes.
3. Cut into different plates and serve right away

### **Nutrition:**

calories 90, fat 2, fiber 3, carbs 4, protein 4

## **Green Beans Recipe**

Prep time + cook time: 11 minutes;

Servings: 4

### **Ingredients:**

- green beans - 1 pound, trimmed
- olive oil - 2 tablespoons
- garlic cloves - 3, minced
- Salt and black pepper to taste
- balsamic vinegar - 1 tablespoon

### **Directions:**

1. Put all the ingredients in a clean bowl, except the vinegar, and mix gently and well
2. Place the beans in the air fryer and cook at a temperature of 400 ° F for a little above 5 minutes.
3. Cut the green beans into different plates, then drizzle the vinegar all over, and serve right away.

### **Nutrition:**

calories 101, fat 3, fiber 3, carbs 4, protein 2

## **Seasoned and Spicy Kale Mix**

Prep time + cook time: 17 minutes;

Servings: 6

### **Ingredients:**

- olive oil - 2 tablespoons
- garlic cloves - 3, minced
- kale leaves - 2½ pounds
- Salt and black pepper to taste
- balsamic vinegar - 2 tablespoons
- chili powder - 1 tablespoon
- crushed red pepper - ½ teaspoon

### **Directions:**

1. Mix the kale with salt, pepper, oil, red pepper, and chili powder in a clean bowl; toss well to coat.
2. Move the kale to your air fryer and cook at a temperature of 250 ° F for about 15 minutes.
3. Introduce the kale leaves in a clean bowl, then add the garlic and the vinegar as well; toss well to coat.
4. Serve right away, and enjoy your meal!

### **Nutrition:**

calories 102, fat 4, fiber 8, carbs 4, protein 2

## **Tasty Eggplant Mix**

Prep time + cook time: 20 minutes;

Servings: 4

### **Ingredients:**

- Eggplants - 4, roughly cubed
- lime juice - 2 tablespoons
- Salt and black pepper to taste
- Oregano - 1 teaspoon, dried
- olive oil - 2 tablespoons

### **Directions:**

1. Place all of the ingredients in a pan that fits right into your air fryer; then mix and toss well.
2. Place the pan in the fryer and cook at a temperature of 400 ° F for 15 minutes.
3. Cut the eggplants into different plates and serve right away.

### **Nutrition:**

calories 125, fat 5, fiber 2, carbs 11, protein 5

## **Hot Greek Potatoes Recipe**

Prep time + cook time: 20 minutes;

Servings: 4

### **Ingredients:**

- Potatoes - 1½ pounds, peeled and cubed
- olive oil - 1 tablespoon
- Salt and black pepper to taste
- hot paprika - 1 tablespoon
- black olives - 2 tablespoons, pitted and sliced
- Greek yogurt - 1 cup

### **Directions:**

1. Mix the potatoes with the oil, salt, pepper, and paprika in a bowl; toss well to coat.
2. Place the potatoes in your air fryer's basket and cook at a temperature of 400 ° F for 15 minutes.
3. Put the potatoes in a serving dish, then add the yogurt as well as the black olives.
4. Toss well to coat, serve right away, and enjoy.

### **Nutrition:**

calories 140, fat 3, fiber 4, carbs 10, protein 4

## **Tasty Coconut Mushroom Mix**

Prep time + cook time: 13 minutes;

Servings: 8

### **Ingredients:**

- brown mushrooms - 1 pound, halved
- small yellow onion - 1, chopped
- Salt and black pepper to taste
- olive oil - 2 tablespoons
- coconut milk - 14 ounces

### **Directions:**

1. Pour all of the ingredients to a pan that fits right into your air fryer and mix well.
2. Insert the pan to the fryer and cook at a temperature of 400 ° F for about 10 minutes.
3. Cut into different plates and serve right away.

### **Nutrition:**

calories 202, fat 4, fiber 1, carbs 13, protein 4

## **Seasoned Oregano Pearl Onions**

Prep time + cook time: 13 minutes;

Servings: 8

### **Ingredients:**

- pearl onions - 1 pound, trimmed
- feta cheese - 3 ounces, crumbled
- olive oil - 1 tablespoon
- A pinch of salt and black pepper
- Oregano - 2 tablespoons, chopped

### **Directions:**

1. Mix the onions with the salt, pepper, and oil in a bowl.
2. Move the contents of the bowl to your air fryer and cook at a temperature of 400 ° F for 10 minutes.
3. Move the onions to another bowl, then add the oregano and the cheese; toss well, and serve.

### **Nutrition:**

calories 140, fat 4, fiber 2, carbs 9, protein 5

## **Goat Cheese and Brussels Sprouts Mix**

Prep time + cook time: 20 minutes;

Servings: 8

### **Ingredients:**

- Brussels sprouts - 1 pound, trimmed
- olive oil - 1 tablespoon
- Salt and black pepper to taste
- goat cheese - 3 ounces, crumbled

### **Directions:**

1. Mix the sprouts with the oil, salt, and pepper in a bowl; toss well.
2. Put the sprouts in your air fryer's basket and cook at 380 ° F for 15 minutes.
3. Cut into different plates, sprinkle the cheese as the toppings and serve.

### **Nutrition:**

calories 150, fat 3, fiber 4, carbs 4, protein 6

## **Tarragon Toppings and Green Beans**

Prep time + cook time: 12 minutes;

Servings: 4

### **Ingredients:**

- green beans - 1 pound, trimmed
- tarragon - 1 tablespoon, chopped
- Lemon zest – 2
- olive oil - 1 tablespoon
- Salt and black pepper to taste

### **Directions:**

1. Mix the green beans with the lemon zest, oil, salt, and pepper in a bowl; toss well to coat.
2. Put the beans in your air fryer and cook at a temperature of 400 ° F for a little over 5 minutes.
3. Divide the beans into different plates, then sprinkle the tarragon as toppings, and serve.

### **Nutrition:**

calories 181, fat 7, fiber 4, carbs 9, protein 3

## **Seasoned Balsamic Zucchini Recipe**

Prep time + cook time: 17 minutes;

Servings: 4

### **Ingredients:**

- Zucchini - 4, sliced
- Salt and black pepper to taste
- lime juice - 2 tablespoons
- olive oil - 2 tablespoons
- balsamic vinegar - 2 teaspoons
- oregano - 1 teaspoon, dried

### **Directions:**

1. Place the ingredients in a pan that fits your air fryer, and mix well.
2. Place the pan in the fryer and cook at 400 ° F for 12 minutes.
3. Divide the mix between plates and serve right away.

### **Nutrition:**

calories 100, fat 1, fiber 3, carbs 8, protein 4

## **Artichokes and Mayonnaise Mix with Parmesan**

Prep time + cook time: 20 minutes;

Servings: 6

### **Ingredients:**

- canned artichoke hearts - 14 ounces
- A drizzle of olive oil
- parmesan cheese - 16 ounces, grated
- garlic cloves - 3, minced
- mayonnaise - ½ cup
- garlic powder - 1 teaspoon

### **Directions:**

1. Pour the artichokes with the oil, garlic, and garlic powder in a pan that fits right into your fryer, mix properly and toss well.
2. Put the pan in the fryer and cook at a temperature of 350 ° F for 15 minutes.
3. Let the mix cool down, then add the mayo, and toss well to coat.
4. Cut into different plates, then sprinkle the parmesan on top, and serve right away.

### **Nutrition:**

calories 200, fat 11, fiber 3, carbs 9, protein 4

## **Coconut Artichokes Recipe**

Prep time + cook time: 20 minutes;

Servings: 2

### **Ingredients:**

- Artichokes - 2, washed, trimmed and halved
- garlic cloves - 2, minced
- Coconut - ¼ cup, shredded
- Lemon Juice - 1
- coconut oil - 1 tablespoon, melted

### **Directions:**

1. Mix the artichokes with the garlic, oil, and lemon juice in a bowl; and toss well to ensure it is well coated.
2. Transfer them artichokes to the air fryer and cook at a temperature of 360 ° F. Do this for 15 minutes.
3. Cut the artichokes into different plates, then sprinkle the coconut as toppings, and serve.
4. Enjoy your meal!

### **Nutrition:**

calories 213, fat 8, fiber 6, carbs 13, protein 6

## **Seasoned Wrapped Asparagus Recipe**

Prep time + cook time: 10 minutes;

Servings: 4

### **Ingredients:**

- asparagus spears - 8, trimmed
- prosciutto slices - 8 ounces
- A pinch of salt and black pepper

### **Directions:**

1. First, wrap the asparagus with slices of prosciutto; then add salt and pepper to taste.
2. Introduce all of it to an air fryer's basket and cook at a temperature of 400 ° F for about 5 minutes.
3. Cut into different plates and serve.

