



Cuisinart®

Air Crisp Pro
Combi Oven

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SMALL BITES

Crispy Chickpeas

Serves 2-4 as a snack

INGREDIENTS

- 1 can (440g) chickpeas, drained
- ¼ teaspoon flaked salt
- ½ teaspoon ground cumin
- Olive oil spray
- Freshly ground black pepper

METHOD

1. Place the Air Fry Basket into the Baking Tray/Drip Pan. Pat the chickpeas well dry with paper towel then place into a bowl and spray liberally with oil. Sprinkle with salt, cumin and pepper and transfer to the Air Fryer Basket.
2. Put the assembled basket into rack Position 1. Select Air Fry. Set the temperature to 180°C for 15 minutes, cooking until chickpeas are fragrant and lightly browned. It is normal that they may pop a little during the cooking process.

Allow to cool and serve warm.

Baja Fish Tacos

Serves 2-4

INGREDIENTS

- 400g white boneless & skinned fish fillets (perch, boneless fillet)
- Salt and pepper, to taste
- ½ cup plain flour
- 1 egg, lightly beaten
- 1 cup panko breadcrumbs
- 2 cups cabbage, finely shredded
- ½ cup coriander leaves, fresh & roughly chopped
- 6 corn tortillas
- Olive oil spray
- Avocado slices (to serve)
- Sour cream (to serve)
- 1 lime (to serve)

METHOD

1. Cut fish into strips about 4cm wide.
2. Place the flour, eggs and breadcrumbs into individual containers large enough for dipping the fish. Season the flour with salt and pepper.
3. Coat fish strips in the flour and shake off the excess before dipping into egg allowing excess to drain, then coat evenly with the breadcrumbs. Spray both sides liberally with olive oil.
4. Coat the Air Fry Basket well with olive oil spray. Spray both sides of fish with olive oil and place into the cooking basket. Place the Air Fry Basket into the Baking Tray/Drip Pan. Put the assembled basket into rack Position 1. Select Air Fry. Set the temperature to 200°C and cook for 9 minutes, turn fish pieces and cook for an additional 3 - 5 minutes, or until evenly crispy.
5. Reserve cooked fish and then heat tortillas for about 2 - 3 minutes at 150°C using bake function, until soft and pliable. Serve tacos, each with 2 pieces of fish. Top with shredded cabbage, coriander, avocado and sour cream. Squeeze over fresh lime.

Prosciutto-Wrapped Asparagus

Makes 10

INGREDIENTS

150g thinly sliced prosciutto
450g asparagus, trimmed of hard ends
Olive oil for brushing
Nonstick cooking spray
Fresh ground pepper
50g crumbled feta cheese

METHOD

1. Place the AirFryer Basket onto the Baking Pan/ Drip Pan and coat with nonstick spray. Reserve.
2. Cut or snap off the woody ends of the asparagus spears.
3. Wash and pat the asparagus dry.
4. Cut prosciutto lengthwise in half.
5. Pick-up three asparagus spears, and wrap them in one (half) slice of prosciutto, making sure to leave the asparagus heads exposed.
6. Brush the bundles with olive oil and place evenly in prepared basket.
7. Place in the oven in rack position 1. Select Air Fry at 200°C for 10 minutes, turn asparagus over midway. Asparagus is ready when it's still bright green, and when the prosciutto is crispy.
8. Remove from the Air Fryer, sprinkle with freshly ground pepper and feta, and serve immediately .

Spanish Tortilla

Serves 6

INGREDIENTS

1 desiree potato, peeled & cut into 12 thin slices
1 onion cut into thin slices
1 teaspoon flaked salt
5 large eggs
2 tablespoons red capsicum, roasted & chopped
Nonstick cooking spray
Freshly ground black pepper
Parsley, chopped fresh to garnish (optional)

METHOD

1. Lightly spray 6 x ¾ cup ramekins with nonstick cooking spray and place onto the Baking Tray/ Drip Pan.
2. Divide the onion slices evenly among the ramekins. Place 2 slices of potato in each cup and sprinkle with half the salt. Put into the Oven on the oven rack in Position 2. Select Air Fry and set the temperature to 200°C for 10 minutes.
3. While the onions and potatoes are cooking, beat the eggs, add the capsicum and remaining salt season with pepper. Once the potatoes and onions are ready, evenly pour egg into ramekins. Place ramekins back into the oven, select Air Fry, and set the temperature to 160°C for 8 minutes, cooking until egg is set.

Serve in ramekins.

