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Air Fryer Recipes for Ashford, Wye and District U3A.

By Beverley Jarvis

The air fryer uses unique fat removal technology with a tornado action of hot air to remove excess fat, which is captured in the base of the fryer for easy disposal. It delivers incredible crispy chips, with 90% less fat, in about 12 minutes, from frozen!

In addition to frying, air fryers can be used to bake, roast and grill quickly.

Roast Peppers

Serves 4 as a starter or 2 as a main course

1 red bell pepper

1 green bell pepper

½ courgette, diced

2 spring onions, chopped

4 cherry tomatoes, chopped

½ Tsp. dried herbs

Salt and pepper

Spray oil, from a bottle

A little grated mature cheddar cheese, optional

1. Halve the peppers, leaving stalks intact. Remove and discard core.
2. In a medium size mixing bowl, combine the courgette, spring onions, tomatoes and seasoning. Stir.
3. Divide the filling between the pepper halves.
4. Spray each pepper with a about 3 sprays of spray oil.
5. Place in basket and air fry for 5 mins at 200C. Turn each pepper a little. Continue to air fry for 4 minutes.
6. If using, sprinkle each pepper with a little grated cheese and return to air fry for 1-2 minutes, until golden.
7. Serve with a salad.

Indian Salmon or Trout

Serves 2

In a medium size mixing bowl, combine 3 tablespoons natural Greek style yoghurt with 2 teaspoons of curry paste of your choice. I like Patak's Tikka Masala. Add ½ teaspoon dried herbs and one teaspoon freshly squeezed lemon juice. Stir to blend. Arrange 2 fillets of either salmon or trout in a suitable shallow bowl. Pour over the prepared marinade. Turn fish in marinade to coat well. Set aside for 10 minutes.

Top each fillet of fish with a circle of freshly cut lemon. Transfer fish to a suitable container and spray surface of each piece of fish with about 3 sprays of spray oil.

Air fry in container for about 7 minutes at 200C. Serve with new potatoes and salad.

Garlic and Chilli Bread

Serves 3-4

1 small French stick, halved horizontally, and then cut into chunky slices.

Approx. 50- 75g soft salted butter

¼ Tsp. Very Lazy chopped chillies, from a jar

½ Tsp. Very Lazy chopped garlic, from a jar

A little grated Parmesan or Cheddar cheese

1. In a small mixing bowl, combine butter, garlic and chilli. Mix to combine.
2. Spread the butter onto the prepared chunks of bread.
3. Air fry in basket, also using rack if you have one, for 5 minutes at 190C.
4. Divide the cheese between the bread if using and return to the air fryer for a further 1-2 minutes.

Asian Salad

Serves 4-6

In a large salad bowl, combine the washed and spun leaves of 2 little Gem lettuces. Add 3 handfuls of washed and spun bean sprouts with 65g mange tout, each one halved on the diagonal, 8 radishes, sliced, 4 cherry tomatoes halved, and 3 spring onions, chopped.

Prepare the dressing:

Either by hand or using a mini chopper or food processor, chop ½ small bunch coriander leaves, with ½ small bunch mint leaves. Remove blade and transfer to mixing bowl, if chopping by hand. Add 1 tablespoon sweet chilli sauce, 1 teaspoon sesame oil, juice ½ lemon and 1 tablespoon olive oil. Stir to combine.

When ready to serve salad, pour dressing over leaves and toss to coat. Serve salad topped with chunks of 3 slices of water melon and a few sesame and sunflower seeds.

