



Airfryer *Recipes*



Viva collection Airfryer

PHILIPS



Airfryer



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Airfryer



Introduction

We all face the same challenges when cooking for our families. How do we cook the great tasting fried food we know and love, without all the extra fat needed to get the crispy fried food taste? The Philips Airfryer is designed to do exactly that.

With our unique Rapid Air Technology, the Airfryer cooks great tasting fries with up to 80%* less fat!

In addition to Rapid Air Technology, the unique design of the Airfryer also allows for excess oil and fat from your food to be drained during cooking, so even foods like chicken contain less fat in the Airfryer compared to even putting it in the oven.

This recipe book shows you the variety of fried food that you can cook in the Airfryer and also introduces you to recipes that showcase the versatility of the appliance so that you can also grill, bake and even roast food healthier, faster and more conveniently.

We hope that you will enjoy using the Airfryer as many others already have, and the recipes contained inside provide you the inspiration to have a healthy well balanced meal for you and your family.

Remember more Airfryer recipes are always being added on www.kitchen.philips.com

** Compared to fresh fries cooked in a normal Philips fryer*



Nutritional values for home made fries per 100 gr

	Airfryer	Deep fat fryer	Oven
Kcal	146	206	157
Fat	1.5	8.2	2.8



Airfryer



How does the Airfryer work?

Unique Rapid Air technology for great tasting fries with up to 80%* less fat!

Perfect frying: Crispy on the outside, soft and tender on the inside

1



Patented technology for fast and precise circulating hot air

This mimics what oil does to give the crispy taste on the outside of the food

2



Patented Starfish design

No turning required, and food cooks faster and more evenly

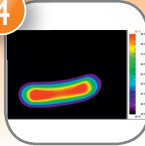
3



Grill element

For extra crispness and browning

4



Optimal heating profile

For the nice fluffy inside, there needs to be an optimum balance between heating power and temperature

* Compared to fresh fries cooked in a normal Philips fryer



Frequently asked questions



My home-made fries do not turn out as I expected. What can I do?

If you want to make good home-made fries in the Airfryer, pay attention to the following:

- Choose a potato variety suitable for making fries.
- Best to bake the fries in portions of up to 750 grams for an even result.
- Larger fries will get less crispy than smaller fries.
- Shake the basket halfway through the hot air frying process.
- Use fresh, slightly floury potatoes.
- Choose potatoes whose package states that they are suitable for frying.

The Airfryer is able to fry and bake fresh potatoes very well. However, the potato variety you use determines the taste of the final dish.

What if my food gets dark on the outside before it is done on the inside?

When airfrying food at a high temperature, bigger foods like meat or cakes might not be cooked on the inside before they start browning on the outside. To bake these type of dishes, start airfrying at a lower temperature, for example 140 degrees for cakes, or even 100 degrees for meat. This will help you to safely heat the inside of the food, without any browning. To add a crunchy crust to the food, you can turn up the heat for the last couple of minutes.

What types of frozen fries can I prepare in the Airfryer?

You can prepare two types of frozen fries in the Airfryer:

Frozen oven-ready fries

Frozen fries suitable for deep-fat frying.

Tip: Other frozen potato varieties other than fries are also worth trying.

What types of other foods I can buy in the store are suitable for the Airfryer?

You can prepare crispy snacks such as croquettes and chicken nuggets in the Airfryer. For the best results, we advise you to buy oven-ready varieties, as these have been prefried and contain some oil. The Airfryer uses the oil contained in oven-ready snacks to fry the snacks golden brown and crispy.

Prebaked bread can be easily and quickly baked in the Airfryer. They need to be baked to become crusty. Prebaked breads are widely available in supermarkets and bakeries. Start by setting half the baking time suggested on the package. Keep checking the bread to make sure it does not brown too fast. Set the temperature control knob to 150°C. Other premade foods can be baked or heated quickly by the Airfryer as well. Check the oven temperature on the packaging, lower it by 20 degrees and start with half of the cooking time. Keep checking the food to make sure it does not brown too fast.

What kind of baking dish can I use in the Airfryer?

Any dishes or tins that are oven proof can be used in the Airfryer. It can be made of glass, ceramic, metal or silicon.

A baking tin should have some space around it when you place it in the basket, so the airflow in the basket can flow around the baking tin. Round shapes of 20 cm or less fit in the Airfryer. Square shapes should be 19x19 cm on the outer edges. Make sure the shape is not higher than 8 cm.

Silicon or paper cupcake shapes also work perfectly in the Airfryer to make cupcakes, muffins or even small gratins!

Can I use baking paper or aluminum foil in the Airfryer?

