
Kyvol
AIR FRYER
Recipes
Easy Steps Healthy Diet

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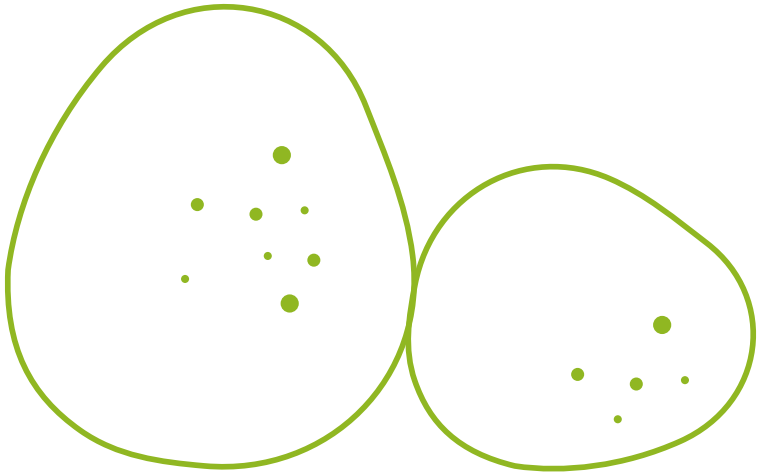
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POTATO



- French Fries
- French Fries with Cheese
- Sweet Potato Fries
- Crispy-skin Potato Wedges
- Tuna with Roasted Potatoes

French Fries

PREP TIME: 40MIN

COOK TIME: 30MIN

TEMP: 400°F/200°C

SERVINGS: 3

INGREDIENTS

- 1 lb potatoes, peeled
- 1 tbsp olive oil
- 1 tsp chili powder (optional)

DIRECTIONS

Step 1:

Peel the potatoes and cut them into 1/2 inch by 3-inch strips. Soak the potatoes in water for at least 30 minutes, then drain thoroughly and pat dry with a paper towel.

Step 2:

Select the preset program of **Preheat** to preheat the air fryer.

Step 3:

Place the potatoes in a large bowl and mix in oil to coat the potatoes lightly, then place the potatoes into the preheated air fryer.

Step 4:

Select the preset program of **French Chips**; set the temperature to 400°F/200°C，then set the time to 5 minutes. Press **Start/Stop** to cook.

Step 5:

Remove the potatoes from the basket and place them on a wire rack to cool.

Step 6:

Place the precooked potatoes back into the basket, then select **French Chips** program again ; set the temperature to 400°F/200°C, then set the time to 20-25 minutes to cook or until golden brown.

Step 7:

Season to taste with the chili powder (optional) .



French Fries with Cheese

PREP TIME: 3MIN

COOK TIME: 25MIN

TEMP: 400°F/200°C

SERVINGS: 3

INGREDIENTS

- 1.5 lb frozen french fries
- 1½ pints peanut oil
- 2 ounces melted cream cheese
- 2 tbsps milk
- 3 cloves of garlic, minced
- 1 tsp vegetable oil
- 1/4 tsp salt
- 1/3 cup of shredded sharp cheddar cheese

DIRECTIONS

Step 1:

Select the preset program of **Preheat** to preheat the air fryer.

Step 2:

Place the frozen french fries into air fryer，select the preset program of **French Chips**; set the temperature to 400°F/200°C，then set the time to 18-25 minutes. Press **Start/Stop** to cook.

Step 3:

Mix milk, garlic, oil, shredded sharp cheddar cheese, salt with melted cream cheese in a bowl to make the cheese sauce.

Step 4:

Take out the fries and serve with cheese sauce.



Sweet Potato Fries

PREP TIME: 10MIN

COOK TIME: 28MIN

TEMP: 400°F/200°C

SERVINGS: 4

INGREDIENTS

- 2 lb sweet potatoes
- 1½ tbsps olive oil
- 1½ tsps salt
- 1/2 tsp black pepper
- 1/2 tsp paprika
- 1/2 tsp garlic powder
- 1/2 tsp onion powder

DIRECTIONS

Step 1:

Peel the sweet potatoes and cut them into 1/2-inch thick.

Step 2:

Select the preset program of **Preheat** to preheat the air fryer.

Step 3:

Toss sweet potatoes with the olive oil until coated evenly.

Step 4:

Add salt, pepper, paprika, garlic powder, onion powder on sweet potatoes, and mix well.

Step 5:

Place sweet potatoes into the air fryer, then select the program of **French Chips**; set the temperature to 400°F/200°C, then set the time to 20-25 minutes. Press **Start/Stop** to cook.



Crispy-skin Potato Wedges

PREP TIME: 75MIN

COOK TIME: 56MIN

TEMP: 400°F/200°C

SERVINGS: 3

INGREDIENTS

- 1.5 lb potatoes
- 1 cup of water
- 3 tbsps canola oil
- 1 tsp paprika
- ¼ tsp black pepper
- ¼ tsp salt
- 1 tsp cumin

DIRECTIONS

Step 1:

Scrub the potatoes under running water to clean, then boil potatoes in salted water for 40 minutes.

Step 2:

Cool completely (approximately 30 minutes) in the refrigerator.

