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# COMPACT 3.5L AIR FRYER



30 Quick & Easy Recipes

# Welcome to Strongcore's Air Fryer Recipes



Congratulations on Your New  
**COMPACT 3.5L Air Fryer!**

We're excited to get you started with  
**30 Quick & Easy Recipes** crafted  
especially for your fryer.

Thanks to advanced 360° Hot Air  
Circulation technology, you'll enjoy  
healthier, crispier meals with little to  
no oil. Perfect for everyday cooking  
made simple.

Thank you for choosing Strongcore.  
Here's to fresher, faster, and more  
flavourful meals ahead!

Happy Air Frying,  
— **The Strongcore Team**



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# APPETIZERS



# EGG QUICHE BACON AND LEEKS



**Preparation Time**  
15 Minutes



**Cooking Time**  
20-25 Minutes



**Servings**  
2 Slices (1-2 Persons)



**Nutritional Value**  
500 kcal (Per 2 Slices)  
Carbohydrates 15g  
Proteins 25g  
Fats 35g

## Ingredients

### Filling

2 Slices (30g) Streaky Bacon, Diced  
1/4 (50g) Small Leek, White and Light Green Parts Only, Thinly Sliced  
2 Large Eggs  
1/4 Cup (60g) Heavy Cream or Full-Fat Milk  
1/4 Cup (30g) Shredded Gruyère or Cheddar Cheese  
1/2 Teaspoon (2g) Salt  
Pinch of Black Pepper  
Pinch of Nutmeg (Optional)  
A Tiny Bit of Olive Oil for Sautéing (Optional)

### Pie Crust

1/4 Cup (30g) All-Purpose Flour  
1 Tablespoon (15g) Cold Unsalted Butter, Cubed  
1/2-1 Teaspoon (2-5g) Cold Water  
Pinch of Salt

## Directions

**1.** Prepare the Pie Crust: In a small bowl, mix flour and salt. Add cold butter and rub with your fingertips until the mixture resembles breadcrumbs. Add cold water a little at a time and mix until the dough comes together.



Flatten into a disc, wrap in cling film, and chill in the fridge for 10–15 minutes. Roll out and press into a 4-inch (10cm) air fryer-safe tart pan. Prick the base with a fork.

- 2.** Pre-bake Crust: Place in COMPACT 3.5L Air Fryer at 160°C (320°F) for 5–6 minutes using temperature and time controls. Set aside to cool slightly.
- 3.** Prepare the Fillings: If using fresh bacon, cook in a small pan over medium heat until crispy. Remove with a slotted spoon and set aside on a paper towel-lined plate. Drain most of the fat, leaving about 1 tsp in the pan. Sauté the sliced leeks over medium-low heat for 5–7 minutes until softened and translucent. Set aside.
- 4.** Make the Egg Mixture: In a medium bowl, whisk together the eggs, cream (or milk), salt, black pepper, and nutmeg (if using) until well combined.
- 5.** Assemble the Quiche: Sprinkle half of the cheese over the pre-baked crust. Add the bacon and leeks. Pour the egg mixture over, then top with the remaining cheese.
- 6.** Air Fry: Place the tart pan into the basket of your air fryer. Set to 160°C (320°F) and cook for 20–25 minutes using manual temperature and time controls. Check doneness with a toothpick or knife, it should come out clean.
- 7.** Rest and Serve: Let the quiche rest for 5–10 minutes before slicing. This helps it set properly.

# MOZZARELLA STICKS



## Preparation Time

20 Minutes (Plus 30 Minutes Freezing Time)



## Cooking Time

6-8 Minutes



## Servings

8 Sticks (2-3 Persons) 8 Sticks (2-3 Persons)



## Nutritional Value

640 kcal (Per 8 Sticks)  
Carbohydrates 32g  
Proteins 40g  
Fats 32g

## Ingredients

### Mozzarella Sticks

4 Sticks (112g) Mozzarella String Cheese, Cut in Half to Make 8 Shorter Sticks  
½ Cup (60g) All-Purpose Flour  
1 Large Egg, Beaten  
1 Cup (80g) Panko Breadcrumbs  
½ Teaspoon (2g) Garlic Powder  
¼ Teaspoon (0.5g) Dried Oregano  
Pinch of Salt  
Cooking Spray (Olive Oil or Avocado Oil)

### Marinara Sauce

2 Tablespoons (30g) Olive Oil  
3 Cloves (9g) Garlic, Minced  
1 Small (60g) Onion, Finely Chopped (Optional)  
2 Cans (800g Total) Whole or Chopped Tomatoes  
1½ Teaspoons (9g) Salt, or to Taste  
1 Teaspoon (4g) Sugar (Optional – to Balance Acidity)  
½ Teaspoon (1g) Black Pepper  
1 Teaspoon (1g) Dried Oregano  
½ Teaspoon (0.5g) Dried Basil (or a Few Fresh Basil Leaves, Torn)  
Pinch of Chilli Flakes (Optional)

Splash of Water or Vegetable Stock, if Needed

Fresh Basil or Parsley for Garnish (Optional)

## Directions

1. Make the Marinara Sauce: Heat olive oil in a medium saucepan over medium heat. Add the onion (if using) and cook until soft. Stir in garlic and sauté for 30 seconds until fragrant. Add the tomatoes with their juice. Break them up with a spoon if whole. Stir in salt, pepper, oregano, basil, sugar (if using), and chilli flakes if desired. Simmer uncovered on low heat for 30–40 minutes, stirring occasionally. Add a splash of water or stock if it thickens too much. Blend for a smooth texture (optional). Set aside or keep warm.
2. Prepare the Mozzarella Sticks: Freeze the cheese and cut each mozzarella stick in half. Place all 8 pieces on a parchment-lined plate and freeze for at least 30 minutes. This helps prevent them from melting too quickly in the air fryer.
3. Set Up Breading Stations and prepare three shallow dishes:  
Dish 1: Flour  
Dish 2: Beaten egg  
Dish 3: Panko breadcrumbs mixed with garlic powder, oregano, and salt
4. Bread the Mozzarella: Working one at a time, dredge each frozen stick in flour, dip in egg, and coat in breadcrumbs. For a crispier finish, repeat the egg and breadcrumb steps to double-coat.
5. Air Fry the Mozzarella Sticks: Preheat the COMPACT 3.5L Air Fryer to 200°C (400°F) for 3–5 minutes. Lightly spray the air fryer basket with oil. Place the breaded mozzarella sticks in a single layer without overcrowding. Spray the tops with oil as well. Air fry for 6–8 minutes, flipping halfway, until golden and crisp. Watch closely near the end, cheese should be gooey, not spilling out
6. Serve and Plate: Serve the hot mozzarella sticks immediately with warm marinara sauce for dipping. Garnish with fresh herbs if desired.



# SALMON SUSHI BAKE



**Preparation Time**  
15 Minutes



**Cooking Time**  
10-15 Minutes



**Servings**  
1-2 Persons



**Nutritional Value**  
500 kcal (Per Serving)  
Carbohydrates 40g  
Proteins 30g  
Fats 25g

## Ingredients

1 Small Fillet (100g) Salmon Fillet, Skin Removed  
½ Cup (120g) Cooked Sushi Rice, Seasoned (See Directions)  
2 Tablespoons (30g) Mayonnaise (Japanese Mayo Preferred)  
1 Teaspoon (5g) Sriracha (Adjust to Taste for Spice)  
½ Teaspoon (2g) Soy Sauce  
¼ Teaspoon (1g) Sesame Oil  
½ Sheet Nori (Seaweed), Cut into Small Strips or Squares for Serving  
Optional Toppings: Thinly Sliced Avocado, Sesame Seeds, Chopped Green Onions

## Directions

1. Cook and Season Sushi Rice: Cook sushi rice according to package directions. While hot, season with 1 tablespoon rice vinegar, 1/2 teaspoon sugar, and 1/4 teaspoon salt per 120g of cooked rice. Mix well and set aside to cool slightly.
2. Prepare Salmon: Pat the salmon fillet dry. Season lightly with salt and pepper. Place the salmon in a small air fryer-safe dish or directly in the air fryer basket (if it has a non-stick surface). Air fry at 180°C (350°F) for 8-10 minutes using your COMPACT 3.5L Air Fryer, or until cooked through and flakes easily. Once cooked, flake the salmon with a fork into a bowl.

3. Make Spicy Mayo Salmon Mixture: To the flaked salmon, add mayonnaise, Sriracha, soy sauce, and sesame oil. Mix well until all ingredients are combined and the salmon is coated in the creamy sauce.
4. Assemble the Sushi Bake: In a small air fryer-safe baking dish (one that fits comfortably in your 3.5L air fryer basket, ideally a small ramekin or a 4-inch square dish), press the seasoned sushi rice evenly into the bottom to form a compact layer.
5. Add Salmon Layer: Spread the spicy mayo salmon mixture evenly over the rice layer.
6. Air Fry the Bake: Carefully place the baking dish into the air fryer basket. Air fry at 190°C (375°F) for 5-7 minutes, or until the top is lightly golden and bubbly. Keep a close eye on it to prevent burning.
7. Serve: Carefully remove the sushi bake from the air fryer. Garnish with optional toppings like thinly sliced avocado, sesame seeds, and chopped green onions. Serve immediately with nori strips or squares for scooping.

