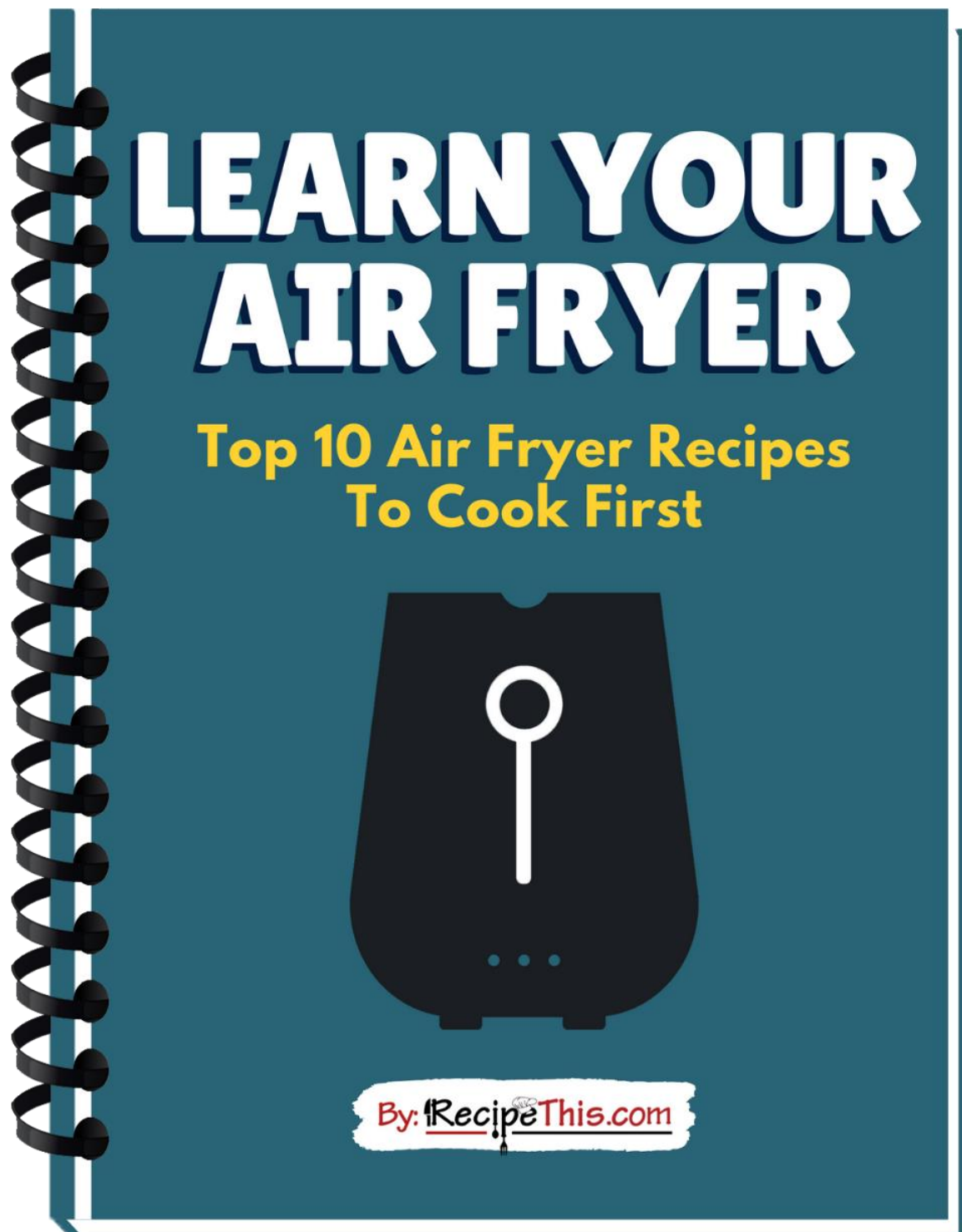


Top 10 Air Fryer Recipes To Cook First



Introduction

Welcome to module 2 of **Learn Your Air Fryer** and this week's edition is all about the **top 10 air fryer recipes to cook first** that will help with your air fryer confidence.

I mentioned in module 1 that we all have that fear of something new and we need baby steps to build up our confidence.

Well I chatted to Dominic and we discussed which air fryer recipes are the basic of the basic and are the easiest for someone to follow.

Someone that has just bought an air fryer and never used it before. Someone that is convinced they are doing it wrong and want an easy entry into air fryer cooking.

We have included 10 basic beginner air fryer recipes in this module as well as quick print recipe cards so that you can print them off and follow them along at home.

I also recommend that you follow each recipe (unless you hate the recipe) as it will help build up your confidence before next week's module.

Recipe 1 – Air Fryer Chickpeas

Unless you **HATE** chickpeas, I recommend you make air fryer chickpeas first as it is so easy.

The idea with chickpeas is that its popular (especially in Indian cooking) to bake chickpeas in the oven until they are crispy and serve them in curries and salads.

But they use a lot of oil.

Instead the way you do it in the air fryer is toss drained canned chickpeas in your favourite seasoning and air fry without oil. You get to choose what your favourite seasoning is, and you have a low fat healthy snack. You can then load your chickpeas into salads, sandwiches, pasta dishes or curries.

Ingredients:

- 1 Can Chickpeas
- Favourite Dried Herbs

Method:

Drain your chickpeas and rinse under a cold tap.



Place chickpeas in a bowl and add your chosen seasoning. Toss your chickpeas in the seasoning. Or if you want to make several different flavoured chickpeas add to ramekins and then season.



