



# INSPIRING RECIPES 2023

An air-fried feast fit for a King

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**We would like to thank all the recipe creators that allowed us to feature their recipe within our Coronation 2023 recipe booklet.**

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*\*Tefal takes no credit for these original recipes.*

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RECIPE SUITABLE FOR THE EASY FRY 2IN1, 3IN1, XXL AND 9IN1

# AIR FRIED CORONATION QUICHE



A deep quiche with a crisp, light pastry case and delicate flavours of Spinach, Broad Beans and fresh Tarragon.

## INGREDIENTS

- 250g block of ready-made shortcrust pastry
- 125ml milk
- 175ml double cream
- 2 medium eggs
- 1 tbsp chopped fresh tarragon
- Salt and pepper
- 100g grated cheddar cheese,
- 180g cooked spinach, roughly chopped
- 60g cooked broad beans or soya beans

## METHOD

- 1 Line a tin that fits in your airfryer with the pastry, taking care not to have any holes or the mixture could leak. Cover and rest for a further 30 minutes in the fridge.
- 2 Place the tin into the airfryer and cook at 150°C for 5 minutes.
- 3 Beat together the milk, cream, eggs, herbs and seasoning.
- 4 Scatter 1/2 of the grated cheese on top of the pastry in the tin, top with the chopped spinach and beans and herbs, then pour over the liquid mixture.
- 5 If required gently give the mixture a delicate stir to ensure the filling is evenly dispersed but be careful not to damage the pastry case.
- 6 Sprinkle over the remaining cheese. Place back into the airfryer and cook at 160°C for 10 minutes until set and lightly golden.
- 7 Allow to cool for 2 minutes, and then carefully pop the quiche from the tin.



**SERVES**  
6 PORTIONS



**COOK TIME**  
15 MINS



**DIFFICULTY**  
RATING OUT OF 4

## AIR FRIED NACHOS



RECIPE SUITABLE FOR THE EASY FRY 2IN1, 3IN1, XXL AND 9IN1

### INGREDIENTS

- 1 packet of Tortilla wraps
- 50g grated cheddar cheese
- Seasoning of choice (salt, pepper, smoked paprika, chilli flakes, rosemary)

### METHOD

- 1 Cut the tortillas into triangles.
- 2 Add seasoning to the cut tortillas and lay them in the basket.
- 3 Cook for 4 minutes at 180°C, flipping half way through cooking.
- 4 Once cooked, add the grated cheese to the top of the nachos and cook for a further 1-2 minutes at 180°C until melted.
- 5 Serve with dips such as guacamole, salsa and soured cream.



## AIR FRIED SCOTCH EGGS

@foodie\_explorers

### INGREDIENTS

- 6 boiled eggs peeled
- 1 packet 400g sausage meat
- 30 g Plain Flour
- 1/2 tsp garlic powder
- 1 large egg beaten
- 120 g Breadcrumbs or Panko breadcrumbs
- 1 tbsp brown sugar
- 1/2 tsp smoked paprika



RECIPE SUITABLE FOR THE EASY FRY 2IN1, 3IN1, XXL AND 9IN1

### METHOD

- 1 Divide the sausage meat into 6 equal portions.
- 2 Roll each portion into a ball.
- 3 Place a sausage meat ball onto your counter, or parchment paper if you want to save cleaning up later.
- 4 Pat the sausage meatball down until it is an oval that has enough space to hold an egg.
- 5 Place the peeled boiled egg in the centre of the sausage meat and wrap the sausage meat around the egg tightly.
- 6 Divide your ingredients in to three bowls.
  - a) Bowl 1: flour & garlic powder combined
  - b) Bowl 2: Beaten egg
  - c) Bowl 3: Panko or breadcrumbs, brown sugar and smoked paprika powder
- 7 Roll each sausage meat covered egg in bowl 1 then dip in bowl 2 and then roll in bowl 3.
- 8 Set the scotch eggs in your air fryer. Be sure to leave space around each one for air to circulate.
- 9 Air-fry eggs for at 190°C 12 minutes, turning halfway through for even browning.