Step 3:

Mix canola oil, paprika, salt and black pepper in a bowl.

Step 4:

Cut cooled potatoes into quarters and lightly toss in the mixture of oil and spices.

Step 5:

Select the preset program of **Preheat** to preheat the air fryer.

Step 6:

Place half of the potato wedges into the fryer basket and place skin side down. Do not overfill.

Step 7:

Select the **French Chips** program ; set the temperature to 400°F/200°C，then set the time to 25-28 minutes. Press **Start/Stop** to cook or until golden brown. Cook another half of the potato wedges in the same manner.

Step 8:

Add 1 tsp cumin to taste.



Tuna with Roasted Potatoes

PREP TIME: 35MIN

COOK TIME: 40MIN

TEMP: 360°F/180°C

SERVINGS: 2

INGREDIENTS

- 4 starchy potatoes, approximately 0.27lb each
- ½ tbsp olive oil
- 1 can of tuna in oil, drained
- 2 tbsps greek yoghurt
- 1 tsp chili powder
- 1 green onion, finely sliced into rings
- Black pepper, fresh and ground
- 1 tbsp capers

DIRECTIONS

Step 1: Soak the potatoes for at least 30 minutes and pat them dry with kitchen paper.

Step 2: Lightly brush the potatoes with olive oil.

Step 3: Select the preset program of **Preheat** to preheat the air fryer.

Step 4:

Place the potatoes into the fryer, select **French Chips** program and set the time to 40 minutes, then press **Start/Stop** to fry until they are crunchy and done.

Step 5:

Finely mash the tuna in a bowl, add the yoghurt and chili powder, then mix them well.

Step 6:

Add half of the green onion, then season to taste with salt and pepper.

Step 7:

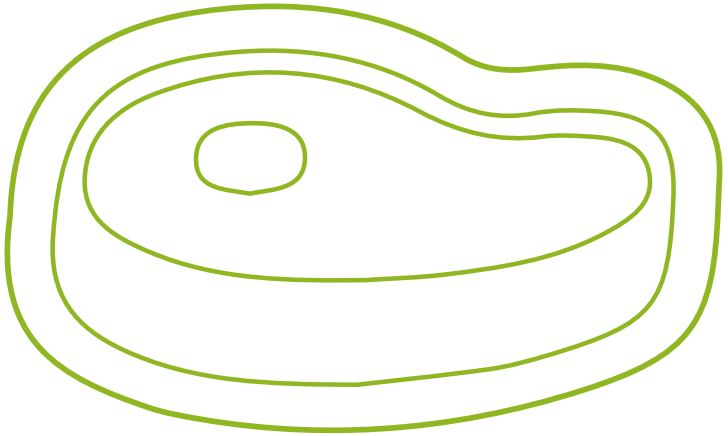
Place the potatoes on 2 plates, cut the top side lengthwise, then slightly push the potatoes open and spoon the tuna mixture onto the opened potatoes.

Step 8:

Sprinkle the filling with chili powder and spoon the capers and the rest of the green onion on top.



MEAT



BBQ Bacon

Pork Satay with Peanut Sauce

Spicy Chicken Drumsticks with Barbecue Marinade

Roasted Cornish Game Hen

Five-Spice Chicken Wings

Smoked Chicken Wings

Cooking Chart for Meat

BBQ Bacon

PREP TIME: 3MIN

COOK TIME: 10MIN

TEMP: 320°F/160°C

SERVINGS: 2

INGREDIENTS

- 1 tbsp dark brown sugar
- 2 tsps chili powder
- 1/4 tsp ground cumin
- 4 slices bacon

DIRECTIONS

Step 1:

Mix all the seasoning until well combined.

Step 2:

Dredge the bacon with the seasoning until fully coated, then set aside.

Step 3:

Select the preset program of **Preheat** to preheat the air fryer.

Step 4:

Place the bacon into the preheated air fryer.

Step 5:

Select the preset program of **Beef**. Set the temperature to 320°F/160°C，then set the time to 10 minutes. Press **Start/Stop** to cook.



Pork Satay with Peanut Sauce

PREP TIME: 20MIN

COOK TIME: 25MIN

TEMP: 400°F/200°C

SERVINGS: 2

INGREDIENTS

- 2 cloves of garlic, crushed
- 2 cm fresh ginger root, grated or 1 tsp ginger powder
- 2 tsps chili paste or hot pepper sauce
- 2-3 tbsps sweet soy sauce
- 2 tbsps vegetable oil
- 0.9lb lean pork chops in cubes of 3 cm
- 1 shallot, finely chopped
- 1 tsp ground coriander
- 200ml coconut milk
- 0.2lb unsalted peanuts, ground

DIRECTIONS

Step 1: Mix half of the garlic in a dish with the ginger, 1 tsp chili paste/hot pepper sauce, 1 tbsp sweet soy sauce, and 1 tbsp vegetable oil.

Step 2: Mix the meat with the mixture and leave them to marinate for 15 minutes; then skewer the marinated meat with bamboo sticks.

Step 3: Select the preset program of **Preheat** to preheat the air fryer.

Step 4: Place the marinated meat into the preheated air fryer.

Step 5: Select the preset program of **Preheat** again and set the time to 12-14 minutes.

