

 **Strongcore**
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CORE 5L AIR FRYER



30 Fast and Flavourful Recipes



Welcome

to Strongcore's Air Fryer Recipes

Congratulations on your new **CORE 5L Air Fryer**!
We're excited to help you get started with 30 Fast and
Flavourful Recipes crafted just for you.

With 360° Hot Air Circulation technology, you can enjoy
healthier, crispier meals with little to no oil — perfect
for everyday cooking and sharing with loved ones.

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

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



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APPETIZERS





ZUCCHINI CRUSTED PIZZA

**Preparation Time**

15 Minutes

**Cooking Time**

20 Minutes

**Servings**

6 Slices / 2 Persons

**Nutritional Value**

250 kcal

Carbohydrates 10g

Proteins 12g

Fats 14g

Ingredients

Crust

2 Medium Zucchini (About 300g), Grated
1/2 Teaspoon (2g) Salt
1 Egg (50g), Beaten
1/2 Cup (60g) Shredded Mozzarella Cheese
1/4 Cup (25g) Grated Parmesan Cheese
1/2 Teaspoon (1g) Garlic Powder
1/2 Teaspoon (1g) Italian Seasoning
1/4 Cup (30g) Almond Flour (Or 35g All-purpose Flour)

Pizza Sauce

1/2 Cup (120g) Canned Crushed Tomatoes
1 Teaspoon (5g) Olive Oil
1/2 Teaspoon (1g) Dried Oregano
1/4 Teaspoon (0.5g) Garlic Powder
1/4 Teaspoon (0.5g) Salt
1/4 Teaspoon (0.5g) Black Pepper

Toppings

1/2 cup (60g) shredded mozzarella cheese
6-8 slices (25g) pepperoni (or preferred toppings)

Directions

1. Prepare the zucchini crust. Place the grated zucchini in a colander, sprinkle with salt, and let it sit for 10 minutes. Squeeze out the excess moisture using a clean kitchen towel.
2. In a mixing bowl, combine the drained zucchini, beaten egg, shredded mozzarella, grated Parmesan, garlic powder, Italian seasoning, and almond flour. Mix until well incorporated.
3. Line your air fryer basket with parchment paper and press the zucchini mixture evenly into a thin, round crust.
4. Air fry the crust using Pizza Preset (160°C, 12 min) of your CORE 5L Digital Air Fryer or until firm and golden brown.
5. Make the pizza sauce while the crust cooks. In a small bowl, mix together the crushed tomatoes, olive oil, oregano, garlic powder, salt, and black pepper. Let it sit for 10 minutes to allow the flavors to blend.
6. Once the crust is cooked, spread the prepared sauce over the top. Add shredded mozzarella cheese and layer with pepperoni or your preferred toppings.
7. Return the pizza to the air fryer and cook for another 8–10 minutes, or until the cheese is melted and bubbly.
8. Carefully remove it from the air fryer. Let it cool slightly before slicing and serving.

CRISPY EGG AIR FRYER OMELETTE

**Preparation Time**

5 Minutes

**Cooking Time**

10 Minutes

**Servings**

2 Persons

**Nutritional Value**

210 kcal

Carbohydrates 2g

Proteins 14g

Fats 16g



Ingredients

3 Large Eggs
2 Tablespoons (30g) Milk
¼ Teaspoon (1.5g) Salt
¼ Teaspoon (0.6g) Black Pepper
¼ Teaspoon (0.8g) Garlic Powder (Optional)
¼ Cup (28g) Shredded Cheese (Cheddar, Mozzarella, or Your Choice)
2 Tablespoons (20g) Diced Bell Peppers
1 Tablespoon (6g) Chopped Green Onions
½ Tablespoon (7g) Butter or Cooking Spray

Directions

1. Preheat your CORE 5L Digital Air Fryer to 180°C for 3 minutes.
2. In a mixing bowl, whisk eggs, milk, salt, pepper, and garlic powder until well combined.
3. Grease a small air fryer-safe pan or a heat-resistant silicone baking cup with butter or cooking spray.
4. Pour the egg mixture into the pan and sprinkle cheese, diced bell peppers, and green onions evenly over the top.
5. Place the pan into the air fryer basket and cook at 180°C (350°F) for 8–10 minutes, or until the omelette is fully set and slightly crispy on the edges.
6. Carefully remove the pan using tongs and let the omelette cool for a minute before serving.
7. Slice and enjoy your crispy egg fryer omelette.

BUFFALO CHICKEN WINGS



Preparation Time
15 Minutes



Cooking Time
20 Minutes



Servings
8 Pieces / 2 Persons



Nutritional Value
280 kcal
Carbohydrates 3g
Proteins 22g
Fats 20g

Ingredients

Marinade

1 Kilogram (1000g) Chicken Wings
1 Teaspoon (6g) Salt
½ Teaspoon (1.2g) Black Pepper
½ Teaspoon (1.6g) Garlic Powder
½ Teaspoon (1.2g) Onion Powder
1 Teaspoon (2.3g) Paprika
1 Tablespoon (13.5g) Olive Oil

Buffalo Sauce

¼ Cup (57g) Unsalted Butter
½ Cup (120g) Hot Sauce (Sriracha or Vinegar-Based Chili Sauce)
1 Tablespoon (15g) White Vinegar
½ Teaspoon (2.5g) Worcestershire Sauce

½ Teaspoon (1.6g) Garlic Powder
½ Teaspoon (1.2g) Smoked Paprika
½ Teaspoon (3.5g) Honey (Optional)

Directions

1. Marinate the chicken. In a bowl, mix the chicken wings with salt, pepper, garlic powder, onion powder, paprika, and olive oil. Let it sit for at least 10 minutes (or refrigerate for up to 1 hour for better flavor).
2. Preheat the CORE 5L Digital Air Fryer using Wings Preset (200°C, 20 min).
3. Cook the wings. Arrange the wings in a single layer in the air fryer basket. Air fry at 200°C for 20 minutes, shaking the basket halfway through.
4. Make the Buffalo sauce.
In a small saucepan over low heat, melt the butter.
5. Add hot sauce, vinegar, Worcestershire sauce, garlic powder, paprika, and honey.
6. Whisk until smooth and heated through (about 2 minutes). Remove from heat.
7. Coat the wings. Transfer the cooked wings to a bowl and toss them in the warm Buffalo sauce until fully coated.
8. Serve hot with a side of ranch dressing or blue cheese dip.