### **Nutrition:**

calories 100, fat 2, fiber 5, carbs 8, protein 4

## **Seasoned Cajun Asparagus Mix**

Prep time + cook time: 10 minutes;

Servings: 4

### **Ingredients:**

- extra virgin olive oil - 1 teaspoon
- asparagus - 1 bunch, trimmed
- Cajun seasoning - ½ tablespoon

### **Directions:**

1. Mix the asparagus with the oil and Cajun seasoning in a clean bowl; coat the asparagus properly.
2. Move the asparagus to your air fryer and cook at a temperature of 400 ° F for about 5 minutes.
3. Cut all of it into different plates and serve.

### **Nutrition:**

calories 151, fat 3, fiber 4, carbs 9, protein 4

## **Seasoned Squash Salad**

Prep time + cook time: 17 minutes;

Servings: 4

### **Ingredients:**

- butternut squash - 1, cubed
- balsamic vinegar - 2 tablespoons
- cilantro - 1 bunch, chopped
- Salt and black pepper to taste
- olive oil - 1 tablespoon

### **Directions:**

1. Place the squash in the air fryer, then sprinkle a pinch of salt and pepper to taste. Add oil to the mix and toss well to coat.
2. Cook at a temperature of 400 ° F for about 15 minutes.
3. Move the squash to a clean bowl, before adding the vinegar and cilantro. Toss the mix well.
4. Serve away and enjoy your meal!

### **Nutrition:**

calories 151, fat 4, fiber 7, carbs 11, protein 8

## **Yummy and Creamy Squash Mix**

Prep time + cook time: 17 minutes;

Servings: 6

### **Ingredients:**

- big butternut squash - 1, roughly cubed
- sour cream - 1 cup
- Salt and black pepper to taste
- Parsley - 1 tablespoon, chopped
- A drizzle of olive oil

### **Directions:**

1. Place the squash in the air fryer, then add the salt and pepper as seasoning. Ensure to rub with oil.
2. Cook at a temperature of 400 ° F for about 15 minutes.
3. Then move the squash to a clean bowl before adding the cream and the parsley.
4. Toss well to coat before serving.

### **Nutrition:**

calories 200, fat 7, fiber 6, carbs 11, protein 7

## **Orange Carrots Mix**

Prep time + cook time: 20 minutes;

Servings: 4

### **Ingredients:**

- baby carrots - 1½ pounds
- orange zest - 2 teaspoons
- cider vinegar - 2 tablespoons
- orange juice - ½ cup
- A handful of parsley, chopped
- A drizzle of olive oil

### **Directions:**

1. Place the baby carrots in your clean air fryer's basket, followed by addition of the orange zest and oil,. Ensure that you rub the carrots well.
2. Cook at a temperature of 350 ° F for 15 minutes.
3. Move the carrots to a clean bowl, before adding the vinegar and orange as well as juice, and parsley.
4. Toss well to coat, serve away, and enjoy your meal!

### **Nutrition:**

calories 151, fat 6, fiber 6, carbs 11, protein 5

## **Tomato Salad Mix**

Prep time + cook time: 10 minutes;

Servings: 8

### **Ingredients:**

- red onion - 1, sliced
- feta cheese - 2 ounces, crumbled
- Salt and black pepper to taste
- mixed cherry tomatoes - 1 pint, halved
- pecans - 2 ounces
- olive oil - 2 tablespoons

### **Directions:**

1. Mix the tomatoes with the salt, pepper, onions, and the oil in your air fryer.
2. Cook at a temperature of 400 ° F for 5 minutes.
3. Move to a bowl before adding the pecans and the cheese.
4. Toss well to coat and serve away.

### **Nutrition:**

calories 151, fat 4, fiber 6, carbs 9, protein 4

## **Hot Tomato and Green Beans Salad**

Prep time + cook time: 11 minutes;

Servings: 4

### **Ingredients:**

- green beans - 1 pound, trimmed and halved
- green onions - 2, chopped
- canned green chilies - 5 ounces, chopped
- jalapeno pepper - 1, chopped
- A drizzle of olive oil
- chili powder - 2 teaspoons
- garlic powder - 1 teaspoon
- Salt and black pepper to taste
- cherry tomatoes - 8, halved

### **Directions:**

1. Put every single ingredient in a pan that fits perfectly into your air fryer, then mix and toss properly.
2. Introduce the pan to the fryer and cook at a temperature of 400 ° F for a little above 5 minutes.
3. Cut the mix into different plates and serve while the meal is still hot.

### **Nutrition:**

calories 200, fat 4, fiber 7, carbs 12, protein 6

## **Bell Peppers and Kale Mix**

Prep time + cook time: 20 minutes;

Servings: 4

### **Ingredients:**

- red bell peppers - 2, cut into strips
- green bell peppers - 2, cut into strips
- kale leaves - ½ pound
- Salt and black pepper to taste
- yellow onions - 2, roughly chopped
- veggie stock - ¼ cup
- tomato sauce - 2 tablespoons

### **Directions:**

1. Put all of the ingredients in a pan that fits right into your air fryer; then mix well.
2. Transfer the pan to the fryer and cook at a temperature of 360 ° F for 15 minutes.
3. Cut into different plates, serve your meal, and enjoy!

### **Nutrition:**

calories 161, fat 7, fiber 6, carbs 12, protein 7

## **Seasoned Garlic Parsnips**

Prep time + cook time: 20 minutes;

Servings: 4

### **Ingredients:**

- Parsnips - 1 pound, cut into chunks
- olive oil - 1 tablespoon
- garlic cloves - 6, minced
- balsamic vinegar - 1 tablespoon
- Salt and black pepper to taste

### **Directions:**

1. Put all of the ingredients in a bowl and mix properly.
2. Transfer them to the air fryer and cook at a temperature of 380 ° F for 15 minutes.
3. Cut into different plates and serve away.

### **Nutrition:**

calories 121, fat 3, fiber 6, carbs 12, protein 6

## **Broccoli and Pomegranate Toppings**

Prep time + cook time: 12 minutes;

Servings: 4

### **Ingredients:**

- broccoli head - 1, florets separated
- Salt and black pepper to taste
- Pomegranate - 1, seeds separated
- A drizzle of olive oil

### **Directions:**

1. Mix the broccoli with the salt, pepper, and oil in a bowl; toss well to coat.
2. Introduce the florets to your air fryer and cook at a temperature of 400 ° F for a little above 5 minutes.
3. Cut into different plates, sprinkle the pomegranate seeds all over the dish, and serve away.

### **Nutrition:**

calories 141, fat 3, fiber 4, carbs 11, protein 4

## **Hot Bacon Cauliflower**

Prep time + cook time: 12 minutes;

Servings: 4

### **Ingredients:**

- cauliflower head - 1, florets separated
- olive oil - 1 tablespoon
- Salt and black pepper to taste
- Bacon - ½ cup, cooked and chopped
- tablespoons dill - 2, chopped

### **Directions:**

1. Place the cauliflower in the air fryer; then add the salt and pepper to taste, followed by oil. Ensure to toss well to coat.
2. Cook at a temperature of 400 ° F for about 15 minutes.
3. Cut the cauliflower into different plates, then sprinkle the bacon and the dill as toppings.
4. Serve right away.

### **Nutrition:**

calories 200, fat 7, fiber 5, carbs 17, protein 7

## **Hot Butter Broccoli**

Prep time + cook time: 11 minutes;

Servings: 4

### **Ingredients:**

- broccoli head - 1, florets separated
- lime juice - 1 tablespoon
- Salt and black pepper to taste
- Butter - 2 tablespoons, melted

### **Directions:**

1. Mix all of the ingredients, gently and thoroughly, in a bowl
2. Place the broccoli mixture in your air fryer and cook at a temperature of 400 ° F for a little above 5 minutes.
3. Serve while it is still hot.

### **Nutrition:**

calories 151, fat 4, fiber 7, carbs 12, protein 6

## **New Potatoes Mix with Toppings**

Prep time + cook time: 20 minutes;

Servings: 4

### **Ingredients:**

- new potatoes - 1 pound, halved
- Salt and black pepper to taste
- Butter - 1½ tablespoons, melted
- Dill - 1 tablespoon, chopped

### **Directions:**

1. Place the potatoes in your air fryer's basket, then add the salt and pepper to taste, as well as butter; toss well to coat.
2. Cook at a temperature of 400 ° F for 15 minutes.
3. Cut into different plates, then sprinkle the dill as topping and serve.

### **Nutrition:**

calories 171, fat 5, fiber 6, carbs 15, protein 8

## **Seasoned Napa Cabbage Mix**

Prep time + cook time: 17 minutes;

Servings: 4

### **Ingredients:**

- napa cabbage - 1, shredded
- yellow onion - 1, chopped
- 2 tablespoons tomato sauce
- Nutmeg - ¼ teaspoon, ground
- Salt and black pepper to taste
- Parsley - 1 tablespoon, chopped

### **Directions:**

1. Put every ingredient in a pan that fits right into your air fryer and mix well.
2. Put the pan in the fryer and cook at a temperature of 300 ° F for close to 15 minutes.
3. Divide into different plates and serve right away.