Shakshuka (Eggs Poached in Spicy Tomato Sauce)

Serves 6

INGREDIENTS

- 2 tablespoons extra virgin olive oil, plus more for drizzling
- 1 small onion, finely chopped
- 1 red capsicum , chopped
- 2 garlic cloves, finely chopped
- 1 (400g) can diced tomatoes
- ½ teaspoon salt
- Nonstick cooking spray
- ¼ teaspoon freshly ground black pepper
- ½ teaspoon ground cumin
- ½ teaspoon paprika
- ½ teaspoon sumac
- 6 large eggs, at room temperature
- 100g crumbled feta cheese
- Torn fresh herbs (coriander, mint, parsley) for garnish
- Crusty bread or warm pita for serving

METHOD

1. Lightly coat a shallow, rectangular baking dish with nonstick cooking spray. Reserve.
2. Put the olive oil into a sauté pan over medium heat. Once the oil is hot and shimmers across the pan, add the chopped onion, capsicum, and garlic. Sauté until soft and fragrant, about 5 to 8 minutes. Add the tomatoes and spices.
3. Allow ingredients to simmer for about 15 minutes. Pour tomato mixture into prepared baking dish.
4. Make sure baking rack is in position 2. Make six evenly spaced indents in the sauce using the back of a small spoon. Keeping the yolks intact, crack the eggs individually into each indent in the sauce, being sure the yolks sit in the indents.
5. Select Bake at 180°C for 15 minutes.
6. When the oven is ready, put the baking dish into the oven. Bake, rotating the dish halfway through cooking time for even baking, until the whites of the eggs are just set, but the yolks are still runny.
7. Let the baked eggs sit for 1 to 2 minutes before serving.
8. To serve: sprinkle crumbled feta and torn fresh herbs over the top of the baking dish. Serve immediately with crusty bread or warm pita.

Peri-Peri Chicken Wings

Makes about 20 wings

INGREDIENTS

900g	chicken wings
1¾	teaspoons salt, divided
30g	peri-peri chillis or other red chillis, stems removed
4	garlic cloves
1	small shallot
1	5cm piece peeled fresh ginger
½	cup fresh coriander leaves
¼	cup fresh oregano leaves
2	teaspoons smoked paprika
1	teaspoon caster sugar
2	tablespoons red wine vinegar
1	tablespoon fresh lemon juice
Zest of 1 lemon	
½	cup olive oil

METHOD

1. Arrange the chicken wings in the Air Fryer Basket, and sprinkle with ¾ teaspoon of the salt.
2. Place the Air Fryer Basket onto the Baking Tray/Drip Pan. Put the assembled basket into rack Position 1.
3. Select Air Fry Preset – Wings with the temperature set to 200°C for 25 minutes, cooking until desired crispiness is achieved.
4. While the wings are Air Frying, prepare the sauce. In a small food processor or chopper add the chillis, garlic, shallot, and ginger to the work bowl. Process on high to finely chop. Scrape down the work bowl. Add the coriander, oregano, paprika, sugar, and 1 teaspoon of the salt; pulse to roughly chop. With the unit running, add the vinegar, lemon juice, and lemon zest, and process until chopped and well blended. Continue running while adding the olive oil. Process until completely homogeneous.
5. Once the wings have finished cooking, transfer to a large bowl, and toss in the sauce. Serve immediately.

NOTE: Many wings come separated into flats and drumettes, but if only full wings are available, be sure to remove the tips and separate into two pieces.

Firecracker Prawns

Serves 4 (14 to 16 large prawns)

INGREDIENTS

500g large prawns
½ cup cornflour
Extra-virgin olive oil, to spray
¼ cup sweet chili sauce
1 tablespoon fresh lime juice
1 teaspoon lime zest
1 tablespoon soy sauce
1 tablespoon sriracha
1 teaspoon toasted sesame seeds

Spring onions and coriander, chopped, for garnish

METHOD

1. Pat the prawns thoroughly dry with paper towels. Sprinkle the cornflour on a baking pan. Scatter the prawns over the cornflour, and shake the pan to evenly coat the prawns.
2. Place the Air Fryer Basket onto the Baking Tray/Drip Pan into rack Position 1 and lightly coat with cooking spray. Arrange the prawns in the Air Fryer Basket and spray with an even coating of extra-virgin olive oil. Place into the Air Crisp Pro.
Select Air Fry, and set the time to 8 minutes and the temperature to 180°C. Turn part way through cooking and spray with additional oil if needed.
3. While the prawns are cooking, combine the sweet chili sauce, lime juice, lime zest, soy sauce, and sriracha in a medium bowl, and set aside.
4. When the prawns are finished, transfer to the bowl with the sauce, and gently stir to coat. Transfer to a serving bowl, and top with the sesame seeds, spring onions, and coriander.

Chicken Tenders

Serves 4

INGREDIENTS

500g chicken tenderloins, halved length wise
¾ cup plain flour
2 large eggs, lightly beaten
1.5 cups panko breadcrumbs
Flaked salt
Freshly ground black pepper
Olive oil spray

METHOD

1. Place the flour, eggs and breadcrumbs into individual containers large enough for dipping the chicken. Season the flour with salt and pepper.
2. Coat chicken pieces in the flour and shake off the excess before dipping into egg allowing excess to drain then finally coating evenly with the breadcrumbs. Spray both sides liberally with olive oil.
3. Generously coat the cooking basket with olive oil spray. Put the prepared tenders into the basket, place the Air Fryer Basket onto the Baking Tray/ Drip Pan into rack Position 1.
4. Air Fry at 200°C for 15 minutes, turn halfway through, cooking until chicken is evenly browned on both sides.

Serve immediately.