Step 6: Press **Start/Stop** to start roasting the meat until brown, then take out.

Step 7: Heat 1 tbsp oil in a saucepan and gently sauté the shallot with the remaining garlic. Add the coriander and fry for a short time to make the shallot mixture.

Step 8: Mix the coconut milk and the ground peanuts with 1 tsp chili paste/hot pepper sauce, 1 tbsp soy sauce and the shallot mixture.

Step 9: Gently boil for 5 minutes; stir while boiling. Add some water if the sauce gets too thick.

Step 10: Season to taste with soy sauce and hot pepper sauce.



Spicy Chicken Drumsticks with Barbecue Marinade

PREP TIME: 35MIN

COOK TIME: 30MIN

TEMP: 400°F/200°C

SERVINGS: 3 - 4

INGREDIENTS

- 1 clove of garlic, crushed
- ½ tbsp mustard
- 2 tsps dark brown sugar
- 1 tsp chili powder
- Black pepper, fresh and ground
- A pinch of salt
- 1 tbsp olive oil
- 4 chicken drumsticks, about 0.45lb each

DIRECTIONS

Step 1:

Select the preset program of **Preheat** to preheat the air fryer.

Step 2:

Mix the garlic with the mustard, brown sugar, chili powder, a pinch of salt and freshly ground pepper, then add the olive oil.

Step 3:

Rub the chicken drumsticks completely with the mixed marinade and leave them to marinate for 30 minutes, then place them into the preheated air fryer.

Step 4:

Select the preset program of **Preheat** again and set the time to 12-15 minutes to roast the drumsticks until brown.

Step 5:

Lower the temperature to 300°F/150°C and roast the drumsticks for another 15 minutes.

Step 6:

Serve the drumsticks with corn salad and French bread.



Roasted Cornish Game Hen

PREP TIME: 1H-24H

COOK TIME: 25MIN

TEMP: 400°F/200°C

SERVINGS: 2

INGREDIENTS

- 1 Cornish hen, about 1.25 lb
- ½ cup of olive oil
- ¼ tsp crushed red pepper
- 1 tsp chopped thyme
- 1 tsp chopped rosemary
- ¼ tsp salt
- ¼ tsp sugar
- Zest of 1 lemon

DIRECTIONS

Step 1:

Set the Cornish hen upright on a cutting board with its back facing you. Use a boning knife or a chef's knife to cut from the top of the back bone to the bottom to remove the back bone.

Step 2:

Mix all ingredients as the marinade in a bowl, then add the hens. Refrigerate for 1 hour to 24 hours.

Step 3:

Select the preset program of **Preheat** to preheat the air fryer.

Step 4:

Remove the hens from the marinade, then drain any additional liquid with a strainer and pat dry with a paper towel.

Step 5:

Place the hens into the preheated air fryer.

Step 6:

Select the preset program of **Chicken** and set the time to 15-25 minutes, then press **Start/Stop** to and roast until brown.



Five-Spice Chicken Wings

PREP TIME: 15MIN

COOK TIME: 25MIN

TEMP: 400°F/200°C

SERVINGS: 2

INGREDIENTS

- 1 lb chicken wings
- 2 tsps five spice powder
- 2 tsps kosher salt
- 1 dash cayenne pepper (optional)
- 1 dash smoked sweet paprika (optional)
- 1 tbsp scallion, sliced for the five-spice sauce
- 3 tbsps maple syrup
- 1 tsp garlic, minced
- 2 tbsps soy sauce
- 1 tbsp Sriracha or hot pepper sauce

DIRECTIONS

Step 1:

Dry chicken wings with paper towel, then toss wings with soy sauce, five spice power, salt, scallion, maple syrup, minced garlic and Sriracha sauce to coat thoroughly.

Step 2:

Select the preset program of **Preheat** to preheat the air fryer.

Step 3:

Place the wings into the preheated air fryer.

Step 4:

Select the preset program of **Chicken** and set the time to 20–25 minutes, then press **Start/Stop**.

Step 5:

Shake every 5 minutes while cooking until wings are golden brown and well cooked.



Smoked Chicken Wings

PREP TIME: 15MIN

COOK TIME: 25MIN

TEMP: 400°F/200°C

SERVINGS: 2

INGREDIENTS

- 1 lb chicken wings
- 1 tbsp smoked paprika
- 1 tsp chili powder
- 1 tsp ground cumin
- 1 tsp kosher salt
- ½ tsp cayenne pepper
- ½ tsp garlic powder
- ¼ tsp black pepper

DIRECTIONS

Step 1:

Put 1 lb chicken wings in a large bowl, then set aside.

Step 2:

Mix 1 tbsp smoked paprika, 1 tsp chili powder, 1 tsp ground cumin, 1 tsp kosher salt, ½ tsp cayenne pepper, ½ tsp garlic powder and ¼ tsp black pepper in another bowl.

Step 3:

Put the smoked paprika mixture and the wings in a zip-close bag, then seal and toss until evenly coated.

Step 4:

Select the preset program of **Preheat** to preheat the air fryer.

Step 5:

Take the wings out of the bag and put them into the preheated air fryer.

