

TOWER *XpressPro*
over 100 YEARS of quality



MODEL: T17038

11 LITRE
5-IN-1 AIR FRYER OVEN
with rotisserie



USER MANUAL



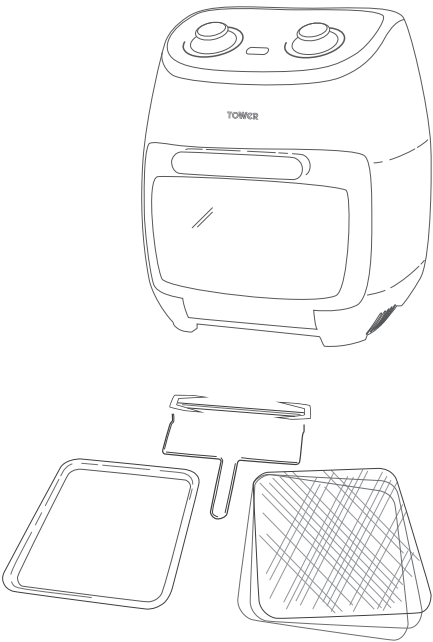
GREAT BRITISH DESIGN, INNOVATION AND EXCELLENCE **SINCE 1912**

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This box contains

- Instruction manual
- Air fryer oven
- Air flow racks x 3
- Rotisserie fork and handle
- Oil drip tray



Specifications

RATED VOLTAGE	AC 220 - 240V
FREQUENCY	50/60Hz
POWER CONSUMPTION	2000W
CAPACITY	11L
TEMPERATURE RANGE	80°C - 200°C
TIME RANGE	1-60 minutes
DIMENSIONS (CM)	H38.2 x W32.4 x D33.9
WEIGHT	3.5Kg

Important safety information

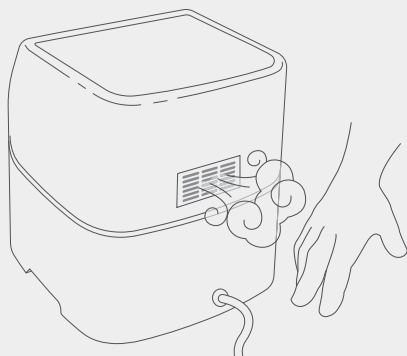
Please read these safety **NOTES** carefully **BEFORE** using your Tower appliance

These warnings have been provided in the interest of safety. Basic safety precautions should always be followed including the following:

KEY SAFETY POINTS

CAUTION: During operation:

- Surfaces are hot. **DO NOT** touch the hot surfaces.
- Hot steam is released through the air outlet openings. Keep your hands and face at a safe distance from the steam and from the air outlet openings.
- Hot steam and air may escape when the appliance door is opened.



It is important that this instruction manual is retained for future reference. If the appliance is given to someone else, it should always be accompanied by these operating instructions, as they form an integral part of the appliance.

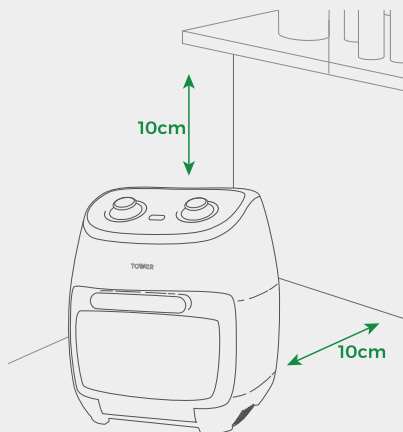
GENERAL SAFETY

- **DO NOT** immerse cords, plugs or any part of the appliance in water or any other liquid.
- Close supervision is necessary when any appliance is used by or near children.
- Children should not play with the appliance.
- This appliance is not to be used by children or persons with reduced physical, sensory or mental capabilities or lack of experience and knowledge, unless they have been given supervision or instruction concerning use of the appliance in a safe way and understand the hazards involved.
- Cleaning and user maintenance should not be undertaken by children without supervision.
- Take care when any appliance is used near pets.
- Switch off and unplug before fitting or removing accessories, after use and before cleaning.
- Allow the appliance to cool down for approximately 30 minutes before fitting or removing accessories or cleaning.
- If the supply cord or appliance is damaged, stop using the appliance immediately and seek advice from the manufacturer, its service agent or a similarly qualified person.
- The use of accessory attachments is not recommended by the appliance manufacturer, apart from those supplied with this product.
- **DO NOT** use the appliance outdoors.
- **DO NOT** place the appliance on or near a hot stove top or heated oven.
- Take care when moving the appliance, or removing accessories and food as hot oil or other hot liquids may be present.
- **DO NOT** clean the appliance with metal kitchen utensils, caustic or abrasive cleaning agents or scouring sponges.

- **DO NOT** place anything on top of the appliance.
- **DO NOT** use this appliance for anything other than its intended use.
- This appliance is for household use only.

WHILST AIR FRYING

- Please ensure that the appliance is used on a stable, level, and heat resistant surface.
- **DO NOT** place the appliance on or near combustible materials such as a tablecloth or curtain.
- **DO NOT** place the appliance against a wall or against other appliances. Leave at least 10cm free space on the back and sides and 10cm free space above the appliance.