SIDES

Crispy Duck Fat Roast Potatoes

Serves 6

INGREDIENTS

1.5kg potatoes such as sebago
or dutch cream
50g duck fat
Salt and pepper, to taste

METHOD

1. Peel potatoes and cut into 3cm pieces.
2. Par boil potatoes by putting them into a saucepan of cold salted water and bringing to the boil. Reduce the heat and simmer for 5 minutes, drain and then return to the pan and shake well over a medium heat to dry out a little.
3. Line the Baking Tray/ Drip Pan with baking paper. Place the duck fat on the baking tray. Select Air Fry at a temperature of 220°C and place the baking tray in the oven for around 1 minute to heat the duck fat.
4. Remove the tray with duck fat from the oven. Add the potatoes to the tray and gently toss to coat. Sprinkle with salt and pepper to taste.
5. Place the baking tray in position 1 and air fry for 25 minutes, turning halfway.

Sweet Potato Wedges

Serves 2-3

INGREDIENTS

500g sweet potatoes
Sea salt
Olive oil, for cooking
Garlic aioli (to serve)

METHOD

1. Cut the sweet potatoes into evenly sized wedges, leaving the skin on. Lightly coat the sweet potatoes in a little olive oil and sprinkle with salt.
2. Place the Air Fryer Basket onto the Baking Tray/ Drip Pan and arrange the potato wedges, in a single layer, in the basket.
3. Place the baking tray into rack position 1. Set to Air Fry, at 200°C, for 20 minutes. Cook until the potatoes are golden.
4. Serve immediately, with the garlic aioli.

French Fries

Serves 2-3

INGREDIENTS

500g Sebago potatoes, peeled

1 teaspoon flaked salt

Olive oil spray

METHOD

1. Cut potatoes into 1cm thick slices, and then into thin strips about 1cm wide. Pat dry well with kitchen paper towel.
2. Place the Air Fryer Basket onto the Baking Tray/Drip Pan. Put the dried potatoes into the Air Fryer Basket.
3. Spray with oil and sprinkle with salt and toss. Spread into a single layer.
4. Put the assembled basket into rack Position 1. Select Air Fry with the temperature set to 200°C for 20 minutes, cooking until desired crispiness is achieved. For best results, shake the basket once halfway through cooking.
5. When French fries are done, transfer to a serving bowl. Taste and adjust seasoning as desired

Zucchini Fries

Serves 4

INGREDIENTS

450g (approx. 4 medium) zucchini

Sea salt

50g panko breadcrumbs

50g Parmesan cheese, finely grated

1 teaspoon dried oregano

½ teaspoon ground black pepper

50g plain flour

2 egg whites

Olive oil, for spraying

For the Herbed Yoghurt Dip:

250g Greek yoghurt

2 tablespoons parsley, finely chopped

1 tablespoon chives, finely chopped

1 clove garlic, crushed

1 tablespoon lemon juice

Sea salt and freshly ground black pepper

METHOD

1. For the herbed yoghurt dip, place all the ingredients into a serving dish and stir well, until combined. Cover and place in the fridge, until ready to use.
2. Cut the zucchini in half and then cut each half lengthwise, into long wedges, approx. 1cm thick. Toss the zucchini with the salt and place in a colander, set over a bowl. Leave to drain for 30 minutes. Rinse the zucchini well, under cold running water, to remove any excess salt. Use a paper towel, or a clean tea towel, to dry the zucchini well.
3. Add the panko breadcrumbs, grated Parmesan, oregano and ground pepper into the bowl of a food processor and pulse, until the ingredients are well combined and slightly finer in texture. Transfer the panko mixture into a shallow dish.
4. Place the flour in a separate shallow dish.
5. Add the egg whites to another dish and whisk. When they are broken up and slightly foaming, place them in another shallow dish.
6. Toss the zucchini wedges in the flour, shaking off any excess. Dip into the egg whites to coat, draining off any excess. Finally, coat with the panko mixture and coat on all sides.
7. Place the Air Fryer Basket onto the Baking Tray/ Drip Pan. Place the Zucchini Fries in the basket, spacing them evenly and spray with a little olive oil, on both sides.
8. Put the baking tray into the Air Crisp Pro, in rack position 1. Set the oven to air fry, at 200°C, for 10 minutes. Turn part way through cooking and continue, until they are crispy and a deep golden brown. Repeat, until you have cooked all the Zucchini Fries.
9. Serve with herbed yoghurt dip.

Kale Chips

Serves 4

INGREDIENTS

- 4 stems curly kale, tough stems removed
- ¼ teaspoon flaked salt
- Olive oil spray

METHOD

1. Place the Air Fryer Basket onto the Baking Tray/ Drip Pan. Tear the large kale leaves into smaller pieces and place into the basket. Spray liberally with oil and then sprinkle with salt. Put the assembled basket into rack Position 1.
2. Select Dehydrate and set temperature to 60°C with Low fan, start checking at 3 hours. Dehydrate until kale is bright and crispy.

NOTE: Kale can take anywhere from 3 to 6 hours.

