

ProBreeze

AIR
FRYER
OUR
FAVOURITE
RECIPES

Here are our favourite recipes for each of the seven pre-sets, plus a few extras, to enjoy with the whole family

HOMEMADE CHIPS



Ingredients:

- 2 medium white potatoes
- ½ tbsp sunflower oil
- Salt and pepper

Method

1. Cut the potatoes into chips approximately 1cm wide.
2. Fill a bowl with cold water and place the chips in to soak for 30 minutes to remove the starch.
3. Using a colander rinse the chips in cold water to remove any excess starch and then dry thoroughly using a paper towel.
4. Return the chips to the bowl and coat them with 1/2 tbsp of sunflower oil. Ensure the chips are evenly coated for best results.
5. Preheat the air fryer at 200°C for five minutes.
6. Once up to temperature add the coated chips to the frying basket and cook for 18 – 25 minutes.
7. Shake the chips regularly to make sure that all the chips cook evenly.
8. Once cooked through and crisp, remove from the air fryer, season with salt and pepper and serve.

BUFFALO CHICKEN WINGS

25
minutes



Ingredients:

- 500g chicken wings
- 1 garlic clove, crushed
- 1 tbsp olive oil
- 1 tbsp cider vinegar
- ½ tbsp paprika
- ½ tbsp Worcestershire sauce
- 1 tsp celery salt
- 1 ½ tbsp pepper sauce
- 1 tbsp honey
- Salt and pepper

Method

1. In a large bowl, mix together the garlic, olive oil, cider vinegar, paprika, Worcestershire sauce, celery salt, pepper sauce, honey and a couple of cracks of black pepper. Add the chicken wings and toss around to make sure they're fully covered in the marinade.
2. Preheat the air fryer at 180°C for five minutes.
3. Once up to temperature add the wings to the frying basket and cook for 20 – 25 minutes.
4. After 10 minutes shake the wings to ensure that they all cook evenly
5. Once cooked through and crisp, remove from the air fryer, season with salt and pepper and serve.

HONEY MUSTARD PORK CHOPS



Ingredients:

- 500g pork chops
- 1 ¼ cup honey
- 1 ½ tbsp wholegrain mustard
- Salt and pepper

Method

1. Mix the honey and mustard together in a bowl until thoroughly combined.
2. Season the pork chops with salt and pepper.
3. Preheat the air fryer at 180°C for five minutes.
4. Once up to temperature add the pork chops to the frying basket.
5. Cook for 10 minutes until brown.
6. Brush honey mustard sauce over chops, turn them over, and cook for 8 - 10 minutes.
7. Once cooked through, remove from the air fryer, season with salt and pepper and serve.



FILLET STEAK

20
minutes



Ingredients:

- 200g fillet steak
- 1 tbsp olive oil
- Salt and pepper
- Sprig of rosemary

Method

1. Season the steak on both sides with olive oil and salt and pepper.
2. Preheat the air fryer at 160°C for five minutes.
3. Once up to temperature add the steak to the frying basket with the rosemary.
4. After seven minutes, flip the steak and cook until ready, depending on how well you like your steak cooked.
5. Once cooked remove from the air fryer and rest the steak for two minutes. Then serve.

PAPRIKA SALMON



Ingredients:

- 120g boneless salmon fillets
- ½ lemon
- 1 tsp paprika
- Olive oil
- Salt and pepper

Method

1. Thinly slice the lemon.
2. Rub each salmon fillet with olive oil and season with paprika and salt and pepper.
3. Preheat the air fryer at 180°C for five minutes.
4. Once up to temperature add the seasoned salmon fillets and lemon slices to the frying basket and cook for eight minutes.
5. Once cooked through, remove from the air fryer, and serve.

