# EMERALD

Model no. : SM-AIR-1807

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Recipes

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When using electrical appliances, basic safety precautions should always be followed, including the following:

1. Read all instructions before using your Emerald Air Fryer.
DANGER
2. Never immerse the power cord, plug or housing in water or under the tap.
3. Make sure no liquid enters the appliance to prevent electric shock or short-circuit.
4. Do not cover the air inlet and outlet of the appliance during operation.
5. Always place foods to be cooked in the basket, foods should never come into direct contact with the heating elements.
6. Never fill the pan with oil as this may cause a fire hazard and damage to the appliance.
7. Never touch the inside of the appliance during operation (pan, basket, etc.)
WARNING
8. Make sure that your output voltage corresponds to the voltage stated on the rating label of the appliance.
9. If the supply cord is damaged, it must be replaced by a special cord or assembly available from the manufacture or its service agent.
10. It is recommended to regularly inspect the appliance to avoid a hazard. Do not operate any appliance with a damaged cord or plug or after the appliance malfunctions or has been damaged in any manner. Return appliance to the nearest authorized service facility for examination, repair, or adjustment.
11. Never attempt to repair the appliance yourself, otherwise the warranty becomes invalid.
12. This appliance is not intended for use by persons (including children) with reduced physical, sensory or mental capabilities, or

## Safety Warning



or lack of experience and knowledge, unless they have been given supervision or instruction concerning use of the appliance by a person responsible for their safety.

13. Close supervision is necessary when appliance is used near children.
14. NEVER ALLOW A CHILD TO USE THIS PRODUCT.
15. DO NOT let the power cord hang over the edge of the table or work-top, and keep it away from any hot surfaces.
Do not plug in the appliance or operate the control panel with wet hands.
16. Do not place or use the appliance on or near combustible materials, such as a table-cloth, curtains or wallpaper.
17. Only connect the appliance to a grounded wall socket. Always make sure that the plug is inserted into the wall socket properly.
18. Never connect this appliance to an external timer switch in order to avoid a hazardous situation.
19. Never leave appliance unattended.
20. Appliance surfaces may become hot during use.
21. The appliance should be placed on a horizontal and stable surface when using. Do not place on plastics, board or any other easy-wear surfaces.
22. Do not place the appliance against wall or other appliances, leave around 4 inches of space from nearby objects. Do not place anything on the top of appliance.
23. Do not use the appliance beyond the specification of this manual.
24. During operation, hot steam will exhaust through the hind side air outlet. Keep your hands and face at a safe distance from the steam and the air outlet openings. Also be careful of hot steam and air when you remove the pan from the appliance.
25. If food burns and dark smoke releases from the air outlet, unplug immediately and wait for smoke release to stop, then clean the food and oil from the pan and basket.

## Safety Warning



CAUTION

27. After use, turn off power to the appliance then unplug from the wall outlet.
28. Unplug the appliance from outlet when it is not in use or before cleaning. Allow it to cool down first before cleaning.
29. Do not use any accessories that have not been provided with the appliance.
30. This appliance is intended to be used indoors.
31. Do not use outdoors.
Clean and wipe and dry the pan and the basket before placing food inside.
32. Do not power on the Air Fryer when the basket is open.
33. Always unplug the appliance when not in use.
34. If the appliance is of the grounded type, the extension cord should be a grounded cord.
35. To ensure continued protection against risk of electric shock, connect to properly grounded outlets only.
36. Some countertop and table surfaces, wood and / or laminates, are not designed to withstand prolonged heat generated by certain appliances.It is recommended by countertop manufacturers that a hot pad or trivet be placed under your appliance to prevent possible damage to the surface.

## Safety Warning



SHORT CORD

A short power cord is provided to reduce the risk of personal injury resulting from becoming entangled in or tripping over a longer cord.
Longer power-supply cords or extension cords are available and may be used if care is exercised in their use.
If an extension cord is used: the marked electrical rating of the extension cord should be at least as great as the electrical rating of the product; the extension cord should be arranged so that it will not drape over the countertop or tabletop where it can unintentionally be pulled on or tripped over by children or pets.