AIR FRYER CALZONE



Preparation Time
15 Minutes



Cooking Time
12 Minutes



Servings
2 Persons



Nutritional Value
350 kcal
Carbohydrates 4g
Proteins 12g
Fats 15g

Ingredients

Dough

1 Cup (120g) All-purpose Flour
½ Teaspoon (3g) Salt
½ Teaspoon (2g) Baking Powder
2 Tablespoons (27g) Olive Oil
¼ Cup (60g) Warm Water
1 Egg (50g) (For Egg Wash)

Sauce

2 Tablespoons (30g) Tomato Paste
2 Tablespoons (30g) Water
1 Teaspoon (4.5g) Olive Oil
½ Clove (1.5g) Minced Garlic
¼ Teaspoon (0.3g) Dried Oregano
Pinch (0.5g) Salt
¼ Teaspoon (1g) Sugar

Filling

½ Cup (56g) Shredded Mozzarella Cheese
¼ Cup (30g) Cooked Sausage or Pepperoni Slices
¼ Teaspoon (0.3g) Dried Oregano

Directions

1. In a bowl, mix flour, salt, and baking powder. Add olive oil and warm water, then knead into a smooth dough. Let it rest for 10 minutes.
2. Roll out the dough into a 6-inch circle on a floured surface.
3. Spread sauce over half of the dough, leaving the edges clear.
4. Add cheese, cooked sausage or pepperoni, and sprinkle with oregano.
5. Fold the dough over the filling and press the edges to seal. Use a fork to crimp the edges.
6. Brush the top with egg wash for a golden finish.
7. Preheat the CORE 5L Digital Air Fryer to 160°C (Pizza Preset, 12 min).
8. Place the calzone in the air fryer and cook at 180°C (350°F) for 12 minutes, flipping halfway through.
9. Let it cool slightly before serving.

CALAMARI



Preparation Time

10 Minutes



Cooking Time

8 Minutes



Servings

4 Persons



Nutritional Value

320 kcal

Carbohydrates 28g

Proteins 18g

Fats 16g

Ingredients

Calamari

500g (1 lb) Calamari Rings
1 Cup (120g) All-Purpose Flour
1 Cup (50g) Panko Breadcrumbs
1 Teaspoon (2.3g) Paprika
½ Teaspoon (1.6g) Garlic Powder
½ Teaspoon (3g) Salt
½ Teaspoon (1.2g) Black Pepper
2 Whole Eggs, Beaten
Cooking Spray or Olive Oil Spray
Lemon Wedges (for Serving)

Zesty Garlic-Lemon Aioli

½ Cup (120g) Mayonnaise
1 Tablespoon (15g) Lemon Juice
1 Clove (4g) Garlic, Finely Minced or Grated
½ Teaspoon (2.5g) Dijon Mustard
¼ Teaspoon (0.6g) Smoked Paprika

½ Teaspoon (3.5g) Honey

½ Teaspoon (0.5g) Finely Chopped

Fresh Parsley

Salt and Pepper to Taste

Directions

1. Prepare the aioli. In a small bowl, whisk together mayonnaise, lemon juice, garlic, Dijon mustard, smoked paprika, honey, and parsley. Season with salt and pepper. Cover and refrigerate.
2. Preheat the CORE 5L Digital Air Fryer to 200°C
3. Set up the coating. In one bowl, mix flour, paprika, garlic powder, salt, and black pepper. In another bowl, add beaten eggs. In a third bowl, place the panko breadcrumbs.
4. Coat the calamari. Dredge each ring in the flour mixture, then dip into the beaten eggs, and finally coat with panko breadcrumbs.
5. Arrange in the air fryer. Place the coated calamari rings in a single layer in the air fryer basket. Lightly spray with cooking oil.
6. Air fry for 8 minutes at 200°C (400°F), shaking the basket halfway through.
7. Remove the calamari and serve hot with the chilled aioli and lemon wedges.



MAIN COURSE



LEMON GARLIC AIR FRYER SALMON

**Preparation Time**

5 Minutes

**Cooking Time**

10 Minutes

**Servings**

2 Pieces / 2 Persons

**Nutritional Value**

280 kcal

Carbohydrates 2g

Proteins 32g

Fats 14g

Ingredients

2 Salmon Fillets (About 150g Each)
1 Tablespoon (13.5g) Olive Oil
1 Tablespoon (15g) Lemon Juice
2 Cloves (6g) Garlic, Minced
½ Teaspoon (3g) Salt
½ Teaspoon (1.2g) Black Pepper
½ Teaspoon (1.2g) Paprika
½ Teaspoon (1g) Dried Oregano
Lemon Slices (for Garnish)
Fresh Parsley (for Garnish)

Directions

1. Preheat the CORE 5L Digital Air Fryer using Fish Preset (180°C, 15 min).
2. Prepare the marinade by mixing olive oil, lemon juice, garlic, salt, pepper, paprika, and oregano in a small bowl.
3. Coat the salmon fillets evenly with the marinade.

4. Place the salmon in the air fryer basket, skin-side down.
5. Cook at 180°C for 8–10 minutes, or until the salmon flakes easily with a fork.
6. Garnish with lemon slices and fresh parsley before serving.
7. Serve immediately and enjoy.





CILANTRO LIME CHICKEN THIGHS

**Preparation Time**

10 Minutes

**Cooking Time**

20 Minutes

**Servings**

4 Pieces / 4 Persons

**Nutritional Value**

320 kcal

Carbohydrates 22g

Proteins 4g

Fats 16g

Ingredients

4 Bone-In, Skin-On Chicken Thighs
(200g Each)
2 Tablespoons (27g) Olive Oil
2 Tablespoons (30g) Fresh Lime Juice
1 Teaspoon (2g) Lime Zest
3 Cloves (9g) Garlic, Minced
1 Teaspoon (2.3g) Smoked Paprika
1 Teaspoon (2g) Ground Cumin
½ Teaspoon (1.2g) Chili Powder
½ Teaspoon (3g) Salt
¼ Teaspoon (0.6g) Black Pepper
2 Tablespoons (4g) Fresh Cilantro,
Chopped

Directions

1. Prepare the marinade. In a bowl, mix olive oil, lime juice, lime zest, garlic, smoked paprika, cumin, chili powder, salt, and black pepper.
2. Marinate the chicken. Coat the chicken thighs with the marinade and let them sit for at least 30 minutes (or up to 2 hours for more flavor).
3. Preheat the CORE 5L Digital Air Fryer to 200°C and let it preheat for 3 minutes.
4. Place the chicken thighs skin-side down in the air fryer basket. Cook at 200°C for 10 minutes.
5. Flip the thighs and cook for another 8-10 minutes, until the skin is crispy and the internal temperature reaches 75°C (165°F).
6. Garnish and Serve: Sprinkle with fresh cilantro and serve with lime wedges.

