



SALTER
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Crisp & Go
Recipes & Top Tips

**Cook it. Crisp it.
Serve it. Store it.**
**All in one
simple system.**

Head to our website for even
more tips, tricks & recipes!



salter.com

Welcome to your Crisp & Go

Change the way you cook, prep, plan and enjoy!

Say hello to easier mealtimes and fresher flavours. This clever kitchen companion is designed to fit around real life. Whether you're making quick mid-week dinners, hosting friends, or saving something tasty for later, it's ready when you are.

Inside this guide, you'll find everything you need from handy tips and expert tricks to inspiring recipes that make every meal effortless.

Cook it. Crisp it. Serve it. Store it.
All in one simple system.



FR | Scannez ici pour accéder aux recettes dans votre langue.

NL | Scan hier voor recepten in uw taal.

DE | Scannen Sie diesen Code, um Rezepte in Ihrer Sprache aufzurufen.

ES | Escanee aquí para acceder a recetas en su idioma.

PT | Aponte a câmara aqui para aceder a receitas na sua língua.

IT | Scansiona qui per le ricette nella tua lingua.

PL | Zeskanuj tutaj, aby uzyskać przepisy w swoim języku.



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Get to Know the Crisp & Go

1500 W air fryer in a portable cooking system

CrisperHub



Cooking container adaptor



Large crisper tray



4 litre batch cooking container with lid



Batch non-slip cooking base



Small crisper tray



1.5 litre on-the-go cooking container with clip-on lid



On-the-go non-slip cooking base



CrisperHub

The main air fryer unit with the control panel to set your time and temperature.

Cooking container adaptor

Adapts to switch between the small and large cooking containers. Clip on to use the large cooking container and remove to use the small cooking container.

PFAS-free crisper trays

Large and small to fit into each cooking container and ensure hot air circulation whilst cooking.

Cooking containers

Large and small glass cooking containers that double as serving, storage and marinating dishes.

Non-slip bases

Heat-resistant bases to prevent damage to your countertop whilst cooking. Easily transport from kitchen to table with the easy grip handles and remove for space saving storage.

Space-saving design

Cooking containers nest together with the CrisperHub on top for simple storage.



Cooking Container System



Thermal-shock resistant

Go from frozen to perfectly hot and crispy in minutes.

Lids included

Easy storage of leftovers in the fridge or freezer.

Dishwasher safe

Dishwasher safe BPA and PFAS-free cooking containers with BPA-free lids.

4 L large cooking container

Perfect for batch cooking, prepping a dinner, marinading and storing. Serves up to 6 people.

1.5 L small cooking container

Perfect for meal prepping easy weeknight dinners and taking your lunches on the go. Serves up to 2 people.



Scan the QR code to shop extra cooking containers on the Salter website for even easier cooking and food prep.

Reheating Tips & Tricks

Reheat like a pro and turn your leftovers into freshly made magic with our tried and tested simple tips and tricks



Serve it hot

Make sure your food is piping hot and steaming all the way through before tucking in. Always serve leftovers immediately.



Cool before you chill

Let food cool completely before popping it in the fridge – your fridge will thank you for it!



Give it a little love

Stir or turn your food halfway through cooking for even heating. Stews and sauces especially love a mid-reheat stir.



Get that crispy crunch

For perfectly crispy pizza bases and flatbreads, pop them onto the crisper tray to boost air flow for optimum heat circulation and crunch.



Don't crowd the tray

Give your food some space and try not to overload the containers. This will allow food to heat more evenly and get that golden crispy finish.



Level up with RECRISP

Use the **RECRISP** function on your CrisperHub to bring your leftovers back to life.



Mix & match

For hearty and larger meals like lasagne, moussaka and pies, start reheating them in the microwave and finish off in your Crisp & Go for that perfectly crispy golden top! (Just remember to remove the crisper tray before microwaving!)

Presets

Our smart presets take the guesswork out of cooking. Whether you're crisping up leftovers or cooking your favourite frozen bites, just choose a preset, pop in your food, and let your Crisp & Go do the magic!

