

TOWER®

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Recipe Book

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



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



Recipe Book

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

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INTRODUCTION

Discover a world of delicious, healthy air-fried food - all made quick and easy with Tower. This recipe book will be your go-to guide for getting started with your new air fryer. With 25 tasty recipes and helpful tips to try, you'll be making mouth-watering family meals in no time.

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

These recipes are suitable for the T17100 Tower air fryer oven

Food Allergies

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



Vegetarian

SERVES
4



Tip

For variety, you can flavour the breadcrumbs by adding your favourite spices, such as Cajun or tandoori spice powder

CRISPY SWEET CHILLI HALLOUMI BURGER

SERVES
4



Tip

For a spicy version of this recipe add some hot jalapeños

ROAST PEPPER FAJITAS WITH SPICY CHIPOTLE REFRIED BEANS

15 MINS | 18 MINS

INGREDIENTS

Burger

2 x 250g blocks of halloumi
20g flour
1 medium egg, beaten
70g dried white breadcrumbs
1 tbsp vegetable oil
Vegetable oil in spray bottle
Salt and black pepper

Sweet Potato Wedges

500g sweet potatoes, washed, no need to peel and cut into wedges

1½ tbsp vegetable oil

To Serve

2 tbsp mayonnaise
4 burger buns, halved and lightly toasted
1 little gem lettuce, shredded
2 tbsp sweet chilli sauce
4 portions of mixed salad

METHOD

1. Slice each halloumi block lengthways into two thick burgers. Then place the flour, egg and breadcrumbs into three shallow bowls. Season the flour, then add 1 tbsp oil to the breadcrumbs and mix well with your hands, rubbing the oil into the crumbs.
2. Dust the halloumi in the flour, dip into the egg, then coat with the breadcrumbs. Spray the halloumi burger on all sides with oil. Remove the grill plates then preheat the airfryer baskets for three minutes by activating the automatic preheat key.
3. Meanwhile, toss the sweet potatoes in 2 tbsp oil, season with salt and black pepper. When ready to cook, place the halloumi burgers into basket 1 and set the air fryer temperature to 180°C for 18 minutes and put the sweet potato wedges in basket 2 at 200°C for 15 minutes.
4. Select the 'Smart Finish' key then touch the start key to activate the airfryer. Halfway through cooking carefully turn the halloumi burgers and give the sweet potato wedges a shake. The burger crumb should be crisp and golden and the wedges crisp and slightly charred.
5. To assemble the burgers, spread mayonnaise on the bun base, top with shredded lettuce, followed by the halloumi burgers, a drizzle of sweet chilli sauce, and the bun lid. Serve the burgers with the sweet potato wedges and a mixed salad alongside.

10 MINS | 20 MINS

INGREDIENTS

1 medium red onion, peeled, halved and sliced
1 red pepper, halved, deseeded and thinly sliced
1 green pepper, halved, deseeded and thinly sliced
1 yellow pepper, halved, deseeded and thinly sliced
1 tbsp fajitas seasoning
2 tsp vegetable oil

Refried Beans

2 x 400g can of pinto beans, drained and rinsed
40g chipotle paste
1 large clove garlic, crushed
1 tsp olive oil
50ml water
Salt and black pepper

To Serve

4 tortilla wraps, warmed
1 small bunch coriander, roughly chopped
100g cheddar cheese, grated
150ml soured cream

METHOD

1. Place the onion, peppers, fajitas seasoning and 2 tpsps oil in a bowl and toss well to combine.
2. Next, pop the beans into a bowl and lightly mash with a fork. Add the chipotle paste, garlic, olive oil and water. Season with salt and black pepper and stir well.
3. Remove the grill plates from both baskets then preheat the airfryer baskets for three minutes by activating the automatic preheat key.
4. Transfer the fajitas vegetables to basket 1, set the temperature to 190°C for 20 minutes; next add the beans to basket 2 set the temperature to 170°C for 12 minutes. Select the 'Smart Finish' key then touch the start key to activate the airfryer. Give both baskets a stir halfway through cooking.
5. When the fajitas filling and beans are ready, remove from the airfryer baskets using a silicone spoon.
6. To serve, divide the refried bean mixture between the wraps, top with the fajitas filling, a sprinkling of coriander and some grated cheese. Serve with a dollop of soured cream.

PANEER TIKKA NAAN BREADS WITH SPICY SWEET POTATOES

SERVES
4

 15 MINS* |  18 MINS

INGREDIENTS

*2 x 200g blocks of paneer
Vegetable oil in spray bottle*

Marinade Ingredients

*50g thick set Greek yogurt
2tbsp tikka paste
2 cloves garlic, finely grated
1 tbsp tomato puree
½ tsp vegetable oil
Salt and black pepper*

Spicy Sweet Potatoes

*500g sweet potatoes, peeled
and diced into 1 cm pieces
½ tsp medium chilli powder
1 tsp ground cumin
1 tsp black onion seeds*

Mint Yogurt

*100g Greek yogurt
1 tsp white wine vinegar
Small bunch fresh mint,
leaves finely chopped*

To Serve

*4 naan breads, warmed
Mixed salad
1 tsp black onion seeds
1 small lemon, cut into wedges*

METHOD

1. Drain the paneer and pat dry on kitchen paper then cut each block into 8 evenly sized pieces.
2. Place the marinade ingredients into a bowl and season to taste. Add the paneer and mix well to coat, then cover the bowl and place in the fridge to marinate for at least an hour.
3. Put the diced sweet potato into a large freezer bag, add the spices, black onion seeds and vegetable oil then give the bag a shake to coat in the spices.
4. When ready to cook, evenly thread the paneer onto 4 x 20cm metal skewers, brush over any remaining marinade and spray lightly with oil. Remove the grill plates then preheat the airfryer baskets for three minutes by activating the automatic preheat key.
5. Place the kebabs into basket 1 and potatoes in basket 2. Set basket 1 to 190°C for 15 minutes and basket 2 to 200°C for 18 minutes then activate the 'Smart Finish' key then touch the start key to activate the airfryer; When ready carefully remove the skewers and potatoes from the baskets using silicone tongs.
6. Meanwhile, put the yogurt into a small bowl with the vinegar and stir in ¾ of the mint, mix well and season with salt and black pepper.
7. Serve the tikka paneer kebabs on warm naan breads with salad and a generous drizzle of mint yogurt. Finish with a sprinkling of black onion seeds, the remaining mint and a wedge of lemon.

