



# Fab Food for Less

Healthy, low cost recipes for your air fryer.



**Mid & East  
Antrim**  
Borough Council

# Introduction

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Mid and East Antrim Borough Council would like to introduce you to our air fryer cookbook.

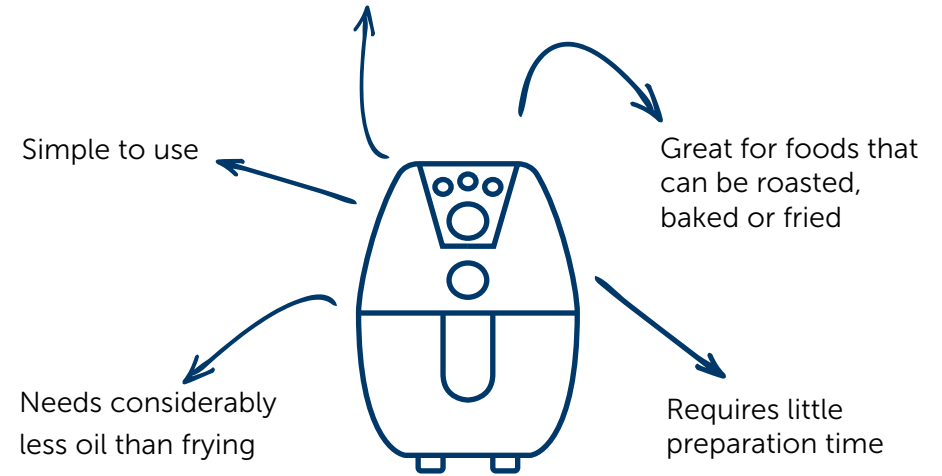
This cookbook was developed as part of the energy efficiency work undertaken by our Community Health and Wellbeing Team to highlight the benefits of using an air fryer as a low cost alternative to using a conventional oven or deep fat fryer to make nutritious food at low energy use. All the recipes have been reviewed by the Northern Health and Social Care Trust Health Improvement Dietitians.

Air fryers are simple to use, need considerably less oil than frying, require little preparation time and are great for foods that can be roasted, baked or fried.

The different sizes available mean they're suitable for any size household, big or small.

We hope you enjoy our cookbook and have fun making the most out of your air fryer.

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**We hope you enjoy our cookbook and have fun making the most out of your air fryer.**

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# Why use an Air Fryer

Air fryers are a great alternative to conventional ovens and deep fat fryers. They circulate air around the food to cook it – instead of using a lot of oil to cook food, your food is 'fried' using hot air. Whatever you can bake, roast or fry can be cooked in an air fryer.

Air fryers are healthier than using deep fat fryers as they use little or no oil, the perforated basket allows excess oil to drain from food and the finished item is still crispy. They require less cleaning and are more versatile.

They cook more quickly so energy use is reduced and unlike conventional ovens require little or no preheating.



# What can you cook in an Air Fryer?

Recipes for roasted, baked or fried foods can generally be adapted to use with an air fryer.

They're great for:

- Fresh and frozen vegetables
- Frozen foods like breaded chicken
- Proteins - chicken, beef, lamb, tofu
- Potatoes
- Desserts



# Top tips for using an Air Fryer

- Preheat for 2-3 minutes if possible (if you don't just extend the cooking time by a few minutes).
- Air fryers cook more quickly – if you are using a recipe for a conventional oven you will need to decrease the cook time and possibly the temperature – check out the air fryer conversion chart.
- Air fryers can be loud!
- Cook your food in one layer unless a recipe says that stacking is ok.
- Don't fill more than halfway as this can cause uneven cooking.
- Shake the basket during cooking.
- Use a little oil unless the food you're cooking already has fat in or on it.
- Don't overdo the oil – excess oil ends up under the grate and can smoke.
- If cooking above 190°C use vegetable or sunflower oil.