Yes, it is possible to use baking paper or aluminum foil in the Airfryer. Putting the food on baking paper or aluminum foil ensures the food does not drip. To make sure the Airfryer can heat properly, always leave an edge of 1 cm around the basket bottom edge open and use the minimal amount of baking paper or aluminum foil necessary.

















EN

7

Quick start guide

Airfryer



	3 min.  	Min-max amount (g)	Time
Thin frozen fries		300-750	
Thick frozen fries		300-750	
Fresh fries		300-800	
Potato wedges		300-800	
Potato cubes		300-750	
Spring rolls		100-400	
Chicken nuggets		100-500	
Fish fingers		100-400	
Steak		100-500	
Pork chops		100-500	
Hamburger		100-500	
Sausage roll		100-500	
Drumsticks		100-500	
Chicken breast		100-500	



Time (min.)	Temperature (°C)	Shake halfway	Extra information
12-21	200	Shake halfway	
14-24	200	Shake halfway	
18-25	180	Shake halfway	Soak 30 min and add ½ tblsp of oil after drying. Use ovenbaked.
18-22	180	Shake halfway	Soak 30 min and add ½ tblsp of oil after drying. Use ovenbaked.
12-18	180	Shake halfway	Soak 30 min and add ½ tblsp of oil after drying. Use ovenbaked.
8-10	200	Shake halfway	Soak 30 min and add ½ tblsp of oil after drying. Use ovenbaked.
6-10	200	Shake halfway	Soak 30 min and add ½ tblsp of oil after drying. Use ovenbaked.
6-10	200		Soak 30 min and add ½ tblsp of oil after drying. Use ovenbaked.
8-12	180		
10-14	180		
7-14	180		
13-15	200		
18-22	180		
10-15	180		





Airfryer

Homemade fries

Side dish – 3 to 4 portions
10 minutes preparation (+ 30 minutes soaking)
+ 30 minutes Airfryer

800 g floury potatoes
1 tbsp (olive) oil
salt to taste

- Peel the potatoes and cut them into long, 8 mm thick French fries. (You can use a French fries cutter for this.)
- Soak the fries in water for at least 30 minutes. Drain them thoroughly, then pat them dry with kitchen paper.
- Preheat the Airfryer to 160°C.
- Put the fries in a large bowl, drizzle with the oil and toss to coat them. Transfer them to the Airfryer basket. Slide the basket into the Airfryer and set the timer for 18 minutes.
- When the timer rings, slide out the basket and shake the fries. Adjust the temperature to 180°C and set the timer for another 12 minutes.
- After 6 minutes, slide out the basket and shake the fries again.
- Fry until the timer rings and the fries are golden brown. Sprinkle with salt and serve on a platter.

Each portion contains:

715 kJ/170kcal
4 g protein
6 g fat of which 3 g saturated
25 g carbohydrates
4 g fibre

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Baked potato

Side dish – 4 portions
5 minutes preparation
+ 25 Airfryer

4 potatoes
1 red onion or 2 spring onions
6-8 slices salami or chorizo
½ red pepper
100 g peas (fresh or frozen)
1 tbsp sour cream
1 tbsp fresh herbs, like chives, tarragon or parsley (optional)
pepper & salt to taste

- Preheat the Airfryer to 200°C.
- Scrub the potato skins thoroughly until clean, then dry them with kitchen paper.
- Place the potatoes in the basket of the Airfryer. Slide the basket into the Airfryer and set the timer for 25 minutes.
- In the meantime, finely chop the onion. Cut the salami and red pepper into bite-sized pieces. Boil the peas for a few minutes until done. Rinse them under cold water, then drain and set aside.
- When the timer rings and the potatoes are done, set them aside until they are cool enough to handle. Slice the top off each potato. Gently scoop the fluffy insides into a bowl.
- Mash the fluffy potato insides with the sour cream using a fork. Mix in the salami, pepper, peas and the fresh herbs, if using. Season with pepper & salt. Fill the baked potatoes with the mixture and serve immediately.

Each portion contains:

630 kJ/150 kcal
5 g protein
5 g fat of which 2 g saturated
21 g carbohydrates
4 g fibre

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Potato wedges

Side dish – 3 to 4 portions
18 minutes at 160°C + 12 minutes at 180°C

800 g large waxy potatoes
1 tbsp (olive) oil

Cut each potato in 6-8 wedges.
Prepare and cook the wedges as described in
the homemade fries recipe.



Potato cubes

Side dish – 3 to 4 portions
14 minutes at 160°C + 8 minutes at 180°C

800 g large waxy potatoes
1 tbsp (olive) oil

Cut the potato into 1.5 cm cubes.
Prepare and cook the cubes as described in
the homemade fries recipe.

