



# Air Fryer



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The Secrets Air Frying:  
10 Simple and Healthy Recipes for Everyone

With our Air Fryers, you can cook anything you want: french fries, muffins, chips, chicken tenders, grilled vegetables, or even your favorite dessert. An air fryer offers a lot of benefits, like low-fat meals, easy clean-up, and hot-air circulation with no oil needed. This amazing appliance gives you a perfect opportunity to cut back on fatty oils, prepare your meals quickly, and even cook multiple dishes at once.

In an air fryer, all ingredients are cooked with hot air with no additional oil. You will get the same great look and taste as greasy fried foods, and enjoy the quality of healthy meals.

Our air fryers function without any fattening oils and produce food with up to 80 percent less fat than food cooked with other fryers. You can still savor your fried dishes, but at the same time, minimize those calories and saturated fat.

The air fryer also has grill, bake, and roast functions. Offering you an all-in-one combination, the air fryer is the ideal appliance for anyone looking for a healthier lifestyle.

If you're on a tight schedule, the air fryer is essential for those who are constantly on the go and do not have much time to prepare meals. Save your time and prepare high-quality meals within 20 minutes!

Our air fryers are equipped with adjustable temperature control that allows you to set the temperature for your meals. There's also a timer that can be pre-set with no more than 30 minutes, which is more than enough for your tasty dish.

With an air fryer, you do not have to worry about cleaning, because its parts are constructed of a non-stick material that prevents any food from sticking to the surfaces.

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# Mediterranean Chicken With Feta



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## Ingredients:

1 lb. chicken breasts, cut into small pieces  
1 tbsp. olive oil  
1 tsp. dried oregano  
1 tsp. ground sumac  
Kosher salt and pepper  
1-pint cherry tomatoes  
One chopped onion  
1 c. couscous  
1 tsp. grated lemon zest plus 1 tbsp lemon juice  
1/4 c. fresh dill  
Feta cheese

## Directions:

1. Sprinkle chicken with oil, ½ tsp each salt and pepper, oregano, and sumac. Add tomatoes and onion. Stir thoroughly.
2. Put the mixture in an air fryer basket and air-fry at 400°F. Shake the basket from time to time for 15-20 minutes.
3. Sprinkle the couscous with lemon zest and prepare it following the package instructions. Add lemon juice and two tablespoons of dill. Stir thoroughly.
4. Serve the chicken over couscous. Over the top, add the juices collected at the bottom of the air fryer. Decorate with the dill and feta crumbles.

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recipe 1



# Thanksgiving Turkey



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## Ingredients:

1 tsp Kosher salt  
1 tsp dried thyme  
1 tsp dried rosemary  
½ tsp black pepper  
½ tsp dried sage  
½ tsp dark brown sugar  
One turkey breast (with bones and skin)  
Olive oil

## Directions:

1. In a bowl, mix salt, thyme, pepper, garlic powder, rosemary, paprika, sage, and brown sugar.
2. Spread some olive oil on the turkey breast and rub in the dry mixture of herbs and spices. Put the turkey skin-side in the air fryer (360 F) and roast for 20 minutes.
3. Flip the turkey and continue cooking for 15 minutes. Be careful of the steam! Then slice and serve.

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recipe 2



# Chinese Egg Rolls



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## Ingredients:

### Filling:

2 tbsp vegetable oil  
1-2 shredded carrots  
2 cups shredded napa cabbage  
1 cup bean sprouts  
3 tbsp soy sauce  
1 tsp honey  
4 cloves of minced garlic  
1 tbsp minced ginger  
1 pound ground chicken

1 tbsp hoisin sauce  
¼ tsp black pepper  
cup sliced green onions

### Egg rolls:

25 egg rolls wrappers  
Vegetable oil

## Directions:

1. Stir fry napa cabbage and carrots in oil in a skillet for 2 minutes. Add bean sprouts and cook for 1 minute.
2. Add the soy sauce and honey. Cook for 1 minute until the liquid evaporates. Put the mixture on a separate plate to cool.
3. In the same skillet, add oil, ginger, and garlic and stir fry for 30 seconds. Add the ground chicken and stir fry until lightly browned.
4. Pour some soy sauce, hoisin sauce and mix with black pepper. Cook for two more minutes and transfer the mixture to a separate bowl to cool.
5. Mix the ground chicken, vegetables, and green onions.
6. To wrap the egg rolls, add 2-3 spoons of the filling onto the lower part of the wrapper. Tightly roll from the bottom corner to the top until halfway up. Fold the right and left corners of the wrapper so it resembles an open envelope. Seal the wrapper (drip the top corner of the wrapper with some water for a tight seal).
7. Fry the egg rolls in a preheated air fryer (390F) in batches. You may add some oil if you wish. Bake for 6 minutes on one side, then flip, and cook for 5 minutes more. When done, let the egg rolls cool. Serve with any sauce you prefer.

