

# Sunbeam

## 4-in-1 Air Fryer + Oven

Get the benefits of an air fryer, rotisserie oven & dehydrator – all in one



Real food  
MADE  
real tasty



# Real Tasty CONTENTS

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# *the* ACCESSORIES

## AIR FLOW RACKS

Ideal for cooking a variety of foods such as chicken breast, fish or steak and the best accessory to use for dehydrating! If using more than one Air Flow Rack, switch the position of the racks throughout the cooking cycle for a more even crisp.

## ROTATING MESH BASKET

Helps to cook food more evenly without the need to shake during the cooking process - no need to monitor!



## DRIP TRAY

Use to catch oil and crumbs throughout the cooking cycle.

## ROTISSERIE HANDLING FORK

Use the Rotisserie Handling Fork to place and remove the Rotating Mesh Basket and the Rotisserie Spit into the Rotisserie Holders.

## ROTISSERIE SPIT

Ideal for securing and cooking rotisserie chicken. The Air Fryer can perfectly fit 1.3kg of whole chicken!



# Chip Feast

## Homemade Chips

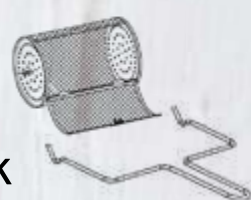
serves 4  
prep 5 mins  
cooking 30-35 mins

### INGREDIENTS

- 700g potatoes or sweet potato, skin on, cut into batons
- Sea salt

### ACCESSORIES REQUIRED:

- Rotating Mesh Basket
- Rotisserie Handling Fork



1. Press POWER. Press FRIES. Adjust temperature to 200c. Adjust time to 35 minutes. Press START/STOP. Allow oven to pre heat. Oven will 'beep' when preheated.
2. Place chips into the Rotating Mesh Basket. With the latch facing you, use the Rotisserie Handling Fork to insert the Rotating Mesh Basket. Insert the left side of the Rotating Mesh Basket into the Rotisserie Holder first. Be sure the shaft is engaged and in place for rotation. Insert the right side of the shaft into the right side of the Rotisserie Holder.
3. To remove, use the Rotisserie Handling Fork.

## Beetroot Chips

serves 4  
prep 5 mins  
cooking 20-25 mins

### INGREDIENTS

- 600g beetroot, peeled and cut into batons

## Frozen Chips

serves 4  
prep -  
cooking 20-25 mins

### INGREDIENTS

- 700- 750g frozen chips



frozen chips



beetroot chips

Use carrot or parsnip cut into batons for hot chip alternatives.

handmade sweet potato chips



When choosing frozen chips, look out for health star ratings on packaging for a healthier alternative and guide.



homemade potato chips



frozen chips





# Moroccan Cous Cous

## with Roasted Vegetables

serves 4-6 • prep 25 mins • cooking 15 mins

### ACCESSORY REQUIRED:

- Air Flow Racks 

### INGREDIENTS

- 1 red capsicum, deseeded and roughly chopped
- 1 green capsicum, deseeded and roughly chopped
- 1 large zucchini, cut in half lengthwise, then sliced
- 1 red onion, cut into wedges
- 4 Tbsp olive oil
- Zest and juice of 1 large lemon
- 1 garlic clove, finely chopped
- 1 tsp cumin
- 1 tsp ground coriander
- ½ tsp ground cinnamon
- 250g dried cous cous
- 400ml boiling water
- 1 tsp turmeric
- 400g tin chickpeas, drained and rinsed
- 75g raisins
- 15g coriander leaves, roughly chopped
- ¼ cup mint leaves, shredded

- 1.** Line one of the Air Flow Racks with foil. In a bowl, toss together the capsicum, zucchini, and red onion with 1 tablespoon of olive oil. Spread the vegetables evenly out over the foil.
- 2.** Press POWER. Press VEGGIES setting. Adjust temperature to 200c. Adjust time to 15 minutes. Press START/STOP. Oven will 'beep' when preheated. Place the vegetables into the hot oven, turning halfway through cooking to ensure even browning.
- 3.** Whilst the vegetables are cooking, mix the remaining olive oil, lemon zest and juice, garlic, cumin, coriander, and cinnamon in a small bowl and set aside.
- 4.** Place the cous cous into a heatproof bowl, add the boiling water and turmeric, mix well and cover for approx. 5 minutes.
- 5.** Stir the lemony oil into the cous cous, along with the remaining ingredients, add the cooked vegetables, mix well, and adjust the seasoning.









