



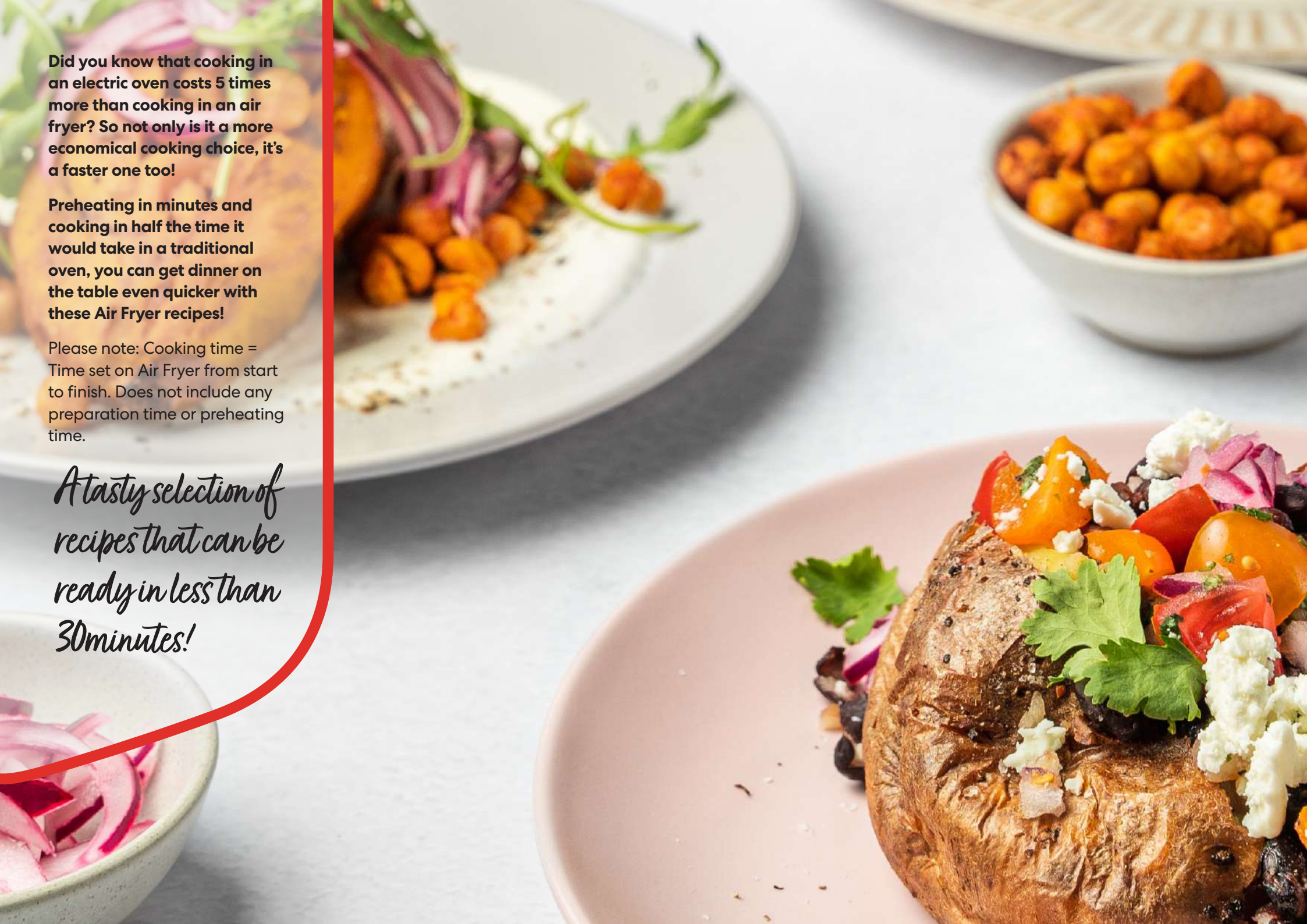
Air Fryer Dinners
**UNDER
30 MINS**

Did you know that cooking in an electric oven costs 5 times more than cooking in an air fryer? So not only is it a more economical cooking choice, it's a faster one too!