Step 6:

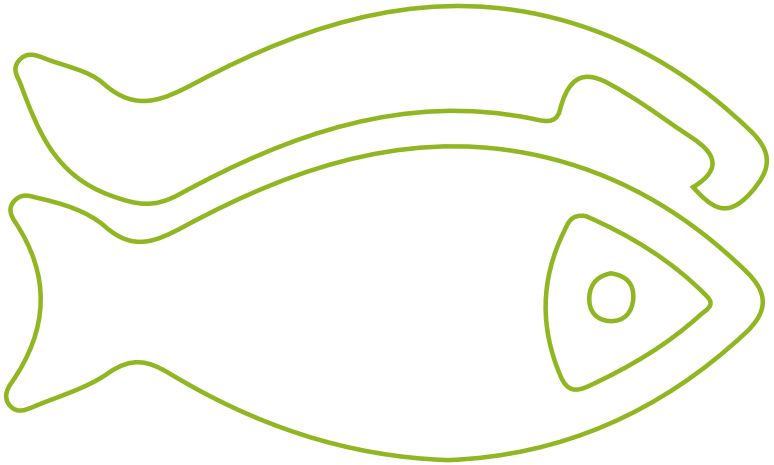
Select the preset program of **Chicken** and set the time to 20–25 minutes, then press **Start/Stop**.



Cooking Chart for Meat

INGREDIENT	AMOUNT	PREPARATION	TOSS IN OIL	PROGRAM	TEMP	COOK TIME
Pork chops	2 thick-cut, bone-in chops (10-12 oz each)	Bone in	Brush with oil	Preheat	375°F/190°C	15-17 mins
Pork tenderloins	2 tenderloins (0.5 lbs each)	Whole	Brush with oil	Preheat	375°F/190°C	25-35 mins
Sausages	4 sausages	Whole	None	Preheat	390°F/200°C	8-10 mins
Chicken cutlets	5 cutlets	None	Brush with oil	Chicken	400°F/200°C	18-21 mins
Chicken nuggets	1 box (12 oz)	None	Brush with oil	Chicken	400°F/200°C	10-18 mins
Beef Burgers	4 quarter-pound patties, 80% lean	Cut in 1-inch slices	None	Beef	400°F/200°C	10-12 mins
Beef jerky	1 lbs	Cut in 1/4-inch slices; marinated overnight	None	Dehydrate	160°F/70°C	5-7 hours
Chicken jerky	1 lbs	Cut in 1/4-inch slices; marinated overnight	None	Dehydrate	160°F/70°C	5-7 hours
Turkey jerky	1 lbs	Cut in 1/4-inch slices; marinated overnight	None	Dehydrate	160°F/70°C	5-7 hours
Salmon jerky	1 lbs	Cut in 1/4-inch slices; marinated overnight	None	Dehydrate	160°F/70°C	5-7 hours

SEAFOOD



- Coconut Shrimp
- Parmesan Shrimp
- Salmon with Dill Sauce
- Thai Fish Cakes with Mango Salsa
- Cooking Chart for Seafood

Coconut Shrimp

PREP TIME: 20MIN

COOK TIME: 20MIN

TEMP: 320°F/160°C

SERVINGS: 3

INGREDIENTS

- 1/3 cup of all-purpose flour
- 1/2 tsp salt
- 1/2 tsp ground black pepper
- 2 large eggs
- 3/4 cup of Panko bread crumbs
- 1 cup of sweetened shredded coconut
- 17 shrimps (about 0.03 oz each) with tails, peeled and deveined
- Vegetable oil
- A little of cilantro, chopped

DIRECTIONS

Step 1: Mix flour, salt, and pepper in a bowl.

Step 2: Beat the eggs in another bowl.

Step 3:

Mix Panko bread crumbs and coconut in the third bowl.

Step 4:

Dip the shrimp into the flour, into the eggs, then into the coconut mixture by sequence. Make sure every shrimp is coated thoroughly.

Step 5:

Select the preset program of **Preheat** to preheat the air fryer.

Step 6:

Place all the coated shrimps into air fryer.

Step 7:

Select **Preheat** program again, set the temperature to 320°F/160°C and the time to 15-20 minutes, then press **Start/Stop** to cook.



Parmesan Shrimp

PREP TIME: 10MIN

COOK TIME: 20MIN

TEMP: 320°F/160°C

SERVINGS: 3

INGREDIENTS

- 1 lb jumbo cooked shrimps, peeled and deveined
- 2 cloves of garlic, minced
- 1/3 cup parmesan cheese, grated
- 1/2 tsp pepper
- 1/4 tsp oregano
- 1/2 tsp basil
- 1/2 tsp onion powder
- 1 tbsp olive oil
- Lemon, quartered

DIRECTIONS

Step 1:

Mix minced garlic, parmesan cheese, pepper, oregano, basil, onion powder and olive oil in a bowl.

Step 2:

Evenly coat the shrimps with the mixture.

Step 3:

Select the preset program of **Preheat** to preheat the air fryer.

Step 4:

Place all the coated shrimps into air fryer.

Step 5:

Select **Preheat** program again, set the temperature to 320°F/160°C and the time to 15-20 minutes, then press **Start/Stop** to cook.

Step 6:

Squeeze the lemon over the shrimps.



