

Air Fryer Quick Start Mini Course



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Introduction

Thank you for downloading our **air fryer quick start mini course**. I wanted to create a free downloadable PDF to go with our quick start email course and this is it.

A place to expand on the information that I have provided in the emails or as a way for you to learn more on the subject and have something that you can print out and save for later.

Included in this mini course is not only what was discussed in the emails, but also the full recipes. It helps if you are a beginner if you have the full recipe to work from as well as photos so you can imagine how your recipe will turn out.

All our ebooks including this one, is inspired by our readers. We love to provide them with what they want, and modifications and updates have been thanks to reader suggestions. So, in a way our ebooks are written by readers like you.

I wish you the greatest success with your air fryer and I hope you like it as much as us. We have been air frying since 2011 and what started off as a gadget to help us lose weight, has become something much greater than that.

We started Recipe This in the November 2015 to catalogue our huge collection of air fryer recipes as well as other kitchen gadgets. Its amazing how it has now grown to over 1000 kitchen gadget recipes and the more recipes I make the more that get added. We look forward to sharing with you more and more of them in the future.

Air Fryer Ebooks

Our quick start mini course is not our first air fryer ebook and I doubt it will be our last. Here are a few more from our ebook library that are worth checking out:

- [101 Air Fryer Recipes For Beginners](#)
- [Air Fryer Frozen Food Recipes](#)
- [Air Fryer Recipe Archives \(all of our air fryer recipes\)](#)



The advertisement is set against a solid red background. On the left is a graphic of a tablet displaying the cover of an ebook. The cover has a purple background with the text 'AIR FRYER QUICK START ADVANCED COURSE' in white and yellow, 'FOR BEGINNERS' in yellow, and a black air fryer icon with a white keyhole symbol. The 'RecipeThis.com' logo is at the bottom. To the right of the tablet, the text 'The Air Fryer Advanced Mini Course' is written in a bold, black, hand-drawn font, with 'The Air Fryer' and 'Advanced Mini Course' highlighted in yellow. Below this, the text 'of recipes, tips and tricks to get you started today!' is written in a white, hand-drawn font. At the bottom right, a yellow rectangular button contains the text 'BUY IT NOW FOR ONLY \$7!' in a bold, black, hand-drawn font.

The Air Fryer Quick Start Mini Course

Here is the transcript of the air fryer quick start mini email course:

Lesson #1 - Air Fryer Chicken At Its BEST

The first thing we ever cooked in our air fryer was chicken and I have to say it blew my mind.

I can still remember that day all these years later.

My parents were visiting, and we were showing off our new kitchen gadget. It was the small air fryer, not the big ones you see today and was the original Philips Air Fryer.

We did not do anything with it, just loaded the air fryer basket [with frozen chicken strips](#).

What was amazing about them, is that they tasted crispy like deep fried and not soggy like oven baked. They did not need anything adding to them and I remember looking up the calorie reduction and being amazed.

Ever since then I have become obsessed with chicken in the air fryer and it felt like it was important to share this with you first.

If you are new to the air fryer, do start with chicken. It is delicious and as we all know, chicken is a very versatile meat and can be cooked so many ways in the air fryer and its perfect for growing your air fryer cooking confidence.

[I would start with a homemade version of rotisserie chicken](#). Think of those rotisserie chickens that you pay a small fortune for and you can easily cook them from scratch yourself in the air fryer.

The no frills, simple talk for air fryer rotisserie chicken goes like this:

- Grab a whole chicken that will fit in your air fryer
- Remove giblets
- Season all visible skin with your favourite dry rub along with olive oil, salt, and pepper.
- Stuff it with stuffing if that is your thing

- Load into the air fryer either bum down or bum up
- Cook for 25 minutes on each side at 180c/360f
- Add another 20 minutes if it is not thawed or if you have stuffed the chicken

That is the simple version and just think of the different flavours you can have on your chicken, depending on personal taste.

Load it up with Nando's for a peri peri version, use just oregano for a roast chicken style, or maybe use lemon pepper seasoning. [Or for a Sunday roast load it up with stuffing and cook it with a few potatoes and vegetables.](#)

The choice is yours and it gives you something simple to start air frying with.