# Steak with Chimichurri Dressing

serves 2 • prep 15 mins • cooking 8 - 10 minutes, medium rare

## ACCESSORY REQUIRED:

- Air Flow Racks 
- Rotating Mesh Basket (optional for chips) 


## INGREDIENTS

- 2 sirloin steaks approx. 225-250g weight per steak
- 1 tsp olive oil

### Dressing

- 1 bunch of parsley leaves, stems removed
- 2 garlic cloves, peeled
- ½ tsp chili flakes
- Sea salt & freshly ground black pepper
- 2 ½ Tbsp extra-virgin olive oil
- Juice of ½ lemon
- 2 tsp red wine vinegar

- 1.Remove the steak from its packaging and allow to sit at room temperature for about 30 minutes before cooking.
- 2.Press POWER. Press MEAT setting. Adjust temperature to 200c. Adjust time to 10 minutes. Press START/STOP. Allow oven to pre heat. Oven will 'beep' when preheated.
- 3.Brush steak both sides with the oil and season with salt and black pepper.
- 4.Place both steaks onto one of the Air Flow Racks, ensuring the Drip Tray at the bottom of the oven is in place to catch any drips.
- 5.Insert the Air Flow Rack into the top position of the oven. Press START/STOP.
- 6.To make chimichurri - Place all the dressing ingredients into your mini food processor and blend until the parsley is chopped.
- 7.Oven will 'beep' when cooking is complete. Remove the steak from the oven, place onto a chopping board and allow to rest for about 5 minutes.
- 8.Slice the steak on the diagonal, serving with chimichurri.
- 9.Serve with a side salad and optional chips. (See page 4 for directions)

 You can add chips to the remaining Air Flow Racks and cook at the same time as you are cooking the steak. Once the steak is cooked, alternate the racks of chips to the top position, cooking 5 minutes each side. Or see page 4 for instructions to cook chips in the Rotating Mesh Basket.







# Fish & Chips

serves 4 • prep 10 mins • cooking 40 mins

## ACCESSORIES REQUIRED:

- Air Flow Racks 
- Rotating Mesh Basket (optional for chips) 

## INGREDIENTS

- ½ cup panko breadcrumbs
- ¼ cup plain flour
- 1 large egg, lightly whisked
- 500g ling fish fillets, cut into 3cm strips
- Olive oil spray
- 650g frozen chips
- ¼ cup natural Greek yoghurt
- 5 pickled cucumbers, roughly chopped
- 1 Tbsp dill, finely chopped
- ½ lemon rind, finely grated
- Lemon wedges to serve

1. Place the flour, egg and breadcrumbs in separate bowls. Dip fish in flour and toss to coat. Shake off any excess. Dip fish in egg then place in the breadcrumbs, turn to coat. Lightly press to secure crumbs and place on a plate. Spray oil over both sides of fish.
2. Place the fish on one Air Flow Rack and chips on the other Air Flow Racks.
3. Press POWER. Press AIR FRY setting. Adjust temperature to 200c and change time to 20 minutes. Press START/STOP. Allow oven to pre heat. Oven will 'beep' when preheated.
4. Place the Drip Tray on the bottom of the oven, Air Flow Racks of chips on the bottom and middle position racks and fish on the top position. Close door and press START/STOP.
5. Cook for 10 minutes or until golden brown; turn fish over. Swap all the racks around moving the fish to the bottom position and continue to cook for 8- 10 minutes.
6. Meanwhile, combine the yoghurt, dill and lemon in a small bowl.
7. Serve the fish and chips with yoghurt sauce, mixed salad leaves and lemon wedges.




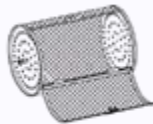
*Alternatively, double the fish quantity and cook in the oven. Set aside and place chips into the Rotating Mesh Basket to cook. See page 4 for instructions to cook chips in the Rotating Mesh Basket.*



# Deluxe Burger

serves 4 • prep 5 mins • cooking 30 mins

## ACCESSORIES REQUIRED:

- Air Flow Racks 
- Rotating Mesh Basket (optional for chips) 