- If cooking frozen food like chips check the ingredients on the packaging – if there is oil listed you don't need to add any oil.
- Use non-stick/silicone tongs, spatulas and spoons to remove food instead of dumping out the basket into a bowl – this avoids excess oil making your food soggy and minimises scratching of your basket.
- The outside of your air fryer may be hot – be careful.
- Cut vegetables the same size so they cook evenly.
- You can use aluminium foil but first check your user manual. If using foil don't place it under the grate and if using on top of the grate don't cover all the holes. Foil is best used to wrap food to keep it moist and retain flavour.
- Parchment/greaseproof paper can be used – cut to size and for crispier results pierce holes where the holes in the grate are. Don't use wax paper.
- If cooking greasy food like bacon add a small amount of water to the bottom of the basket to catch the grease and prevent smoke.
- Clean the drawer and grate every time you use it. Check the user manual for cleaning instructions.

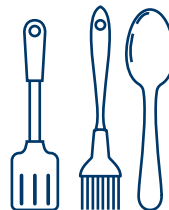


# Using your Air Fryer safely

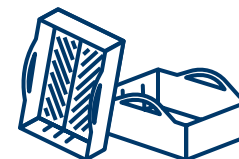
- Follow the manufacturer's instructions.
- Never place it on a stove top or hob.
- Use it on a heat resistant surface.
- Use your air fryer away from the wall and from electrical outlets.
- Use an oven mitt to avoid burning your hands or arms.
- Unplug after use.
- Don't put the hot drawer directly onto your worktop - use a potholder or other heat resistant surface.



# Useful Accessories



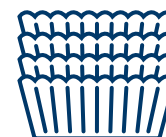
Silicone  
Utensils



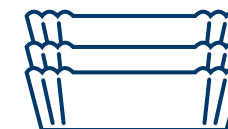
Silicone Liners  
& Baskets



Meat  
Thermometer



Cupcake Cases



Cake Tin Liners

Using accessories makes your air fryer even more versatile. Some common household items you can use include:

- Silicone utensils (basting brush, spatulas, spoons etc.) Silicone is easy to clean, won't damage your air fryer and withstands high temperatures. If you don't have silicone, any non-stick utensils will do.
- Silicone Liners & Baskets - these make your air fryer easier to clean.
- Meat Thermometer - to check if meat is cooked.
- Cupcake Cases and Cake Tin Liners - use these for making both savoury and sweet foods.
- Measure the dimensions of your basket (width and height) and use cake tins and roasting tins that fit. Any that are oven safe are suitable to use.

# Equipment you might need



Sharp knife



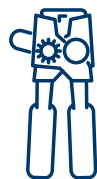
Chopping board



Large Bowl



Cutlery



Tin opener



Sealable Food Bags



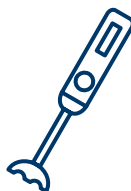
Peeler



Shallow Cake Tin



Oven gloves



Hand Blender



Oven proof dishes

# Air Fryer Conversion Chart

## Cooking Time

OVEN TIME	AIR FRYER
10 Minutes	8 Minutes
15 Minutes	12 Minutes
20 Minutes	16 Minutes
25 Minutes	20 Minutes
30 Minutes	24 Minutes
35 Minutes	28 Minutes
40 Minutes	32 Minutes
45 Minutes	36 Minutes
50 Minutes	40 Minutes
55 Minutes	44 Minutes
1 Hour	48 Minutes

## Temperature

OVEN	OVEN (FAN)	AIR FRYER
190°C	170°C	150°C
200°C	180°C	160°C
210°C	190°C	170°C
220°C	200°C	180°C
230°C	210°C	190°C

# Safety Tips



Wash your hands before preparing food and especially after handling raw meat.



Store raw meat and fish at the bottom of the fridge.



Check use-by dates of ingredients and don't use if past the date.



Wash equipment and worktops after use using hot soapy water followed by a sanitiser/disinfectant.



Wash fruit and vegetables.



Be careful with knives.



Once food is cooled, cover it or put it in a container and store in the fridge or freezer.



Only reheat food once and make sure it is piping hot before it is eaten.



# Roasted spicy sweet potato soup



Serves 4



Preparation Time:  
15 minutes



Cooking Time:  
35-40 minutes



## SOUPS

### Equipment

Peeler	Sharp Knife	Large Bowl
Teaspoon	Tablespoon	Chopping Board
Hand Blender	Non-stick silicone spoon	

### Ingredients

- 2 medium sweet potatoes (you can use frozen)
- 2 medium carrots
- 1 onion
- 2 cloves of garlic/teaspoon of minced garlic
- ½ red chilli or teaspoon of chilli flakes
- Teaspoon of dried thyme (don't worry if you don't have any)
- Approximately 1 litre of reduced-salt vegetable or chicken stock
- 1 tablespoon of oil

### Method

Peel sweet potatoes and carrots and dice into 2cm chunks  
Slice onion and garlic  
Add potatoes, carrots, onion and garlic to bowl and add chilli, thyme and oil then toss  
Put into air fryer basket and air fry for 30-35 minutes @ 185°C until vegetables are soft. Shake basket every 10 minutes.  
Gradually add in the boiling stock whilst blending with the hand blender until smooth.  
Season to taste and serve.