POLARIZED PLUG

If this appliance is equipped with a polarized plug (one blade is wider than the other), please follow the below instructions:
To reduce the risk of electrical shock, this plug is intended to fit into a polarized outlet only one way. If you are unable to fit the plug into the electrical outlet, try reversing the plug. If the plug still does not fit, contact a qualified electrician. Never use the plug with an extension cord unless the plug can be fully inserted into the extension cord. Do not alter the plug of the product or any extension cord being used with this product. Do not attempt to defeat the safety purpose of the polarized plug.

## Safety Warning



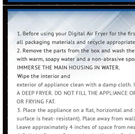
USE

A) TEMPERATURE INCREASE BUTTON: PRESS TO INCREASE THE TEMPERATURE SETTING BY 5 DEGREE INCREMENTS.
B) TEMPERATURE DECREASE BUTTON: PRESS TO DECREASE THE TEMPERATURE SETTING BY 5 DEGREE INCREMENTS.
C) TIMER INCREASE BUTTON: EACH PRESS INCREASE COOKING TIME BY ONE MINUTE.
D) TIMER DECREASE BUTTON: EACH PRESS DECREASE COOKING TIME BY ONE MINUTE.
E) MENU FUNCTION BUTTON: USE THIS BUTTON TO TOGGLE THROUGH THE DIFFERENT MENU FUNCTIONS.
F) POWER/START BUTTON: TAP THIS BUTTON ONCE TO START OR CANCEL COOKING.
G) KEEP WARM BUTTON: PRESS TO TOGGLE THE KEEP WARM FUNCTION TO KEEP THE FOOD WARM FOR UP TO TWO HOURS, IF PRESSED WHILE AIR FRYER IS COOKING, THE AIR FRYER WILL AUTOMATICALLY ENTER KEEP WARM MODE ONCE THE COOKING COMPLETES.

## Control Panel



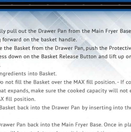
1. Before using your Digital Air Fryer for the first time, carefully remove all packaging materials and recycle appropriately.
2. Remove the parts from the box and wash the Drawer Pan and Basket with warm, soapy water and a non-abrasive sponge. IMPORTANT: DO NOT IMMERSE THE MAIN HOUSING IN WATER.
Wipe the interior and
exterior of appliance clean with a damp cloth. IMPORTANT: THIS IS NOT A DEEP FRYER. DO NOT FILL THE APPLIANCE OR ITS DRAWER WITH OIL OR FRYING FAT.
3. Place the appliance on a flat, horizontal and stable surface (make sure surface is heat- resistant). Place away from walls and other appliances. Leave approximately 4 inches of space from nearby objects.
4. Pull the Drawer Pan out by the Handle. Push the Protective Cover and press down on the Basket Release Button to lift out the Basket.
TIP: Never place food directly into the Drawer Pan.



## Preparation



1. Carefully pull out the Drawer Pan from the Main Fryer Base by pulling forward on the basket handle.
2. Remove the Basket from the Drawer Pan, push the Protective Cower, and press down on the Basket Release Button and lift up on the basket.
3. Place ingredients into Basket.
TIP:- Do not fill the Basket over the MAX fill position. - If cooking food that expands, make sure the cooked capacity will not exceed the MAX fill position.
4. Insert Basket back into the Drawer Pan by inserting into the basket slot.
5. Slide Drawer Pan back into the Main Fryer Base. Once in place, the Air Fryer will beep to let you know it is in posi-tion.



## How to Use



HOW TO PROGRAM FRYING TIME AND TEMPERATURE:

1. Plug Power Cord into an electrical outlet.
2. The LED display will illuminate with the dashes (sleep mode).
Pushing the click wheel once will default the fryer to 360 F and 15min, push again to start cooking.
TIP: It is recommended to preheat the air fryer on empty at 360 F for 3 min, if the appliance is cold. The initial 15 minutes of use may result in minimal smell and smoke. This is normal and harmless and comes from the protective substance applied to the heating elements during manufacturing.
3. Press the temp button for the Temperature setting to adjust to the desired temperature. Temperature will increase or decrease in 5-degree increments.
4. Press the time button for the Timer setting to adjust to the desired cooking time. Timer will increase or decrease in 1-minute increments.
5. Tap the START Button once to begin cooking.