Preheating in minutes and cooking in half the time it would take in a traditional oven, you can get dinner on the table even quicker with these Air Fryer recipes!

Please note: Cooking time = Time set on Air Fryer from start to finish. Does not include any preparation time or preheating time.

A tasty selection of recipes that can be ready in less than 30 minutes!





Discover Amazing

CHEEKY NANDOS

FAFF FREE FALAFEL

CRISPY BLACK BEAN BAKED POTATO

VEGAN LEEK & MUSHROOM PIE

PRAWN BLT SALAD

IN A FLASH FAJITAS

PANZANELLA SALAD

EASY SPEEDY GYROS

STUFFED BURRATA BOMBS

WHOLE FRIED FISH

CHEEKY NANDOS

Cooktime: 22 minutes Servings: 1

INGREDIENTS

1 Chicken leg and thigh (240g)
1 bottle of Nandos peri peri sauce
3 tbsp mayonnaise
1 ear of corn, divided into 2 pieces
Handful of your favourite frozen chips

INSTRUCTIONS

1. Cover your chicken in peri peri sauce and leave to marinate for 5-10mins.
2. When ready to cook, select Air Fry on the Vortex Air Fryer and set the temperature to 185°C and time to 10 minutes. When prompted to add food, place the marinated chicken inside.
3. While the chicken cooks gather your remaining ingredients. Make the peri-naise by mixing equal quantities of mayonnaise and peri peri sauce together.
4. Baste the corn generously with the peri-naise, and save the rest of the sauce for dipping.
5. When the cooking program finishes, add the corn and chips into the frying basket, around the chicken portion. Baste the chicken again on all sides with peri peri sauce, then place the basket back into the Vortex.
6. Select Air Fry on the Vortex Air Fryer and set the temperature to 185°C and time to 12 minutes.
7. When the cooking program finishes again, remove the chicken and check it is cooked to the bone, then give the chicken one last baste of peri peri sauce.
8. Serve the chicken alongside your peri-naise corn, chips and extra peri-naise sauce for dipping.



FAFF FREE FALAFEL

Cooktime: 10 minutes Servings: 2

INGREDIENTS

Falafel

400g tin chickpeas
1/2 red onion, chopped
30g parsley, cut off the thick stems
100g courgette, grated
3 garlic cloves, crushed
1 tsp cumin
1 tsp salt
1 tbsp self-raising flour
1 1/2 tbsp chia or ground flax seeds