Veggie Chips with Rosemary & Sea Salt

Serves 4-6

INGREDIENTS

- 700g root vegetables (beetroot or sweet Potato or parsnip)
- 2 teaspoons rosemary, fresh & finely chopped
- 2 teaspoons flaked sea salt
- Olive oil, for brushing

METHOD

1. Place the Air Fry Basket onto the Baking Tray/Drip Pan. Reserve.
2. Using a mandoline, cut vegetables into 3mm slices. Pat dry with kitchen paper towel. Arrange as many slices as possible in a single layer in the Air Fry Basket, avoiding any overlap. Brush both sides of the slices with olive oil and sprinkle with rosemary and salt.
3. Put the assembled basket in rack Position 1. Select Air Fry and set temperature to 120°C, cooking until crisp: beetroot 30 to 35 minutes, parsnips 20 to 25 minutes, sweet potatoes 15 to 20 minutes. Flip halfway for best results.

“Crisp” Brussel Sprouts

Serves 4

INGREDIENTS

450g Brussel sprouts
1 teaspoon flaked salt
1 tablespoon honey
2 teaspoons sriracha sauce
1 teaspoon fresh lime juice
Olive oil spray

METHOD

1. Place the Air Fryer Basket onto the Baking Tray/Drip Pan and lightly coat with cooking spray.
2. Trim the bottom of each brussel sprout and then cut in half lengthwise. Arrange the halved sprouts in the basket and then sprinkle with salt and lightly coat with olive oil.
3. Place the prepared basket into rack Position 1. Select Dual Cook. First, set to Air Fry at 150°C for 20 minutes, and then Air Fry again at 180°C for 10 minutes. Sprouts should be soft yet crispy.
4. While sprouts are cooking, stir together the honey, sriracha and lime juice in a medium-size mixing bowl. Once the brussel sprouts are ready, toss in the sauce and serve immediately.

Roasted Vegetables

Serves 2-4

INGREDIENTS

1 small sweet potato, peeled
2 large carrots, peeled
1 red onion, sliced
Olive oil spray

METHOD

1. Cut potato and carrots into 3cm thick slices and halve again. Cut onion into quarters.
2. Place the Air Fryer Basket onto the Baking Tray/Drip Pan into rack Position 1. Add the potato and carrot then spray moderately with olive oil. Select Air Fry with temperature set to 200°C. Cook for 6 minutes, turn vegetables and add onion.
3. Cook a further 4 minutes or until lightly golden and the potato is cooked. Remove and cool slightly before cutting into smaller chunks.



MAINS

Italian Tomato Lamb Shanks

Serves 4

INGREDIENTS

- 4 lamb shanks
- ½ teaspoon flaked salt
- 2 teaspoons olive oil
- 500g Neapolitana sauce
- ½ cup water
- 3 sprigs rosemary
- Cracked black pepper

METHOD

1. Lightly grease an oven-proof baking dish-with the olive oil.
2. Season lamb shanks then heat oil in a large frying pan over medium – high heat. Sear the shanks on both sides until lightly golden. Transfer to baking dish.
3. Pour the Neapolitana sauce and water over the shanks. Add rosemary sprigs. Cover dish well with baking paper sealing the edges. With slow cooking it is important to keep the dish well covered to retain steam to assist in the cooking and prevent drying out.
4. Select the Slow function with the rack in position 2 and cook at 150°C for 3 hours or until the meat is falling away from the bone.

Indian Style Roast Pork Belly

Serves 4-6

INGREDIENTS

- 1kg pork belly
- 4 chat potatoes
- ⅓ cup Greek-style plain yoghurt
- 2 tablespoons korma curry paste
- Naan bread and pickled chutney (to serve)

METHOD

1. Preheat the oven on Bake 200°C with the rack in Position 2.
2. Combine korma paste and half the yoghurt in a small bowl. Rub well over the flesh side and then sparingly over the skin side. Cut potato into halves and place into a baking dish.
3. Place pork on top of potatoes. Select Dual Cook. First set to Roast at 230°C for 25 minutes then set to Roast at 180°C for 20 minutes or until rind is slightly crisp.
4. Serve with naan bread and pickled chutney.

Macaroni Cheese with Bacon, Spinach & Bocconcini

Serves 4

INGREDIENTS

2 cups dried macaroni pasta
500g cheese pasta sauce
100g sliced ham, diced
220g Bocconcini cheese
60g baby spinach leaves
½ cup panko crumbs
Olive oil spray
Freshly ground black pepper

METHOD

1. Lightly grease a baking dish.
2. Cook pasta according to pack instructions. Drain and place into a large bowl, add sauce and ham then break the Bocconcini balls in half and add to the bowl. Season well with pepper.
3. Spoon half of the pasta into the prepared dish then make a layer with the spinach leaves. Top with remaining pasta trying to cover the spinach the best you can.
4. Sprinkle the top with panko crumbs and spray the crumbs evenly with olive oil. Once preheated, put the baking dish into the oven and cook.
5. Select Dual Cook with rack in position 2. First set to Bake at 180°C for 20 minutes then Air Fry at 110°C for 4 minutes (or until crumbs are golden).