### **Nutrition:**

calories 154, fat 4, fiber 4, carbs 12, protein 5

## **Butter Cabbage**

Prep time + cook time: 17 minutes;

Servings: 8

### **Ingredients:**

- green cabbage head - 1, shredded
- butter - ¼ cup, melted
- sweet paprika - 1 tablespoon
- dill - 1 tablespoon, chopped

### **Directions:**

1. Mix every ingredient in a pan that fits right into your air fryer.
2. Put the pan in the fryer and cook at a temperature of 320 ° F for 12 minutes.
3. Divide into different plates, serve right away, and enjoy!

### **Nutrition:**

calories 181, fat 4, fiber 6, carbs 15, protein 5

## **Turmeric Kale Recipe**

Prep time + cook time: 17 minutes;

Servings: 2

### **Ingredients:**

- Butter - 3 tablespoons, melted
- kale leaves - 2 cups
- Salt and black pepper to taste
- yellow onion - ½ cup, chopped
- turmeric powder - 2 teaspoons

### **Directions:**

1. Put all of the ingredients in a pan that fits right into your air fryer and mix properly.
2. Place the pan in the fryer and cook at a temperature of 250 ° F for about 15 minutes.
3. Cut into different plates and serve.

### **Nutrition:**

calories 151, fat 4, fiber 5, carbs 15, protein 6

## **Spicy Cabbage Mix**

Prep time + cook time: 17 minutes;

Servings: 4

### **Ingredients:**

- green cabbage head - 1, shredded
- olive oil - 1 tablespoon
- cayenne pepper - 1 teaspoon
- A pinch of salt and black pepper
- sweet paprika - 2 teaspoons

### **Directions:**

1. Place all the ingredients in a pan that fits your fryer, and mix.
2. Put the pan in the fryer and cook at a temperature of 320 ° F for about 15 minutes.
3. Cut into different plates and serve immediately.

### **Nutrition:**

calories 124, fat 6, fiber 6, carbs 16, protein 7

## **Easy Celery Root Recipe**

Prep time + cook time: 20 minutes;

Servings: 4

### **Ingredients:**

- celery root - 2 cups, roughly cubed
- A pinch of salt and black pepper
- Butter - ½ tablespoon, melted

### **Directions:**

1. Place all the ingredients in your air fryer and toss well to coat
2. Cook at a temperature of 350 ° F for 15 minutes.
3. Cut into different plates and serve right away.

### **Nutrition:**

calories 124, fat 1, fiber 4, carbs 6, protein 6

## **Seasoned Maple Glazed Corn**

Prep time + cook time: 11 minutes;

Servings: 4

### **Ingredients:**

- ears of corn - 4
- maple syrup - 1 tablespoon
- Black pepper to taste
- Butter - 1 tablespoon, melted

### **Directions:**

1. Mix the black pepper, butter, and the maple syrup in a clean bowl.
2. Rub the corn with the mixture, and then place it in your air fryer.
3. Cook at a temperature of 390 ° F for a little above 5 minutes.
4. Cut the corn into different plates and serve.

### **Nutrition:**

calories 100, fat 2, fiber 3, carbs 8, protein 3

## **Seasoned Dill Corn**

Prep time + cook time: 11 minutes;

Servings: 4

### **Ingredients:**

- ears of corn - 4
- Salt and black pepper to taste
- Butter - 2 tablespoons, melted
- Dill - 2 tablespoon, chopped

### **Directions:**

1. Mix the salt, pepper, and the butter in a bowl.
2. Pour butter mixture on the corn and rub, and then put it in your air fryer.
3. Cook at a temperature of 390 ° F for a little above 5 minutes.
4. Cut the corn into different plates, sprinkle the dill as topping, and then serve right away.

### **Nutrition:**

calories 100, fat 2, fiber 5, carbs 9, protein 6

## **Seasoned Broccoli Casserole**

Prep time + cook time: 20 minutes;

Servings: 4

### **Ingredients:**

- Butter - 2 tablespoons, melted
- broccoli florets - 6 cups
- garlic cloves - 2, minced
- chicken stock - 1 cup
- Salt and black pepper to taste
- fettuccine pasta - 1 pound, cooked
- green onions - 2, chopped
- parmesan cheese - 1 tablespoon, grated
- tomatoes -3, chopped

### **Directions:**

1. Grease a baking dish with butter; the baking dish that fits your air fryer.
2. Add the broccoli, garlic, stock, salt, pepper, pasta, onions, and tomatoes; toss well to coat and ensure to toss gently.
3. Move the dish in the fryer and cook at a temperature of 390 ° F for 15 minutes.
4. Sprinkle the parmesan as toppings, divide all into different plates, and serve.

### **Nutrition:**

calories 151, fat 6, fiber 5, carbs 12, protein 4

## **Seasoned Mustard Greens Mix**

Prep time + cook time: 17 minutes;

Servings: 6

### **Ingredients:**

- collard greens - 1 pound, trimmed
- bacon - ¼ pound, cooked and chopped
- A drizzle of olive oil
- Salt and black pepper to taste
- veggie stock - ½ cup

### **Directions:**

1. Pour every ingredient to the pan that fits your air fryer and mix well.
2. Move the pan to the fryer and cook at a temperature of 260 ° F for about 15 minutes.
3. Divide all of the mix into different plates and serve.

### **Nutrition:**

calories 161, fat 4, fiber 5, carbs 14, protein 3

## **Divided Balsamic Mustard Greens**

Prep time + cook time: 17 minutes;

Servings: 4

### **Ingredients:**

- mustard greens - 1 bunch, trimmed
- olive oil - 2 tablespoons
- chicken stock - ½ cup
- tomato puree - 2 tablespoons
- garlic cloves - 3, minced
- Salt and black pepper to taste
- balsamic vinegar - 1 tablespoon

### **Directions:**

1. Mix all of the ingredients in a pan that fits right into your air fryer and toss well.
2. Move the pan to the fryer and cook at a temperature of 260 ° F for 12 minutes.
3. Divide all of it into different plates, serve your meal, and enjoy!

### **Nutrition:**

calories 151, fat 2, fiber 4, carbs 14, protein 4

## **Butter Endives Recipe**

Prep time + cook time: 15 minutes;

Servings: 4

### **Ingredients:**

- Endives - 4, trimmed and halved
- Salt and black pepper to taste
- lime juice - 1 tablespoon
- Butter - 1 tablespoon, melted

### **Directions:**

1. Place the endives in your air fryer, then add the salt and pepper to taste, lemon juice, and butter.
2. Cook at a temperature of 360 ° F for 10 minutes.
3. Cut into different plates and serve right away.

### **Nutrition:**

calories 100, fat 3, fiber 4, carbs 8, protein 4

## **Endives with Bacon Mix**

Prep time + cook time: 15 minutes;

Servings: 4

### **Ingredients:**

- Endives - 4, trimmed and halved
- Salt and black pepper to taste
- olive oil - 1 tablespoon
- bacon - 2 tablespoons, cooked and crumbled
- nutmeg - ½ teaspoon, ground

### **Directions:**

1. Place the endives in your air fryer's basket, then add the salt and pepper to taste as well as oil and nutmeg; ensure to toss gently.
2. Cook at a temperature of 360 ° F for 10 minutes.
3. Cut the endives into different plates, then sprinkle the bacon as toppings, and serve.

### **Nutrition:**

calories 151, fat 6, fiber 8, carbs 14, protein 6

## **Sweet Beets Salad**

Prep + Cooking Time: 20 Minutes

Servings: 4

### **Ingredients:**

- Beets; peeled and quartered-1 ½-pound
- Brown sugar-2 tbsps
- Scallions; chopped-2
- Cider vinegar-2 tbsps
- Orange juice-1/2 cup
- Arugula-2 cups
- Mustard-2 tsps
- Olive oil- a drizzle
- Orange zest; grated-2 tsps

### **Directions:**

1. Season the beets with orange juice and oil in a bowl.
2. Spread the beets in the air fryer basket and seal the fryer.
3. Cook the beet for 10 minutes at 350 F on Air fryer mode.
4. Place these cooked beets in a bowl then toss in orange zest, arugula, and scallions.
5. Whisk mustard, vinegar, and sugar in a different bowl.
6. Add this mixture to the beets and mix well.
7. Enjoy.

## **Butter Glazed Carrots**

Prep + Cooking Time: 20 Minutes

Servings: 4

### **Ingredients:**

- Baby carrots-2 cups
- Brown sugar-1 tbsps
- Butter; melted-1/2 tbsps
- Salt and black pepper- a pinch

### **Directions:**

1. Take a baking dish suitable to fit in your air fryer.
2. Toss carrots with sugar, butter, salt and black peppers in that baking dish.
3. Place this dish in the air fryer basket and seal the fryer.
4. Cook the carrots for 10 minutes at 350 F on Air fryer mode.
5. Enjoy.

