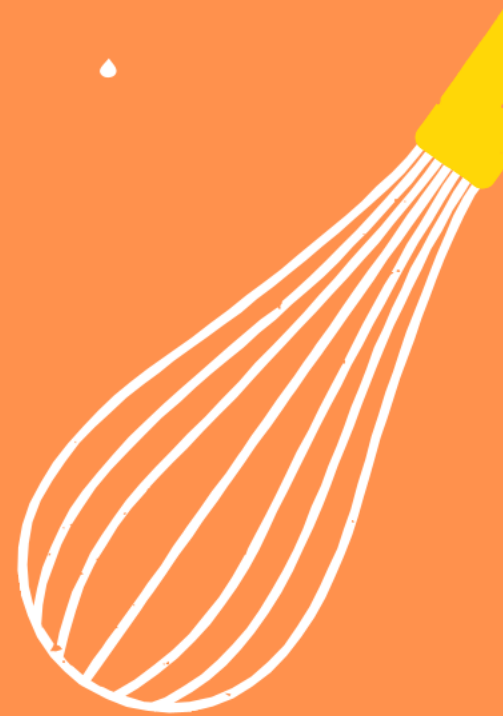


10 home ceasy cooking
air fryer recipes

COOK BOOK

By





Baked Salmon with Lemon

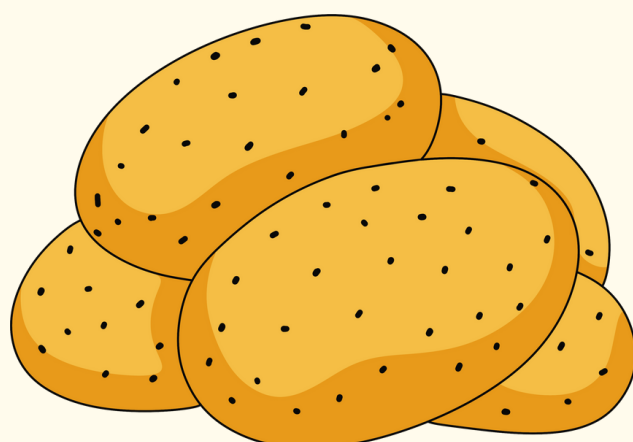
Ingredients

- 2 salmon fillets
- 1 lemon (sliced)
- 1 tbsp olive oil
- Salt & pepper
- Optional: dill or parsley

Steps:

- Season salmon with salt, pepper, and herbs.
- Toss zucchini and pepper in olive oil, salt, and pepper.
- Preheat air fryer to 180°C (350°F).
- Cook salmon for 8–10 min. Add veggies in the basket and cook together for another 5–7 min until tender.
- Serve with a squeeze of lemon.

*Small Sides Green Salad,
rice or Baked potatoes*





Herb Chicken

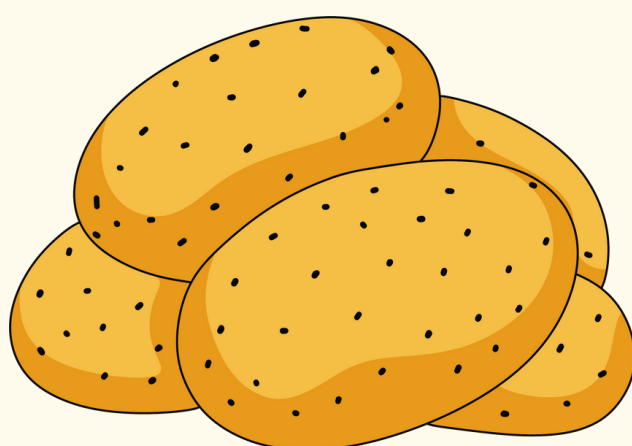
Ingredients

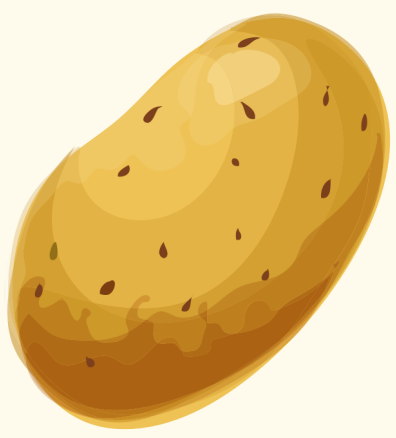
- 2 chicken breasts
- 1 tbsp olive oil
- 1 tsp paprika
- 1 tsp oregano or thyme
- Salt & pepper

Steps:

- Rub chicken with oil, paprika, oregano, salt, and pepper.
- Preheat air fryer to 180°C (350°F).
- Cook chicken for 15–18 min, flipping halfway.
- Slice and serve.