RECIPE SUITABLE FOR THE EASY FRY 2IN1, 3IN1, XXL AND 9IN1

## AIR FRIED GRILLED PEPPERS

### INGREDIENTS

- 4 red peppers
- 120 ml olive oil
- 4 cloves of chopped garlic
- 6 g chopped fresh basil
- 4 chopped anchovy fillets
- 2 tbsps of balsamic vinegar
- Salt, pepper
- 40 g pine nuts
- 80 g parmesan shavings

### METHOD

- 1 Cut the peppers in half, remove the seeds then cut each half in three lengthways. Mix with half the olive oil, the garlic, basil, anchovies and balsamic vinegar. Season with salt and pepper.
- 2 **2in1, 3in1, XXL:** Insert the grill plate into the appliance and preheat for 15 minutes on GRILL mode at 200°C. Once preheated, cook for 15 minutes on GRILL mode. Mix the vegetables halfway through cooking.
- 3 **9in1:** Place the grill plate onto the top shelf with the drip pan at the bottom. Close the door and set the GRILL mode to 200°C to preheat for 15 minutes. Once preheated, put the peppers into the appliance. Set the GRILL mode to 200°C for 15 minutes.
- 4 Once the cooking has finished and the peppers are soft, transfer to a dish, drizzle with the remaining oil and allow to cool. Sprinkle the pine nuts and Parmesan shavings on the peppers before serving.



RECIPE SUITABLE FOR THE EASY FRY 2IN1, 3IN1, XXL AND 9IN1

## AIR FRIED AUBERGINE & MOZZARELLA STACK

### INGREDIENTS

- 2 aubergines
- Salt, pepper
- 4 balls of mozzarella
- 100 g ready-made tomato sauce
- 12 g grated Parmesan

### METHOD

- 1 Rinse and cut the aubergines into 5 mm slices. Season with salt and pepper.
- 2 Insert the grill plate into the appliance. Place the aubergine slices in the bowl. Set the AIR FRY mode to 200°C for 15 minutes.
- 3 Meanwhile, drain the mozzarella balls and cut into thick slices. Allow the cooked aubergines to cool then cover with tomato sauce.
- 4 Layer the slices of aubergine and mozzarella. Sprinkle with Parmesan and place in the airfryer. Set to AIR FRY at 180°C for 8 minutes.





RECIPE SUITABLE FOR THE EASY FRY 2IN1, 3IN1, XXL AND 9IN1

## AIR FRIED BANG BANG CAULIFLOWER

@cookitrealgood

### INGREDIENTS

- 1/2 head of Cauliflower, cut into bite-sized florets
- 2 tbsp Mayonnaise
- 2 tbsp Sweet Chilli Sauce
- 1 tsp Sriracha
- 150g Panko Bread crumbs
- Salt
- Spray Oil

### METHOD

- 1 Mix mayonnaise, sweet chilli and sriracha together in a bowl. Mix panko breadcrumbs and salt on a separate plate. Toss the cauliflower florets in the spicy mayonnaise, then cover in breadcrumbs. Spritz the cauliflower with oil, then transfer to the air fryer.
- 2 Bake on 180°C for 20 minutes, flipping the cauliflower pieces halfway, until golden and crisp.
- 3 Serve as is, or in a rice bowl with vegetables, with bang-bang sauce.



RECIPE SUITABLE FOR THE EASY FRY 9IN1

## AIR FRIED KALE CHIPS

### INGREDIENTS

- 400 g kale
- 2 tbsps olive oil
- 1 tsp garlic powder
- 1/2 tsp onion powder
- Salt, pepper

### METHOD

- 1 Roughly chop the kale leaves. Rinse and dry the leaves thoroughly.
- 2 Place the kale in a large bowl with the olive oil. Make sure that the kale is fully coated in the olive oil.
- 3 In a bowl, mix garlic powder, salt and onion powder. Season with additional salt and pepper, then sprinkle over the kale and mix.
- 4 Place a third of the kale leaves into the fryer basket, with the drip pan at the bottom. Close the door. Set to 190°C for 6 minutes.
- 5 Once cooked, transfer the kale crisps to a sheet of baking paper to cool and repeat the process with the remaining leaves.