STUFFED PEPPERS



Preparation Time
10 Minutes



Cooking Time
15 Minutes



SERVINGS
4 Pieces / 4 Persons



Nutritional Value
250 kcal
Carbohydrates 10g
Proteins 12g
Fats 14g



Ingredients

4 Bell Peppers (150g Each, Any Color)
200g Ground Turkey or Beef
1 Cup (185g) Cooked Rice
½ Cup (120g) Diced Tomatoes
¼ Cup (40g) Chopped Onion
1 Teaspoon (3g) Garlic Powder
½ Teaspoon (1.2g) Smoked Paprika
½ Teaspoon (3g) Salt
¼ Teaspoon (0.6g) Black Pepper
½ Cup (56g) Shredded Mozzarella or Cheddar Cheese
1 Tablespoon (13.5g) Olive Oil

Directions

1. Preheat the CORE 5L Digital Air Fryer to 180°C.
2. Prepare the peppers. Wash the bell peppers and cut off the tops. Remove the seeds and membranes inside.
3. In a bowl, mix the ground turkey (or beef), cooked rice, diced tomatoes, chopped onion, garlic powder, smoked paprika, salt, and black pepper until well combined.
4. Fill each bell pepper with the prepared mixture, pressing down slightly.
5. Brush the outside of the peppers with olive oil.
6. Place them in the air fryer basket.
7. Set temperature: 180°C (350°F). Cook time: 12 minutes.
8. Open the air fryer, sprinkle cheese on top, and cook for an additional 3 minutes until melted.
9. Carefully remove the stuffed peppers and let them cool for a few minutes. Serve warm and enjoy.



BACON-WRAPPED CHICKEN BREASTS

**Preparation Time**

10 Minutes

**Cooking Time**

20 Minutes

**Servings**

2 Pieces / 2 Persons

**Nutritional Value**

320 kcal

Carbohydrates 2g

Proteins 38g

Fats 18g

Ingredients

2 Boneless, Skinless Chicken Breasts (150g Each)
4 Slices (30g Each) of Bacon
1 Teaspoon (3g) Garlic Powder
1 Teaspoon (2.3g) Smoked Paprika
½ Teaspoon (1.2g) Black Pepper
½ Teaspoon (3g) Salt
1 Tablespoon (13.5g) Olive Oil

Directions

1. Preheat the CORE 5L Digital Air Fryer to 200°C for 3 minutes.
2. In a small bowl, mix garlic powder, smoked paprika, salt, and black pepper.
3. Rub the chicken breasts with olive oil, then coat evenly with the seasoning mix.
4. Wrap each chicken breast with two slices of bacon, tucking the ends underneath or securing with toothpicks.
5. Place the bacon-wrapped chicken in the air fryer basket seam-side down.
6. Cook at 200°C for 18-20 minutes, flipping halfway through, until the bacon is crispy and the chicken reaches an internal temperature of 75°C (165°F).
7. Let rest for 5 minutes before serving.

BRIE PASTA



Preparation Time
10 Minutes



Cooking Time
15 Minutes



Servings
2 Persons



Nutritional Value
480 kcal
Carbohydrates 50g
Proteins 18g
Fats 20g

Ingredients

200g Pasta (Penne or Spaghetti)
100g Brie Cheese, Rind Removed and Cubed
2 Tablespoons (27g) Olive Oil
2 Cloves (6g) Garlic, Minced
½ Cup (75g) Cherry Tomatoes, Halved
½ Teaspoon (1g) Red Pepper Flakes (Optional)
¼ Cup (10g) Fresh Basil, Chopped
Salt and Black Pepper, to Taste
¼ Cup (25g) Grated Parmesan (Optional)

Directions

1. Cook the pasta. Boil in salted water according to package instructions. Reserve ½ cup of pasta water before draining.
2. Prepare the sauce base: Preheat the CORE 5L Digital Air Fryer to 180°C for 3 minutes. Add olive oil, garlic, and cherry tomatoes. Air-fry for 5 minutes, stirring halfway.
3. Melt the Brie. Lower the air fryer temperature to 160°C (320°F). Add drained pasta, Brie cheese, and reserved pasta water. Air-fry for 5 more minutes, stirring halfway, until the cheese melts into a creamy sauce.
4. Season & serve. Toss with red pepper flakes, salt, and black pepper. Garnish with fresh basil and Parmesan if using. Serve warm.

BEEF ROULADE



Preparation Time
20 Minutes



Cooking Time
25 Minutes



Servings
4 Slices / 2 Persons



Nutritional Value
246 kcal
Carbohydrates 9g
Proteins 79g
Fats 5g

Ingredients

Walnut Parsley Pesto

1 Cup (30g) Chopped Fresh Parsley
½ Cup (60g) Shelled Walnuts
¼ Cup (25g) Grated Parmesan or Pecorino Cheese
2 Garlic Cloves (6g), Roughly Chopped
¼ Teaspoon (1.5g) Salt
¼ Cup (60g) Extra Virgin Olive Oil

Beef Roulades

1½ Pounds (680g) Flank Steak, Thinly Sliced into 4 Pieces
Salt and Freshly Ground Black Pepper, to Taste
4 Slices of Bacon (120g), Partially Cooked (Cooked but Still Pliable)
Kitchen Twine or Toothpicks for Securing

Directions

1. Prepare the Walnut Parsley Pesto.
In a food processor, combine parsley, walnuts, cheese, garlic, and salt. Pulse until coarsely combined.
2. With the processor running, slowly drizzle in the olive oil until the mixture reaches a spreadable consistency. Set aside.



3. Lay each beef slice flat on a clean surface. Season both sides with salt and pepper.
4. Spread a thin layer of the walnut parsley pesto over each slice.
5. Place a slice of partially cooked bacon on top of the pesto layer.
6. Roll up each beef slice tightly and secure with kitchen twine or toothpicks.
7. Preheat the CORE 5L Digital Air Fryer to 180°C (Steak Preset, 20 min).
8. Lightly brush the roulades with olive oil to enhance browning.
9. Place the roulades in the air fryer basket, ensuring they are not overcrowded.
10. Cook at 180°C for 15 minutes.
11. After 15 minutes, increase the temperature to 200°C (392°F) and cook for an additional 5-10 minutes, or until the roulades are golden brown and the internal temperature reaches at least 63°C (145°F) for medium-rare.
12. Remove the roulades from the air fryer and let them rest for 5 minutes. Slice and serve warm.