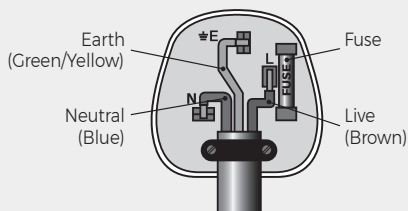
- **DO NOT** place the appliance in the presence of explosive and/or flammable fumes.
- **DO NOT** cover the air inlet and outlet during operation.
- Any accessories, baking trays or oven dishes used in the appliance will become hot. Always use oven gloves when handling or removing anything from the appliance.
- **DO NOT** place food that is still packed in plastic wrap or plastic bags in the appliance.
- **DO NOT** allow food to come into contact with the heating element of the appliance.

- If the appliance begins to emit smoke, unplug it immediately. Only open the door once the smoke has cleared. Remove burnt remnants.
- **DO NOT** leave this appliance unattended whilst operating.

PLUG AND CORD

- Check that the voltage of the main circuit corresponds with the rating of the appliance before operating.
- **WARNING: DO NOT** let the cord hang over the edge of a table or counter, serious burns may result from the air fryer being pulled off the counter where it may be grabbed by children or become entangled with the user.
- **DO NOT** let the supply cord touch hot surfaces.
- **DO NOT** carry the appliance by the power cord.
- **DO NOT** use any extension cord with this appliance.
- The appliance is not intended to be operated by means of an external timer or separate remote-control system.
- **DO NOT** pull the plug out by the cord as this may damage the plug and/or the cable.
- **DO NOT** plug and unplug with wet hands.

WIRING SAFETY FOR UK USE ONLY



IMPORTANT

As the colours in the mains lead of this appliance may not correspond with the coloured markings identifying the terminals in your plug, please proceed as follows:

The wires in the mains lead are labelled in accordance with the following code:

Blue neutral [N] Brown live [L] Green/
Yellow [EARTH] 

PLUG FITTING DETAILS (WHERE APPLICABLE)

- The wire labelled blue is the neutral and must be connected to the terminal marked [N].
- The wire labelled brown is the live wire and must be connected to the terminal marked [L].
- The wire labelled green/yellow must be connected to the terminal marked with the letter [E].
- On no account must either the brown or the blue wire be connected to the [EARTH] terminal.
- Always ensure that the cord grip is fastened correctly.
- The plug must be fitted with a fuse of the same rating already fitted and conforming to BS 1362 and be ASTA approved.
- If in doubt consult a qualified electrician who will be pleased to do this for you.

NON-REWIREABLE MAINS PLUG

If your appliance is supplied with a non-rewireable plug fitted to the mains lead and should the fuse need replacing, you must use an ASTA approved one (conforming to BS 1362 of the same rating).

If in doubt, consult a qualified electrician who will be pleased to do this for you.

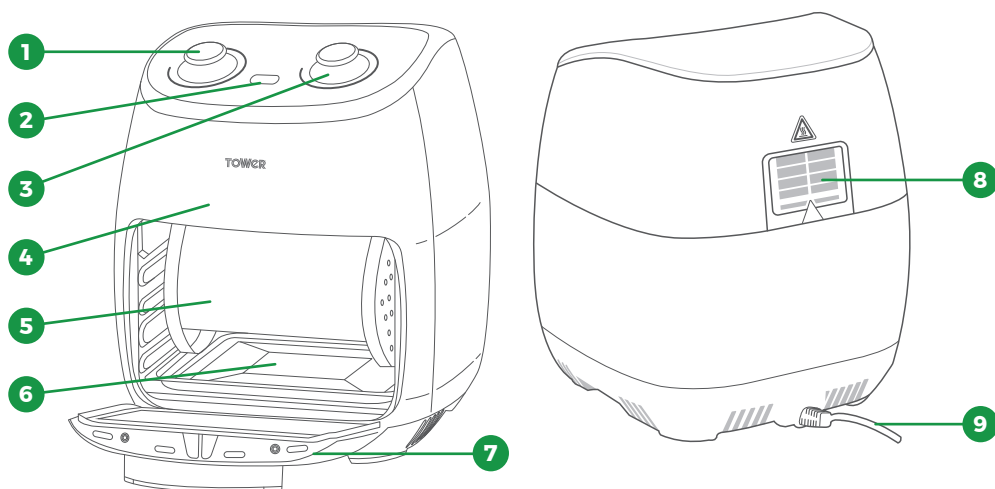
If you need to remove the plug - disconnect it from the mains - then cut it off of the mains lead and immediately dispose of it in a safe manner. Never attempt to reuse the plug or insert it into a socket outlet as there is a danger of an electric shock.

WARNING:

This appliance MUST be earthed!

In the unlikely event the appliance develops a fault, stop using it immediately and seek advice from the Customer Support Team. +44 (0) 333 220 6066

Getting to know your air fryer oven



1. Timer control dial
2. Power on/off button
3. Temperature control dial
4. Housing
5. Rotating cage (optional accessory)
6. Drip tray
7. Removable door
8. Air outlet vents
9. Power cord

NOTE: During operation, the heating indicator will turn on and off automatically, indicating that the heating element is switching on and off to maintain the set temperature.

