

RECIPE BOOK

air fryer



welcome

At health kick®, we pride ourselves on providing quality, inspired kitchen products as well as a desire to give the best value that money can buy. As a result of this, we have compiled some of our favourite recipes to help get you started with your new air fryer.



what is air frying?

Air Frying is the revolutionary new cooking technique that gives you that golden crispy fried taste to your favourite foods without the extra fat that is usually needed in a traditional deep fryer. Using 80% less oil coupled with Rapid Heat-wave Technology, the air fryer is your perfect cooking companion. As well as frying, the air fryer can also be used to grill, bake and roast your favourite foods. In this booklet you will find a variety of interesting and delicious ideas for quick meals that are perfect for getting started*.

Thank you for choosing to purchase this quality health kick® product. We hope that you enjoy using your air fryer and the many benefits that come with this addition to your kitchen.

*all measurements and timings are approximates and may vary.

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homemade french fries

1Kg (approx.) floury potatoes

1 tbsp. olive oil

- Peel the potatoes and carefully cut them into the shape of long French fries, between 8-10mm in thickness.
- Place the fries into a bowl of water and leave them to soak for up to 30 minutes. Drain the fries thoroughly before using some baking paper to pat them dry.
- Set the air fryer to preheat at 200°C for approximately 3 minutes.
- Pour in 1 tbsp. of olive oil into a large mixing bowl, followed by the fries. Shake the bowl until the fries are coated in oil.
- Place the fries into the basket and cook in the air fryer for 12-16 minutes.
- At regular intervals, remove the basket from the main hub of the air fryer and shake the fries to ensure that they are being cooked evenly.
- Once the fries are golden brown they are ready to be served. Add salt and pepper to taste.
- Serve and Enjoy!

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homemade chunky chips

1Kg (approx.) large waxy potatoes

1 tbsp. olive oil

- Peel the potatoes and carefully cut each into thick chips of approximately 1cm in thickness.
- Place the chips into a bowl of water and leave them to soak for up to 30 minutes. Drain the fries thoroughly before using some baking paper to pat them dry.
- Set the air fryer to preheat at 200°C for approximately 3 minutes.
- Pour in 1 tbsp. of olive oil into a large mixing bowl, followed by the chips. Shake the bowl until the fries are nicely coated in oil.
- Place the chips into the basket and cook in the air fryer for 12-16 minutes.
- At regular intervals, remove the pan and the basket from the main hub of the air fryer and shake the fries to ensure that they are being cooked evenly.
- Once the chips are golden brown they are ready to be served. Add salt and pepper to taste.
- Serve and Enjoy!

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homemade potato wedges

1Kg (approx.) large waxy potatoes

1 tbsp. olive oil

- Peel the potatoes and carefully cut each into wedge shapes
- Place the wedges into a bowl of water and leave them to soak for up to 30 minutes. Drain the wedges thoroughly before using some baking paper to pat them dry.
- Set the air fryer to preheat at 200°C for approximately 3 minutes.
- Pour in 1 tbsp. of olive oil into a large mixing bowl, followed by the wedges. Shake the bowl until the wedges are coated in oil.
- Place the wedges into the basket and cook in the air fryer for 12-16 minutes.
- At regular intervals, remove the basket from the main hub of the air fryer and shake the wedges to ensure that they are being cooked evenly.
- Once the wedges are golden brown they are ready to be served. Add salt and pepper to taste.
- Serve and Enjoy!

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baked potatoes

- Preheat the air fryer to 200°C for approximately 3 minutes.
- Wash the potato skins and then dry thoroughly using baking paper.
- Place the potatoes into the air fryer basket, ensuring that it is not overfilled and cook in the air fryer for 20-25 minutes.
- During this time, prepare your choice of fillings such as tuna mayo, grated cheese, baked beans etc.
- When the cooking cycle is complete, remove the potatoes from the air fryer and set them to one side until they are cool enough to touch.
- Slice the potatoes into halves and mash the inside of the potato to make it fluffier.
- Add your choice of filling.
- Serve and Enjoy!