## INGREDIENTS

- 500g mince beef
- 1 onion, finely diced
- sea salt and freshly cracked pepper
- 1 Tbsp Dijon mustard
- ½ cup parsley, finely chopped
- 1 egg yolk
- Oil spray
- 250g rindless short cut bacon
- 340g frozen chips
- 4 slices tasty cheddar
- 4 hamburger buns split
- ¼ cup tomato sauce
- ¼ cup mayonnaise
- 1 cup lettuce leaf
- 2 large tomatoes, thinly sliced
- 1 red onion, thinly sliced
- 1 ripe avocado, sliced

1. In a bowl place mince, onions, seasoning, Dijon mustard parsley and egg yolk, mix and divide into 4 patties.
2. Spray oil on all three Air Flow Racks. Place patties on one rack, bacon on the other and chips on the third rack.
3. Preheat oven by Pressing POWER. Select AIR FRY. Adjust temperature 200c. Adjust time to 30 minutes. Press START/STOP. Allow oven to pre heat. Oven will 'beep' when preheated.
4. Place bacon rack on the top position, patties on the middle position, chips on the bottom position and the Drip Tray below. Close door and press START/STOP.
5. Cook the bacon for 5 minutes each side. Move the bacon tray to the bottom position, patties to the top position and cook for 5 minutes, each side.
6. Move the chip rack to the top position and cook for 5 minutes, each side.
7. Place the cheese on the patties, move on the top position and cook for 1 minute.
8. To serve, top buns with tomato sauce, mayonnaise, lettuce, patties with cheese, bacon, tomato, onion, avocado and the bun lid. Serve with chips.



*A healthy alternative to bacon is Turkey bacon. For a healthier alternative to chips, try sweet potato chips, using the same method and times. See page 4 for instructions to cook chips.*








*Use your left-over veggies, mashed up and seasoned with salt and pepper and fresh herbs to make additional veggie patties.*

# Vegetarian Burgers

serves 4 • prep 40 mins • cooking 30 mins

## ACCESSORIES REQUIRED:

- Air Flow Racks 

## INGREDIENTS

- 240g sweet potatoes
- 1 brown onion, finely diced
- 2 garlic cloves, crushed
- 2 cups cooked quinoa
- Season with salt and freshly cracked pepper
- 1 tsp paprika
- 1 tsp ground cumin
- 1 tsp ground coriander
- 1 cup panko breadcrumbs
- 1 small egg, lightly whisked
- 8 portobello mushrooms
- 4 Tbsp beetroot dip
- 1 cucumber, finely sliced
- 2 tomatoes, sliced
- 1 avocado, sliced
- 100g alfalfa
- Optional serving suggestion: Hand cut sweet potato or potato chips



1. Place sweet potatoes on an Air Flow Rack lined with aluminum foil; pierce a few holes in the sweet potatoes with a fork. Press POWER. Press VEGGIES setting. Adjust temperature to 180c. Adjust time to 30 - 40 minutes. Press START/STOP. Allow oven to pre heat. Oven will 'beep' when preheated.
2. Place Air Flow Rack in the middle position and press START/STOP.
3. Meanwhile, follow packet instructions to cook quinoa. Sauté onion and garlic in a medium fry pan over medium heat until soft.
4. Once the sweet potato is cooked, allow to cool. Remove skin and place in a bowl to mash with a fork. Add the quinoa and onion mixture, season with salt and pepper. Add the, paprika, cumin, coriander, panko breadcrumbs and egg, mix and shape into four even patties. Place on a plate, cover and refrigerate for 30 minutes.
5. Spray patties and mushrooms with oil and place on Air Flow Racks.
6. Press POWER. Press AIR FRY. Adjust temperature to 200c. Adjust time to 30 minutes. Press START/STOP Allow oven to pre heat. Oven will 'beep' when preheated.
7. Place burgers in the top position, mushrooms in the middle and bottom positions. Drip Tray underneath. Press START/STOP.
8. Cook patties for 5 - 8 minutes on each side; until golden brown. Swap the mushroom rack to top position and cook for 5 minutes, each side. Place third rack in top position and cook for 5 minutes each side.
9. Remove and keep warm. To cook optional chips (see page 4 for directions)
10. To serve, place mushroom stalk side up, add 1 tablespoon beetroot dip, veggie patties, cucumber, tomato, avocado, alfalfa and top with the mushroom lid.