# Roasted Tomato & Red Pepper Soup

## Equipment

Sharp Knife	Chopping Board	Large Bowl
Tablespoon	Hand Blender	non-stick silicone spoon

## Ingredients

6 salad tomatoes  
2 red peppers  
1 onion  
1 clove of garlic or 1/2 teaspoon of minced garlic  
500ml of reduced salt vegetable or chicken stock  
Seasoning  
1 tablespoon of oil

## Method

Chop tomatoes in half and deseed.  
Cut pepper in half, deseed and cut into 5cm chunks.  
Slice onion and garlic  
Add ingredients to bowl with oil and shake to coat.  
Preheat air fryer to 185°C for 2-3 minutes.  
Place vegetables in air fryer basket and cook for 12-15 minutes, shaking halfway through.  
Transfer to bowl and remove the skin from the tomatoes. Gradually add in the stock whilst blending with the hand blender until smooth.  
Serve.



Serves: 4



Preparation Time:  
10-15 minutes



Cooking Time:  
12-15 minutes



## WHY NOT TRY:

Spice it up by adding a teaspoon of chilli powder or 1/2 of a chopped red chilli.  
Adding other canned foods like pinto beans or sweetcorn.

# Cooked Chicken Breast



## MAINS

### Equipment

Teaspoon      Bowl

### Ingredients

The following ingredients are per chicken breast:

Chicken breast

1/4 teaspoon of garlic granules

1/4 teaspoon of pepper

1/4 teaspoon of oil

### Method

Mix seasoning and oil in bowl and coat chicken breast on both sides.

Preheat air fryer to 170°C for 2-3 minutes.

Cook for 12 - 15 minutes (cook time will vary depending on size of chicken breast)

Ensure chicken is fully cooked by ensuring there is no pink before serving.



Preparation Time:  
5 minutes



Cooking Time:  
12-15 minutes



# Marinated Pork Fillet

## Equipment

Tablespoon      Large Bowl

## Ingredients

Pork fillet  
1 tablespoon of oil  
2 tablespoons of reduced salt soy sauce  
2 cloves of garlic or 1 teaspoon of minced garlic  
1 tablespoon of brown sugar  
1 tablespoon of Dijon mustard

## Method

Mix oil, soy sauce, chopped/minced garlic, brown sugar and mustard in a bowl. Remove 1/4 and set aside.

Put marinade and pork fillet in a food bag and mix to coat fillet well.

Leave to marinate for 1 - 2 hours.

Preheat air fryer to 185°C for 2 - 3 minutes.

Remove pork from food bag, place in air fryer and cook for 10 - 12 minutes.

Baste half the marinade set aside on top of the pork, flip and baste the other side.

Cook for an additional 10 - 12 minutes until pork is cooked.

Rest for 2 - 3 minutes before serving.



Serves: 3-4



Preparation Time:  
10 minutes  
plus 1-2 hours  
marinating



Cooking Time:  
20-25 minutes



# Mediterranean chicken with couscous



Serves: 3-4



Preparation Time:  
10-15 minutes



Cooking Time:  
20 minutes

## Equipment

Sharp knife Chopping board Tablespoon  
Teaspoon Large bowl Kettle Fork

## Ingredients

2-3 chicken breasts  
12-15 cherry tomatoes  
1 onion  
1 tsp oregano  
1 tsp paprika  
1 tsp of minced garlic or 1 clove of garlic chopped  
1 tbsp oil  
Pepper  
150g couscous

## Method

Cut chicken into 2-3cm pieces.

Roughly chop the onion.

In a large bowl toss the chicken with the oregano, paprika and garlic. Add the oil, tomatoes and onion and toss to coat.

Preheat air fryer to 185°C for 2-3 minutes.