## **Fried Lemony Leeks**

Prep + Cooking Time: 17 Minutes

Servings: 4

### **Ingredients:**

- Leeks; washed, ends cut off and halved -4
- Butter; melted-1 tbsps
- Lemon juice-1 tbsps
- Salt and black pepper -to the taste

### **Directions:**

1. Take a baking dish suitable to fit in your air fryer.
2. Toss the leeks with butter, salt and black pepper in that dish.
3. Coat them liberally then place the dish in the air fryer basket.
4. Seal the fryer and cook the carrots for 7 minutes at 350 F on-air fryer mode.
5. Add a drizzle of lemon juice.
6. Mix well then serve.

## **Juicy Brussels Sprouts**

Prep + Cooking Time: 15 Minutes

Servings: 4

### **Ingredients:**

- Brussels sprouts; trimmed-1-pound
- Green onions; chopped-1/4 cup
- Cherry tomatoes; halved -6
- Olive oil -1 tbsps
- Salt and black pepper -to the taste

### **Directions:**

1. Take a baking dish suitable to fit in your air fryer.
2. Toss brussels sprouts with salt and black pepper in that dish.
3. Place this dish in the air fryer and seal the fryer.
4. Cook the sprouts for 10minutes at 3500 F on Air fryer mode.
5. Toss these sprouts with green onions, tomatoes, olive oil, salt and pepper in a salad bowl.

## **Cheesy Chard and Sausage Quiche**

Prep + Cooking Time: 30 Minutes

Servings: 8

### **Ingredients:**

- Swiss chard; chopped -8 cups
- Onion; chopped -1/2 cup
- Parmesan; grated-1/4 cup
- Eggs-3
- Ricotta cheese-2 cups
- Mozzarella; shredded-1 cup
- Sausage; chopped -1-pound
- Olive oil -1 tbsps
- Garlic clove; minced -1
- Salt and black pepper -to the taste
- Nutmeg- A pinch

### **Directions:**

1. Take a baking dish suitable to fit in your air fryer.
2. Add oil to this pan and place it over medium heat.
3. Toss in garlic, onions, chard, salt, nutmeg, and pepper and saute for 2 minutes.
4. Whisk eggs with ricotta, mozzarella, and parmesan in a separate bowl.
5. Pour this mixture over the chard mixture.
6. Toss well then place the dish in the air fryer basket and seal it.
7. Cook them for 17 minutes at 3200 F on Air fryer mode.
8. Enjoy warm.

## **Air Fried Parsley Potatoes**

Prep + Cooking Time: 20 Minutes

Servings: 4

### **Ingredients:**

- Gold potatoes; cut into wedges-1-pound
- Olive -2 tbsps
- Parsley leaves; chopped-1/4 cup
- Juice from 1/2 lemon
- Salt and black pepper -to the taste

### **Directions:**

1. Take a baking dish suitable to fit in your air fryer.
2. Place the potatoes in it and season them liberally with salt, pepper, olive oil, and lemon juice.
3. Place the baking dish in the air fryer basket and seal it.
4. Cook the potatoes for 10 minutes at 350 F on Air fryer mode.
5. Serve warm with parsley garnishing.
6. Devour.

## **Fried Asparagus Recipe**

Prep + Cooking Time: 25 Minutes

Servings: 4

### **Ingredients:**

- Fresh asparagus; trimmed-2-pound
- Oregano; dried -1/2 tsp
- Feta cheese; crumbled-4-ounce
- Garlic cloves; minced -4
- Parsley; a finely chopped-2 tbsps
- Red pepper flakes -1/4 tsp
- Olive oil -1/4 cup
- Salt and black pepper -to the taste
- Lemon zest -1 tsp
- Juice -1 lemon

### **Directions:**

1. Toss lemon zest with oregano, pepper flakes, garlic and oil in a large bowl.
2. Add asparagus, salt, pepper, and cheese to the bowl.
3. Toss them well to coat then place the asparagus in the air fryer basket.
4. Seal the fryer and cook them for 8 minutes at 350 F on Air fryer mode.
5. Garnish with parsley and lemon juice.
6. Enjoy warm.

## **Shrimp Pesto Peppers**

Prep + Cooking Time: 16 Minutes

Servings: 4

### **Ingredients:**

- Baby bell peppers; cut into halves lengthwise-12
- Jarred basil pesto-6 tbsps
- Lemon juice -1 tbsps
- Olive oil -1 tbsps
- Shrimp; cooked, peeled and deveined-1-pound
- Red pepper flakes; crushed -1/4 tsps
- Salt and black pepper -to the taste
- Handful parsley; chopped

### **Directions:**

1. Toss shrimp with pesto, salt, black pepper, pepper flakes, oil, parsley and lemon juice in a bowl.
2. Place the bell peppers in a baking dish, suitable to fit in the air fryer.
3. Stuff the bell pepper cups with the shrimp mixture.
4. Place this dish in the air fryer basket and seal it.
5. Cook them for 6 minutes at 3200 F on Air fryer mode.
6. Enjoy.

## **Tangy Fennel Bulbs**

Prep + Cooking Time: 18 Minutes

Servings: 4

### **Ingredients:**

- Fennel bulbs; cut into quarters -2
- Red chili pepper; chopped-1
- Veggie stock -3/4 cup
- White wine -1/4 cup
- Olive oil -3 tbsps
- Juice -1/2 lemon
- Salt and black pepper -to the taste
- Garlic clove; minced-1
- Parmesan; grated -1/4 cup

### **Directions:**

1. Take a baking dish suitable to fit in your air fryer.
2. Place this dish on medium heat and add oil, chili pepper, and garlic.
3. Saute for 2 minutes then add salt, pepper, lemon juice, parmesan, wine, stock, and fennel.
4. Toss well then place the dish in the air fryer basket and seal it.
5. Cook the fennel for 6 minutes at 350 F on Air Fryer mode.
6. Enjoy fresh.

## **Balsamic Air Fried Artichokes**

Prep + Cooking Time: 17 Minutes

Servings: 4

### **Ingredients:**

- Big artichokes; trimmed-4
- Extra virgin olive oil -1/4 cup
- Garlic cloves; minced -2
- Lemon juice-2 tbsps
- Balsamic vinegar -2 tsps
- Oregano; dried-1 tsps
- Salt and black pepper -to the taste

### **Directions:**

1. Season the artichokes liberally with salt, and pepper then rub them with half of the lemon juice and oil.
2. Add these artichokes in a baking dish, suitable to fit in the air fryer.
3. Place the artichoke dish in the air fryer basket and seal it.
4. Cook them for 7 minutes at 360 F on Air fryer mode.
5. Whisk remaining lemon juice, and oil, vinegar, oregano, garlic, salt and pepper in a bowl.
6. Pour this mixture over the artichokes and mix them well.
7. Enjoy.

## **Parmesan Tomatoes**

Prep + Cooking Time: 25 Minutes

Servings: 8

### **Ingredients:**

- Jalapeno pepper; chopped -1
- Garlic cloves; minced -4
- Oregano; dried-1/2 tsps
- Olive oil-1/4 cup
- Parmesan; grated-1/2 cup
- Basil; chopped-1/4 cup
- Cherry tomatoes; halved-2-pound
- Salt and black pepper -to the taste

### **Directions:**

1. Toss tomatoes with salt, garlic, jalapeno, black pepper and oregano in a baking dish, suitable to fit the air fryer.
2. Stir in oil and toss well to coat liberally.
3. Place the tomato dish in the air fryer basket and seal it.
4. Cook the tomatoes for 15 minutes at 3800 on Air fryer mode.
5. Garnish with basil and parmesan.
6. Enjoy.

## **Beef Filled Fried Peppers**

Prep + Cooking Time: 65 Minutes

Servings: 4

### **Ingredients:**

- Beef; ground-1-pound
- Bell peppers; cut into halves and seeds removed -4
- Raisins-1/3 cup
- Walnuts; chopped -1/3 cup
- Coriander; ground-1 tsp
- Onion; chopped -1
- Garlic cloves; minced -3
- Turmeric powder-1/2 tsp
- Hot curry powder -1 tbsps
- Egg -1
- Olive oil -2 tbsps
- Ginger; grated -1 tbsps
- Cumin; ground -1/2 tsp
- Salt and black pepper -to the taste

### **Directions:**

1. Take a pan and place it over medium-high heat.
2. Add oil, and onion, saute for 4 minutes.
3. Stir in beef, and garlic, saute for 10 minutes.
4. Add ginger, cumin, coriander, salt, pepper, raisins, walnuts, turmeric, and curry powder.
5. Mix well then stir in egg.
6. Stir cook for 1 minute then take it off the heat.
7. Stuff the pepper halves with this egg mixture.
8. Place the pepper halves in a baking pan, suitable to fit in the air fryer.
9. Place this pan in the air fryer basket then seal it.
10. Cook them for 20 minutes at 3200 F on Air fryer mode.
11. Enjoy fresh.