### Quick Menu Chart

| MENU | DEFAULT TEMPERATURE | DEFAULT TIME |
|---|---|---|
| | 360°F | 15 min |
| FRIES | 390°F | 20 min |
| RIBS | 380°F | 20 min |
| SEAFOOD | 320°F | 15 min |
| CAKE | 300°F | 45 min |
| CHICKEN | 380°F | 20 min |
| STEAK | 360°F | 12 min |
| EGGS | 160°F | 20 min |

## How to Use



QUICK MENU FUNCTION

1. Plug Power Cord into an electrical outlet.
2. Press the menu button to cycle through the different Menu functions. Default Menu Temperatures and Times will appear.
3. To select desired Menu function, tap the **click wheel** Button to begin cooking.
4. Use the **mode** buttons to adjust Menu function temperatures or times if you wish to change the programmed settings.
Note: The initial 15 minutes of use may result in minimal smell and smoke. This is normal and harmless and comes from the protective substance applied to the heating elements during manufacturing.

CANCELING A SELECTION:

1. To Cancel any programmed selection, simply tap the STOP button to cancel the selection.
2. To change a selection, simply press the menu button to cycle through the other Menu functions.

## How to Use



DURING THE COOKING/FRYING PROCESS:

1. Once you tap the Click Button, the Timer will begin counting down and begin the cooking process.
NOTE: Any excess oil from food will collect at the bottom of the Pan.
Some recipes require stirring/mixing/flipping the contents mid-way through cooking. You can do this
in the middle of the cooking process by
simply pulling out the basket by grasping the Handle and pull forward the entire Drawer Pan. The built-in auto sensors will automatically pause the heating system to allow you to attend to the food.
2. Shake, stir or flip the contents of the basket using a non-metallic utensil and then slide Drawer Pan back into the Main Fryer Base.
CAUTION: During cooking, the Drawer Pan and Basket will be very hot, only use the cool-touch handles or oven mitts.

WHEN COOKING/FRYING IS COMPLETE

1. When the timer completes its countdown, the air fryer will beep and stop heating - this signals it is time to remove your food. (Please note that the fan motor will continue to operate in order to cool down the Drawer Pan and the Basket this will stop within approximately 30 seconds).
NOTE: You can also switch off the appliance manually by pressing STOP at any time during
the cooking process.
2. Carefully pull out the Drawer Pan from the Main Fryer Base by pulling forward on the basket handle.

## How to Use



3. Remove the Basket from the Drawer Pan by pressing down on the Basket Release
Button and lifting up on the basket.
CAUTION: When sliding out Drawer Pan be careful of hot air and steam. Keep hands and face away from the opening.
CAUTION: After cooking, the Drawer Pan and Basket will be extremely hot to the touch. Do not touch surfaces of the Drawer Pan or Basket directly.
4. Check that your foods are ready. If not, then place the Basket back into the Drawer Pan and set the timer for a few more minutes.
5. Empty the contents of the Basket into a bowl or onto a plate. If necessary,you can also use Tongs to remove foods from the Basket.
TIP: If food contents within Basket are too heavy to lift using the Basket Handle use oven mitts to carefully pull out the whole Drawer Pan and Basket together. Place on a flat, heat-resistant surface and use Tongs to remove contents from the Basket. TIP: Do not turn the Basket and Drawer Pan upside down together, as any excess oil
that has collected in the bottom of the Drawer Pan will be poured onto the foods.
6. When the next batch of ingredients is ready,the air fryer is instantly ready to use again.
7. When cooking is complete, the display will stop Remove the Power cord from
the electrical outlet.