Salmon with Dill Sauce

PREP TIME: 10MIN

COOK TIME: 17MIN

TEMP: 270°F/130°C

SERVINGS: 2

INGREDIENTS

- 12 oz salmon
- 2 tsps olive oil
- salt
- 1/4 tsp cumin
- ½ cup of non-fat greek yogurt
- ½ cup of sour cream
- 2 tbsps of dill, finely chopped

DIRECTIONS

Step 1:

Select the preset program of **Preheat** to preheat the air fryer.

Step 2:

Cut the salmon into two 6-ounce pieces and drizzle 1 tsp of olive oil over each piece. Season with a pinch of salt, then place the salmon into the cooking basket.

Step 3:

Select **Preheat** program again, set the temperature to 270°F/130°C and the time to 15-17 minutes, then press **Start/Stop** to cook.

Step 4:

Mix the yogurt, sour cream, chopped dill and salt in a bowl to make the dill sauce.

Step 5:

Top the cooked salmon with the sauce and garnish with an additional pinch of chopped dill.



Thai Fish Cakes with Mango Salsa

PREP TIME: 20MIN

COOK TIME: 72MIN

TEMP: 350°F/180°C

SERVINGS: 4

INGREDIENTS

- 1 ripe mango
- 1½ tsps red chili paste
- 3 tbsps fresh coriander or flat-leafed parsley
- Juice and zest of 1 lime
- 0.6lb white fish fillets (cod/tilapia/pangasius/pollack)
- 1 egg
- 1 green onion, finely chopped
- 1.76 oz ground coconut
- Food processor

DIRECTIONS

Step 1:

Peel the mango and cut it into small cubes., then mix the mango cubes with ½ tsp red chili paste, 1 tbsp coriander, and the juice & zest of half a lime in a bowl .

Step 2:

Smash the fish in the food processor, then mix it with 1 egg, 1 tsp salt, the remaining lime zest, red chili pastes and the lime juice. Next, mix again with the remaining coriander, the green onion and 2 tbsps ground coconut.

Step 3:

Put the remaining ground coconut on a soup plate. Divide the fish mixture into 12 portions, then shape them into round cakes and coat them with the remaining ground coconut.

Step 4: Select the preset program of **Preheat** to preheat the air fryer.

Step 5:

Brush one side of the fish cakes with oil, then place 6 fish cakes into the preheated air fryer with the oil side facing down.

Step 6: Select **Preheat** program again, set the temperature to 350°F/180°C and the time to 13-18 minutes, then press **Start/Stop** to cook. Fry until golden brown on one side, then flip over to cook again with the same temperature and time. Fry the remaining 6 fish cakes in the same manner.

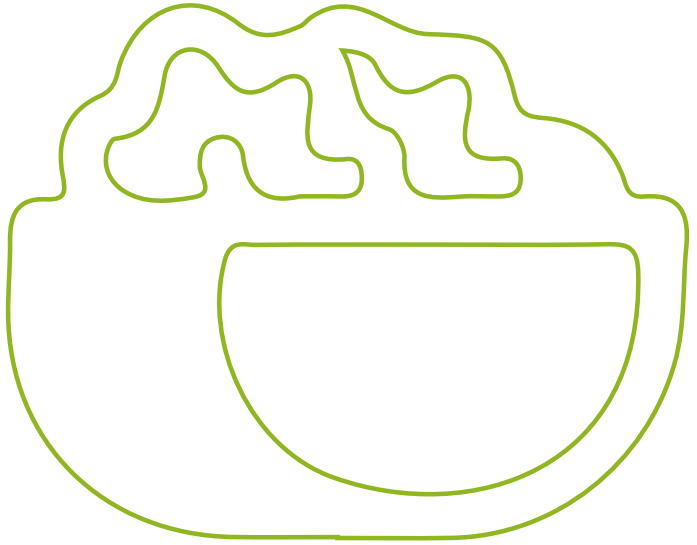
Step 7: Serve the fish cakes with the mango salsa.



Cooking Chart for Seafood

INGREDIENT	AMOUNT	PREPARATION	TOSS IN OIL	PROGRAM	TEMP	COOK TIME
Fish fillets	1 box (6 fillets)	None	Brush with oil	Preheat	390°F/200°C	14-16 mins
Fish sticks	18 fish sticks (11 oz; approx. 1 box)	None	Brush with oil	Preheat	390°F/200°C	10-13 mins
Popcorn shrimp	1 box (14-16 oz)	None	None	Preheat	390°F/200°C	9-11 mins
Crab cakes	2 cakes (6-8 oz each)	None	Brush with oil	Preheat	350°F/180°C	12-15 mins
Lobster tails	4 tails (3-4 oz each)	Whole	None	Preheat	375°F/190°C	5-8 mins
Salmon fillets	2 fillets (4 oz each)	None	Brush with oil	Preheat	390°F/200°C	10-13 mins
Shrimp	16, large	Whole; peeled; tails on	1 tbsp oil	Preheat	390°F/200°C	7-10 mins
Flounder fillets	2 fillets (2-4 oz each)	None	None	Preheat	390°F/200°C	14-16 mins
Halibut fillets	4 fillets (4-6 oz each)	None	None	Preheat	390°F/200°C	10-13 mins

VEGETABLES



Turmeric Roasted Cauliflower

Roasted Corn on the Cob

Roasted Butternut Squash

Crispy Edamame

Roasted Asparagus

Cooking Chart for Vegetables

Turmeric Roasted Cauliflower

PREP TIME: 3MIN

COOK TIME: 16MIN

TEMP: 300°F/150°C

SERVINGS: 2

INGREDIENTS

- 0.6lb cauliflower
- 1 tsp olive oil
- Kosher salt
- 2 tsps cumin

DIRECTIONS

Step 1:

Select the preset program of **Preheat** to preheat the air fryer.