Preset	Why choose this preset...	Preset cooking temperature	Preset cooking time	Best used for...
'BAKE'	Get the perfect rise on your bakes and ensure they say soft and fluffy on the inside.	160 °C	25 minutes	Cupcakes, brownies and muffins
'RECRISP'	Bring your leftovers back to life and ensure your food is crispy on the outside and perfectly heated throughout.	180 °C	5 minutes	Cheese topped favourites and crisping up leftovers
'ULTRA CRISP'	Transform your frozen favourites into quick and ultra tasty treats.	200 °C	20 minutes	Frozen fries, frozen chicken wings and frozen pizza
'AIR FRY'	Crisp it, crunch it, love it. Cook to perfection without the fuss.	200 °C	15 minutes	Chicken, vegetables, bacon and sausages



Cleaning Guide

Cleaning your Crisp & Go couldn't be easier!
Follow these simple rules for best results.



CrisperHub

Wipe clean with a soft damp cloth after each use. Never immerse in water or any other liquid. Never clean in the dishwasher.



Cooking containers

Can be washed in the dishwasher or by hand. If hand-washing rinse thoroughly and allow to air or towel-dry after use.



Crisper trays

Can be washed in the dishwasher or by hand. If hand-washing rinse thoroughly and allow to air or towel-dry after use.



Lids

Can be washed in the dishwasher or by hand. If hand-washing rinse thoroughly and allow to air or towel-dry after use.



Non-slip bases

Wash by hand and rinse thoroughly and allow to air or towel-dry after use. Make sure to rinse between the handles to remove any soap residue.



Cooking container adaptor

Wipe clean with a soft damp cloth after each use. Never immerse in water or any other liquid. Never clean in the dishwasher.



Small container recipes

Here's some inspiration for delicious lunches on the go or perfectly portioned meals for two. Ideal for work, travel, or busy days – simply heat, eat and enjoy wherever you are.





Crispy Halloumi Flatbreads with Hot Honey Dressing

Prep: 5 minutes

Cook: 10 minutes

Preset: 'AIR FRY'

Makes: 4 flatbreads (2 servings)

Ingredients	To serve
225 g halloumi cheese, cut into 2cm cubes	4 flatbreads
2 tbsp honey	Tzatziki
½ tbsp olive oil	Lettuce
1 tsp apple cider vinegar	Tomatoes , diced
1 tsp dried oregano	Cucumber, diced
½ tsp chilli flakes, adjust to taste	Red onion, thinly sliced
Pinch of sea salt	Fresh parsley, chopped (optional garnish)

Method

STEP 1: Toss the Halloumi in the olive oil and place onto the crisper tray in the small cooking container.

STEP 2: Place the CrisperHub on top of the container and press '**MENU**' until '**AIR FRY**' illuminates. Set the time to 10 minutes and press '**START**' to begin cooking.

STEP 3: When 5 minutes is displayed, remove the CrisperHub and remove the Halloumi from the cooking container.

STEP 4: Toss the Halloumi with the honey, dried oregano, chilli flakes and vinegar, making sure they are evenly coated. Place the coated Halloumi back into the cooking container with the CrisperHub on top to resume cooking. Meanwhile, prepare the rest of your veg. Dice the cucumber and tomatoes, slice the red onion.

STEP 5: Once the timer has finished, take your Halloumi out of the cooking container and set aside. Attach the CrisperHub to the cooking container adaptor and place the flatbreads onto the crisper tray in the large cooking container. Place the CrisperHub on top and press '**MENU**' until '**RECRISP**' illuminates. Press '**START**' to begin cooking and warm the flatbreads.

STEP 6: Once warmed through, assemble your flatbreads, starting with a dollop of Tzatziki, a handful of Halloumi and your prepared veg. Garnish with the chopped parsley and enjoy!

Tips & tricks

- Adjust chilli flakes to taste for a milder or spicier hot honey.
- Add a few minutes to the cooking times if you prefer crispy halloumi.
- Mix up your flatbreads with some pickled chillies and grilled meat.