SPICY LEMON PRAWNS

20
minutes



Ingredients:

- 500g large prawns
- ½ lemon
- 1 tbsp garlic powder
- 1 small red chili
- Olive oil
- Salt and pepper

Method

1. Peel and rinse the prawns.
2. Thinly slice the lemon and chilli.
3. Place the prawns in a bowl and add the garlic powder, salt and pepper, and olive oil. Then toss together.
4. Preheat the air fryer at 200°C for five minutes.
5. Once up to temperature add the coated prawns and lemon slices to the frying basket and cook for six minutes.
6. Add the chili slices to the frying basket and shake to ensure the ingredients combine and that the prawns cook evenly.
7. Once cooked through, remove from the air fryer, season with salt and serve.

CLASSIC VICTORIA SPONGE



Ingredients:

- 1 large egg
- 70g butter
- 70g plain flour
- 70g sugar
- 1 tbsp strawberry jam
- 45g butter
- 70g icing sugar
- 1/2 tsp baking powder

Method

1. In a bowl, cream the butter and sugar until fluffy.
2. Add the egg, flour and baking powder and beat until all ingredients are combined.
3. Grease a baking tin that fits safely within the air fryer and pour in the cake mixture.
4. Preheat the air fryer at 160°C for five minutes.
5. Once up to temperature add the cake tin to the frying basket and cook for 20 – 25 minutes.
6. Once cooked through, remove from the air fryer, and leave to cool.
7. Slice the cooled cake in the middle to form two equal slices.
8. To make the icing, cream the butter and icing sugar until smooth.
9. Spread the strawberry jam on one slice, then layer the icing on top, and add the other slice on top.
10. Sprinkle with sugar and serve.



SWEET POTATO WEDGES

30
minutes

Ingredients:

- 1 large sweet potato (approx 250g)
- ½ tsp paprika
- ¼ tsp cumin
- ¼ tsp garlic powder
- 1 tbsp Sunflower oil

Method

1. Peel and cut the sweet potato lengthways into eight wedges.
2. Mix the wedges in a bowl with the paprika, cumin, garlic powder, and sunflower oil. Ensure the wedges are evenly coated for best results.
3. Preheat the air fryer at 200°C for five minutes.
4. Once up to temperature add the coated wedges to the frying basket and cook for 20 – 25 minutes.
5. Shake the wedges regularly to make sure that they all cook evenly.
6. Once cooked through remove from the air fryer, season with salt and pepper and serve.

FALAFEL BALLS

30
minutes

Ingredients:

- 300g dried chickpeas
- 1 onion, diced
- 2 cloves garlic, minced
- 2 tsp cumin
- 2 tsp coriander
- 1 ½ tsp salt
- 1 tsp black pepper
- ½ tsp cayenne pepper
- 1 tbsp chickpea flour

Method

1. Place the dried chickpeas into a bowl and cover with cold water. Leave to soak for 24 hours. Once soaked, drain and rinse.
2. Place all the ingredients in a food processor and pulse until the chickpeas are finely chopped. Make sure not to over chop the mixture so that it turns smooth.
3. Using your hands, shape the falafel mixture into small balls (approximately 4cm in diameter).
4. Preheat the air fryer at 190°C for five minutes.
5. Once up to temperature add one layer of falafel balls to the frying basket and cook for 15 – 20 minutes.
6. Once golden-brown and crisp remove from the air fryer and repeat the cooking process for any remaining falafel balls.
7. Serve with tahini sauce.



ROASTED VEGETABLES

35
minutes

Ingredients:

- 100g red pepper
- 100g courgette
- 100g onion
- 100g butternut squash
- ½ tbsp fresh thyme
- 1 tbsp olive oil
- Salt and pepper

Method

1. Peel, half, remove seeds and cut the butternut squash into 2cm cubes.
2. Peel and cut the onion into wedges.
3. Cut the courgette into batons.
4. Cut the pepper into strips 2cm wide and remove seeds.
5. Mix all the cut vegetables in a bowl with the thyme and olive oil.
6. Preheat the air fryer at 200°C for five minutes.
7. Once up to temperature add the coated vegetables to the frying basket and cook for 20 – 25 minutes.
8. Shake the vegetables regularly to make sure that they all cook evenly.
9. Once cooked through remove from the air fryer, season with salt and pepper and serve.

Enjoy!

WWW.PROBREEZE.COM