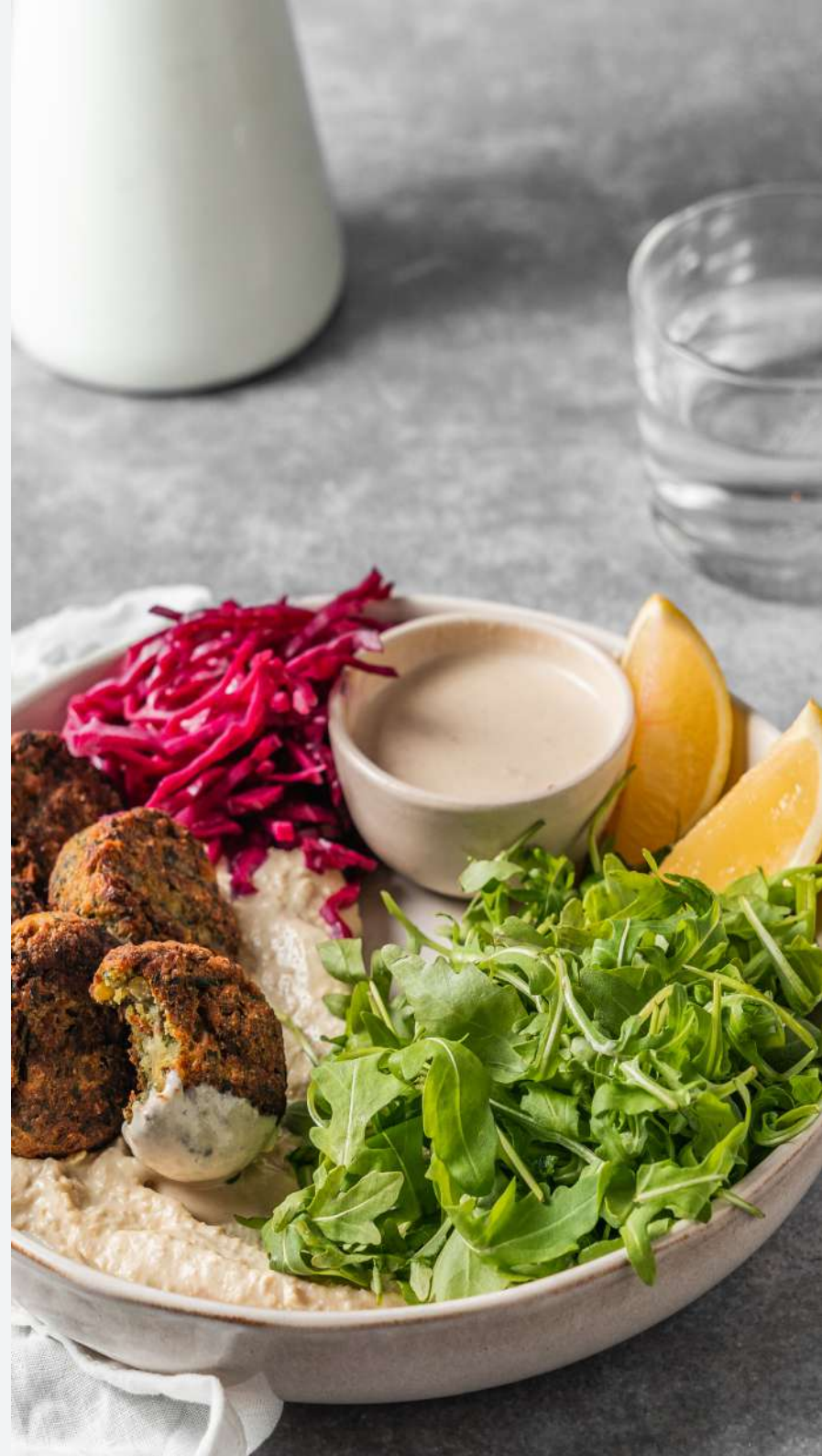
Tahini Sauce

1 small garlic clove
20ml lemon juice
60ml tahini
45-50ml iced water
Salt and pepper, as needed

For serving: Pickled red cabbage, hummus, salad leaves and lemon wedges

INSTRUCTIONS

1. Place all the falafel ingredients into a food processor and pulse everything until the mixture just comes together and the chickpeas are in loose, bread crumb sized pieces (do not make a puree!) Scrape the sides of the mixer as needed, to help everything pulse evenly.
2. Once pulsed, scoop the mixture into 16 balls, and brush with olive oil.
3. Select Air Fry on the Vortex Air Fryer and set the temperature to 205°C and the time to 10 minutes. You do not need to wait for it to preheat.
4. When prompted to Turn Food, flip the falafel and brush again with olive oil.
5. While the falafel cooks, make the tahini sauce. Grate the garlic into a small bowl and pour over the lemon juice. Mix in the tahini, and water - the mixture may look a little odd and split at first. Keep stirring and it will come together to be a smooth silky sauce. Season with salt and pepper.
6. When the falafel has cooked, serve with pickled red cabbage, hummus, salad leaves, lemon wedges, and the tahini sauce.



CRISPY BLACK BEAN BAKED POTATO

Cooktime: 30 minutes Servings: 1

INGREDIENTS

1 baking potato
1 small tomato
1/2 red onion
1 tsp chopped fresh coriander
½ tin black beans, rinsed and drained
10g feta, crumbled
Oil, salt and pepper, as needed

INSTRUCTIONS

1. Prick the potato with a fork then coat with a little oil, salt and pepper.
2. Place the potato into the Vortex Air Fryer and select Bake. Set the temperature to 199°C and time to 25 minutes. You do not need to wait for it to preheat.
3. While the potato cooks, dice the tomato and red onion, and combine in a bowl with the coriander and some salt to taste and set to one side.
4. Once the potato has finished cooking, rinse the black beans, then coat them in a drizzle of oil.
5. Add the black beans into the air fryer basket with the potato, and select Bake again. Set the temperature to 199°C and time to 5 minutes and cook until the black beans have burst and crisped.
6. To serve, split the potato open, add the crispy black beans, fresh salsa and finish with feta.