Fakeaway Salt and Pepper Chicken with Peppers

Prep: 5 minutes
Cook: 12 minutes
Preset: 'AIR FRY'
Makes: 2 servings

Ingredients	For the seasoning
350 g chicken thighs or breasts	1 tsp cracked black pepper
100 g cornflour	1 tsp Chinese 5 spice
5 spring onions, chopped	1 tsp salt
3 red chillies, sliced	1 tsp ground ginger
2 bell peppers	½ tsp chilli flakes
1 white onion, chopped into large chunks	
1 egg, beaten	

Method

- STEP 1:** Dice the chicken into bite-sized pieces. Transfer into a bowl with the beaten egg and set aside.
- STEP 2:** Combine the seasonings with the cornflour and add the egg-coated chicken making sure it is coated well.
- STEP 3:** Transfer the chicken pieces onto the crisper tray in the small cooking container. Add the peppers, chillis and onions between the chicken. Keep some sliced chillies aside to garnish.
- STEP 4:** Place the CrisperHub on top of the container and press 'MENU' until 'AIR FRY' illuminates. Set the time to 12 minutes and press 'START' to begin cooking.
- STEP 5:** After 6 minutes, remove the CrisperHub and use heat-resistant tongs to flip the chicken and vegetables. Place the CrisperHub back on top to resume cooking.
- STEP 6:** Once the timer has finished, remove the chicken and vegetables and serve with your favourite rice or noodles. Garnish with spring onions and your remaining sliced chillies



Tips & tricks

- Ensure the chicken pieces are evenly coated for optimum crispiness.
- Add more sliced chillies for a spicier taste.
- Add 1 tsp of MSG and ½ tsp of ground white pepper to the seasoning, for an authentic fakeaway taste.





Caprese Style Toasted Sandwich

Prep: 8 minutes

Cook: 10 minutes

Preset: 'ULTRA CRISP'

Makes: 1 serving

Ingredients

2 slices sourdough bread

½ ball of fresh mozzarella, sliced or 65 g grated mozzarella

½ beef tomato

1 tbsp salted butter, softened

½ tbsp pesto

Fresh basil

Sea salt and ground pepper, to taste

Method

STEP 1: Slice the beef tomato into 2 cm thick slices and pick the basil leaves from the stem. Season the tomato with the salt and pepper.

STEP 2: On a bread board, lay out one slice of sourdough. Spread the pesto onto the bread and add the seasoned tomato, basil leaves and mozzarella. Add the other slice of bread on top.

STEP 3: Use a plate or chopping board to press down lightly onto the sandwich, keeping the fillings in place. Spread half of the butter onto the top layer of bread.

STEP 4: Place the sandwich onto the crisper tray in the small container and place the CrisperHub on top. Press 'MENU' until 'ULTRA CRISP' illuminates. Set the time to 10 minutes and press 'START' to begin cooking.

STEP 5: After 5 minutes, remove the CrisperHub and use a spatula or heat-resistant tongs to remove the sandwich. Carefully flip the sandwich over and spread the remaining butter onto the top slice of bread.

STEP 6: Return the sandwich to the cooking container and place the CrisperHub back on top to resume cooking.

STEP 7: Once the timer has finished, remove the sandwich and serve with a side salad or a warm bowl of your favourite soup.



Tips & tricks

- If using fresh mozzarella, pat the slices with kitchen towel to soak up any excess water and avoid your sandwich getting soggy.
- If the bread slices are too large for the small container, slice in half or use the large container.

Lemon and Herb Cod and Chorizo

Prep: 10 minutes

Cook: 14 minutes

Preset: 'AIR FRY'

Makes: 2 servings

Ingredients

2 cod fillets (approx. 120 g each), skin removed

50 g chorizo, diced

1 tsp olive oil

1 tsp lemon juice

½ tsp dried mixed herbs

Zest of ½ a lemon

Fresh parsley, chopped to garnish

Sea salt and ground pepper, to taste

Method

STEP 1: In a small bowl, mix the lemon zest, lemon juice, olive oil, mixed herbs, salt and pepper. Rub the mixture over the cod fillets.

STEP 2: Place the coated cod onto the crisper tray in the small container. Scatter the diced chorizo around the fillets.

STEP 3: Place the CrisperHub on top of the container and press '**MENU**' until '**AIR FRY**' illuminates. Set the time to 14 minutes and press '**START**' to begin cooking.

STEP 4: When 7 minutes is displayed, remove the CrisperHub and use heat-resistant tongs to gently flip the cod. Flip the chorizo if this is starting to colour.

STEP 5: Place the CrisperHub back on top of the container to resume cooking.