Vegetarian Nachos

Serves 4

INGREDIENTS

175g corn chips, plain
1 cup grated 4 cheese blend
1 can (440g) refried beans
¾ cup tomato salsa, chunky & thick
Guacamole & sour cream (for serving)
Fresh coriander leaves (optional)

METHOD

1. Lightly grease a 20 x 20 cm baking dish.
2. Spread corn chips over the base of the dish then dollop on the beans and sprinkle with cheese.
3. Preheat the oven with the rack in Position 2. Select Dual Cook. First set to Convection Bake at 180°C for 5 minutes and then Grill for 5 minutes. Once preheated, put the nachos into oven. Keep an eye on the nachos while they are cooking – some cheeses melt and brown more quickly than others.
4. Serve immediately with salsa, guacamole, sour cream and coriander.

Smokey-Oven Roasted Ribs

Serves 6

INGREDIENTS

900g American style pork ribs
2 tablespoons brown sugar, packed
3 tablespoons chili powder
1 teaspoon flaked salt
½ teaspoon smoked paprika
½ teaspoon freshly ground black pepper
½ teaspoon dried oregano
½ teaspoon garlic powder
¼ teaspoon cayenne pepper

BBQ sauce to serve

METHOD

1. Stir dry ingredients together in a small bowl.
2. Rub spices all over the ribs and refrigerate for at least 2 hours, but preferably overnight.
3. When ready to cook, arrange ribs on the Baking Tray/Drip Pan and put into rack Position 2. Select Slow and set temperature to 150°C for 3 hours.
4. Ribs are ready when the meat is fork tender. Cut into individual ribs and serve with barbecue sauce if desired.

Classic Roast Chicken & Veggies

Serves 4-6

INGREDIENTS

2kg whole chicken
1 lemon, halved
1 tablespoon extra virgin olive oil
1 large red onion
1 small sweet potato, halved lengthwise & cut into thick slices
1 large carrot, cut into thick slices
½ teaspoon flaked salt
Freshly ground black pepper

METHOD

1. Pat the chicken dry and put onto the Baking Tray/Drip Pan. Juice half the lemon over the chicken and drizzle with half the oil. Sprinkle with salt and season with pepper. Place the lemon halves into the chicken's cavity.
2. Put the Baking Tray/Drip Pan with the chicken into rack Position 2. Select Roast and set fan speed to HIGH – with temperature set to 180°C for 60 minutes. When there is 20 minutes remaining in cooking remove tray and place vegetables around the chicken drizzle with remaining oil. Return to oven to complete cooking.
3. Check juices are running clear and rest chicken covered in foil for 10 minutes before serving.

Zucchini Lasagna

Serves 6

INGREDIENTS

4	medium zucchini, trimmed
1½	cup marinara sauce
60g	Pecorino Romano
450g	ricotta
2	tablespoons packed fresh basil, thinly sliced
½	teaspoon grated lemon zest
¼	teaspoon freshly ground black pepper
60g	fresh mozzarella, shredded
Pinch salt	
Olive oil, for spraying	

METHOD

1. Coat a square baking dish with the olive oil. Reserve.
2. Cut the zucchini lengthwise into thin slices, about 3mm thick. Sprinkle the slices lightly with salt to draw out water; let sit for 10 to 15 minutes before patting dry with paper towels.
3. Shred the Pecorino. Remove half and reserve. Add the remaining ingredients, except for the sauce, to the prep bowl with the Pecorino and stir to combine.
4. Coat the bottom of the baking dish with about ¼ cup of the tomato sauce. Line the bottom of the dish with zucchini slices, slightly overlapping, into a single layer. Spoon ⅓ of the ricotta mixture onto the slices and spread evenly. Coat with a little more of the sauce, repeating the process twice more. Arrange the last of the zucchini slices on top and coat with the remaining sauce.
5. Preheat the Air Crisp Pro on Bake to 200°C and set for 25 minutes with the rack in Position 2.
6. Once preheated, place the baking dish onto the rack and bake for 20 minutes. Sprinkle the reserved mozzarella evenly over the top and bake for the remaining 5 minutes, until bubbly and golden brown.
7. Allow the lasagna to set for 5 minutes prior to serving.

Soy-Glazed Salmon with Bok Choy

Serves 3

INGREDIENTS

¼ cup soy sauce
2 tablespoons honey
2 tablespoons rice wine vinegar
1 tablespoon plus 1 teaspoon toasted sesame oil, divided
¼ teaspoon chili flakes
3 salmon fillets, skin removed (about 450g)
Nonstick cooking spray
3 medium bok choy, washed and cut in half lengthwise
2 teaspoons olive oil
½ teaspoon salt
1 garlic clove, crushed
Cooked white or brown rice (optional)

METHOD

1. In a medium bowl, combine the soy sauce, honey, vinegar, 1 tablespoon of the sesame oil, and the chili flakes; whisk to combine. Add the salmon fillets. Cover and let marinate in the refrigerator for 30 minutes.
2. Place the Air Fryer Basket onto the Baking Pan/ Drip Tray , and then coat with nonstick cooking spray. Reserve.
3. Toss the bok choy with the olive oil, salt, garlic, and remaining sesame oil. Arrange on half of the prepared basket. Place the salmon on the other half of the basket. Place into the oven into rack position 1. Select Air Fry and cook at 180°C. for about 10 minutes until the fish is cooked through.
4. Divide the bok choy and salmon among 3 plates. Serve with white or brown rice, if desired.