Before first use

SETTING UP

1. Remove your appliance from the packaging.
2. Check that there is no damage to the cord or any visible damage to the body.
3. Dispose of the packaging in a responsible manner.
4. Remove any stickers or labels from the appliance.
5. Thoroughly clean the accessories with hot water, some washing-up liquid and a non-abrasive sponge.
6. Wipe the inside and outside of the appliance with a moist cloth.
7. Do not fill the air fryer oven with oil or frying fat. This is an oil-free fryer that works on hot air.

TRIAL RUN

The appliance should be used for the first time without any food in it, in order to remove any manufacturing coating residues. The appliance may produce some smoke or odours during this process.

Allow the appliance to heat up on the highest temperature setting for approx. 15 minutes, with no food inside.

1. Connect the plug to a mains wall socket.
2. Close the appliance door.
3. Turn the timer control dial to adjust the operating time to 15 minutes.
4. Turn the temperature control dial to adjust the temperature setting to 200°C. The heating element and fan will begin to operate, the power and heating indicator will illuminate and the timer will begin counting down.
5. When the set time has elapsed, the appliance will emit a series of beeps.
6. Remove the plug from the mains power socket.
7. Allow the appliance to cool down.

Using your air fryer oven

The appliance is suitable for frying, roasting, baking, grilling or warming food.

USING THE ACCESSORIES

Oil drip tray:

Insert the oil drip tray into the bottom of the cooking space for food residues such as dripping fat or crumbs to collect in.

Air flow racks:

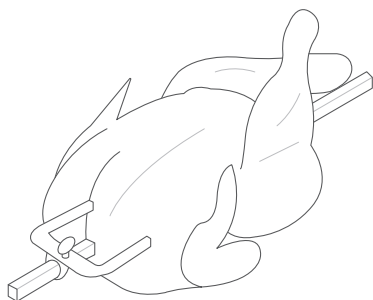
Slide the air flow racks onto the rails in the cooking space.

The heating element is located at the top of the cooking space. Therefore, the higher up an air flow rack is placed the more intense the heat is from above.


- In the top section, the food is cooked faster and crispier.
- The middle position should be chosen to achieve even heating from all sides.
- The bottom rails are suitable for gentle cooking.

Rotisserie:

The rotisserie fork consists of the shaft and two rotisserie fork heads. The rotisserie is suitable for grilling large pieces of meat, e.g. chicken, pork with a maximum weight 1.2kg.



Assemble the rotisserie fork and insert it into the appliance:

1. Slide one of the rotisserie fork heads onto the shaft and secure in place with the locking screw.
2. Slide the food for grilling onto the shaft.
3. Slide the other rotisserie fork head onto the shaft and food and secure in place with the locking screw.
4. Push one end of the shaft into the round holder on the left side of the cooking space. Then hang the other end of the shaft into the support on the opposite side of the cooking space.
5. Check that it fits securely. The rotisserie fork must not be able to rotate about its own axis when the appliance is switched off. If this is not the case, push the shaft deeper into the round holder.
6. Once the rotisserie fork is installed, press the  key on the unit's control panel to activate the rotation function. If the rotisserie has been installed correctly, it will begin to rotate.

If the rotisserie fork does not begin to rotate once the key has been pressed, pull it out of the air fryer and repeat the steps detailed above, taking care to ensure the shaft is pushed all the way into the slot on the body of the appliance.

7. After use, remove the hot rotisserie fork from the cooking space using the handle (see the **Rotisserie handle section**).


CAUTION: Wear oven gloves to remove the rotisserie forks.

Guidance notes:

- The shaft contains a small round notch for the tip of the locking screw. In the case of smaller pieces of food, the rotisserie fork heads can be secured more centrally on the shaft. (see illustration A)

illustration A



- The shaft contains two small round notches marking the outermost position of the locking screws. The locking screws must not be attached any further than the outer ends of the shaft to ensure smooth operation.
- **DO NOT** place any pieces of meat that are too large onto the rotisserie fork as this could hinder rotation. It may be necessary to truss a chicken.
- The  key can be pressed at any time during cooking to stop rotation, if required.

Rotisserie handle:

Use the rotisserie handle to remove the rotisserie from the cooking space:

1. Place the ends of the rotisserie handle under the shaft.
2. First lift the shaft from the support and pull it forwards a little until the other end of the shaft is released from the holder.
3. Carefully lift the rotisserie out of the cooking space and place down on a heat-resistant surface.

Kebab skewers (optional accessory):

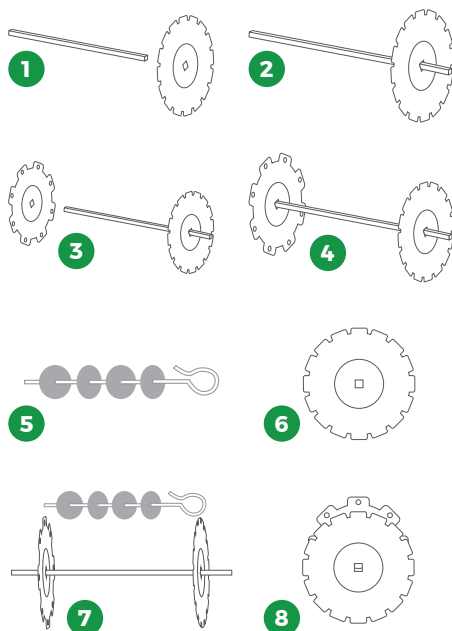
Assemble the skewer rack:

1. Place the skewer rack discs onto the shaft, ensuring the flat faces of the discs face inwards.
2. Thread food onto the separate skewers and place onto the skewer rack by slotting the sharp end of the skewer into the narrow slot and the hooked end of the skewer into the shaped slots. Squeeze and tilt the hook downwards to lock into place.

