

AIR FRYER

CHEAT SHEET

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Vegetables

Asparagus	200C / 400F	5 mins
Beets	200C / 400F	40 mins
Broccoli	200C / 400F	5-8 mins
Brussels Sprouts	200C / 400F	15 mins
Cauliflower	200C / 400F	10-15 mins
Corn on the Cob	200C / 400F	15 mins
Green Beans	200C / 400F	5 mins
Kale Chips	200C / 400F	3-5 mins
Mushrooms	200C / 400F	5 mins
Capsicum / Peppers, whole	190C / 380F	15 mins
Potatoes, cut	200C / 400F	30 mins
Potatoes, whole	200C / 400F	50 mins
Pumpkin / Squash	200C / 400F	30 mins
Sweet Potato, whole	200C / 400F	30 mins
Tomatoes, halves	180C / 350F	10 mins
Zucchini, sticks	200C / 400F	10 mins
Carrot, sticks	180C / 350F	20 mins

Lamb

Loin Chops	200C / 400F	15-20 mins
Rack of Lamb	180C / 350F	20-30 mins

Pork

Bacon	180C / 350F	10 mins
Pork Chops	180C / 350F	15-20mins
Pork Loin / Shoulder	200C / 400C	30 mins
(then for every 500g /1.1lbs)	180C / 350F	30 mins

Chicken

Whole Chicken	180C / 350F	50 mins
Breasts, boneless	180C / 350F	15+ mins
Drumsticks	180C / 350F	15-20 mins
Thighs, bone in	180C / 350F	20+ mins
Wings	190C / 370F	20-25 mins

Fish and Seafood

Calamari	200C / 400F	10 mins
Fish Fillet	200C / 400F	10+ mins
Salmon	180C / 350F	10-12 mins
Scallops	200C / 400F	5-7 mins
Prawns / Shrimp	200C / 400F	10-15 mins

Beef

Meatballs	180C / 350F	10-15 mins
Burgers	180C / 350F	20 mins
Corned Beef / Silverside	180C / 350F	60+ mins
Sausages	180C / 350F	15 mins

Vegetarian

Tofu	190C / 370F	20-30 mins
Tempeh	180C / 350F	15-20 mins

Frozen

French Fries	200C / 400F	15 mins
Tater Tots	200C / 400F	15 mins
Sausage Rolls	200C / 400F	15 mins
Chicken Nuggets	200C / 400F	10-15 mins
Egg Rolls / Spring Rolls	200C / 400F	8-10 mins
Mozzarella Sticks	200C / 400F	8 mins
Onion Rings	200C / 400F	8 mins
Chicken Tenders	200C / 400F	15 mins

Snacks and Sweets

Roasted Nuts	180C / 350F	5-8 mins
Chickpeas	200C / 400F	15 mins
Baked Apples	200C / 400F	15 mins
Muffins	160C / 320F	15 mins

Air Frying Tips

- Times will vary depending on your air fryer model and other variables like the size of your cut of meat. Use the suggested times as a rough guide to get you started.
- Always preheat the basket either through a preheat setting or running the air fryer on the temp specified.
- Only use a little oil. You really don't need much.
- Don't overload the basket. Fries, tater tots etc can overlap but for meats make sure they are in a single layer.
- Shake the basket regularly for more even cooking.
- When cooking something for the first time check on it 5 mins before the time specified to see how it's tracking.
- Invest in a meat thermometer - takes out the guess work!
- It's safe to use oven-safe accessories in the air fryer, like silicone muffin cups, as well as aluminium foil & baking paper (as long as they are weighed down or covering food so they don't fly up).

Notes:

For more recipes and tips head to

www.cookitrealgood.com