Air Fried Gnocchi with Burst Tomatoes

Serves 3

INGREDIENTS

500g store bought gnocchi
300g grape or cherry tomatoes
2 garlic cloves, crushed
Olive oil, for spraying
¼ teaspoon garlic powder
2 pinches salt, plus more to taste
1 pinch freshly ground black pepper, plus more to taste
¼ cup thinly sliced fresh basil
2 tablespoons freshly grated Parmesan
Extra-virgin olive oil, for serving

METHOD

1. Put the gnocchi, tomatoes, and garlic into a large mixing bowl. Spray liberally with the olive oil and then sprinkle with the garlic powder, salt, and pepper. Toss to fully coat. Allow to sit at room temperature for 30 to 60 minutes to allow the gnocchi to absorb the flavours.
 2. Transfer the gnocchi-tomato mixture into the Baking Pan / Drip Tray. Place the Baking Pan in the Air Crisp Pro into rack Position 1. Select Air Fry, and set the time to 18 minutes* and the temperature to 190°C.
 3. Transfer to a shallow serving bowl. Toss with the basil, Parmesan, and a drizzle of olive oil.
- * Some types and brands of gnocchi take less time. Halfway through cooking, take a good look at the coloring of the gnocchi. If they are already browning, then reduce the final cooking time.

Ocean Trout with Harissa & Preserved Lemon-Glaze

Serves 4

INGREDIENTS

- 4 200g portions of ocean trout fillet, skin on
- 2 teaspoons olive oil
- ¼ cup honey
- 2-3 teaspoons harissa (depending on heat preference)
- 2 teaspoons preserved lemon, finely chopped
- Mixed herbs (parsley, coriander, dill), fresh & chopped
- Lemon wedges (to serve)
- Flaked salt (to serve)

METHOD

1. Remove ocean trout from refrigerator about 20 minutes prior to cooking. Rub flesh side with olive oil and season with salt. Place skin-side down on the Baking Tray/Drip Pan.
2. In a small bowl, whisk together honey, harissa (to taste) and preserved lemon. Pour glaze over salmon, and using a pastry brush or spoon, spread evenly over flesh.
3. Put the pan into rack Position 2. Select Slow and set temperature to 100°C and cook for 45 minutes, checking for doneness at 30 minutes; cooking time varies depending on thickness of fillet. Ocean trout is done when the flesh flakes easily with a fork at the thickest part. Ideally it should still have a slightly darker orange colour.
4. Transfer to a serving platter. Spoon any leftover glaze from pan over fish. Garnish with freshly chopped herbs and lemon wedges and serve immediately.

Prosciutto & Fig Pizza

Makes 2 Pizzas

INGREDIENTS

- 2 fresh pizza bases – approx. 25cm in diameter
- 4 tablespoons passata
- 2 tablespoons olive oil
- 6 slices prosciutto
- Fig jam
- 2 figs, finely sliced
- 125g buffalo mozzarella, torn into pieces
- Flour for dusting baking tray
- 50g rocket (to serve)
- Handful of torn basil leaves (to serve)

METHOD

1. Set the oven to Pizza at 230°C. Allow to preheat.
2. Dust the Baking Tray/ Drip Pan with a little flour. Place the rolled-out pizza base onto the Baking Tray into.
3. Evenly spread a thin layer of tomato sauce over the base, leaving a 2cm border for the crust. Place on the toppings, taking care not to over fill the pizza.
4. Once preheated, Put the Baking Tray into rack position 2. Bake for 8 to 10 minutes, until the cheese has melted, and the bottom crust is golden brown and crispy. It is recommended to turn the tray halfway through baking time for best results.
5. Repeat with the second pizza base.
6. Serve, topped with rocket leaves and torn basil.

Peking Duck

Serves 3-4

INGREDIENTS

- 1 whole duck
- 3 teaspoons Chinese five spice powder
- 4 tablespoons maple syrup
- 4 tablespoons soy sauce
- ½ cup chicken stock
- ½ cup water

Hoisin sauce, fresh cucumber, spring onion, pancakes or bao buns (to serve)

METHOD

The night before cooking, prepare your duck by preparing this marinating syrup:

1. Combine the 5 spice powder, maple syrup, soy sauce, chicken stock and water in a saucepan and bring to the boil. Simmer for approximately 10 minutes until the sauce thickens.
2. Pat your duck dry with paper towel and brush all over with the syrup. Roughly half should be left, reserve that for cooking. Place duck on a baking tray and chill in the fridge uncovered overnight.

When you're ready to cook...

1. Turn your Air Crisp Pro on in Roast mode at 160°C. Add the duck on the Air Fryer Basket and ensure the Baking Tray/ Drip Pan is added underneath to catch any oil into rack Position 2. Bake for 60 minutes, checking every 15 minutes and basting with some leftover's syrup.
2. Once cooked, duck should have a very crispy skin and be dark brown. Carve and serve immediately!