3. Place the rack into the oven. Insert the shaft end with just one notch into the holder on the side of the oven walls. Push into the holder as far as it will go.
4. Hang the other end of the shaft (with two notches) into the support on the opposite side of the oven.
5. Check that the rack fits securely. It must not be able to rotate about its own axis when the appliance is switched off. If this is not the case, push the shaft deeper into the holder.
6. After use, remove the rack using the handle (see the **Rotisserie handle** section).

CAUTION: Wear oven gloves to remove the rack and the grilled items.

7. Squeeze and tilt the hook upwards to remove the skewers from the rack.

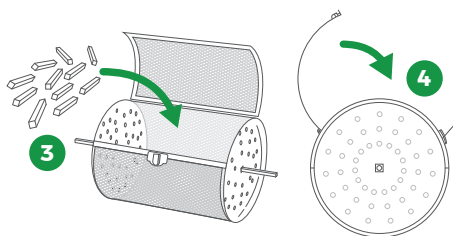
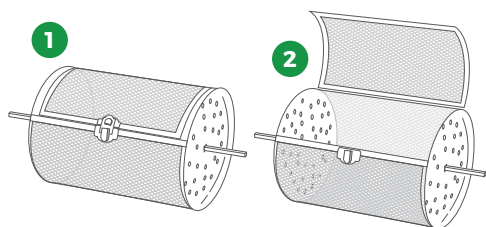


Frying basket (optional accessory):

The rotating basket turns during cooking to ensure that the food crisps on all sides. The rotating basket is particularly suitable for preparing chips or other potato products, small pieces of vegetables and meat as well as frozen products, such as chicken nuggets or onion rings.

1. Place the shaft through the basket so that the shaft end with one notch exits the side of the basket with the L shaped metal attachment.
2. Open the rotating basket.
3. Place food into the rotating basket. To ensure food is cooked evenly, the basket should be no more than $\frac{3}{4}$ full with food.
4. Close the basket, ensuring that the catch is shut.
5. Insert the side of the rotating basket with the L shaped metal attachment and the shaft end with just one notch into the holder on the side of the oven walls. Push into the holder as far as it will go.
6. Hang the other end of the shaft (with two notches) into the support on opposite side of the cooking space.
7. Check that the rotating basket fits securely. It must not be able to rotate about its own axis when the appliance is switched off. If this is not the case, push the shaft deeper into the holder.
8. After use, remove the hot rotating basket from the cooking space using the handle (see the **Rotisserie handle** section).

CAUTION: Wear oven gloves to open and empty the rotating basket.



COOKING WITH THE AIR FRYER OVEN:

DO NOT put anything on top of the appliance, as this will disrupt the airflow and the hot air frying will be affected as a result

1. Connect the mains plug into an earthed wall socket.
2. Open the air fryer door.
3. Put the ingredients into the air fryer.
4. Close the air fryer door.
5. Determine the required preparation time for your desired ingredients (refer to the 'Settings' section below).
6. To switch on the appliance, turn the timer dial to the required preparation time.
7. Turn the temperature control dial to the required temperature. Refer to the 'Settings' section in this chapter to learn how to determine the right temperature. Add 2 minutes to the preparation time when the appliance is cold.
8. When using the rotating cage, BBQ skewer or rotisserie fork, touch the power/on/off button. The fryer's internal light will illuminate and the accessory will begin to rotate. Rotation will stop automatically and the internal light will go off whenever the cooking process is finished.

- a. The timer starts counting down the set preparation time.
- b. During the air frying process, the working light will turn on and off from time to time. This indicates that the heating element is being switched on and off to maintain the set temperature.
- c. Excess oil from the ingredients is collected on the bottom of the drip tray.

NOTE: During the frying process, food will get very hot and air may escape from the air fryer.

- 9. When you hear the timer bell, the set preparation time has elapsed.

NOTE: You can also switch the appliance off manually at any time by turning the timer control dial to zero.

- 10. Check if the ingredients are ready.
If the ingredients are not ready yet, simply place your food back into the fryer, close the door, then set the timer to a few extra minutes.
- 11. To remove ingredients (e.g. fries), open the air fryer door and pull out the food using the included handle accessory or insulated kitchen gloves.
- 12. When a batch of ingredients is ready, the air fryer is instantly ready for preparing another batch.

Timer:

The Air Fryer has a 60 minute manual timer with a bell. Turn the timer dial to set the required cooking time. When the cooking time has elapsed, a bell will sound to indicate that the cooking has finished.