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recipe 3



# Air Fryer Salmon



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## Ingredients:

Two salmon fillets  
Kosher salt  
Black pepper  
2 tsp extra-virgin olive oil  
2 tbsp. whole grain mustard  
1 tbsp. brown sugar  
One clove minced garlic  
½ tsp. thyme

## Directions:

1. Rub salmon all over with salt and pepper. In a small bowl, whisk oil, mustard, sugar, garlic, and thyme. Spread on top of salmon.
2. Put the salmon in the air fryer basket (400°F) and cook for 15 minutes.

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recipe 4



# Roasted Potatoes With Bacon



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## Ingredients:

32 small, halved potatoes  
4 sprigs thyme  
1 tsp thyme leaves  
1 tbsp. olive oil  
Kosher salt and pepper  
3 slices bacon  
3 medium shallots  
1 tbsp. balsamic vinegar  
2 tsp. whole-grain mustard

## Directions:

1. In a bowl, mix potatoes and thyme sprigs with oil, salt, and pepper.
2. Add to the air fryer and top with bacon. Roast at 400°F until the bacon gets crispy, from 6 to 12 minutes.
3. Put the bacon on a paper towel and let it cool before slicing it into pieces.
4. Shake potatoes and continue cooking for 8 minutes. Add some shallots and cook for 8 to 12 minutes.
5. Separately, whisk together vinegar, mustard, and thyme leaves.  
Mix with cooked potatoes and bacon, adding any oils from the bottom of the basket.

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recipe 5



# Air Fryer Chicken



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## Ingredients:

1 ½ tbsp. whole-grain mustard  
1 tbsp. smoked paprika  
1 ½ tsp. dried rosemary  
1 lemon  
1 ½ tbsp. canola oil  
1 ½ tbsp. canola oil  
4 bone-in chicken thighs  
Kosher salt, black pepper

## Directions:

1. In a bowl, mix mustard, paprika, rosemary, lemon zest and juice, and oil.
2. Add chicken and spread the seasoning evenly.
3. Cook in the preheated air-fryer (400°F), flipping halfway through for 18 minutes.
4. Cover thighs with aluminum foil and let rest for 5 minutes. Serve with a side of rice or green salad.

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recipe 6



# Juicy Orange Chicken



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## Ingredients:

- 1 cup bbq sauce
- 1 cup sweet orange marmalade
- 2 tbsp soy sauce
- 3 chicken breast (boneless and skinless)
- 1 cup flour
- 2 eggs
- 6 tbsp olive oil

## Directions:

1. Add some BBQ sauce, orange marmalade, and soy sauce to a saucepan. While your sauce simmers, cut the chicken breast into small pieces.
2. Wash chicken bites in whisked eggs and coat them with flour. Put the chicken in an air fryer and cook for 10-15 minutes (375 F), flipping over until both sides are crispy.
3. In a separate bowl, pour orange sauce over the cooked chicken. Serve with rice.

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recipe 7



# Buffalo Cauliflower Bites



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## Ingredients:

One large head cauliflower, cut into florets  
8 tbsp. melted butter  
1/2 c. cayenne pepper sauce  
1 1/2 c. breadcrumbs  
1 c. ranch dressing

## Directions:

1. Put the cauliflower florets in a bowl.
2. Add the melted butter, cayenne pepper, some wing sauce, and mix thoroughly.
3. Dip the cauliflower bits in breadcrumbs evenly.
4. Cook the coated cauliflower (350°F) for 12 to 15 minutes until it becomes golden brown.
5. Serve the buffalo cauliflower with the dipping sauce.

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recipe 8



# Chicken Tenders



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## Ingredients:

1 lb chicken tenders  
½ cup breadcrumbs  
salt and black pepper  
½ tsp garlic powder  
3 eggs beaten  
½ cup flour

## Directions:

1. Mix the breadcrumbs, salt, pepper, and garlic powder in a bowl. Coat each tender in flour, then the beaten egg, and the breadcrumb mixture.
2. Add the tenders to the preheated air fryer (400F), cook for 8 minutes, flip the tenders, and cook for another 7 minutes. Serve with your favorite dipping sauce.

*AirFryer*

*recipe 9*



# Apple Chips



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## Ingredients:

Two thinly sliced apples

2 tsp. sugar

½ tsp. cinnamon

## Directions:

1. In a bowl, mix apples with cinnamon and sugar.
2. Put the apples in an air fryer. Bake at 350° for about 12 minutes, turning over every 4 minutes.

*AirFryer*

*recipe 10*



The Air Fryer is a great kitchen appliance. You can cook all sorts of delicious meals without using any fat or oil at all!

Most recipes require less than 30 minutes to prepare and are designed with easy-to-follow prep instructions and minimal cleanup in mind.

The recipes you find in this book are not only simple and mouthwatering but also healthy and nutritious, which makes them a perfect option for well-balanced daily meals.