Tip

If you do not have any fresh mint, use a spoonful of mint sauce from a jar and leave out the vinegar

**plus an hour to marinate*



Fish

SERVES
4**Tip**

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

POSH FISH FINGER SANDWICHES WITH FRESH TARTAR SAUCE

15 MINS | 15 MINS

INGREDIENTS

Fish Fingers

450g skinless chunky cod fillets
30g plain flour
1 large egg, beaten
70g dried breadcrumbs
1 tbsp olive oil
Vegetable oil in a spray bottle

Tartar Sauce

50g capers
80g gherkins, chopped
5g small bunch dill, chopped
5g tbsp chopped parsley
½ lemon, juice only
100g good quality mayonnaise

To Serve

4 Brioche hot dog rolls, cut down the centre
20g butter
¼ of a kos lettuce, shredded

METHOD

1. Cut the fish into 12 even sized fingers then place the flour, eggs and breadcrumbs into three shallow bowls. Season the flour, then add 1 tbsp oil to the breadcrumbs and mix well with your hands, rubbing the oil into the crumbs.
2. To prepare the fish fingers, dust the fish in the flour, dip into the egg, then press into the breadcrumbs. The fish fingers should be fully coated in the crumb.
3. When ready to cook, remove the grill plates and preheat the airfryer baskets for three minutes by activating the automatic preheat key.
4. Spray the fish fingers fully with oil then place evenly in both baskets. Select the 'Match Cook' key then set basket 1 to 180°C, for 15 minutes, then touch the start key to activate the airfryer. For even browning carefully turn the fish fingers halfway through cooking using a silicone spatula.
5. Meanwhile, to make the tartar sauce, place the capers, gherkins, dill and parsley into a small food processor and blitz for a few seconds until chopped (alternatively finely chop the ingredients on a board with a knife). Transfer the chopped ingredients to a mixing bowl with the lemon juice and mayonnaise, season with salt and pepper then stir to combine.
6. To assemble the sandwiches, butter the brioche rolls and divide the shredded lettuce between the rolls then top with 3 fish fingers per portion and a dollop of tartar sauce.

SERVES
4**Tip**

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

SPANISH CHORIZO CRUSTED COD WITH ROAST VEGETABLES

15 MINS | 20 MINS

INGREDIENTS

Roast Vegetables

500g baby potatoes, washed and quartered and boiled for 5 minutes
2 large cloves garlic, skin on and pricked with a fork
2 medium red onion, peeled, halved and cut into 8 wedges
1 red pepper, halved, deseeded and diced
1 tsp Spanish smoked paprika
1½ tbsp olive oil

Salt and freshly ground black pepper

Crusted Cod

50g diced chorizo
50g fresh white breadcrumbs
15g grated Parmesan cheese
5g of flat leaf parsley, leaves finely chopped
2 tsp extra virgin olive oil
4 x 100g portions of cod, skinless and chunky
Vegetable oil in a bottle to spray

To Serve

Crisp green salad

METHOD

1. Place the roast vegetable ingredients in a bowl and toss well to coat in the paprika and oil then season with salt and black pepper. Set aside.
2. Meanwhile, place the chorizo into a small food processor and blitz for a few seconds until the chorizo is very finely chopped. Transfer the chorizo to a bowl with the breadcrumbs, parmesan and parsley. Add olive oil and mix well.
3. Lightly oil the fish on the bottom then divide the chorizo mixture between the cod portions and press it down firmly on top.
4. When ready to cook, remove the grill plate from basket 2 then preheat the airfryer baskets for three minutes by activating the automatic preheat key.
5. Carefully Place the fish into basket 1 and set the temperature to 180°C for 16 minutes. Put the vegetables into basket 2 and set the temperature to 200°C for 20 minutes. Next activate the 'Smart Finish' key then touch the start key to activate the airfryer; Carefully remove the fish and vegetables from the oven using a silicone spatula.
6. To serve, divide the roast vegetables between warm bowls then top with the cod and serve with a crisp green salad.



SERVES
4

Tip

Try adding a spoonful of mint sauce to the crushed peas. The goujons are also perfect served in some sour dough bread for a posh fish finger sandwich idea.

COD GOUJONS WITH CHUNKY CHIPS AND TARTAR SAUCE

 15 MINS |  20 MINS

INGREDIENTS

Chunky Chips

600g starchy potatoes, such as Maris Piper

2 tbsps vegetable oil

Salt and black pepper

Goujons

400g skinless chunky cod fillets

40g plain flour

2 medium eggs, beaten

60g dried breadcrumbs

1 tbsp olive oil

Vegetable oil in a spray bottle

To Serve

4 tbsp Tartar sauce


4 portions peas, lightly crushed with a fork

METHOD

1. For the chips, peel the potatoes, then cut each potato into 1cm wide slices, then into 1cm thick chips. Place the chips into a saucepan and cover with cold water, then bring to the boil and simmer for 6-7 minutes. Drain in a colander, then rinse under the tap to cool completely and pat dry on kitchen paper.
2. Place the chips in a bowl and drizzle over the oil, then season with salt. Set aside whilst the fish is prepared.
3. Cut the fish into 12 even sized fingers, then place the flour, egg and breadcrumbs into three shallow bowls. Season the flour, then add 1 tbsp oil to the breadcrumbs and mix well with your hands, rubbing the oil into the crumbs.
4. To prepare the goujons, dust the fish in the flour, dip into the egg, then press into the breadcrumbs. The goujons should be fully coated in the crumb. Spray fully with vegetable oil.
5. When ready to cook, remove the grill plates then preheat the airfryer baskets for three minutes by pressing the automatic preheat key.
6. Transfer the chips into basket 1, set the temperature to 200°C and for 20 minutes, then carefully arrange the goujons in basket 2, set the temperature to 180°C and for 15 minutes.
7. Select the 'Smart Finish' key then touch the start key to activate the airfryer. Halfway through cooking, carefully turn the goujons and give the chips a shake.
8. Serve the goujons with chunky chips, crushed peas and a spoonful of tartar sauce.