Temperature Selection:

To manually select the correct temperature for each dish, turn the temperature control dial on the unit’s control panel.

The air fryer will ally start cooking once a temperature has been set.


PRE-HEATING:

Some food is best cooked once the air fryer oven has been pre-heated (until the heating indicator goes off):

Food Type	Pre-heat Temp (°C)	Pre-heat Time (approx.)
Cakes	160	2 minutes
Cookies/ muffins	180	2 minutes 30 seconds
Breads/ pastries	190/200	3 minutes

GETTING THE BEST RESULTS FROM YOUR AIR FRYER OVEN:

Cooking time:

- The cooking time will depend on the size of your ingredients. Smaller sizes may require a shorter cooking time.
- In general the cooking times are shorter than in a conventional oven. Start with shorter cooking times and then adapt the cooking times to your personal taste.
- Whilst becoming familiar with the appliance it is advisable to check the condition of the food during cooking to ensure that it does not burn. To do this, open the air fryer oven door or switch on the light using the  key.

Turning and rotating food:

- “Flipping” or turning smaller sized foods halfway through the cooking process, assures that all the pieces are evenly fried.
- It may be necessary to rotate the air flow racks during the cooking process in order to ensure even cooking of all foods. **Air Flow Racks** in the **Using the Accessories** section details the heat variations within the appliance.

Settings

	Min- Max Weight (g)	Time (mins)	Temp (°C)	Extra information
POTATO & FRIES				
Thin frozen fries	600-700	15-20	200	
Thick frozen fries	600-700	20-25	200	
Potato gratin	800-1000	25-30	200	
MEAT & POULTRY				
Steak	500-800	10-15	180	
Pork chops	500-800	10-15	180	
Hamburger	400-800	10-15	180	
Sausage roll	400-800	13-15	200	
Drumsticks	400-800	25-30	180	
Chicken breast	400-800	15-20	180	
BBQ Skewer	400-600	18-25	200	
Chicken	500-1000	30-40	200	
SNACKS				
Spring rolls	500-800	8-10	200	Use oven-ready
Frozen chicken nuggets	500-1000	6-10	200	Use oven-ready
Frozen fish fingers	500-800	6-10	200	Use oven-ready
Frozen bread crumbed cheese snacks	500-800	8-10	200	Use oven-ready
Stuffed vegetables	400-800	10	180	
BAKING				
Cake	800	20-25	160	Use baking tin
Quiche	800	20-22	180	Use baking tin/oven dish
Muffins	800	15-18	200	Use baking tin
Sweet snacks	800	20	160	Use baking tin/oven dish

Accessories:

- If using a cooking vessel on the air flow racks, non-stick coated or enamel coated ovenware is recommended in order to allow for greater heat transfer.
NOTE: *Using cooking vessels may affect the cooking due to the reduction in air flow.*
- If using air flow racks without a cooking vessel keep in mind that food residues may drip on to food items on shelves below.

Food tips:

- Snacks that can be prepared in an oven can also be prepared in the air fryer oven.
- There is no need to add any oil to frozen chips as most frozen products are generally pre-fried. When preparing frozen chips or other frozen convenience products, follow the manufacturer's specifications on the packaging. Be cautious of using extremely greasy ingredients such as sausages in the air fryer oven.
- The air fryer oven can be used to reheat food; Set the temperature to 150°C for up to 10 minutes.

WEIGHTS AND MEASURES

Check these charts for basic imperial to metric conversions of weights

Metric	Imperial	US cups
250ml	8 fl oz	1 cup
180ml	6 fl oz	3/4 cup
150ml	5 fl oz	2/3 cup
120ml	4 fl oz	1/2 cup
75ml	2 ½ fl oz	1/3 cup
60ml	2 fl oz	1/4 cup
30ml	1 fl oz	1/8 cup
15ml	1/2 fl oz	1 tablespoon

Imperial	Metric
1/2 oz	15g
1 oz	30g
2 oz	60g
3 oz	90g
4 oz	110g
5 oz	140g
6 oz	170g
7 oz	200g
8 oz	225g
9 oz	255g
10 oz	280g
11 oz	310g
12 oz	340g
13 oz	370g
14 oz	400g
16 oz	425g
1 lb oz	450g

ADDITIONAL FUNCTIONS

switch off:

The air fryer oven has a built in timer, which will automatically shut off the appliance when the timer reaches zero. The air fryer oven can be manually switched off by turning the temperature dial counter-clockwise.

Accessories/Spare Parts


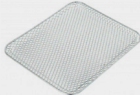


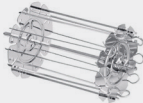
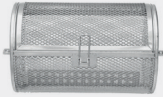
Spare part replacements and accessories are available to purchase via:



+44 (0) 333 220 6066

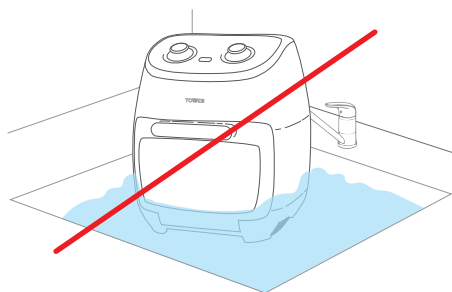


www.towerhousewares.co.uk

PART NO	DESCRIPTION	IMAGE
T17038001	Rotisserie Fork Spare	
T17038002	Air Flow Rack Spare	
T17038003	Oil Drip Tray Spare	
T17038004	Cage Handle Spare	
T17038005	Rotating Kebab Skewers	
T17038006	Rotating Frying Basket	

Cleaning and care

Warning! Do not immerse the appliance in water or any other liquid.