BURGER STEAK WITH MUSHROOM GRAVY

**Preparation Time**

10 Minutes

**Cooking Time**

15 Minutes

**Servings**

2 Patties / 2 Persons

**Nutritional Value**

320 kcal

Carbohydrates 12g

Proteins 22g

Fats 18g

Ingredients

Burger Steak

250g Ground Beef
¼ Cup (30g) Breadcrumbs
½ Small Onion (40g), Finely Chopped
1 Clove (3g) Garlic, Minced
1 Tablespoon (15g) Worcestershire Sauce
1 Tablespoon (15g) Soy Sauce
½ Teaspoon (3g) Salt
½ Teaspoon (1.2g) Black Pepper
½ Teaspoon (0.5g) Dried Oregano
½ Teaspoon (1.2g) Paprika
1 Whole Egg
1 Tablespoon Oil Spray

Mushroom Gravy

1 Tablespoon (14g) Butter
½ Cup (40g) Mushrooms, Sliced
½ Cup (120g) Beef Broth
½ Tablespoon (7.5g) Worcestershire Sauce
½ Tablespoon (7.5g) Soy Sauce
¼ Teaspoon (0.6g) Black Pepper
1 Tablespoon (8g) Cornstarch Mixed with 2 Tablespoons (30g) Water

Directions

1. Prepare the Burger Steak. In a bowl, mix ground beef, breadcrumbs, onion, garlic, Worcestershire sauce, soy sauce, salt, pepper, oregano, paprika, and egg until well combined.
2. Shape into two equal-sized patties, about 1/2 inch thick.
3. Preheat the CORE 5L Digital Air Fryer to 180°C for 3 minutes.
4. Lightly spray the air fryer basket with oil and place the patties inside.
5. Air fry at 180°C for 12-15 minutes, flipping halfway, until golden brown and cooked through (internal temp: 70°C (160°F)).
6. Make the Mushroom Gravy: In a pan over medium heat, melt butter, then sauté mushrooms for 2-3 minutes until softened.
7. Add beef broth, Worcestershire sauce, soy sauce, and black pepper. Stir well.
8. Simmer for 3 minutes, then add the cornstarch mixture to thicken.
9. Stir continuously for 1-2 minutes until the gravy reaches the desired consistency.
10. Plate the burger steak and pour the warm mushroom gravy over the top.
11. Serve with mashed potatoes or steamed vegetables. Enjoy.

CHEESY BAKED PRAWNS



Preparation Time
10 Minutes



Cooking Time
8 Minutes



Servings
10 Pieces / 3 Persons



Nutritional Value
250 kcal
Carbohydrates 10g
Proteins 12g
Fats 14g



Ingredients

10 Large Prawns (30g Each), Peeled and Deveined
¼ Cup (60g) Cream Cheese, Softened
¼ Cup (28g) Shredded Mozzarella Cheese
¼ Cup (25g) Grated Parmesan Cheese
2 Tablespoons (28g) Unsalted Butter, Melted
1 Tablespoon (9g) Garlic, Minced
1 Teaspoon (5g) Lemon Juice
½ Teaspoon (1.2g) Paprika
½ Teaspoon (0.5g) Dried Oregano
Salt and Black Pepper to Taste
Chopped Parsley for Garnish

Directions

1. Preheat the CORE 5L Digital Air Fryer using Prawns Preset (200°C, 8 min).
2. In a small bowl, mix cream cheese, garlic, lemon juice, paprika, oregano, salt, and black pepper until well combined.
3. Stuff each prawn with a small amount of the cream cheese mixture.
4. Place the prawns in the air fryer basket and brush them with melted butter.
5. Sprinkle mozzarella and Parmesan cheese evenly over the prawns.
6. Air fry at 200°C for 8 minutes or until the cheese is golden and bubbly.
7. Garnish with chopped parsley and serve warm.

MEDITERRANEAN BAKED FISH



Preparation Time
10 Minutes



Cooking Time
15 Minutes



Servings
2 Pieces / 2 Persons



Nutritional Value
250 kcal
Carbohydrates 30g
Proteins 10g
Fats 14g

Ingredients

2 White Fish Fillets (100g Each)
(Cod, Tilapia, or Sea Bass)
1 Tablespoon (15g) Olive Oil
1 Tablespoon (15g) Fresh Lemon Juice
1 Garlic Clove (3g), Minced
½ Teaspoon (1g) Dried Oregano
½ Teaspoon (1g) Paprika
½ Teaspoon (2g) Salt
¼ Teaspoon (1g) Black Pepper
6 Cherry Tomatoes, Halved (50g)
6 Black Olives, Sliced (20g)
1 Tablespoon (15g) Crumbled
Feta Cheese
1 Tablespoon (3g) Fresh Parsley,
Chopped (For Garnish)

Directions

1. Prepare the Fish. Pat the fish fillets dry with a paper towel and place them in a bowl.
2. In a small dish, mix olive oil, lemon juice, minced garlic, oregano, paprika, salt, and black pepper.
3. Brush this mixture evenly over both sides of the fish fillets.
4. Preheat the CORE 5L Digital Air Fryer using Fish Preset (180°C, 15 min).
5. Line the air fryer basket with parchment paper and place the fish fillets inside.
6. Arrange cherry tomatoes and sliced olives on top of the fillets.
7. Air fry at 180°C for 12–15 minutes, or until the fish is golden and flakes easily with a fork.
8. Sprinkle the cooked fish with crumbled feta cheese and fresh parsley.
9. Serve immediately with a side of steamed vegetables or a light salad.



SESAME CRUSTED AIR FRYER TUNA STEAK



Preparation Time
10 Minutes



Cooking Time
8 Minutes



Servings
2 Pieces / 2 Persons



Nutritional Value
250 kcal
Carbohydrates 10g
Proteins 22g
Fats 18g

Ingredients

Tuna Steak

2 Tuna Steaks (About 150g Each)
2 Tablespoons Soy Sauce
1 Tablespoon Sesame Oil
1 Tablespoon Honey
1 Teaspoon Grated Ginger
1 Garlic Clove, Minced
¼ Teaspoon Black Pepper
¼ Teaspoon Salt
½ Cup Sesame Seeds (White or Mixed)
Cooking Spray

Soy-Ginger Dipping Sauce

2 Tablespoons Soy Sauce
1 Tablespoon Rice Vinegar
1 Teaspoon Honey
½ Teaspoon Sesame Oil
½ Teaspoon Grated Ginger
½ Teaspoon Sesame Seeds (Optional)
1 Tablespoon Finely Chopped
Green Onions

Directions

1. Marinate the Tuna. In a bowl, mix soy sauce, sesame oil, honey, ginger, garlic, salt, and black pepper.
2. Coat the tuna steaks in the marinade and let them sit for 5 minutes.
3. Spread the sesame seeds on a plate. Press each tuna steak into the seeds, coating both sides evenly.
4. Preheat the CORE 5L Digital Air Fryer using Fish Preset (180°C, 15 min).
5. Lightly spray the air fryer basket with cooking spray. Place the tuna steaks inside and air fry at 200°C for 6–8 minutes, flipping halfway through for even cooking.
6. While the tuna cooks, whisk together soy sauce, rice vinegar, honey, sesame oil, ginger, sesame seeds, and green onions in a small bowl.
7. Remove the tuna from the air fryer and let it rest for a minute before slicing. Serve with the soy-ginger dipping sauce and a side of steamed vegetables or fresh salad.