STEP 6: Once the timer has finished, remove the cod and chorizo from the container. The cod should be flaky and the chorizo crisp. Serve and garnish with fresh parsley and a squeeze of lemon.



Tips & tricks

- Serve with some new potatoes and a side salad for a perfect summer dish.
- Be gentle when flipping the cod, as the fillets may be flaky and start to fall apart.



Small container cooking chart

Ingredient	Amount	Function	Temperature	Cooking time
Vegetables				
Asparagus	200 g whole, trimmed	AIR FRY	200 °C	7–9 mins
Bell peppers	2 peppers, whole	AIR FRY	200 °C	16 mins
Broccoli	200g cut into 2.5 cm florets	AIR FRY	200 °C	8–10 mins
Corn on the cob	2 cobs halved ears, remove husks	AIR FRY	200 °C	12–15 mins
Mushrooms	160g g cut into quarters	AIR FRY	200 °C	6–8 mins
Sweet potatoes	250 g cut into 2.5 cm wedges	AIR FRY	200 °C	18–20 mins
White potatoes				
Wedges	2 potatoes cut into 2.5 cm wedges	ULTRA CRISP	200 °C	18–20 mins
Fresh chunky chips	2 potatoes cut into 1 cm chips	ULTRA CRISP	200 °C	18–20 mins
Fresh French fries	2 potatoes cut into 0.5 cm fries	ULTRA CRISP	200 °C	18 mins
Roast potatoes	2 potatoes cut into chunks	ULTRA CRISP	200 °C	40 mins
Chicken				
Chicken breasts	2 boneless breasts	AIR FRY	200 °C	13–15 mins
Chicken wings	4 bone-in wings	AIR FRY	200 °C	22 mins
Chicken thighs	2 thighs, bone in	AIR FRY	200 °C	15–18mins
Beef				
Burgers	2 quarter pounders 2.5 cm thick	AIR FRY	200 °C	10 mins
Steak (medium)	1 fillet 210 g)	AIR FRY	200 °C	10–12 mins
Pork				
Bacon	2 strips	AIR FRY	200 °C	8–10 mins
Sausages	4 sausages	AIR FRY	200 °C	12 mins
Lamb				
Lamb chops	2 chops (170 g)	AIR FRY	200 °C	10–12 mins
Fish				
Salmon fillets	2 fillets	AIR FRY	200 °C	10–13 mins
Pizza				
Pizza	1–2 slices	AIR FRY	180 °C	10–12 mins

Ingredient	Amount	Function	Temperature	Cooking time
Frozen				
Chicken nuggets	200 g	ULTRA CRISP	200 °C	14 mins
Fish fingers	5	ULTRA CRISP	200 °C	14 mins
French fries	250 g	ULTRA CRISP	200 °C	20–18 mins
Chunky oven chips	250 g	ULTRA CRISP	200 °C	22 mins
Roast potatoes	300 g	ULTRA CRISP	200 °C	30–25 mins
Mozzarella sticks	90 g	ULTRA CRISP	200 °C	12–10 mins
Battered onion rings	150 g	ULTRA CRISP	190 °C	14–12 mins
Vegetarian				
Tofu	280 g	AIR FRY	200 °C	10 mins
Halloumi cheese	225 g, cubed	AIR FRY	200 °C	10 mins
Plant based sausages	4 sausages	AIR FRY	200 °C	16–14 mins
Vegan nuggets	6 nuggets	AIR FRY	200 °C	15–12 mins
Plant based burgers	2 burgers	AIR FRY	200 °C	14–12 mins
Bake				
Cupcakes	4	BAKE	160 °C	22–20 mins
Lasagne	200 g	BAKE	160 °C	30–25 mins



NOTE: It is recommended to flip food with heat-resistant tongs and check your food frequently throughout the cooking process for best results. Use these cooking times as a guide, adjusting them to suit your preferences.



Large container recipes

Here is some inspiration for larger meals for the family or batch cooked meals to prep for the week. You can even serve right out of the cooking containers as the non-slip heat-resistant bases will protect your table and make an ideal serving centre piece.





Tips & tricks

- Serve with seasonal vegetables and chicken gravy for a quick and easy roast dinner.
- Fancy crispier potatoes? Remove your chicken once cooked and switch to '**ULTRA CRISP**' and cook your potatoes until they are super crispy!