Airfryer



Fries variations



Potato slices

Side dish – 3 to 4 portions
16 minutes at 160°C + 10 minutes at 180°C

800 g large waxy potatoes
1 tbsp (olive) oil

Cut each potato in 0.5 cm slices.
Prepare and cook the wedges as described in
the homemade fries recipe.



Chunky fries

Side dish – 3 to 4 portions
20 minutes at 160°C + 14 minutes at 180°C

800 g large waxy potatoes
1 tbsp (olive) oil

Cut the potatoes into 1.2 cm thick fries.
Prepare and fry the chunky fries as described
in the homemade fries recipe.





Chilli and tarragon mayonnaise

Each portion contains:

840 kJ/ 200 kcal
 0 g protein
 22 g fat of which 2 g saturated
 1 g carbohydrates
 0 g fibre

Dip – 6 to 8 portions

200 ml mayonnaise
 1 tsp chilli powder
 1 tbsp chopped fresh tarragon

Mix the ingredients into a dip.



Spicy salsa

Each portion contains:

355 kJ/85 kcal
 1 g protein
 8 g fat of which 1 g saturated
 3 g carbohydrates
 2 g fibre

Dip – 4 portions

4 tomatoes
 1 fresh jalapeño pepper
 2 spring onions
 1 garlic clove
 1 handful chopped coriander
 1½ tbsp lime juice
 3 tbsp olive oil
 hot sauce (Tabasco) to taste
 salt to taste

Deseed the tomatoes and the jalapeño pepper. Roughly chop the tomatoes, jalapeño pepper and spring onions. Pulse all of the ingredients with a hand blender or small food processor into a salsa.



Salsa



Yoghurt dip

Each portion contains:

210 kJ/ 50 kcal
 2 g protein
 4 g fat of which 2 g saturated
 1 g carbohydrates
 0 g fibre

Dip – 4 portions

150 ml (Greek) yoghurt
 2 tbsp finely chopped fresh flat-leaf parsley
 2 tbsp finely chopped fresh chives
 pepper & salt

Mix the ingredients into a dip and season with freshly ground black pepper & salt to taste.



Mojo picon (sauce for patatas bravas)

Each portion contains:

590 kJ/140 kcal
 0 g protein
 15 g fat of which 2 g saturated
 1 g carbohydrates
 0 g fibre

Dip – 4 portions

1 whole dried Spanish paprika (pimento), soak for 15 minutes
 2 garlic cloves
 1 tsp mild paprika powder
 2 tsp cumin seeds
 2 tbsp wine vinegar
 6 tbsp olive oil
 salt to taste

Soak the dried chilli in water for 15 minutes. Place all the ingredients in a bowl (if using a hand blender) or a small food processor. Add 2 tbsp water and blend into a sauce.

Fried feta triangles

Appetizer – 15 pieces
20 minutes preparation
+ 5 minutes Airfryer

5 sheets filo pastry
(about 200 g; defrosted)
1 egg yolk
100 g feta
1 spring onion
2 tbsp finely chopped fresh flat-leaf parsley
pepper
2 tbsp olive oil

- In a bowl, whisk the egg yolk and crumble in the feta. Finely slice the spring onion. Add the parsley and spring onion to the bowl and mix. Season with pepper to taste.
- Cut each sheet of filo pastry lengthways into 3 strips.
- Scoop 1 tbsp of the feta mixture on one end of each pastry strip. Fold the end of the pastry over the filling to form a triangle at the end of the pastry strip. Keep folding the triangle over and over until you use up the whole strip. The filling is now wrapped up in a triangle of pastry. Repeat with the remaining filo sheets and filling.
- Preheat the Airfryer to 200°C.
- Fry in two batches.
- Brush the triangles with a little oil and place them into the Airfryer basket. Slide the basket into the Airfryer and set the timer for 5 minutes. Bake the feta triangles until the timer rings and they are golden brown.
- Serve the triangles on a platter.

Each portion contains:

210 kJ/50kcal

2 g protein

3 g fat of which 1g saturated

4 g carbohydrates

0 g fibre

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A helping hand

Airfryer



Crispy fried spring rolls

Appetizer – 4 to 6 portions
20 minutes preparation
+ 5 minutes Airfryer

120 g cooked chicken breast
1 celery stalk
30 g carrot
30 g mushrooms
½ tsp finely chopped ginger
1 tsp sugar
1 tsp chicken stock powder
1 egg
1 tsp corn starch
8 spring roll wrappers

- Tear the cooked chicken breasts into shreds. Slice the celery, carrot and mushroom into long thin strips.
- Place the shredded chicken into a bowl and mix with the celery, carrot and mushroom. Add the ginger, sugar and chicken stock powder and stir evenly to make the spring roll filling.
- Whisk the egg, then add the corn starch and mix to create a thick paste. Set aside.
- Place some filling onto each spring roll wrapper and roll it up, then seal the ends with the egg mixture. For a crispy result, lightly brush the spring rolls with oil.
- Preheat the Airfryer to 200°C.
- Fry in two batches.
- Place the rolls into the Airfryer basket and slide the basket into the Airfryer. Set the timer for 4 minutes. Serve with sweet chilli sauce.