# BAKED BRIE BREAD



**Preparation Time**  
10 Minutes



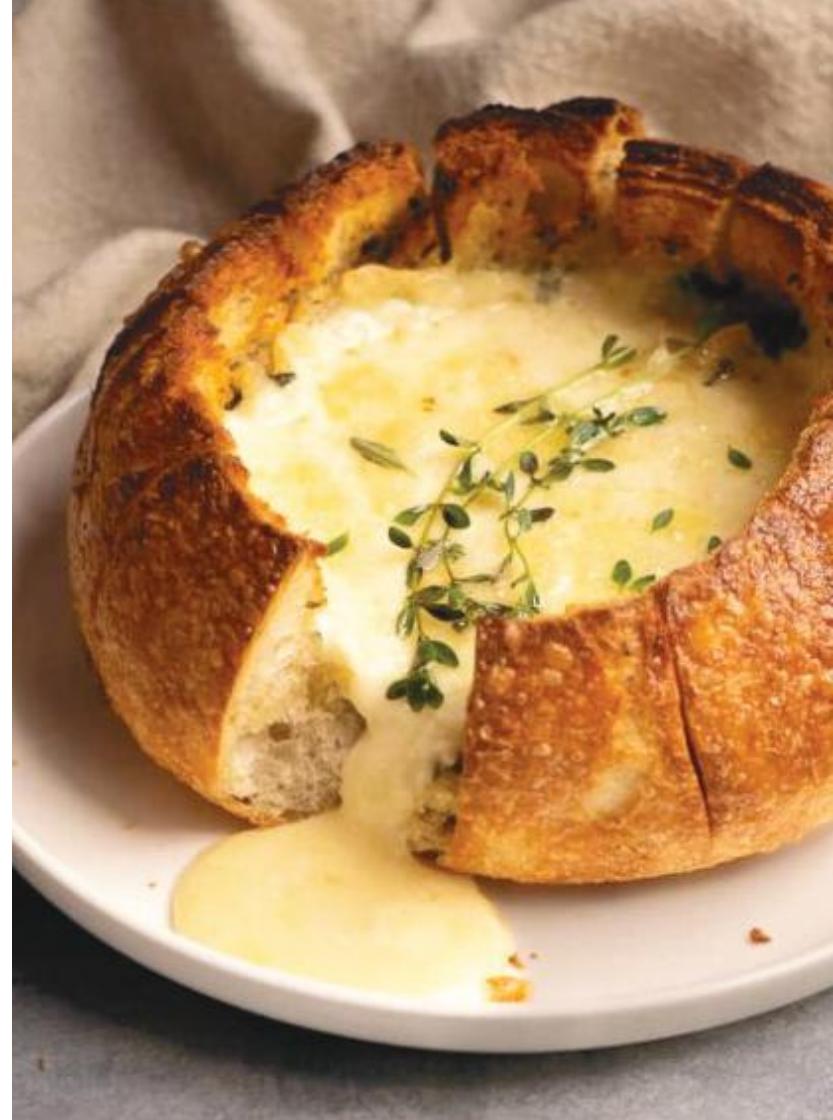
**Cooking Time**  
12-15 Minutes



**Servings**  
1-2 Persons



**Nutritional Value**  
700 Calories kcal (Per Serving)  
Carbohydrates 40g  
Proteins 30g  
Fats 50g



## Ingredients

1 Small Wheel (125g) Brie Cheese, Ideally One That Fits Snugly into Your Bread Roll  
1 Small Round Bread Roll or Mini Sourdough Boule (Ensure It Fits in a 3.5L Air Fryer Basket)  
1 Tablespoon (15g) Olive Oil  
1 Clove (3g) Garlic, Minced (Optional)  
1 Sprig Fresh Rosemary or Thyme (Optional)  
Optional Toppings: 1 Tablespoon (20g) Honey or Fig Jam, A Few Chopped Walnuts or Pecans

## Directions

1. Prepare the Bread Bowl: Carefully cut a circle on the top of the bread roll, about the size of your brie wheel. Hollow out the inside of the bread roll, leaving a sturdy shell and about 1/2 inch of bread at the bottom and sides. Reserve the removed bread for dipping.
2. Prepare the Brie: Place the wheel of Brie into the hollowed-out bread roll. If using, make a few shallow slits on the top rind of the brie. Drizzle with olive oil and sprinkle with minced garlic and fresh herbs (if using).

3. Preheat Air Fryer: Set the COMPACT 3.5L Air Fryer to 180°C (350°F) for 3-5 minutes.
4. Air Fry: Carefully place the bread bowl with the brie into the air fryer basket. You can also place the reserved bread pieces around the brie in the basket to toast them simultaneously. Air fry for 12-15 minutes, or until the brie is melted and gooey, and the bread is golden brown and crusty. The cooking time may vary based on the size of your brie and bread, and your air fryer model.
5. Add Toppings (Optional): If desired, carefully remove the bread bowl from the air fryer. Drizzle with honey or fig jam and sprinkle with chopped nuts. Return to the air fryer for another 1-2 minutes to warm the toppings slightly.
6. Serve: Carefully transfer the baked brie bread to a serving plate. Serve immediately with the toasted bread pieces for dipping, or with crackers and fruit. Enjoy the warm, melted deliciousness!

# HOT CHICKEN WINGS



#### Preparation Time

15 Minutes (Plus  
Optional Marinating)



#### Cooking Time

20-25 Minutes



#### Servings

2-3 Persons (Approx.  
8-10 Wingettes/  
Drumettes)



#### Nutritional Value

450 kcal (Per Serving)  
Carbohydrates 10g  
Proteins 40g  
Fats 30g

## Ingredients

### Chicken Wings

500g (Approx. 8-10 Pieces) Chicken Wingettes  
and Drumettes, Patted Very Dry

1 Tablespoon (15g) Olive Oil or Avocado Oil

½ Teaspoon (2g) Salt

¼ Teaspoon (1g) Black Pepper

½ Teaspoon (2g) Garlic Powder

½ Teaspoon (2g) Onion Powder

¼ Teaspoon (1g) Paprika

### Hot Sauce

¼ Cup (60g) Hot Sauce of Your Choice

2 Tablespoons (30g) Unsalted Butter, Melted

½ Teaspoon (2g) White Vinegar (Optional,  
for Extra Tang)

¼ Teaspoon (1g) Worcestershire Sauce

(Optional)

## Directions

1. Prepare the Chicken Wings: Pat the chicken wings very dry with paper towels. This is crucial for crispy skin. In a large bowl, toss the chicken wings with olive oil, salt, black pepper, garlic powder, onion powder, and paprika until evenly coated. For best results, you can marinate them in the refrigerator for at least 30 minutes, or up to 4 hours.
2. Preheat Air Fryer: Set the COMPACT 3.5L Air Fryer to 190°C (375°F) for 5 minutes.
3. Arrange Wings in Air Fryer: Place the seasoned chicken wings in a single layer in the air fryer basket. Do not overcrowd the basket; cook in batches if necessary to ensure even cooking and crispiness. Overlapping wings will steam instead of crisp.
4. First Cook: Air fry the wings for 15 minutes at 190°C (375°F). After 15 minutes, open the basket and flip the wings using tongs to ensure even cooking.
5. Second Cook for Crispiness: Increase the air fryer temperature to 200°C (400°F). Continue to air fry for another 5-10 minutes, or until the wings are golden brown and crispy. The internal temperature should reach 74°C (165°F). For extra crispiness, you can cook for a few more minutes, but watch them closely to prevent burning.
6. Prepare Hot Sauce: While the wings are cooking, prepare the hot sauce. In a medium bowl, combine the hot sauce, melted butter, white vinegar (if using), and Worcestershire sauce (if using). Whisk until well combined.
7. Toss and Serve: Once the wings are cooked to your desired crispiness, immediately transfer them to the bowl with the hot sauce. Toss gently until all the wings are thoroughly coated. Serve hot with your favorite dipping sauce like ranch or blue cheese, and celery sticks.



# MAIN COURSE



# SWEDISH MEATBALLS



**Preparation Time**  
20 Minutes



**Cooking Time**  
15-20 Minutes



**Servings**  
2-3 Persons (Approx.  
15-20 meatballs)



**Nutritional Value**  
500 kcal (Per Serving)  
Carbohydrates 15g  
Proteins 35g  
Fats 30g

## Ingredients

### Meatballs

250g Ground Beef (approx. 1/2 lb, 80/20 lean)  
125g Ground Pork (approx. 1/4 lb)  
1/4 Cup (30g) Finely Chopped Onion  
1/4 Cup (30g) Panko Breadcrumbs  
1/4 Cup (60g) Milk  
1 Large Egg  
1/2 Teaspoon (3g) Salt  
1/4 Teaspoon (1g) Black Pepper  
1/4 Teaspoon (0.5g) Ground Allspice  
1/4 Teaspoon (0.25g) Ground Nutmeg  
1 Tablespoon (15g) Olive Oil (for air frying)

### Creamy Gravy

1 Tablespoon (15g) Unsalted Butter  
1 Tablespoon (8g) All-Purpose Flour  
1 Cup (240g) Beef Broth  
1/4 Cup (60g) Heavy Cream  
1 Teaspoon (5g) Dijon Mustard  
1/2 Teaspoon (3g) Soy Sauce  
Salt and Black Pepper to Taste

## Directions

1. Prepare Meatball Mixture: In a large bowl, combine the ground beef, ground pork, finely chopped onion, Panko breadcrumbs, milk, egg, salt, black pepper, allspice, and nutmeg. Mix gently but thoroughly until just combined. Do not overmix, as this can make the meatballs tough.
2. Form Meatballs: Roll the mixture into small, uniform meatballs, about 1-inch (2.5 cm) in diameter. You should get approximately 15-20 meatballs.
3. Preheat Air Fryer: Set the COMPACT 3.5L Air Fryer to 190°C (375°F) for 5 minutes.
4. Air Fry Meatballs: Lightly brush or spray the meatballs with olive oil. Place the meatballs in a single layer in the air fryer basket, ensuring they are not overcrowded. You will need to cook in batches. Air fry for 15-20 minutes, shaking the basket halfway through (around 8-10 minutes), until the meatballs are golden brown and cooked through (internal temperature should reach 71°C / 160°F).
5. Make the Gravy: While the meatballs are air frying, prepare the gravy. In a small saucepan over medium heat, melt the butter. Whisk in the flour and cook for 1 minute, stirring constantly, to create a roux. Gradually whisk in the beef broth, stirring until smooth and thickened. Bring to a simmer, then reduce heat to low. Stir in the heavy cream, Dijon mustard, and soy sauce. Season with salt and black pepper to taste. Simmer for 2-3 minutes, stirring occasionally, until the gravy reaches your desired consistency.
6. Combine and Serve: Once all meatballs are cooked, add them to the creamy gravy in the saucepan. Gently stir to coat the meatballs. Serve hot, optionally with mashed potatoes, egg noodles, or lingonberry jam.