Garlic and Herb Roast Chicken with Roast Potatoes

Prep: 20 minutes

Cook: 55 minutes

Preset: 'AIR FRY'

Makes: 6 servings

Ingredients	For the roast potatoes
1.1 kg – 1.5 kg whole chicken	500 g white potatoes
5 garlic cloves	2 tbsp olive oil
1 lemon	Salt and pepper, to taste
20 g fresh parsley, chopped	
20 g fresh rosemary, chopped	
2 tbsp olive oil	
1 tbsp dried thyme	
1 tsp salt	
½ tbsp cracked black pepper	

Method

STEP 1: Combine the olive oil, parsley, rosemary, salt and black pepper in a small bowl. Finely chop or grate the garlic cloves and add to the bowl. Zest the lemon and add to the bowl. Stir to combine and create a marinade.

STEP 2: Remove the crisper tray out of the cooking container and place the chicken inside. Rub the marinade into the chicken, working it onto as much of the meat as possible. Place the lid onto the cooking container and leave to marinate in the fridge for at least 30 minutes.

STEP 3: Whilst the chicken is marinating, prepare the potatoes. Cut them into chunks and parboil in salted water for 7–8 minutes, until fork tender. Drain and pat dry with kitchen towel to achieve the crispiest results. Put the potatoes in a bowl and add the olive oil, a pinch of salt and crushed black pepper. Toss to combine.

STEP 4: Remove the chicken out of the cooking container and place onto a plate or a chopping board. Add the potatoes to the same container forming a single layer on the bottom. Place the chicken back on top of this layer.

STEP 5: Attach the CrisperHub to the adaptor and place on top of the cooking container. Press 'MENU' until 'AIR FRY' illuminates and change the temperature to 180 °C and the time to 55 minutes. Press 'START' to begin cooking.

STEP 6: After 30 minutes, remove the CrisperHub and use heat-resistant tongs to remove the chicken. Place onto a plate or chopping board.

STEP 7: Shake and flip the potatoes using heat-resistant tongs or a spatula. Replace the chicken, flipping it over so it is breast side down. Place the CrisperHub back on top to resume cooking.

STEP 8: Once the timer has finished, use a temperature probe to ensure the chicken has reached an internal temperature of 75 °C.

Home-style Chips

Prep: 10 minutes

Cook: 20 minutes

Preset: 'ULTRA CRISP'

Makes: 4 servings

Ingredients

5–4 potatoes, large

½ tbsp cooking oil or oil spray

Seasonings of your choice

Method

STEP 1: Cut the potato into chips approx. 1 cm wide.

STEP 2: Place the chopped potatoes into a pan of cold water and bring to boil for 3 minutes.

STEP 3: Drain the potatoes and pat dry thoroughly using kitchen towel.

STEP 4: Transfer the potatoes to a bowl. Coat the potatoes with ½ tbsp of cooking oil or oil spray and place onto the crisper tray in the cooking container ensuring they are in a single layer.

STEP 5: Attach the CrisperHub to the adaptor and place on top the cooking container. Press '**MENU**' until '**ULTRA CRISP**' illuminates and change the time to 20 minutes. Press '**START**' to begin cooking.

STEP 6: Shake the chips regularly (approx. every 5 minutes) to make sure they cook evenly.

STEP 7: Once the timer has finished, use heat-resistant tongs or a spatula to remove the chips and transfer back to a bowl. Add your seasonings to taste.



Seasoning ideas

- Garlic parmesan
- Piri piri style
- Cajun style
- Classic chip shop style
- Salt & pepper Chinese style





Hasselback Aubergines with Roasted Tenderstem Broccoli

Prep: 10 minutes

Cook: 40 minutes

Preset: 'AIR FRY'

Makes: 4 small servings or 2 large servings

Ingredients	For the marinade
2 aubergines	2 tbsp harrissa paste
250 g tenderstem broccoli	1 tbsp olive oil
Olive oil, to drizzle	Juice of ½ a lemon
Side salad, to serve	Salt and pepper
Hasselback potatoes, to serve	

Method

STEP 1: Place a chopstick either side of one of the aubergines. Slice the aubergine Hasselback style, cutting a slit every 1 cm through the aubergine, being careful not to slice all the way through. The chopsticks should prevent this. Repeat on the remaining aubergine.