Each portion contains:

505 kJ/120 kcal
10 g protein
2 g fat of which 1 g saturated
15 g carbohydrates
1 g fibre

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Airfryer

Mini Frankfurters wrapped in pastry

Appetizer – approx. 20 portions
10 minutes preparation
+ 10 minutes Airfryer

1 tin mini Frankfurters (about 20; drained weight 220 g)
100 g puff pastry
1 tbsp smooth mustard + extra to serve

- Thoroughly drain the sausages and dry them on a layer of kitchen paper.
- Cut the puff pastry into strips measuring 5 x 1.5 cm. Spread the strips with a thin layer of mustard.
- Preheat the Airfryer to 200°C.
- Fry in two batches.
- Wrap each sausage in a spiral of pastry. Put them into the Airfryer basket and slide the basket into the Airfryer. Set the timer for 10 minutes. Bake the sausages in pastry until the timer rings and they are golden brown.
- Serve the sausages on a platter accompanied by a small dish of mustard.

Each portion contains:

190kJ/45kcal
2 g protein
3 g fat of which 1g saturated
2 g carbohydrates
0 g fibre

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Potato croquettes or salmon croquettes

Snack – 8 portions
15 minutes preparation
+ 8 minutes Airfryer

Potato filling:

50 g grated parmesan cheese
300 g mashed potato
1 egg yolk
2 tbsp flour
2 tbsp finely chopped fresh chives
nutmeg to taste
pepper & salt to taste

Salmon filling:

red salmon, tin, 200 g, drained
1 egg, lightly beaten
1 tbsp fresh dill, finely chopped
2 tbsp chives, finely chopped
freshly ground pepper

Breadcrumbs coating:

2 tbsp vegetable oil
50 g breadcrumbs

- Mix all of the ingredients for the potato filling together.
- For the breadcrumb coating, mix the oil and the breadcrumbs together. Keep stirring until the mixture becomes loose and crumbly again.
- Roll 1 tbsp of potato filling in the breadcrumbs until it is completely coated and place it in the Airfryer basket. Repeat until all the filling is used up.
- Preheat the Airfryer to 200°C.
- Fry in two batches.
- Slide the basket into the Airfryer. Set the timer for 4 minutes and fry the potato croquettes until the timer rings and they are crispy and brown.

Potato croquettes:

985kJ/235kcal
9 g protein
10 g fat of which 4g saturated
27 g carbohydrates
3 g fibre

Salmon croquettes:

380kJ/90kcal
7 g protein
51 g fat of which 1g saturated
4 g carbohydrates
0 g fibre

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Mushroom croquettes or meat croquettes

Snack – 8 portions
15 minutes preparation (+ cooling time)
+ 8 minutes Airfryer

Filling*:

1/4 onion
100 g mushrooms
20 g butter
1½ heaped tbsp flour
500 ml milk
salt
ground nutmeg

Breadcrumb coating:

2 tbsp vegetable oil
50 g breadcrumbs

- Finely chop the onion and the mushrooms. Melt the butter in a saucepan and fry the onion and mushrooms. Add the flour and stir well. Warm up the milk and add it, little by little, to the mushroom mixture in the saucepan. Keep stirring until the mixture thickens. Season with salt and nutmeg to taste. Leave to cool and set for 2 hours in the refrigerator.
- For the breadcrumb coating, mix the oil and the breadcrumbs together. Keep stirring until the mixture becomes loose and crumbly again.
- Roll 1 tbsp of potato filling in the breadcrumbs until it is completely coated and place it in the Airfryer basket. Repeat until all the filling is used up.
- Preheat the Airfryer to 200°C.
- Fry in two batches.
- Slide the basket into the Airfryer. Set the timer for 8 minutes and fry the croquettes until the timer rings and they are crispy and brown.

* Tip:

To make meat croquettes instead, replace the mushrooms with 100 g finely chopped veal or beef (rib, knuckle).

