



10 EASY AIR

FRYER

**MUST-TRY RECIPES
FAST, FRESH & FABULOUSLY
TASTING DISHES**



PEPPERONI CHEESE CRISPS



PREP TIME
5 MINS.



COOK TIME
5 MINS.



SERVINGS
12

Air Fryer Pepperoni Cheese Crisps are a quick and delicious low-carb snack made with mozzarella cheese and savory pepperoni.



INSTRUCTIONS



FRY
375 °F | 190 °C

Line the air fryer basket with parchment paper to prevent sticking and ensure even cooking.

Place a slice of mozzarella cheese in the air fryer basket. Top each cheese slice with 4 slices of pepperoni.

Set the air fryer to 375°F (190°C) and cook for 4-5 minutes, or until the cheese is golden and crispy.

Remove the crisps from the air fryer and let them cool slightly. Serve with pizza sauce for dipping.

Enjoy your crunchy, cheesy, pepperoni bites as a quick snack or appetizer!

INGREDIENTS

- 6 slices mozzarella cheese
- 24 slices pepperoni
- ½ cup Pizza sauce for dipping, optional

Per serving. Calories: 63; Fat: 5g; Potassium: 22mg; Cholesterol: 15mg; Protein: 4g; Iron: 0.1mg; Sodium: 152mg



STEAK MARSALA



PREP TIME
10 MINS.



COOK TIME
20 MINS.



SERVINGS
8

Enjoy a tender Air Fryer Steak Marsala made with juicy steaks, sautéed mushrooms, and a rich Marsala wine sauce. This easy recipe brings a gourmet dinner to your table in just minutes.

INGREDIENTS

- 2 boneless steaks, such as sirloin or ribeye
- 1 teaspoon salt, to taste
- ½ teaspoon black pepper, to taste
- 1 tablespoon olive oil
- ½ cup flour, for dredging
- 1 tablespoon butter
- ½ cup Marsala wine
- ½ cup beef broth
- ½ cup sliced mushrooms, button or cremini
- 1 tablespoon fresh parsley, chopped, for garnish

INSTRUCTIONS



FRY
400 °F | 200 °C

Season both sides of the steaks with salt and pepper, then lightly dredge them in flour, shaking off any excess. Coat the steaks with olive oil and place them in the air fryer basket, ensuring they don't overlap. Cook at 400°F (200°C) for 8-10 minutes, flipping halfway through. Use a meat thermometer to check for doneness, aiming for 130°F (54°C) for medium-rare, adjusting the cooking time for thicker or thinner steaks.

While the steaks are cooking, melt butter in a skillet over medium heat. Add the mushrooms and sauté for 4-5 minutes until they're browned and tender. Pour the Marsala wine into the skillet, scraping up any browned bits from the pan, and let it simmer for 3 minutes to reduce slightly.

In a separate bowl, dissolve cornstarch in beef broth, then stir it into the skillet. Let the sauce simmer for 2-3 minutes until it thickens.

Once the steaks are done, remove them from the air fryer and plate them. Spoon the mushroom Marsala sauce over the steaks and serve.

Per serving. Calories: 201; Fat: 11g; Carbohydrate: 8g Fiber: 0.3g; Sugar: 1g; Protein: 13g; Cholesterol: 38mg; Sodium: 389mg

CHICKEN CRUST PIZZA



PREP TIME
5 MINS.



COOK TIME
18 MINS.



SERVINGS
4



Try this easy Air Fryer Chicken Crust Pizza for a low-carb, protein-packed meal with a crispy chicken base and your favorite toppings.

INSTRUCTIONS



FRY
350 °F | 175 °C

Preheat the air fryer temperature to 350 degrees F. In a large bowl, combine 1 pound ground chicken, 1 cup mozzarella cheese, $\frac{1}{4}$ cup Parmesan cheese, 1 teaspoon salt, $\frac{1}{2}$ teaspoon Italian Seasoning, $\frac{1}{4}$ teaspoon ground black pepper, $\frac{1}{4}$ teaspoon garlic powder and 1 large egg.

Divide the mixture into four equal balls. Place each ball on a piece of parchment paper. Press down gently. Use a rolling pin to roll it into a 6-inch round. Repeat with the remaining crusts, reusing the square parchment for each.

Place the crust into the air fryer basket. Set cook time for 16-18 minutes total, flip about halfway during the cooking process.

After flipping, top each crust with 1 cup Marinara Sauce, 2 cup mozzarella cheese, and 30 pepperoni. Return to the air fryer for the remaining cook time. The crust should be browned, firm, and reach an internal temperature of at least 165°F. Remove from the basket and serve warm.