SIDE DISHES



GARLIC PARMESAN AIR FRYER POTATOES



Preparation Time
10 Minutes



Cooking Time
20 Minutes



Servings
4 Persons (Side Dish)



Nutritional Value
180 kcal
Carbohydrates 20g
Proteins 6g
Fats 10g



Ingredients

500g Baby Potatoes, Halved
2 Tablespoons (27g) Olive Oil
3 Cloves (9g) Garlic, Minced
½ Teaspoon (3g) Salt
½ Teaspoon (1.2g) Black Pepper
½ Teaspoon (1.2g) Paprika
½ Teaspoon (1g) Dried Oregano
¼ Cup (25g) Grated Parmesan Cheese
1 Tablespoon (3g) Fresh Parsley, Chopped
(For Garnish)

Directions

1. Preheat the CORE 5L Digital Air Fryer to 180°C (Chips Preset, 20 min).
2. Season the potatoes by tossing them with olive oil, garlic, salt, pepper, paprika, and oregano in a bowl.
3. Air fry for 15 minutes, shaking the basket halfway through for even cooking.
4. Add Parmesan and cook for an additional 5 minutes until golden and crispy.
5. Garnish with fresh parsley and serve hot.



BLOOMING ONION



Preparation Time
15 Minutes



Cooking Time
20 Minutes



Servings
3 Persons



Nutritional Value
250 kcal
Carbohydrates 10g
Proteins 12g
Fats 14g

Ingredients

Blooming Onion

1 Large Onion (300g)
1 Cup (120g) All-Purpose Flour
½ Cup (120g) Buttermilk
2 Eggs
1 Cup (100g) Breadcrumbs
1 Teaspoon (2.3g) Paprika
1 Teaspoon (3g) Garlic Powder
½ Teaspoon (3g) Salt
½ Teaspoon (1.2g) Black Pepper
½ Teaspoon (1g) Cayenne Pepper (Optional)
Cooking Spray

Dipping Sauce

½ Cup (120g) Mayonnaise
1 Tablespoon (15g) Ketchup
½ Teaspoon (1.5g) Garlic Powder
½ Teaspoon (1.2g) Paprika
½ Teaspoon (2.5g) Worcestershire Sauce
1 Teaspoon (5g) Lemon Juice
Salt and Pepper to Taste

Directions

1. Prepare the onion. Peel the onion and cut off the top. Place it root-side down.
2. Make 8–12 cuts from the top down, stopping about ½ inch from the bottom.
3. Gently separate the layers to resemble a blooming flower.
4. In one bowl, mix flour, paprika, garlic powder, salt, black pepper, and cayenne.
5. In another bowl, whisk eggs with buttermilk.
6. In a third bowl, place the breadcrumbs.
7. Dredge the onion in the flour mixture, ensuring all petals are coated.
8. Dip it into the egg mixture, making sure it's evenly coated.
9. Finally, coat it evenly with breadcrumbs.
10. Preheat the CORE 5L Digital Air Fryer to 200°C
11. Lightly spray the onion with cooking spray.
12. Place it in the air fryer basket and cook at 200°C (392°F) for 15–20 minutes, until golden and crispy.
13. Mix all the dipping sauce ingredients in a bowl until smooth. Serve alongside the crispy blooming onion.

EGGPLANT WITH MISO GLAZE



Preparation Time
10 Minutes



Cooking Time
15 Minutes



Servings
2 Persons (Side Dish)



Nutritional Value
180 kcal
Carbohydrates 14g
Proteins 4g
Fats 12g

Ingredients

1 Medium Eggplant (300g), Sliced into ½-Inch Rounds
1 Tablespoon (13.5g) Olive Oil
2 Tablespoons (36g) Miso Paste
1 Tablespoon (15g) Soy Sauce
1 Tablespoon (15g) Honey or Maple Syrup
1 Teaspoon (5g) Rice Vinegar
½ Teaspoon (2.5g) Sesame Oil
½ Teaspoon (2g) Grated Ginger
1 Clove (3g) Garlic, Minced
1 Tablespoon (15g) Water
Sesame Seeds and Chopped Green Onions (for Garnish)

Directions

1. Preheat the CORE 5L Digital Air Fryer to 180°C.
2. Brush the eggplant slices lightly with olive oil on both sides.
3. Arrange slices in a single layer in the air fryer basket. Air fry at 180°C for 10 minutes, flipping halfway through.
4. In a small bowl, whisk together miso paste, soy sauce, honey, rice vinegar, sesame oil, ginger, garlic, and water until smooth.
5. Brush the miso glaze onto the partially cooked eggplant and air fry for an additional 5 minutes at 200°C (390°F) until caramelized.
6. Sprinkle with sesame seeds and chopped green onions before serving.

LOADED AIR FRYER POTATOES



Preparation Time
10 Minutes



Cooking Time
20 Minutes



Servings
2 Pieces / 2 Persons



Ingredients
320 kcal
Carbohydrates 35g
Proteins 12g
Fats 14g



Ingredients

2 Medium Russet Potatoes (About 400g)
1 Tablespoon (15g) Olive Oil
½ Teaspoon (3g) Salt
½ Teaspoon (1g) Black Pepper
½ Teaspoon (1g) Garlic Powder
½ Cup (60g) Shredded Cheddar Cheese
2 Tablespoons (15g) Cooked Bacon Bits
2 Tablespoons (30g) Sour Cream
1 Tablespoon (5g) Chopped Green Onions

Directions

1. Preheat the CORE 5L Digital Air Fryer to 180°C (Chips Preset, 20 min).
2. Prepare the potatoes. Wash and scrub them thoroughly. Pat dry and pierce each one a few times with a fork.
3. Rub the potatoes with olive oil, salt, black pepper, and garlic powder.
4. Place them in the air fryer basket and cook for 15 minutes, flipping halfway.
5. Crisp your bacon. If using fresh bacon, cook it in the air fryer at 200°C (392°F) for 5–7 minutes, then chop it into bits.
6. Stuff & melt. Slice the cooked potatoes open, sprinkle cheddar cheese and bacon bits inside, and return to the air fryer for another 5 minutes until the cheese is bubbly.
7. Remove from air fryer and top with sour cream and green onions. Serve and enjoy.



