

Air Fried Mozzarella Cheese Sticks

Ingredients

- 1 blk of mozzarella cheese
- 1 egg 1 tsp powder garlic
- 0.5 tsp salt
- 1 cup of panko bread crumbs
- Olive oil

Directions

1. Cut the mozzarella into strips.
2. Beat egg with powder garlic and salt.
3. Dip strips into egg then dredge them with the bread crumbs, need to ensure every exposed cheese area is well covered.
4. Freeze the strips for 20-30 mins to set the dish.
5. Preheat the air fryer at 200 degrees for 5 mins, meanwhile brush/spray some olive oil onto the strips.
6. Put the strips into fry pot onto the rack, set the highest temperature and set the timer in 6-10 minutes, check and turn them every 2-3mins to ensure even browning.



Pork Chops

Ingredients

- 4 Thick cut bone in pork chops
- 1/3 Cup olive oil
- 2 Teaspoon brown sugar
- 1 Lemon, zest and juice
- 2.5 Teaspoon spicy mustard
- 1 tsp coarse ground mustard
- 4 Cloves garlic, chopped
- 2 tsp dried thyme
- 1 tsp granulated onion
- 1 tsp liquid smoke
- 2 tsp white vinegar
- 1 tsp Worcestershire sauce
- 0.5 tsp parsley flakes
- Salt & pepper

Directions

1. In a medium mixing bowl, whisk together olive oil, brown sugar, lemon zest and juice, both mustards, garlic, thyme, onion, liquid smoke, vinegar, Worcestershire sauce, parsley, salt and pepper.
2. Put the pork chops and mixture together in large resealable plastic bag and marinate for 3 hours or overnight in the refrigerator.
3. Preheat the air fryer at 200 degrees for 5 mins,
4. Put the pork chops into fry pot onto the rack, then put into air fryer.
5. Set the highest temperature and set the timer in 20 minutes, flip it through half time,



Chicken Strips

Ingredients

- 1 pound chicken tenders, cut in strips
- 1/4 cup olive oil
- 2 Teaspoon water
- 2 Teaspoon honey
- 2 Teaspoon white vinegar
- 0.5 tsp salt
- 0.5 tsp crushed red pepper
- 1 tsp garlic powder
- 1 tsp onion powder
- 0.5 tsp paprika

Directions

1. Combine all marinade ingredients and mix well.
2. Add chicken strips and stir to coat. Cover tightly, and let marinate in refrigerator for 30 minutes.
3. Preheat the air fryer at 200 degree for 5 mins
4. Place chicken strips in fry pot onto the rack, then put into air fryer.
5. Set the highest temperature and set the timer in 5-7 minutes, turnover it through half time, cook until chicken is done and juices run clear.



Roasted Chicken legs

Ingredients

- 4 Chicken leg quarters
- 3 Teaspoon olive oil
- 1 tsp hot sauce
- 1 Teaspoon Italian seasoning
- 1 tsp kosher salt
- 0.25 tsp Spanish paprika
- 0.25 tsp granulated onion
- 0.25 tsp granulated garlic
- 0.25 tsp crushed red pepper
- 0.25 tsp ground pepper

Directions

1. In a small bowl, mix the Italian seasoning, salt, paprika, onion, garlic, red pepper and pepper, and set aside.
2. Dry the chicken leg quarters. Rub with olive oil and hot sauce, then cover with seasoning mix on both sides.
3. Preheat the air fryer at 200 degree for 5 mins.
4. Place legs into fry pot onto the rack, then put into air fryer.
5. Set the highest temperature and set the timer in 30 minutes, turnover it every 10 mins.



Caribbean Salmon

Ingredients

- 2 Salmon fillets, skin removed
- 3 Teaspoon butter, melted
- 1 Lemon, zest and juice
- 1 Teaspoon fresh rosemary, chopped
- 1 Teaspoon fresh parsley, chopped
- 2 Garlic cloves, chopped
- 0.25 tsp red pepper flakes
- Salt & pepper

Directions

1. Mix together the butter, lemon zest and juice, rosemary, parsley, garlic, red pepper flakes, salt and pepper.
2. Cover the salmon with the mixture.
3. Place the salmon fillets in fry pot onto the rack, then put into air fryer.
4. Set the temperature in 180 degrees and set the timer in 10 minutes.



Roasted Chicken

Ingredients

- 3 lb chicken
- 1 sprig rosemary, chopped
- 1 tsp. salt
- 1 tsp. ground black pepper
- 1 tsp. garlic powder

Directions

1. Mix the salt, pepper, garlic powder, and rosemary in a small bowl.
2. Rub the spices and herbs generously onto the chicken.
3. Preheat the air fryer at 200 degrees for 5 mins
4. Place the chicken into the fry basket, then put into air fryer.
5. Set the highest temperature and set the timer in 25 minutes,
6. Turnover it and roast 10-15 minutes more, until the chicken is cooked.