STEP 2: Mix the harissa paste, oil, lemon juice, salt and pepper together in a bowl. Brush the mixture generously across the aubergines, working deep into the cuts. Ensure all the cuts are well covered by the mixture.

STEP 3: Place the aubergines onto the crisper tray in the cooking container, attach the CrisperHub to the adaptor and place onto the container. Press '**MENU**' until '**AIR FRY**' illuminates and change the temperature to 185 °C and the time to 30 minutes.

STEP 4: Whilst the aubergines are cooking, prepare the broccoli. Drizzle olive oil over the broccoli and season with salt and pepper.

STEP 5: Once the timer has finished, add the broccoli into the gaps around the aubergine, and return the CrisperHub to the container. Press '**MENU**' until '**AIR FRY**' illuminates and change the time to 7 minutes. Press **START** to begin cooking.

STEP 6: Once the timer has finished, remove the aubergines and broccoli using heat-resistant tongs. Take care to keep the aubergines intact. The skin should be crispy with the inside being tender and saucy.

STEP 7: Serve a whole aubergine as a large portion, or half an aubergine as a smaller portion or lunch.



Tips & tricks

- Finish with a squeeze of the remaining lemon juice for even more freshness when serving.
- Serve with hasselback potatoes for an extra crispy addition.

Air Fry

Ultra Crisp

Bake

Smoky Red Pepper Lasagne

Prep: 10 minutes
Cook: 1 hour
Preset: 'AIR FRY', 'ULTRA CRISP', 'BAKE'
Makes: 6 servings

Ingredients	For the Béchamel sauce
5 cloves of garlic, finely chopped	500–400 ml milk
2 red peppers, deseeded	100 g butter
2 red onions, diced	100 g plain flour
2 medium carrots, finely diced	Salt and pepper, to taste
2 celery sticks, finely diced	
2 tins of chopped tomato	
2 Mozzarella balls	
2 bay leaves	
1 box of dried lasagne sheets	
400g beef mince or veggie mince	
100 g grated Parmesan	
1 tbsp tomato paste or puree	
1 tsp smoked paprika	
1tsp dried Italian herbs	

Method

- STEP 1:** Quarter the peppers and place skin side up onto the crisper tray in the cooking container. Attach the CrisperHub to the adaptor and place on the container. Press **'MENU'** until **'AIR FRY'** illuminates and change the time to 12 minutes. Press **'START'** to begin cooking.
- STEP 2:** Once the timer has finished, the peppers should be beginning to crisp. Remove the peppers from the crisper tray using heat-resistant tongs and place onto a plate or chopping board. Carefully remove the crisper tray and add the mince into the cooking container breaking down with a wooden spoon. Replace the CrisperHub back on top of the container, press **'MENU'** until **'ULTRA CRISP'** illuminates and change time to 7 minutes. Press **'START'** to begin cooking.
- STEP 3:** Whilst the mince is cooking, start to make the sauce by cooking the carrots, celery and onions in a saucepan over a medium–high heat until softened.
- STEP 4:** Once the timer has finished, remove the cooked mince using a heat-resistant spoon and add to the

saucepan. Add the paprika, garlic, tomato paste, along with the mince juices left the container. Cook for a further 3 minutes and add the chopped tomatoes. Season with the herbs and bay leaves and add a tins worth of water.

STEP 5: Using a food processor or pestle and mortar, blitz the cooked red pepper into a sauce. Add to the saucepan and mix to combine. Bring to a simmer and cook for a further 20 minutes.

STEP 6: Make your Béchamel sauce by melting the butter in a saucepan over a medium heat and combining with the flour. Stir constantly for 3–4 minutes to prevent burning. Turn the heat down and add a small amount of the milk. Continue to mix until combined, breaking down any lumps and repeat until all the milk is added. Turn up the heat to medium and whisk until the sauce thickens.

STEP 7: Start assembling the lasagne in the cooking container with the crisper tray removed. Place a layer of red pepper sauce in the container and then add a layer of pasta sheets. Add another layer of red pepper sauce, then Béchamel followed by another layer of then sheets. Repeat until out of red pepper sauce. Add a final layer of Béchamel and top with Mozzarella and Parmesan.