# STUFFED CHICKEN BREAST



**Preparation Time**  
15 Minutes



**Cooking Time**  
18-22 Minutes



**Servings**  
1-2 Chicken Breasts  
(1-2 persons)



**Nutritional Value**  
500 kcal (Per Stuffed  
Chicken Breast)  
Carbohydrates 10g  
Proteins 55g  
Fats 25g

## Ingredients

1 Large Boneless, Skinless Chicken Breast (200–250g)  
1/4 Cup (60g) Cream Cheese, Softened  
1/4 Cup (30g) Fresh Spinach, Finely Chopped  
1 Tablespoon (5g) Grated Parmesan Cheese  
1 Clove (3g) Garlic, Minced  
1/4 Teaspoon (1g) Salt  
1/2 Teaspoon (0.5g) Black Pepper  
1/4 Teaspoon (0.5g) Paprika  
1/4 Teaspoon (0.5g) Dried Italian Herbs (Optional)  
1 Teaspoon (5g) Olive Oil

## Directions

1. Prepare the Chicken Breast: Pat the chicken breast dry with paper towels. Using a sharp knife, carefully slice a pocket into the thickest side of the chicken breast, being careful not to cut all the way through to the other side. You want to create a deep pocket for the stuffing.
2. Make the Stuffing: In a small bowl, combine the softened cream cheese, finely chopped spinach, Parmesan cheese, minced garlic, 1/4 teaspoon salt, 1/8 teaspoon black pepper, and Italian herbs (if using). Mix well until all ingredients are evenly distributed.
3. Stuff the Chicken: Carefully spoon the cream cheese and spinach mixture into the pocket of the chicken breast. Use your fingers or a small spoon to gently push the stuffing as far into the pocket as possible. Close the opening as much as you can.
4. Season the Chicken: Rub the outside of the stuffed chicken breast with olive oil. Sprinkle evenly with paprika, and a little extra salt and pepper if desired.
5. Preheat Air Fryer: Set the COMPACT 3.5L Air Fryer to 190°C (375°F) for 5 minutes.
6. Air Fry the Chicken: Carefully place the stuffed chicken breast into the air fryer basket. Air fry for 18-22 minutes, or until the chicken is golden brown and cooked through. The internal temperature of the chicken should reach 74°C (165°F) when measured with a meat thermometer inserted into the thickest part of the breast, avoiding the stuffing.
7. Rest and Serve: Once cooked, carefully remove the chicken breast from the air fryer. Let it rest for 5 minutes before slicing and serving. This allows the juices to redistribute, keeping the chicken moist and tender. Serve hot with your favorite side dishes.

# BEEF QUESADILLAS



**Preparation Time**  
15 Minutes



**Cooking Time**  
8-10 Minutes



**Servings**  
1 Large Quesadilla  
(1-2 Persons)



**Nutritional Value**  
550 kcal (Per Quesadilla)  
Carbohydrates 30g  
Proteins 35g  
Fats 30g

## Ingredients

### Beef Filling

100g Lean Minced Beef  
1/4 Small Onion (30g), Finely Diced  
1/2 Clove (1.5g) Garlic, Mince  
1/2 Teaspoon (1g) Chilli Powder  
1/4 Teaspoon (0.5g) Ground Cumin  
Pinch of Salt and Black Pepper  
1 Tablespoon (15g) Water

### Quesadilla

1 Large Flour Tortilla (20–25cm), Ensure It Fits Flat in Air Fryer Basket  
1/2 Cup (60g) Shredded Cheddar or Monterey Jack Cheese Blend  
1 Teaspoon (5g) Olive Oil or Cooking Spray

### For Serving (Optional):

Salsa  
Sour Cream  
Guacamole  
Chopped Fresh Coriander (Cilantro)

## Directions

1. Prepare Beef Filling: In a small skillet over medium heat, cook the ground beef until browned, breaking it up with a spoon. Drain any excess fat. Add the finely diced onion and minced garlic to the skillet and cook for 3-5 minutes until softened. Stir in the chili powder, cumin, salt, pepper, and water. Cook for another 2-3 minutes, allowing the flavors to meld and the liquid to evaporate. Set aside.
2. Assemble the Quesadilla: Lay the flour tortilla flat. Sprinkle half of the shredded cheese over one half of the tortilla. Spoon the cooked beef filling evenly over the cheese. Sprinkle the remaining cheese over the beef filling. Fold the other half of the tortilla over the filling to create a half-moon shape. Gently press down to flatten.
3. Preheat Air Fryer: Set the COMPACT 3.5L Air Fryer to 180°C (350°F) for 3-5 minutes.
4. Air Fry the Quesadilla: Lightly brush or spray both sides of the folded quesadilla with olive oil or cooking spray. Carefully place the quesadilla into the air fryer basket. Ensure it lies flat and doesn't touch the heating element. If your tortilla is too large, you may need to fold it into quarters or cut it in half to fit.
5. Cook: Air fry for 8-10 minutes, flipping halfway through (around 4-5 minutes), until the tortilla is golden brown and crispy, and the cheese is melted and bubbly. Watch carefully to prevent burning.
6. Serve: Carefully remove the quesadilla from the air fryer. Let it cool for a minute before slicing into wedges. Serve hot with your favorite toppings like salsa, sour cream, guacamole, or fresh cilantro.



# EGGS BENEDICT



**Preparation Time**  
15 Minutes



**Cooking Time**  
0-15 Minutes



**Servings**  
1-2 Servings



**Nutritional Value**  
550 kcal (Per Serving)  
Carbohydrates 20g  
Proteins 25g  
Fats 45g

## Ingredients

### Poached Eggs

2 Large Eggs  
2 Small Air Fryer-Safe Ramekins (Approx. 120g Each)  
1 Tablespoon (15g) Water per Ramekin  
Cooking Spray or a Small Amount (2-3g) of Olive Oil for Greasing

### Base

1 English Muffin, Split in Half  
2 Slices Canadian Bacon (30-40g Total)

### Hollandaise Sauce

2 Large Egg Yolks  
1 Tablespoon (15g) Fresh Lemon Juice  
60g (4 Tablespoons) Unsalted Butter, Melted and Warm  
Pinch of Salt  
Pinch of Cayenne Pepper (Optional)

## Directions

1. Prepare Poached Eggs: Lightly spray or brush the inside of two air fryer-safe ramekins with cooking spray or olive oil. Add 1 tablespoon of water to each ramekin. Carefully crack one egg into each ramekin. Ensure the ramekins fit comfortably in your 3.5L air fryer basket.
2. Air Fry Poached Eggs: Carefully place the ramekins into the COMPACT 3.5L air fryer basket. Air fry at 160°C (320°F) for 8-12 minutes, or until the egg whites are set and the yolks are still runny. Cooking time will vary based on your air fryer and desired yolk consistency.

Start checking at 8 minutes. For a firmer yolk, cook longer. Remove carefully from the air fryer.

3. Prepare English Muffins and Canadian Bacon: While the eggs are poaching, place the split English muffin halves and Canadian bacon slices in the air fryer basket (you may need to do this in a separate batch or after the eggs, depending on space). Air fry at 180°C (350°F) for 3-5 minutes, or until the English muffins are lightly toasted and the Canadian bacon is slightly crispy and warmed through.
4. Make Hollandaise Sauce: In a heatproof bowl (preferably a metal bowl) set over a small saucepan of simmering water (bain-marie), whisk the egg yolks and lemon juice constantly until the mixture thickens slightly and becomes pale yellow. This should take about 3-5 minutes. Do not let the bowl touch the simmering water, and ensure the water is not boiling vigorously.
5. Emulsify Hollandaise: Slowly drizzle the warm melted butter into the egg yolk mixture while continuously whisking. Continue whisking until the sauce is thick and creamy. Remove from heat and season with a pinch of salt and cayenne pepper (if using). Keep the sauce warm while assembling.
6. Assemble Eggs Benedict: Place a toasted English muffin half on a plate. Top with a slice of air-fried Canadian bacon. Carefully remove a poached egg from its ramekin (you can use a spoon to gently loosen the edges) and place it on top of the Canadian bacon. Spoon a generous amount of warm hollandaise sauce over the poached egg.
7. Serve: Repeat for the second serving. Serve immediately and enjoy.

# BAKED SALMON WITH MISO BUTTER



## Preparation Time

10 Minutes



## Cooking Time

10-12 Minutes



## Servings

1-2 Fillets (1-2 Persons)



## Nutritional Value

450 kcal (Per Fillet)

Carbohydrates 10g

Proteins 35g

Fats 25g



## Ingredients

### ***Miso-Glazed Salmon***

1-2 Salmon Fillets, Skin On or Off (150–200g Each)

1 Tablespoon (18g) White Miso Paste

1 Tablespoon (15g) Unsalted Butter, Softened

½ Teaspoon (2.5g) Soy Sauce or Tamari

½ Teaspoon (3g) Honey or Maple Syrup

¼ Teaspoon (1g) Grated Fresh Ginger (Optional)

Pinch of Black Pepper

### ***Garnish (Optional):***

Sesame Seeds

Chopped Spring Onions (Green Onions)

## Directions

1. Prepare Miso Butter: In a small bowl, combine the softened butter, white miso paste, soy sauce (or tamari), honey (or maple syrup), and grated ginger (if using). Mix well until smooth and thoroughly combined.
2. Prepare Salmon: Pat the salmon fillets dry with paper towels. Season lightly with black pepper. Place the salmon fillets in a small air fryer-safe dish or directly in the air fryer basket (if it has a non-stick surface). If cooking two fillets, ensure they are in a single layer and not overlapping.

3. Apply Miso Butter: Spread the miso butter mixture evenly over the top of each salmon fillet.
4. Preheat Air Fryer: Set the COMPACT 3.5L Air Fryer to 190°C (375°F) for 3-5 minutes.
5. Air Fry Salmon: Carefully place the salmon fillets in the air fryer basket. Air fry for 10-12 minutes, or until the salmon is cooked through and flakes easily with a fork. The cooking time will depend on the thickness of your salmon fillets and your air fryer model. For a thinner fillet, start checking at 8 minutes. The internal temperature should reach 63°C (145°F).
6. Serve: Carefully remove the salmon from the air fryer. Garnish with sesame seeds and chopped green onions, if desired. Serve immediately with rice and steamed vegetables for a complete meal.