Tip

If you don't have a stick blender then mash the tomatoes and garlic with a potato masher



SERVES
4

TUNA AND ROAST TOMATO LINGUINE

 10 MINS |  25 MINS

INGREDIENTS

6 large cloves of garlic, skin on

800g cherry vine tomatoes

1 tbsp olive oil

Salt and freshly ground black pepper

½ tsp of chilli flakes

300gms of dried Linguine

2 x 145g cans tuna in springwater, drained and flaked

2 tbsps of capers, rinsed and drained

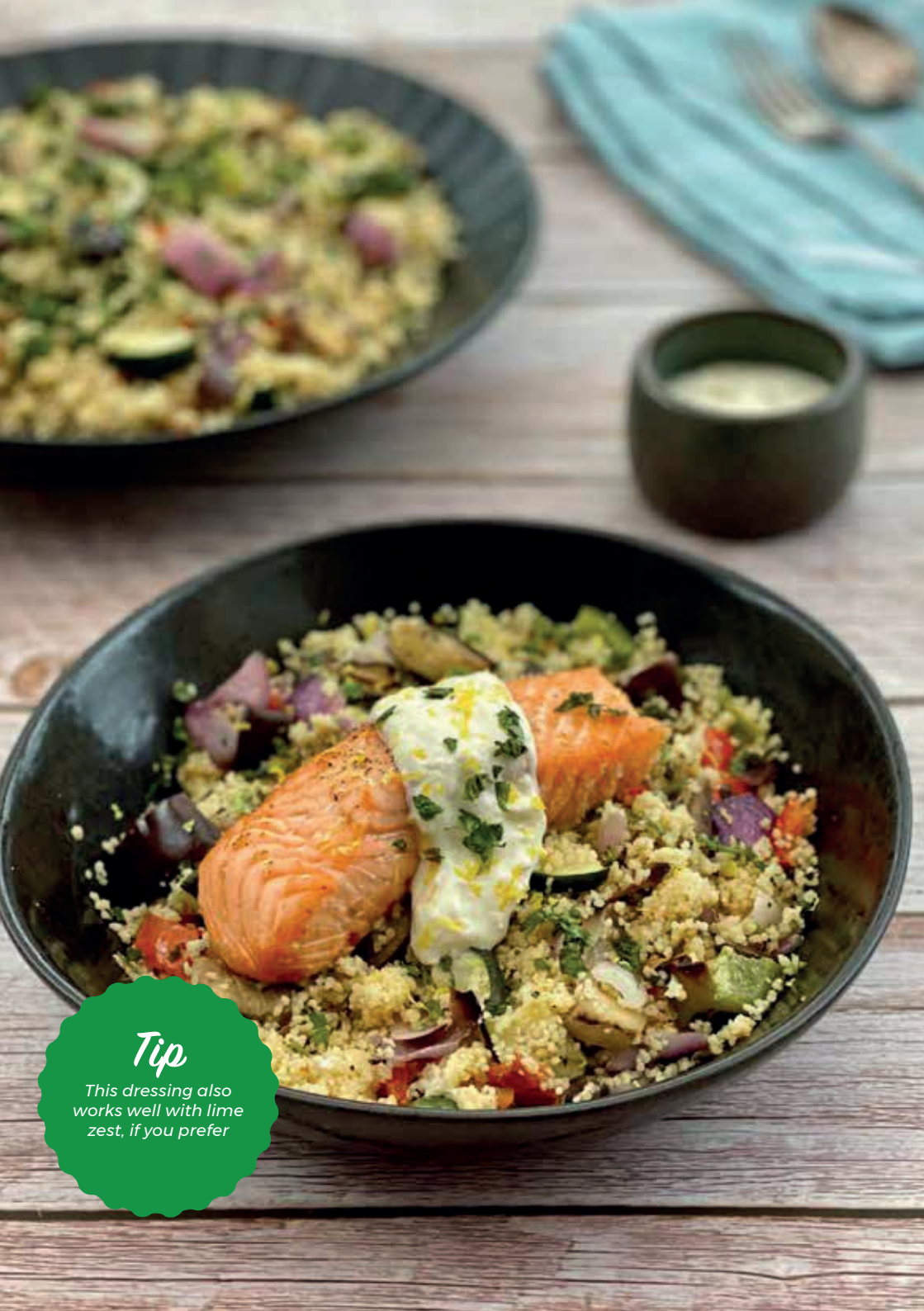
½ tsp sugar

Small bunch basil, leaves roughly torn

4 tbsp freshly grated parmesan

METHOD

1. Prick the garlic cloves with a fork then toss in a bowl with the tomatoes and olive oil. Season with salt and black pepper and sprinkle over the chilli flakes.
2. Next remove the grill plates from the airfryer and divide the tomatoes and garlic between the two baskets.
3. Select 'Match Cook' and set basket 1 to 170°C for 20 minutes and touch the start key to activate.
4. Meanwhile, cook the pasta according to the instructions on the pack then drain into a sieve then return to the pan with a drizzle of oil to prevent the pasta from sticking.
5. When the tomatoes and garlic are roasted carefully transfer them along with any juices into a bowl using a silicone spoon. Squeeze the garlic out of the skins using a knife, discard the skin and return the garlic to the bowl with the tomatoes.
6. Blitz the tomatoes using a hand blender and stir in the flaked tuna and capers along with seasoning, sugar and ⅔ of the basil leaves.
7. Transfer the sauce into the pan with the pasta and gently heat for a couple of minutes until piping hot. Transfer the pasta and sauce to warm serving bowls and sprinkle over the grated parmesan and garnish with the remaining basil leaves.