Each portion contains:

440 kJ/105 kcal
3 g protein
6 g fat of which 2 g saturated
10 g carbohydrates
1 g fibre

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Each portion contains:

925kJ/220kcal
26 g protein
8 g fat of which 5g saturated
11 g carbohydrates
3 g fibre

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Fried Thai fish cakes with mango salsa

*Snack – 4 to 6 portions
20 minutes preparation
+ 14 minutes Airfryer*

750 g white fish fillet
1 egg
1 tsp salt
zest and juice of 1 lime
4 tbsp finely chopped fresh coriander or flat-leaf parsley
2 tsp red chilli paste
1 finely chopped spring onion
50 g desiccated coconut
1 large ripe mango

Extra: Food processor

- Puree the fish in the food processor. Add the egg, salt, half of the lime zest and juice, and 1½ tsp of the red chilli paste and pulse. Now add 3 tbsp of the fresh herbs, the spring onion and 2 tbsp of the coconut and mix again.
- Scatter the remaining coconut onto a soup plate. Divide the fish mixture into 18 portions, shape them into rounds and flatten them a little. Coat with the coconut.
- Preheat the Airfryer to 180°C.
- Place 5 fish cakes into the basket and slide the basket into the Airfryer. Set the timer for 7 minutes and fry the fish cakes until the timer rings and they are golden brown and cooked. Fry the remaining fish cakes in the same way.
- Peel and finely dice the mango. Mix with the remaining red chilli paste, coriander and lime juice and zest to make a salsa. Serve the fish cakes with the salsa on the side.

Tip:

Lovely served with pandan rice and stir-fried bok choy.



Airfryer

Fried hot prawns with cocktail sauce

Appetizer – 4 portions
10 minutes preparation
+ 6 to 8 minutes Airfryer

1 tsp chilli flakes
1 tsp chilli powder
½ tsp sea salt
½ tsp freshly ground black pepper
8-12 fresh king prawns

Cocktail sauce:

3 tbsp mayonnaise
1 tbsp ketchup
1 tbsp cider or wine vinegar

- Preheat the Airfryer to 180°C.
- Mix the spices in a bowl. Add the prawns and toss to coat them in the spices.
- Fry in two batches.
- Place the spicy prawns into the Airfryer basket. Slide the basket into the Airfryer and set the timer for 6 to 8 minutes, depending on size of the prawns.
- Mix the sauce ingredients in a bowl. Serve the hot prawns with the cocktail sauce.

Each portion contains:

715 kJ/170 kcal
12 g protein
13 g fat of which 1 g saturated
1 g carbohydrates
0 g fibre

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A helping hand



Grilled fish fillet with pesto sauce

Part of main course – 2 portions
 10 minutes preparation
 + 8 minutes Airfryer

2 white fish fillets (200 g each)
 ½ tbsp olive oil
 pepper & salt

Pesto sauce:

1 bunch fresh basil (15 g)
 2 garlic cloves
 2 tbsp pinenuts
 1 tbsp grated parmesan cheese
 250 ml extra virgin olive oil

- Preheat the Airfryer to 180°C.
- Brush the fish fillets with the oil and season with pepper & salt. Place in the cooking basket of the Airfryer and slide the basket into the Airfryer. Set the timer for 8 minutes.
- Pick the basil leaves and place them with the garlic, pinenuts, parmesan cheese and olive oil in a food processor or pestle and mortar. Pulse or grind the mixture until it turns into a sauce. Add some salt to taste.
- Place the fish fillets on a serving plate and serve them drizzled with the pesto sauce.

Tip:

To vary, you can cover the fish in pesto sauce and cover with breadcrumbs before cooking it in the Airfryer.

Each portion contains:

3295 kJ/785 kcal
41 g protein
68 g fat of which 8 g saturated
2 g carbohydrates
0 g fibre

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Spicy fried drumsticks

Snack or part of main dish – 4 portions
5 minutes preparation (+ 20 minutes marinating)
+ 20 minutes Airfryer

1 garlic clove
½ tbsp mustard
2 tsp brown sugar
1 tsp chilli powder
1 tbsp olive oil
pepper & salt
4 chicken drumsticks

- Crush the garlic and mix it in a bowl, large enough to hold all the chicken, with the mustard, sugar, chilli powder and olive oil. Season with pepper & salt.
- Rub the drumsticks all over with the marinade and leave to marinate for 20 minutes.
- Preheat the Airfryer to 200°C.
- Put the drumsticks into the Airfryer basket and slide the basket into the Airfryer. Set the timer for 10 minutes. Roast the drumsticks until the timer rings and they are brown.
- Adjust the temperature to 150°C and set the timer for another 10 minutes until the drumsticks are cooked through.

Tip:

Why not try one of the marinade variations on the next page?