Mushroom Arancini Balls

Makes 20

INGREDIENTS

- 1 tablespoon olive oil
- 1 onion, chopped
- 2 cloves garlic, crushed
- 30g butter
- 200g button mushrooms, finely
 chopped
- 1 cup arborio rice
- 3 ½ cups hot chicken stock
- Salt and cracked black pepper
- 1 cup freshly grated
 Parmesan
- 1.5 tablespoons chopped dill
- Olive oil cooking spray
- Garlic aioli (to serve)
- Fresh herb sprigs, to garnish

To make arancini

- ¼ cup plain flour
- 2 eggs, beaten
- 1.5 cups panko breadcrumbs

METHOD

1. Heat oil in a large, heavy-based saucepan or pot over a medium heat. Cook onion and garlic for 5 mins until soften. Add butter and stir until melted. Add mushrooms and cook for a further 7 mins until beginning to colour.
2. Stir in the rice and cook, stirring for 2 minutes. Add a ladleful of stock at a time, stirring until combined. Simmer until almost all the stock has been absorbed before adding another ladleful. Continue adding stock this way until all has been added. It will take 25-30 mins for all the stock to be added.
3. Remove pot from the heat and stand covered for 10 minutes until rice is tender and all the stock is completely absorbed. Season well and add half of the parmesan and dill. Stir until combined.
4. Spread rice on a tray. Refrigerate, uncovered, for 4 hours or overnight until dried out and cold. Roll heaped tablespoons of risotto into balls and place on a clean tray. If mixture is sticky, use damp hands to roll into balls.
5. To make arancini; place flour in a shallow bowl and season. Place eggs in another bowl and breadcrumbs combined with Parmesan on a large plate. Roll arancini in flour, dust off excess then roll in egg until coated. Roll in breadcrumb mixture until coated well. Place on a clean tray. Refrigerate uncovered for 1 hour until firm.
6. Place half of the arancini on greased Air Fryer Basket. Spray with oil. Cook on Air Fry into rack position 1 for 6 minutes, carefully turn arancini over, spray with oil and air fry again for a further 6-7 minutes until golden. Repeat with remaining arancini.
7. Serve with garlic aioli garnished with herb sprigs.

Tip: to serve as an entrée, spread plates with hot arrabiatta sauce and swirl some garlic aioli across sauce. Top with 3 arancini, garnish with herb sprigs and serve.



SWEET TREATS

Banana Loaf

Serves 8

INGREDIENTS

4 bananas, ripe
125ml olive oil
3 eggs
2 teaspoons vanilla essence
225g wholemeal self-raising flour
225g brown sugar
1 teaspoon mixed spice
Nonstick cooking spray

METHOD

1. Lightly spray a 7cm-deep, 10cm x 20cm (base measurement) loaf pan with oil. Line with baking paper allowing the excess to fold up over the longer sides.
2. Mash bananas and place into a bowl with olive oil, eggs and vanilla – whisk to combine.
3. Add flour, sugar and mixed spice and stir to combine.
4. Preheat oven with the rack in Position 2. Select Bake (Low Fan) to cook at 180°C
5. Spoon into the prepared loaf pan and top with slices of banana then bake for 40 minutes or until cooked when tested with a skewer.
6. Stand in tin for 5 minutes before removing to a cooling rack to cool completely.

Baked Apples

Serves 4

INGREDIENTS

4 firm apples, a sweet-tart variety works well, such as Pink Lady
¼ cup rolled oats (not quick cooking)
2 tablespoons chopped pecans
1 tablespoon plain flour
1 tablespoon brown sugar
2 pinches ground cinnamon
Pinch salt
Pinch ground nutmeg
30g unsalted butter, cubed

METHOD

1. Line the Baking Pan with baking paper; reserve. Core the apples, but do not cut through the bottom; reserve.
2. Put the oats, pecans, flour, sugar, cinnamon, salt and nutmeg into a small mixing bowl. Stir to combine. Add the butter and, using your hands, mix together by pinching the mixture to form clumps. Make sure the ingredients are evenly combined.
3. Divide the oat mixture among the apples. Press in to fill. Transfer to the prepared Baking Pan and put into the oven in rack Position 2.
4. Set to Bake at 180°C for 35 minutes. Cook until apples are tender and tops are crispy and browned.

Crunchy Granola

Serves 8

INGREDIENTS

- 1 ½ cups rolled oats (not quick cooking)
- ¾ cup raw nuts (almond, pecans or pistachios work very well)
- ½ cup unsweetened coconut, shredded or flaked
- ¼ cup hulled sunflower seeds
- ¼ cup hulled pumpkin seeds (pepitas)
- ¼ cup coconut oil, melted
- ¼ cup pure maple syrup
- ½ teaspoon salt
- ¼ teaspoon ground cinnamon
- Pinch ground nutmeg
- ½ cup dried fruit (chopped if larger than berry-sized)

METHOD

1. Line the Baking Pan with baking paper; reserve.
2. In a large mixing bowl, combine all ingredients except for the dried fruit. Spread evenly on the prepared Baking Pan. Transfer the pan with the granola to the oven in rack Position 1. Set to Bake at 150°C for 15-20 minutes. Cook until nicely toasted, stirring halfway through.
3. When the granola is ready, remove from oven, add the dried fruit and stir to combine.
4. Cool completely on Baking Pan. Transfer to an airtight container to store for up to 3 weeks

Notes: Granola is an easy and healthy alternative to packaged cereals. Accompany this fragrant granola with a scoop of your favorite yoghurt or fruit.

