



HealthyFry

AIR FRYER

Unique Air Technology: Lock in the natural goodness, less oil and more flavour.



FRY

GRILL

ROAST

BAKE

froothie
A Better Life!



*We hope that you enjoy creating
these delicious recipes in your
HealthyFry Air Fryer.*



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Customer feedback.

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CRISPY THYME AND GARLIC FRIES

750g potatoes
1 minced garlic clove
1 tbs of fresh thyme
1 tbs of olive oil
Salt

1. Preheat the air fryer to 180°C, peel and cut the potatoes into 8mm-thick pieces.
2. Soak the potato pieces in water for at least 20 minutes, drain and gently dry with kitchen paper.
3. Mix the garlic, thyme and olive oil in a bowl; stir until evenly combined then coat the potatoes with the mixture.
4. Place the fries in the frying basket and slide the basket into the air fryer. Set the timer for 15-18 minutes until the potato fries become golden brown.
5. Place the fries on a plate. Serve.

Tip Flavour the crisps with different spices to your taste.



CHUNKY CHIPS

800g potatoes
1 tbs of olive oil
Salt

1. Preheat the air fryer to 180°C, peel and cut the potatoes to 15mm-thick pieces.
2. Soak the potato pieces in water for a minimum of 20 minutes, drain and gently dry with kitchen paper.
3. Mix the olive oil and salt in a bowl and stir until evenly combined, then rub the mixture over the potato chips.
4. Place the potato chips into the frying basket, slide the basket into the air fryer, set the timer for 14-18 minutes until pieces become golden brown.
5. Place the chips on a plate. Serve.

Tip Flavour the fries with different spices to your taste.

SPICY FRIED DRUMSTICK

4 chicken drumsticks
1 minced garlic clove
½ tbs of mustard
1 tsp of paprika
1 tbs of olive oil

1. Preheat the air fryer to 200°C.
2. In a bowl, combine garlic with mustard and paprika, stir until well mixed. Flavour with a little salt and pepper, then add the olive oil and stir.
3. Add the drumsticks and marinate for at least 20 minutes.
4. Place the drumsticks in the frying basket, slide the basket into the air fryer and set the timer for 10-12 minutes.
5. Reduce the temperature to 150°C and roast for another 10 minutes until golden brown.





GOLDEN CHICKEN WINGS

500g chicken wings

50ml soy sauce

1 tsp minced ginger

1 tbs olive oil

1. Preheat the air fryer to 180°C.
2. Combine soy sauce with the ginger and olive oil, stir until well blended.
3. Add the chicken wings and marinate for at least 20 minutes.
4. Place the chicken wings in the frying basket and slide the basket into the air fryer. Set the timer for 10-12 minutes.
5. Reduce the temperature to 150°C and roast for another 10 minutes until the wings are golden brown.



ROASTED CHICKEN WINGS

500g chicken wings
2 garlic cloves
2 tsps of ginger powder
1 tsp of cumin powder
Black pepper and salt
100ml sweet chilli sauce

1. Preheat the air fryer to 200°C.
2. Combine garlic with ginger powder, cumin, a pinch of fresh black pepper and a little salt. Stir until evenly combined and then rub the mixture over the chicken wings.
3. Marinate chicken wings for 20 minutes.
4. Place the chicken wings in the frying basket and slide the basket into the air fryer. Set the timer for 15-20 minutes or until wings become brown and crispy.

FRIED LAMB CHOPS

300g lamb chops
40ml soy sauce
1 tbs olive oil
Black pepper

1. Preheat the air fryer to 180°C.
2. Combine soy sauce with the black pepper and stir until well blended.
3. Add the lamb chops and marinate for at least 20 minutes.
4. Place the lamb chops in the frying basket, slide the basket into the fryer and set the timer for 10-12 minutes or until the lamb chops become brown and crispy.







FRIED LAMB SKEWERS

500g lamb skewers (thawed to room temperature)

2 onions

1 cracked egg

1 tsp of cumin powder

Pinch of paprika

Olive oil

1. Preheat the air fryer to 180°C.
2. Slice onions 2 x 2cm pieces.
3. Mix the paprika, egg, salad oil, salt and cumin. Stir evenly.
4. Add the lamb and marinate the lamb for at least 20 minutes.
5. Thread the lamb and onions onto the skewer alternating the ingredients.
6. Place the lamb skewers in the frying basket, slide the basket into the air fryer and set the timer for 15-20 minutes until lamb skewers are golden brown.

SPICY PRAWNS

10 frozen prawns, thawed

Olive oil

1 minced garlic clove

Spicy black pepper

Pinch of paprika

Red chili, to taste

1. Preheat the air fryer to 200°C.
2. Cut open the back of the prawns and clean thoroughly.
3. Coat the prawns with a little olive oil.
4. Place them into the frying basket and slide the basket into the air fryer. Set the timer for 5-8 minutes until prawns are crispy.
5. Meanwhile, blend the garlic, pepper, paprika, red chillies and olive oil until well combined.
6. Place the fried prawns on a plate and drizzle with the sauce.
7. Add a pinch of salt and pepper to taste.





FRIED DUMPLINGS

Frozen dumplings, thawed
Olive oil

1. Preheat the air fryer to 180°C.
2. Pull the fryer out and spread the dumplings out in the frying basket.
3. Coat the dumplings with a thin layer of olive oil.
4. Place the dumplings in the frying basket, slide the basket into the air fryer and set the timer for 12-15 minutes or until golden brown.

FRIED SPRING ROLLS

500g beef mince
1 cup bean sprouts
½ cup shallots
1 tbs sesame oil
Salt
Spring roll wraps
Olive oil

1. Preheat the air fryer to 180°C.
2. Combine the minced beef with the bean sprouts, shallots and other flavourings. Stir until evenly combined.
3. Place a portion of the mixture in a spring roll wrapper and roll folding in each side.
4. Coat the spring rolls with a thin layer of olive oil.
5. Place the spring rolls in the frying basket, slide the basket into the air fryer and set the timer for 12-15 minutes until spring rolls are crispy.



CORN ON THE COB

2 corns
Olive oil

1. Preheat the air fryer to 200°C.
2. Coat the corn with a thin layer of olive oil.
3. Place the corn in the frying basket, slide the basket into the air fryer and set the timer for 8-10 minutes to brown the corns.

FRIED EGGPLANTS

400g eggplants
1 tbs garlic
1 tbs ginger
1 tsp soy sauce
1 tsp olive oil
Pinch of cumin
Pepper

1. Preheat the air fryer to 180°C.
2. Cut off the base of the eggplant, rinse out and slice into two halves.
3. Mince the ginger and garlic.
4. Place the eggplant into the frying basket, slide the basket into the air fryer and set the timer for 3-5 minutes. Fry the eggplant until it begins to soften.
5. Pull out the frying basket and sprinkle the mixed flavouring onto the eggplant.
6. Slide the basket back into the air fryer and set the timer for another 8-10 minutes to completely soften the eggplant.