Step 2:

Place the cauliflower into a bowl and drizzle with olive oil until all the cauliflower is well coated.

Step 3:

Toss the cauliflower with pinches of salt and cumin.

Step 4:

Place the cauliflower into the preheated air fryer.

Step 5:

Select program **Toast**, set the temperature to 300°F/150°C and time to 11-16 minutes，then press **Start/Stop** to cook.



Roasted Corn on the Cob

PREP TIME: 10MIN

COOK TIME: 20MIN

TEMP: 390°F/200°C

SERVINGS: 2

INGREDIENTS

- 2 ears of corn, husks and silks removed, cut to 4 pieces
- 2 tsps cilantro
- 2 tsps mayonnaise
- 2 tsps cotija cheese
- 2 tsps chili powder
- Lime juice

DIRECTIONS

Step 1:

Select the preset program of **Preheat** to preheat the air fryer.

Step 2:

Mix mayonnaise, cotija cheese, lime juice, and chili powder in a shallow dish.

Step 3:

Roll each piece of corn in the mayonnaise mixture until all sides are covered.

Step 4:

Place all 4 pieces of the corn into the air fryer.

Step 5:

Select Preheat program again, set the temperature to 390°F/200°C and the time to 20 minutes, then press **Start/Stop** to cook.

Step 6:

Garnish with cilantro.



Roasted Butternut Squash

PREP TIME: 10MIN

COOK TIME: 12MIN

TEMP: 320°F/160°C

SERVINGS: 2

INGREDIENTS

- 0.6lb butternut squash, peeled, seeded and cut into 1-inch cubes
- 2 tbsps olive oil, plus more for drizzling
- 1½ tsps thyme leaves
- 1 tsp salt
- ½ tsp black pepper

DIRECTIONS

Step 1:

Select the preset program of **Preheat** to preheat the air fryer.

Step 2:

Coat the butternut squash cubes with olive oil and season with thyme, salt, and black pepper.

Step 3:

Place the seasoned squash to the preheated air fryer.

Step 4:

Select the preset program of **Toast**, set the temperature to 320°F/160°C and the time to 12 minutes, then press **Start/Stop** to cook.

Step 5:

Drizzle with olive oil when done and serve.



Crispy Edamame

PREP TIME: 3MIN

COOK TIME: 15MIN

TEMP: 390°F/200°C

SERVINGS: 2

INGREDIENTS

- 0.5 lb unshelled frozen edamame
- 1 tsp olive oil
- Kosher salt

DIRECTIONS

Step 1:

Select the preset program of **Preheat** to preheat the air fryer.

Step 2:

Toss edamame with olive oil in a bowl.

Step 3:

Place the edamame into the air fryer (work in batches as needed).

Step 4:

Select **Preheat** program again, set the temperature to 390°F/200°C and the time to 10-15 minutes, then press **Start/Stop** to cook.

Step 5:

Season with kosher salt and serve immediately.



Roasted Asparagus

PREP TIME: 10MIN

COOK TIME: 9MIN

TEMP: 375°F/190°C

SERVINGS: 2

INGREDIENTS

- 1 bunch (about 0.45lb) fresh asparagus, trimmed
- 1 serving avocado oil cooking spray
- ½ tsp garlic powder
- ½ tsp Himalayan pink salt
- ¼ tsp ground multi-colored peppercorns
- ¼ tsp red pepper flakes
- ¼ cup of Parmesan cheese, fresh and grated
- 1 tsp cumin

DIRECTIONS

Step 1:

Select the preset program of **Preheat** to preheat the air fryer.

Step 2:

Line the basket with parchment paper.

Step 3:

Place asparagus spears in the air fryer basket and mist with avocado oil.

Sprinkle with garlic powder, Himalayan pink salt, peppercorns and red pepper flakes.

Top with Parmesan cheese.

Step 4:

Select **Preheat** program again, set the temperature to 375°F/190°C and the time to 7-9 minutes, then press **Start/Stop** to cook until asparagus spears start to char.