Clean the main unit and the used accessories after each use. **DO NOT** allow food residues to dry on. Food residue could start to burn and possibly cause faults.

1. Unplug the appliance from the mains and allow it to cool down.

NOTE: Open the air fryer oven door to let it cool down more quickly.

2. Wipe the main unit clean with a damp cloth and a little detergent.
3. Clean all other used accessories with detergent and warm water. In the case of stubborn dirt, soak the accessories in warm water and detergent beforehand.

NOTE: DO NOT clean the appliance with metal kitchen utensils, caustic or abrasive cleaning agents or scouring sponges.

NOTE: Allow all parts to air dry completely or dry with a tea towel before reusing or storing.

Removing The Door

The air fryer oven has a removable door, which can be detached from the appliance for easier cleaning. Refer to the images at the bottom of this page for guidance on how to remove and reinstall the door.

To separate the door from the air fryer oven:

1. Push the door as far down as it will go (about 70 degrees).
2. Push the grooved latch on the right-hand side of the hinge horizontally to release the door.
3. Once the door has been released, pull it downward to separate it from the body of the appliance.

To reinstall the door:

1. Push the locking tab to the side to unlock the pins on either side of the door.
2. Position the door underneath the air fryer oven and bring it up and inwards, aligning the pin on the left-hand side of the door in first.
3. Once the left pin is securely slotted into place, insert the right-hand pin into its corresponding hole in a similar manner.
4. Release the locking tab to secure the door into place.

NOTE: ALWAYS take care to come in from the bottom of the unit and move from left to right when installing the door. Attempting to install the door from the top down or moving from right to left will cause it to be incorrectly fitted, and may cause damage to the hinge mechanism.

Storage

- Once cool, clean and dry store the appliance upright, in a cool, dry place.



Troubleshooting

PROBLEM	POSSIBLE CAUSE	SOLUTION
The air fryer does not work.	The appliance is not plugged in.	Plug the appliance into an earthed wall socket.
	The timer is not set.	Turn the timer dial to the required preparation time to switch on the appliance.
The fried ingredients are not done.	The amount of ingredients is too big.	Put smaller batches of ingredients in the air fryer. Smaller batches are fried more evenly.
	The set temperature is too low.	Turn the temperature control dial to the required temperature setting (refer to the 'Settings' section under 'Using the appliance' for a temperature reference guide.).
	The preparation time is too short.	Turn the timer dial to the required preparation time (refer to the 'Settings' section under 'Using the appliance' for a timer reference guide).
Fried snacks are not crispy when they come out of the air fryer.	Wrong type of snacks used.	Use oven snacks or lightly brush some oil onto the snacks for a crispier result.
	The pan still contains grease residues from previous use.	White smoke is caused by grease heating up inside the fryer. Make sure you clean the fryer properly after each use.
Fresh fries are fried unevenly in the air fryer.	Wrong type of potatoes used.	Use fresh potatoes and make sure they stay firm during frying.
	The potato sticks were not rinsed adequately before frying.	Rinse the potato sticks properly to remove starch from the outside.
Fresh fries are not crispy when they come out of the air fryer.	The crispiness of the fries depends on the amount of oil and water in the fries.	Make sure you dry the potato sticks properly before you add the oil.
		Cut the potato sticks smaller for a crispier result.
		Add slightly more oil for a crispier result.

Disposal of the unit

Appliances bearing the symbol shown here may not be disposed of in domestic rubbish. You are required to dispose of old electrical and electronic appliances like this separately.

Please visit **www.recycle-more.co.uk** or **www.recyclenow.co.uk** for access to information about the recycling of electrical items.

Please visit **www.weeeireland.ie** for access to information about the recycling of electrical items purchased in Ireland.

The WEEE directive, introduced in August 2006, states that all electrical items must be recycled, rather than taken to landfill.

Please arrange to take this appliance to your local Civic Amenity site for recycling, once it has reached the end of its life.



Customer support

If you have any questions or concerns about your new product, please contact our helpful Customer Support Team:



+44 (0) 333 220 6066



www.towerhousewares.co.uk

Please have your Model No. available. This can be found on the front cover of this instruction manual and on the appliance's rating label.



SERVES

4

HOMEMADE FRIES



15 MINS



20 MINS

INGREDIENTS

*800g starchy potatoes
such as Maris Piper*

1 tbsp vegetable oil

Salt and black pepper

METHOD

1. Peel the potatoes and cut into 1 cm thick chips.
2. Place the chips into a pan and cover with cold water, bring to the boil then 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 potatoes in a bowl and drizzle over the oil then season with salt and black pepper.
4. Arrange the fries on two air flow racks and place on the top and middle shelves of the air fryer. Follow the fries icon guide on the control panel to select time and temperature. If you prefer them more well done, then cook for a few more minutes.

