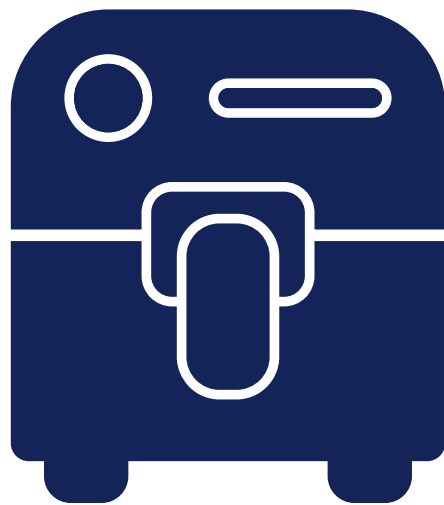


Air Fry *and eat well!*

A selection of easy, healthy and low-cost air frying recipes



Healthworks
the community health charity



In this recipe book we've included some great ideas to get you started with your Air Fryer.

You'll find a range of low-cost, healthy recipes for mains, desserts and more!

We have also included lots of other useful information to boost your knowledge of how to get the best out of your air fryer.

We hope you have fun trying them out!

Don't forget to substitute any ingredients you are allergic to.

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Air Fryer Mains

Pizza

What you'll need:

150g Self raising flour

100g natural yogurt

Tomato sauce base (puree, passata or homemade sauce)

Grated mozzarella cheese

Topping of choice e.g. cooked chicken, ham, vegetables, pineapple, leftover

Bolognese etc



How to make it:

1. In a mixing bowl combine the flour and yogurt, form into a dough ball
2. Roll out to fit air fryer
3. Make a foil basket to make lifting pizza out easily – to do this cut 2 pieces of foil and cross them to you have ‘handles’ to lift pizza out
4. Spray with oil and cook on 180 degrees for 3 minutes
5. Take out using the handles and turn pizza over. Placing pizza back onto the foil basket. Top with ingredients and cook on 165 degrees for 12-15 minutes

Sausage One Pot Meal

What you'll need:

Sausages (any kind) sliced into bite size pieces

Selection of vegetables (peppers, onion, courgette, cherry tomatoes)

1 tbsp oil

Seasoning



How to make it:

1. Slice all vegetables around the same size, place in a bowl with sausages and oil. Mix well season and place in air fryer on a single layer.
2. Cook on 190 degrees for 10 minutes in total, stirring after 5 mins. Once meat is cooked all way through it is ready to eat
3. Serve with rice, noodles or potatoes.

Chicken Tikka Wraps

What you'll need:

- 2 large Chicken breast – diced
- 2 tbsp Tikka paste
- 100g Natural yogurt
- 1 tbsp Garlic puree
- 1 Pepper – thinly sliced
- 1 Red onion – thinly sliced
- Wraps and salad to serve



How to make it:

1. Cut chicken into bite size pieces and place in bowl, coat in tikka paste and yoghurt . Leave to one side for 5 minutes
2. Slice onion and pepper thinly, add garlic puree and mix well
3. Place in pan accessory and cook on 180 degrees for 15 Mins
4. While the chicken is cooking, chop up your salad
5. Mix tikka half way through and check chicken is fully cooked before serving
6. Place in wrap with salad and enjoy

Creamy Hotdog Pasta Bake

What you'll need:

- Pasta (handful per person)
- 1 mug of frozen peas
- 1 tbsp oil
- 1 tin hot dogs drained
- 1 chicken or vegetable stock cube made up with boiling water - enough to cover pasta
- 4 tbsp Cream cheese (with garlic and herb optional)
- Mustard (optional)
- Grated cheese



How to make it:

1. Slice hot dogs and place in deep pan accessory with oil. Coat well and cook on 190 degrees for 3 mins
2. Add pasta to pan with made up stock and cream cheese, cook for a further 7 -10 mins
3. Add mustard if using and peas, stir well
4. Once pasta is fully cooked add grated cheese cook for 3 mins
5. Serve and enjoy

Quick Keema Curry – Vegetarian

What you'll need:

- Quorn mince
- Frozen mixed veg
- Curry paste – any flavour you prefer
- Tinned tomatoes
- Onion
- Garlic paste
- Microwave rice



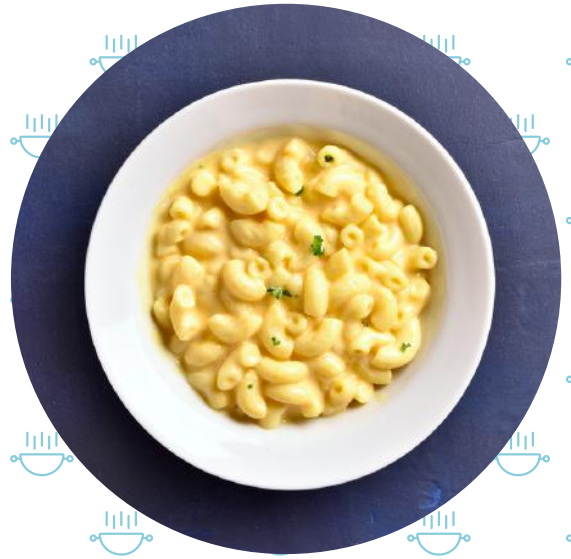
How to make it:

1. Dice onion small and add to deep pan with garlic puree
2. Cook on 190 For 3 minutes, stirring half way through
3. Add mince, frozen veg, tinned tomatoes and curry paste, cook for 15 Mins
4. Add water if needed, half way through and stir well
5. Serve with rice

Mac and Cheese

What you'll need:

300g Macaroni pasta
Milk (enough to cover pasta)
100g Grated cheese
Seasoning



How to make it:

You will need a deep pan from accessory kit or cookware bowl

1. Place pasta in pan and cover with milk, season well and cook for 18 minutes on 204 degrees
2. After 6 minutes open drawer and stir, after 12 minutes open again, add cheese and stir

Gnocchi and Tomato Bake

What you'll need:

- 1 tbsp olive oil
- 1 onion, chopped
- 1 tsp garlic paste or 1 clove grated
- 1 red pepper, deseeded and finely chopped
- 400g can chopped tomatoes
- 500g pack gnocchi
- handful basil leaves, torn
- half a 125g ball mozzarella, torn into chunks



How to make it:

1. Add 1 tbsp olive oil in a deep pan, 1 chopped onion and 1 finely chopped red pepper. Cook on 190 degrees for 5 mins until vegetables are softened
2. Stir in garlic, cook for 1 min, tip in 400g chopped tomatoes and 500g gnocchi, then cook on 180 for 12-15 mins,
3. Stirring occasionally, until the gnocchi is soft and the sauce has thickened
4. Season, stir through a handful of torn basil leaves, then transfer to a large ovenproof dish.
5. Scatter with torn chunks of half a 125g mozzarella ball, then cook for a further 3 mins until the cheese is bubbling and golden.

Hidden Vegetable Sausage Rolls

What you'll need:

- 1 tsp oil
- 1 medium courgette
- 1 large carrot
- 1 garlic clove
- 350g sausage meat
- 1 sheet ready roll puff pastry
- 1 egg, beaten
- Sesame seeds (optional)



How to make it:

You will need a liner or baking paper and a shallow pan

1. Spray the oil in pan and add grated carrot, courgette and the garlic. Cook on 170 degrees until the vegetables have softened for about 5 minutes. Don't let them brown, you just want them soft, stirring occasionally
2. Once the vegetables are cooked, add them to a large bowl along with the sausage meat and mix well.
3. While the mixture is cooling take your sheet of puff pastry and cut it lengthways so that you have 2 rectangle pieces. Divide the meat mixture into 2 and spread down the middle of each piece of pastry. Leaving a gap of about 1cm either side.
4. Roll the pastry over the sausage meat mixture so that the 2 edges meet. Press down with a folk and seal it.
5. Cut into sausage rolls whatever size you would like that will fit in your air fryer. Place them on the liner, brush with a little beaten egg and sprinkle sesame seeds on top if using
6. Cook in the Air fryer at 180 for 15-20 minutes (depending on the size of your rolls) or until golden brown and cooked through. Serve with salad