Step 5:

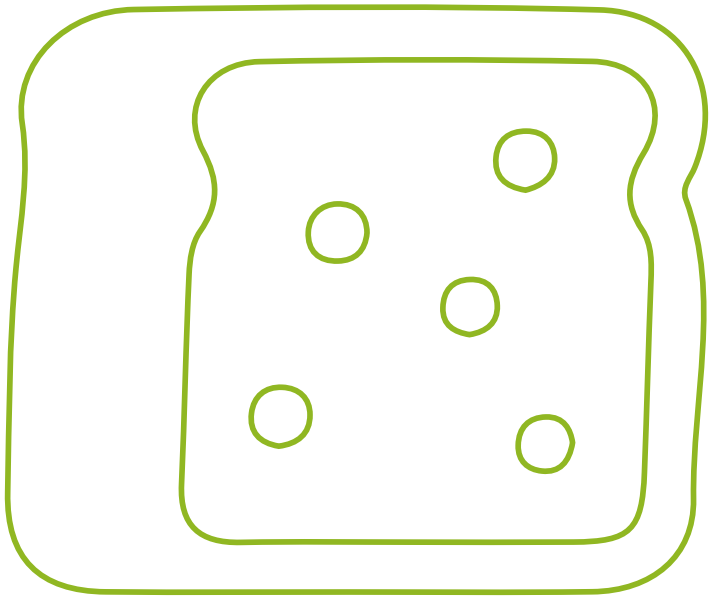
Add 1 tsp cumin to taste.



Cooking Chart for Vegetables

INGREDIENT	AMOUNT	PREPARATION	TOSS IN OIL	PROGRAM	TEMP	COOK TIME
Beets	8 small or 6 large (about 2 lbs)	Whole	1 tbsp	Preheat	390°F/200°C	35-45 mins
Bell peppers	4	Whole	1 tbsp	Preheat	400°F/200°C	23-28 mins
Brussels sprouts	1 lb	Cut in half; stems removed	1 tbsp	Preheat	390°F/200°C	14-18 mins
Carrots	1 lb	Peeled; cut in 1/3-inch pieces	1 tbsp	Preheat	390°F/200°C	13-16 mins
Green beans	1 bag (12 oz)	Trimmed	1 tbsp	Preheat	390°F/200°C	8-10 mins
Kale	6 pcs, packed	Torn in pieces; stems removed	1 tbsp	Reheat	300°F/150°C	8-10 mins
Mushrooms	8 oz	Rinsed; cut in quarters	1 tbsp	Preheat	390°F/200°C	7-9 mins
Zucchini	1 lb	Cut in quarters lengthwise; then cut in 1-inch pieces	1 tbsp	Preheat	390°F/200°C	15-18 mins
Broccoli	1 head	Cut in 1-inch florets	1 tbsp	Preheat	390°F/200°C	10-14 mins
Onions, white or red	4 heads	Peeled, cut in 1-inch slices	1 tbsp	Preheat	390°F/200°C	8-10 mins
Portobello mushrooms	8 heads	Remove stems, scrape out gills with spoon	1 tbsp	Preheat	390°F/200°C	10-15 mins

DESSERT



- Roasted Pineapple
- Roasted Bananas
- Falafel
- Chocolate Cake
- Avocado Fries
- Feta Triangles
- Cooking Chart for Dessert

Roasted Pineapple

PREP TIME: 5MIN

COOK TIME: 20MIN

TEMP: 375°F/190°C

SERVINGS: 2

INGREDIENTS

- 1 fresh pineapple (about 1.2lb), peeled, cored and cut into 1-inch rings
- ¼ tsp honey
- 3 tbsps butter, melted
- 1 tbsp chilli sauce (optional)

DIRECTIONS

Step 1:

Select the preset program of **Preheat** to preheat the air fryer.

Step 2:

Place pineapple rings into the air fryer, then add honey and melted butter.

Step 3:

Select the **Preheat** program again, set the temperature to 375°F/190°C and time to 18-20 minutes, then press **Start/Stop** to cook until pineapple rings start to char.

Step 4:

Add 1 tbsp chili sauce to taste (optional).



Roasted Bananas

PREP TIME: 5MIN

COOK TIME: 11MIN

TEMP: 360°F/180°C

SERVINGS: 1

INGREDIENTS

- 1 banana, sliced into 2-3-inch thick diagonals
- 1 serving avocado oil cooking spray

DIRECTIONS

Step 1:

Line the air fryer basket with parchment paper.

Step 2:

Select the preset program of **Preheat** to preheat the air fryer.

Step 3:

Place banana slices into the air fryer and make sure that they are not touching; cook in batches if necessary. Mist banana slices with avocado oil.

Step 4:

Select the **Preheat** program again, set the temperature to 360°F/180°C and the time to 7-8 minutes, then press **Start/Stop** to cook.

Step 5:

Remove basket and flip banana slices carefully (they will be soft).

Step 6:

Cook for an additional 2 to 3 minutes until the banana slices are brown and caramelized.



Falafel

PREP TIME: 20MIN

COOK TIME: 20MIN

TEMP: 375°F/190°C

SERVINGS: 5

INGREDIENTS

- 1 cup of dry garbanzo beans
- 1 small red onion, quartered
- 1 tbsp ground coriander
- 1 tbsp ground cumin
- ¼ tsp baking soda
- 1½ cups of fresh cilantro, stems removed
- 1 pinch of salt and ground black pepper to taste
- ¾ cup of fresh flat-leafed parsley, stems removed
- 1 clove of garlic
- 2 tbsps chickpea flour
- 1 tbsp sriracha sauce
- ½ tsp baking powder
- 1 serving cooking spray

DIRECTIONS

Step 1: Soak garbanzo beans in a large amount of cool water for 24 hours. Rub the soaked garbanzo beans with your fingers to help loosen and remove skins. Rinse and drain well. Spread garbanzo beans on a large clean dish towel to dry.