# EGGPLANT PARMIGIANA



**Preparation Time**  
20 Minutes (Plus 15-30 Minutes for Salting Eggplant)



**Cooking Time**  
20-25 Minutes



**Servings**  
1-2 Persons



**Nutritional Value**  
450 kcal (Per Serving)  
Carbohydrates 30g  
Proteins 20g  
Fats 25g

## Ingredients

### Eggplant

1 Small Eggplant (250–300g), Sliced into 0.5cm Thick Rounds  
½ Teaspoon (3g) Salt (for Salting Eggplant)  
1 Large Egg, Beaten  
½ Cup (60g) Panko Breadcrumbs  
¼ Cup (30g) Grated Parmesan Cheese  
½ Teaspoon (1g) Dried Italian Seasoning  
Cooking Spray or 1 Tablespoon (15g) Olive Oil

### For Assembly

½ Cup (120g) Marinara Sauce  
(See Recipe Below)  
½ Cup (60g) Shredded Mozzarella Cheese  
Fresh Basil for Garnish (Optional)

### Quick Marinara Sauce

1 Tablespoon (15g) Olive Oil  
2 Garlic Cloves, Minced  
200g Canned Chopped Tomatoes  
¼ Teaspoon (1g) Salt  
¼ Teaspoon (1g) Sugar (Optional – to Balance Acidity)  
¼ Teaspoon (1g) Dried Oregano  
Pinch of Black Pepper  
Fresh Basil or Parsley for Garnish (Optional)

## Directions

1. Salt the Eggplant: Lay the eggplant slices in a single layer on paper towels. Sprinkle both sides with salt. Let them sit for 15–30 minutes to draw out excess moisture. Pat the slices thoroughly dry with fresh paper towels.
2. Prepare the Marinara Sauce: While salting the eggplant, heat olive oil in a small saucepan over medium heat. Add minced garlic and sauté for 30 seconds until fragrant. Add the chopped tomatoes, salt, oregano, pepper, and sugar (if using). Let it simmer uncovered for 10–15 minutes until thickened. Stir occasionally. Set aside.
3. Prepare Breading Station: In a shallow bowl, whisk the egg. In another bowl, combine Panko breadcrumbs, Parmesan cheese, and Italian seasoning. Mix well.
4. Bread the Eggplant: Dip each dried eggplant slice into the beaten egg, then coat with the breadcrumb mixture. Press gently to ensure the coating sticks. Repeat for all slices.
5. Preheat Air Fryer: Set the COMPACT 3.5L Air Fryer to 190°C (375°F) for 5 minutes.
6. Air Fry Eggplant: Lightly spray the air fryer basket with cooking spray. Arrange slices in a single layer without overcrowding. Lightly spray tops with oil. Air fry for 8–10 minutes, flipping halfway through. Set aside cooked slices and repeat with remaining.
7. Assemble Parmigiana: In a small air fryer-safe baking dish, spread a thin layer of marinara sauce. Add a layer of eggplant, spoonfuls of marinara sauce, and mozzarella. Repeat layers, finishing with mozzarella on top.
8. Final Air Fry: Place the assembled dish in the air fryer basket. Air fry at 180°C (350°F) for 5–7 minutes, or until the cheese is melted, bubbly, and lightly golden.
9. Serve: Remove carefully, let cool briefly, and garnish with fresh basil if desired.



# BEEF RAMEN STIRFRY



**Preparation Time**  
20 Minutes



**Cooking Time**  
15-20 Minutes



**Servings**  
1-2 Persons



**Nutritional Value**  
550 kcal (Per Serving)  
Carbohydrates 50g  
Proteins 30g  
Fats 20g

## Ingredients

### Beef

150g (Approx. 5 oz) Beef Sirloin or Flank Steak, Thinly Sliced Against the Grain  
1 Tablespoon (15g) Soy Sauce  
1 Teaspoon (3g) Cornstarch  
1/2 Teaspoon (2.5g) Sesame Oil  
Pinch of Black Pepper

### Vegetables

1/2 Small Bell Pepper (50g), Thinly Sliced  
1/4 Small Onion (30g), Thinly Sliced  
1/2 Cup (50g) Broccoli Florets, Small  
1 Teaspoon (5g) Olive Oil or Cooking Spray

### Ramen & Sauce

1 Packet Instant Ramen Noodles (Discard Seasoning Packet or Save for Another Use)  
1 Cup (240g) Hot Water (For Ramen)  
1 Tablespoon (15g) Soy Sauce  
1 Tablespoon (18g) Oyster Sauce (Optional, for Richer Flavour)  
1 Teaspoon (4g) Brown Sugar  
1/2 Teaspoon (1g) Grated Fresh Ginger  
1 Clove Garlic (Approx. 3g), Minced  
1/2 Teaspoon (2.5g) Sesame Oil  
1 Tablespoon (15g) Water (For Sauce)

### Garnish (Optional)

Chopped Green Onions  
Sesame Seeds

## Directions

1. Marinate Beef: In a medium bowl, combine the thinly sliced beef with 1 tablespoon soy sauce, cornstarch, 1/2 teaspoon sesame oil, and black pepper. Mix well and let marinate for at least 10 minutes while you prepare other ingredients.
2. Prepare Vegetables: In a separate bowl, toss the sliced bell pepper, onion, and broccoli florets with 1 teaspoon olive oil or cooking spray.
3. Preheat Air Fryer: Set the COMPACT 3.5L Air Fryer to 190°C (375°F) for 5 minutes.
4. Air Fry Beef: Place the marinated beef slices in a single layer in the air fryer basket. You may need to cook in two batches to avoid overcrowding. Air fry for 6-8 minutes, shaking the basket halfway through, until the beef is cooked through and slightly browned. Remove beef and set aside.
5. Air Fry Vegetables: Place the oiled vegetables in the air fryer basket. Air fry for 5-7 minutes, shaking the basket halfway through, until tender-crisp. Remove vegetables and set aside.
6. Cook Ramen: While beef and vegetables are air frying, cook the ramen noodles according to package directions, typically by pouring 240g (1 cup) hot water over them and letting them sit for 3-5 minutes until tender. Drain well.
7. Prepare Stir-fry Sauce: In a small bowl, whisk together 1 tablespoon soy sauce, oyster sauce (if using), brown sugar, grated ginger, minced garlic, 1/2 teaspoon sesame oil, and 1 tablespoon water until the sugar is dissolved.
8. Combine and Serve: In a large serving bowl, combine the cooked ramen noodles, air-fried beef, and air-fried vegetables. Pour the prepared stirfry sauce over the mixture and toss everything gently until well coated. Garnish with chopped green onions and sesame seeds, if desired.

# TERIYAKI CHICKEN THIGHS

**Preparation Time**

15 Minutes (Plus 30 Minutes Marinating Time)

**Cooking Time**

8-22 Minutes

**Servings**

2-3 Chicken Thighs (2-3 Persons)

**Nutritional Value**

450 kcal (Per Thigh)  
Carbohydrates 20g  
Proteins 35g  
Fats 20g



## Ingredients

### Chicken

2-3 Boneless, Skinless Chicken Thighs (150–200g each / 5–7 oz)

### Teriyaki Marinade/Sauce

1/4 Cup (60g) Soy Sauce (Low Sodium Preferred)  
1/4 Cup (60g) Mirin (Japanese Sweet Cooking Wine)  
1 Tablespoon (15g) Rice Vinegar  
1 Tablespoon (12g) Brown Sugar  
1 Clove Garlic (Approx. 3g), Minced  
1/2 Teaspoon (1g) Grated Fresh Ginger  
1/2 Teaspoon (2.5g) Sesame Oil  
1/2 Tablespoon (4g) Cornstarch (For Thickening Sauce)  
1 Tablespoon (15g) Water (To Mix with Cornstarch)

### Garnish (Optional)

Sesame Seeds  
Chopped Green Onions

## Directions

1. Prepare Teriyaki Marinade: In a medium bowl, whisk together the soy sauce, mirin, rice vinegar, brown sugar, minced garlic, grated ginger, and sesame oil. This will be your marinade and the base for your sauce.
2. Marinate Chicken: Place the chicken thighs in a shallow dish or a resealable bag. Pour about half of the teriyaki mixture over the chicken, ensuring it's well coated.

Reserve the other half of the mixture for the sauce. Marinate the chicken in the refrigerator for at least 30 minutes, or up to 2 hours for more flavor.

3. Preheat Air Fryer: Set the COMPACT 3.5L Air Fryer to 190°C (375°F) for 5 minutes.
4. Air Fry Chicken Thighs: Remove the chicken thighs from the marinade, letting any excess drip off. Place the chicken thighs in a single layer in the air fryer basket. Do not overcrowd; cook in batches if necessary. Air fry for 18-22 minutes, flipping halfway through (around 9-11 minutes), until the chicken is cooked through and has a nice golden-brown color. The internal temperature should reach 74°C (165°F).
5. Thicken Teriyaki Sauce: While the chicken is air frying, pour the reserved teriyaki mixture into a small saucepan. In a separate small bowl, whisk together the cornstarch and 1 tablespoon of water to create a slurry. Bring the teriyaki mixture in the saucepan to a simmer over medium heat. Slowly whisk in the cornstarch slurry and continue to whisk until the sauce thickens to your desired consistency. Remove from heat.
6. Glaze and Serve: Once the chicken thighs are cooked, you can brush them with the thickened teriyaki sauce during the last 2-3 minutes of air frying for a stickier glaze, or simply toss the cooked chicken thighs in the sauce after they are removed from the air fryer. Garnish with sesame seeds and chopped green onions, if desired. Serve immediately with rice and steamed vegetables for a complete and delicious meal.



# BANG BANG SHRIMP



**Preparation Time**  
15 Minutes



**Cooking Time**  
8-10 Minutes



**Servings**  
2-3 Persons (As an Appetizer)



**Nutritional Value**  
400 kcal (Per Serving)  
Carbohydrates 20g  
Proteins 20g  
Fats 25g

## Ingredients

### *Shrimp*

250g (Approx. 1/2 lb) Raw Shrimp, Peeled, Deveined, Tails On or Off  
1/4 Cup (30g) Cornstarch  
1/4 Teaspoon (1.5g) Salt  
1/8 Teaspoon (0.3g) Black Pepper  
Cooking Spray or 1 Teaspoon (5g) Olive Oil

### *Bang Bang Sauce*

1/4 Cup (60g) Mayonnaise  
2 Tablespoons (35g) Sweet Chili Sauce  
1 Tablespoon (18g) Sriracha (Adjust to Your Spice Preference)  
1/2 Teaspoon (2g) Rice Vinegar

### *Garnish (Optional)*

Chopped Green Onions  
Sesame Seeds

## Directions

1. Prepare Shrimp: Pat the shrimp dry with paper towels. In a medium bowl, toss the shrimp with cornstarch, salt, and black pepper until evenly coated. This helps create a crispy exterior.