Each portion contains:

610kJ/145kcal
9 g protein
11 g fat of which 3g saturated
2 g carbohydrates
0 g fibre

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Airfryer



Ginger and soy marinade

For 4 to 6 portions

- 20 g fresh ginger
- 2 tsp soy sauce
- 2 garlic cloves
- 2 tbsp sesame oil
- 1 tbsp (rice) vinegar
- 1 tsp corn starch

Peel and grate the ginger, then mix it with all the other ingredients. Use to marinate.



Sweet and sour marinade

For 4 to 6 portions

- 2 tbsp sugar
- 2 tbsp ketchup
- 2 tbsp (rice or white) vinegar
- 1 tbsp soy sauce
- 1 tsp garlic powder
- 2 tsp cornstarch

Mix all the ingredients together.
Use to marinate.



Marinade variations



Tandoori marinade

For 4 to 6 portions

- 2 garlic cloves
- 2 tbsp garam masala
- 2 tbsp tandoori spices
- juice of 1 lime
- 200 ml yoghurt
- 3 tbsp vegetable oil
- ½ tsp salt

Crush the garlic and mix it with all the other ingredients. Use to marinate.



Cajun rub

For 4 to 6 portions

- ½ tbsp sea salt
- ½ tsp chilli powder
- ½ tsp paprika
- 1 tsp ground cumin
- 1 tbsp cayenne pepper
- 1 tbsp dried thyme
- 1 tbsp dried oregano
- 1 tsp ground coriander
- ½ tsp ground white pepper
- 1 tbsp freshly ground black pepper
- crushed garlic to taste (optional)

Mix all the ingredients together.
Use to marinate.



Airfryer

Fried meatballs in tomato sauce

Snack or part of main course – 3 to 4 portions
10 minutes preparation
+ 8 minutes Airfryer

1 small onion
300 g minced beef
1 tbsp chopped fresh parsley
½ tbsp chopped fresh thyme leaves
1 egg
3 tbsp breadcrumbs
pepper & salt to taste

Extra: 200 ml of your favourite tomato sauce

- Finely chop the onion. Place all the ingredients into a bowl and mix well. Shape the mixture into 10 to 12 balls.
- Preheat the Airfryer to 200°C.
- Fry in two batches.
- Place the meatballs in the Airfryer basket and slide the basket in the Airfryer. Set the timer for 7 minutes.
- Transfer the meatballs to an oven dish, add the tomato sauce and place the dish into the basket of the Airfryer. Slide the basket into the Airfryer. Turn the temperature to 160°C and set the timer for 5 minutes to warm everything through.

Tip:

For a great snack, you can serve the meatballs without the tomato sauce.

Each portion contains:

1155 kJ/275 kcal

20 g protein

16 g fat of which 7 g saturated

13 g carbohydrates

2 g fibre

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Roasted rack of lamb with a macadamia crust

Part of main course – 4 to 6 portions

10 minutes preparation

+ 30 minutes Airfryer

1 garlic clove
1 tbsp olive oil
800 g rack of lamb
pepper & salt

Macadamia crust:

75 g unsalted macadamia nuts
1 tbsp breadcrumbs (preferably homemade)
1 tbsp chopped fresh rosemary
1 egg

- Finely chop the garlic. Mix the olive oil and garlic to make garlic oil. Brush the rack of lamb with the oil and season with pepper & salt.
- Preheat the Airfryer to 100°C.
- Finely chop the nuts and place them into a bowl. Stir in the breadcrumbs and rosemary. Whisk the egg in another bowl.
- To coat the lamb, dip the meat into the egg mixture, draining off any excess. Coat the lamb with the macadamia crust.
- Put the coated lamb rack in the Airfryer basket and slide the basket into the Airfryer. Set the timer for 25 minutes. After 25 minutes, increase the temperature to 200°C and set the timer for another 5 minutes. Remove the meat and leave to rest, covered with aluminium foil, for 10 minutes before serving.

Tip:

You can replace the macadamia nuts with pistachios, hazelnuts, cashews or almonds if desired.

Each portion contains:

1825 kJ/435 kcal

26 g protein

36 g fat of which 13 g saturated

2 g carbohydrates

1 g fibre

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Airfryer

Courgette gratin

Side dish – 4 portions
10 minutes preparation
+ 15 minutes Airfryer

2 courgettes
1 tbsp chopped fresh parsley
2 tbsp breadcrumbs
4 tbsp grated cheese
1 tbsp oil
pepper

- Preheat the Airfryer to 180°C.
- Slice the courgettes in half lengthways and cut each piece in half again through the middle. You'll end up with 8 pieces of courgette. Place into the Airfryer basket.
- Mix together the parsley, breadcrumbs, cheese, oil and freshly ground black pepper to taste.
- Fry in two batches.
- Top the courgette with the mixture. Slide the basket into the Airfryer and set the timer for 15 minutes. Fry the courgette gratin until the timer rings and the gratin is golden brown.