*Small Sides Green Salad
or Baked Potatoes,*





Baked Potatoes

Ingredients

- 2 large potatoes
- 1 tbsp olive oil
- Salt & pepper
- Toppings: grated cheese, yogurt/sour cream, beans, or tuna

Steps:

- Toss sweet potato wedges in olive oil, paprika, salt, and pepper.
- Preheat air fryer to 200°C (390°F).
- Cook wedges 15–20 min, shaking halfway through.
- Serve as a side or snack.

Small Sides Green Salad,





Baked Turkey Meatballs

Ingredients

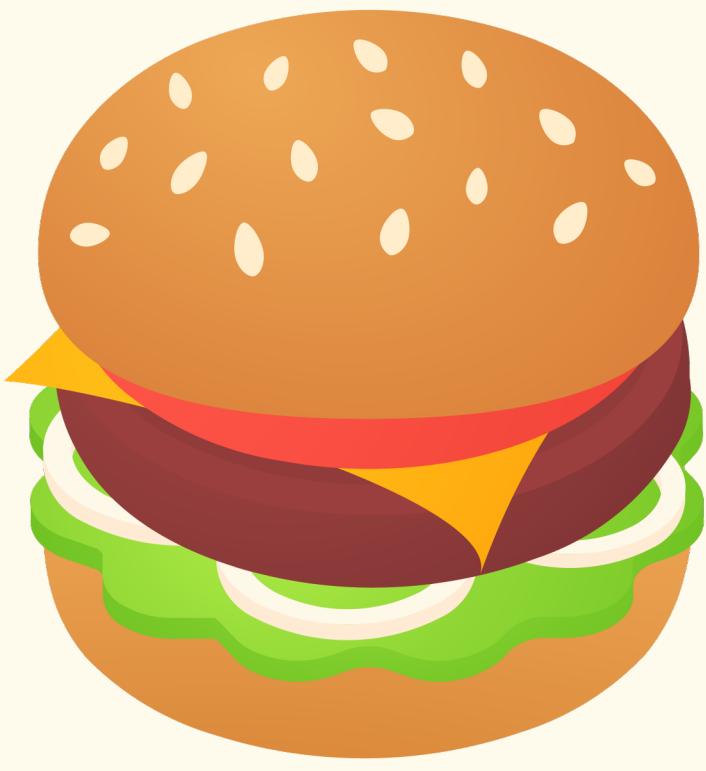
- 250 g ground turkey
- 1 small onion (grated)
- 1 egg
- 1 tbsp breadcrumbs
- 1 tsp garlic powder, salt & pepper

Steps:

- Mix all ingredients and form into small meatballs.
- Preheat air fryer to 180°C (350°F).
- Cook meatballs for 10–12 min, shaking halfway.
- Serve with tomato sauce or roasted veggies.

Small Sides Green Salad,





Hamburger

Ingredients

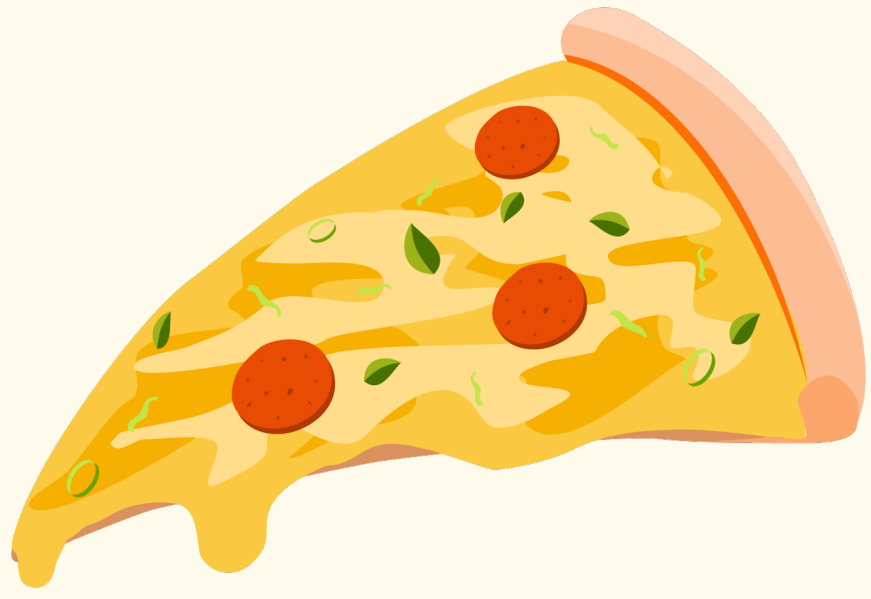
- 200 g ground beef (lean)
- $\frac{1}{2}$ tsp salt, pepper, garlic powder
- 1 slice cheddar
- 1 burger bun + lettuce + tomato

Steps:

- Form beef into a patty, season with salt, pepper, garlic powder.
- Place patty in air fryer basket, cook at 180°C for 10–12 min, flipping halfway.
- Add cheese slice in last 1–2 min to melt.
- Assemble with bun, lettuce, tomato.