2. Prepare Bang Bang Sauce: In a small bowl, whisk together the mayonnaise, sweet chili sauce, Sriracha, and rice vinegar until smooth. Set aside.
3. Preheat Air Fryer: Set the COMPACT 3.5L Air Fryer to 190°C (375°F) for 3-5 minutes.
4. Air Fry Shrimp: Lightly spray the air fryer basket with cooking spray. Place the coated shrimp in a single layer in the air fryer basket, ensuring they are not overcrowded. You will need to cook in batches. Lightly spray the tops of the shrimp with cooking spray or olive oil.
5. Cook Shrimp: Air fry for 8-10 minutes, shaking the basket halfway through (around 4-5 minutes), until the shrimp are pink, opaque, and crispy. Cooking time may vary slightly depending on the size of your shrimp and your air fryer model.
6. Toss with Sauce: Once all the shrimp are cooked, transfer them to a clean bowl. Pour the prepared Bang Bang sauce over the shrimp and toss gently until all the shrimp are evenly coated.
7. Serve: Serve immediately as an appetizer or over rice for a light meal. Garnish with chopped green onions and sesame seeds, if desired.

# SWEET CHILI TILAPIA



**Preparation Time**  
10 Minutes



**Cooking Time**  
10-12 Minutes



**Servings**  
1-2 Fillets (1-2 Persons)



**Nutritional Value**  
350 kcal (Per Fillet)  
Carbohydrates 20g  
Proteins 30g  
Fats 15g

## Ingredients

1-2 Tilapia Fillets (150–200g each / 5–7 oz)  
2 Tablespoons (35g) Sweet Chili Sauce  
1/2 Tablespoon (7g) Lime Juice  
1/2 Teaspoon (1g) Grated Fresh Ginger (Optional)  
1/4 Teaspoon (0.6g) Garlic Powder  
Pinch of Salt and Black Pepper  
Cooking Spray or 1 Teaspoon (5g) Olive Oil

## Garnish (Optional)

Chopped Fresh Cilantro  
Lime Wedges

## Directions

1. Prepare Tilapia: Pat the tilapia fillets dry with paper towels. Season both sides lightly with salt, black pepper, and garlic powder.
2. Make Sweet Chili Glaze: In a small bowl, whisk together the sweet chili sauce, lime juice, and grated ginger (if using). This will be your glaze.
3. Coat Tilapia: Brush the sweet chili glaze generously over both sides of the tilapia fillets. Ensure they are well coated.
4. Preheat Air Fryer: Set the COMPACT 3.5L Air Fryer to 190°C (375°F) for 3-5 minutes.
5. Air Fry Tilapia: Lightly spray the air fryer basket with cooking spray. Carefully place the glazed tilapia fillets in a single layer in the air fryer basket. Do not overcrowd; cook in batches if necessary.
6. Cook: Air fry for 10-12 minutes, or until the tilapia is cooked through and flakes easily with a fork. The cooking time will depend on the thickness of your fillets and your air fryer model. For thinner fillets, start checking at 8 minutes. The internal temperature should reach 63°C (145°F).
7. Serve: Carefully remove the tilapia from the air fryer. Garnish with fresh cilantro and serve with lime wedges. This sweet chili tilapia pairs well with steamed rice and vegetables.



# SIDE DISHES



# POTATO THAI CURRY

**Preparation Time**

15 Minutes

**Cooking Time**

20-25 Minutes

**Servings**

1-2 Persons

**Nutritional Value**

500 kcal (Per Serving)

Carbohydrates 50g

Proteins 12g

Fats 30g



## Ingredients

### Air-Fried Potatoes

2 Medium Potatoes (e.g., Yukon Gold or Russet), Peeled and Cut into 1.5 cm (0.6 inch) Cubes (250–300g / 9–11 oz)  
1 Tablespoon (13g) Olive Oil or Cooking Spray  
1/4 Teaspoon (1.5g) Salt  
1/8 Teaspoon (0.3g) Black Pepper

### Thai Curry Sauce

1 Tablespoon (18g) Red or Green Thai Curry Paste (Adjust to Your Spice Preference)  
3/4 Cup (200g) Full-Fat Coconut Milk  
1/2 Small Onion, Thinly Sliced (50g)  
1/2 Small Bell Pepper (Any Colour), Thinly Sliced (50g)  
1/2 Cup (50g) Green Beans, Trimmed and Halved  
1 Tablespoon (15g) Fish Sauce (Or Soy Sauce for Vegetarian Option)  
1 Teaspoon (4g) Brown Sugar  
1/2 Teaspoon (1g) Grated Fresh Ginger  
1 Clove Garlic (Approx. 3g), Minced  
1/2 Cup (120g) Vegetable Broth or Water

### For Serving (Optional)

Cooked Jasmine Rice  
Fresh Cilantro, Chopped  
Lime Wedges

## Directions

1. Prepare Potatoes: In a medium bowl, toss the potato cubes with olive oil (or cooking spray), salt, and black pepper until evenly coated.
2. Preheat Air Fryer: Set the COMPACT 3.5L Air Fryer to 190°C (375°F) for 5 minutes.
3. Air Fry Potatoes: Place the seasoned potato cubes in a single layer in the air fryer basket. Do not overcrowd; cook in batches if necessary. Air fry for 18-22 minutes, shaking the basket every 5-7 minutes, until the potatoes are tender on the inside and crispy and golden brown on the outside. Remove and set aside.
4. Prepare Curry Sauce: While the potatoes are air frying, heat a small saucepan or wok over medium heat. Add a tiny bit of oil (if needed) and sauté the sliced onion and minced garlic for 2-3 minutes until softened. Add the Thai curry paste and grated ginger, and cook for 1 minute, stirring constantly, until fragrant.
5. Simmer Curry: Pour in the coconut milk and vegetable broth (or water). Stir well to combine, breaking up any curry paste clumps. Bring to a gentle simmer. Add the sliced bell pepper and green beans. Stir in the fish sauce (or soy sauce) and brown sugar. Continue to simmer for 5-7 minutes, or until the vegetables are tender-crisp and the sauce has slightly thickened.
6. Combine and Serve: Add the air-fried crispy potato cubes directly into the curry sauce. Stir gently to coat the potatoes. Serve immediately over cooked jasmine rice. Garnish with fresh cilantro and lime wedges, if desired.



# CHEESY CORN AND POTATO CROQUETTES

**Preparation Time**

20 Minutes (Plus Chilling Time)

**Cooking Time**

15-20 Minutes

**Servings**

8-10 Croquettes (2-3 Persons)

**Nutritional Value**

200 kcal (Per 2 Croquettes)

Carbohydrates 20g

Proteins 7g

Fats 10g

## Ingredients

2 Medium Potatoes (e.g., Russet or Yukon Gold), Peeled and Boiled Until Tender (250g / 9 oz Cooked)  
½ Cup (60g) Shredded Cheddar Cheese (or a Cheese Blend)  
½ Cup (60g) Corn Kernels (Fresh, Frozen, or Canned, Drained)  
1 Small Egg Yolk (Approx. 18g)  
1 Tablespoon (3g) Chopped Fresh Chives or Green Onions  
¼ Teaspoon (1.5g) Salt  
⅛ Teaspoon (0.3g) Black Pepper

## Breading

¼ Cup (30g) All-Purpose Flour  
1 Large Egg, Beaten (Approx. 50g)  
½ Cup (60g) Panko Breadcrumbs  
Cooking Spray or 1 Teaspoon (5g) Olive Oil

## For Serving (Optional)

Sour Cream,  
Sweet Chili Sauce,  
or Your Favourite Dipping Sauce

## Directions

1. Prepare Mashed Potatoes: Boil the peeled potatoes until very tender. Drain well and mash them thoroughly in a medium bowl until smooth. Let cool slightly.
2. Make Croquette Mixture: To the mashed potatoes, add the shredded cheddar cheese, corn kernels, egg yolk, chopped chives (or green onions), salt, and black pepper.
3. Chill (Optional but Recommended): For easier handling, cover the mixture and refrigerate for at least 30 minutes. This helps the croquettes hold their shape.
4. Form Croquettes: Take about 1-2 tablespoons of the potato mixture and shape it into small cylindrical or oval croquettes (approx. 2-3 inches long). Repeat with the remaining mixture.
5. Set Up Breading Station: Place the flour in one shallow dish, the beaten egg in a second shallow dish, and the Panko breadcrumbs in a third shallow dish.
6. Bread Croquettes: Roll each croquette first in the flour, shaking off any excess. Then dip it into the beaten egg, ensuring it's fully coated. Finally, roll it in the Panko breadcrumbs, pressing gently to ensure the crumbs adhere well. Place the breaded croquettes on a plate.
7. Preheat Air Fryer: Set the COMPACT 3.5L Air Fryer to 190°C (375°F) for 5 minutes.
8. Air Fry Croquettes: Lightly spray the air fryer basket with cooking spray. Place the breaded croquettes in a single layer in the basket, ensuring they are not overcrowded. You will need to cook in batches. Lightly spray the tops of the croquettes with cooking spray or olive oil.
9. Cook: Air fry for 15-20 minutes, flipping halfway through (around 7-10 minutes), until the croquettes are golden brown and crispy on all sides. Cooking time may vary slightly depending on your air fryer model and the size of your croquettes.
10. Serve: Carefully remove the croquettes from the air fryer. Serve hot with your favorite dipping sauce.

