



# AIR FRYER COOKING TIMES

*Timings may vary according to your brand and how crispy you want your food*

T E M P	T I M E ( M I N . )	T E M P	T I M E ( M I N . )
---------	------------------------	---------	------------------------

## V E G E T A B L E S

Asparagus (sliced 1-inch) .....	400°F	.....	5	Onions (pearl) .....	400°F	.....	10
Beets (whole) .....	400°F	.....	40	Parsnips (½-inch chunks) .....	380°F	.....	15
Broccoli (florets) .....	400°F	.....	6	Peppers (1-inch chunks) .....	400°F	.....	15
Brussels Sprouts (halved) .....	380°F	.....	15	Potatoes (small baby, 1.5 lbs) .....	400°F	.....	15
Carrots (sliced ½-inch) .....	380°F	.....	15	Potatoes (1-inch chunks) .....	400°F	.....	12
Cauliflower (florets) .....	400°F	.....	12	Potatoes (baked whole) .....	400°F	.....	40
Corn on the cob .....	390°F	.....	6	Squash (½-inch chunks) .....	400°F	.....	12
Eggplant (1½-inch cubes) .....	400°F	.....	15	Sweet Potato (baked) .....	380°F	.....	30-35
Fennel (quartered) .....	370°F	.....	15	Tomatoes (cherry) .....	400°F	.....	4
Green Beans .....	400°F	.....	5	Tomatoes (halves) .....	350°F	.....	10
Kale leaves .....	250°F	.....	12	Zucchini (½-inch sticks) .....	400°F	.....	12
Mushrooms (sliced ¼-Inch) .....	400°F	.....	5				

## C H I C K E N

Breasts, bone in (1.25lbs.) .....	370°F	.....	25	Legs, bone in (1.75lbs.) .....	380°F	.....	30
Breasts, boneless (4 oz.) .....	380°F	.....	12	Wings (2 lbs.) .....	400°F	.....	12
Drumsticks (2.5 lbs.) .....	370°F	.....	20	Game Hen (halved- 2lbs.) .....	390°F	.....	20
Thighs, bone in (2 lbs.) .....	380°	.....	22	Whole Chicken (6.5 lbs.) .....	360°F	.....	75
Thighs, boneless (1.5 lbs.) .....	380°F	.....	18-20	Tenders .....	360°F	.....	8-10

## B E E F

Burger (4 oz.) .....	370°F	.....	16-20	Meatballs (3-inch) .....	380°F	.....	10
Filet Mignon (8 oz.) .....	400°F	.....	18	Ribeye, bone in (1-inch, 8 oz.) .....	400°F	.....	10-15
Flank Steak (1.5 lbs.) .....	400°F	.....	12	Sirloin steaks (1-inch, 12 oz.) .....	400°F	.....	9-14
London Broil (2 lbs.) .....	400°F	.....	20-28	Beef Eye Round Roast (4lbs.) .....	390°F	.....	45-55
Meatballs (1-inch) .....	380°F	.....	7				

## P O R K A N D L A M B

Loin (2 lbs.) .....	360°F	.....	55	Bacon (thick cut) .....	400°F	.....	6-10
Pork Chops, bone in (1-inch, 6.5 oz.) .....	400°F	.....	12	Sausages .....	380°F	.....	15
Tenderloin (1lb.) .....	370°F	.....	15	Lamb Loin Chops (1-inch thick) .....	400°F	.....	8-12
Bacon (regular) .....	400°F	.....	5-7	Rack of lamb (1.5 - 2lbs.) .....	380°F	.....	22

## F I S H A N D S E A F O O D

Calamari (8 oz.) .....	400°F	.....	4	Tuna steak .....	400°F	.....	7-10
Fish Fillet (1-inch, 8 oz.) .....	400°F	.....	10	Scallops .....	400°F	.....	5-7
Salmon, fillet (6oz.) .....	380°F	.....	12	Shrimp .....	400°F	.....	5
Swordfish steak .....	400°F	.....	10				

# AIR FRYER COOKING TIMES

*Timings may vary according to your brand and how crispy you want your food*

TEMP      TIME  
(MIN.)