This is the way we cook in the air fryer the most.

I am obsessed with clearance food, or as we call them in Portugal pink stickers. I will **ONLY** buy whole chickens when they are reduced and have a sticker on because they only have a date left before the use date. I will then load the chickens in our freezer, then when we want air fryer roast chicken we can.

Then the night before I plan to eat them, I will grab one from the freezer and allow it to thaw.

Then we will often share an air fryer whole chicken for lunch or dinner with some instant pot vegetables and that is a regular simple healthy meal in our house.

Or another way of using our air fryer chicken recipe, is the endless recipes you see for leftover rotisserie chicken. There are just so many ideas and things you can make.

You may wonder why not just cook a whole chicken in the oven? Well with the air fryer it comes down to minimal fat with maximum taste and texture and something you will soon learn through air frying food.

You only need about 1tbsp of extra virgin olive oil for a whole chicken. Compare this to butter under the skin as well as oil on the skin to oven

bake a chicken. The skin is so crispy for such little oil and the taste is so much better. Plus, because the air fryer works with a cook on each side, all the chicken is beautifully crispy and not just the skin.

Or if you are into fat free cooking such as WW you can remove the skin before eating your chicken if you prefer.

Just think of chicken as the ideal starting point with the air fryer. Expand on the whole chicken to chicken marinated overnight for better flavour and play about with it until you have your favourite way of cooking air fryer chicken.

Then with air fryer frozen chicken you can mix it up and try chicken nuggets, chicken fingers and so much more.

Lesson #2 – The BIGGEST Air Fryer Mistakes

When you first get an air fryer it is like you are 12 years old again and your mum is trying to teach you how to cook.

I had a mum that was rather impatient, and we clashed in the kitchen and she told me to marry a chef instead.

I listened to my mum and when I was 18 moved in my boyfriend the chef, who is now my husband of 17+ years.

He had patience and taught me to cook and I went from basics to more advanced cooking and the air fryer should be like that too.

You don't want to start with a complicated air fryer recipe, when the basics is where it is at and there are so many things that people don't tell you about air fryers that you learn with experience.

Rather than showing you a food type to cook, today I wanted to dedicate it to **air fryer common mistakes**. That way you can learn from them and not make the silly mistakes that many other air fryer newbies do.

Mistake #1 – Cooking at 200c. 200c or 400f is the highest temperature on many air fryers and it is often way too hot. This is for a final crisp on your food, not the temperature to cook all your food at. This results in a lot of

dry or overcooked air fryer food. I have seen many complaints of dry burnt fries because of doing this.

Mistake #2 – The way you remove the food from the air fryer basket. There is that obsession with grabbing the basket and throwing the food into the bowl. But many air fryers when you do this also grab the dirt from the bottom too and you end up with oil on your plate that was discarded during cooking. Instead use spatulas and tongs rather than a high pour.

Mistake #3 – Wrong amount of oil. This is such a huge problem in air frying that we are dedicating the last lesson to it. But its worth a mention here that people use hardly any oil or too much. Its about getting the balance right. 1Tbsp of oil tossed in food is often all it needs, and some recipes need no oil at all.

Mistake #4 – Not using liners. There are many different options available now, but what I love is using silicone baking mats in the air fryer. You can cut them to size and line them in your air fryer basket and much better than the cheap liners most use. Silicone mats wipe clean and you can use them a **LOT** and they stop breaded food or baked goods from making your air fryer basket messy.

Mistake #5 – Too much stovetop. You can melt your butter in the air fryer, you can melt chocolate, you can make a chocolate fondue. Too many air fryer recipes ask you to use a pan and then move it to the air fryer and you create too much washing up and it makes air fryer cooking more complicated.

Mistake #6 – Overfilling the air fryer basket. I get cross with my husband Dominic when he puts too many fries in the air fryer basket. The fries turn out dry and you need a LOT of mayonnaise or ketchup to make them taste good. By adding a little less and not overfilling the air fryer basket makes such a difference and even though it is tempting, do two batches as the food just does not compare when you overfill.