## How to Use



1. The Digital Air Fryer should be cleaned thoroughly after every use. Make sure the Fryer unit is disconnected from the electrical outlet and that the appliance has cooled down before attempting to clean
The Drawer Pan, Basket and the inside of the appliance have a nonstick
2. coating. Do not use metal utensils or abrasive cleaning mate-rials on them, as this can damage the non- stick coating.
Wipe the outside of the appliance with a damp cloth.
3. CAUTION: Do not allow water to seep into the LED control panel as that may damage the appliance.
4. Clean the Drawer Pan and Basket with hot water, dishwashing soap and a non-abrasive sponge.
You can use a degreaser to remove any stuck-on residue.
NOTE: The Drawer Pan and Basket are dishwasher-safe (top rack only).
TIP: If food residue is stuck to the Basket or the bottom of the Drawer Pan, place the Basket into the Drawer Pan and fill with dishwashing soap and water and set to soak for 10 minutes.
6. Clean the inside of the appliance with hot water and a non-abrasive sponge.
7. Never immerse the power cord, plug or the appliance body in water or any other liquids.
8. Dry all parts after each use, re-assemble and store in a cool, dry location.

## Cleaning and Maintenance



### TROUBLESHOOTING GUIDE

| Problem | Possible cause | Solution |
|---|---|---|
| The unit turn does not work. | The appliance is not plugged in. | Plug the power cord into an electrical outlet. |
| | The appliance is defective. | You should press the POWER button. |
| | | Contact your store for return/replacement. |
| Air fryer keeps powering off. Foods are not fully cooked or crispy. Slow/temperature. | During time/temperature selection, the unit will automatically turn off. | Do not wait more than 10 minutes after making your selections to press START button. |
| Food not completely cooked/fried. | There is too much food in the basket. | Do not overfill the basket. |
| | The cooking temperature is set too low. | Increase the temperature. |
| | The cooking time is too short. | Increase the time setting. Check "Cooking Time Chart" found in this manual. |
| Food cooked is uneven. | Certain foods need to be shaken/flipped halfway through the cooking process. | Increase the time setting. Check "Cooking Time Chart" found in this manual. |
| Fried snacks are not crispy. | You used a type of snack meant to be prepared in a deep fryer/oven. | Add oil to foods or lightly brush some oil onto the snacks for a crisper result. |
| I cannot close the Drawer Pan properly. | The Basket is too full. | Do not fill the Basket above the MAX level. |

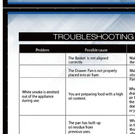
## TroubleShooting



### TROUBLESHOOTING GUIDE

| Problem | Possible cause | Solution |
|---|---|---|
| White residue is emitted out of the appliance during use. | The Basket is not aligned correctly. | Make sure the Basket is flush with the Drawer Pan. |
| | The Drawer Pan is not properly placed into air fryer. | Make sure there is no obstruction for the Drawer Pan to close properly. |
| | You are preparing food with a high oil content. | When cooking with oily foods, oil will drain into the Drawer Pan. When the Drawer Pan is pulled out, the hot oil will produce white smoke. This does not adversely affect the air fryer or your cooked product. |
| | The pan has built up residue from previous uses. | White residue is caused by oil leftover from previous uses. Be sure to thoroughly clean the Drawer Pan and Basket. |
| Home-made French fries are coming out unevenly cooked. | Your potatoes are not fried or pre-fried. | Make sure to cut fresh and thin potatoes. Pat frozen potatoes for home-made French fries. |
| | Potato strips were not thoroughly rinsed prior to frying. | Rinse potato strips in cold water to remove all starch prior to frying. |
| Your home-made French fries are not crispy after air frying. | Crispy results are directly linked to the amount of oil and water content of the fresh potato strips. | Potato strips need to be thoroughly dried before adding oil. |
| | | Slice potato strips thinner if you want them crispier. |
| | | Use cold mineral oil for the potato strips prior to frying if you want crispier results. |