## AIR FRIED SAUSAGE ROLLS

@sweetcarmelsunday

RECIPE SUITABLE FOR THE EASY FRY 2IN1, 3IN1, XXL AND 9IN1

### INGREDIENTS

- 400g sausages or sausage meat
- 375g ready rolled puff pastry
- 1 tbsp sesame seeds
- 1 egg

### METHOD

- 1 If using sausages use a knife to remove the casing.
- 2 Mould the sausage meat into a cylindrical shape.
- 3 Place the sausage meat in the middle of the sheet of puff pastry, leaving a border at either side.
- 4 Beat the egg in a small bowl.
- 5 Use a pastry brush to coat the pastry border and the top of the sausage meat.
- 6 Fold one edge of the pastry over the sausage meat and roll to encase.
- 7 Use a fork to seal the edge of the pastry together.
- 8 Brush the top of the length of the long-rolled sausage with egg and sprinkle the top with sesame seeds.
- 9 Cut the long sausage roll into 12 smaller rolls.
- 10 Place the sausage rolls into the air fryer.
- 11 Cook at 180°C for 7- 9 mins or until pastry is golden and crispy.



## AIR FRIED MOZZARELLA STICKS

RECIPE SUITABLE FOR THE EASY FRY 2IN1, 3IN1, XXL AND 9IN1

### INGREDIENTS

- 1 block of mozzarella
- 70 g plain flour
- 30 g grated Parmesan
- 1 tsp Herbes de Provence
- 1 tsp garlic powder
- 1 large egg
- 1 egg white
- Vegetable oil

### METHOD

- 1 Cut the block of mozzarella into 12 sticks, then cut these in half so you have 24 pieces. In a large bowl, mix flour, grated Parmesan, Herbes de Provence and garlic powder. In another bowl, beat the egg and egg white with a fork. Put some baking paper on a baking tray.
- 2 Dip the mozzarella sticks into the different bowls in the following order: Flour and Parmesan, then eggs and finally the flour again. Place the sticks on the baking tray as you go.
- 3 Once all the sticks have been coated, put them in the freezer for at least 1 hour.
- 4 Cover the grill plate with baking paper. Place half the mozzarella sticks into the cooking bowl, making sure they are not touching. Brush them with oil. Set the AIR FRY programme to 200°C for 13 minutes. Turn them over with a fork halfway through cooking. The outside should be crisp and golden. Once finished, repeat the process with the second batch. Serve the mozzarella sticks hot.



## AIR FRIED CHICKEN WINGS



RECIPE SUITABLE FOR THE EASY FRY 2IN1, 3IN1, XXL AND 9IN1

### INGREDIENTS

- 1.2 kg of chicken wings
- 4 tablespoons of ketchup
- 2 tablespoons of mustard
- 2 tablespoons of paprika
- 2 tablespoons of sweet soy sauce
- Salt, pepper
- 2 tablespoons of olive oil

### METHOD

- 1 Cut the chicken wings in half by separating them at the joint.
- 2 Place all the ingredients into a large bowl and add the chicken wings. Mix well to ensure they are completely coated. Cover in cling film and leave to marinate for at least 12 hours.
- 3 Insert the grill plate into the appliance bowl and place half the chicken wings into the bowl.
- 4 Set to 170°C for 17 minutes, turning after 12 minutes, then repeat with the second batch.

## AIR FRIED KOFTA KEBABS



RECIPE SUITABLE FOR THE EASY FRY 2IN1, 3IN1, XXL AND 9IN1

### INGREDIENTS

- 600 g beef mince
- 50 g onion
- 15 g breadcrumbs
- 2 tbsps parsley
- 2 tbsps fresh mint
- 2 level tsps ground cumin
- 1 heaped tsp of coriander seeds
- 1/2 tsp salt
- Pepper
- 8 wooden skewers, 15 cm

### METHOD

- 1 Finely chop the parsley.
- 2 Using a pestle and mortar or the flat of a knife, carefully crush the coriander seeds. Finely chop the mint and parsley, chop the onion.
- 3 Put the mince into a bowl. Add the chopped onion, breadcrumbs, parsley and chopped mint. Add the cumin and crushed coriander. Season with salt and pepper. Mix well to distribute all the ingredients evenly.
- 4 Use your hands to form sausages of about 50g, placed fairly close together. Thread two sausages onto a skewer, one behind

the other. Squeeze them so that they fit snugly onto the skewer. Shape all the skewers the same way.