Mistake #7 – Not cleaning the air fryer frequently. What happens when you don't clean the air fryer frequently is that you end up with an oil build up in the bottom of the air fryer. This air fryer oil builds up means when

you cook in the air fryer this oil adds to your food and your food goes greasy. [Here is our guide for cleaning the air fryer.](#)

Just by following those 7 tips you can avoid a lot of the silly mistakes that so many air fryer users make when they get started.

Lesson #3 – Let's Talk Air Fryer Potatoes

Most air fryer users will find that the two foods that they cook the most in the air fryer is chicken and potatoes.

Well we have already covered basic chicken, so let us do potatoes for lesson #3.

There are just so many ways to cook potatoes, so I decided to focus on my favourite three which all prep and cook in a similar way:

- [Potato Wedges](#)
- [Roasted Potatoes](#)
- [French Fries](#)

I struggle to go a week without cooking at least one of those three in the air fryer and are personal favourites of mine. And OMG they are so **EASY** to make in the air fryer.

You chop up your wedges, roasties or fries like we do if you were deep frying them.

After this it is totally about doing them the air fryer way:

- 1) Load potatoes into a bowl. Toss in seasoning of choice. Toss in extra virgin olive oil using your hands and load into the air fryer basket.
- 2) Cook on a low/medium heat of 160c/320f for 12 minutes to kickstart the cooking process.
- 3) Shake the basket. Cook for a further 5 minutes at 200c/400f, or 2 minutes for French fries as they are smaller.

That is all there is to it when cooking potatoes in the air fryer. There is a **LOT** of bad advice given when it comes to air fryer potatoes and this is the proper way for doing it.

Potatoes **ONLY** need soaking **IF** you are using out of season potatoes that are very dry. Or if you follow WW and what to make oil free fries.

You **ONLY** need to shake the air fryer once during the temperature change.

Keep an eye on cooking times as some fries are bigger than others and some air fryers are more powerful than others. I tend to start on 10 minutes and then adjust after shaking the basket. After all, you can add time, but you can't take it away.

Seasoning at the start is the most **IMPORTANT** lesson. That is because it adds a coating to your potatoes and makes them taste a whole lot better.

Think of those times you buy potato wedges at KFC and there is that amazing coating on them. It is because of this. It also helps crisp up your potatoes and make them taste even better.

You can also mix and match seasoning, just like I showed you in the first lesson with chicken.

Imagine adding rosemary and garlic for roast potatoes or adding dill when serving with a Greek salad. Or adding taco seasoning for taco fries.

You can then use the advice from air fryer chicken and this lesson for air fryer potatoes to make your first air fryer meal.

Serve a roast chicken with roast potatoes for your Sunday dinner. Have a KFC chicken night with air fryer fries and imagine you are having a KFC at home for a fraction of the calories. Or my personal favourite is to make Nando's chicken and serve it with fries and a Portuguese salad.

Lesson #4 – Preheating, Reheating + Defrosting In The Air Fryer

If you end up reading one of those top air fryer tips guides you can guarantee that either preheating, reheating or defrosting food will get a mention.

We have been using air fryers for years and now it is not something I think of that much, rather something we do automatically when it comes to cooking in the air fryer.

But if you are new to the air fryer, I am sure you would like to know what the big deal is about preheating, reheating, and defrosting.

Preheating The Air Fryer

Many people will tell you that you **MUST** preheat your air fryer and others will tell you **NOT** to but who do you listen to?

My husband Dominic always tells me to preheat and most of the time I forget to do it.

If you were using an oven you would preheat it to get the air circulating around the oven. But with a microwave it is so powerful you do not need to. An air fryer is very much like a microwave or a deep fat fryer and doesn't need heating up all the time.

I have found that the food I cook to the food Dominic cooks is just as good and there is **no real difference**. Just that when Dominic does a preheat it takes slightly less on the cook time. But you are still having your air fryer on for the same time.

Many air fryer recipes don't ask for a preheat and if you choose to preheat it, remember to reduce the cooking time slightly to make up for this.

Reheating The Air Fryer

The air fryer is a true genius for reheating food. I am always surprised by how little people use the air fryer for reheating their leftovers.

That spare slice of pizza from last night's takeaway, that small bowl of stew in the fridge that you forgot about, even those spare roast potatoes that you want to serve for dinner.

The important lesson to learn when it comes to reheating in the air fryer, is that the temperature is **LOW ENOUGH** so that you are not cooking the food again.