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potato boats

4 large potatoes
25g carrots (finely chopped)
1 tbsp. coriander (finely chopped)
3 garlic cloves
mozzarella cheese
1 tsp. chilli powder
1 tsp. garam masala
½ tsp. mixed herbs
salt & pepper (to taste)

- Preheat the air fryer to 180°C for approximately 3 minutes.
- Wash the potatoes under running water and then dry with a kitchen towel.
- Place the potatoes into the air fryer basket and cook for 8 minutes.
- Remove the potatoes from the air fryer and leave to cool for a few moments.
- Cut the potatoes in half lengthways and scoop out the middle to form 'boat' shapes. Do not throw the scooped potato away.
- Mash the scooped potato and add it to a large mixing bowl along with the chopped carrot, coriander, garlic and seasoning. Mix well.
- Place the mix in the potato boats and cover with some grated mozzarella cheese.
- Place the potato boats into the air fryer and cook for a further 8-10 minutes, until the cheese has melted and turned brown.
- Sprinkle the mixed herbs and any additional seasoning on top.
- Serve and Enjoy!

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honey smothered chicken wings

1kg (approx.) chicken wings
2 tbsp. honey
1 tsp. chopped ginger
2 tbsp. lemon juice
2 tbsp. soy sauce
2 tbsp. tomato purée

- Trim any excess fat from the chicken wings and remove tips.
- Wash the chicken wings under running water.
- Use baking paper to pat the chicken wings until they are dry.
- Place the chicken wings into a large mixing bowl.
- In a separate mixing bowl, combine the lemon juice, soy sauce and ginger to make a marinade.
- Pour the marinade over the chicken wings and mix well, leaving to stand for 3-4 hours.
- Preheat the air fryer for 3 minutes at 160°C
- Remove the chicken wings from the bowl and insert them into the air fryer to cook for 10-12 minutes.
- While the chicken wings are cooking, add the honey and tomato purée to the marinated sauce that is left in the large mixing bowl and mix well.
- Carefully remove the chicken wings from the air fryer and roll each wing in the marinated sauce before returning it back into the air fryer for another 5 minutes.
- Repeat the previous two steps once more before serving.
- Serve and Enjoy!

Note: it is always recommended that you cut into the chicken before eating to check that it has cooked fully. Uncooked chicken can cause food poisoning.

homemade chicken nuggets

65g plain flour
1 garlic clove
1 tsp. salt
¼ tsp. ground pepper
2 boneless chicken breasts
130g breadcrumbs
1 large egg
1 tbsp. olive oil
1 tsp. mixed herbs (optional)

- Pour the flour into a re-sealable plastic bag and add the salt, pepper & mixed herbs.
- Crush the garlic clove and add to the bag.
- Cut the chicken breasts into small chunks and place them into the bag.
- Shake the bag until the chicken pieces are coated well with the flour mix.
- Place the breadcrumbs into a bowl and season with salt and pepper (to taste), setting this to one side.
- Crack the egg into a separate bowl and whisk well.
- Dip the chicken pieces into the egg mixture, followed by the breadcrumbs, ensuring that the chicken pieces are coated well. The egg helps to bind the breaded coating to the chicken.
- Set the chicken pieces aside on a plate.
- Pre-heat the air fryer to 200°C for approximately 3 minutes.
- Place the chicken pieces into the air fryer basket and cook for 8-10 minutes.
- Remove the basket at regular intervals and shake to ensure that the chicken nuggets are cooking evenly.
- Once the cooking cycle is complete, cut into some of the nuggets to check that they have cooked through fully before serving.
- Serve and enjoy!

Note: it is always recommended that you cut into the chicken before eating to check that it has cooked fully. Uncooked chicken can cause food poisoning.





meatballs

1 small onion
300g minced beef
1 tbsp. chopped fresh parsley
½ tbsp. chopped thyme leaves
1 egg
3 tbsp. breadcrumbs
Salt & pepper (to taste)

- Chop the onion finely and place all ingredients into a large mixing bowl. Use a fork to mix the ingredients thoroughly.
- Shape the mixture into small ball shapes. You should be able to get between 10 – 15 meatballs, depending on the size of the balls.
- Preheat the air fryer to 200°C for approximately 3 minutes.
- Place the meatballs into the basket, ensuring that it is not overfilled and cook in the air fryer for 7-10 minutes.
- Once the meatballs are golden brown they are ready to be served.
- Serve and Enjoy!

bbq style pork chops

4 pork chops
1 tbsp. olive oil
1 small onion
80ml tomato based sauce
1 tbsp. brown sugar
1 tbsp. chilli powder
salt, pepper, mustard and vinegar (to taste)