Tip

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

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

SERVES

4

PORK SCHNITZEL



10 MINS



20 MINS

INGREDIENTS

4 boneless pork loin chops

80g dried breadcrumbs

1 tbsp oil

20g grated parmesan

*Handful of fresh sage leaves,
finely chopped*

25g plain flour, seasoned

1 large egg, beaten

Vegetable oil spray

Salt and black pepper

METHOD

1. Trim any fat from the pork chops and pat dry with kitchen paper. Place the pork between two pieces of clingfilm and bash with a rolling pin until about 1½cm thick all over. Season with salt and pepper.
2. Mix the breadcrumbs, oil, parmesan and chopped sage leaves in a bowl and rub together to combine the oil with the dry ingredients. Place the flour, egg and breadcrumb mixture into three separate shallow bowls.
3. Dust the pork in the flour, dip into the egg, then press into the breadcrumb mixture. The pork should be fully coated in the crumb.
4. When ready to cook, spray the breaded pork fully with oil, place on two air flow racks lined with parchment paper then insert the racks on the top and middle shelves of the air fryer. Set the cooking time and temperature indicated on the Settings table for pork chops, rotating the trays halfway through cooking for even browning. The coating should be crisp and golden and the pork piping hot. Extend the cooking time if your chops are slightly thicker.

Tip

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

SERVES

4



STUFFED CHICKEN BREAST WRAPPED IN SERRANO HAM



5 MINS



30 MINS

INGREDIENTS

4 medium chicken breasts

100g soft cheese with
garlic and herbs

4 slices Serrano ham

Vegetable oil spray

Salt and black pepper

METHOD

1. Using a sharp knife, 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.
2. Wrap the chicken breasts with Serrano ham then place on an air flow rack lined with parchment paper and spray lightly with oil.
3. Place the chicken on the middle shelf of the air fryer and set the cooking time and temperature indicated on the Settings table for chicken breasts. Check that the chicken breasts are cooked using a meat probe and extend the cooking time if necessary.
4. Remove the chicken from the air fryer onto a warm plate and cover with foil for 5 minutes to rest, before serving with your favourite seasonal vegetables and roast potatoes.

Tip

As an alternative try
using any left-over
bacon that you have,
if using larger chicken
breasts then you may
need to use two air
flow racks

SERVES

4



CHICKEN KIEV



15 MINS*



30 MINS

INGREDIENTS

Chicken

*4 medium chicken
breast fillets*

25g plain flour, seasoned

2 medium eggs, beaten

100g dried breadcrumbs

1 tbsp oil

Vegetable oil spray

Garlic butter

100g butter, softened

*1 tbsp freshly
chopped parsley*

2 large cloves garlic, crushed

Salt and black pepper

METHOD

1. Place all of the garlic butter ingredients into a bowl and mix well to combine. Mould into a sausage shape, wrap in cling film then freeze for about an hour until firm.
2. To prepare the chicken, use a sharp knife and create a deep incision in each fillet at the fattest part of the breast to create a pocket for the butter.
3. Place the flour, egg and breadcrumbs into three shallow bowls. Drizzle a tbsp of oil over the breadcrumbs and mix well with your hands, rubbing the oil into the crumbs.
4. To prepare the Kievs, divide the garlic butter into four equal portions and push into each pocket. Dust the chicken in the flour, dip into the egg, then press into the breadcrumbs. The Kievs should be fully coated in the crumb.
5. When ready to cook, spray the Kievs with oil then place on two air flow racks lined with parchment paper and insert on the top and middle shelves of the air fryer. Set the air fryer temperature to 180°C and cook for 25-30 minutes, rotating the trays halfway through cooking for even browning. Ensure that the chicken is piping hot.

Tip

*Try serving with some
sauté potatoes and
tender stem broccoli*

*plus 1 hour for freezing



Tip

For a spicier flavour
add some chopped
red chilli to the
marinade

SERVES

4

ORIENTAL SALMON SKEWERS WITH ZINGY JASMINE RICE



10 MINS



25 MINS

INGREDIENTS

240g *Jasmine rice*
1 *lime*
2 *tbsp dark soy sauce*
2 *tbsp honey*
2 *tbsp hoisin sauce*
1 *clove garlic,*
grated or crushed
2 *tbsp sesame oil*
15g *sesame seeds*
400g *skinless salmon*
300g *Tender stem broccoli*
8 *short bamboo skewers,*
soaked

METHOD

1. Bring a pan of water to the boil, add the rice then cook for 15 minutes until tender, drain and return the rice to the pan then cover with a lid to keep warm. Zest the lime and cut into wedges.
2. Pour the soy sauce, honey, hoisin sauce, garlic, 1 tbsp sesame oil and sesame seeds into a bowl, stir to combine.
3. Slice the salmon fillets into 2cm wide pieces, pop into the marinade and mix well to coat. Divide the marinated salmon pieces between the skewers (one skewer per person) and place on an air flow rack lined with parchment paper. Pour any remaining marinade into a small pan.
4. Cut the tender stem broccoli lengthways (if it is thick), place on an air flow rack lined with parchment and drizzle over the remaining sesame oil.
5. Place the salmon on the top shelf and the broccoli on the middle shelf and set the temperature to 180°C. Cook for 15 minutes, until the salmon is cooked and the broccoli is tender.
6. When salmon is almost cooked, gently heat the remaining marinade and stir the lime zest through the rice. Serve the salmon and rice on warm plates with the broccoli on the side and drizzle over the remaining marinade.