STEP 8: Place the CrisperHub on top of the cooking container and press '**MENU**' until '**BAKE**' illuminates and change the time to 40 minutes. Press '**START**' to begin cooking.

STEP 9: Once the timer has finished, the cheese should be bubbling and crispy on top, the pasta sheets should be soft and not al dente. Leave to rest for 20 minutes before serving.



Tips & tricks

- Serve with fresh rocket or salad.
- Add garlic bread slices for a hearty meal.





Tips & tricks



- Serve with a dip of your choice! We recommend blue cheese and honey mustard for a tangy and sweet flavour.
- These wings are best served hot. If you are prepping or cooking before a party, use the '**RECRISP**' preset to make sure they are piping hot.
- Get creative with new sauce flavours, Garlic Parmesan and sticky Korean BBQ sauces also taste great!

Cauliflower Wing Roulette

Prep: 10 minutes

Cook: 30 minutes

Preset: 'AIR FRY'

Makes: 4 servings

Ingredients	For the lemon pepper sauce	For the fiery hot sauce	For the smoky BBQ sauce
1 large cauliflower	Zest of 1 lemon	150 ml of your favourite hot sauce	150 ml BBQ sauce
200 ml water	40 g butter	40 g butter	40 g butter
60 g plain flour	1 tbsp crushed black pepper	1 tbsp honey	
60 g cornflour	1 tsp lemon juice		
1 tsp salt			
1 tsp smoked paprika			
1 tsp garlic power or granules			

Method

STEP 1: Create a batter by whisking the water & flour together, then add the salt, garlic and paprika.

STEP 2: Cut the cauliflower into uniform bite size florets for even cooking and coat them in the batter, making sure they are evenly covered.

STEP 3: Place the florets onto the crisper tray in the cooking container, attach the CrisperHub to the adaptor and place onto the container. Press '**MENU**' until '**ULTRA CRISP**' illuminates and change the time to 20 minutes. Press '**START**' to begin cooking.

STEP 4: After 10 minutes, remove the CrisperHub and use heat-resistant tongs to flip over the cauliflower to ensure even cooking. Place the CrisperHub back on top to resume cooking.

STEP 5: Whilst the cauliflower is cooking, make your chosen sauce or sauces by combining all the ingredients in saucepans and stirring over a low-medium heat until combined.

STEP 6: Once the timer has finished remove the cauliflower using heat-resistant tongs and place onto a plate or chopping board.

STEP 7: Split the cauliflower into thirds. Add each third to a different sauce, making sure they are well coated.

STEP 8: Place the coated cauliflower onto the crisper tray in the cooking container and place the CrisperHub on top. Press '**MENU**' until '**ULTRA CRISP**' illuminates and change the time to 10 minutes. Press '**START**' to begin cooking.

STEP 9: Once the timer has finished, remove the cauliflower using heat-resistant tongs and place into a large bowl. Toss well so all flavours are mixed. The cauliflower will begin to char when ready, if the timer finishes and it needs longer to cook repeat '**STEP 6**' and change the time accordingly.

Sticky Glazed Pork Belly Bites

Prep: 10 minutes

Cook: 15 minutes

Preset: 'AIR FRY'

Makes: 2 servings

Ingredients

2 cloves of garlic, finely chopped

500 g pork belly slices

2 tbsp soy sauce

1 tbsp brown sugar

1 tsp Chinese five spice

1 tsp chilli flakes

1 tsp honey

Thumb-sized piece of ginger, grated

Sesame seeds , to serve

Cocktail sticks, to serve

Method

STEP 1: Cut the pork belly slices into bite sized chunks. You should be able to easily eat them off a cocktail stick.

STEP 2: Remove the crisper tray from the cooking container and add the pork, soy sauce, sugar, Chinese five spice, chilli flakes, honey and ginger. Mix well to coat the pork, place the lid onto the cooking container and leave to marinate in the fridge for at least 30 minutes. For best results marinate overnight.

STEP 3: Remove the pork and marinade from the cooking container and place into a bowl. Replace the crisper tray into the cooking container and place the pork on top. Top the pork with any remaining marinade.

STEP 4: Attach the CrisperHub to the adaptor and place on top of the cooking container. Press '**MENU**' until '**ULTRA CRISP**' illuminates and change the time to 10 minutes. Press '**START**' to begin cooking.