Egg Fried Rice with Chicken

What you'll need:

- 1 Onion diced
- 1tsp Garlic
- Mug of mixed frozen veg
- 1tbsp oil
- 1 Egg, beaten
- 2 tbsp Light Soy sauce
- Cooked chicken
- Cooked rice



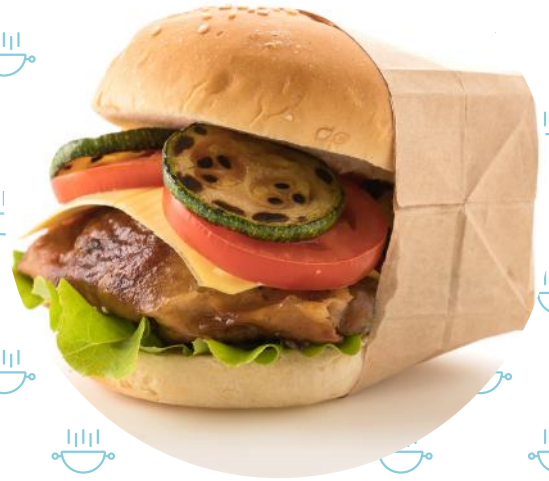
How to make it:

1. Dice onion small and place in pan with garlic and oil
2. Cook for 5 minutes at 180 degrees until onion soft
3. Add frozen veg and cooked chicken and cook for 3 minutes
4. Add cooked rice, soy and beaten egg Cook for 10 mins at 200, mixing twice to ensure rice is coated in egg

Chicken Burgers

What you'll need:

- Minced chicken/Turkey
- 1 Onion finely diced
- 1 tsp Seekh kebab spice
- Bread bun
- Spray oil
- Cucumber
- Shredded lettuce
- Tomatoes



How to make it:

1. Put the mince into a bowl
2. Finely dice the onion and add it to the mince
3. Add 1 teaspoon of the spice mix to the other ingredients. If you like it hot add 1 more. Mix it all together
4. Divide the mix into 4-6 patties.
5. Cook in air fryer on 180 for 10 mins turning half way through, making sure meat is cooked all way through
6. Serve in a bun with shredded lettuce, slices of cucumber and sliced tomato.

Pasta Bolognese

What you'll need:

- 100g pasta per person
- 250-300g minced beef
- 2 tins chopped tomatoes
- 1 onion – diced
- ½ courgette – diced
- 4 mushrooms
- Mixed Italian herbs
- 1 tbsp tomato puree
- 1 tbsp garlic puree
- Seasoning
- Grated cheese to serve



How to make it:

1. Cook pasta in a pan of boiling water
2. Meanwhile add onion, garlic puree to the accessory pan in air fryer, cook on 190 for 3 mins
3. Add mince and vegetables, cook for 5 mins – stirring if needed
4. Add tinned tomatoes, season and herbs mix well cook for a further 15 mins until mince is cooked through and veg is soft
5. Serve with pasta and grated cheese



Air Fryer Desserts

Fruit Crumble

What you'll need:

- 4oz plain flour
- 2oz low fat spread
- 4oz rolled oats
- 1oz brown or white sugar
- Tinned apples or/and pears



How to make it:

1. Place flour and low fat spread in bowl and mix with fork. Rub in low fat spread. Stir in oats and 1oz of sugar.
2. Add chopped tinned fruit to a deep pan
3. Sprinkle over the flour mixture to cover.
4. Bake for 15 minutes at 170 until brown.
5. Try this recipe with lots of different fresh, frozen or tinned fruit. Serve with low fat natural yoghurt

Banana Cake

What you'll need:

- 4oz/100g low fat margarine
- 2oz/50g sugar
- 1 teaspoon baking powder
- 5oz/140g self raising flour
- 2 eggs beaten
- 4oz/100g sultanas
- 1 teaspoon mixed spice
- 3 bananas mashed



How to make it:

1. Beat low fat margarine and sugar together.
2. Stir in the eggs and bananas.
3. Add all of the remaining ingredients and mix well.
4. Place into lined pan and bake for 30 minutes at 160

Melting Moments Biscuits

What you'll need:

- 3 oz self raising flour
- 1½ oz caster sugar
- 2 oz low fat spread
- Few drops of vanilla essence
- Glace cherries or cranberries
- Oats or coconut



How to make it:

1. Cream the low fat spread and sugar together.
2. Mix in the vanilla essence.
3. Add the flour and mix well.
4. Divide the mixture into small balls.
5. Roll each ball in the oats or coconut.
6. Place on a baking liner and press down slightly, put a small piece of cherry or cranberry onto each one.
7. Pop them in air fryer for approx. 10 minutes at 160
8. Leave to cool then enjoy.