Aim for a temperature of 120c/250f and cook for 5 minutes, check the food, and reheat in 3-minute intervals. You do not want to dry out the food and many leftovers will reheat in the air fryer in **JUST** 5 minutes.

Though a bit of common sense always helps. If you have once small slice of bread, you know to adjust to a 2-minute cook time otherwise 5 minutes which works well for a slice of deep pan pizza will be too long for toast.

Defrosting In The Air Fryer

I love the air fryer for a quick defrost. It is normally at random when I have a craving for something that is in the freezer, or something in the fridge that did not thaw enough prior to cooking.

Just last week I was making a casserole for us and wanted to add some bread.

Dinner was ready and I did not want to hang around waiting for the bread.

I loaded 8 small slices of frozen wholemeal bread into the air fryer basket. Cooked it for 4 minutes at 60c/140f and it was wonderfully warm and ready for the dinner table. Grabbed the butter from the pantry and we had loads of bread to dunk into our casserole.

The lesson here with defrosting is the air fryer is to go incredibly low with the temperature. Note that I did a temperature of 60c. This allowed the food not to cook and to instead focus on a quick defrost without the food going dry, which often happens when you cook food from frozen.

I hope you have enjoyed this lesson and that you are full of ideas of food you want to defrost or reheat as well as thinking of what food you want to preheat. The final lesson will be tomorrow when we cover air fryer oil.

Lesson #5 – Cooking With Oil In The Air Fryer

Just like that lesson #5 is upon us.

In today's lesson I wanted to talk about cooking with oil in the air fryer as its something that confuses most new air fryer users and ruins a lot of air fryer meals.

Can you go oil free?

I am sure there are many plant based vegans (vegans that don't consume oil), WW or SW members that are on a strict calorie limit that bought an air fryer so that they can go oil free.

That is true you can go oil free.

My favourite oil free recipe is [air fryer chickpeas](#). You will see many recipes with olive oil for it. But I forgot the oil once and OMG they were just as good. The same applies with [roasting peppers](#) or jalapeno poppers.

But you should not go oil free all the time as its like eating dry food. You kind of put up with it, but you would rather eat food that is moist and delicious.

I have several favourite oil free air fryer recipes and they are **AMAZING**, but I have a whole lot more that use oil. Its all about the type of food and whether you oil is suited to it or not.

Think of the oven for a moment. If it was something you used to cook in the oven without oil, then chances are it will not need oil in the air fryer. For example, oven baked breaded chicken does not use oil in the oven and does not use oil in the air fryer either.

But roast a chicken in the oven and you would add butter or oil and that same rule applies to the air fryer.

But food you would normally load into the deep fryer, that you can also bake in the oven without oil, do not need oil in the air fryer. Such as chicken strips, chicken nuggets, onion rings and so forth.

But potatoes are awful without oil in the oven and the same applies to the air fryer.

It is about a little oil.

Check out every air fryer advert and its all about how much oil you can reduce compared to using the deep fat fryer. But it never promotes oil free cooking.

By a little oil I mean that you can cook a meal for a family of four and use **JUST** 1tbsp of extra virgin olive oil. Let us do the maths for a moment. One

tablespoon carries 120 calories. Divide by four people and that means that portion of crispy fries that you shared with your family came in at 30 calories. Though, it is more likely to be about 25 calories with the oil that will go into the bottom of your air fryer basket.

It's like eating healthy boiled potatoes each day in calories but enjoying French fries instead.

You also mix the food in the oil rather than pouring over which makes the food taste even better as it's an even coating.

It is about healthy oil.

Forget using those horrible spray bottles that uses fake oil such as Frylight because all they do is ruin your air fryer. The chemicals in them are awful and over time it will ruin your air fryer basket.

Instead opt for your favourite healthy oil.

This could be extra virgin olive oil, rapeseed oil or avocado oil. You do not use a lot, so the price tag stays down.

I also recommend adding some spare oil into an oil spray bottle. Then when you want a little oil on top of your food to make it crispier then you can.

Well there you have it. Our air fryer quick start mini course has come to an end. Starting on the next page you will find all the recipes that we have mentioned during this mini course. Feel free to print them out and follow them at home with your air fryer.