SALMON WITH CHARGRILLED VEGETABLE SALAD

SERVES
4

 15 MINS |  20 MINS

INGREDIENTS

*4 x 120g salmon fillets, skin on
Vegetable oil in a spray bottle*

Chargrilled Vegetables

*1 red pepper, halved and
deseeded and diced*

*1 green pepper, halved and
deseeded, and diced*

*1 medium courgette, trimmed
and sliced into ½ cm chunks*

*1 medium red onion, peeled
and cut into chunks*

*1 small aubergine, trimmed
and diced into ½ cm chunks*

1½ tbsp olive oil

Salt and black pepper

Couscous

200g couscous

200g vegetable stock, boiling

*1 small bunch mint, leaves
chopped*

*1 small bunch coriander,
chopped*

Dressing

*1 small lemon, zest and
a squeeze of juice*

1 garlic clove, crushed

100g crème fraiche

METHOD

1. Place the peppers, courgette, onion and aubergine into a bowl and drizzle over the oil, season with salt and pepper and toss to coat the vegetables in the oil. Set aside.
2. Spray the salmon lightly on both sides with oil and season with salt and black pepper then place the salmon on a small piece of parchment paper.
3. Remove the grill plate from basket 1, then preheat the airfryer baskets for three minutes by activating the automatic preheat key.
4. Pop the vegetables into basket 1 and carefully place the salmon on the grill plate in basket 2 with the parchment paper underneath.
5. Set basket 1 to 200°C for 20 minutes and basket 2 to 180°C for 12 minutes then activate the 'Smart Finish' key and touch the start key to activate the airfryer; For even cooking, give the vegetables a stir halfway through. Carefully remove the vegetables and salmon from the oven using a silicone spatula.
6. Meanwhile, place the couscous in a bowl and pour over the hot stock, cover with cling film and set aside for 10 minutes then break up with a fork.
7. Next, mix the dressing ingredients in a bowl and season to taste. Add a splash of water if the dressing is a little thick.
8. When the chargrilled vegetables are ready stir into the couscous with the ¾ of the mint and coriander and season to taste.
9. Serve the salmon on a bed of couscous, topped with a drizzle of dressing and the remaining herbs to garnish.

Tip

This dressing also works well with lime zest, if you prefer



Poultry



BBQ DRUMSTICKS WITH RED SLAW AND SWEET POTATO WEDGES

SERVES
4

 15 MINS* |  25 MINS

INGREDIENTS

8 chicken drumsticks
1 tbsp garlic powder
2 tsp smoked paprika
1 tbsp vegetable oil

Marinade

3 tbsp runny honey
1 tbsp dark brown sugar
1 tbsp tomato puree
4 tbsp BBQ sauce
2 tsp soy sauce

Sweet Potato Wedges

500g sweet potatoes

1 tbsp vegetable oil

Red Slaw

3 tbsp sour cream
2 tbsp mayonnaise
1 tsp Dijon mustard
150g carrot, peeled and coarsely grated
200g red cabbage, shredded
1 medium red onion, halved and thinly sliced
Salt and black pepper

To Serve

4 tbsp sour cream

METHOD

1. Using a sharp knife slash the skin of each drumstick, making about three slits. Next pop the drumsticks into a large strong freezer bag with the garlic powder, smoked paprika, vegetable oil and some seasoning.
2. Combine the marinade ingredients in a small bowl then pour into the bag with the drumsticks. Give it all a good shake then place in the fridge, preferably overnight, for the flavours to develop.
3. When ready to cook, scrub the sweet potatoes (no need to peel) and cut each one into about 6 wedges. Toss in oil and season with salt and black pepper.
4. Remove the grill plate from basket 2 then preheat the airfryer baskets for three minutes by activating the automatic preheat key.
5. Carefully arrange the drumsticks in basket 1 and brush over any remaining marinade and set the temperature to 200°C for 25 minutes. Pop the sweet potatoes into basket 2 and set the temperature to 180°C for 25 minutes then activate the 'Smart Finish' key and touch the start key to activate the airfryer. Shake both baskets halfway through cooking for even browning then carefully remove the drumsticks and sweet potatoes from the airfryer using silicone tongs.
6. Meanwhile for the slaw, mix together the sour cream, mayonnaise and Dijon mustard and season well with black pepper. Stir in the grated carrot, cabbage and red onion; ensuring that everything is well coated in the dressing. Transfer to a serving dish.
7. Serve the BBQ drumsticks on a platter with the wedges and slaw alongside

Tip

For a speedy slaw, buy a ready prepared coleslaw mix and add your homemade dressing

*plus marinating time up to 12 hours



PERI PERI CHICKEN THIGHS WITH HARISSA WEDGES AND ROAST SWEET CORN

SERVES

4

 15 MINS* |  30 MINS

INGREDIENTS

Peri Peri Chicken

*4 large chicken thighs,
skin on and bone in*

2 tsp garlic powder

2 tsp smoked paprika

1 tsp dried oregano

2 tsp hot peri peri sauce

1 tbsp vegetable oil

Sides

*500g starchy potatoes, such
as Maris piper, scrubbed*

4 sweetcorn cobbettes

2 tbsp vegetable oil

50g harissa paste

Salt and black pepper

METHOD

1. Place the chicken thighs into a freezer bag and sprinkle over the garlic powder, smoked paprika and oregano. Give the thighs a shake to combine. Add the peri peri sauce and oil and shake again. Pop them into the fridge to marinate for at least an hour. (If you have time leave over night)
2. Meanwhile, bring a large pan of water to the boil. Slice the potatoes into wedges, no need to peel. When the water is boiling, add the potatoes to the pan and cook for 8 minutes, adding the sweetcorn when there is 3 minutes left. Drain and rinse under cold water and dry on kitchen paper. Separate the potatoes and sweetcorn into 2 bowls.
3. Drizzle 1 tbsp oil and the harissa over the wedges and toss to evenly coat in the seasoning, then season with salt and pepper. Toss the sweetcorn in the remaining oil with some black pepper. Set aside until ready to cook.
4. When ready to cook remove the grill plate from basket 2 then preheat the airfryer baskets for three minutes by activating the automatic preheat key.
5. Arrange the thighs on the grill plate in basket 1 and set the temperature to 180°C for 25 minutes. Place the chips in basket 2, set the temperature to 200°C for 20 minutes then activate the 'Smart Finish' key then touch the start key to activate the airfryer. Shake the wedges halfway through for even browning then carefully remove the chicken and wedges onto two separate plates using silicone tongs. Cover with foil to keep warm.
6. Carefully wipe out basket 2 then put the sweetcorn in, set the temperature to 200°C for 5 minutes, to char and heat the sweetcorn.
7. Serve the peri peri chicken with the wedges and sweetcorn on the side.