TEMP      TIME  
(MIN.)

## VEGETABLES

Asparagus (sliced 1-inch)	.....400°F	..... 5	Onions (pearl)	.....400°F	..... 10
Beets (whole)	.....400°F	..... 40	Parsnips (½-inch chunks)	.....380°F	..... 15
Broccoli (florets)	.....400°F	..... 6	Peppers (1-inch chunks)	.....400°F	..... 15
Brussels Sprouts (halved)	.....380°F	..... 15	Potatoes (small baby, 1.5 lbs)	.....400°F	..... 15
Carrots (sliced ½-inch)	.....380°F	..... 15	Potatoes (1-inch chunks)	.....400°F	..... 12
Cauliflower (florets)	.....400°F	..... 12	Potatoes (baked whole)	.....400°F	..... 40
Corn on the cob	.....390°F	..... 6	Squash (½-inch chunks)	.....400°F	..... 12
Eggplant (1½-inch cubes)	.....400°F	..... 15	Sweet Potato (baked)	.....380°F	..... 30-35
Fennel (quartered)	.....370°F	..... 15	Tomatoes (cherry)	.....400°F	..... 4
Green Beans	.....400°F	..... 5	Tomatoes (halves)	.....350°F	..... 10
Kale leaves	.....250°F	..... 12	Zucchini (½-inch sticks)	.....400°F	..... 12
Mushrooms (sliced ¼-Inch)	.....400°F	..... 5			

## CHICKEN

Breasts, bone in (1.25lbs.)	.....370°F	..... 25	Legs, bone in (1.75lbs.)	.....380°F	..... 30
Breasts, boneless (4 oz.)	.....380°F	..... 12	Wings (2 lbs.)	.....400°F	..... 12
Drumsticks (2.5 lbs.)	.....370°F	..... 20	Game Hen (halved- 2lbs.)	.....390°F	..... 20
Thighs, bone in (2 lbs.)	..... 380°	..... 22	Whole Chicken (6.5 lbs.)	.....360°F	..... 75
Thighs, boneless (1.5 lbs.)	.....380°F	.....18-20	Tenders	.....360°F	..... 8-10

## BEEF

Burger (4 oz.)	.....370°F	..... 16-20	Meatballs (3-inch)	.....380°F	..... 10
Filet Mignon (8 oz.)	.....400°F	..... 18	Ribeye, bone in (1-inch, 8 oz.)	.....400°F	..... 10-15
Flank Steak (1.5 lbs.)	.....400°F	..... 12	Sirloin steaks (1-inch, 12 oz.)	.....400°F	..... 9-14
London Broil (2 lbs.)	.....400°F	..... 20-28	Beef Eye Round Roast (4lbs.)	.....390°F	..... 45-55
Meatballs (1-inch)	.....380°F	..... 7			

## PORK AND LAMB

Loin (2 lbs.)	.....360°F	..... 55	Bacon (thick cut)	.....400°F	..... 6-10
Pork Chops, bone in (1-inch, 6.5 oz.)	.....400°F	..... 12	Sausages	.....380°F	..... 15
Tenderloin (1lb.)	.....370°F	..... 15	Lamb Loin Chops (1-inch thick)	.....400°F	..... 8-12
Bacon (regular)	.....400°F	..... 5-7	Rack of lamb (1.5 - 2lbs.)	.....380°F	..... 22

## FISH AND SEAFOOD

Calamari (8 oz.)	.....400°F	..... 4	Tuna steak	.....400°F	..... 7-10
Fish Fillet (1-inch, 8 oz.)	.....400°F	..... 10	Scallops	.....400°F	..... 5-7
Salmon, fillet (6oz.)	.....380°F	..... 12	Shrimp	.....400°F	..... 5
Swordfish steak	.....400°F	..... 10			