- Chop the onion finely and pour into a large mixing bowl, along with the tomato sauce, brown sugar, vinegar, mustard and chilli powder and mix well.
- Preheat the air fryer to 200°C for approximately 3 minutes.
- Dip the pork chops into the sauce to marinate them.
- Insert the pork chops into the air fryer basket, adding 1 tbsp. olive oil to the pan. It may also help to drizzle the oil onto the pork chops.
- Cook for 10-14 minutes, until the meat is tender and cooked through.
- Serve and enjoy!





breaded fish fillets

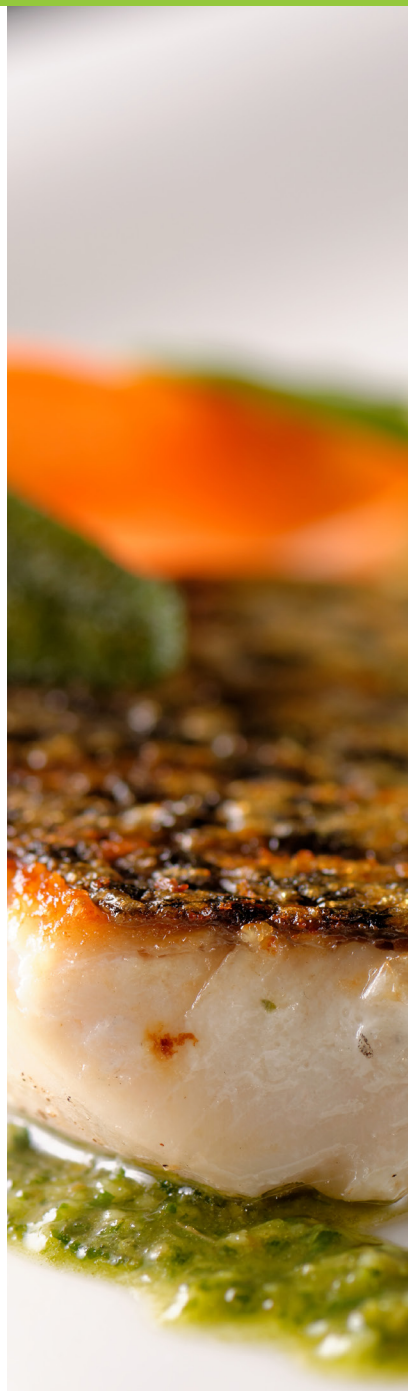
400g firm white fish fillet
2 large eggs
65g plain flour
65g fresh bread crumbs
2 tbsp. chopped fresh parsley
1 tbsp. olive oil
salt & pepper (to taste)

- Preheat the air fryer to 200°C for approximately 3 minutes.
- Cut the fish into 8 long pieces.
- Using a large mixing bowl, mix the bread crumbs, salt, pepper, parsley and olive oil.
- Crack the egg into a separate bowl, using a fork to lightly whisk.
- Pour the flour into another separate bowl.
- Dip each piece of fish into the flour and shake off any excess flour.
- Dip the fish in the egg, followed by the breadcrumbs.
- Insert the fish into the air fryer, cooking for 15 minutes, or until golden brown.
- Serve and enjoy!

grilled fish fillet in pesto sauce

400g firm white fish fillet
1 tbsp. olive oil
salt & pepper (to taste)
15g fresh basil
2 garlic cloves
2 tbsp. pine nuts
1 tbsp. grated parmesan cheese
250ml extra virgin olive oil
65g fresh bread crumbs

- Preheat the air fryer to 200°C for approximately 3 minutes.
- Brush the fish fillets with olive oil and sprinkle salt and pepper to taste.
- Chop the basil leaves and crush the pine nuts and garlic cloves and place into a large mixing bowl. Add the parmesan cheese and olive oil and mix thoroughly to create a pesto sauce. It may be worthwhile using a food processor or multi-chopper at this stage if available.
- Pour the breadcrumbs into a separate bowl.
- Dip the fish fillets into the pesto sauce, followed by the breadcrumbs.
- Insert the fish fillets into the air fryer and cook for 8-10 minutes until cooked through fully.
- Serve and enjoy!





battered halloumi

Tip: use the 'home made chunky chips' recipe from within this booklet to turn this delicious recipe into vegetarian halloumi 'fish' and chips.