VEGAN LEEK & MUSHROOM PIE

Cooktime: 26 minutes Servings: 3-4

INGREDIENTS

300g leeks
500g mushrooms
3 garlic cloves, crushed
1 tbsp corn flour
125ml vegetable stock
2 tbsp dijon mustard
250ml oatly cream
5g fresh thyme
Oil, salt and pepper, as needed
1 roll frozen puff pastry, defrosted (vegan friendly)
Vegan milk
For serving: Your choice of sides

INSTRUCTIONS

1. Thinly slice the leeks and mushrooms.
2. Using a frying pan, or sauté on your Instant Pot, cook the leeks in a little oil until just starting to soften, then add the mushrooms, cooking until they are browned.
3. Add the garlic and cook for another minute.
4. Mix the corn flour with a little vegetable stock to form a smooth slurry, then pour the cornflour mixture, remaining stock, dijon mustard and oatly cream into the sautéed vegetables and cook until thickened.
5. Pick the thyme from the woody stems and add this to the pie filling, then season to taste with salt and pepper.
6. Spoon the filling into a suitable size dish to fit in your Instant Vortex. We like to use an 18cm pie dish as it allows plenty of room for the air to circulate and ensure the pie cooks evenly.
7. Unroll your defrosted pastry, then cut a circle big enough to cover your pie. Place your pastry circle on top of your filling and crimp the edges to the pie dish to seal everything together. Poke a few small holes in the centre of the pie to allow the steam to escape, then brush the pastry with a little milk.
8. Place the pie into the basket of your air fryer.
9. Select Air Fry, set the temperature to 170°C and the time to 25 minutes. Cook the pie until the pastry is beautifully puffed and crisp.
10. Once cooked, remove the pie from the air fryer, and serve immediately alongside your sides of choice.



PRAWN BLT SALAD

Time: 11 minutes Servings: 2

INGREDIENTS

2 ears of corn, divided in half
165g prawns, peeled and deveined
4 slices thick cut streaky bacon
Oil, salt and pepper, as needed
Lime dressing
Juice 1 lime, min 30ml of juice
1 tsp honey
1 tsp dijon mustard
1 tbsp rapeseed oil
1 garlic clovee, minced
For the salad
2 avocados
2 heads baby gem, roughly 300g
250g baby tomatoes
80g feta
Fresh oregano, optional

INSTRUCTIONS

1. Brush the corn with oil and sprinkle with salt, and place in the air fryer basket.
2. Select Air Fry. Set the temperature to 205°C and the time to 8 minutes.
3. While the corn cooks make the dressing by adding all the dressing ingredients into a bowl and mix well to combine.
4. Spoon a little of the dressing over the prawns, then set the rest of the dressing aside for serving.
5. Once the corn has finished cooking, open the basket and move the corn to the back. Add the prawns in their dressing, plus the bacon then reinsert the basket.
6. Select Grill, set the temperature to 205°C and time to 3 minutes.
7. While the prawns and bacon cook, finish prepping the salad components: slice the avocado, separate the leaves of the gem lettuce and halve the tomatoes.
8. Once the air fryer finishes, remove the prawns, bacon and corn from the Air Fryer.
9. Cut the corn from the cob and cut the bacon into bite sized pieces.
10. Build your salad: Pile up the lettuce into a serving platter, scatter over the browned corn, halved tomatoes, bacon, prawns, avocado and feta. Sprinkle over oregano, if using. Then spoon over the remaining dressing and serve immediately.