Tip

*Try serving with a bowl
of sour cream and a
crisp green salad*

**plus 1 hour to marinate*



SOUTHERN STYLE CHICKEN GOUJONS

SERVES
4

 10 MINS* |  30 MINS

INGREDIENTS

450g chicken breast
1 small lemon, zest only
1 tsp dried mixed herbs
1 tsp cajun spice mix
2 tpsps garlic powder
¼ tsp fine salt
140ml buttermilk
1 medium egg
90g plain flour
1 tbsps cornflour
½ tsp garlic powder
¼ tsp chilli powder
½ tsp smoked paprika
Vegetable oil in a spray bottle
To Serve
500g frozen sweet potato wedges
Vegetable oil in a spray bottle
Salt and black pepper
BBQ sauce

METHOD

1. Put the chicken breast onto a chopping board and, with your hand flat on top of it, use a sharp knife to slice into one side of the breast, starting at the thicker end and ending at the thin point. Open out the breast so that it resembles a butterfly, then cut into approximately 12 goujons.
2. Place the chicken in a shallow dish and sprinkle over the lemon zest, dried mixed herbs, cajun spice mix, garlic powder and fine salt, then toss well to fully coat the chicken in the spices. Set aside in the fridge for at least an hour for the flavours to develop.
3. When ready to cook, lightly whisk the buttermilk and egg together in a shallow bowl until combined. Place the flour into another shallow bowl, along with the cornflour, garlic powder, chilli powder and smoked paprika. Mix well to combine.
4. Start to coat the chicken using one hand, dip the pieces in the buttermilk mixture; making sure they are completely coated, then using your other hand, press the chicken in the spiced flour.
5. When ready to cook, remove the grill plates then preheat the airfryer baskets for three minutes by activating the automatic preheat key.
6. Divide the goujons between each basket, select the 'Match Cook' key and set basket 1 to 180°C for 14 minutes and touch the start key to activate. Turn the goujons over halfway through cooking using silicone tongs. Remove from the baskets onto a warm plate using silicone tongs and cover with foil to keep warm.
7. Spray the sweet potato wedges with oil and season with salt and pepper. Divide the wedges between the two baskets then select 'Match Cook' and set basket 1 to 200°C for 15 minutes and touch the start key to activate.
8. Serve the goujons with the wedges and a pot of BBQ sauce.

Tip

Try adding your favourite sides such as sweetcorn, coleslaw and onion rings

*plus 1 hour to marinate

SERVES
4



Tip
As an alternative try using any left-over bacon that you have, or a blue cheese works really well too

STUFFED CHICKEN BREAST WRAPPED IN PARMA HAM

SERVES
4



Tip
Try adding seasonal vegetables of your choice

HUNTER'S CHICKEN

15 MINS | 30 MINS

INGREDIENTS

Roast Potatoes

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

1 tbsp plain flour

1½ tbsps vegetable oil

Salt and ground black pepper

Stuffed Chicken Breast

4 medium chicken breasts

100g garlic and herb soft cheese

4 slices Parma ham

Vegetable oil in a spray bottle

Salt and black pepper

To Serve

Seasonal vegetables

METHOD

1. Bring a large saucepan of water to the boil with a pinch of salt. Add the potatoes to the boiling water and cook for 10 minutes, until the edges have softened when you pierce them with a knife.
2. Drain the potatoes in a colander and return them to the pan, sprinkle on the flour, oil and seasoning then give the pan a shake to fluff up the potatoes.
3. Meanwhile, use a sharp knife to cut a pocket in the fattest part of each chicken breast then fill with equal amounts of the cheese. Season the chicken with salt and black pepper. Wrap the chicken breasts with Parma ham then spray lightly with oil.
4. When ready to cook, remove the grill plate from basket 2 then preheat the airfryer baskets for three minutes by activating the automatic preheat key.
5. Carefully place the chicken breasts into basket 1 on the hot grill plate and the potatoes in basket 2. Set basket 1 to 180°C for 30 minutes and basket 2 to 190°C for 25 minutes then activate the 'Smart Finish' key and touch the start key to activate the airfryer; Give the potatoes a shake halfway through to ensure that they are crisp and golden. Carefully remove the chicken and potatoes from the baskets using a silicone spatula.
6. Check that the chicken is cooked and served with roast potatoes and seasonal vegetables

10 MINS | 35 MINS

INGREDIENTS

4 large chicken breasts

4 rashers thick cut smoked back bacon

Vegetable oil in spray bottle

50ml smoky BBQ sauce

25g cheddar cheese, grated

20g parmesan, grated - mix cheese together

To Serve

1kg potatoes, peeled

25g butter

3 tbsps milk

2 spring onions, finely chopped

Salt and black pepper

METHOD

1. Place the chicken on a board, season with salt and black pepper and wrap the bacon evenly around each breast. Spray lightly with oil.
2. Preheat the airfryer baskets with the grill plates inserted for three minutes by activating the automatic preheat key.
3. Carefully place two chicken breasts into each basket. Select the 'Match Cook' key and set basket 1 to 180°C for 35 minutes and touch the start key to activate.
4. When the chicken has been cooking for 30 minutes, carefully drizzle the BBQ sauce evenly over each chicken breast, then sprinkle over the cheddar cheese and parmesan and cook for a further 5 minutes until the chicken is cooked and the cheese is bubbling.
5. Meanwhile, bring a pan of water to the boil, add the potatoes and simmer for 20 minutes until tender, drain then pop back into the pan. Add the butter and milk and mash with a potato masher until smooth then season to taste and stir through the chopped spring onions.
6. When the chicken is ready, carefully remove from the airfryer with a silicone spatula, allow it to rest for a couple of minutes and serve on warm plates with the spring onion mash.