INGREDIENTS

CHICKEN CRUST PIZZA INGREDIENTS:

- 1 pound ground chicken
- 1 cup mozzarella cheese, shredded
- $\frac{1}{4}$ cup Parmesan cheese, grated
- 1 teaspoon salt, to taste
- $\frac{1}{2}$ teaspoon Italian Seasoning, to taste
- $\frac{1}{4}$ teaspoon ground black pepper, to taste
- $\frac{1}{4}$ teaspoon garlic powder, to taste
- 1 large egg

CHICKEN CRUST PIZZA TOPPINGS:

- 1 cup Marinara Sauce, divided
- 2 cup mozzarella cheese, shredded
- 30 pepperoni, slices

Per serving. Calories: 548; Fat: 38g; Potassium: 909mg; Vitamin A: 954IU; Vitamin C: 4mg; Protein: 46g; Iron: 3 mg; Sodium: 89 mg



BANANA CHOCOLATE CHIP PANCAKES



PREP TIME
10 MINS.



COOK TIME
12 MINS.



SERVINGS
8

Make fluffy Banana Chocolate Chip Air Fryer Pancakes in minutes! This easy recipe is kid-friendly, mess-free, and perfect for a sweet breakfast or weekend brunch.

INGREDIENTS

- 3 medium bananas ,
mashed, ripe
- 1 ½ cups all-purpose flour
- 2 teaspoons baking powder
- 1 cup milk
- 2 large eggs
- 1 teaspoon vanilla extract
- ½ cup chocolate chips
- ¼ teaspoon salt

INSTRUCTIONS



FRY

320 °F | 160 °C

In a mixing bowl, mash ripe 3 medium bananas until smooth.

Add 2 large eggs, 1 cup milk, and 1 teaspoon vanilla extract to the bananas and whisk until combined.

Stir in 1 ½ cups all-purpose flour , 2 teaspoons baking powder , and ¼ teaspoon salt until just combined. Don't overmix!

Gently fold in ½ cup chocolate chips for even distribution.

Grease small ramekins, silicone molds, or a cake pan and pour in the batter.

Cook at 320°F for 10–12 minutes until set and golden brown. A toothpick should come out clean.

Top with syrup, whipped cream, or extra chocolate chips. Serve warm!

Per serving. Calories: 219; Fat: 6g; Carbohydrate: 37g Fiber: 2g; Sugar: 13g; Protein: 5g; Cholesterol: 50mg; Sodium: 209mg

TURKEY CHILI SMOTHERED SWEET POTATOES



PREP TIME
10 MINS.



COOK TIME
40 MINS.



SERVINGS
4

Air Fryer Turkey Chili Smothered Sweet Potatoes are a deliciously hearty and healthy dish, featuring roasted sweet potatoes topped with savory turkey chili and melted cheese.



INSTRUCTIONS



FRY
350 °F | 180 °C

Brush the sweet potatoes with olive oil and poke holes with a fork. Preheat the air fryer to 350°F (180°C). Place the sweet potatoes in the air fryer basket and cook for 35-40 minutes or until tender (cooking time will depend on the size of the potatoes).

In a large pot, sauté ground turkey in olive oil over medium heat. Add diced onions and minced garlic, cooking until the onions are translucent. Stir in diced tomatoes, tomato paste, black beans, chili powder, oregano, cumin, water, salt, and pepper. Bring to a simmer and cook for 10-15 minutes.

Once the potatoes are cooked, cut them lengthwise and mash the insides slightly. Spoon $\frac{3}{4}$ cup of turkey chili onto each sweet potato and top with 2 tablespoons of shredded cheese. Return the potatoes to the air fryer basket for a few minutes to melt the cheese.

Once the cheese is melted, garnish the potatoes with fresh cilantro and diced scallions. Serve immediately and enjoy!

Per serving. Calories: 481; Fat: 6g; Carbohydrate: 82g Fiber: 19g; Sugar: 15g; Protein: 29g; Cholesterol: 31mg; Sodium: 661mg

INGREDIENTS

- 4 medium sweet potatoes
- 1 tablespoon olive oil
- $\frac{1}{2}$ pound ground turkey
- 1 small onion, diced
- 2 teaspoons minced garlic
- 15 ounces diced tomatoes
- 3 ounces tomato paste
- 15 ounces black beans, drained and rinsed
- 1 tablespoon chili powder
- $\frac{1}{2}$ teaspoon dried oregano
- $\frac{1}{2}$ teaspoon ground cumin
- 1 cup water
- $\frac{1}{2}$ teaspoon salt
- $\frac{1}{4}$ teaspoon black pepper
- $\frac{1}{2}$ cup shredded cheddar or Monterey Jack cheese
- 2 tablespoons cilantro, chopped
- 2 tablespoons diced scallions



COPYCAT PANDA EXPRESS BEIJING BEEF



PREP TIME
10 MINS.