CAULI- FLOWER BITES



Preparation Time

10 Minutes



Cooking Time

15 Minutes



Servings

4 Slices / 4 Persons



Nutritional Value

250 kcal

Carbohydrates 3g

Proteins 12g

Fats 14g

Ingredients

Crust

3 Cups (300g) Cauliflower Florets,
Grated or Finely Processed
½ Cup (60g) Breadcrumbs (or Panko
for Extra Crunch)
¼ Cup (25g) Grated Parmesan Cheese
½ Teaspoon (1.2g) Garlic Powder
½ Teaspoon (1.2g) Smoked Paprika
½ Teaspoon (3g) Salt
¼ Teaspoon (0.6g) Black Pepper
1 Large Egg (50g), Beaten
Cooking Spray

Pizza Sauce

½ Cup (120g) Canned Tomato Sauce
1 Teaspoon (5g) Olive Oil
½ Teaspoon (1.2g) Garlic Powder
½ Teaspoon (1.2g) Dried Oregano
¼ Teaspoon (0.6g) Salt

Dipping Sauce

½ Cup (120g) Greek Yogurt or Sour Cream
1 Tablespoon (15g) Lemon Juice
1 Teaspoon (5g) Dijon Mustard
½ Teaspoon (1.2g) Garlic Powder
¼ Teaspoon (0.6g) Salt

¼ Teaspoon (0.6g) Black Pepper
1 Tablespoon (3g) Chopped Fresh Parsley

Toppings (Optional, for a Loaded Version)

½ Cup (50g) Shredded Mozzarella Cheese
1 Tablespoon (10g) Chopped Fresh Parsley

Directions

1. Preheat the CORE 5L Digital Air Fryer to 200°C.
2. In a large bowl, combine the grated cauliflower, breadcrumbs, Parmesan, garlic powder, smoked paprika, salt, and black pepper.
3. Mix in the beaten egg until well combined.
4. Lightly spray the air fryer basket with cooking spray.
5. Form small bite-sized pieces and place them in a single layer in the air fryer.
6. Air fry at 200°C for 12–15 minutes, shaking the basket halfway for even crispiness.
7. If using toppings, sprinkle mozzarella and air fry for another 2 minutes until melted.
8. Remove, garnish with fresh parsley, and serve hot with dipping sauce.



DESSERTS



CHOCOLATE CHIP OATMEAL COOKIES



Preparation Time
10 Minutes



Cooking Time
12 Minutes



Servings
4 Cookies / 2 Persons



Nutritional Value
160 kcal
Carbohydrates 20g
Proteins 25g
Fats 8g

Ingredients

1 Cup (90g) Rolled Oats
¾ Cup (90g) All-Purpose Flour
½ Teaspoon (2.3g) Baking Soda
½ Teaspoon (1.3g) Cinnamon
¼ Teaspoon (1.5g) Salt
½ Cup (113g) Unsalted Butter, Softened
½ Cup (100g) Brown Sugar
¼ Cup (50g) Granulated Sugar
1 Whole Egg
1 Teaspoon (5g) Vanilla Extract
½ Cup (90g) Chocolate Chips

Directions

1. Preheat the CORE 5L Digital Air Fryer to 160°C (320°F) for 3 minutes.
2. In a bowl, whisk together oats, flour, baking soda, cinnamon, and salt.
3. In another bowl, cream the butter, brown sugar, and granulated sugar until fluffy.
4. Beat in the egg and vanilla extract.
5. Gradually mix in the dry ingredients until combined. Stir in chocolate chips.
6. Line the air fryer basket with parchment paper. Scoop tablespoon-sized portions of dough onto the paper, spacing them apart.
7. Air fry at 160°C (320°F) for 8-12 minutes or until golden brown.
8. Let cookies cool for 5 minutes before serving.

BUTTER-SCOTCH BROWNIES



Preparation Time
10 Minutes



Cooking Time
18 Minutes



Servings
6 Pieces / 2 Persons



Nutritional Value
220 kcal
Carbohydrates 30g
Proteins 25g
Fats 14g



Ingredients

Butterscotch Chips

¼ Cup (56g) Unsalted Butter
¼ Cup (50g) Light Brown Sugar
1 Tablespoon (20g) Molasses
(Optional, for Deeper Flavor)
¼ Cup (25g) Powdered Milk or
Milk Powder
¼ Teaspoon (0.6g) Salt
½ Teaspoon (2.5g) Vanilla Extract

Batter

1 Cup (200g) Brown Sugar
½ Cup (113g) Unsalted Butter, Melted
1 Large Whole Egg
1 Teaspoon (5g) Vanilla Extract
1 Cup (120g) All-Purpose Flour
½ Teaspoon (2g) Baking Powder
¼ Teaspoon (1.5g) Salt
½ Cup (85g) Butterscotch Chips

Directions

1. Prepare the butterscotch chips. In a saucepan, melt 56g unsalted butter over medium heat. Stir in 50g brown sugar, 20 g molasses (optional), and a pinch of salt. Let it bubble gently for a minute. Remove from heat and whisk in 25g milk powder and 2.5g vanilla extract until smooth. Pour the mixture onto parchment paper and chill until firm, about 30 minutes. Once set, chop into small chip-sized pieces.
2. Preheat the CORE 5L Digital Air Fryer to 160°C (320°F). Grease a small baking pan that fits inside the basket.
3. Make the batter. In a mixing bowl, whisk together 113g melted butter and 200g brown sugar until well combined. Add 1 large egg (50g) and 5g vanilla extract, and mix until smooth. In a separate bowl, whisk together 120g all-purpose flour, 2g baking powder, and 1.5g salt. Gradually fold the dry ingredients into the wet mixture until just combined.
4. Stir in the prepared butterscotch chips until evenly mixed throughout the batter.
5. Pour the batter into the greased baking pan and spread it evenly.
6. Place the pan in the air fryer basket and bake for 15–18 minutes, or until a toothpick inserted in the center comes out with a few moist crumbs.
7. Let the blondies cool completely in the pan before cutting into squares.



COFFEE FLAN

**Preparation Time**

15 Minutes

**Cooking Time**

30 Minutes

**Servings**

4 Ramekins / 4 Persons

**Nutritional Value**

280 kcal

Carbohydrates 45g

Proteins 7g

Fats 7g

Ingredients

- 1 Cup (200g) Granulated Sugar
- ¼ Cup (60g) Water
- 1 Can (397g) Sweetened Condensed Milk
- 1 Can (354g) Evaporated Milk
- 3 Large Eggs
- 2 Teaspoons (4g) Instant Coffee or Espresso Powder
- 1 Teaspoon (5g) Vanilla Extract

Directions

1. Prepare the caramel. In a saucepan over medium heat, combine sugar and water. Stir until the sugar dissolves, then let it cook undisturbed until it turns a deep amber color. Carefully pour the caramel into a heatproof flan mold or ramekins, tilting to coat the bottom evenly. Let it set.
2. Make the flan mixture. In a bowl, whisk together condensed milk, evaporated milk, eggs, instant coffee, and vanilla until smooth. Strain the mixture to remove any lumps.
3. Pour the flan mixture over the hardened caramel. Cover the mold tightly with aluminum foil.
4. Air Fry: Preheat the CORE 5L Digital Air Fryer to 160°C (320°F). Place the flan mold in the air fryer basket and cook for 30 minutes or until the center is just set.
5. Remove the flan and let it cool to room temperature. Refrigerate for at least 4 hours before serving. To serve, run a knife around the edges and invert onto a plate to release the caramel topping.