If trouble persists please contact support@wandeeza.com



## TroubleShooting

## Parts



| Vegetables | | | Temperature | Time |
|---|---|---|---|---|
| Asparagus (about 1 inch) | 400°F | 5 | Cloves (peel) | 400°F | 15 |
| Beets (whole) | 400°F | 40 | Brussels Sprouts (cut in half) | 400°F | 15 |
| Broccoli (cut into florets) | 400°F | 10 | Cauliflower (cut into florets) | 400°F | 15 |
| Brussels Sprouts (halved) | 400°F | 15 | Potatoes (small baby, 1-1.5oz) | 400°F | 15 |
| Carrots (whole baby) | 400°F | 15 | Potatoes (baked, whole, 8-10oz) | 400°F | 40 |
| Cauliflower (florets) | 400°F | 10 | Potatoes (fries, whole) | 400°F | 15 |
| Corn (on the cob) | 400°F | 15 | Potatoes (fries, cut into 1/4" sticks) | 400°F | 20 |
| Eggplant (1/2 inch cubes) | 400°F | 10 | Potatoes (fries, frozen) | 400°F | 15 |
| Fennel (quartered) | 350°F | 15 | Tenderloin (thick) | 400°F | 8 |
| Kale (leaves) | 300°F | 5 | Tenderloin (thin) | 400°F | 5 |
| Leeks (whole) | 400°F | 15 | Zucchini (1 inch slices) | 400°F | 10 |
| Mushrooms (Whole & cut) | 400°F | 5 | | | |
| **Chicken** | | | | | |
| Breasts, bone-in (1 lb) | 375°F | 35 | Legs, bone-in (1.5 lbs) | 380°F | 35 |
| Breasts, boneless (1 lb) | 375°F | 20 | Wings (1 lbs) | 400°F | 18 |
| Drumsticks (1.5 lbs) | 375°F | 30 | Cutlets Not Battered (1 lbs) | 400°F | 10 |
| Thighs, bone-in (1.5 lbs) | 380°F | 35 | Cutlets Battered (1 lbs) | 400°F | 15 |
| Thighs, boneless (1.5 lbs) | 380°F | 15 to 25 | Tenders | 400°F | 10 |
| **Beef** | | | | | |
| Roast (3 lbs) | 375°F | 50 to 55 | Meatballs (4 balls) | 400°F | 10 |
| Steak, Rare (1 lb) | 400°F | 8 | Meatballs, frozen (4 balls) | 400°F | 15 |
| Steak, Med. (1 lb) | 400°F | 12 | Sirloin steaks (1 inch, 1 lb) | 400°F | 15 to 18 |
| Steak, Well (1 lb) | 400°F | 15 to 18 | Veal Cutlets Not Breaded (1 lb) | 400°F | 10 |
| Tenderloin steak | 400°F | 7 | Veal Cutlets Breaded (1 lb) | 400°F | 15 |
| **Pork and Lamb** | | | | | |
| Chops | 400°F | 10 | Bacon (thin slice) | 400°F | 3 to 10 |
| Pork Chops, bone-in (1 inch, 0.5-0.7 lb) | 400°F | 12 | Sausages | 400°F | 15 |
| Pork Chops, boneless (1 inch, 0.5-0.7 lb) | 400°F | 10 | Sausages, Chipolata (1 inch thick) | 400°F | 10 |
| Roast (2 lbs) | 375°F | 1 to 1 | Ham (1 inch, 1 - 2 lbs) | 400°F | 10 |
| **Fish and Seafood** | | | | | |
| Calamari (1 lb) | 400°F | 8 | Tuna steak | 400°F | 7 to 10 |
| Fish Fillets, Not Battered (1 lb) | 400°F | 10 | Scallops | 400°F | 5 to 8 |
| Salmon, Med. (1 lb) | 400°F | 10 | Shrimp | 400°F | 5 to 8 |
| Swordfish steak | 400°F | 7 | | | |
| **Frozen Foods** | | | | | |
| Chicken Nuggets (1 lb) | 400°F | 8 | Hot Dishes (1 lb) | 400°F | 10 |
| Fish Fillets (1lb) | 400°F | 10 | Pizza, Personal (1 lb) | 400°F | 10 |
| Mozz Sticks (16 oz) | 400°F | 10 | Quiche Heated (12 oz) | 400°F | 10 |
| Onion Rings (16 oz) | 400°F | 10 | Potato Pieces | 400°F | 10 |
| Pot Stickers (16 oz) | 400°F | 10 | | | |