COOK TIME
10 MINS.



SERVINGS
8

Easy Air Fryer Copycat Panda Express Beijing Beef recipe with crispy beef, peppers, and sweet-tangy sauce.

INGREDIENTS

- 1 pound flank steak, thinly sliced against the grain
- ¼ cup cornstarch
- 1 teaspoon salt, to taste
- ½ teaspoon black pepper, to taste

PANDA EXPRESS BEIJING BEEF SAUCE

INGREDIENTS:

- 1¼ cup soy sauce
- 2 tablespoons hoisin sauce
- 1 tablespoon oyster sauce
- 1 tablespoon rice vinegar
- 2 tablespoons sugar
- 1 tablespoon garlic, minced
- 1 teaspoon ginger, minced
- 1 tablespoon cornstarch mixed with 1 tablespoon water, cornstarch slurry

ADDITIONAL INGREDIENTS:

- 1 bell pepper, cut into bite-sized pieces
- 1 onion, cut into bite-sized pieces
- 2 teaspoons olive oil, for sautéing
- 1 teaspoon Red chili flakes, optional, for added heat

INSTRUCTIONS



FRY

380 °F | 190 °C

Season the thinly sliced flank steak with salt and pepper. Toss the beef with cornstarch until each piece is evenly coated—this helps create that irresistible crispy texture in the air fryer.

Preheat your air fryer to 380°F (193°C). Lightly spray or brush the basket with oil to prevent sticking. Arrange the coated beef slices in a single layer—work in batches if needed. Air fry for 8–10 minutes, flipping halfway through, until golden, crispy, and cooked through.

While the beef cooks, add the soy sauce, hoisin sauce, oyster sauce, rice vinegar, sugar, minced garlic, and ginger to a saucepan. Bring to a simmer over medium heat. Stir in the cornstarch slurry (1 tablespoon cornstarch mixed with 1 tablespoon water) and continue to cook, stirring, until the sauce thickens into a glossy glaze.

In a large skillet over medium-high heat, add a splash of oil. Sauté the bell pepper and onion until they're just tender, about 3–4 minutes, keeping them slightly crisp for texture.

Add the air-fried beef to the skillet with the sautéed vegetables. Pour the thickened sauce over everything and toss to coat evenly. For extra heat, sprinkle in red chili flakes to taste.

Serve your Beijing Beef hot over steamed rice or noodles. Garnish with green onions or sesame seeds if desired, and enjoy your homemade takeout favorite!

Per serving. Calories: 144; Fat: 4g; Carbohydrate: 13g; Cholesterol: 34mg; Fiber: 1g; Sugar: 5g; Protein: 14g; Sodium: 858mg

SPINACH & PROSCIUTTO FRITTATA EGG MUFFINS



PREP TIME
5 MINS.



COOK TIME
8 MINS.



SERVINGS
6

Light, savory, and packed with protein, these egg muffins are perfect for busy mornings or a weekend brunch. Featuring prosciutto, baby spinach, creamy goat cheese, and roasted bell peppers, each bite is full of flavor!



INSTRUCTIONS



FRY
330 °F | 165 °C

Prepare the Muffin Tin: Spray muffin tins or silicone molds with cooking spray.

Add prosciutto slices to the bottom of each muffin cup. Top with 3–5 spinach leaves.

Crack an egg into each cup, then season with salt and black pepper.

Sprinkle goat cheese and roasted bell pepper over each egg.

Place the tin in the air fryer basket. Set air fryer temperature to 330 degrees F and set cook time for 5–8 minutes, or until the eggs are set.

Let cool slightly before removing. Serve warm and enjoy!

INGREDIENTS

- 6 large eggs
- 1 teaspoon salt, to taste
- ½ teaspoon black pepper, to taste
- ¾ cup goat cheese
- 5 ounces baby spinach
- ½ cup roasted bell pepper
- 2 ounces prosciutto, sliced

Per serving. Calories: 194; Fat: 15g; Carbohydrate: 2g Fiber: 1g; Sugar: 1g; Protein: 14g; Iron: 2mg; Sodium: 804mg



AVOCADO CHICKEN MANGO SALAD



PREP TIME
20 MINS.



COOK TIME
15 MINS.



SERVINGS
4

Are you looking for a delicious and healthy salad to make in your air fryer? Look no further than this Air Fryer Avocado Chicken Mango Salad!