# CORN CHIP SALAD



**Preparation Time**  
15 Minutes



**Cooking Time**  
8-10 Minutes



**Servings**  
2-3 Persons



**Nutritional Value**  
400 kcal (Per Serving)  
Carbohydrates 45g  
Proteins 8g  
Fats 20g

## Ingredients

### Air-Fried Vegetables

1 Cup (150g) Frozen or Canned Corn Kernels, Drained  
1/2 Small Red Bell Pepper, Diced (50g)  
1/2 Small Red Onion, Finely Diced (30g)  
1 Teaspoon (5g) Olive Oil or Cooking Spray  
Pinch of Salt and Black Pepper

### Salad

100g (Approx. 3-4 Cups) Corn Chips (e.g., Fritos or Similar)  
1/2 Cup (60g) Shredded Cheddar Cheese  
1/4 Cup (60g) Mayonnaise  
1 Tablespoon (15g) Lime Juice  
1/2 Teaspoon (1g) Chili Powder (Optional)  
Fresh Cilantro, Chopped (For Garnish, Optional)



## Directions

1. Prepare Vegetables for Air Frying: In a medium bowl, combine the corn kernels, diced red bell pepper, and diced red onion. Drizzle with olive oil or spray with cooking spray, and season with a pinch of salt and black pepper. Toss to coat evenly.
2. Preheat Air Fryer: Set the COMPACT 3.5L Air Fryer to 180°C (350°F) for 3-5 minutes.
3. Air Fry Vegetables: Place the seasoned vegetables in a single layer in the air fryer basket. Do not overcrowd; cook in batches if necessary. Air fry for 8-10 minutes, shaking the basket halfway through (around 4-5 minutes), until the corn is slightly roasted and the bell pepper is tender-crisp. Remove from the air fryer and let cool slightly.
4. Prepare Dressing: In a large mixing bowl, whisk together the mayonnaise, lime juice, and chili powder (if using) until smooth.
5. Assemble Salad: Add the cooled air-fried vegetables and shredded cheddar cheese to the bowl with the dressing. Stir gently to combine. Just before serving, add the corn chips and toss lightly to coat. This prevents the chips from getting soggy.
6. Serve: Serve immediately, garnished with fresh cilantro if desired.

# GREEN BEANS

**Preparation Time**

5 Minutes

**Cooking Time**

8-12 Minutes

**Servings**

2-3 Persons

**Ingredients**

120 kcal (Per Serving)

Carbohydrates 12g

Proteins 3g

Fats 8g



## Ingredients

250g (Approx. 1/2 lb) Fresh Green Beans, Trimmed  
1 Tablespoon (13g) Olive Oil or Cooking Spray  
1/2 Teaspoon (1.5g) Garlic Powder  
1/4 Teaspoon (1.5g) Salt  
1/8 Teaspoon (0.3g) Black Pepper  
Optional: 1 Tablespoon (5g) Grated Parmesan Cheese for Serving

## Directions

1. Prepare Green Beans: Wash and trim the ends of the fresh green beans. In a medium bowl, toss the green beans with olive oil (or spray generously with cooking spray), garlic powder, salt, and black pepper until evenly coated.

2. Preheat Air Fryer: Set the COMPACT 3.5L Air Fryer to 190°C (375°F) for 3-5 minutes.
3. Air Fry Green Beans: Place the seasoned green beans in a single layer in the air fryer basket. Do not overcrowd; cook in batches if necessary to ensure even crisping.
4. Cook: Air fry for 8-12 minutes, shaking the basket halfway through (around 4-6 minutes), until the green beans are tender-crisp and slightly blistered or browned in spots. The cooking time will vary slightly depending on the thickness of your green beans and your air fryer model. For crispier beans, cook closer to 12 minutes.
5. Serve: Carefully remove the green beans from the air fryer. Serve immediately. If desired, sprinkle with grated Parmesan cheese before serving.

# ENOKI MUSHROOMS WITH CHILI AIOLI



**Preparation Time**  
15 Minutes



**Cooking Time**  
10-12 Minutes



**Servings**  
2-3 Persons (As an Appetizer)



**Nutritional Value**  
250 kcal (Per Serving)  
Carbohydrates 15g  
Proteins 7g  
Fats 20g

## Ingredients

### *Crispy Enoki Mushrooms*

200g (Approx. 7 oz) Enoki Mushrooms, Roots Trimmed and Separated into Small Clusters  
1/4 Cup (30g) All-Purpose Flour  
1/4 Cup (30g) Cornstarch  
1/2 Teaspoon (1.5g) Garlic Powder  
1/4 Teaspoon (1.5g) Salt  
1/8 Teaspoon (0.3g) Black Pepper  
Cooking Spray or 1 Tablespoon (13g) Olive Oil

### *Chili Aioli*

1/4 Cup (60g) Mayonnaise  
1 Tablespoon (18g) Sweet Chili Sauce  
1 Teaspoon (6g) Sriracha (Adjust to Your Spice Preference)  
1/2 Clove Garlic, Minced (Approx. 1.5g) (Optional)  
1/2 Teaspoon (2g) Lime Juice

### *Garnish (Optional)*

Chopped Fresh Cilantro or Green Onions

## Directions

1. Prepare Enoki Mushrooms: Gently separate the enoki mushroom clusters. If they are very long, you can cut them in half. Pat them dry with paper towels.
2. Prepare Breading Mixture: In a shallow bowl, whisk together the all-purpose flour, cornstarch, garlic powder, salt, and black pepper.
3. Coat Enoki: Lightly dredge each enoki mushroom cluster in the flour mixture, ensuring it's evenly coated. Shake off any excess flour.
4. Preheat Air Fryer: Set the COMPACT 3.5L Air Fryer to 180°C (350°F) for 3-5 minutes.
5. Air Fry Enoki: Lightly spray the air fryer basket with cooking spray. Place the coated enoki mushroom clusters in a single layer in the basket. Do not overcrowd; cook in batches if necessary. Lightly spray the tops of the mushrooms with cooking spray or olive oil.
6. Cook: Air fry for 10-12 minutes, shaking the basket halfway through (around 5-6 minutes), until the enoki mushrooms are golden brown and crispy. Cooking time may vary slightly depending on your air fryer model.
7. Prepare Chili Aioli: While the mushrooms are air frying, in a small bowl, whisk together the mayonnaise, sweet chili sauce, Sriracha, minced garlic (if using), and lime juice until smooth.
8. Serve: Carefully remove the crispy enoki mushrooms from the air fryer. Serve immediately with the chili aioli for dipping. Garnish with fresh cilantro or green onions, if desired.



# DESSERTS



# EGG CUSTARDS



**Preparation Time**  
10 Minutes



**Cooking Time**  
15-20 Minutes



**Servings**  
1-2 Individual Custards



**Nutritional Value**  
300 kcal (Per Individual Custard)  
Carbohydrates 25g  
Proteins 10g  
Fats 20g



## Ingredients

1 Large Egg  
1 Large Egg Yolk  
½ Cup (120g) Full-Fat Milk or Light Cream  
2 Tablespoons (30g) Granulated Sugar  
½ Teaspoon (2g) Vanilla Extract  
Pinch of Nutmeg (for Sprinkling)  
Small Amount of Butter (for Greasing Ramekins)

## Directions

1. Prepare Ramekins: Lightly grease one or two small (approx. 4-ounce or 120ml) air fryer-safe ramekins or oven-safe custard cups with butter. Ensure they fit comfortably in your 3.5L air fryer basket without touching the sides.
2. Prepare Custard Mixture: In a medium bowl, gently whisk together the egg, egg yolk, milk (or cream), granulated sugar, and vanilla extract until just combined. Do not over-whisk, as too much air can create bubbles in the custard. Strain the mixture through a fine-mesh sieve into a clean bowl or a measuring cup with a spout. This step helps ensure a super smooth custard.

3. Fill Ramekins: Carefully pour the strained custard mixture into the prepared ramekins, filling them about two-thirds full. Sprinkle a tiny pinch of nutmeg on top of each custard.
4. Preheat Air Fryer: Set the COMPACT 3.5L Air Fryer to 160°C (320°F) for 3-5 minutes.
5. Air Fry the Custards: Carefully place the ramekins into the air fryer basket. Air fry for 15-20 minutes. The cooking time will depend on the size and depth of your ramekins and your air fryer model. The custards are done when the edges are set, but the center still has a slight jiggle when gently shaken. To prevent the tops from browning too much, you can loosely cover the ramekins with aluminum foil after about 10 minutes of cooking.
6. Cool and Serve: Carefully remove the ramekins from the air fryer. Let the custards cool completely at room temperature, then chill them in the refrigerator for at least 1-2 hours before serving. This allows them to fully set and develop their flavor. Serve chilled, perhaps with a berry compote or a sprinkle of cinnamon.



# CRUNCHY NUT FRENCH TOAST

**Preparation Time**

10 Minutes

**Cooking Time**

6-8 Minutes

**Servings**

2 Slices (1 Person)

**Nutritional Value**

400 kcal (Per 2 Slices)

Carbohydrates 45g

Proteins 15g

Fats 20g

## Ingredients

2 Slices Thick-Cut Bread (Brioche, Challah, or Texas Toast Work Well)  
1 Cup (60g) Crunchy Nut Cornflakes (or Similar Sweetened Cornflakes Cereal), Crushed  
1 Large Egg  
1/4 Cup (60g) Milk (Dairy or Non-Dairy)  
1 Tablespoon (12g) Granulated Sugar  
1/2 Teaspoon (2g) Vanilla Extract  
Pinch of Cinnamon (Optional)  
Cooking Spray (Olive Oil or Avocado Oil)  
To Serve: Maple Syrup, Fresh Berries, or Powdered Sugar

## Directions

1. Prepare Cereal Coating: Place the Crunchy Nut Cornflakes in a Ziploc bag and crush them using a rolling pin or your hands until they are mostly fine crumbs with some small pieces for texture. Pour the crushed cereal into a shallow dish.
2. Prepare Egg Mixture: In another shallow dish, whisk together the egg, milk, granulated sugar, and vanilla extract (and cinnamon, if using) until well combined.
3. Dip and Coat Bread: Dip one slice of bread into the egg mixture, ensuring both sides are fully saturated but not soggy. Let any excess drip off. Immediately transfer the bread to the dish with the crushed cereal, pressing gently to coat both sides thoroughly. Repeat with the second slice of bread.
4. Preheat Air Fryer: Set the COMPACT 3.5L Air Fryer to 180°C (350°F) for 3-5 minutes.
5. Air Fry French Toast: Lightly spray the air fryer basket with cooking spray. Carefully place the coated French toast slices in a single layer in the air fryer basket. Do not overcrowd; cook in batches if necessary. Lightly spray the top of the French toast with cooking spray.
6. Cook: Air fry for 6-8 minutes, flipping halfway through (around 3-4 minutes), until golden brown and crispy. The cereal coating should be firm and crunchy.
7. Serve: Carefully remove the Crunchy Nut French Toast from the air fryer. Serve immediately with your favorite toppings like maple syrup, fresh berries, or a dusting of powdered sugar.