## Cooking Chart



### Crispy Brussels Sprouts

Ingredients
2 cups halved Brussels sprouts sliced in half lengthwise
1 tablespoon olive oil OR maple syrup
1 tablespoon balsamic vinegar
1/4 teaspoon sea salt

Method
1. In a bowl, toss together the Brussels, oil or maple syrup, vinegar, and salt.
2. Air fry at 400F for 8-minutes, shaking (and checking their progress) after 5 minutes and then at 8 the minute mark. You're going for crispy and browned, but not burnt!

### Ranch Kale Chips

Ingredients
2 tablespoons olive oil
4 cups loosely packed kale stemmed
2 teaspoons Vegan Ranch Seasoning
1 tablespoon nutritional yeast flakes
1/4 teaspoon salt

Method
1. Toss the oil, kale pieces, Ranch Seasoning, and nutritional yeast together in a medium-sized bowl, then dump the coated kale into the basket of your air fryer.
2. Cook on 370 for 4-5 minutes (do not preheat) shaking after 2 minutes. Eat immediately.

## Recipes

### Vegan Croutons

Ingredients
2 heaping cups of cubed baguette/bread, cut in 1 inch pieces
2 teaspoons extra virgin olive oil
2 teaspoons lemon juice
1/2 teaspoon dried oregano
1/2 teaspoon dried basil
1/2 teaspoon granulated garlic
Pinch of salt & pepper

Method
1. Put cubed baguette into a large mixing bowl. Evenly drizzle extra virgin olive oil and lemon juice across the bread. Then sprinkle on dried oregano, dried basil, garlic granules, salt, and pepper.
2. Use your hands to toss the cubed bread, getting everything evenly coated, and making sure the spices are on the bread instead of stuck on the sides of the bowl.
3. Put the bread into the air fryer. Cook at 400 degrees for 5 minutes, stopping once or twice to shake the basket.
4. Serve on top of your favorite salad.

### Shishito Peppers

Ingredients
1-6 oz bag shishito peppers
salt and pepper to taste
1/2 tablespoon avocado oil
1/3 cups Asiago cheese, grated fine
limes

Method
Rinse peppers and pat dry. Place in bowl and toss & avocado oil, salt, and pepper. Put in air fryer & cook at 350 for 10 minutes. Place on platter & drizzle w/ lime juice and top w/ grated asiago

## Recipes

### Skinny Fries

Ingredients
2 to 5 russet potatoes, peeled and cut into ¼-inch sticks
2 to 3 teaspoons olive or vegetable oil
salt

Method
1. Cut the potatoes into ¼-inch strips.
A mandolin with a julienne blade is really helpful here.
2. Rinse the potatoes with cold water several times as let them soak in cold water for at least 10 minutes or as long as overnight.
3. Pre-heat the air fryer to 380°F.
4. Drain and dry the potato sticks really well, using a clean kitchen towel. Toss the fries with the oil in a bowl and then air fry in two batches at 380°F for 15 minutes, shaking the basket a couple of times during the cooking time.
5. Add the first batch of French fries back into the air fryer basket with the finishing batch and let everything warm through for a few minutes. As soon as the fries are done, season them with salt and transfer them to a plate. Serve with ketchup or your favorite dip.

### Roasted Corn

Ingredients
4 fresh ears of corn
2 to 3 teaspoons vegetable oil
salt and pepper to taste

Method
Remove husks from corn, wash and pat dry. You may need to cut the corn to fit in your basket. If you need to do so, cut the corn, drizzle vegetable oil over the corn. Try to cover the corn well. Season with salt and pepper. Cook at 400 degrees for about 10 minutes.