Place the chicken mixture into the basket and cook for 15-20 minutes until chicken is fully cooked, shaking halfway.

6-7 minutes before end of cooking place 150g couscous in a bowl and add 175ml of boiling water (for added flavour use reduced-salt chicken stock). Stand for 5 minutes then fluff with a fork and add lemon zest, a squeeze of lemon juice and pepper.

Serve chicken and vegetables over couscous.





## WHY NOT TRY:

Mix up the recipe by trying out different root vegetables, whichever you find you enjoy the most!

# Sausage Traybake



Serves: 3



Preparation Time:  
10-15 minutes



Cooking Time:  
25-20 minutes

## Equipment

Sharp Knife      Chopping Board      Fork  
Large Bowl      Tablespoon

## Ingredients

6 low fat chicken, pork or beef sausages

1 red pepper

1 green pepper

1 red onion

Handful of cherry tomatoes

6-8 baby potatoes

1 teaspoon of oil

You can also add in any other vegetables in your fridge – carrots, courgette, mushrooms, etc.

## Method

Preheat the air fryer @ 170°C for 2-3 minutes

Pierce the sausages with a fork, place in the air fryer basket and cook for 10-12 minutes, shaking half way.

Meanwhile deseed and chop the peppers and cut into 2cm pieces. Peel the red onion and cut into 8 wedges. Cut the potatoes into 4. Place peppers, onion, tomatoes and potato into bowl with oil and toss to coat.

When sausages have cooked for 10-12 minutes remove from basket and set aside.

Place vegetables into basket and cook for 12-15 minutes, shaking half way.

Chop sausages into 2cm slices and add to vegetables in basket. Cook for a further 3-4 minutes until sausages and vegetables are cooked.

# Breaded fish

## Equipment

Sharp knife   Chopping board  
3 bowls   Fork

## Ingredients

2-3 fillets of white fish (cod, tilapia, whiting, haddock)  
– you can use frozen provided it's defrosted first  
2-3 tbsp plain flour  
1 egg  
Breadcrumbs from 3 rounds of brown bread (you can use store bought breadcrumbs)  
1 tsp of paprika or Cajun seasoning  
1 tsp of garlic granules  
Pepper  
Spray oil or 1 tablespoon of oil

## Method

Cut the fish into pieces about 10cm in size. Pat dry with a paper towel.

Combine the flour, paprika/Cajun, garlic granules and pepper. Set up the 3 bowls with the flour mixture, beaten egg and breadcrumbs.

Preheat the air fryer to 180°C for 2-3 minutes.

Dip each piece of fish into the flour mixture and coat, then repeat with the egg and finally the breadcrumbs. Place fish on a baking tray and spray lightly with oil (if you don't have spray oil rub oil onto the grate of the air fryer basket).

Cook in the air fryer for 10-12 minutes until cooked. (Thicker fish like cod will take longer)



Serves: 3



Preparation Time:  
15 minutes



Cooking Time:  
10-12 minutes





# Easy Pizza

## Equipment

Sharp Knife      Chopping Board    Tablespoon

## Ingredients

Medium French baguette / 1 wheaten soda farl  
 Tomato puree  
 2 slices of ham  
 1-2 tablespoons of grated reduced-fat cheese  
 ½ teaspoon of oregano or mixed herbs  
 Other toppings of choice – try sweetcorn, onion, mushroom, pepper

## Method

Preheat air fryer @ 180°C for 2-3 minutes  
 Slice baguette or soda in half lengthways  
 Spread on the tomato puree and sprinkle on oregano/mixed herbs  
 Add toppings of choice and top with grated cheese  
 Cook for 5-6 minutes until the cheese is melted and golden and serve



Serves: 2



Preparation Time:  
10 minutes



Cooking Time:  
5-6 minutes

# Omelette

## Equipment

Sharp Knife      Shallow Cake Tin    Fork  
 Small Bowl      Chopping Board

## Ingredients

4 eggs  
 50ml semi-skimmed milk  
 1 spring onion  
 3-4 cherry or plum tomatoes  
 1 Red, green or yellow pepper  
 1-2 mushrooms  
 Grated reduced-fat cheddar cheese to sprinkle over top  
 Optional - slice of cooked ham/turkey  
 Low-fat spread or oil to grease the cake tin  
 Black pepper