## **Beet and Goat Cheese Satay**

Prep + Cooking Time: 44 Minutes

Servings: 8

### **Ingredients:**

- Small beets; trimmed, peeled and halved -8
- Olive oil -2 tbsps
- Goat cheese; crumbled -4-ounce
- Balsamic vinegar -1 tbsps
- Red onion; sliced-1
- Sugar-2 tbsps
- Mixed cherry tomatoes; halved -1 pint
- Pecans -2-ounce
- Salt and black pepper -to the taste

### **Directions:**

1. Toss the beets with salt, and pepper in a bowl to coat well liberally.
2. Place these beets in the air fryer basket and seal it.
3. Cook them for 14 minutes at 350 F on Air fryer mode.
4. Toss the cooked beets with pecans, cherry tomatoes, and onion in a salad bowl
5. Whisk vinegar with oil and sugar in a separate bowl.
6. Pour this mixture over the beets and toss well.
7. Garnish with goat cheese.
8. Enjoy.

## **Air Fried Tomato Kebabs**

Prep + Cooking Time: 36 Minutes

Servings: 4

### **Ingredients:**

- Balsamic vinegar-3 tbsps
- Cherry tomatoes-24
- Olive oil-2 tbsps
- Garlic cloves; minced -3
- Thyme; chopped -1 tbsps
- Salt and black pepper -to the taste

### **For the dressing:**

- Balsamic vinegar-2 tbsps
- Olive oil -4 tbsps
- Salt and black pepper -to the taste

### **Directions:**

1. Take a medium bowl and add 2 tbsp oil, 3 garlic cloves, thyme, salt, 2 tbsp vinegar, and black pepper in it.
2. Mix well then toss in tomatoes and coat them liberally.
3. Thread 6 tomatoes on each skewer.
4. Place these skewers in the air fryer basket and seal it.
5. Cook them for 6 minutes on Air fryer mode at 3600 F.
6. Meanwhile, whisk 2 tbsp vinegar with pepper, salt, and 4 tbsp oil.
7. Place the cooked skewers in the serving plates.
8. Pour the vinegar dressing over them.
9. Enjoy.

## **Eggplant and Zucchini Medley**

Prep + Cooking Time: 18 Minutes

Servings: 4

### **Ingredients:**

- Eggplant; roughly cubed -1
- Zucchini; roughly cubed -3
- Lemon juice-2 tbsps
- Oregano; dried-1 tsp
- Olive oil-3 tbsps
- Thyme; dried-1 tsp
- Salt and black pepper to the taste

### **Directions:**

1. Take a baking dish suitable to fit in your air fryer.
2. Add eggplant, zucchini, salt, pepper, oregano, olive oil, lemon juice, and thyme in the baking dish.
3. Place the eggplant dish in the Air fryer basket and seal it.
4. Cook them for 8 minutes at 360 F on Air fryer mode.
5. Enjoy warm.

## **Beet Capers Salad**

Prep + Cooking Time: 24 Minutes

Servings: 4

### **Ingredients:**

- Beets-4
- Garlic clove; chopped-1
- Capers-2 tbsps
- Balsamic vinegar -2 tbsps
- Parsley; chopped - A bunch
- Extra virgin olive oil -1 tbsps
- Salt and black pepper to the taste

### **Directions:**

1. Spread the beets in the Air fryer basket and seal it.
2. Cook them for 14 minutes at 3600 F on Air fryer mode.
3. Whisk parsley with olive oil, capers, salt, pepper and garlic in a separate bowl.
4. Allow the beets to cool down on a cutting board then peel and slice them.
5. Transfer the beets slices to a salad bowl.
6. Stir in vinegar and parsley dressing.
7. Toss well to coat then serve.

## **Spinach Cheese Pie**

Prep + Cooking Time: 25 Minutes

Servings: 4

### **Ingredients:**

- Flour-7-ounce
- Butter-2 tbsps
- Eggs -2
- Milk-2 tbsps
- Cottage cheese-3-ounce
- Spinach -7oz.
- Olive oil -1 tbsps
- Yellow onion; chopped-1
- Salt and black pepper to the taste

### **Directions:**

1. Add flour, butter, salt, pepper, milk and 1 egg to a food processor.
2. Blend to get a smooth dough and knead it well.
3. Leave the dough for 10 minutes on the working surface.
4. Meanwhile, place a pan over medium-high heat.
5. Add oil, spinach, and onion, saute for 2 minutes.
6. Stir in salt, pepper, cottage cheese, and remaining egg.
7. Whisk well then take it off the eat.
8. Divide the prepared dough into 4 equal pieces then roll them into a thick crust.
9. Layer each ramekin with a single crust sheet and add the spinach filling to the center.
10. Place the filled ramekins in the Air Fryer basket then seal it.
11. Cook them for 15 minutes at 3600 F on Bake mode.
12. Enjoy warm.

## **Garlicky Broccoli Salad**

Prep + Cooking Time: 18 Minutes

Servings: 4

### **Ingredients:**

- Broccoli head; florets separated -1
- Garlic cloves; minced -6
- Chinese rice wine vinegar-1 tbsps
- Peanut oil -1 tbsps
- Salt and black pepper -to the taste

### **Directions:**

1. Toss broccoli with salt, half of the oil and black pepper in a large bowl.
2. Spread the broccoli in the air fryer basket and seal it.
3. Cook them for 8 minutes at 350 F on Air fryer mode.
4. Toss them well once cooked half way through.
5. Mix the cooked broccoli with garlic, peanut oil and rice vinegar in a salad bowl.
6. Serve fresh.

## **Corn and Okra Mix**

Prep + Cooking Time: 22 Minutes

Servings: 6

### **Ingredients:**

- Okra; trimmed-1-pound
- Canned tomatoes; chopped-28-ounce
- Scallions; chopped -6
- Olive oil -2 tbsps
- Sugar -1 tsp
- Con -1 cup
- Green bell peppers; chopped -3
- Salt and black pepper -to the taste

### **Directions:**

1. Take a baking dish suitable to fit in your air fryer.
2. Place it over medium heat and add oil, bell peppers and scallions, saute for 5 minutes.
3. Stir in salt, pepper, okra, sugar, corn, and tomatoes.
4. Transfer the dish to the air fryer basket and seal it.
5. Cook them for 7 minutes at 3600 F on Air fryer mode.
6. Enjoy warm.

## **Chicken Stuffed Bell Peppers**

Prep + Cooking Time: 35 Minutes

Servings: 4

### **Ingredients:**

- Bell peppers; tops cut off and seeds discarded -4
- Tomato juice -1/2 cup
- Yellow onion; chopped -1/4 cup
- Green peppers; chopped -1/4 cup
- Tomato sauce -2 cups
- Jarred jalapenos; chopped-2 tbsps
- Red pepper; crushed -1/2 tsps
- Chili powder -1 tsps
- Garlic powder-1/2 tsps
- Chicken breasts -4
- Tomatoes; chopped -1 cup
- Salt and black pepper -to the taste
- Onion powder -2 tsps
- Cumin; ground -1 tsps

### **Directions:**

1. Take a baking dish suitable to fit in your air fryer.
2. Place chicken in the dish and mix it with tomatoes juice, tomatoes, onion, salt, pepper, onion powder, chili powder, cumin, oregano, red pepper, onion, jalapenos and green peppers.
3. Transfer the dish to the air fryer basket and seal it.
4. Cook the chicken for 15 minutes at 3500 F on Air fryer mode.
5. Shred the cooked chicken and mix it with remaining ingredients in the pan.
6. Place the bell peppers in another baking dish and stuff them with chicken filling.
7. Place this dish in the air fryer and cook them for 10 minutes at 3200 F on Air fryer mode.
8. Enjoy warm.

## **Artichokes with Anchovy Sauce**

Prep + Cooking Time: 16 Minutes

Servings: 2

### **Ingredients:**

- Artichokes; trimmed -2
- Lemon juice-1 tbsps
- Garlic cloves; minced -2
- Olive oil - a drizzle

### **For the sauce:**

- Anchovy fillets-3
- Extra virgin olive oil -1/4 cup
- Coconut oil -1/4 cup
- Garlic cloves -3

### **Directions:**

1. Toss artichokes with lemon juice, oil and 2 garlic cloves in a large bowl.
2. Place the seasoned artichokes in the air fryer basket and seal it.
3. Cook the artichokes for 6 minutes at 3500 on Air fryer mode.
4. Blend coconut oil with olive oil, anchovy and 3 garlic cloves in a food processor,
5. Place the artichokes in the serving plates.
6. Pour the anchovy mixture over the artichokes.
7. Enjoy fresh.