# Chicken Schnitzel

serves 4-6 • prep 5 mins • cooking 38 mins

## ACCESSORIES REQUIRED:

- Air Flow Racks 
- Rotating Mesh Basket (optional for chips) 

## INGREDIENTS

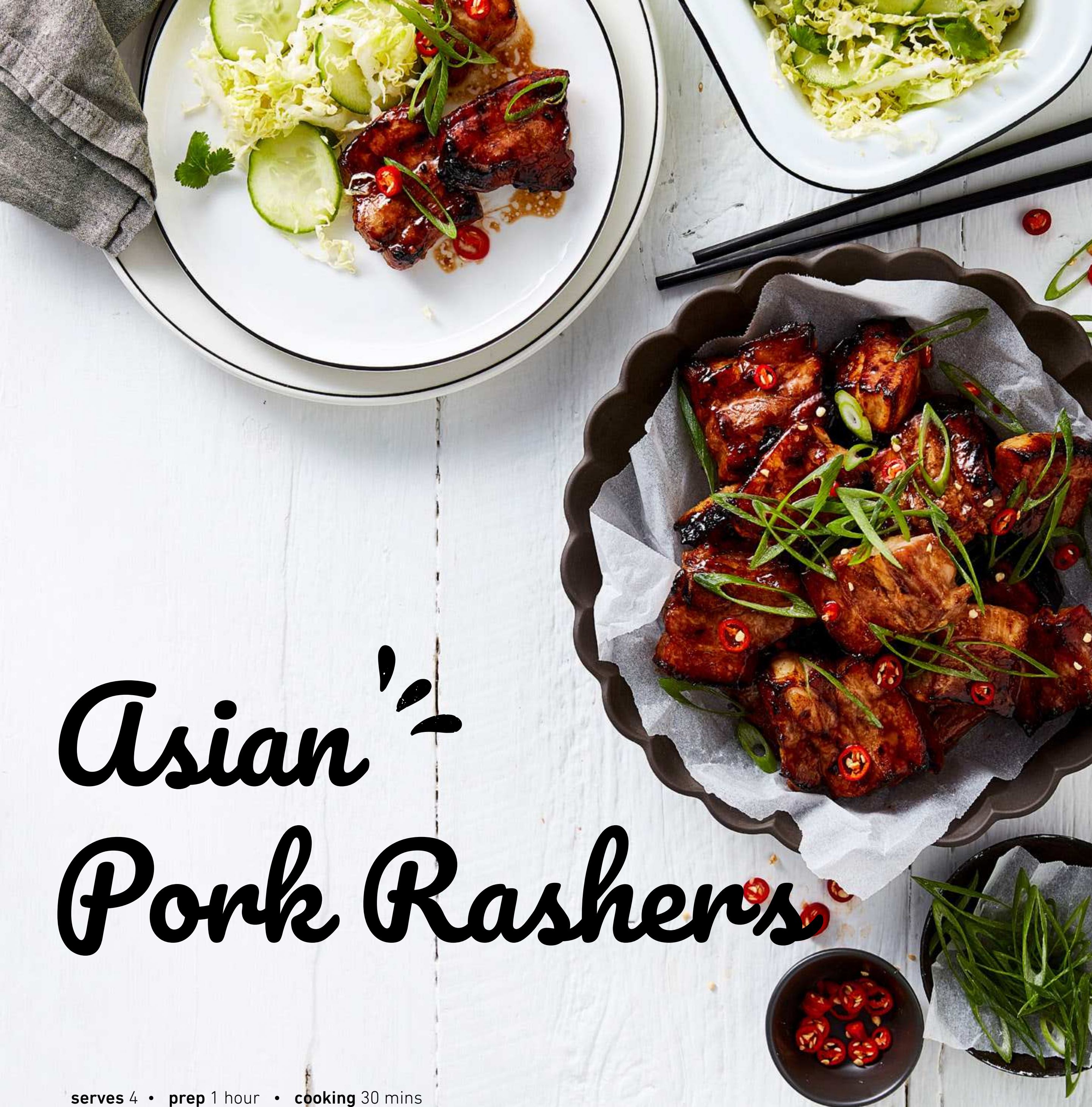
- 600g chicken thighs
- ¼ cup plain flour
- 2 eggs, lightly whisked
- ¾ cup panko breadcrumbs
- 1 lemon zest
- ¼ cup parsley, finely chopped
- Sea salt and freshly cracked pepper
- 340g hand cut or frozen chips
- Serve with lemon wedges and prepacked coleslaw mix.