## Method

Preheat the air fryer @ 150°C for 2-3 minutes  
 Finely dice the bell pepper, spring onion, tomatoes, mushroom and cooked meat.  
 Crack the eggs into the bowl, whisk with the fork and season.  
 Then add the vegetables and cooked meat to the egg and mix to combine.  
 Grease the inside of the pan with low-fat spread or oil  
 Pour into the cake tin, place tin in the air fryer basket and cook for 8-10 minutes.  
 After 4 minutes add grated cheese on top  
 Remove from cake tin and serve



Serves: 1-2

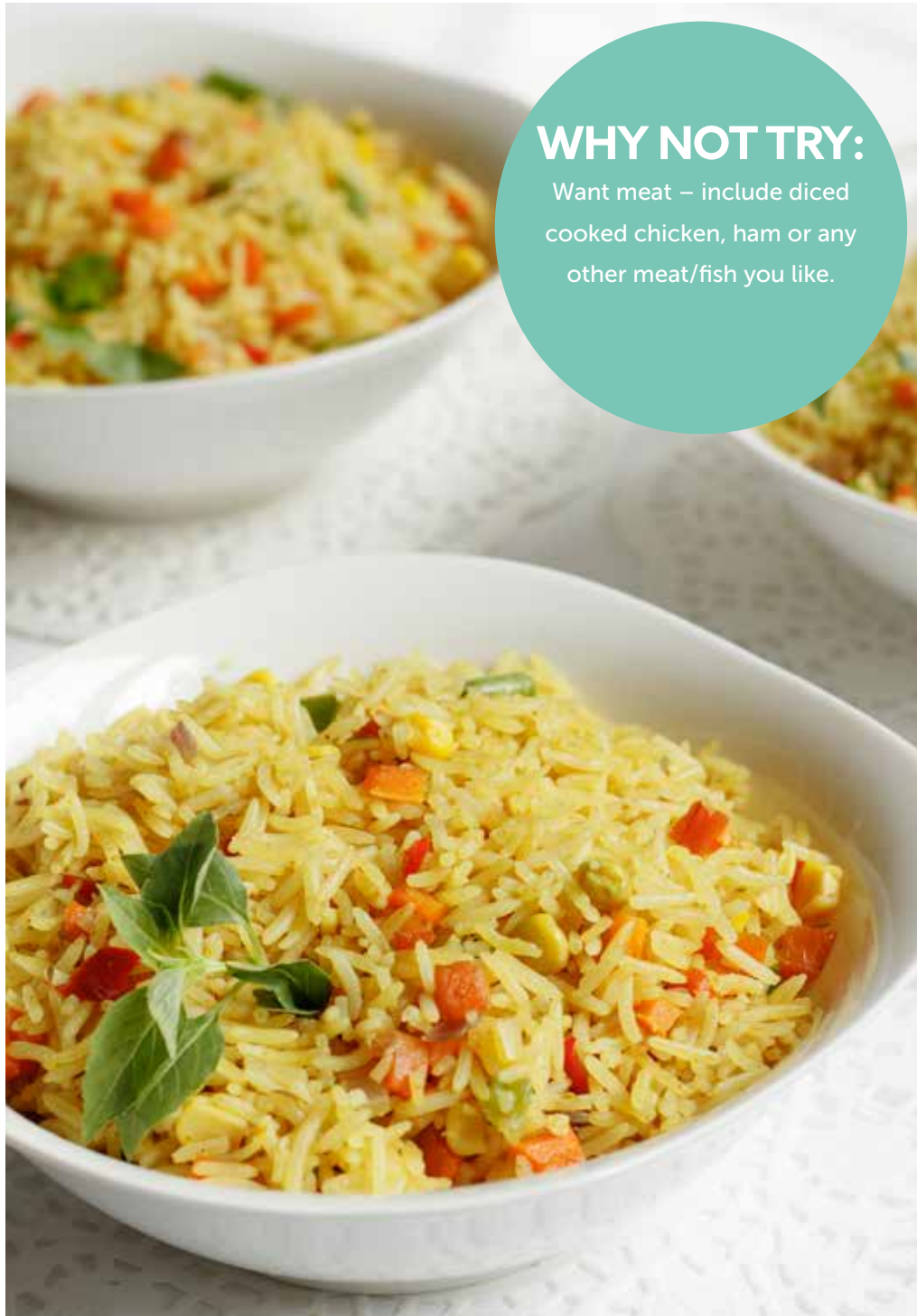


Preparation Time:  
10-15 minutes



Cooking Time:  
8-10 minutes





## WHY NOT TRY:

Want meat – include diced cooked chicken, ham or any other meat/fish you like.