Each portion contains:

440 kJ/105 kcal
6 g protein
5 g fat of which 3 g saturated
9 g carbohydrates
1 g fibre

 **MY KITCHEN**
A Helping Hand

Ratatouille

Side dish – 4 to 5 portions
8 minutes preparation
+ 15 minutes Airfryer

1 courgette and/or aubergine
2 yellow peppers
3 tomatoes
2 small onions
1 garlic clove
2 tbsp herbes de Provence
pepper & salt
1 tbsp olive oil
1 tbsp vinegar

- Preheat the Airfryer to 200°C.
- Cut the courgette, aubergine, peppers, tomatoes and onions into 2 cm cubes. Crush the garlic.
- Place the vegetables into a bowl and mix with the garlic, herbes de Provence, ½ tsp salt and freshly ground black pepper to taste. Stir in the olive oil and vinegar.
- Place the baking dish in the Airfryer basket and slide the basket into the Airfryer. Set the timer to 15 minutes to cook the ratatouille. Stir the vegetables once while cooking.
- When the timer rings and the ratatouille is done, leave it to cool in the Airfryer for 3 to 4 minutes before sliding out the basket and serving the dish.

Each portion contains:

210 kJ/50kcal

2 g protein

2 g fat of which 0g saturated

6 g carbohydrates

2 g fibre

 MYKITCHEN
A Helping Hand





Airfryer

Roasted winter vegetables

Side dish – 6 portions
5 minutes preparation
+ 20 minutes Airfryer

300 g parsnips
300 g celeriac
2 red onions
300 g 'butternut squash'
1 tbsp fresh thyme needles
1 tbsp olive oil
pepper & salt

- Preheat the Airfryer to 200°C.
- Peel the parsnips, celeriac and onions. Cut the parsnips and celeriac into 2 cm cubes and the onions into wedges. Halve the 'butternut squash', remove the seeds and cut into cubes. (There's no need to peel it.)
- Mix the cut vegetables with the thyme and olive oil. Season to taste.
- Fry in two batches.
- Place the vegetables into the basket and slide the basket into the Airfryer. Set the timer for 20 minutes and roast the vegetables until the timer rings and the vegetables are nicely brown and done. Stir the vegetables once while roasting.

Each portion contains:

357kJ/85kcal
2 g protein
3 g fat of which 1g saturated
13 g carbohydrates
5 g fibre

 **MYKITCHEN**
A helping hand



Baked mini spinach quiches

Side dish or main course – 4 portions
20 minutes preparation
+ 15 minutes Airfryer

Dough (or use 250 g readymade pastry):

200 g flour
75 g butter
1 egg
2 tbsp milk
pepper & salt

Filling:

1 small onion
1 tbsp oil
200 g spinach
1 egg
100 g cottage cheese (unsalted)

Extra: 4 cupcake moulds or small ramekins that fit inside the Airfryer

- Put all of the ingredients for the dough into a food processor with a pinch of salt and blend until you have a ball of dough. Turn out onto a worktop and knead with your hands until you have a smooth dough. Leave to rest in the refrigerator for 15 minutes.
- Finely chop the onion. Heat the oil in a pan and add the onion. Sweat until translucent, then add the spinach and fry for 1 to 2 minutes more until the spinach is wilted. In a bowl, whisk the egg and stir in the cottage cheese.
- Squeeze the excess water out of the spinach, chop and add to the cheese mixture.
- Divide the dough into 4 equal parts. Roll each part into a round, large enough to cover the bottom of the moulds. Line the moulds with the dough. Fill each mould with the spinach filling.
- Preheat the Airfryer to 180°C. Place the quiche(s) into the Airfryer basket and slide the basket into the Airfryer. Set the timer for 15 minutes. Serve the quiches lukewarm or cold.

Tip:

You can also make a large spinach quiche. In that case, use double the dough to line a 20 cm spring form, and fill with double the filling. Bake for 20-25 minutes.

Each portion contains:

1050 kJ/250 kcal
8 g protein
13 g fat of which 8 g saturated
25 g carbohydrates
2 g fibre

MY KITCHEN
A Helping Hand



Airfryer

Fried pineapple with honey and coconut

Dessert – 8 portions
10 minutes preparation
+ 12 minutes Airfryer

1 small pineapple
2 tbsp honey
1 tbsp lime juice
25 g desiccated coconut
1 l ice cream or (mango) sorbet

Extra: baking parchment

- Preheat the Airfryer to 200°C. Line the bottom of the basket with baking parchment, leave 1 cm around the edge uncovered.
- Cut the pineapple lengthways in half and cut away the skin and deep crowns. Remove the tough core. Cut each half lengthways into 4 wedges.
- Fry in two batches.
- Mix the honey and lime juice in a bowl. Brush the pineapple sections with the mixture and put them in the Airfryer basket. Sprinkle the coconut on top.
- Slide the basket into the Airfryer and set the timer for 12 minutes. Once the timer rings, the pineapple will be hot and golden brown.
- Serve the pineapple sections on plates with a generous scoop of ice cream or sorbet.