1. Place thighs on a chopping board, cover with baking paper and hit with a rolling pin until flat. Season both sides with salt and pepper.
2. Place flour in one bowl, eggs in another bowl. Mix panko breadcrumbs in a third bowl with lemon zest and parsley. Coat each piece of chicken in flour, egg then the crumb mixture.
3. Line two Air Flow Racks with baking paper and place chicken on top. Place lightly oiled chips on third rack.
4. Press POWER. Press POULTRY. Adjust temperature to 200c. Adjust time to 21 minutes. Press START/STOP. Allow oven to pre heat. Oven will 'beep' when preheated.
5. Place the Drip Tray on the bottom. Place the chicken racks in the top and middle position and chips in the lower position.
6. Cook the chicken for 7 minutes on each side. Swap the middle and top racks around and cook for 7 minutes on each side. Place the chip rack in the top position and cook for 5 minutes on each side.
7. Serve with lemon wedges and coleslaw.



*Use pre-cut coleslaw and serve with a garlic and lemon yoghurt dressing. See Chip Feast on page 4 for instructions to cook chips.*






# Asian Pork Rashers

serves 4 • prep 1 hour • cooking 30 mins

## ACCESSORIES REQUIRED:

- Air Flow Racks 

## INGREDIENTS

- 1 kg pork rashers cut into fours
- 1/2 cup hoisin sauce
- 2 Tbsp soy sauce
- 2 Tbsp honey
- 2 tsp sesame oil

## Garnishes:

- 1 red chilli, finely chopped
- 2 spring onions, finely chopped

1. In a large bowl combine hoisin, soy sauce, honey and sesame oil. Add pork and mix. Cover with aluminium foil and keep in refrigerator for 1 to 24 hours.
2. Line the three Air Flow Racks with alfoil.
3. Place the Drip Tray at the bottom of the oven.
4. Press POWER. Press AIR FRY. Adjust temperature to 200c. Adjust time to 20 minutes. Press START/STOP. Allow oven to pre heat. Oven will 'beep' when preheated.
5. Place the pork in a single layer on each of the three Air Flow Racks, Close the door. Press START/STOP.
6. Cook ribs for 5 minutes on each side, then swap racks around. Cook for 5 minutes, on each side.



*Serve with a healthy salad of thinly sliced cucumber and Asian cabbage, mint and coriander leaves and a dressing of 1 Tbsp of white vinegar, soy sauce, olive oil and 2 tsp sesame oil and 1 tsp honey mixed together.*



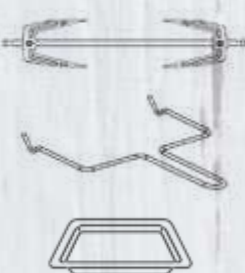
Lemon and Herb

# Rotisserie Chicken

serves 4 • prep 10 mins • cooking 60 mins

## ACCESSORIES REQUIRED:


- Rotisserie Spit
- Rotisserie Handling Fork
- Drip Tray



## INGREDIENTS

- 1-1.3kg whole chicken
- 1 lemon, cut into quarters
- 1 Tbsp olive oil
- 1 Tbsp dried oregano
- Salt and pepper

1. Place the chicken onto a dinner size plate. Cut 2 lengths of kitchen string to pass underneath the bottom of the chicken width ways at one end, securing on top in a knot. Repeat at the other end of the chicken so that the legs and wings are secure. Insert the rotisserie rod lengthways through the carcass of the chicken and secure at both ends with the forks.
2. Push the lemon pieces into the cavity of the chicken, brush all over with the oil. Dust with the oregano and seasoning.
3. Select AIR FRY. Adjust the temperature to 200c. Adjust time to 60 minutes. Ensure the Rotisserie icon is illuminated. Press START/STOP. Allow oven to pre heat. Oven will 'beep' when preheated.
4. Place the Drip Tray on the bottom of the oven to catch any fatty residue from the chicken.
5. Carefully place the Rotisserie Spit into the hot oven. Press START/STOP.
6. Once the cooking time has finished, allow the chicken to rest in the hot oven for a further 5 minutes before carefully removing.
7. Remove the Rotisserie Spit and string from the chicken before carving.

 Serve chicken, carved with tabouli, flat breads, tzatziki and fresh lemon (see page 13).