INGREDIENTS

SALAD:

- 2 large boneless, skinless chicken breast
- 2 large avocados, diced
- 1 small mango, cubed
- 1 cup grape tomatoes, quartered
- ½ cup corn
- ¼ cup red onion, diced

DRESSING:

- ¼ cup lime juice
- 3 tablespoon olive oil
- 2 tablespoon cilantro, diced
- 1 tablespoon jalapeno, diced
- 2 teaspoon honey
- 1 teaspoon salt
- ½ teaspoon black pepper

INSTRUCTIONS



FRY

370 °F | 190 °C

Start by making the dressing in a small bowl, whisk all of the ingredients together, and place into the refrigerator

Season your chicken with salt and black pepper, and spray or coat your air fry basket, with cooking spray or olive oil. Set your chicken into the air fryer and set the temperature to 370 degrees F, air fryer setting and cook for 12 to 15 minutes, flipping ½ way during the cooking process. Cook until the internal temperature reaches 165 degrees F.

Then in a large bowl, add the avocados, mangos, grape tomatoes, corn, and red onions.

When the chicken is cooked, let it rest for about 5 minutes. Then chop into 1-inch pieces.

Pour the dressing over the salad, right before serving.

Per serving. Calories: 394; Fat: 3g; Carbohydrate: 27g Fiber: 9g; Sugar: 13g; Protein: 16g; Cholesterol: 36mg; Sodium: 658mg

BEEF TOTCHOS



PREP TIME
5 MINS.



COOK TIME
25 MINS.



SERVINGS
6

Crispy air fryer beef totchos loaded with seasoned ground beef, melted cheese, and fresh toppings—perfect for game day or quick snacks.



INSTRUCTIONS



FRY
400 °F | 200 °C

Preheat your air fryer temperature to 400 degrees F (200°C), for 3-5 minutes.

Place the frozen tater tots in the air fryer basket in a single layer. Set cook time for about 15-20 minutes, shaking the basket halfway through, until they are golden and crispy.

While the tater tots are cooking, brown the ground beef in a skillet over medium heat. Break it up with a spatula as it cooks. Once fully cooked, drain any excess fat.

Add the taco seasoning to the cooked ground beef, along with a little water if needed (follow the seasoning packet instructions). Stir well to combine and cook for a few more minutes until the beef is well seasoned.

Once the tater tots are cooked, remove them from the air fryer and place them in a heat-safe dish. Sprinkle the cooked, seasoned ground beef over the tater tots, then cover with shredded cheddar cheese.

Place the beef totchos back in the air fryer and cook at 400 degrees F (200°C) for a few minutes until the cheese is melted and bubbly.

Once the cheese is melted, remove the totchos from the air fryer. Top with sour cream, diced tomatoes, sliced jalapeños, chopped green onions, black olives, and avocado or guacamole if using.

Per serving. Calories: 327; Fat: 19g; Carbohydrate: 17g Fiber: 2g; Sugar: 1g; Protein: 22g; Iron: 2mg; Sodium: 617mg

INGREDIENTS

- 12 ounces tater tots, frozen
- 1 lb ground beef
- 1 teaspoon taco seasoning, store-bought or homemade blend
- 1-2 cups cheddar cheese, shredded
- ¼ cup sour cream, for topping
- ¼ cup diced tomatoes, for topping
- ¼ cup sliced jalapeños, for topping
- 2 tablespoons chopped green onions, for topping
- ¼ cup sliced black olives, for topping
- ¼ cup avocado or guacamole, optional, for topping

TWIX MUG CAKE



PREP TIME
5 MINS.



COOK TIME
8 MINS.



SERVINGS
2

Cooking a Twix mug cake is the perfect way to get your chocolate fix in a snap. You'll have a delicious and decadent dessert for sharing with friends in minutes.

INGREDIENTS

- 1 large egg
- 2 tablespoons butter, melted
- 2 tablespoons vegetable oil
- 4 tablespoons milk
- ¼ teaspoon vanilla extract
- 4 tablespoons brown sugar
- 6 tablespoons self-rising flour
- 2 tablespoons Caramel
- 1-2 shortbread biscuits, crushed
- 3 pieces milk or dark chocolate

INSTRUCTIONS



FRY
330°F | 165 °C

Add the egg, butter, oil, milk, and pure vanilla extract in a small bowl, and mix well.

Add the dry ingredients, flour, and brown sugar to another small bowl, and mix well. Slowly fold the wet ingredients into the dry ingredients, and mix until the batter is well combined.

Add the crushed shortbread biscuit into the oven-safe mug or oven-safe ramekin, and then add the caramel, top with the butter, and add 3 pieces of chocolate.

Place the mugs or ramekins into the air fryer basket, set the temperature to 330 degrees F, and set the cooking time for 5-8 minutes.

Serve with 1 tablespoon of caramel on top, and add some whipped cream or ice cream!

Per serving. Calories: 533; Fat: 32g; Carbohydrate: 56g Fiber: 1g; Sugar: 36g; Protein: 8g; Cholesterol: 128mg; Sodium: 198mg