SERVES

4

*Tip**This recipe also works well with red pesto*

ROAST CHICKEN AND PESTO WITH ROAST VINE TOMATOES

 10 MINS |  30 MINS

INGREDIENTS

Pesto Chicken

4 medium sized chicken breasts
50g fresh green pesto
30g breadcrumbs
15g parmesan
2 tsp olive oil
Olive oil in a spray bottle

Roast Vine Tomatoes

275g cherry tomatoes, on the vine, cut into little bunches
1 tbsp balsamic vinegar
1 tsp olive oil
Small bunch fresh basil, leaves roughly torn
Salt and black pepper

To Serve

Crisp green salad

METHOD

1. Place the chicken breasts on a board and spread the pesto evenly over the top. Mix the breadcrumbs and parmesan in a small bowl with the olive oil, then cover each chicken breast with a sprinkling of breadcrumbs pressing down lightly onto the pesto topping. Spray each chicken breast lightly with olive oil.
2. Pop the tomatoes in a bowl and toss with the balsamic vinegar and olive oil and half of the torn basil. Season with salt and black pepper.
3. When ready to cook, remove the grill plate from basket 2 then preheat the airfryer baskets for three minutes by activating the automatic preheat key.
4. Pop the chicken carefully onto the grill plate in basket 1 and set the temperature to 180°C for 30 minutes. Put the tomatoes into basket 2 and set the temperature to 160°C for 20 minutes then activate the 'Smart Finish' key and touch the start key to activate the airfryer. Carefully remove the chicken and tomatoes from the oven using a silicone spatula.
5. Serve the chicken on warm plates with the roasted tomatoes and salad then sprinkle over the remaining basil leaves.

SERVES

4

*Tip**Chicken thighs can also be used and serve two thighs per portion*

CHICKEN CHASSEUR

 10 MINS |  40 MINS

INGREDIENTS

4 large chicken legs
1 tbsp oil
2 large shallots, peeled and sliced
2 cloves garlic, crushed
200g button chestnut mushrooms, halved
40g tomato puree
180ml red wine
500ml hot chicken stock
2½ tbsp cornflour mixed with 3 tbsp water
½ tsp sugar
4 sprigs fresh thyme
Salt and black pepper

To Serve

300g long grain rice, cooked as directed
400g steamed tenderstem broccoli

METHOD

1. Remove the grill plates then preheat the airfryer baskets for three minutes by activating the automatic preheat key.
2. Meanwhile, season the chicken legs with salt and black pepper and rub the oil evenly over the skin. Place two chicken legs in each basket along with equal amounts of shallot, garlic and mushrooms. Select 'Match Cook' and set basket 1 to 200°C for 10 minutes and touch the start key to activate.
3. Meanwhile in a small saucepan mix together the tomato puree, red wine, hot chicken stock, cornflour mixture and sugar. Heat gently until the sauce thickens.
4. After 10 minutes pour the sauce evenly into both baskets and pop a couple of sprigs of thyme on top of each basket.
5. Select 'Match Cook' and set basket 1 to 180°C for 30 minutes and touch the start key to activate. Give the chasseur a stir halfway through to ensure that the sauce thickens evenly.
6. Season the chicken chasseur then serve in warm bowls with rice and tenderstem broccoli.



Pork



SERVES
4

Tip

For variety try serving the sausages and mash in giant Yorkshire puddings

SAUSAGE AND MASH WITH CAMELISED ONION GRAVY

 10 MINS |  20 MINS

INGREDIENTS

8 low fat pork sausages
Vegetable oil in a spray bottle
Onion Gravy
2 medium red onions, halved, peeled and sliced
25g butter, melted
3 sprigs thyme, leaves
2 tsps sugar
2 tbsps plain flour
400ml chicken stock, hot
1 tbsp Henderson's relish
Black pepper
To Serve
Mashed potato
Steamed carrots

METHOD

1. Preheat the airfryer baskets with the grill plate inserted into basket 1 for three minutes by activating the automatic preheat key.
2. Meanwhile, prick the sausages with a fork and spray lightly with oil. Put the onions in a bowl with butter, thyme, and sugar and toss well to coat the onions in the butter.
3. Arrange the sausages in the air fryer basket 1 on the grill plate and set the temperature to 190°C for 15 minutes. Place the onions in basket 2 and set the temperature to 180°C for 15 minutes then activate the 'Smart Finish' key then touch the start key to activate the airfryer; Turn the sausages halfway through and give the onions a shake.
4. When the sausages and onions are cooked keep the sausages warm in the basket whilst you prepare the gravy.
5. Transfer the onions to a small pan and sprinkle over the flour and mix well so that the onions are coated, then stir over a low heat for a minute to cook out the flour. Next, stir in the stock and Henderson's relish, making sure that there are no lumps. Bring to the boil and simmer for 5 minutes, until the gravy thickens.
6. Serve two sausages per person, with a portion of mash and carrots and drizzle over the onion gravy.



SERVES
4

Tip

You can serve your favourite homemade gravy or creamy sauce with the pork if you prefer

ROAST PORK FILLET WITH PROSCIUTTO

 15 MINS |  35 MINS

INGREDIENTS

500g pork fillet
100g soft cheese with garlic and herbs
6 slices of prosciutto
1 tsp olive oil
Crushed New Potatoes
600g baby new potatoes, scrubbed
2 tbsp vegetable oil
2 tsp dried oregano
Salt and black pepper
To Serve
Seasonal vegetables

METHOD

1. Season the pork then use a sharp knife to cut a pocket along the length of the fillet then fill with the soft cheese. Cut the fillet in half so that it fits into the airfryer basket then wrap both pieces evenly with the prosciutto and drizzle lightly with oil. Set aside whilst you prepare the potatoes.
2. Bring a pan of water to the boil, add the potatoes and bring to the boil, then simmer for 10-12 minutes until the potatoes are just tender. Drain in a colander then pop the potatoes on a board and lightly crush with the base of the pan. Return the crushed potatoes to the pan, along with the oil and oregano and give a quick shake to combine, Season with salt and black pepper.
3. When ready to cook, remove the grill plate from basket 2 then preheat the airfryer baskets for three minutes by activating the automatic preheat key.
4. Carefully place the pork fillets into basket 1 on the hot grill plate and put the potatoes into basket 2. Set basket 1 to 170°C for 35 minutes and basket 2 to 200°C for 20 minutes then activate the 'Smart Finish' key and touch the start key to activate the airfryer; Give the potatoes a shake halfway through to ensure that they are crisp and golden. Carefully remove the pork and potatoes from the baskets using silicone tongs.
5. Allow the pork to rest for a few minutes then slice, divide between four plates and serve with the crushed potatoes and seasonal vegetables.