IN A FLASH FAJITAS

Time: 12 minutes Servings: 4

INGREDIENTS

2 peppers
2 red onions
1 sachet Old El Paso Fajita Spice
1 large tomato
Fresh coriander, chopped
2 chicken breasts
400g tin black beans
Oil, salt and pepper, as needed
8-12 Wraps
Lime
Optional for serving:
Avocado, sour cream, cheese

INSTRUCTIONS

1. Slice the peppers into strips and remove the seeds. Peel the onions, saving half for your salsa, and cut the rest into wedges. Place the onions and peppers into a bowl, drizzle over a little oil, and sprinkle over half the fajita seasoning.
2. Tip the veggies into the base of your air fryer basket, and spread them out into an even layer.
3. Select Air Fry. Set the temperature to 190°C and time to 7 minutes. You do not need to wait for it to preheat
4. While the peppers cook, dice the remaining onion and the tomato. Toss them together in a bowl, along with a little chopped coriander, and salt to taste. Set aside for serving.
5. Slice the chicken breasts into 1cm strips and season with the remaining fajita spice then cover with a little oil to evenly coat the strips.
6. Once the Air Fry program has finished, add the chicken on top of the veg in an even layer, covering the veggies as best possible. Place the basket back into the Vortex, select Grill, and set the temperature to 205°C and the time to 5 minutes.
7. While the fajitas finish cooking, drain and rinse the beans then heat up your wraps. Cut the lime into wedges and get the remaining toppings ready.
8. When the Grill program has finished, put the chicken, peppers and onion in a serving dish with the black beans, and squeeze over the juice of a lime and some chopped coriander. Taste the dish, and add more salt, lime and coriander as needed.
9. Spoon the fillings into the warmed wraps, along with the tomato and onion salsa and toppings of choice and serve immediately.

PANZANELLA

Cooktime: 5 minutes Servings: 4

INGREDIENTS

700g mixed tomatoes, choose a variety of colours

350-400g sourdough loaf

½ red onion

3 tbsp red wine vinegar

¼ tsp sugar

6 tbsp olive oil, divided

Salt and pepper, as needed

2 tsp dijon mustard

2 peaches, sliced

Handful of fresh basil, picked

INSTRUCTIONS

1. Cut the tomatoes into bite sized pieces. Place them in a colander, over a large mixing bowl to catch the tomato juices. Sprinkle over a generous pinch of salt, then leave the tomatoes to release their juices while you prepare everything else.

2. Cut or tear the sourdough into bite sized chunks. Add the sourdough to a bowl, then drizzle over 3 tbsp oil and toss to coat. Season the bread with salt and pepper.

3. Place the bread into the basket of the Instant Vortex. Select Bake, set the temperature to 180°C and the time to 5 minutes. You do not need to wait for it to preheat.

4. While the bread browns, combine the red onion, red wine vinegar, sugar and a pinch of salt, and set aside to pickle in a small bowl.

5. Once ready to serve, mix the tomato juices with the pickled onions and mustard until combined. Season with salt and pepper.

6. Add the tomatoes, peaches, toasted bread, and basil to the dressing. Then toss and serve immediately.



EASY SPEEDY GYROS

Time: 10 minutes *Servings: 3*

INGREDIENTS

250g frozen chunky chips
1 garlic clove
1 tbsp lemon juice
½ large cucumber
150g tomatoes
½ small red onion
240g Leftover cooked lamb, or meat of your choice
2-3 fresh mint leaves
125ml full fat Greek yoghurt
3 large flatbreads or pitas
Salt and pepper, as needed
Optional for serving:
Picked fresh mint and dill

INSTRUCTIONS

1. Place the chips into the air fryer basket. Select Air Fry, set the temperature to 195°C and time to 10 minutes. You do not need to wait for it to preheat.
2. Meanwhile make the garlic yogurt sauce by grating the garlic into a small bowl and pour over the lemon juice and set aside.
3. Dice the cucumber and tomatoes into bite sized chunks and thinly slice the red onion. Sprinkle the veggies with a pinch of salt and toss together.
4. When the Vortex displays 5 minutes to go, add the lamb, or cooked meat of choice - broken into chunks - into the fryer basket.
5. Pick the mint leaves from the tough stems, and thinly slice the leaves. Add the yogurt and mint leaves to the lemon and garlic mix and stir to combine. Season to taste with salt.
6. For the final 1-2 minutes of cooking your chips/meat, pop in the flatbread/pitas to warm slightly.
7. Once the vortex has finished, plate up the gyros! Smear the flatbread/pita with yogurt sauce, then top with the meat, chips, diced tomato, cucumber and red onion. Add a few extra mint leaves and fresh dill if you like.
8. Finish the wraps with a little salt and pepper, then roll them all up and serve immediately.