Baked Nectarines

Serves 8

INGREDIENTS

50g pistachio nuts, roughly chopped
Rosemary leaves, finely chopped
4 ripe nectarines, halved with the stone removed
200g ricotta cheese
Honey to drizzle

METHOD

1. Line the Baking Tray with baking paper and lay out the pistachios evenly. Put into the oven, in rack position 1 and set to Air Fry, at 200°C, for 2 minutes. Cook until starting to colour.
2. Remove from the oven and place the pistachio nuts into a bowl, with the chopped rosemary leaves. Mix together and set aside.
3. Place the halved nectarines, with their cut sides facing upwards, onto the baking paper, in the Baking Tray.
4. Set the oven to Bake, at 175°C, for 30 minutes and roast the nectarines until the edges are colouring and the fruit is slightly softened and collapsing. Set aside to cool.
5. When ready to serve, place a spoonful of ricotta on top of each nectarine and then drizzle with some honey. Scatter over the pistachio mix.

Double Chocolate Muffins

Serves 12

INGREDIENTS

95g dark chocolate buds
95g white chocolate buds
125g white sugar
330g plain self-raising flour
1 egg, lightly whisked
125ml canola oil
185ml buttermilk

METHOD

1. Line a 6x ½ cup muffin tray with muffin cases.
2. Combine chocolate, sugar and flour in a large bowl.
3. Combine egg, oil and buttermilk whisk together. Once whisked, add to the dry ingredients. Gently stir until just combined. Ensure not to over mix.
4. Spoon mixture into the cases, select Bake, and set the time to 20 minutes and the temperature to 180°C.

Remove muffins to a cooling rack and repeat baking process with the remaining muffin mix.

Strawberry-Rhubarb Crumble

Serves 8

INGREDIENTS

Filling:

- 450g rhubarb, trimmed and cut into 1cm thick slices
- 125g caster sugar
- Pinch salt
- ¼ teaspoon vanilla extract
- ¼ teaspoon fresh lemon juice
- 350g strawberries, hulled and quartered (halved if strawberries are small)
- 4 ½ teaspoons arrowroot flour

Topping:

- 1 cup rolled oats (not quick cooking)
- ⅔ cup plain flour
- ⅔ cup packed brown sugar
- ¼ teaspoon ground cinnamon
- ¼ teaspoon ground ginger
- ¼ teaspoon salt
- 85g unsalted butter, cold and cubed

METHOD

1. Put the rhubarb, sugar, salt, vanilla and lemon juice in a large mixing bowl; toss to fully combine. Add the strawberries and arrowroot flour, and stir to coat well. Transfer to a square baking pan; reserve.
2. Prepare the topping: Put all the topping ingredients except the butter into a mixing bowl and combine. Add the butter with your fingers, work the butter into the dry ingredients. Once the butter is evenly distributed, sprinkle over the top of the filling.
3. Adjust the rack to position 2. Set the oven to Bake at 180°C for 30 minutes. Once the oven is preheated, bake the crumble for the allotted time, or until the filling is bubbling and the top is browned.
4. Remove and allow to cool for a few minutes before serving. This is delicious when paired with freshly whipped cream or vanilla ice cream.

Chocolate Lava Cake

Serves 4

INGREDIENTS

115g unsalted butter
170g dark chocolate, chopped
2 large eggs
2 large egg yolks
½ teaspoon vanilla extract
¼ cup caster sugar
1.5 teaspoons instant coffee
¼ teaspoon salt
2 tablespoons plain flour

Unsalted butter, softened for
ramekins

Cocoa powder, for dusting

METHOD

1. Put the butter and chocolate into the top of a double boiler set over medium heat (or a heatproof bowl set atop a pot of simmering, not boiling, water). While stirring, keep over heat until chocolate and butter have almost completely melted. Remove from heat and cool slightly.
2. While chocolate and butter are melting, put the eggs, yolks, vanilla extract and sugar in a mixing bowl. Whisk until well combined. Add the chocolate-butter mixture and then the remaining ingredients. Whisk until smooth.
3. Butter four small ramekins and dust with cocoa powder. Tap ramekins to remove any excess.
4. Divide the batter among the four ramekins. Tap on counter a few times to remove air bubbles. Put onto the Baking/ Drip Pan and place in Position2. Select Air Fry, set the temperature to 180°C for 15 minutes, and AirFry until edges are really dry and the center is slightly jiggly. Allow to rest for 2 to 5 minutes in the oven before inverting onto plate.