SERVES

4

Tip

If you prefer the beans slightly sweeter, then leave out the BBQ sauce and add in some maple syrup

Tip

The paprika pork can also be served with couscous

SERVES

4

BRATWURST WITH CRISPY ONIONS WITH FRIES AND BOSTON BEANS

PAPRIKA PORK

 10 MINS |  18 MINS

INGREDIENTS

500g frozen French fries
4 Bratwurst, prick with a fork
Vegetable oil in a spray bottle
Crispy Onions

1 large red onion, peeled, halved and sliced

2 tsp sugar

1 tsp oil

Boston Beans

1 tbsp vegetable oil

1 small onion, finely diced

1 small red pepper, finely diced

1 clove garlic, crushed

2 tsp smoked paprika

3 tbsp smoky BBQ sauce

2 x 400g cans baked beans

100ml hot vegetable stock, made with 1 stock cube

Salt and black pepper

To Serve

6 brioche hot dog rolls, warmed

METHOD

1. Remove the grill plates from the airfryer and put the fries in basket 1. Spray the bratwurst lightly with oil and put into basket 2.
2. Put the red onion into a bowl, sprinkle over the sugar and oil and toss well to coat the onions. Spread the onions over the bratwurst.
3. Set basket 1 to 200°C for 18 minutes and basket 2 to 180°C for 18 minutes then activate the 'Smart Finish' key then touch the start key to activate the airfryer; Give the fries a shake halfway through to ensure that they are crisp and golden and turn the bratwurst. Carefully remove the fries and bratwurst from the baskets using silicone tongs.
4. Meanwhile, to prepare the Boston beans, heat the oil in a saucepan then gently fry the onion and pepper for 3-4 minutes until softened. Add the garlic and cook for a further minute. Next sprinkle over the smoked paprika and stir in the BBQ sauce, baked beans and vegetable stock. Simmer gently for 5 minutes until the beans are piping hot.
5. To assemble, cut the hot dog rolls down the centre and fill with a bratwurst, topped with crispy onions. Serve the boston beans and fries on the side.

 10 MINS |  30 MINS

INGREDIENTS

2 tbsp oil

2 medium white onions, peeled, halved and finely sliced

400g lean boneless pork loin chops, sliced into 1 cm thick strips

1 tbsp smoked paprika

1 clove garlic, crushed

2 tbsp tomato puree

150g green beans, trimmed and cut into three

200ml chicken stock, boiling

125ml sour cream

Salt and black pepper

To Serve

Boiled rice

Small bunch fresh parsley, chopped

METHOD

1. In basket 1 mix together 1 tbsp oil, onions, pork, paprika, garlic and tomato puree
2. Toss green beans with the remaining oil in basket 2 and season with salt and black pepper.
3. Set basket 1 to 180°C for 20 minutes and basket 2 to 200°C for 10 minutes then activate the 'Smart Finish' key and touch the start key to activate the airfryer; Give the pork a stir halfway through and shake the beans.
4. When the cooking time has elapsed, stir the boiling stock and sour cream into the pork and add the green beans. Set basket 1 temperature to 200°C for 10 minutes then touch the start key to activate the airfryer. The sauce should have thickened and the meat will be tender.
5. Serve the Paprika pork with boiled rice and garnish with some chopped parsley.



Beef

SERVES
4



Tip

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

MEATBALL SUB

 10 MINS |  15 MINS

INGREDIENTS

400g reduced fat sausages
1 tsp Italian herbs
20g Panko breadcrumbs
1 tbsp water
2 tsp vegetable oil
200g ready to use tomato and chilli sauce
4 sub or hot dog rolls, sliced down the centre
60g mozzarella cheese, grated

METHOD

1. Make a slit in the sausages with a sharp knife and remove and discard the skin. Pop the sausage meat into a bowl and mix with herbs, breadcrumbs and water. Shape into 20 equal sized balls.
2. Preheat the airfryer baskets with the grill plates inserted for three minutes by activating the automatic preheat key.
3. Toss the balls in a bowl with the oil and place 10 balls into each air fryer basket then select 'Match Cook' and set basket 1 to 180°C for 12 minutes and touch the start key to activate. When cooked transfer the meatballs to a plate with silicone tongs
4. Meanwhile, pour the tomato and chilli sauce into a saucepan and heat gently. Stir the cooked meatballs into the sauce and fill each hot dog roll evenly with the mixture, then sprinkle over the cheese.
5. Carefully wipe out baskets then place the subs in the air fryer baskets, select 'Match Cook' and set basket 1 to 200°C for 3 minutes and touch the start key to activate. The cheese will melt and the buns will heat through.

SERVES
4



Tip

Try serving with a homemade coleslaw and onion rings

CARAMELISED ONION BEEF BURGERS WITH FRIES

 15 MINS |  15 MINS

INGREDIENTS

Burgers
500g Aberdeen Angus minced beef
20g Panko breadcrumbs
2 tbsps caramelised onion chutney
Vegetable oil in a spray bottle
80g cheddar cheese, grated
To Serve
500g frozen French fries
4 tpsps mayonnaise
4 brioche burger buns, sliced and toasted
4 little gem leaves
Side salad of your choice
Salt and pepper to taste

METHOD

1. For the burgers, put the minced beef, breadcrumbs and chutney into a mixing bowl and add a pinch of salt and pepper. Mix with your hands until combined, then roll into 4 equal sized balls. Flatten the burgers to about 2 cm thickness, then spray lightly with oil on both sides.
2. When ready to cook, remove the grill plate from basket 1, then preheat the airfryer baskets for three minutes by activating the automatic preheat key.
3. Transfer the chips into basket 1, set the temperature to 200°C and for 15 minutes then carefully place the burgers in basket 2, set the temperature to 180°C and for 15 minutes.
4. Select the 'Smart Finish' key then touch the start key to activate the airfryer. Halfway through cooking, give the chips a shake.
5. When the burgers are ready, transfer them to a warm plate, top them with the grated cheese, then cover with foil to keep warm.
6. To assemble, spread a spoonful of mayonnaise over the base of each burger bun, add a slice of lettuce then place the burger on top and add the lid. Serve with the fries and a side salad.