## **Creamy Parmesan Green Beans**

Prep + Cooking Time: 25 Minutes

Servings: 4

### **Ingredients:**

- Green beans -2-pound
- Heavy cream -1/2 cup
- Mozzarella; shredded-1 cup
- Parmesan; grated -2/3 cup
- Lemon zest; grated-2 tsps
- Salt and black pepper -to the taste
- Red pepper flakes - a pinch

### **Directions:**

1. Take a baking dish suitable to fit in your air fryer.
2. Add beans, and toss them with salt, cream, pepper, pepper flakes, parmesan, lemon zest and mozzarella in the dish.
3. Place the beans dish in the air fryer basket and seal it.
4. Cook them for 15 minutes at 350 F on Air fryer mode.
5. Serve warm.

## **Green Beans and Potatoes Medley**

Prep + Cooking Time: 25 Minutes

Servings: 5

### **Ingredients:**

- Green beans-2-pound
- Bacon slices; cooked and chopped-6
- New potatoes; halved-6
- Salt and black pepper -to the taste
- Olive oil - a drizzle

### **Directions:**

1. Toss green beans, and potatoes with salt, oil, and pepper in a large bowl.
2. Spread them in the air fryer basket and seal it.
3. Cook them for 15 minutes at 390 F on Air fryer mode.
4. Garnish with crumbled bacon.
5. Enjoy fresh.

## **Fried Eggplant with Garlic Sauce**

Prep + Cooking Time: 20 Minutes

Servings: 4

### **Ingredients:**

- Eggplants; halved and sliced-3
- Red chili pepper; chopped-1
- Garlic cloves; minced-2
- Olive oil-2 tbsps
- Ginger; grated -1 tbsps
- Soy sauce -1 tbsps
- Green onion stalk; chopped -1
- Balsamic vinegar -1 tbsps

### **Directions:**

1. Take a baking dish suitable to fit in your air fryer.
2. Add oil and place it over medium-high heat.
3. Toss in eggplant slices and cook them for 2 minutes per side.
4. Stir in green onions, garlic, chili pepper, soy sauce, ginger, and vinegar.
5. Mix well then place the dish in the air fryer basket and seal it.
6. Cook them for 7 minutes at 3200 F on Air fryer mode.
7. Enjoy warm.

## **Egg Radish Hash**

Prep + Cooking Time: 17 Minutes

Servings: 4

### **Ingredients:**

- Radishes; sliced-1-pound
- Onion powder-1/2 tsp
- Garlic powder-1/2 tsp
- Parmesan; grated -1/3 cup
- Eggs -4
- Salt and black pepper to the taste

### **Directions:**

1. Mix the radishes with onion and garlic powder, salt, black pepper, parmesan and eggs in a large bowl.
2. Take a baking dish suitable to fit in your air fryer.
3. Add the radishes mixture in this dish and place it in the air fryer basket.
4. Cook them for 7 minutes at 350 F on Air fryer mode.
5. Serve fresh.

## **Beets Salad with Blue Cheese**

Prep + Cooking Time: 24 Minutes

Servings: 6

### **Ingredients:**

- Beets; peeled and quartered-6
- Olive oil -1 tbsps
- Blue cheese; crumbled-1/4 cup
- Salt and black pepper -to the taste

### **Directions:**

1. Spread the beets to the Air fryer basket and seal it.
2. Cook them for 14 minutes at 3500 on Air fryer mode.
3. Toss blue cheese with olive oil, salt, and pepper in a separate bowl.
4. Add cooked beets and mix well with the cheese mixture.
5. Enjoy fresh.

## **Air Fried Mustard Greens**

Prep + Cooking Time: 21 Minutes

Servings: 4

### **Ingredients:**

- Garlic cloves; minced -2
- Olive oil-1 tbsps
- Yellow onion; sliced -1/2 cup
- Veggie stock-3 tbsps
- Dark sesame oil -1/4 tsps
- Mustard greens; torn -1-pound
- Salt and black pepper -to the taste

### **Directions:**

1. Take a baking dish suitable to fit in your air fryer.
2. Add oil and place it over the medium heat and saute onions in it for 5 minutes.
3. Stir in garlic, greens, salt, pepper, and stock.
4. Mix well then place the dish in the air fryer basket.
5. Seal it and cook them for 6 minutes at 3500 F on Air fryer mode.
6. Drizzle sesame oil over the greens.
7. Devour.

# **Chapter 10 Air Fryer Dessert Recipes**

## **Avocado Inspired Muffin**

Prep Time + Cook Time: 40 minutes

Servings: 4

### **Ingredients:**

- Butter – 1 tbsp. ((liquefied))
- Egg – 1 pc, (beaten)
- Brown sugar – ½ cup
- Avocados – 2 pcs. (peeled and crushed)
- White flour – 1 cup
- Baking powder – 1 tsp.
- Cinnamon powder – ½ tsp.
- Cooking spray

### **Directions:**

1. Put the ingredients completely (excluding the cooking spray) in a container, combine / whip carefully.
2. Dispense this combination into a cake pan that is well-oiled by using a cooking spray.
3. Put the pan in your air fryer and heat up to 355 °F for half an hour.
4. Let the heat subside, cut it down, and serve.

### **Nutrition:**

Calories: 202, Fat: 4g, Fiber: 1g, Carbohydrates: 14g, Protein: 7g

## **Chocolate Crumble Cheesecake**

Prep Time + Cook Time: 30 minutes

Servings: 8

### **Ingredients:**

- Cream cheese – 1 lb. (mitigated)
- Vanilla extract – ½ tsp.
- Eggs – 2 pcs. (whipped)
- Sugar – 4 tbsp.
- Oreo cookies – 1 cup(crushed)
- Butter – 2 tbsp. ((liquefied))

### **Directions:**

1. In a container, combine the cookies with the butter, and then put pressure on this combination up to the beneath of the cake pan and ensure that it is even with parchment paper.
2. Put the pan in your air fryer and heat at 355 °F for 4 minutes.
3. In a container, combine the sugar with the cream cheese, eggs, and vanilla, whip until it becomes a mixture and put this above the crust.
4. Heat the cheesecake in your air fryer at 340 °F for 15 minutes.
5. Put the cake in the cooler for several hours prior to serving.

### **Nutrition:**

Calories: 195, Fat: 12g, Fiber: 4g, Carbohydrates: 20g, Protein: 7g

## **Choco Cherry Pudding**

Prep Time + Cook Time: 60 minutes

Servings: 4

### **Ingredients:**

- Cherries – 2 cups (sliced)
- Egg yolks - 4 pcs.
- Whipping cream – 1 ½ cups
- Raisins – ½ cup
- Sugar – ¼ cup
- Chocolate chips – 1 ½ cup

### **Directions:**

1. Put all the necessary things needed in a container and combine it carefully.
2. Relocate the combination to an oiled pan that suits your air fryer.
3. Heat at 320 °F for an hour.
4. Let the heat subside then it is ready to serve.

### **Nutrition:**

Calories: 212, Fat: 8g, Fiber: 2g, Carbohydrates: 12g, Protein: 7g

## **Choco Liquor Cream**

Prep Time + Cook Time: 17 minutes

Servings: 8

### **Ingredients:**

- Sugar – 1 cup
- Butter – ½ cup (liquefied)
- Heavy cream – 1 cup
- Chocolate chips – 12 oz.
- Amaretto liqueur – 2 tbsp.

### **Directions:**

1. Put all of the ingredients in a container and blend carefully.
2. Place the mixture into little portions and set in the air fryer.
3. Cook at 320 °F for 12 minutes.
4. Put it on a fridge for a moment it is perfect when served humid.

### **Nutrition:**

Calories: 190, Fat: 2g, Fiber: 1g, Carbohydrates: 6g, Protein: 3g

## **Sweet Cinnamon Bread**

Prep Time + Cook Time: 130 minutes

Servings: 8

### **Ingredients:**

- Bread dough – 1 lb.
- Brown sugar –  $\frac{3}{4}$  cup
- Cinnamon, ground – 1  $\frac{1}{2}$  tbsp.
- Butter –  $\frac{1}{4}$  cup(liquefied)

### **Directions:**

1. Turn over the dough on a floured flat surface, mold a rectangle, and flavor it with the butter.
2. In a container, mix the cinnamon and sugar, and then put it on the top of the dough.
3. Turn the dough into a cylindrical shape, cover, slice into 8 pieces, and sit the rolls to emulsify for 120 minutes.
4. Put them in your air fryer's container and heat at 355 °F for 5 minutes. on each portion.
5. Serve in hot temperature, and have fun!

### **Nutrition:**

Calories: 200, Fat: 11g, Fiber: 2g, Carbohydrates: 15g, Protein: 4g

## **Eggy Pumpkin Pie**

Prep Time + Cook Time: 45 minutes

Servings: 8

### **Ingredients:**

- Pie crust – 1 pc.
- Pumpkin flesh – 3 ½ oz. (sliced)
- Nutmeg – 1 tsp.(chopped)
- Water – 3 oz.
- Egg – 1 pc.(whipped)
- Sugar – 1 tbsp.