Batter

150g plain flour
75g self raising flour
10ml white wine vinegar
240ml cold water
½ tsp. baking powder
Salt & pepper (to taste)

Halloumi

500g halloumi cheese
250ml plain yoghurt
250ml semi skimmed milk
130g plain flour
1 tbsp. olive oil

- Place all of the ingredients for the batter into a large mixing bowl and whisk well until you have a thick, batter like consistency.
- Slice the halloumi into 'fillet' shape slices
- Mix the yoghurt and the milk together in a mixing bowl.
- Submerge the halloumi slices in the yoghurt and milk mix. It is advisable to leave this to soak in the refrigerator for several hours to add texture to the halloumi cheese.
- Drain the halloumi and dip it in plain flour before coating it with the batter mix.
- Preheat the air fryer to 200°C for approximately 3 minutes.
- Add both the chips (optional) and the halloumi to the air fryer basket, keeping the ingredients separate if possible.
- Cook the ingredients in the air fryer for 12-16 minutes.
- Remove the pan and basket at regular intervals and shake to ensure that the ingredients cook evenly.
- Serve and enjoy!

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ratatouille

1 aubergine
1 courgette
3 tomatoes
2 peppers
2 onions
1 garlic clove
2 tbsp. mixed herbs
1 tbsp. olive oil
1 tbsp. vinegar
salt & pepper (to taste)

Additional

Small oven dish (small enough to fit in the basket of the air fryer)

- Preheat the air fryer to 200°C for approximately 3 minutes.
- Crush the garlic clove and place into a large mixing bowl
- Slice the onion into large slices and cut the courgette, aubergine, peppers and tomatoes into cubes. Place these into the mixing bowl.
- Add the mixed herbs, salt and pepper (to taste), olive oil and vinegar and mix well.
- Pour the mix into a small baking tray that can fit into the basket of the air fryer and set the timer to 15 minutes.
- Remove the pan and basket at regular intervals and mix the vegetables to ensure that the mix is cooked evenly.
- Leave standing for 3-4 minutes inside the air fryer before serving.
- Serve and enjoy!

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vegetable spring rolls

50g grated carrots
2 tbsp. cannellini beans
1 spring onion, sliced
¼ red pepper, sliced
1 tbsp. sweet chilli sauce
8 x 23cm filo pastry sheets
1 tbsp. olive oil

- Mix the cannellini beans, spring onions, carrots, red peppers and sweet chilli sauce in a mixing bowl. This should be enough for 4 rolls.
- Place 1 filo pastry sheet on a clean, flat surface in a diamond shape. Lightly brush a light glaze of olive oil on to the sheet and then place another pastry sheet on top of that and brush with oil once again.
- Spoon ¼ of the vegetable mix onto the pastry sheets, towards the corner closest to you. Fold this corner towards the centre, tucking it under the mix. Fold the left and right corners into the centre and then continue to roll forwards to create a cylindrical shape.
- Brush with a light glaze of oil and repeat for all of the rolls.
- Preheat the air fryer to 200°C for approximately 3 minutes.
- Place the rolls into the air fryer basket and cook for 15-20 minutes, or until golden brown and crispy.
- Serve and enjoy!

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feta triangles

4oz feta cheese
1 egg (yolk)
5 sheets filo pastry
2 tbsp. parsley (finely chopped)
1 spring onion (finely chopped)
2 tbsp. olive oil
salt & pepper (to taste)

- Separate the egg yolk and discard the egg white.
- Using a large mixing bowl, mix the egg yolk, feta cheese, parsley and spring onion together and season with salt & pepper to taste.
- Cut each sheet of filo pastry into 3 strips.
- Scoop a full teaspoon of the feta mixture on the underside of a strip of pastry.
- Fold the tip of the pastry over the filling to form a triangle shape. Continue to fold the strip in a zigzag manner until the filling is wrapped in a triangle. Repeat until all the filo and feta mix has been used.
- Preheat the air fryer to 200°C for approximately 3 minutes.
- Brush the triangles with olive oil and place in the air fryer basket.
- Cook for 3 minutes or until the triangles are golden brown.
- Serve and enjoy!