SERVES

2

Tip

If you like your steak more well done, cook for 5 minutes longer

RIB EYE STEAK WITH CRUSHED ROSEMARY POTATOES



10 MINS



25 MINS

INGREDIENTS

2 rib eye steaks
(approximately 225g each)

2 tsp vegetable oil

30g butter

1 clove garlic, crushed

3g fresh parsley, chopped

Salt and black pepper

Potatoes

400g baby new potatoes

1 sprig fresh rosemary,
leaves finely chopped

1 tbsp oil

To Serve

Seasonal vegetables

METHOD

1. Remove the packaging from the steaks and put them on a plate, season with salt and black pepper and rub the oil onto both sides.
2. Bring a large saucepan of water to the boil with a pinch of salt. Add the potatoes to the boiling water and cook for 10-12 minutes, until the edges have softened when you poke them with a knife.
3. Drain the potatoes in a colander and return them to the pan, crush each potato with the back of a wooden spoon, sprinkle over the rosemary and oil, then season and give the pan a quick shake to combine.
4. When ready to cook, remove the grill plate from basket 2 then preheat the airfryer baskets for three minutes by activating the automatic preheat key.
5. Pop the steaks carefully onto the grill plate in basket 1 and set the temperature to 180°C for 12 minutes. Put the potatoes into basket 2 and set the temperature to 200°C for 15 minutes then activate the 'Smart Finish' key and touch the start key to activate the airfryer. Shake the potatoes halfway through cooking.
6. Whilst the steaks cook, mix the butter, garlic and parsley in a small bowl and season with salt and black pepper.
7. When the steaks are ready, transfer them from the basket to a warm plate using silicone tongs and divide the butter between them. Cover lightly with foil and rest for 5 minutes. Keep the potatoes warm in the air fryer until ready to serve.
8. Serve the steaks topped with the butter and crushed potatoes and seasonal vegetables alongside.



SERVES
4**Tip**

The koftas also work well with minced beef or pork

LAMB AND HARISSA KOFTAS WITH LIME YOGURT

15 MINS | 12 MINS

INGREDIENTS

Koftas

500g lean minced lamb

20g breadcrumbs

1 tsp dried oregano

1 tsp garlic powder

1 tsp cumin

1 tbsp harissa

2 tbsp water

Salt and black pepper

Vegetable oil spray

To Serve

1 lime

150ml natural yogurt

Small bunch fresh mint, leaves chopped

4 flatbreads, warmed

150g shredded iceberg lettuce

½ cucumber, halved and sliced

1 small onion, halved, peeled and thinly sliced

METHOD

1. Place all of the koftas ingredients into a bowl and gently mix together then divide into 12 equal sized pieces. Shape the pieces into 12 small sausage shapes then flatten slightly to make koftas. Spray lightly with oil.
2. When ready to cook, preheat the airfryer baskets with the grill plates inserted for three minutes by activating the automatic preheat key.
3. Divide the koftas between each basket, select 'Match Cook' and set basket 1 to 180°C for 12 minutes and touch the start key to activate.
4. Meanwhile to prepare the yogurt dressing; zest the lime then cut into quarters. Mix the yogurt, lime zest and ¾ of the mint in a small bowl and season to taste with salt and black pepper.
5. Serve the lamb koftas with warm flatbreads, lettuce, cucumber, onion and a generous drizzle of lime yogurt then sprinkle over the remaining chopped mint.

SERVES
4**Tip**

This recipe also works well with boneless chicken thigh instead of lamb

LAMB KEBAB WITH LOADED FRIES AND GARLIC SAUCE

15 MINS | 20 MINS

INGREDIENTS

600g lean lamb leg steaks, cut into 1cm slices

1 tbsp ground cumin

1 tbsp ground coriander

1 tsp dried oregano

1 tsp garlic powder

½ tsp hot chilli powder

½ tbsp oil

Salt and black pepper

Loaded Chips

800g starchy potatoes, such as Maris Piper

2 tbsp vegetable oil

50g mature cheddar

Garlic Sauce

100g natural yogurt

2tbsp mayonnaise

1 large clove garlic, crushed

To Serve

1 medium red onion, halved peeled and thinly sliced

4tbsps Sriracha mayonnaise

120g iceberg lettuce, shredded

8 small folded flatbreads

METHOD

1. Place the lamb onto a plate, season with a pinch of salt and black pepper, then sprinkle on the spices, drizzle over the oil and rub the spices into the meat. Set aside for the flavours to develop whilst you prepare the chips.
2. For the chips, peel the potatoes, then cut each potato into 1cm wide slices, then into 1cm thick chips. Place the chips into a pan and cover with cold water, then bring to the boil and simmer for 6-7 minutes. Drain in a colander, then rinse under the tap to cool completely and pat dry on kitchen paper.
3. Place the chips into basket 1 without the grill plate, drizzle over the oil, then season with salt then set the temperature to 200°C for 20 minutes. Put lamb in basket 2 with the grill plate set the temperature to 180°C for 15 minutes then activate the 'Smart Finish' key then touch the start key to activate the airfryer; Shake both baskets halfway through.
4. Meanwhile, to prepare the garlic sauce, mix the yogurt, mayonnaise and garlic in a small bowl and season to taste.
5. To assemble, place the chips in a warm serving dish and toss with the grated cheese, top with the lamb and red onion. Drizzle over the garlic sauce and sriracha mayonnaise
6. Serve as a sharing dish with the flatbreads and shredded lettuce to accompany.

thank you!

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