Homemade Pop Tarts

What you'll need:

- Strawberry jam or tinned fruit such as apples or pears
- Shortcrust pastry – 1 pack of ready roll
- 3-4 tbsp icing sugar
- 1 tsp Vanilla extract
- Sprinkles



How to make it:

1. Simply cut the pastry into pop tart shapes, fill with strawberry jam, wet edges with water and seal
2. Pop them in the air fryer at 170, 11 minutes later - they're done!
3. Make icing up to packet instructions
4. Cool completely before drizzling in glaze and sprinkling with sprinkles.



Air Fryer Basics

Chips / Wedges

What you'll need:

- Potatoes
- Seasoning of choice
- 1-2 tbsp oil



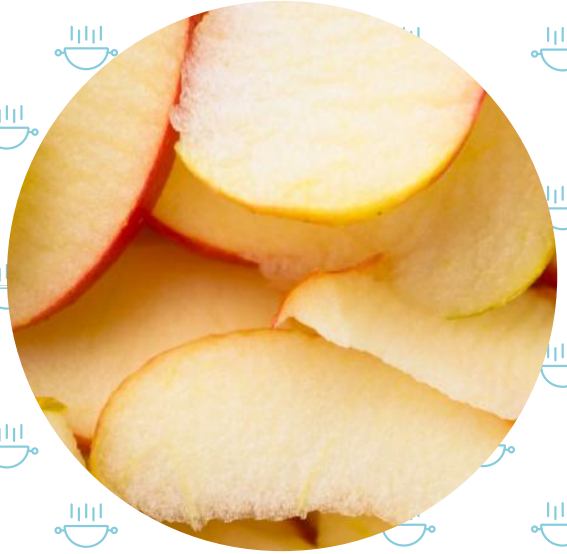
How to make it:

1. Slice chips or wedges and place in a bowl, add oil and season. Mix well until all potatoes are covered.
2. Place in drawer and cook on 200 for 18-20 minutes – give chips a good shake in basket half way through

Apple crisps

What you'll need:

- Apples
- optional - cinnamon



How to make it:

1. Thinly slice apple
2. Season with cinnamon (optional)
3. Place in air fryer on a single layer
4. Cook for 10 minutes on 200 degrees

Cheesy garlic bread

What you'll need:

Par- baked baguette

Garlic (can be fresh, frozen, puree, granules or lazy)

1 tbsp spread

Dried parsley

Grated cheese



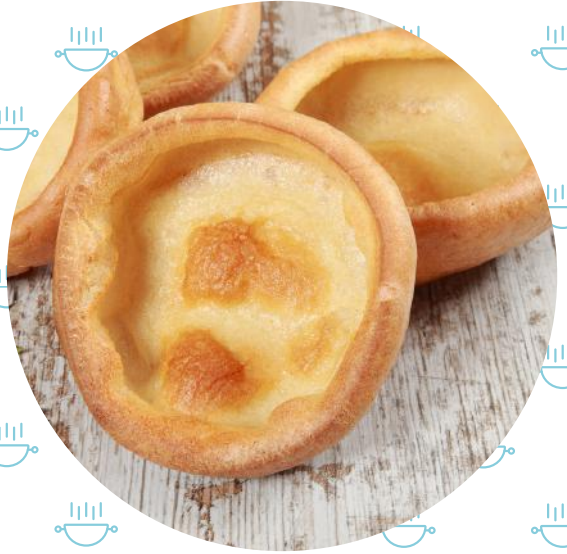
How to make it:

1. Slice parbaked bread into size to fit in air fryer, slicing 3/4 of a way through so you have 2cm pieces through out the baguette
2. In a bowl mix together your spread with garlic and parsley
3. spread into the gaps
4. Cook on 180 for 7 minutes.
5. add cheese then cook for 3 mins until cheese is melted

Yorkshire Puddings

What you'll need:

- You will need silicone cases
- Plain flour
- Semi-skimmed milk
- Eggs



How to make it:

1. Using a cup measure out the same amount of flour, eggs and milk
2. Mix well in a bowl and allow to rest for 20 minutes
3. Place in cases and cook on 200 for 20. mins



Air Fryer Info & Tips

When Cooking Fatty Food, Add Water

When you add a little bit of water to the air fryer drawer, it tames the grease from the meat's natural fat. As a result, it doesn't get too hot easily, so you won't be left with burnt food. This also prevents the air fryer from producing too much smoke and from overheating.

Don't Overcrowd

If you own a large air fryer, we know how tempting it is to fill the basket to the brim with food. Unfortunately, this means that food in the middle of the stack won't get enough hot air to cook it thoroughly and that only leaves you with an undercooked portion of food. Thus, make sure that each piece gets enough hot air to cook them to that crisp deliciousness.

Flip or Shake Food Halfway Through

To make sure that the food is thoroughly and evenly cooked, we strongly suggest flipping the food or shaking the basket halfway through the cooking process. This ensures that the food is exposed to hot air at all angles.

Use Foil for Easier Clean-up

To prevent excess grease and moisture from dripping into the inner drawer, you might want to consider wrapping the bottom half of the basket with foil. This will serve to catch all the grease from your cooking, so you can just take it out after cooking.

Foil is also a great conductor of heat, so the bottom half of your food also gets cooked.

Invest in Accessories

Air fryers are versatile appliances. Aside from air frying your food, you can also use it to roast, bake, or grill your favorite food. For this reason, you might want to invest in air fryer accessories to take your air fryer cooking to the next level.

Air fryers Reheat Food Better

Reheating leftovers is best done with an air fryer. While you can also do the same with a microwave, air fryers reheat the food while bringing back its crispness and moisture. You can't do that with a microwave.

Preheating isn't necessary

It's not necessary to preheat the air fryer before cooking. If you do, it could change the cook time of your recipe. Only preheat if the recipe you're following says to do so

Prevent sticking with parchment paper

It's not always necessary, but for times when the food you're cooking is especially sticky or delicate, you can use parchment paper to keep it from sticking to the basket. I use them when cooking fish so it doesn't crumble when I take it out of the basket. You can get round or square parchment paper that's pre-cut with air holes so it doesn't affect the air circulation around your food.

You can use tin foil

If you've been wondering, you can use tin foil in the air fryer. It can be used to keep foods from sticking, or to make clean up easier. You can also wrap liquid foods in it or steam food, as you would "en papillot" (wrapped in foil) in the oven. You might also use an aluminium pan to cook in, which is also okay to use in the air fryer. Disposable foil pans can be a great way to reheat food in the air fryer, like lasagne or a casserole.

Bake a cake

You can bake anything in the air fryer. The only stipulation is that it fits in the basket. If you have a silicon cake pan that fits in the air fryer basket, go ahead and bake your cake in it. You'll be surprised how great it turns out and, in less time, than in the oven

Air Fryer FAQs

HOW DOES AN AIR FRYER WORK? HOW DO YOU FRY FOOD WITH AIR FRYER?

Air fryers cook food using extremely hot air that is being blown all over the inner chamber. This ensures that the food is cooked from all sides, leaving you with that crunchy exterior but without the need for deep frying it in oil. It functions similarly to a convection oven but is more efficient and energy-saving.

WHAT OILS CAN YOU USE IN THE AIR FRYER?

You can use any cooking oil with an air fryer. Popular choices include olive oil, peanut oil, and canola oil. It boils down to your preferences.

HOW TO APPLY OIL TO THE AIR FRYER?

The oil you apply when cooking with an air fryer helps create a crunchy exterior for your food. As such, it is recommended to simply spray it all over your food. Do not add it directly into the frying basket or pan.