- 5 Place the kebab skewers onto a plate and put them in the refrigerator for 20 minutes so that the sausages firm up.
- 6 Place the kebab skewers into the Easy Fry. Set it to 200°C for 5 minutes. The skewers should stay slightly pink on the inside so that they don't dry out.
- 7 Serve the kebabs immediately, along with some grilled vegetables and a light sauce of your choice.



## AIR FRIED FALAFELS



RECIPE SUITABLE FOR THE EASY FRY 2IN1, 3IN1 AND XXL

### INGREDIENTS

- 750 g cooked chickpeas
- 3 sprigs of parsley
- 6 sprigs of coriander
- 2 tsps of cumin
- Salt, pepper
- 2 tbsps of tahini (sesame paste)
- 2 garlic cloves
- 2 white onions
- 2 tbsps of olive oil

### METHOD

- 1 Mix together the chickpeas, parsley leaves, coriander, cumin, a pinch of salt, a pinch of pepper and the sesame paste (tahini) until you have a coarse paste.
- 2 Add the chopped garlic and onion then mix well by hand and roll into balls. Insert the grill plate into the bowl then put the falafel into the appliance bowl and drizzle with olive oil. If you have the Easy Fry 9in1, place the falafels into the fryer basket. Place the basket on the middle level with the drip pan at the bottom. Close the door.
- 3 Set to 170°C for 15 minutes, turning halfway through cooking. Then repeat with the second batch.



RECIPE SUITABLE FOR THE EASY FRY XXL

### METHOD

- 1 Rinse the pork ribs under cold water and dry with a paper towel. In a bowl, mix sugar, 6 g of paprika, garlic, onion, mustard, sage, salt and pepper until all the ingredients are fully incorporated.
- 2 Apply a generous amount of the spice mix to every side.
- 3 Take 4 shallow bowls or deep plates. In the first, mix together the flour, 3 g of paprika and a pinch of salt. In the second, combine the buttermilk and eggs, then add 30 g of the flour mix from the first bowl. In the third, mix together breadcrumbs, a pinch of salt and olive oil with a fork until the oil is evenly distributed. Put half of the breadcrumbs into a fourth bowl.
- 4 Peel and chop the onions into 1-2 cm rings. Dry the onion rings with some paper towel to remove any excess moisture. Using a fork, place the onion rings in the flour, then the buttermilk

## AIR FRIED PORK RIBS & ONION RINGS

### INGREDIENTS

- 16 pork ribs
- 220 g brown sugar
- 9 g paprika
- 3 g garlic powder
- 3 g onion powder
- 3 g mustard seeds
- 2 tsps sage powder
- Salt, pepper
- 260 g flour
- 500 ml buttermilk
- 4 eggs
- 480 g breadcrumbs
- 120 ml olive oil
- 4 large yellow onions
- 560 g barbecue sauce

mixture and finally the breadcrumbs. Brush them gently with olive oil.

- 5 Insert the grill plate and divider into the appliance. Click the Sync button and select ROAST CHICKEN mode for P1. For P2, select FISH mode. First, add half the pork ribs on one side of the divider. If required, cut them into sections so they can fit in the appliance, and place them meat-side down. When the timer sounds, turn the pork ribs over and add the onion rings to the other side of the divider. Resume cooking. After 10 minutes of cooking, apply barbecue sauce generously to the pork ribs and turn the onion rings. Resume cooking.
- 6 Once cooked, repeat the process with the second batch.





