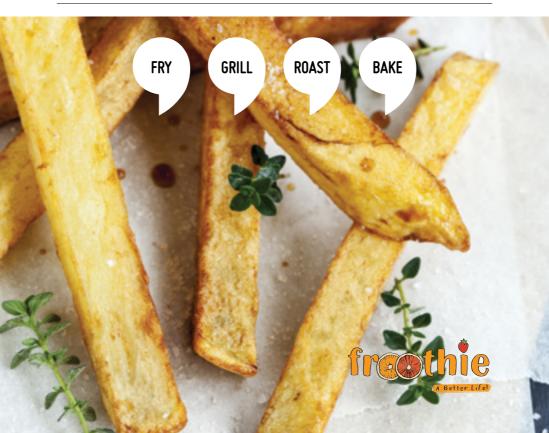


AIR FRYER

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





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Customer feedback.

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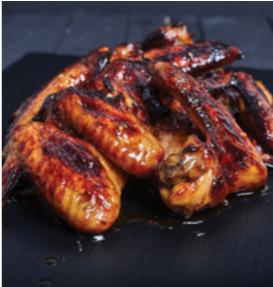
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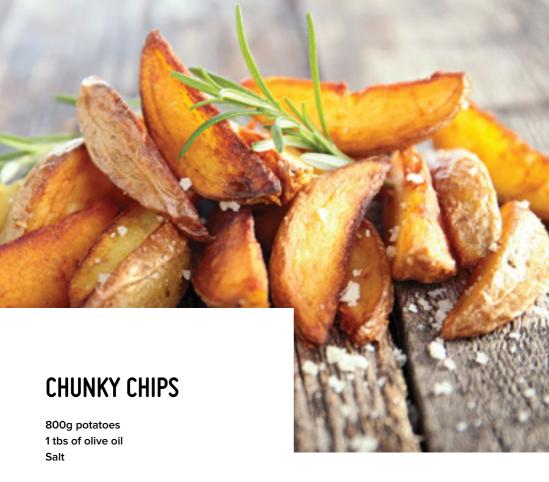








- least 20 minutes, drain and gently dry with
- 3. Mix the garlic, thyme and olive oil in a bowl; stir until evenly combined then coat the potatoes with the mixture.
- 4. Place the fries in the frying basket and slide the basket into the air fryer. Set the timer for 15-18 minutes until the potato fries become golden brown.
- 5. Place the fries on a plate. Serve.
- Tip Flavour the crisps with different spices to your taste.



- 1. Preheat the air fyrer 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.







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 100mil 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 10-12minutes 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 1/2 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.

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.