Step 2: Blend garbanzo beans, cilantro, parsley, onion, and garlic in a food processor until a rough paste forms. Transfer mixture to a large bowl.

Step 3: Add chickpea flour, coriander, cumin, sriracha, salt, and pepper, then mix well. Cover bowl and let mixture rest for 1 hour.

Step 4: Add baking powder and baking soda to the chickpea mixture. Mix by your hands until just combined.

Step 5: Form 15 equal-sized balls and press slightly to form patties. Spray falafel patties with cooking spray.

Step 6: Select the preset program of **Preheat** to preheat the air fryer.

Step 7: Place 7 falafel patties in the preheated air fryer, then select the **Preheat** program again.

Step 8: Set the temperature to 375°F/190°C and the time to 10 minutes, then press **Start/Stop** to cook.

Step 9: For the remaining 8 falafels, cook them in the same manner.



Chocolate Cake

PREP TIME: 15MIN

COOK TIME: 15MIN

TEMP: 320°F/160°C

SERVINGS: 2

INGREDIENTS

- 1 serving cooking spray
- ¼ cup of white sugar
- 3½ tbsps butter, softened
- 1 egg
- 1 tbsp apricot jam
- 6 tbsps all-purpose flour
- 1 tbsp unsweetened cocoa powder
- 1 pinch of salt to taste

DIRECTIONS

Step 1:

Spray a small fluted tube pan with cooking spray.

Step 2:

Mix the sugar and butter together in a bowl using an electric mixer until light and creamy. Add egg, jam, then mix them until combined.

Step 3:

Sift in flour, cocoa powder and salt, then mix them thoroughly.

Step 4:

Pour batter into the prepared pan. Level the surface of the batter with the back of a spoon.

Step 5:

Select the preset program of **Preheat** to preheat the air fryer.

Step 6:

Place pan in the air fryer basket.

Step 7:

Select the program of **Toast**, set the temperature to 320°F/160°C and the time to 15 minutes, then press **Start/Stop** to cook until a toothpick inserted into the center of the cake comes out cleanly.



Avocado Fries

PREP TIME: 3MIN

COOK TIME: 10MIN

TEMP: 400°F/200°C

SERVINGS: 2

INGREDIENTS

- 2 Haas avocados, pitted, sliced into ¼-inch wedges
- ¼ tsp kosher salt
- ½ cup of all-purpose flour
- 2 eggs, beaten
- 1 cup of panko breadcrumbs

DIRECTIONS

Step 1:

Scoop avocado slices from avocado wedges. Sprinkle with kosher salt.

Step 2:

Dredge avocado slices in flour and dust-off excess.

Step 3:

Dip avocado into egg, then into panko breadcrumbs to coat.

Step 4:

Select the preset program of **Preheat** to preheat the air fryer.

Step 5:

Place avocado slices into the air fryer, set the time to 10 minutes, then press **Start/Stop** to cook. Please shake or flip the slices once halfway through.



Feta Triangles

PREP TIME: 20MIN

COOK TIME: 10MIN

TEMP: 400°F/200°C

SERVINGS: 4

INGREDIENTS

- 1 egg yolk
- 3.52 oz feta
- 2 tbsps flat-leafed parsley, finely chopped
- 1 green onion, finely sliced into rings
- Black pepper, freshly ground
- 5 sheets of frozen filo pastry, defrosted
- 2 tbsps olive oil

DIRECTIONS

Step 1:

Mix the egg yolk with the feta, parsley and green onion in a bowl; season with pepper to taste.

Step 2:

Cut each sheet of filo pastry into three strips.

Step 3:

Scoop 1 tsp of the feta mixture on the underside of a strip of pastry. Fold the tips of the pastry over the filling to form a triangle, folding the strip zigzag until the filling is wrapped up in a triangle of pastry. Fill the other strips of pastry with feta in the same manner.

Step 4:

Select the preset program of **Preheat** to preheat the air fryer.

Step 5:

Brush the triangles with a little oil and place five triangles into the air fryer.

Step 6:

Select **Preheat** program again and set the time to 3-5 minutes, then press **Start/Stop** to cook until they are golden brown. Cook the other feta triangles in the same manner.

Step 7:

Serve the triangles in a platter.



Cooking Chart for Dessert

INGREDIENT	AMOUNT	PREPARATION	TOSS IN OIL	PROGRAM	TEMP	COOK TIME
Apples	1-2 head	Cut in 1/6-inch slices; core removed; rinsed in lemon water; patted dry	None	Dehydrate	160°F/70°C	5-6 hours
Strawberries	1-2 head	Cut in half or in 1/2-inch slices	None	Dehydrate	160°F/70°C	5-6 hours
Tomatoes	1-2 head	Cut in 1/4-inch slices or grated	None	Dehydrate	160°F/70°C	5-6 hours
Bread	2-3 slices	Hand-cut, 2-inch slices	Brushed with canola oil	Preheat	400°F/200°C	10 mins
Halloumi cheese	1 lb	Cut in 1-inch slices	None	Preheat	380°F/190°C	5 mins



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