RECIPE SUITABLE FOR THE EASY FRY XXL

## AIR FRIED CHICKEN DRUMSTICKS AND WEDGES

### INGREDIENTS

- 8 chicken drumsticks
- 5 g paprika
- 2 tsps Herbes de Provence
- 2 tsps brown sugar
- Salt, pepper
- 100 ml olive oil
- 8 potatoes
- 2 tsps dried parsley
- 2 tsps chilli powder

### METHOD

- 1** Pat the chicken drumsticks with a paper towel to dry them off. Put them into a large bowl.
- 2** In a small bowl, mix together 3 g of paprika, Herbes de Provence, brown sugar, salt and pepper. Add 40 ml of olive oil to the bowl with the chicken and sprinkle over the seasoning, mixing until the chicken is fully coated.
- 3** Wash the potatoes and cut them into wedges. Place them in a large bowl. Add 60 ml of olive oil, 2 tsps of paprika, parsley, chilli, salt and pepper and mix well to cover the potatoes with the spices.
- 4** Insert the grill plate and divider into the appliance. Click the Sync button and select FRIES mode for P1. For P2, select ROAST CHICKEN mode. First, add half of the potato wedges. When the timer sounds, put 4 chicken drumsticks on the other side of the divider and resume cooking. After 10 minutes, turn the chicken over, then continue cooking. Once cooked, repeat the process with the second batch.



RECIPE SUITABLE FOR THE EASY FRY 3IN1

### INGREDIENTS

- 6 g mustard
- 2 tsps of soy sauce
- 900g chicken strips
- 2 large carrots
- 1 cucumber
- 200 g cream cheese
- 2 tsps of mayonnaise
- 6 g finely chopped chives
- Salt, pepper
- 8 tortillas wraps
- 16 lettuce leaves

### METHOD

- 1** Mix the mustard with the soy sauce and coat the chicken strips with the mixture.
- 2** Fill the tank with water. Insert the standard plate into the bowl and place the chicken strips onto the plate, overlapping as little as possible. Set the STEAM programme for 15 minutes.
- 3** At the end of the programme, remove the chicken from the bowl and allow to cool.
- 4** Meanwhile, peel the carrot and cut in half. Cut each half into thin slices lengthways then cut into long sticks. Repeat the process with the cucumber. Mix the cream cheese with the mayonnaise, chives, a pinch of salt and some pepper.
- 5** On the bottom half of the tortillas, place the salad leaves, vegetable sticks, chicken pieces and a little sauce. Fold the tortilla edges then roll up tightly and cut each wrap in half.





RECIPE SUITABLE FOR THE EASY FRY 2IN1, 3IN1, XXL AND 9IN1

## AIR FRIED NUTELLA & PEANUT BUTTER PINWHEELS

@justsoyum

### INGREDIENTS

- 200 g Nutella
- 200 g Smooth Peanut Butter
- 2 Sheets Puff Pastry
- 1 to 2 Eggs
- Icing sugar to serve

### METHOD

- 1 Spread a thin layer of Peanut Butter over the pastry.
- 2 Spread a thin layer of Nutella on the peanut butter.
- 3 Roll the pastry and cut into 12 equal portions.
- 4 Whisk an egg and brush the pinwheels with it.
- 5 Place the pinwheels in the air fryer making sure there is room for them to puff up.
- 6 Air fry the pinwheels to 10 minutes at 180°C.
- 7 Allow to cool and sprinkle with a light coat of icing sugar and serve.



RECIPE SUITABLE FOR THE EASY FRY 2IN1, 3IN1, XXL AND 9IN1

## AIR FRIED BROWNIES

@Supergolden Bakes

### INGREDIENTS

- 200g milk chocolate chips
- 115g unsalted butter or margarine
- 200g light brown sugar
- 2 large eggs
- 2 tbsp vanilla extract
- 4 tbsp cocoa powder
- 65g plain flour
- Pinch of salt

### METHOD

- 1 Add the chocolate and butter in a mixing bowl and microwave for 30 second until the butter melts. Leave to stand for a couple of minutes, then stir so that the chocolate melts completely. Set aside.
- 2 Use a balloon whisk to beat the sugar, vanilla, and eggs in a separate bowl. Whisk until the sugar is dissolved and the mixture is frothy.
- 3 Stir in the melted chocolate mixture. Sift the flour and cocoa powder into the bowl and stir until you have a smooth, glossy, thick batter with no dry pockets of flour.
- 4 Spoon the batter into a greased and lined metal 8-inch pan and level. Please note if your pan is smaller or silicone instead of metal you will need to adjust the baking time.
- 5 Bake the brownies at 165°C for 25 minutes. The brownies should have a smooth shiny top and feel set at the edges. To check, insert a toothpick in the middle, this should come out with a few moist crumbs (but not wet batter). If not, cook for a further few 3-5 mins.
- 6 Take the pan out of the air fryer and cool the brownies before slicing.
- 7 Serve with a side of ice-cream and enjoy.