Oven To Fryer Cooking Times Comparison

Oven	Air fryer
10 mins	8 mins
15 mins	12 mins
20 mins	16 mins
25 mins	20 mins
30 mins	24 mins
35 mins	28 mins
40 mins	32 mins
45 mins	36 mins
50 mins	40 mins
55 mins	44 mins
1 hour	48 mins

Oven To Fryer Temperature Comparison

Oven	Fan oven	Air fryer
190 °	170 °	150 °
200 °	180 °	160 °
210 °	190 °	170 °
220 °	200 °	180 °
230 °	210 °	190 °

Energy Saving Tips

quick, easy and low cost things you can do to help save money and the planet!

Turning off standby mode on electrical appliances could save you around £35 per year!

A running tap wastes 3 litres of water a minute so turn off the tap while brushing your teeth or washing your face.

Make sure that dishwashers and washing machines are full before you use them.

Ensure you regularly use the most efficient water and energy settings on washing appliances.

Using a bowl to wash up rather than a running tap can save money and water.

Turning down your room thermostat by just one degree can save around £55 a year and reduce your carbon footprint.

Using a room thermostat and thermostatic radiator valves efficiently could save you around £70 a year

Turn your lights off when you're not using them and use natural light wherever possible.

Wash your clothes at a lower temperature and use cold water if you don't need hot.

Save around £22 a year from your energy bill just by using your kitchen appliances more carefully.

Fit a water efficient shower head as this will reduce your hot water usage.

Choose energy efficient appliances when replacing old ones wherever possible.

The recipes featured in this book use a number of store cupboard staple ingredients - we'd suggest keeping the following items in your cupboards and freezer so you can easily make the dishes featured as well as many other tasty and healthy meals.

1. Tinned tomatoes in juice: a great versatile ingredient, used as a base for many dishes.
3. Herbs and spices: adding flavour is important when it comes to cooking with less salt. Dried herbs and spices are an inexpensive way of doing that and have the advantage of keeping for a while if they are kept well sealed and out of direct sunlight.
5. Whole wheat pasta: higher in fibre than white pasta, whole wheat pasta is a filling choice and will keep for a long time in your cupboard ready for a quick evening meal. Use it as a starchy accompaniment for main meals as well as having it cold in pasta salads.
6. Onions: a basic ingredient that contributes towards your five a day, onions are a versatile ingredient. They keep well stored in a cool, dark place without needing to be refrigerated.
7. Tinned pulses: pulses are a good ingredient to bulk out meat dishes as well as being a vegetarian source of protein. Dried pulses keep well too but when they are tinned in water they are ready to eat making them a quick and easy choice.
8. Plain flour: a bag of plain flour can be useful for making pancakes and scones.
9. Potatoes: whether they are baking potatoes, sweet potatoes or new potatoes, these root vegetables keep well when stored in a cool, dark place.
10. Tinned fruit in juice: tinned fruit keeps for ages and will count towards your five a day. During the winter it can be a good way of getting more exotic fruits in your diet like peaches, apricots and pineapple. Just make sure the fruit is tinned in fruit juice rather than syrup (which is full of sugar).
11. Dried fruit: dried fruits such as sultanas, apricots, figs and dates are all useful for adding sweetness to breakfasts, dried fruit still contributes to your five a day and can also be a source of nutrients like fibre and iron.
12. Frozen peas: frozen vegetables can sometimes have more nutrients in them than fresh and will count towards your five a day. Having a bag of peas in the freezer means you will never be short of a vegetable to serve with your main meals and you can also use defrosted frozen peas as an addition to salads as well as to make a filling soup.
13. Bread: it's always useful to have a sliced loaf of wholegrain bread in the freezer. If you don't get through bread quickly, having it ready sliced means you don't have to defrost the whole thing in one go. Just take out individual slices as and when you need them.



Healthworks is an
award-winning charity, working
across the North East region
with people of all ages to
enable them to lead longer,
happier and healthier lives.



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What's On



SCAN ME



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**We hope you enjoyed our Air Fry, Eat Well
recipe book - visit our website and YouTube
for more ideas and inspiration**

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