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mini cheese & onion quiche

Pastry

200g plain flour

75g butter

1 egg

2 tbsp. milk

salt & pepper (to taste)

Filling

1 onion, finely chopped

1 tbsp. olive oil

1 egg

100g cottage cheese

Additional

4 x small ramekin dishes

- Using a blender or food processor, mix all of the ingredients for the pastry in a large mixing bowl.
- Blend until you are left with a ball of dough. Place the dough ball into a refrigerator for 15 minutes.
- For the filling, heat the oil in a pan and add the chopped onion, frying until it is golden brown.
- Crack the egg into a mixing bowl and whisk it well. Add the cottage cheese to the bowl and stir it in.
- Add the onions to the egg and cheese mix.
- Divide the dough into 4 individual parts and roll each of them until each of them can cover the bottom of the ramekin dishes.
- Line the ramekin dishes with the dough and place the filling inside the dough.
- Preheat the air fryer to 180°C for approximately 3 minutes.
- Place the ramekin dishes into the air fryer basket and cook for 15 minutes.
- Once cooking has finished, leave the quiches to cool for a few minutes before serving.
- Serve and enjoy!

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roasted winter mixed vegetables

1 tbsp. olive oil
1 tbsp. fresh thyme needles
300g butternut squash
2 red onions
300g celeriac
300g parsnips
salt and pepper (to taste)

- Preheat the air fryer to 200°C for approximately 3 minutes.
- Peel the parsnips and celeriac and cut them into cubes of approximately 2 x 2cm.
- Peel the onions and cut them into wedge shapes.
- Cut the butternut squash in half, removing the seeds before cutting it into cubes.
- Using a large mixing bowl, mix the vegetables with the thyme and olive oil until the vegetables are coated nicely.
- Add salt and pepper to taste.
- Place the vegetables into the air fryer basket and cook for 18-20mins.
- At regular intervals, remove the basket from the main hub of the air fryer and shake the vegetables to ensure that they are being cooked evenly.
- The vegetables are fully cooked once they turn brown.
- Serve and enjoy!



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banana muffins

2 bananas
1 tbsp. olive oil
1 tsp. vanilla
1 tsp. cinnamon
1 tsp. baking powder
1 tbsp. sugar
2 tbsp. wheat flour
1 egg

- Using a large mixing bowl, mix the oil, egg and sugar together, followed by the remaining ingredients.
- Pour the mixture into muffin tins, ensuring that the muffin tins will fit into the air fryer basket.
- Sprinkle with sugar and cinnamon.
- Preheat the air fryer to 180°C for approximately 3 minutes.
- Insert the muffins into the air fryer and bake for 8-15 minutes.
- Remove the muffins from the air fryer and leave to cool completely before serving.
- Serve and enjoy!

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chocolate cookies

8 oz. wheat flour
2 tbsp. brown sugar
2 tbsp. white sugar
2 tbsp. cocoa powder
2 tbsp. chocolate chips
1 tsp. baking powder
1 tsp. baking soda
1 egg

- Mix the ingredients together thoroughly in a large mixing bowl.
- Make the mixture into small ball shapes of 3 – 5 cm in diameter.
- Preheat the air fryer to 180°C for approximately 3 minutes.
- Insert 4-6 cookie balls into the air fryer at a time for 5 minutes, using a small, suitable baking tray if available. For crispier cookies, bake for an additional 2-3 minutes.
- Remove the cookies from the air fryer and leave to cool completely.
- Serve and Enjoy!

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chocolate cake

Cake

3 eggs	½ tsp. bicarbonate of soda
150g flour	40g cocoa powder
150g caster sugar	1 tsp. baking powder
125ml sour cream	2 tsp. vanilla essence
125g unsalted butter	

Chocolate Icing

150g melted chocolate
50g unsalted softened butter
200g icing sugar
1 tsp. vanilla essence

- Preheat the air fryer to 180°C for approximately 3 minutes.
- Using a large mixing bowl, add the cake ingredients together and mix well. It may be helpful to use a food processor for this stage.
- Transfer the cake mix to an oven dish that is small enough to fit into the air fryer basket.
- Place the oven dish with the cake mix into the basket of the air fryer and cook for 25 minutes.
- After 25 minutes, remove the cake mix and gently poke the mix with a fork. If the fork comes out clean, then the cake is cooked through. If the fork comes out sticky, place the mix back into the air fryer and bake for another 5 minutes.
- Remove the dish from the air fryer and leave the cake to cool.
- To make the chocolate icing, melt the chocolate using a microwave.
- Leave the chocolate to cool for a while and then mix it with the rest of the ingredients for the icing using a large mixing bowl.
- Remove the cake mix from the oven dish and transfer it to a suitable plate. Using a knife or suitable spreading utensil, cover the cake with the chocolate icing.
- Serve and Enjoy!

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