STEP 5: Once the timer has finished, use heat-resistant tongs to flip the pork so all sides can cook evenly. Place the CrisperHub back on top and press '**MENU**' until '**ULTRA CRISP**' illuminates and change the time to 5 minutes. Press '**START**' to begin cooking until the pork is crispy on the outside.

STEP 6: Once crispy, remove the pork by using cocktail sticks to take the each bite out individually. Place some sesame seeds into a shallow bowl or on a plate and use the cocktail sticks to rub the pork in the seeds, until they are nicely coated.



Tips & tricks

- Serve with chilli oil or a hoisin dipping sauce.
- If you prefer your pork crispier, cook for an extra few minutes on '**ULTRA CRISP**'.

Large container recipes cooking chart

Ingredient	Amount	Function	Temperature	Cooking time
Vegetables				
Asparagus	400 g whole, trimmed	AIR FRY	200 °C	7-9 mins
Bell peppers	4 peppers, Whole	AIR FRY	200 °C	16 mins
Broccoli	400g cut into 2.5 cm florets	AIR FRY	200 °C	8-10 mins
Corn on the cob	4 cobs halved ears, remove husks	AIR FRY	200 °C	12-15 mins
Mushrooms	250g g cut into quarters	AIR FRY	200 °C	6-8 mins
Sweet potatoes	600 g cut into 2.5 cm wedges	AIR FRY	200 °C	18-20 mins
White potatoes				
Wedges	2 potatoes cut into 2.5 cm wedges	ULTRA CRISP	200 °C	18-20 mins
Fresh chunky chips	2 potatoes cut into 1 cm chips	ULTRA CRISP	200 °C	18-20 mins
Fresh French fries	2 potatoes cut into 0.5 cm fries	ULTRA CRISP	200 °C	18 mins
Roast potatoes	2 potatoes cut into chunks	ULTRA CRISP	200 °C	40 mins
Chicken				
Chicken breasts	2 boneless breasts	AIR FRY	200 °C	13-15 mins
Chicken wings	4 bone-in wings	AIR FRY	200 °C	22 mins
Chicken thighs	2 thighs, bone in	AIR FRY	200 °C	15-18mins
Beef				
Burgers	2 quarter pounders 2.5 cm thick	AIR FRY	200 °C	10 mins
Steak (medium)	1 fillet 210 g)	AIR FRY	200 °C	10-12 mins
Pork				
Bacon	2 strips	AIR FRY	200 °C	8-10 mins
Sausages	4 sausages	AIR FRY	200 °C	12 mins
Lamb				
Lamb chops	2 chops (170 g)	AIR FRY	200 °C	10-12 mins
Fish				
Salmon fillets	2 fillets	AIR FRY	200 °C	10-13 mins
Pizza				
Pizza	1-2 slices	AIR FRY	180 °C	10-12 mins

Ingredient	Amount	Function	Temperature	Cooking time
Frozen				
Chicken nuggets	200 g	ULTRA CRISP	200 °C	14 mins
Fish fingers	5	ULTRA CRISP	200 °C	14 mins
French fries	250 g	ULTRA CRISP	200 °C	18–20 mins
Chunky oven chips	250 g	ULTRA CRISP	200 °C	22 mins
Roast potatoes	300 g	ULTRA CRISP	200 °C	25–30 mins
Mozzarella sticks	90 g	ULTRA CRISP	200 °C	10–12 mins
Battered onion rings	150 g	ULTRA CRISP	190 °C	12–14 mins
Vegetarian				
Tofu	280 g	AIR FRY	200 °C	10 mins
Halloumi cheese	225 g, cubed	AIR FRY	200 °C	10 mins
Plant based sausages	4 sausages	AIR FRY	200 °C	14–16 mins
Vegan nuggets	6 nuggets	AIR FRY	200 °C	12–15 mins
Plant based burgers	2 burgers	AIR FRY	200 °C	12–14 mins
Bake				
Cupcakes	4	BAKE	160 °C	20–22 mins
Lasagne	200 g	BAKE	160 °C	25–30 mins



NOTE: It is recommended to flip food with heat-resistant tongs and check your food frequently throughout the cooking process for best results. Use these cooking times as a guide, adjusting them to suit your preferences.

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