Air Fryer Frozen Chicken Strips

Prep Time

0 Mins

Cooking Time

12 Mins

Total Cook Time

12 Mins

Servings

4

Ingredients:

Pack Frozen chicken Strips



Method:

1. Open your pack of frozen chicken strips and discard any of the loose breading.
2. Place the frozen chicken strips into the air fryer basket, making sure you don't overfill the air fryer.
3. Cook for 12 minutes at 180c/360f.
4. Serve warm.

Notes:

It is important that you don't overcrowd your air fryer and that you remove any loose breading. Otherwise you will end up with air fryer chicken strips that are stuck together and a dirty air fryer.

Roast Chicken Dinner In The Air Fryer

Prep Time

10 Mins

Cooking Time

50 Mins

Total Cook Time

1 Hour

Servings

5

Ingredients:

Whole Chicken
2 Large Potatoes
½ Courgette/Zucchini
5 Medium Carrots
2.5 Tbsp Olive Oil
1 Tbsp Parsley
Salt & Pepper

The Stuffing:

450g/15.87oz Sausage Meat
1 Small Onion
1 Small Leek
4 Tbsp Breadcrumbs
2 Tsp Butter
1 Tbsp Sage
1 Tsp Thyme
Salt & Pepper



Method:

1. Start by making your stuffing. Clean and dice your leek. Peel and dice the onion. Mix together in a bowl with the sausage meat, sage, thyme, salt, pepper, butter and mix well. Once it is well mixed add to it the breadcrumbs. Make it into a giant ball. Stuff the sage and onion stuffing into the cavity of the whole chicken.
2. Massage a tablespoon of olive oil into the breast sides of the chicken until all visible chicken skin is lightly oiled. Season all the oily areas with salt, pepper and parsley.
3. Turn the chicken breast over and place into the air fryer breast side down.

4. Now do the same with the bottom side of the chicken making sure it also gets the same amount of olive oil, salt, pepper and parsley.
5. Peel and dice the carrots into large chunks, then quarter the courgette into medium sticks. Place the vegetables into a bowl, season with salt and pepper and drizzle a little olive oil. Mix with your hands so that it's all well coated. Place the carrots and courgette down the side of the chicken in any available room.
6. Cook the chicken (breast side down) for 25 minutes at 180c/360f. While the chicken is cooking, peel and dice your potatoes ready for roast potatoes. Place them in the same bowl that you seasoned the courgette and carrot in and add a little salt and pepper to them and give them a mix.
7. After 25 minutes using your kitchen tongs, remove the chicken from the air fryer and put it to one side while you remove all the carrots and courgette. Place the carrots and courgette into a separate bowl and put to one side.
8. Place the chicken back into the air fryer (this time breast side up) and place the roast potatoes in any available spaces around the edge of it.
9. Cook for a further 25 minutes at the same temperature.
10. Check to make sure it is cooked and serve with the roasted vegetables and the stuffing.

Notes:

Always slice into your chicken to make sure it is cooked or not. If it is not quite cooked, then cook it for a further 20 minutes (without the potatoes and veg) at 160c/320f. I only ever need to do this if the chicken is really big or if the chicken hasn't fully thawed out.

Crispy Air Fryer Potato Wedges

Prep Time

4 Mins

Cooking Time

27 Mins

Total Cook Time

31 Mins

Servings

4

Ingredients:

750g/26.56 oz Potatoes
1 Tbsp Olive Oil
2 Tsp Bouquet Garni
1 Tsp Paprika
1 Tsp Mexican Seasoning
Salt & Pepper



Method:

1. Slice the potatoes into wedges and give the potatoes a quick wash.
2. Add the potatoes to a bowl along with your dry seasonings and your olive oil.
3. Toss with your hands so that the potato wedges are well coated in the olive oil and the seasonings.
4. Place the potato wedges into the air fryer basket and cook for 24 minutes at 160c/320f.
5. Shake and cook for a further 3 minutes at 200c/400f.
6. Serve.

Notes:

The cooking time for the air fryer potato wedges is 27 minutes. But note we cooked 750g/26.56 oz of potato wedges which filled our air fryer basket, so reduce the cooking time if cooking less.