FRIED OREOS



Preparation Time
5 Minutes



Cooking Time
8 Minutes



Servings
8 Pieces / 2 Persons



Nutritional Value
150 kcal
Carbohydrates 20g
Proteins 2g
Fats 7g



Ingredients

Pancake Batter

½ Cup (60g) All-Purpose Flour
1 Tablespoon (12.5g) Sugar
½ Teaspoon (2g) Baking Powder
¼ Teaspoon (1g) Baking Soda
A Pinch of Salt

Fried Oreos

8 Oreo Cookies
80g Cup Milk
1 Whole Egg
1 Teaspoon (5g) Vanilla Extract
1 Tablespoon (7.5g) Powdered Sugar
(For Garnish)
Cooking Spray

Directions

1. Preheat the CORE 5L Digital Air Fryer to 180°C (350°F) for 3 minutes.
2. Prepare the pancake batter: In a bowl, whisk together the flour, sugar, baking powder, baking soda, and salt.
3. Add wet ingredients: Pour in the milk, add the egg and vanilla extract, then mix until smooth.
4. Dip each Oreo into the batter, ensuring it's fully coated.
5. Spray the air fryer basket with cooking spray and place the coated Oreos inside, leaving space between them.
6. Air fry at 180°C (350°F) for 6-8 minutes, flipping halfway, until golden brown.
7. Remove and let cool slightly before dusting with powdered sugar.
8. Serve warm and enjoy.



SWEET POTATO BALLS



Preparation Time
15 Minutes



Cooking Time
12 Minutes



Servings
18 Pieces / 3 Persons



Nutritional Value
120 kcal
Carbohydrates 18g
Proteins 4g
Fats 4g

Ingredients

450g (1 lb / About 2 Medium)
Sweet Potatoes, Scrubbed and Dried
½ Cup (60g) Breadcrumbs or ½ Cup (50g)
Almond Flour (for a Gluten-Free Option)
¼ Cup (25g) Grated Parmesan Cheese
(Optional)
1 Large Egg, Beaten
1 Teaspoon (5g) Olive Oil (for Coating)
½ Teaspoon (1.3g) Cinnamon
½ Teaspoon (3g) Salt
¼ Teaspoon (0.6g) Black Pepper
1 Tablespoon (15g) Honey or Maple Syrup

Directions

Option 1: Boiling/Steaming (Original Method)

1. Prepare the sweet potatoes. Peel and cut them into cubes. Boil or steam for about 10 minutes until fork-tender, then drain and mash until smooth.

Option 2: Air Fryer Cooking (No Boiling Needed!)

1. Air-fry the sweet potatoes: Place whole, unpeeled sweet potatoes in the CORE 5L Digital Air Fryer at 200°C (400°F) for 30–35 minutes, flipping halfway. Once soft, let them cool slightly, then cut in half and scoop out the flesh. Mash until smooth.
2. Mix the dough. In a bowl, combine the mashed sweet potatoes, breadcrumbs, Parmesan cheese, egg, cinnamon, salt, pepper, and honey/maple syrup. Mix until well combined.
3. Form the balls. Scoop 1 tablespoon of the mixture and roll into small balls. Lightly coat each ball with 1 teaspoon of olive oil.
4. Preheat the air fryer. Set it to 180°C (350°F) and let it preheat for 3 minutes.
5. Cook the sweet potato balls. Arrange in a single layer in the air fryer basket. Air fry at 180°C for 12 minutes, shaking the basket halfway through for even cooking.
6. Let them cool slightly before serving.

CHOCOLATE HAZELNUT ÉCLAIRS



Preparation Time
20 Minutes



Cooking Time
25 Minutes



Servings
8 Pieces / 3 Persons



Nutritional Value
280 kcal
Carbohydrates 25g
Proteins 2g
Fats 18g



Ingredients

Choux Pastry

½ Cup (120g) Water
½ Cup (120g) Milk
½ Cup (113g) Unsalted Butter
1 Cup (125g) All-Purpose Flour
4 Large Eggs
¼ Teaspoon (1.5g) Salt

Hazelnut Cream Filling

1 Cup (240g) Heavy Cream
¼ Cup (30g) Powdered Sugar
½ Cup (120g) Chocolate Hazelnut Spread (e.g., Nutella)

Chocolate Glaze

½ Cup (90g) Dark Chocolate, Chopped
¼ Cup (60g) Heavy Cream
¼ Cup (30g) Toasted Hazelnuts, Chopped

Directions

1. Prepare the Choux Pastry. Preheat the CORE 5L Digital Air Fryer to 180°C.
2. In a saucepan, combine water, milk, butter, and salt. Bring to a boil.
3. Remove from heat and stir in flour until a dough forms.
4. Return to heat, stirring constantly, for 2 minutes.
5. Transfer dough to a bowl and beat in eggs one at a time until smooth.
6. Pipe 4-inch strips onto parchment paper.
7. Air fry at 180°C (350°F) for 18-20 minutes until golden and puffed.
8. Make the hazelnut cream filling. Whip heavy cream and powdered sugar until soft peaks form.
9. Fold in chocolate hazelnut spread.
10. Fill the Éclairs. Once cooled, slice éclairs in half and pipe in the hazelnut cream.
11. Prepare the Chocolate glaze. Heat heavy cream and pour over chopped chocolate. Stir until smooth.
12. Dip the tops of éclairs in the glaze and sprinkle with toasted hazelnuts.
13. Let the glaze set for a few minutes, then enjoy.