### **Directions:**

1. Place the water in a pot and set the oven to med-high heat for it to boil.
2. Put the pumpkin, all the ingredients together, mix, and let them boil for 20 minutes.
3. Take it away from the heat and mix with the use of an immersion blender.
4. Place the pie crust in an even pan that suits your air fryer and put the pumpkin blend all throughout.
5. Put the pan in the fryer and heat at 360 °F for 15 minutes.
6. Cut and eat warm.

### **Nutrition:**

Calories: 212, Fat: 5g, Fiber: 2g, Carbohydrates: 15g, Protein: 7g

## **Cinnamon Pears**

Prep Time + Cook Time: 20 minutes

Servings: 4

### **Ingredients:**

- Pears – 2 pcs.(sliced)
- Cinnamon powder – ½ tsp.
- Sugar – 2 tbsp.

### **Directions:**

1. Place the pears in the air fryer, and Transfer the cinnamon and the sugar on it.
2. Heat at 360 °F for 15 minutes.
3. Eat them in slightly hot temperature and benefit from it!

### **Nutrition:**

Calories: 210, Fat: 2g, Fiber: 1g, Carbohydrates: 12g, Protein: 3g

## **Sugary Donuts**

Prep Time + Cook Time: 25 minutes

Servings: 4

### **Ingredients:**

- Flour – 8 oz.
- Brown sugar – 1 tbsp.
- White sugar – 1 tbsp.
- Egg – 1 pc.
- Butter – 2 ½ tbsp.
- Whole milk – 4 oz.
- Baking powder – 1 tsp.

### **Directions:**

1. Put all of the ingredients in a container and blend carefully.
2. Create donuts from this blend and put them in the air fryer's container.
3. Heat at 360 °F for 15 minutes.
4. Align the donuts on a platter and eat them until they are still warm.

### **Nutrition:**

Calories: 190, Fat: 8g, Fiber: 1g, Carbohydrates: 14g, Protein: 3g

## **Buttered Apples**

Prep Time + Cook Time: 20 minutes

Servings: 4

### **Ingredients:**

- Butter – 3 tbsp.(liquefied)
- Apples – 4 pcs.(skinless and sliced)
- Cinnamon sugar – 3 tbsp.

### **Directions:**

1. In a pan that suits your air fryer, blend the apples with the sugar and the butter then flip.
2. Place the pan in the fryer and heat at 365 °F for 15 minutes.
3. Serve in medium temperature.

### **Nutrition:**

Calories: 204, Fat: 3g, Fiber: 4g, Carbohydrates: 12g, Protein: 4g

## **Lemon Cake**

Prep Time + Cook Time: 23 minutes

Servings: 6

### **Ingredients:**

- Butter – 3 ½ oz. (liquefied)
- Eggs – 3 pcs.
- Brown sugar – 3 oz.
- Flour – 3 oz.
- Dark chocolate – 1 tsp.(sliced)
- Lemon juice – ½ tsp.

### **Directions:**

1. Blend all of the ingredients in a container.
2. Put the mixture into an oiled cake pan, and put in the fryer.
3. Heat at 360 °F for 17 minutes.
4. Let the heat subside before eating.

### **Nutrition:**

Calories: 220, Fat: 11g, Fiber: 3g, Carbohydrates: 15g, Protein: 7g

## **Greek Creamy Vanilla Cake**

Prep Time + Cook Time: 35 minutes

Servings: 8

### **Ingredients:**

- White flour – 1 ½ cups
- Baking soda – 1 tsp.
- Sugar – ¾ cups
- Banana – 1 pc.(crushed)
- Baking powder – ½ tsp.
- Vegetable oil – 2 tbsp.
- Greek yogurt – 1 cup
- Pumpkin puree – 8 oz.
- Cooking spray
- Egg – 1 pc.
- Vanilla extract – ½ tsp.

### **Directions:**

1. In a container, blend all ingredients (excluding the cooking spray) and mix carefully.
2. Put the blend into a cake pan oiled with cooking spray and place it in your air fryer's container.
3. Cook at 340 °F for half an hour.
4. Let the heat subside, wedge, and enjoy.

### **Nutrition:**

Calories: 192, Fat: 7g, Fiber: 7g, Carbohydrates: 12g, Protein: 4g

## **Eggy Vanilla Bread**

Prep Time + Cook Time: 50 minutes

Servings: 6

### **Ingredients:**

- Zucchini – 3 cups(sliced)
- Sugar – 1 cup
- Vanilla – 1 tbsp.
- Eggs – 2 pcs.(whipped)
- White flour – 2 cups
- Baking powder – 1 tbsp.
- Stick butte – 1 tbsp.(liquefied)

### **Directions:**

1. Place all of the ingredients in a container and blend carefully.
2. Transfer the blend into a arranged loaf pan and put in the fryer and heat at 360 °F for 40 minutes.
3. Cut and enjoy.

### **Nutrition:**

Calories: 132, Fat: 6g, Fiber: 7g, Carbohydrates: 11g, Protein: 7g

## **Sugary Zucchini Bread**

Prep Time + Cook Time: 50 minutes

Servings: 6

### **Ingredients:**

- Sugar –  $\frac{3}{4}$  cup
- Butter –  $\frac{1}{3}$  cup
- Vanilla extract – 1 tsp.
- Egg – 1 pc.
- Zucchini – 2 pcs.(sliced)
- Baking powder – 1 tsp.
- Flour –  $1 \frac{1}{2}$  cups
- Baking soda –  $\frac{1}{2}$  tsp.
- Milk –  $\frac{1}{3}$  cup
- Tartar cream –  $1 \frac{1}{2}$  cup

### **Directions:**

1. Put all ingredients in a container and blend carefully.
2. Transfer the blend into an organized loaf pan and put the pan in the air fryer.
3. Heat at 320 °F for 40 minutes.
4. Let the heat subside, cut, and serve.

### **Nutrition:**

Calories: 222, Fat: 7g, Fiber: 8g, Carbohydrates: 14g, Protein: 4g

## **Citrus Cake**

Prep Time + Cook Time: 30 minutes

Servings: 3

### **Ingredients:**

- Egg – 1 piece
- Sugar - 4 tbsp.
- Vegetable oil - 2 tbsp.
- Milk - 4 tbsp.
- Orange juice - 2 tbsp.
- Flour - 4 tbsp.
- Cocoa powder - 1 tbsp.
- Baking powder - ½ tsp.
- Orange zest - ½ tsp.

### **Directions:**

1. Put all of the ingredients in a container and blend carefully.
2. Split the blend among 3 portions and set it in your air fryer.
3. Cook at 320 °F for 20 minutes.
4. Eat and enjoy!

### **Nutrition:**

Calories: 191, Fat: 7g, Fiber: 3g, Carbohydrates: 14g, Protein: 4g

## **Cinnamon Apples**

Prep Time + Cook Time: 20 minutes

Servings: 4

### **Ingredients:**

- Cinnamon powder - 2 tsp.
- Apples – 5 pcs.(sliced)
- Nutmeg powder – ½ tsp.
- Maple syrup - 1 tbsp.
- Butter - 4 tbsp.
- Brown sugar - ¼ cup

### **Directions:**

1. In a pot that suits your air fryer, blend the apples with the supplementary ingredients and flip.
2. Set the pan in the fryer and cook at 360 °F for 10 minutes.
3. Separate it into cups and enjoy.

### **Nutrition:**

Calories: 180, Fat: 6g, Fiber: 8g, Carbohydrates: 19g, Protein: 12g

## **Yogurt Pine Carrot Cake**

Prep Time + Cook Time: 55 minutes

Servings: 6

### **Ingredients:**

- Flour - 5 oz.
- Baking powder -  $\frac{3}{4}$  tsp.
- Baking soda -  $\frac{1}{2}$  tsp.
- Cinnamon powder -  $\frac{1}{2}$  tsp.
- Egg – 1 pc.(whipped)
- Yogurt - 3 tbsp.
- Sugar -  $\frac{1}{2}$  cup
- Pineapple juice -  $\frac{1}{4}$  cup
- Vegetable oil - 4 tbsp.
- Carrots -  $\frac{1}{3}$  cup(sliced)
- Coconut flakes -  $\frac{1}{3}$  cup(sliced)
- Cooking spray

### **Directions:**

1. Set all of the ingredients (excluding the cooking spray) in a container, and blend carefully.
2. Transfer the mixture into a pan, oiled with cooking spray that suits your air fryer.
3. Set the pan in your air fryer and cook at 360 °F for 45 minutes.
4. Let the heat subside before you wedge and eat it.