You can swap bouquet garni for mixed herbs and Mexican seasoning for taco seasoning. Depending what seasonings you have in your pantry.

Air Fryer Roast Potatoes With Rosemary

Prep Time

8 Mins

Cooking Time

20 Mins

Total Cook Time

28 Mins

Servings

4

Ingredients:

4 Large Potatoes
1 Tbsp Olive Oil
1 Tbsp Rosemary
Salt & Pepper



Method:

1. Peel your potatoes and cut them into roast potato shapes.
2. In a bowl mix together your roast potatoes, seasoning and olive oil.
3. Place them in your Air Fryer for 15 minutes at 160c/320f.
4. When it beeps shake the basket.
5. Cook for a further 5 minutes at 200c/400f.

Notes:

You can use either dried or fresh rosemary. Both works very well and we use whatever we have in the kitchen at the time. The roast potatoes are cooked on low first to cook the inside and then on high to crisp up the outside. The ultimate tip for perfect Air Fryer roast potatoes is to not over crowd the potatoes. Don't fill the Air Fryer to bursting instead just do it to half full (at the most).

How To Make The Best Ever Air Fryer Fries

Prep Time

20 Mins

Cooking Time

20 Mins

Total Cook Time

40 Mins

Servings

2

Ingredients:

4 Large Potatoes
½ Tbsp Extra Virgin Olive Oil
2 Tsp Oregano
Salt & Pepper



Method:

1. Peel and slice your potatoes into chips. Load the potatoes into a bowl, cover with cold water and fridge for 15 minutes.
2. Drain the potatoes, add seasoning and extra virgin olive oil and mix with your hands until nicely coated.
3. Load the fries into the air fryer basket and cook for 15 minutes at 160c/320f.
4. When it beeps shake the chips and make sure a fork goes through a chip and they are not underdone.
5. Cook for a further 5 minutes at 200c/400f or until they are perfectly crispy.
6. Serve.

Notes:

If your air fryer is rather powerful, only cook for 2 minutes instead of 5 and reduce the temperature to 180c/360f. You can use any of your favourite air fryer oils, or refer to our [air fryer oil usage guide](#). Reduce the time to 12 minutes and a further 3 minutes if doing a small amount of potatoes.

How To Reheat Pizza In An Air Fryer

Prep Time

0 Mins

Cooking Time

4 Mins

Total Cook Time

4 Mins

Servings

2

Ingredients:

5 Leftover Deep Pan Pizza Slices



Method:

1. Place your cold slices of deep pan pizza in your air fryer basket, making sure that they are not overlapping.
2. Place your air fryer on 160c/320f for 4 minutes.
3. Serve reheated.

Notes:

If using an air fryer oven use the 2nd shelf from the bottom otherwise the pizza will become dry and be overcooked. The same time and temp can be used with an air fryer oven.

We're using Pizza Hut's Deep Pan Pizza as an example in this pizza reheat recipe, but you can use any deep pan pizza.

Air Fryer Frozen KFC Chicken Leftovers

Prep Time

0 Mins

Cooking Time

16 Mins

Total Cook Time

16 Mins

Servings

2

Ingredients:

5 KFC Chicken Pieces



Method:

1. Chop up your chicken into pieces.
2. Chop up as you prefer your chicken but we love to have wings, thighs, drumsticks and breast or the breast with the wings. You can access our guide for chopping up a chicken [here](#).
3. In a bowl add your KFC spice blend to your bread crumbs.
4. In another bowl have your flour and in a third your beaten egg.
5. Roll your chicken pieces in the flour, the egg and then in the spicy bread crumbs.
6. Place in the Air Fryer at a temperature of 180c/360f for 18 minutes and then check to make sure it is cooked in the middle.
7. Serve.

Notes:

Reheating KFC Chicken with a thermometer – Place a thermometer into the thickest part and you want to see a reading of at least 75c. This is the temperature that reheated chicken must go to, to be considered safe.