Small Sides: French Fries
done in Air fryer





Mini Tortilla Pizza

Ingredients

- 1 tortilla wrap (small)
- 2 tbsp tomato sauce
- 2 tbsp shredded mozzarella
- Toppings: mushrooms, peppers, olives

Steps:

- Spread sauce on tortilla, add cheese + toppings.
- Place in air fryer basket.
- Cook at 200°C for 6–7 min until cheese melts.

*Small Sides: French Fries
done in Air fryer and green
salad*





Chicken Fajitas

Ingredients

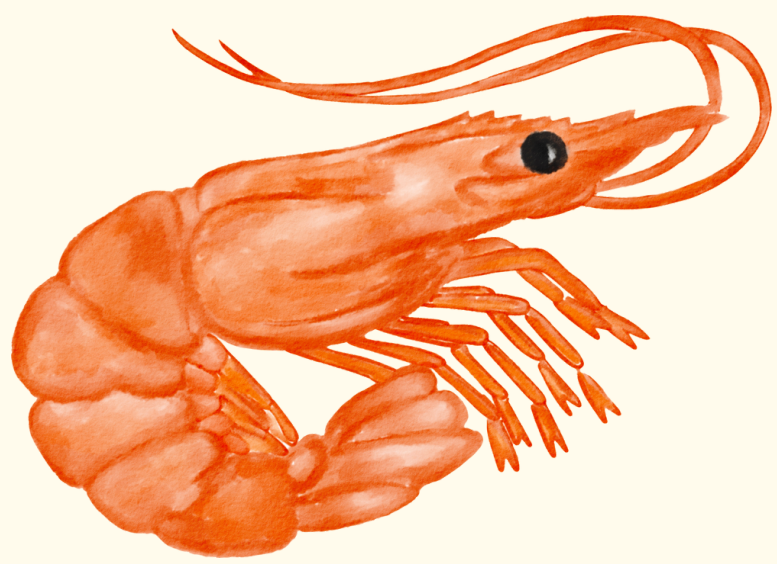
- 2 chicken breasts, sliced
- 1 onion + 1 bell pepper, sliced
- 1 tsp chili powder + cumin
- 1 tbsp olive oil

Steps:

- Mix chicken & veggies with oil + spices.
- Cook at 200°C for 15 min, shake halfway.
- Serve with tortillas.

Small Sides Mexican Rlce





Shrimp with Garlic Broccoli

Ingredients

- 200 g shrimp
- 1 tbsp olive oil
- 1 garlic clove, minced
- 1 cup broccoli florets
- Salt, pepper

Steps:

- Toss shrimp and broccoli with oil, garlic, salt, pepper.
- Air fry at 200°C for 8–10 min.

*Small Sides broccoli and
Rice*





Falafel Wrap

Ingredients

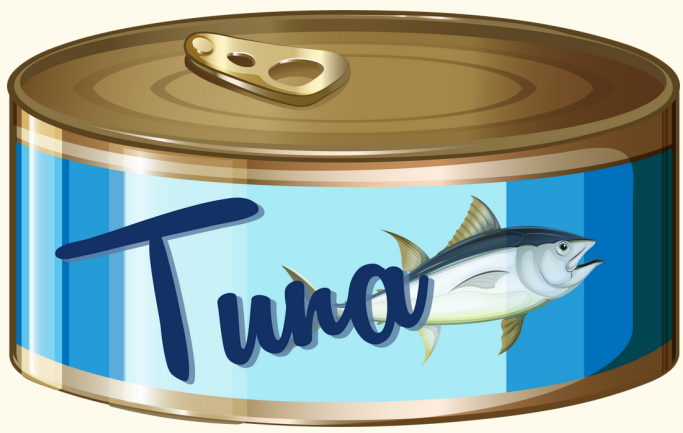
- 1 can chickpeas
- 1 tbsp flour
- 1 garlic clove
- ½ onion
- 1 tsp cumin, coriander
- Wraps + yogurt sauce

Steps:

- Blend chickpeas, onion, garlic, flour, spices.
Form small balls.
- Air fry at 200°C for 12 min.
- Serve in wrap with yogurt sauce + veggies.

Small Sides Green Salad





Tuna & Veggie Patties

Ingredients

- 1 can tuna
- 1 egg
- 2 tbsp breadcrumbs
- $\frac{1}{2}$ grated carrot
- Salt, pepper

Steps:

- Mix tuna, egg, breadcrumbs, carrot.
- Shape into patties, cook at 190°C for 10–12 min.

*Small Sides Broccoli and
Rice*