# Yoghurt Flatbreads

serves 4-6 • prep 15 mins • cooking 10-20 mins

## ACCESSORIES REQUIRED:

- Air Flow Racks 

## INGREDIENTS

- 1 cup plain flour, plus extra
- 1 tsp baking powder
- 1 cup Greek yoghurt



*If you prefer your breads slightly browner, place breads in the top position and cook for a further 2 -3 minutes on each side.*

1. Mix flour and baking powder in a bowl, add the yoghurt and mix together until combined. Lightly knead the dough with extra flour if required to form a ball. Set aside on a plate for 10 minutes.
2. Press POWER. Press BAKE. Adjust time to 10 minutes. Allow oven to pre heat. Oven will 'beep' when it is preheated. Spray the Air Flow Racks with olive oil.
3. Divide the dough into 4 - 6 pieces. On a lightly floured surface, roll the dough pieces out to 1cm thickness and place on the Air Flow Racks.
4. Place the Drip Tray in the bottom of the oven, and the three Air Flow Racks in the oven, press START/STOP. Cook for 5 minutes each side.
5. Remove from oven and serve.

*Serve with leftover rotisserie chicken, tabouli, tzatziki and fresh lemon.*





# Air Fried Cinnamon Doughnuts

serves 18 • prep 1 ½ hours • cooking 12 mins

## ACCESSORIES REQUIRED:

- Air Flow Racks 

## INGREDIENTS

- 490g plain flour
- 55g caster sugar
- 3 tsp yeast
- Pinch salt
- 1 cup milk, lukewarm
- 100g butter, melted
- 3 egg yolks
- Oil spray
- ¼ cup milk
- 2 Tbsp cinnamon sugar

1. Place flour, sugar, yeast and salt into a large bowl. Using dough hooks, mix on low speed. Add milk, butter and egg yolks, mix until dough comes together and elastic or about 4 minutes.
2. Grease a large glass bowl with oil spray and place dough in bowl. Cover with cling wrap and place in a dry warm place for 1 hours, until risen to double the size.
3. Punch the dough and roll together forming a ball. Using a rolling pin roll out on a lightly floured surface to about 1 – 2 cm thickness. Using 7cm round pastry cutters, make rounds. Then, using a 2cm round cutter, create holes in the middle of the rounds. Set aside to rest for 20 minutes.
4. Press POWER. Press AIR FRY. Adjust temperature to 200c. Adjust time to 12 minutes. Press START/STOP. Allow oven to pre heat. Oven will 'beep' when preheated.
5. Spray three Air Flow Racks with oil. Place doughnuts on racks. Place in oven and press START/STOP. Once the top rack of doughnuts are golden brown on both sides, after 1 to 2 minutes, swap the middle rack to the top rack and cook for 1- 2 minutes each side. Swap bottom rack to top rack and cook 1 -2 minutes on each side until golden.
6. Remove from oven, brush with milk and dust with cinnamon sugar.





# Chocolate Brownies

serves 9 • prep 5 mins • cooking 20 mins

## ACCESSORIES REQUIRED:

- 20cm brownie pan (not included)

## INGREDIENTS

- 125g butter, chopped
- 125g 70% chocolate, chopped
- ¼ cup cocoa
- 1 cup caster sugar
- 3 eggs, lightly whisked
- ¾ cup plain flour, sifted
- 100g milk choc bits
- Raspberries and mint, to serve

1. Line a 20cm square cake tin with baking paper and spray with oil.
2. Add butter and chocolate to a glass mixing bowl, place in microwave and heat for 20 seconds. Stir with a metal spoon. Heat again in 20-second intervals, stirring every time until mixture is smooth. Add cocoa and stir through until dissolved. Mix through sugar, then the eggs, add the flour and mix through the choc bits.
3. Pour mixture into prepared cake tin.
4. Press POWER. Press BAKE. Adjust temperature to 180c. Adjust time to 20 minutes. Press START/STOP. Allow oven to pre heat. Oven will 'beep' when preheated.
5. Place cake tin on the middle Air Flow Rack. Close the door and press START/STOP.
6. Test brownies with a skewer. If it comes out mostly dry, remove brownies from oven and allow to cool in pan.
7. Turn brownie out of tin and cut into 9 or more pieces. Serve hot or cold.
8. Sprinkle with additional cocoa (optional). Serve with fresh raspberries and mint.



*Baking Tip: Bake your favourite cakes in 20 cm pans, placing pans in the middle of the Air Fryer. If the top burns a little, cover the pan with alfoil and continue cooking until cakes are cooked through.*





# Sunbeam

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