STUFFED BURRATA BOMBS

Time: 25 minutes Servings: 2

INGREDIENTS

170g 5% full fat yogurt
140g self raising flour
1/4 tsp salt
30g butter
1 clove garlic
2 tbsp pesto
2 low moisture burrata/
mozzarella balls
½ tsp dried mixed herbs

Sauce:

250g tomatoes, washed
Salt and pepper, as
needed

INSTRUCTIONS

1. Mix the flour, yogurt and salt together until it forms a soft and sticky dough, then set to one side.
2. Melt the butter, then grate in the garlic and mix until well combined.
3. Cut the dough in half, then roll each piece into rounds just under 1cm thick.
4. Spread 1 tbsp of pesto onto the centre of each piece of dough and top the pesto with the mozzarella balls.
5. Bring the edges of the dough together to enclose the burrata in the dough, pinching well to form a tight seam. Flip the balls over so the seam is on the bottom and brush each burrata bombs the garlic butter (half on each) then sprinkle on top the dried herbs.
6. Place the burrata bombs into one drawer of the Dual Drawer Air Fryer, and the washed tomatoes into the other.
7. On the burrata drawer, Select Bake, set the temperature to 170°C and the time to 17mins. On the tomato drawer, set the temperature to 190°C and time to 25 minutes. Select SyncFinish so the two drawers finish simultaneously.
8. When the vortex has finished, take the tomatoes out and place in a blender with the remaining garlic butter and blend until smooth. Season with salt and pepper.
9. Take the burrata bombs out of the air fryer and serve on top of a generous spoon of sauce and serve immediately while gooey and hot.





WHOLE FRIED FISH

Time: 12 minutes Servings: 2

INGREDIENTS

300-400g whole fish of choice

30g ginger root

5 spring onions

15g coriander

60ml rapeseed oil

60ml soy sauce

1 tsp sugar

1 tsp rice wine vinegar

1 red chilli, deseeded and sliced thinly

Serving suggestion: Stir Fried baby Bak Choi with Garlic and Steamed Rice

INSTRUCTIONS

1. Before you start: Choose a fish of a suitable size for your Instant Vortex Air Fryer. Ask your fishmonger to clean your fish, removing the scales, gills, and trimming any fins.
2. Using the rounded edge of a teaspoon, scrape the skin from the ginger root, then slice the peeled ginger into skinny matchsticks. Cut the very dark green tops off the spring onions and set these aside, before thinly slicing the remaining spring onion.
3. Pat the fish dry with paper towels, both inside and out. Stuff the fish with half of the ginger matchsticks, and the dark green spring onion tops, then fill the remaining space with some of the coriander, reserving the remainder for garnish.
4. Brush the outside of the fish with a little oil, then place inside the Instant Vortex, on top of a small piece of baking paper. This will help you when removing the cooked fish from the basket, without breaking it.
5. Select Air Fry, and set the temperature to 195°C and the time to 12 minutes. (The cook time will vary depending on the size of your fish, so start checking it from about 9 minutes. Your fish will be perfectly cooked when a knife can be inserted into the thickest part of the flesh without resistance, and the flesh pulls easily from the bones.)
6. While the fish cooks make the sauce. Place your remaining ginger in a heat proof bowl, along with a few of the spring onions, reserving some for garnish.
7. Heat some oil in a saucepan until nearly smoking, then pour this over the spring onions and ginger, which will sizzle and bubble. Stir in the soy, sugar and rice wine vinegar.
8. Once the fish has cooked, and the flesh just flakes from the bones, remove from the air fryer and transfer to a serving plate. Spoon over the soy ginger dressing, then top the fish with the remaining fresh coriander, spring onions and thinly sliced chilli.
9. Serve alongside your favourite sides to make this dish a hearty complete meal. We spooned the lovely soy sauce over rice and served our fish alongside garlicky stir fried Bak Choi.

Make mealtimes
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