## Recipes

### Catfish

Ingredients
4 catfish fillets
1/4 cup seasoned fish fry
1 tbsp olive oil
1 tbsp chopped parsley (optional)

Method
Preheat Air Fryer to 400 degrees.

Rinse the catfish and pat dry.
Pour the fish fry seasoning in a large Ziploc bag.
Add the catfish to the bag, one at a time. Seal the bag and shake. Ensure the entire filet is coated with seasoning.
Spray olive oil on the top of each filet.
Place the filet in the Air Fryer basket. (Due to the size of my fillets, I c ooked each one at a time). Close and cook for 10 minutes.
Flip the fish. Cook for an additional 10 minutes. Flip again. Cook for 2-3 min. Top with parsley.

### Baked Apple

Ingredients
1 medium apple or pear
2 Tbsp. chopped walnuts
2 Tbsp. raisins
1 ½ tsp. light margarine, melted
¼ tsp. cinnamon
¼ tsp. nutmeg
¼ cup water

Method
Preheat air fryer to 350° F. Cut the apple or pear in half around the middle and spoon out some of the flesh. Place the apple or pear in frying pan or on the bottom of the air fryer. In a small bowl, combine margarine, cinnamon, nutmeg, walnuts and raisins. Spoon this mixture into the centers of the apple/pear halves. Pour water into the pan.
Bake for 20 minutes.

## Recipes



### Chicken Parmesan

Ingredients
2 (about 8 oz each) chicken breast, fat trimmed, sliced in half to make 4
4 tbsp seasoned breadcrumbs
3 tbsp grated Parmesan cheese
1 tbsp butter, melted (or olive oil)
4 tbsp reduced fat mozzarella cheese
1/2 cup marinara
cooking spray

Method
Preheat the air fryer 360F° for 9 minutes. Spray the basked lightly with spray.
Combine breadcrumbs and parmesan cheese in a bowl. Melt the butter in another bowl.
Lightly brush the butter onto the chicken, then dip into breadcrumb mixture.
When the air fryer is ready, place 2 pieces in the basket and spray the top with oil.
Cook 6 minutes, turn and top each with 1 tbsp sauce and 1 1/2 tbsp of shredded mozzarella cheese.
Cook 3 more minutes or until cheese is melted.
Set aside and keep warm, repeat with the remaining 2 pieces.

## Recipes



### Roasted Vegetable Pasta Salad

Ingredients
1 orange pepper, large chunks
1 green pepper, large chunks
1 red pepper, large chunks
1 zucchini, sliced in half moons
1 yellow squash, sliced in half moons
1 red onion, sliced
4 ounces brown mushrooms, halved
1 teaspoon Italian seasoning
salt and fresh ground black pepper
1 pound penne rigate or rigatoni, cooked
1 cup grape tomatoes, halved
¼ cup pitted Kalamata olives, halved
3 tablespoons balsamic vinegar
¼ cup olive oil
2 tablespoons chopped fresh basil

Method
Preheat the air fryer to 380°F.
Place the peppers, zucchini, yellow squash, red onion and mushrooms in a large bowl, drizzle with a little of the olive oil and toss to coat well. Add the Italian seasoning and season with salt and pepper. Air-fry for 12 to 15 minutes, until the vegetables are soft but not mushy. Stir or shake the basket halfway through the cooking time to evenly roast vegetables. Combine the cooked pasta, roasted vegetables, tomatoes and olives in a large bowl and mix well. Add the balsamic vinegar and toss. Add enough olive oil to coat everything nicely (you may not use it all). Season with salt and freshly ground black pepper to taste.
Refrigerate the salad until you are ready to serve. Stir in the fresh basil right before serving.