# FRIED MILK



**Preparation Time**  
20 Minutes (Plus 2-3 Hours  
Chilling/Freezing Time)



**Cooking Time**  
8-10 Minutes



**Servings**  
4-6 Pieces (1-2 Persons)



**Nutritional Value**  
200 kcal (Per 2 Pieces)  
Carbohydrates 25g  
Proteins 5g  
Fats 8g

## Ingredients

1 Cup (250g) Full-Fat Milk  
2 Tablespoons (30g) Granulated Sugar  
2 Tablespoons (20g) Cornstarch  
½ Teaspoon (2g) Vanilla Extract  
(Optional)  
Pinch of Salt

## For Coating

¼ Cup (30g) All-Purpose Flour  
1 Large Egg, Beaten  
½ Cup (50g) Panko Breadcrumbs  
Cooking Spray (Olive Oil or  
Avocado Oil)

## Directions

1. Prepare Milk Mixture: In a medium saucepan, whisk together the milk, granulated sugar, cornstarch, vanilla extract (if using), and salt until well combined and no lumps remain. Make sure the cornstarch is fully dissolved.
2. Cook Milk Mixture: Place the saucepan over medium-low heat. Cook, stirring constantly with a whisk or spatula, until the mixture thickens considerably and pulls away from the sides of the pan, forming a thick, pudding-like consistency. This usually takes about 5-8 minutes. Be careful not to scorch the bottom.
3. Chill and Set: Pour the thickened milk mixture into a small, shallow air fryer-safe dish or a small loaf pan (approx. 4x6 inches or 10x15 cm) lined with parchment paper. Smooth the top with a spatula.



Cover with plastic wrap, pressing it directly onto the surface to prevent a skin from forming. Refrigerate for at least 2-3 hours, or until completely firm. For faster setting, you can freeze for 30-60 minutes.

4. Cut and Coat: Once firm, carefully lift the milk mixture out of the dish using the parchment paper. Place it on a cutting board and cut it into desired shapes, typically small rectangles or squares (approx. 1x2 inches or 2.5x5 cm). You should get about 4-6 pieces depending on the size.
5. Set up Breading Stations: Prepare three shallow dishes:
  - Dish 1: All-purpose flour.
  - Dish 2: Beaten egg.
  - Dish 3: Panko breadcrumbs.
6. Bread the Milk Pieces: Gently dredge each milk piece first in the flour, shaking off excess. Then dip in the beaten egg, letting excess drip off. Finally, roll in the Pankobreadcrumbs, pressing gently to ensure a good coating.
7. Preheat Air Fryer: Set the COMPACT 3.5L Air Fryer to 200°C (400°F) for 3-5 minutes.
8. Air Fry Fried Milk: Lightly spray the air fryer basket with cooking spray. Place the breaded milk pieces in a single layer in the air fryer basket, ensuring they are not overcrowded. You may need to cook in batches. Lightly spray the tops of the milk pieces with cooking spray.
9. Cook: Air fry for 8-10 minutes, flipping halfway through (around 4-5 minutes), until golden brown and crispy. The outside should be firm and crunchy, and the inside warm and creamy.
10. Serve: Carefully remove the fried milk from the air fryer. Serve immediately, perhaps with a dusting of powdered sugar or a drizzle of honey. Enjoy this unique and delicious dessert!



# APPLE CRISPS



**Preparation Time**  
15 Minutes



**Cooking Time**  
15-20 Minutes



**Servings**  
1-2 Persons



**Nutritional Value**  
400 kcal (Per Serving)  
Carbohydrates 50g  
Proteins 5g  
Fats 20g

## Ingredients

### Apple Filling

1 Medium Apple (150–200g), Peeled, Cored, and Diced into ½-Inch Pieces (e.g., Honeycrisp, Granny Smith, Fuji)  
1 Tablespoon (12g) Granulated Sugar (Adjust to Sweetness of Apple)  
½ Teaspoon (1g) Ground Cinnamon  
¼ Teaspoon (1g) Lemon Juice (Prevents Browning and Brightens Flavour)

### Crumble Topping

¼ Cup (30g) All-Purpose Flour  
2 Tablespoons (20g) Rolled Oats  
1½ Tablespoons (20g) Brown Sugar, Packed  
¼ Teaspoon (1g) Ground Cinnamon  
2 Tablespoons (25g) Cold Unsalted Butter, Cut into Small Pieces

## Directions

1. Prepare Apple Filling: In a small bowl, combine the diced apple pieces with granulated sugar, 1/2 teaspoon ground cinnamon, and lemon juice. Toss gently to coat the apples evenly. Set aside.

2. Prepare Crumble Topping: In another small bowl, combine the flour, rolled oats, brown sugar, and 1/4 teaspoon ground cinnamon. Add the cold butter pieces. Using your fingertips or a pastry blender, cut the butter into the dry ingredients until the mixture resembles coarse crumbs. Do not overmix.

3. Assemble the Crisp: Transfer the apple filling to a small air fryer-safe ramekin or baking dish (approx. 4-5 inches in diameter) that fits comfortably in your 3.5L air fryer basket. Spread the apple mixture evenly. Sprinkle the crumble topping generously over the apples.

4. Preheat Air Fryer: Set the COMPACT 3.5L Air Fryer to 175°C (350°F) for 3-5 minutes.

5. Air Fry the Crisp: Carefully place the ramekin with the apple crisp into the air fryer basket. Air fry for 15-20 minutes, or until the apples are tender and bubbly, and the crumble topping is golden brown and crispy. If the topping starts to brown too quickly, you can loosely cover it with a small piece of aluminum foil.

6. Rest and Serve: Carefully remove the ramekin from the air fryer. Let the apple crisp cool for a few minutes before serving, as it will be very hot. Serve warm, optionally with a scoop of vanilla ice cream or a dollop of whipped cream. Enjoy your homemade air fryer apple crisp!

# LEMON BARS



**Preparation Time**  
15 Minutes



**Cooking Time**  
20-25 Minutes



**Servings**  
2-4 Bars (1-2 Persons)



**Nutritional Value**  
300 kcal (Per Bar,  
Depending on Size)  
Carbohydrates 35g  
Proteins 5g  
Fats 15g



## Ingredients

### Shortbread Crust

1/2 Cup (60g) All-Purpose Flour  
2 Tablespoons (30g) Granulated Sugar  
4 Tablespoons (55g) Cold Unsalted Butter, Cut into Small Cubes  
Pinch of Salt

### Lemon Filling

1 Large Egg  
1/4 Cup (60g) Granulated Sugar  
1 Tablespoon (8g) All-Purpose Flour  
2 Tablespoons (30g) Fresh Lemon Juice  
1/2 Teaspoon (1g) Lemon Zest

### Garnish (Optional):

Powdered Sugar for Dusting

## Directions

**1. Prepare the Crust:** In a small bowl, combine the flour, granulated sugar, and salt for the crust. Add the cold butter cubes. Using your fingertips or a pastry blender, cut the butter into the dry ingredients until the mixture resembles coarse crumbs. Press the mixture evenly into a small air fryer-safe baking dish (approx. 4x6 inches or 10x15 cm, or a small square pan that fits your air fryer

basket) lined with parchment paper, leaving an overhang on the sides for easy removal. Press firmly to form a compact crust.

- 2. Pre-bake the Crust:** Preheat your COMPACT 3.5L air fryer to 160°C (320°F) for 3-5 minutes. Carefully place the baking dish with the crust into the air fryer basket. Air fry for 10-12 minutes, or until the crust is lightly golden brown. Remove from the air fryer and set aside.
- 3. Prepare the Lemon Filling:** While the crust is pre-baking, prepare the filling. In a medium bowl, whisk together the egg, granulated sugar, and flour until smooth. Stir in the fresh lemon juice and lemon zest until well combined.
- 4. Assemble the Lemon Bars:** Pour the lemon filling evenly over the warm, pre-baked crust in the baking dish.
- 5. Air Fry the Lemon Bars:** Carefully place the baking dish back into the air fryer basket. Air fry at 150°C (300°F) for 10-13 minutes, or until the filling is set and the edges are lightly golden. The center should still have a slight jiggle. Cooking time may vary slightly depending on your air fryer model and the thickness of your bars.
- 6. Cool and Serve:** Carefully remove the baking dish from the air fryer using the parchment paper overhang. Let the lemon bars cool completely at room temperature, then chill in the refrigerator for at least 1-2 hours before slicing. This allows the filling to fully set. Once chilled, dust with powdered sugar before cutting into bars and serving.

# CHURRO BITES



**Preparation Time**  
20 Minutes



**Cooking Time**  
8-10 Minutes



**Servings**  
2-3 Persons (Approx. 15-20 bites)



**Nutritional Value**  
250 kcal (Per Serving)  
Carbohydrates 35g  
Proteins 5g  
Fats 10g

## Ingredients

### Churro Dough

½ Cup (120g) Water  
2 Tablespoons (30g) Unsalted Butter  
1 Tablespoon (12g) Granulated Sugar  
Pinch of Salt  
½ Cup (60g) All-Purpose Flour  
1 Large Egg

### Cinnamon Sugar Coating

¼ Cup (50g) Granulated Sugar  
1 Teaspoon (2g) Ground Cinnamon

### For Serving (Optional)

Chocolate Sauce, Caramel Sauce, or  
Dulce de Leche for Dipping

## Directions

1. Make the Choux Pastry: In a small saucepan, combine the water, butter, 1 tablespoon granulated sugar, and salt.

Bring to a rolling boil over medium heat, stirring until the butter is melted. Remove from heat and immediately add the flour all at once. Stir vigorously with a wooden spoon until the mixture forms a ball and pulls away from the sides of the pan. Return the pan to low heat and continue to stir for 1-2 minutes to dry out the dough slightly.

2. Add the Egg: Remove the pan from heat. Let the dough cool for 2-3 minutes. Add the egg and beat vigorously with the wooden spoon (or use a hand mixer) until the egg is fully incorporated and the dough is smooth and glossy. The dough should be thick but pipeable.
3. Prepare for Air Frying: Transfer the churro dough to a piping bag fitted with a large star tip (e.g., Wilton 1M or 21). Line your air fryer basket with a piece of parchment paper cut to fit, or lightly spray the basket with cooking spray.
4. Pipe the Churro Bites: Pipe 1-2 inch long churro bites directly onto the prepared air fryer basket. Leave some space between each bite as they will expand slightly. You will likely need to cook in batches.
5. Preheat Air Fryer: Set the COMPACT 3.5L Air Fryer to 190°C (375°F) for 3-5 minutes.
6. Air Fry the Churro Bites: Lightly spray the churro bites with cooking spray to help them crisp up and brown. Air fry for 8-10 minutes, flipping them halfway through (around 4-5 minutes), until they are golden brown and crispy. Cooking time may vary depending on the size of your bites and your air fryer model.
7. Coat with Cinnamon Sugar: While the churro bites are still hot, transfer them to a bowl containing the cinnamon sugar mixture (granulated sugar and ground cinnamon combined). Toss gently until the churro bites are evenly coated.
8. Serve: Serve the churro bites immediately with your favorite dipping sauce.