RECIPE SUITABLE FOR THE EASY FRY 3IN1

## METHOD

### Cupcake Batter

- 1 Prepare 6 x cupcake cases, if tin ensure they are well greased.
- 2 Mix by hand or using an electric mixer, the butter and caster sugar until smooth and fluffy.
- 3 Add the eggs, milk and vanilla extract, and mix well by hand or using an electric mixer until well combined.
- 4 Add the self raising flour and mix in by hand or whisk in gently with a hand whisk.
- 5 Divide the mixture evenly between the cupcakes cases.
- 6 Place into the Easy Fry 3 in 1, select Bake, 160°C for 20 minutes, or until then are lightly golden and a thin skewer or a cocktail stick inserted in the centre comes out clean. Put them on a cooling rack to cool completely.

## AIR FRIED MINI VICTORIA SPONGE CAKES

### INGREDIENTS

#### For the sponge

- 100 g Butter or baking spread
- 100 g Caster sugar
- 2 Eggs medium
- 1 tsp Vanilla extract
- 1/2 tbsp Milk
- 100 g Self raising flour

#### For the filling

- 85 ml Double cream
- 1/4 tsp Vanilla extract
- 2 tbsp Strawberry jam

#### Cup cake cases

- 6 x paper cup cake cases  
OR 6 x tin cupcake cases
- baking spread to grease the tin cupcake cases

### Filling Instructions

- 7 When the cupcakes are fully cooled, either peel off the paper cases or remove from the tin cupcake cases. Place the cupcake on its side and cut the cupcake in half to have a top and a bottom piece.
- 8 Whip up the double cream, either by hand or using an electric whisk and add the vanilla extract.
- 9 Either pipe blobs of whipped cream onto the bottom layer of cake, or spread it on with a spoon, then spoon jam over the cream.
- 10 Press the top of the cake back on. You can also dust with icing sugar.



RECIPE SUITABLE FOR THE EASY FRY 2IN1, 3IN1, XXL AND 9IN1

## STRAWBERRY PIMMS COCKTAIL

### INGREDIENTS

- 1 punnet of strawberries
- 1 tsp caster sugar
- 1 tsp vanilla extract
- 200ml Pimms
- 600ml lemonade
- 1 orange, sliced
- 1/2 cucumber, sliced
- 3 sprigs fresh mint
- Ice

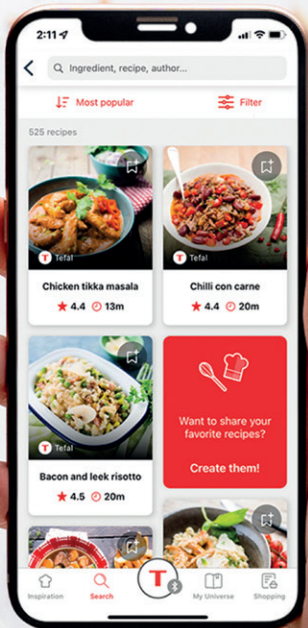
### METHOD

- 1 Cut the strawberries into quarters and place in an oven safe dish.
- 2 Coat the strawberries in the sugar and vanilla extract.
- 3 Place in the airfryer drawer at 180°C for 15 minutes.
- 4 Fill a jug with the ice, orange and cucumber slices, Pimms, lemonade, and roasted strawberries once cool.
- 5 Garnish with fresh mint. Stir and serve.

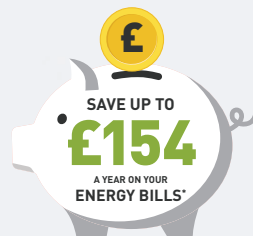


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\*Cost savings have been made reference to electricity cost at the time of publication Mar-2023



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