Each portion contains:

882 kJ/210 kcal

2 g protein

8 g fat of which 6 g saturated

32 g carbohydrates

2 g fibre

 **MY KITCHEN**
A Helping Hand

Ricotta and lemon cheesecake

Dessert – 8 to 10 portions
10 minutes preparation
+ 25 minutes Airfryer

1 (organic) lemon
500 g ricotta
150 g sugar
2 tsp vanilla essence
3 eggs
3 tbs corn starch

- Preheat the Airfryer to 160°C.
- Zest and juice the lemon. In a bowl, combine the ricotta, sugar, vanilla essence, 1 tbs lemon juice and the lemon zest. Stir the ingredients until they are well combined and form a homogenous consistency.
- Add the eggs one at a time and stir well. Add the corn starch and mix well. Pour the mixture into the oven dish.
- Place the dish into the Airfryer basket and slide the basket into the Airfryer. Set the timer for 25 minutes. The cheesecake is ready when the timer rings and the centre is set. Place the dish on a wire rack and leave to cool completely.

Tip:

Serve the pudding with a digestive biscuit crumbled over the top for an upside down cheesecake.

Each portion contains:

840 kJ/ 200 kcal

7 g protein

10 g fat of which 3 g saturated

20 g carbohydrates

0 g fibre

 **MY KITCHEN**
Helping Land



Chocolate cake

Dessert – 8 to 10 portions
15 minutes preparation
+ 25 to 30 minutes Airfryer

Cake:

3 eggs
125 ml sour cream
150 g flour
150 g caster sugar
125 g unsalted butter
40 g cocoa powder
1 tsp baking powder
½ tsp bicarbonate of soda
2 tsp vanilla essence

Chocolate icing:

150 g chocolate
50 g unsalted softened butter
200 g icing sugar
1 tsp vanilla essence

- Preheat the Airfryer to 160°C.
- Place all the cake ingredients into a food processor and mix well. Transfer to the oven dish.
- Place the oven dish into the basket of the Airfryer. Slide the basket into the Airfryer and set the timer for 25 minutes. Once the time is up and the timer rings, prick the cake with a wooden skewer or fork. If it comes out clean, the cake is cooked through. If it's still sticky, place the cake back into the Airfryer and set the timer for another 5 minutes.
- Remove the dish from the basket and leave the cake to cool on a wire rack.
- Meanwhile, melt the chocolate au bain marie or in the microwave. Leave to cool a little, then mix all of the icing ingredients together.
- Remove the cooled cake from the oven dish and place it onto a plate. Cover with the chocolate icing and serve.

Tip:

1. You can replace the bicarbonate of soda with baking powder if necessary.
2. You can also mix the cake batter by hand; the preparation time will be slightly longer.

Each portion contains:

2120 kJ/ 505 kcal
6 g protein
27 g fat of which 16 g saturated
60 g carbohydrates
2 g fibre

 **MY KITCHEN**
A helping hand

Airfryer



Apricot blackberry crumble

Dessert – 6 to 8 portions
10 minutes preparation
+ 20 minutes Airfryer

375 g fresh apricots
150 g fresh blackberries
100 g sugar
1 tbsp lemon juice
150 g flour
salt
75 g cold butter

- Halve the apricots and remove the stones. Cut them into cubes and place into a bowl. Add the blackberries, 25 g of the sugar and the lemon juice and mix.
- Scoop the fruit mixture into the oven dish and spread it out.
- In a bowl, mix the flour with a pinch of salt and the remaining sugar. Add the butter and 1 tbsp cold water and rub together with your fingertips until you have a crumbly mixture.
- Preheat the Airfryer to 160 °C.
- Distribute the crumbly mixture evenly over the fruit and lightly press down.
- Put the oven dish into the basket and slide the basket into the Airfryer. Set the timer for 20 minutes and bake until the timer rings and the crumble is golden brown and cooked through.

Each portion contains:

1197 kJ/285 kcal
4 g protein
11 g fat of which 7 g saturated
43 g carbohydrates
4 g fibre

 **MY KITCHEN**
A Helping Hand



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Airfryer



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