# AIR FRYER COOKING TIMES

*Timings may vary according to your brand and how crispy you want your food*

TEMP	TIME (MIN.)	TEMP	TIME (MIN.)
------	----------------	------	----------------

## VEGETABLES

Asparagus (sliced 1-inch)	.....400°F	..... 5	Onions (pearl)	.....400°F	..... 10
Beets (whole)	.....400°F	..... 40	Parsnips (½-inch chunks)	.....380°F	..... 15
Broccoli (florets)	.....400°F	..... 6	Peppers (1-inch chunks)	.....400°F	..... 15
Brussels Sprouts (halved)	.....380°F	..... 15	Potatoes (small baby, 1.5 lbs)	.....400°F	..... 15
Carrots (sliced ½-inch)	.....380°F	..... 15	Potatoes (1-inch chunks)	.....400°F	..... 12
Cauliflower (florets)	.....400°F	..... 12	Potatoes (baked whole)	.....400°F	..... 40
Corn on the cob	.....390°F	..... 6	Squash (½-inch chunks)	.....400°F	..... 12
Eggplant (1½-inch cubes)	.....400°F	..... 15	Sweet Potato (baked)	.....380°F	..... 30-35
Fennel (quartered)	.....370°F	..... 15	Tomatoes (cherry)	.....400°F	..... 4
Green Beans	.....400°F	..... 5	Tomatoes (halves)	.....350°F	..... 10
Kale leaves	.....250°F	..... 12	Zucchini (½-inch sticks)	.....400°F	..... 12
Mushrooms (sliced ¼-Inch)	.....400°F	..... 5			

## CHICKEN

Breasts, bone in (1.25lbs.)	.....370°F	..... 25	Legs, bone in (1.75lbs.)	.....380°F	..... 30
Breasts, boneless (4 oz.)	.....380°F	..... 12	Wings (2 lbs.)	.....400°F	..... 12
Drumsticks (2.5 lbs.)	.....370°F	..... 20	Game Hen (halved- 2lbs.)	.....390°F	..... 20
Thighs, bone in (2 lbs.)	..... 380°	..... 22	Whole Chicken (6.5 lbs.)	.....360°F	..... 75
Thighs, boneless (1.5 lbs.)	.....380°F	.....18-20	Tenders	.....360°F	..... 8-10

## BEEF

Burger (4 oz.)	.....370°F	..... 16-20	Meatballs (3-inch)	.....380°F	..... 10
Filet Mignon (8 oz.)	.....400°F	..... 18	Ribeye, bone in (1-inch, 8 oz.)	.....400°F	..... 10-15
Flank Steak (1.5 lbs.)	.....400°F	..... 12	Sirloin steaks (1-inch, 12 oz.)	.....400°F	..... 9-14
London Broil (2 lbs.)	.....400°F	..... 20-28	Beef Eye Round Roast (4lbs.)	.....390°F	..... 45-55
Meatballs (1-inch)	.....380°F	..... 7			

## PORK AND LAMB

Loin (2 lbs.)	.....360°F	..... 55	Bacon (thick cut)	.....400°F	..... 6-10
Pork Chops, bone in (1-inch, 6.5 oz.)	.....400°F	..... 12	Sausages	.....380°F	..... 15
Tenderloin (1lb.)	.....370°F	..... 15	Lamb Loin Chops (1-inch thick)	.....400°F	..... 8-12
Bacon (regular)	.....400°F	..... 5-7	Rack of lamb (1.5 - 2lbs.)	.....380°F	..... 22

## FISH AND SEAFOOD

Calamari (8 oz.)	.....400°F	..... 4	Tuna steak	.....400°F	..... 7-10
Fish Fillet (1-inch, 8 oz.)	.....400°F	..... 10	Scallops	.....400°F	..... 5-7
Salmon, fillet (6oz.)	.....380°F	..... 12	Shrimp	.....400°F	..... 5
Swordfish steak	.....400°F	..... 10			