

AIR FRYER

CHEAT SHEET

www.cookitrealgood.com

Vegetables

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|---------------------------|-------------|------------|
| 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

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

Pork

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| 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

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| 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

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| 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

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

Vegetarian

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

Frozen

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| 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

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| 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. Use these times as a rough guide to get you started and always check your food regularly when you're cooking something for the first time to avoid overcooking.
- 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 even cooking, or if cooking a protein be sure to flip it half way through.
- Invest in a meat thermometer - they're inexpensive & it takes out the guess work!
- It's safe to use oven-safe accessories in the air fryer, like silicone muffins cups, aluminium foil & baking paper (as long as they are weighed down or tightly covering food so they don't fly up into the heating element)

Notes:

For more recipes and tips head to

www.CookItRealGood.com