## Recipes



### Mexican Chicken Burgers

Ingredients
Blender
4 Chicken Breasts skin and bones removed
1 Small Cauliflower
1 Large Egg beaten
1 Tbsp Smoked Paprika
1 Tbsp Thyme
1 Tbsp Oregano
1 Tbsp Mustard Powder
1 Tsp Cayenne Pepper
1 Jalapeno Pepper
Salt & Pepper

Method
Preheat your air fryer to 180c.
In a blender add all your seasonings and your cauliflower and blend until it resembles breadcrumbs.
Remove ¼ of it from your blender and place it into your mixing bowl ready for later. In another bowl add your beaten egg to also save for later.
In the blender add your chicken breasts and blend with the ¼ of your ingredients from later. Add a little extra salt and pepper.
Remove from the blender and make into burger shapes. If it is not binding properly add some extra cauliflower crumbs.
Get each burger and roll in the cauliflower crumbs, the egg and then the cauliflower crumbs again.
Do this for each of them.
Once they are all done place them onto a baking mat and cook in the air fryer for 20 minutes at 180c.
Flip them over and then cook for a further 10 minutes on the other side so that both sides will become crispy and delicious.
Serve with coleslaw, pickles and crisps.

## Recipes



### Buffalo Cauliflower

Ingredients
4 cups cauliflower florets
1 cup panko breadcrumbs mixed with 1 teaspoon sea salt
1/4 cup melted vegan butter 1/4 cup after melting
1/4 cup vegan Buffalo sauce

Method
Melt the vegan butter in a mug in the microwave, then whisk in the buffalo sauce.
Holding by the stem, dip each floret in the butter/buffalo mixture, getting most of the floret coated in sauce. It's fine if a bit of the stem doesn't get saucy. Hold the floret over the mug until it pretty much stops dripping. A few drips are OK, but if it's raining sauce, your panko is going to get clumpy and stop sticking as well.
Dredge the dipped floret in the panko/salt mixture, coating as much as you like, then place in the air fryer.
Air fry at 350F (do not preheat) for 14-17 minutes, shaking a few times, and checking their progress when you shake. Your cauliflower is done when the florets are a little bit browned.
Serve with your dipping sauce of choice.

## Recipes



### Spinach and Artichoke White Pizza

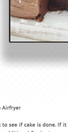
Ingredients
olive oil
3 cups fresh spinach
2 cloves garlic, minced, divided
1 (8- to 8-ounce) pizza dough ball
¾ cup grated mozzarella cheese
¼ cup grated Fontina cheese
¼ cup artichoke hearts, coarsely chopped
2 tablespoons grated Parmesan cheese
¼ teaspoon dried oregano
salt and freshly-ground black pepper

Method
Heat the oil in medium sauté pan on the stovetop. Add the spinach and half the minced garlic to the pan and sauté for a few minutes, until the spinach has wilted. Remove the sautéed spinach from the pan and set it aside. Pre-heat the air fryer to 390°F.
Cut out a piece of aluminum foil the same size as the bottom of the air fryer basket. Brush the foil circle with olive oil. Shape the dough into a circle and place it on top of the foil. Dock the dough by piercing it several times with a fork. Brush the dough lightly with olive oil and transfer it into the air fryer basket with the foil on the bottom.
Air-fry the plain pizza dough for 4 minutes. Turn the dough over, remove the aluminum foil and brush again with olive oil, air-fry for an additional 4 minutes.
Sprinkle the mozzarella and Fontina cheeses over the dough. Top with the spinach and artichoke hearts. Sprinkle the Parmesan cheese and dried oregano on top and drizzle with olive oil. Lower the temperature of the air fryer to 350°F and cook for 8 minutes, until cheese has melted and is lightly browned. Season to taste with salt and fresh ground black pepper.

## Recipes



### Chocolate Cake



Ingredients
3 eggs
1/2 cup sour cream
1 cup flour
2/3 cup sugar
1 stick butter, room temperature
1/3 cup cocoa powder
1 teaspoon baking powder
1/2 teaspoon baking soda
2 teaspoons vanilla

Method
Preheat Airfryer to 160
Mix ingredients on low
Pour into oven attachment
Place in Airfryer basket and slide into Airfryer
Set timer to 25 minutes
Once timer rings, insert use toothpick to see if cake is done. If it does not spring back when touched, cook for an additional 5 minutes.
Cool cake on a wire rack
Ice with your favorite chocolate frosting.

## Recipes