SERVES

4



COD WITH HERBY CRUMB



15 MINS



18-25 MINS

INGREDIENTS

100g fresh white breadcrumbs

1 garlic clove, finely chopped

20g grated

Parmesan cheese

5g of flat leaf parsley, leaves roughly chopped

5g chives, finely chopped

2 tsp extra virgin olive oil

4 x 175g chunky portions of cod, skinless

Olive oil spray

Salt and freshly ground black pepper

METHOD

1. Mix the breadcrumbs, garlic, parmesan and herbs in a bowl, season salt and black pepper then add olive oil and mix well.
2. Place the fish on an air flow rack lined with parchment paper, season and spray lightly with oil then divide the crumb mixture between the cod portions and press it down firmly. Lightly spray the oil over the surface of the crumb.
3. Place the air flow rack on the middle shelf of the air fryer and bake at 200 degrees for 10-12 minutes or until the fish is cooked and the crust is crisp. The fish may take slightly longer to cook depending upon the thickness of the portions.

Tip

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

SERVES

4

CAJUN STYLE PRAWNS



15 MINS



18 MINS

INGREDIENTS

*20g plain flour, seasoned**1 small egg, beaten**25g panko breadcrumbs**½ tsp Cajun spice mix**1 tbsp vegetable oil**12 raw tiger prawns**Spray vegetable oil*

METHOD

1. Place the flour, egg and breadcrumbs into three shallow bowls. Sprinkle the Cajun spice over the breadcrumbs, drizzle over the oil and mix well with your hands, rubbing the oil into the crumbs. Place the flour, egg and breadcrumb mixture into three separate shallow bowls.
2. To prepare the prawns, dust them in the flour, coat in the egg, then press into the breadcrumbs. The prawns should be fully coated in the crumb.
3. When ready to cook, spray the prawns lightly with oil then place on an air flow rack lined with parchment paper on the middle shelf of the air fryer. Cook at 200 degrees for about 10-12 minutes, or until ready. The prawns should be golden and crisp; however they may require a few minutes more cooking time depending upon the size of the prawns.

*Tip**Try serving with
a lime mayo*

SERVES

4

LEMON AND THYME ROAST CHICKEN



15 MINS



40 MINS

INGREDIENTS

1.3kg whole chicken
½ tsp sea salt
1 small bunch of thyme
1 lemon
25g butter
2 cloves garlic, crushed

Tip

Carve the chicken and serve with roast potatoes, seasonal vegetables and your favourite homemade gravy

METHOD

1. Place the chicken on a tray, pat dry with kitchen paper and sprinkle over the salt. Pick the thyme leaves, discard the stalks and roughly chop the leaves. Zest the lemon, cut in half, then add the lemon zest to a bowl with the thyme leaves, butter and garlic and mix well until combined.
2. Push the lemon thyme butter under the chicken skin using your hands and rub it evenly over the flesh. Place the lemon halves in the cavity of the chicken.
3. Place the chicken onto an air flow rack then insert into the Air fryer on the middle shelf with the drip tray on the base. Cook at 220 degrees for about 25 minutes and deactivate the rotating rotisserie key.
4. When done, remove the chicken from the oven using oven gloves. To check that the chicken is cooked pierce the thigh with a skewer and the juices should run clear. Transfer to a warm plate and cover with foil to rest for about 20 minutes.



TANDOORI STYLE CHICKEN



10 MINS*



40 MINS

INGREDIENTS

1.3kg chicken

Marinade

150g thick set Greek yoghurt

Juice of ½ lime

2 tsp garlic powder

1 tsp ginger paste

½ tsp hot chilli powder

1 tsp garam masala

1 tsp ground turmeric

1 tsp ground cumin

1 tbsp tomato puree

½ tsp salt

METHOD

1. Mix all of the marinade ingredients together in a bowl until combined. Place the chicken on a board and using a sharp knife make some slashes in the chicken skin and flesh.
2. Spread the marinade over the whole chicken then cover and leave in the fridge for at least 8 hours, or overnight if possible.
3. Fix the chicken onto the rotisserie attachment (as described in the instruction manual). Secure the chicken legs and wings with cooking string, to ensure that the rotisserie does not become obstructed. Wash your hands thoroughly after handling chicken.
4. Insert the chicken into the Air fryer (as directed in the instruction manual) with the drip tray on the base. Cook at 220 degrees for about 25 minutes and the rotating rotisserie key will activate automatically.
5. When done, remove the chicken from the oven, using the rotisserie handle and oven gloves. To check that the chicken is cooked, pierce the thigh with a skewer and the juices should run clear. Transfer to a warm plate and cover with foil to rest whilst you prepare the sides. If your chicken is larger, then it will take longer to cook.

Tip

This recipe would also work really well with skinless and boneless chicken thighs

*plus time to marinate

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