### **Nutrition:**

Calories: 200, Fat: 6g, Fiber: 7g, Carbohydrates: 12g, Protein: 4g

## **Ale Graham Cheesecake**

Prep Time + Cook Time: 30 minutes

Servings: 6

### **Ingredients:**

- Butter - 2 tsp. (liquefied)
- Graham cookies - ½ cup(crushed)
- Cream cheese - 16 oz.(melted)
- Eggs – 2 pcs.
- Sugar - ½ cup
- Rum - 1 tsp.
- Vanilla extract - ½ tsp.

### **Directions:**

1. Oil a pan with the butter and fill it with the crushed cookies on the beneath.
2. In a container, blend all the other ingredients and whip carefully, then put the crumbs all over.
3. Set the pan in your air fryer and heat at 370 °F for 20 minutes.
4. Let the heat subside, put it in the fridge, and enjoy it cold.

### **Nutrition:**

Calories: 212, Fat: 12g, Fiber: 6g, Carbohydrates: 12g, Protein: 7g

## **Lemon Gelatin Cream**

Prep time: 5 minutes.

Cooking time: 15 minutes.

Servings: 6

### **Ingredients:**

- Gelatin - 1 tsp.
- Cream cheese - 8 oz.
- Strawberries - 4 oz.
- Water - 2 tbsp.
- Lemon juice - ½ tbsp.
- Sugar - ¼ tsp.
- Heavy cream - ½ cup

### **Directions:**

1. Set all ingredients in your blender and start blending.
2. Split the blend into 6 portions and set them in your air fryer.
3. Cook at 360 ° F for 15 minutes.
4. Put it on the fridge and eat it until it is cold.

### **Nutrition:**

Calories: 202, Fat: 8g, Fiber: 2g, Carbohydrates: 6g, Protein: 7g

## **Caramel Cream**

Prep Time + Cook Time: 15 minutes

Servings: 6

### **Ingredients:**

- Butter - 2 tbsp.
- Cream cheese - 8 oz.
- Coffee - 3 tbsp.
- Eggs – 3 pcs.
- Sugar - ½ cup
- Caramel syrup - 1 tbsp.

### **Directions:**

1. Set all ingredients in your blender and start blending.
2. Split the mixture among 6 portions, and put it in the fryer.
3. Cook at 370 °F
4. Bake for 10 minutes.
5. Let the heat subside and then put in the fridge prior to eating.

### **Nutrition:**

Calories: 234, Fat: 12g, Fiber: 4g, Carbohydrates: 11g, Protein: 5g

## **Cheesy Vanilla Cookies**

Prep Time + Cook Time: 24 minutes

Servings: 12

### **Ingredients:**

- Vegetable oil - 6 oz.
- Eggs – 6 pcs.
- Cocoa powder – 3 oz.
- Vanilla extract – 2 tsp.
- Baking powder - ½ tsp.
- Cream cheese – 4 oz.
- Sugar – 5 tbsp.

### **Directions:**

1. Put the ingredients to a blender and start blending for a short period of time.
2. Transfer this mixture into a baking container lined with parchment paper that suits your air fryer.
3. Place the pan in the fryer at 370 °F, and heat for 14 minutes.
4. Wedge into squares and enjoy.

### **Nutrition:**

Calories: 178, Fat: 11g, Fiber: 3g, Carbohydrates: 3g, Protein: 5g

## **Choco Butter Cookies**

Prep Time + Cook Time: 22 minutes

Servings: 4

### **Ingredients:**

- Egg – 1 pc.
- Cocoa powder - 1/3 cup
- Sugar - 1/3 cup
- Butter - 7 tbsp.(liquefied)
- Vanilla extract - 1/2 tsp.
- White flour - 1/4 cup
- Walnuts - 1/4 cup (wedged)
- Baking powder - 1/2 tsp.

### **Directions:**

1. Put all of the ingredients in a container and mix carefully (much better if you will use a mixer).
2. Fill the blend on a baking sheet organized with parchment paper that suits your air fryer.
3. Set the baking sheet in the fryer and heat at 370 °F for 17 minutes.
4. Let it subside, wedge, and enjoy.

### **Nutrition:**

Calories: 203, Fat: 12g, Fiber: 1g, Carbohydrates: 12g, Protein: 6g

## **Creamy Eggy Berry Blend**

Prep Time + Cook Time: 5 minutes.

Servings: 4

### **Ingredients:**

- Blackberries - 1 cup
- Eggs – 2 pcs.
- Heavy cream - ½ cup
- Butter - ½ cup(liquefied)
- Sugar - 5 tbsp.
- Vanilla extract - 2 tsp.
- Baking powder - 2 tsp.

### **Directions:**

1. Put all of the ingredients in a container and whip carefully.
2. Split the blend among 4 portions, and set the portions in the fryer.
3. Heat at 370 °F for 12 minutes.
4. Put it in the fridge and eat while it is cold.

### **Nutrition:**

Calories: 230, Fat: 2g, Fiber: 2g, Carbohydrates: 14g, Protein: 7g

## **Milky Cacao Brownies**

Prep Time + Cook Time: 30 minutes

Servings: 12

### **Ingredients:**

- Vanilla extract - 1 tsp.
- Butter - ½ cup (liquefied)
- Egg – 1 pc.
- Sugar - 4 tbsp.
- White flour - 2 cups
- Chocolate chips - ½ cup

### **Directions:**

1. Set all the ingredients in a container and blend carefully.
2. Put the blend into a pan religiously that suits your air fryer.
3. Set the pan in the fryer and heat at 185 ° F for 25 minutes.
4. Let the heat subside, wedge, and eat.

### **Nutrition:**

Calories: 230, Fat: 12g, Fiber: 2g, Carbohydrates: 12g, Protein: 5g

## **Yogurt and Cream Cheese Cake**

Prep Time + Cook Time: 40 minutes

Servings: 10

### **Ingredients:**

- Eggs – 6 pcs.(whipped)
- Mandarin orange – 1 pc.(skinless)
- Vanilla - 1 tsp.
- Baking powder - 1 tsp.
- White flour - 9 oz.
- Sugar - 6 tbsp.
- Cream cheese - 4 oz. (melted)
- Yogurt - 4 oz.

### **Directions:**

1. In a blender, put the mandarin, flour, 2 tbsp. of sugar, vanilla, eggs, and baking powder then start the blender.
2. Split the blend among 2 cake pans organized with parchment paper cook each in the air fryer at 370 °F for 15 minutes..
3. In a container, mix the yogurt, cream cheese, and 4 tbsp. sugar, whip carefully.
4. Put one layer of the cake on a platter and set with half of the yogurt blend then put it thoroughly in equal amounts.
5. Put the remaining cake layer on the upper portion of the first with the yogurt blend, and put the yogurt blend on the upper portion, scattering it excellently.
6. Wedge, eat, and enjoy!

### **Nutrition:**

Calories: 231, Fat: 12g, Fiber: 2g, Carbohydrates: 11g, Protein: 5g

## **Cheesy Chocolate Cake**

Prep Time + Cook Time: 30 minutes

Servings: 8

### **Ingredients:**

#### **For the outer layer:**

- Butter - 4 tbsp. (liquefied)
- Chocolate cookies - 1½ cups(crushed)

#### **For the filling:**

- Cream cheese - 24 oz.(melted)
- Cornstarch - 2 tbsp.
- Sugar – 1 cup
- Eggs – 3 pcs.(whipped)
- Vanilla - 1 tbsp.
- Heavy cream - ½ cup
- White chocolate -12 oz. (liquefied)

### **Directions:**

1. Put the crushed cookies and butter in a container, and mix excellently.
2. Scatter the cookie crumb blend beneath the cake pan organized with parchment paper and put it inside the fridge.
3. In another container, blend all other ingredients, whip well.
4. Scatter this on the top of the cake crust, place the pan in the fryer, and heat at 370 °F for 20 minutes.
5. Let the heat subside and put in the cooler for 60 minutes before eating.

### **Nutrition:**

Calories: 261, Fat: 12g, Fiber: 6g, Carbohydrates: 12g, Protein: 6g

## **Greek Squash Cake**

Prep Time + Cook Time: 35 minutes

Servings: 8

### **Ingredients:**

- White flour - 1 cup
- Baking powder - 1 tsp.
- Pumpkin pie spice -  $\frac{3}{4}$  tsp.
- Sugar -  $\frac{3}{4}$  cup
- Cooking spray
- Greek yogurt -  $\frac{1}{2}$  cup
- Canned pumpkin puree - 8 oz.
- Egg – 1 pc. (whipped)

### **Directions:**

1. Set all ingredients (excluding the cooking spray) in a container and blend carefully.
2. Put oil on a cake pan with cooking spray, Transfer the cake batter inside, and scatter.
3. Set the pan in the air fryer and heat at 370 °F for 25 minutes.
4. Make the heat subside, wedge, and heat.

### **Nutrition:**

Calories: 214, Fat: 9g, Fiber: 3g, Carbohydrates: 14g, Protein: 8g