



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 cob390°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 Beans400°F 5	Tomatoes (halves)350°F 10
Kale leaves250°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°F18-20	Tenders360°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	Sausages380°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 steak400°F 7-10
Fish Fillet (1-inch, 8 oz.)400°F 10	Scallops400°F 5-7
Salmon, fillet (6oz.)380°F 12	Shrimp400°F 5
Swordfish steak400°F 10			