BAKLAVA



Preparation Time
20 Minutes



Cooking Time
15 Minutes



Servings
12 Pieces / 3 Persons



Nutritional Value
280 kcal
Carbohydrates 30g
Proteins 4g
Fats 18g

Ingredients

Nut Filling

1 Cup (120g) Walnuts, Finely Chopped
½ Cup (60g) Almonds, Finely Chopped
½ Cup (60g) Pistachios, Finely Chopped
½ Teaspoon (1.3g) Cinnamon
¼ Teaspoon (1.5g) Salt

Dough

10 Sheets of Phyllo Dough, Thawed
½ Cup (115g) Unsalted Butter, Melted

Syrup

½ Cup (120g) Honey
¼ Cup (60g) Water
2 Tablespoons (30g) Lemon Juice
½ Teaspoon (2.5g) Vanilla Extract

Directions

1. Roast the Nuts: Preheat the CORE 5L Digital Air Fryer to 160°C (320°F). Spread the walnuts, almonds, and pistachios in a single layer in the air fryer basket. Roast for 4–5 minutes, shaking the basket halfway through. Let the nuts cool, then transfer to a bowl and mix in the cinnamon and salt.
2. Brush an air fryer-safe baking pan with melted butter. Place one sheet of phyllo dough in the pan and brush it with butter. Repeat the layering and brushing process until you have 5 sheets stacked.
3. Evenly spread half of the nut mixture over the phyllo base. Continue layering 5 more phyllo sheets, brushing each one with butter.
4. Using a sharp knife, carefully cut the layered dough into diamond or square shapes.
5. Air fry at 180°C (350°F) for 12–15 minutes, or until golden brown and crisp.
6. In a saucepan over medium heat, combine the honey, water, lemon juice, and vanilla extract.
7. Bring to a gentle simmer and cook for 3 minutes. Remove from heat.
8. Immediately pour the warm syrup evenly over the hot baklava.
9. Let sit for at least 1 hour to allow the syrup to fully absorb. Serve and enjoy.



CARAMELIZED BANANA TART



Preparation Time
20 Minutes



Cooking Time
15 Minutes



Servings
4 Slices / 4 Persons



Nutritional Value
320 kcal
Carbohydrates 42g
Proteins 4g
Fats 16g

Ingredients

Tart Crust

1¼ Cups (160g) All-Purpose Flour
½ Cup (115g) Unsalted Butter, Cold and Cubed
2 Tablespoons (25g) Granulated Sugar
¼ Teaspoon (1.5g) Salt
3–4 Tablespoons (45g) Ice Water

Filling

2 Ripe Bananas (240g), Sliced
2 Tablespoons (28g) Unsalted Butter, Melted
2 Tablespoons (25g) Brown Sugar
1 Teaspoon (2.5g) Cinnamon
1 Teaspoon (5g) Vanilla Extract
1 Tablespoon (15g) Honey

Directions

1. Prepare the tart crust. In a large bowl, whisk together the flour, sugar, and salt. Add the cold, cubed butter. Using a pastry cutter or your fingertips, blend until the mixture resembles coarse crumbs. Gradually add ice water, one tablespoon at a time, mixing gently until the dough comes together. Shape the dough into a disk, wrap in plastic wrap, and refrigerate for at least 30 minutes.
2. Set the CORE 5L Digital Air Fryer to 180°C (350°F) and preheat for 3 minutes.
3. On a lightly floured surface, roll out the chilled dough to fit your air fryer-safe tart pan.
4. Gently press the dough into the pan, trimming any excess edges.
5. Use a fork to prick the bottom of the crust to prevent puffing.
6. Place a piece of parchment paper over the crust and fill with pie weights or dried beans.
7. Air fry at 180°C (350°F) for 10 minutes.
8. Remove the parchment and weights, then air fry for an additional 5 minutes or until the crust is lightly golden.
9. In a bowl, combine the sliced bananas, melted butter, brown sugar, cinnamon, and vanilla extract. Toss gently to coat.
10. Arrange the coated banana slices evenly over the pre-baked crust.
11. Drizzle honey over the bananas for added caramelization.
12. Air fry at 180°C (350°F) for 12–15 minutes, or until the bananas are caramelized and the crust is golden brown.
13. Allow the tart to cool slightly before slicing and serving.

PEACH ROLLS



Preparation Time
10 Minutes



Cooking Time
12 Minutes



Servings
4 Slices / 4 Persons



Nutritional Value
250 kcal
Carbohydrates 30g
Proteins 5g
Fats 12g



Ingredients

1 Sheet Puff Pastry, Thawed
1 Large (200g) Mango or Banana,
Thinly Sliced
2 Tablespoons (25g) Brown Sugar
1 Teaspoon (2.5g) Cinnamon
1 Tablespoon (14g) Melted Butter
1 Teaspoon (5g) Vanilla Extract
1 Tablespoon (15g) Honey (Optional)

Honey Yogurt Dipping Sauce

½ Cup (120g) Greek Yogurt
1 Tablespoon (15g) Honey
½ Teaspoon (1.3g) Cinnamon
½ Teaspoon (2.5g) Vanilla Extract

Directions

1. Preheat the CORE 5L Digital Air Fryer to 180°C (350°F).
2. Prepare the puff pastry by rolling it out and cutting it into 4 equal strips.

3. Mix mango or banana slices with brown sugar, cinnamon, and vanilla extract in a bowl.
4. Assemble by placing fruit slices along each puff pastry strip and rolling them up tightly.
5. Brush with melted butter for a golden, crispy finish.
6. Arrange rolls in the air fryer basket, leaving space between each roll.
7. Air fry for 10–12 minutes or until golden brown.
8. Make the dipping sauce by whisking together Greek yogurt, honey, cinnamon, and vanilla extract.
9. Serve warm with the dipping sauce.

BLUEBERRY SCONES



PREPARATION TIME

10 Minutes



COOKING TIME

15 Minutes



Servings

8 Scones / 4 Persons



Nutritional Value

220 kcal

Carbohydrates 28g

Proteins 4g

Fats 10g

Ingredients

2 Cups (240g) All-Purpose Flour
¼ Cup (50g) Granulated Sugar
1 Tablespoon (12g) Baking Powder
½ Teaspoon (2.5g) Salt
½ Cup (113g) Unsalted Butter, Cold and Cubed
½ Cup (120g) Milk
1 Whole Egg
1 Teaspoon (5g) Vanilla Extract
1 Cup (150g) Fresh or Frozen Blueberries

Directions

1. Preheat & Prepare: Preheat the CORE 5L Digital Air Fryer to 180°C (350°F) for 3 minutes. Line the air fryer basket with parchment paper.
2. In a large bowl, whisk together flour, sugar, baking powder, and salt.
3. Cut in the cold butter using a pastry cutter or your fingers until the mixture resembles coarse crumbs.
4. In a separate bowl, whisk together milk, egg, and vanilla extract. Pour into the dry ingredients and mix until just combined.
5. Gently fold in the blueberries without overmixing.
6. Transfer the dough to a lightly floured surface, shape into a 1-inch thick disc, and cut into 8 wedges.
7. Place the scones in the air fryer basket, ensuring they do not touch. Air fry at 180°C (350°F) for 12-15 minutes until golden brown.
8. Let the scones cool for 5 minutes before serving.



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