Air Fryer Roasted Chickpeas

Prep Time

3 Mins

Cooking Time

8 Mins

Total Cook Time

11 Mins

Servings

2

Ingredients:

800g/28.22 oz Chickpeas
1 Tsp Oriental Seasoning
1 Tsp Mexican Seasoning
1 Tsp Cajun Seasoning
Salt & Pepper



Method:

1. Drain and rinse your chickpeas.
2. Remove any dead bits of skin from your chickpeas.
3. Load the chickpeas into the air fryer basket and cook for 5 minutes at 180c/360f.
4. When it beeps load the seasoning into your ramekin and toss the chickpeas in the seasoning.
5. Cook for a further 5 minutes at 200c/400f.
6. Serve or store into containers for later.

Notes:

Using a ramekin stops the seasoning from landing in the bottom of your air fryer. It is also perfect for serving your chickpeas in. You can also use 3 different flavour combos in 3 different ramekins to make it a little different.

I have listed 3 seasonings, one for each ramekin. You can triple up to keep all to the same seasoning or use your own preferred seasoning.

Want to do just one flavour of chickpeas? Then simply follow this recipe but instead of a ramekin use the air fryer basket.

Air Fryer Roasted Bell Peppers

Prep Time

2 Mins

Cooking Time

8 Mins

Total Cook Time

10 Mins

Servings

2

Ingredients:

3 Bell Peppers

1 Tsp Thyme

Salt & Pepper



Method:

1. Slice the tops off the peppers and using a firm grip pull out the stalk to remove all the seeds in one go.
2. Dice the peppers into medium to large chunks or large slices depending on how you like them.
3. Place them in the air fryer and cook for 8 minutes at 180c/360f.
4. Serve while still warm.

Notes:

I cooked my air fryer roasted peppers for 8 minutes for a warm not raw crunch. If you want them crispy cook for 10 minutes and if you want them chargrilled cook for 12 minutes.

They don't need any oil and you can season them after cooking depending on how you plan to use them. If you have no special plans for them and they are just a side, then a sprinkling of salt and pepper is delicious.

You can also cut your bell peppers into chunks or keep them as big strips for that barbecue.

Thanks For Reading

Thanks so much for reading our air fryer quick start mini course ebook and we love sharing our knowledge of air fryer cooking with you. The start of our great air fryer friendship doesn't have to end there. In fact, we would absolutely love it if you connected with us online so that we can meet again:

- [Facebook](#)
- [Pinterest](#)
- [Twitter](#)
- [Facebook Group](#)
- [You Tube](#)

But most importantly, don't forget to join our newsletter at [Recipethis.com/newsletter](https://www.recipethis.com/newsletter) because through social media quite often they only show our updates to 1% of our readers and the chances are you will miss them. But by being part of our newsletter you can have access to everything first. Our latest recipes, our cooking stories, our weekly gossip and so much more. Plus, we are always adding new free ebooks to our library.

[You can sign up for our free newsletter here.](#)



The Milner Family @recipethis.com

PS: We look forward to getting to know you and hope to see you around our site! If you ever have any questions or comments, feel free to email us at support@recipethis.com.

PPS: Scroll to the next page and check out our air fryer **ADVANCED** quick start guide. It includes everything you see here but so much more. In fact, we can't believe everything we have put together for you:

The ADVANCED Air Fryer Quick Start Course

Thanks so much for reading our air fryer quick start mini course. Now my plan is to take you to the next level and offer you an advanced air fryer quick start course.

For years I have loved showing beginners the ins and outs of the air fryer. This quick start course is **YOUR** shortcut to air fryer confidence and air fryer success.

It goes beyond a quick 5 day email mini course and includes:

- **Printables** – for planning recipes and planning grocery lists.
- **Recipe Cards** – Blank carefully crafted and designed recipe card that you can use for new air fryer recipes you create.
- **Cooking Times** – Quick cooking times for your bucket list air fryer recipes. Perfect for quickly printing out and adding to your fridge for quick reference.
- **Beginner Recipes** – Instead of the 9 recipes mentioned today you get 25 beginner air fryer recipes that you must try.
- **No Fail** – Instead of the 7 air fryer tips showing you the beginner air fryer mistakes we have expanded it to 20, to make you even more of an air fryer pro.

All for the **AMAZING PRICE** of **JUST \$7.00** as a thank you for following my air fryer mini course.

[Click here or on the banner below for instant access:](#)



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of recipes, tips and
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