Chocolate Cupcakes

Ingredients

- 4 Ounces bittersweet chocolate
- 1/3 Cup cocoa powder
- 3/4 Cup hot coffee
- 1 Cup all-purpose flour
- 3/4 Cup sugar
- 0.5 tsp baking soda
- 0.5 tsp salt
- 1/4 Cup vegetable oil
- 2 Eggs
- 2 tsp white vinegar
- 1 tsp vanilla extract
- Chocolate cream

Directions

1. Place the bittersweet chocolate and cocoa powder in a medium bowl. Add hot coffee and whisk until smooth. Set aside to cool completely or refrigerate for 20 minutes.
2. Mix flour, sugar, baking soda and salt together.
3. In a separate bowl, whisk to combine vegetable oil, eggs, vinegar and vanilla.
4. Add cooled chocolate mixture to wet ingredients and whisk until smooth. Then add the flour mixture and whisk until smooth.
5. Pour the batter into individual paper lined silicon cupcake forms. Cook 6 cupcakes at a time.
6. Preheat the air fryer at 180 degrees for 5 mins.
7. Set the temperature in 160 degrees and set the timer in 20 minutes, put the cupcakes until a toothpick inserted in the middle of the muffin comes out clean.
8. Top with some chocolate cream when cool down.

Banana Muffins

Ingredients

Chocolate sprinkles

Wet Mix :

- 4 ripe bananas (Cavendishsize)
- 2 eggs
- 90g brown sugar
- 1 tsp vanilla essence
- 3 Teaspoon milk
- 1 spoonful Nutella

Dry Mix:

- 250g flour (whole wheat or plain)
- 1 tsp salt
- 1 tsp baking soda
- 1 tsp baking powder
- 1 tsp cinnamon
- 2 Teaspoon cocoa powder

Directions

1. Mash ripe bananas in a bowl, then add the rest of "Wet Mix". Combine well.
2. Sift "Dry Mix" then add to "Wet Mix". Gently fold to combine, but do not stir vigorously.
3. Add in chocolate sprinkles
4. Preheat the air fryer at 180 degrees for 5 mins.
5. Pour in batter to muffin cups, put the cups into fry pot onto the rack, then put into air fryer.
6. Set the temperature in 160 degrees and set the timer in 15 minutes, until a toothpick inserted in the middle of the muffin comes out clean.



Roast Potatoes with Tuna

Ingredients

- 4 potatoes (1 lb.)
- 0.5 Teaspoon olive oil
- 1 can of tuna in oil, drained
- 2 Teaspoon (Greek) yogurt
- 1 tsp chili powder
- 1 green onion, finely sliced into rings Freshly ground black pepper
- 1 Teaspoon capers

Directions

1. Soak the potatoes for at least 30 minutes and pat them dry with kitchen paper.
2. Preheat the air fryer at 200 degree for 5 mins, meanwhile, lightly brush the potatoes with olive oil and place them in the fry pot onto the rack, then put into the air fryer.
3. Set the highest temperature and timer to 30 minutes to fry the potatoes until they are deliciously crunchy and done.
4. In a bowl, finely mash the tuna and add the yogurt and chili powder. Mix well. Stir in half of the green onion and season to taste with salt and pepper.
5. Place the potatoes on two plates and cut the top side lengthwise.
6. Slightly push the potato open and spoon the tuna mixture onto the open potato.
7. Sprinkle the filling with chili powder and spoon the capers and the rest of the green onion on top.

Prawns in ham

Ingredients

- 1 large red bell pepper, halved
- 10 (frozen) king prawns, defrosted
- 5 slices of raw ham
- 1 Teaspoon olive oil
- 1 large clove garlic, crushed
- 0.5 Teaspoon paprika Freshly ground black pepper

Directions

1. Preheat the air fryer at 200 degrees for 5 mins.
2. Put the bell pepper in the fry pot onto the rack and put it into the air fryer. Set the timer to 10-15 minutes. Roast the bell pepper until the skin is slightly charred.
3. Put the bell pepper in a bowl and cover it with a lid or cling film. Let the bell pepper rest for 15 minutes.
4. Peel the prawns, make an incision in the back and remove the black vein.
5. Halve the slices of ham lengthwise and wrap each prawn in a slice of ham.
6. Coat the parcels with a thin film of olive oil and put them in the fry pot onto the rack, then put into the air fryer.
7. Set the highest temperature and timer to 5-7 minutes. Fry the prawns until crispy and just right.
8. In the meantime, peel the skin off the bell pepper halves, remove the seeds and cut the pepper into pieces. Puree the bell pepper in the blender with the garlic, paprika and olive oil. Pour the sauce into a dish and season with salt and pepper to taste.
9. Serve the prawns in ham in a platter with tapas forks and add the small dish with red pepper dip.



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