# BREAD PUDDING

**Preparation Time**

15 Minutes (Plus 10 Minutes Soaking Time)

**Cooking Time**

12-15 Minutes

**Servings**

1-2 Individual Portions

**Nutritional Value**

400 kcal (Per serving)  
Carbohydrates 40g  
Proteins 12g  
Fats 20g

## Ingredients

2 Slices (50–60g) Day-Old Bread (Brioche, Challah, or White Bread Work Well), Cut into 1-Inch Cubes  
1 Large Egg  
½ Cup (120g) Milk (Full-Fat or 2%)  
2 Tablespoons (30g) Granulated Sugar  
½ Teaspoon (2g) Vanilla Extract  
Pinch of Ground Cinnamon  
1 Tablespoon (10g) Raisins or Chocolate Chips (Optional)  
Small Amount of Butter (for Greasing Ramekins)  
Optional for Serving: Powdered Sugar or a Drizzle of Caramel/Vanilla Sauce

## Directions

1. Prepare Bread: Cut the day-old bread into 1-inch cubes. Lightly butter the inside of one or two small (approx. 4-6 ounce or 120-180ml) air fryer-safe ramekins or oven-safe dishes that fit comfortably in your 3.5L air fryer basket.
2. Make Custard Mixture: In a medium bowl, whisk together the egg, milk, granulated sugar, vanilla extract, and ground cinnamon until well combined.

3. Combine and Soak: Add the bread cubes to the custard mixture, ensuring all pieces are submerged. Gently press down on the bread to help it absorb the liquid. Let it soak for at least 10 minutes, or longer if your bread is very stale, until the bread is soft and saturated. Stir in raisins or chocolate chips if using.
4. Fill Ramekins: Divide the soaked bread mixture evenly between the prepared ramekins. Do not overfill, leaving a little space at the top for expansion.
5. Preheat Air Fryer: Set the COMPACT 3.5L Air Fryer to 160°C (320°F) for 3–5 minutes.
6. Air Fry the Pudding: Carefully place the ramekins into the air fryer basket. Air fry for 12-15 minutes, or until the bread pudding is golden brown on top, puffed up, and the center is set (a knife inserted should come out mostly clean). Cooking time may vary slightly depending on your air fryer model and the size/depth of your ramekins.
7. Serve: Carefully remove the ramekins from the air fryer. Let the bread pudding cool for a few minutes before serving. Dust with powdered sugar or drizzle with caramel or vanilla sauce, if desired. Enjoy warm!

# SMORES

**Preparation Time**

10 Minutes

**Cooking Time**

8-10 Minutes

**Servings**

1 Ramekin  
(Perfect for 1–2 People)

**Nutritional Value**

400 kcal  
Carbohydrates 45g  
Proteins 6g  
Fats 20g



## Ingredients

### Graham Cracker Crust

4 Squares (50g) Graham Crackers, Crushed  
2 Tablespoons (30g) Unsalted Butter, Melted  
1 Teaspoon (4g) Granulated Sugar  
Pinch of Salt

### Chocolate Layer

2½ Tablespoons (40g) Dark or Milk Chocolate, Chopped (or Chocolate Chips)  
1–2 Tablespoons (15–30g) Heavy Cream or Full-Fat Milk (for Smoother Melt)  
Pinch Instant Coffee Powder (Optional – to Deepen Flavour)

### Marshmallow Topping

2 Large Marshmallows (or a Handful of Mini Marshmallows)  
Pinch Flaky Sea Salt or Drizzle Caramel (Optional – for Finishing)

## Directions

1. Make the Crust: In a small bowl, combine the crushed graham crackers, melted butter, sugar, and salt. Stir until the texture resembles wet sand. Press the mixture firmly into the base of a lightly greased ramekin (approx. 4–5 inches). Use the back of a spoon or fingers to flatten.

Air fry using your COMPACT 3.5L at 160°C (320°F) for 3–4 minutes until slightly toasted. Let cool slightly.

2. Add the Chocolate Layer: Place chopped chocolate and cream in a heat-safe bowl. Microwave for 15–20 seconds or heat gently on a stovetop. Stir until smooth. Pour over the crust and spread evenly.
3. Top with Marshmallows: Place 2 large marshmallows on top (or cover with a generous layer of mini marshmallows). Gently press into the chocolate.
4. Air Fry to Toast: Return ramekin to the air fryer and cook at 180°C (356°F) for 2–3 minutes, or until marshmallows are golden and puffed. Watch closely they toast fast!
5. Finish & Serve: Sprinkle with flaky sea salt or add a drizzle of caramel if desired. Let it sit for 2–3 minutes before digging in.



# MINI DONUTS



**Preparation Time**  
20 Minutes



**Cooking Time**  
6-8 Minutes



**Servings**  
8 Mini Donuts (2-3 persons)



**Nutritional Value**  
210 Calories (Per Donut)  
Carbohydrates 25g  
Proteins 5g  
Fats 10g

## Ingredients

### *Homemade Donut Dough*

1 Cup (120g) All-Purpose Flour  
2 Tablespoons (25g) Granulated Sugar  
1 Teaspoon (4g) Baking Powder  
1/4 Teaspoon (1g) Salt  
2 Tablespoons (30g) Unsalted Butter, Cold and Cubed  
60ml (60g) Milk  
1 Large Egg Yolk

### *Cinnamon Sugar Coating*

1/4 Cup (50g) Granulated Sugar  
1 Teaspoon (2g) Ground Cinnamon  
2 Tablespoons (30g) Unsalted Butter, Melted

### *Glaze (Optional)*

1/2 Cup (60g) Powdered Sugar  
1-2 Tablespoons (15-30g) Milk or Water  
1/4 Teaspoon (1g) Vanilla Extract

## Directions

**1. Make the Dough:** In a medium bowl, whisk together flour, sugar, baking powder, and salt. Cut in the cold butter using a fork or your fingertips until the mixture resembles coarse crumbs. In a separate small bowl, whisk together the egg yolk and milk.

Add wet mixture to the dry ingredients and mix until a soft dough forms. Knead gently on a floured surface until smooth (about 1-2 minutes).

- 2. Shape the Donuts:** Roll out the dough to about 1-1.5 cm thickness. Using a round cookie cutter (about 6-7 cm), cut out donut circles. Then use a smaller cutter (about 2.5 cm) to cut out the centres. Save the holes to cook as well.
- 3. Preheat Air Fryer:** Set the COMPACT 3.5L Air Fryer to 180°C (350°F) for 3-5 minutes.
- 4. Air Fry the Donuts:** Lightly spray the air fryer asket with cooking spray. Place donuts (and holes) in a single layer without overcrowding. Lightly spray the tops as well.
  - Cook Time: 6-8 minutes, flipping halfway.
  - Donut Holes: 4-6 minutes or until golden.
- 5. Prepare Coatings:** While the donuts cook, prepare your coatings.
  - Cinnamon Sugar: Mix sugar and cinnamon in a shallow bowl.
  - Glaze: Whisk together powdered sugar, milk, and vanilla until smooth.
- 6. Coat the Donuts:** Once cooked, transfer hot donuts to melted butter and coat both sides. Then roll in cinnamon sugar, or dip into glaze and place on a wire rack to set.
- 7. Serve warm and fresh.**

# STRAWBERRY TURNOVERS



**Preparation Time**  
15 Minutes



**Cooking Time**  
12-15 Minutes



**Servings**  
2-4 Turnovers (1-2 persons)



**Nutritional Value**  
350 kcal (Per Turnover)  
Carbohydrates 35g  
Proteins 5g  
Fats 20g

## Ingredients

### Strawberry Filling

150g Fresh Strawberries, Hulled and Finely Diced  
1 Tablespoon (12g) Granulated Sugar (adjust to taste)  
½ Tablespoon (5g) Cornstarch  
½ Teaspoon (2g) Lemon Juice

### Puff Pastry

1 Cup (125g) All-Purpose Flour  
¼ Teaspoon (1g) Salt  
85g Cold Unsalted Butter, Cut into Small Cubes  
50-60g Ice-Cold Water

### Assembly

1 Large Egg, Beaten (for Egg Wash)  
1 Tablespoon (12g) Coarse or Granulated Sugar (optional, for sprinkling)

### For the Glaze

½ Cup (60g) Powdered Sugar  
1-2 Tablespoons (15-30g) Milk or Water  
¼ Teaspoon (1g) Vanilla Extract

## Directions

1. Prepare the Strawberry Filling: In a small bowl, combine strawberries, sugar, cornstarch, and lemon juice. Stir well and set aside to allow juices to develop.
2. Make the Puff Pastry: In a bowl, mix flour and salt. Add cold butter and cut into the flour using fingertips or a pastry cutter until the mixture resembles coarse crumbs. Gradually add cold water, stirring just until the dough comes together. Do not overmix. Form into a disc, wrap in cling film, and chill for at least 30 minutes before rolling out.
3. Prepare the Dough: On a lightly floured surface, roll out the chilled dough (or thawed sheet) into a thin square about 25x25 cm. Cut into 4 equal squares (approx. 10-12 cm each side).
4. Fill the Turnovers: Spoon 1-2 tablespoons of strawberry filling onto one half of each square. Fold over to form a triangle. Press and crimp the edges with a fork to seal.
5. Egg Wash and Sprinkle: Place turnovers in the air fryer basket. Brush tops with egg wash and sprinkle with sugar, if using. Ensure turnovers are not touching, cook in batches if needed.
6. Air Fry: Preheat your COMPACT 3.5L air fryer to 180°C (350°F) for 3-5 minutes. Air fry for 12-15 minutes or until golden, puffed, and crisp. Flip halfway if needed for even browning.
7. Prepare the Glaze (Optional): Mix powdered sugar, milk (or water), and vanilla extract in a bowl until smooth.
8. Serve: Let turnovers cool slightly on a rack. Drizzle with glaze if desired and enjoy warm.



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