# Fried rice



Serves: 2-3



Preparation Time:  
10 minutes



Cooking Time:  
20 minutes

## Equipment

Large bowl      Tablespoon  
Teaspoon

## Ingredients

Leftover cooked rice (kept overnight in the fridge) or packet of pre-cooked rice

Frozen/tinned vegetables in unsalted water – sweetcorn, peas, green beans, peppers, broccoli will work

1 tbsp reduced-salt soy sauce

1 tsp oil

Pepper

## Method

Place the cold cooked rice into the bowl (rice should be cooled within 1 hour of cooking and used within 1 day) and add vegetables (and meat if adding)

Add the soy sauce and oil and mix thoroughly.

Preheat the air fryer for 2-3 minutes @ 175°C

Place the rice mixture into an ovenproof dish which fits inside the air fryer basket.

Cook for 20 minutes regularly shaking to stop the rice going crispy.



# SIDES

# Baked Potatoes



Serves: 3-4



Preparation Time:  
5 minutes



Cooking Time:  
40-50 minutes

## Equipment

Fork

## Ingredients

3 - 4 baking potatoes

Teaspoon of oil

Pepper

## Method

Preheat air fryer @ 200°C for 2-3 minutes

Wash potatoes and dry with paper towel

Pierce with fork, rub with oil and season

Cook for 40-50 minutes (will depend on size of potato), flip half way through



# Brussel Sprouts with Bacon



Serves: 3-4



Preparation Time:  
10-15 minutes



Cooking Time:  
17-20 minutes

## Equipment

Sharp Knife      Chopping Board

## Ingredients

3-4 slices of lean back bacon, rind removed  
Approximately 400g of Brussel sprouts (you can use fresh or frozen)  
Teaspoon of oil  
Pepper  
Balsamic vinegar ( optional)  
1 clove of garlic or ½ teaspoon of minced garlic (optional)

## Method

Preheat air fryer @ 180°C for 2-3 minutes  
Trim away any loose, yellow or damaged leaves from the Brussel sprouts, then cut in half  
Finely chop garlic, if using  
Place bacon slices in grate and cook in air fryer for 5-6 minutes  
Remove bacon and place on paper towel  
Place sprouts, garlic and oil in bowl and toss. Add to basket and cook @ 180°C for 10-12, minutes shaking half way through.  
Meanwhile chop cooked bacon into small pieces then add to sprouts in basket along with balsamic and seasoning pepper. Shake to mix.  
Cook for a further 2-3 minutes and serve





# Roast Carrots

## Equipment

Peeler                  Sharp Knife  
Chopping Board    Large Bowl

## Ingredients

3 medium carrots  
1 teaspoon of oil and seasoning  
Seasoning of choice - thyme oregano or mixed herbs

## Method

Peel and top carrots  
Cut carrots in half lengthways and slice into 5cm lengths  
Toss in oil  
Preheat air fryer for 2-3 minutes @ 180°C  
Place carrots in air fryer in 1 layer and cook for 15-20 minutes until tender, shaking the basket every few minutes.  
Season 2-3 minutes before end of cook and shake to coat.  
Serve



Serves: 3-4



Preparation Time:  
10 minutes



Cooking Time:  
20-25 minutes

# Garlic Diced Potatoes

## Equipment

Sharp Knife                  Large Bowl

## Ingredients

2 - 3 potatoes (floury potatoes are best)  
2 garlic cloves or 1 teaspoon of minced garlic  
Tablespoon of oil

## Method

Wash potatoes  
Cut potatoes into 2-3cm cubes (no need to peel) and soak in cold water  
Drain and pat dry with paper towel  
Place potatoes in bowl, add garlic and oil and toss  
Preheat air fryer @ 190°C for 2-3 minutes  
Place in single layer in air fryer basket and cook for 20-25 minutes until crispy, shaking basket several times



Serves: 3-4



Preparation Time:  
10 minutes



Cooking Time:  
20-25 minutes





# NOTES

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