Load your chickpeas into the air fryer basket and cook for 180c/360 for 5 minutes.



Check on them and if nice and crispy serve. If not crispy enough cook for a further 3 minutes at the same temperature.

My favourite seasoning for my chickpeas is tandoori seasoning, but cajun is also delicious too.

Recipe 2 – Air Fryer Frozen Fries

Next on the beginner list is air fryer frozen French fries. They are much healthier than the deep fat fryer alternative and rather nice.

The reason it is next, is because if there is an easy beginner recipe to do, it is frozen food.

One thing that many air fryer beginners struggle with, is the idea of shaking your food. Or that your fries will not be as good as what you are used to.

By doing frozen fries early on, you can get used to the way the air fryer works and get ready for your next recipe.

You can also swap traditional frozen French fries for sweet potato fries or butternut squash fries in this recipe.

Ingredients:

- ½ Bag Frozen French Fries

Method:

Load frozen French fries from the bag into your air fryer basket.



Set the cook time to 6 minutes and the temperature to 180c/360f.

When it beeps shake the air fryer basket thoroughly so that the fries have a chance to turn and you won't end up with some cooked and others that are not cooked.



Cook for a further 4 minutes at the same temperature and check to see if they are cooked. If they are not cooked cook for a further 3 minutes, then check and then go again. The three minute intervals are important as different brands of air fryers cook them faster than others and it stops your air fryer from overcooking yours.

I recommend after cooking that you write down how long your fries took so that you know for future reference.

Also note, that you don't need to add oil to frozen fries because when you buy them from the supermarket, they will already be oiled.

Recipe 3 – Air Fryer Frozen Shrimp

Next is a healthy recipe that is my four year old son's favourite. It is his favourite comfort food, and he can never get enough.

We're talking about frozen shrimp that you bought that was peeled and cooked prior to being frozen. Or because we are British, we would call it frozen prawns.

Once you have air fried it you can serve it as a prawn cocktail or serve it over a salad for a light lunch. Or what I love to do is cook it with diced red pepper.

What's wonderful about it, is that its as easy as unhealthy frozen food, yet it's a healthier option.

Ingredients:

- 250g/1/2lb Frozen Shrimp
- Cajun Seasoning
- Salt & Pepper

Method:

Load frozen shrimp into the air fryer basket. Sprinkle with salt, pepper and cajun seasoning.



If you want to include mixed peppers, add in diced peppers to the air fryer basket too. Air fry for 8 minutes at 180c/360f.



That is literally it. You now have yummy shrimp aka prawns to binge on. You can swap the seasonings for whatever you like, add lemon if you like, add other salad bits, and enjoy.

Recipe 4 – Air Fryer Corn

Do you love grilled corn? Well you can achieve something similar with the air fryer and frozen corn. We are not talking corn on the cob here as we will show you how to do that later in the course.

But where you grill frozen corn with a little butter and extra virgin olive oil. It is also seasoned and ideal for serving as a side for dinner. Or even better served with some chicken drumsticks.

You can also switch it up with what seasoning you use. I prefer it with Mexican seasoning if doing Mexican Street Corn or I go cajun because its ideal for salads and other food I am cooking.

Ingredients:

- 250g/1/2lb Frozen Corn
- Cajun Seasoning
- 1Tsp Butter
- 1Tsp Extra Virgin Olive Oil
- Salt & Pepper

Method:

Load frozen corn into the air fryer basket. Sprinkle with salt, pepper and cajun seasoning. Spray the top of the corn with a teaspoon of extra virgin olive oil. Chop the butter into tiny pieces and spread out in your air fryer.

Air fry for 8 minutes at 180c/360f.

Shake the air fryer and cook for a further 4 minutes at the same temperature or until the corn is crispy enough for you.



That is literally it. You've probably noticed a theme there. Both the frozen shrimp and the frozen corn have a similar cook time. Also, the chickpeas, corn and shrimp have a similar recipe format and are perfect for getting confident. Now think about next time you cook these and how you will be getting more and more familiar.

Recipe 5 - Air Fryer Cubed Potatoes

Cubed potatoes are my husband's go to when he wants a quick dinner in the air fryer, and we are tired and can't be bothered to cook.

He will cook cubed potatoes in one air fryer while meat is cooking in the instant pot. Or sometimes will load chicken and cubed potatoes together in the air fryer basket.

The beauty of cubed potatoes is that you can prep them with the skin on or the skin off. When doing the skin on, think of those small potatoes that are not worth peeling because nothing will be left. Or to make use of some potatoes that you have had for a while that need using up.

How it works is that you prep cubed potatoes as you would for the oven or for the deep fat fryer and then load them into a mixing bowl.

They are then tossed in a small amount of extra virgin olive oil and a little seasoning. It gives you a fantastic flavour on your potatoes and they are crispy and yummy. Plus, they are the easiest way beyond frozen to cook potatoes in the air fryer. Or even better because they are in cubes, they cook quicker than other potato methods.

Ingredients:

- 500g/1.1lb Cubed Potatoes
- 1Tbsp Favourite Seasoning
- 1Tsp Extra Virgin Olive Oil
- Salt & Pepper

Method:

Load already cubed potatoes into a mixing bowl. Season with salt and pepper, your chosen seasoning and add extra virgin olive oil. Using your hands mix the potatoes until they are well coated in the oil and the seasoning.



Place in the air fryer basket and cook for 12 minutes at 180c/360f. Shake and cook for a further 3 minutes at 200c/400f.



As you can see this is another of the air fryer recipes that involves a quick seasoning and a small amount of oil. No fuss air frying and ideal for when you are starting out with your air fryer.

You get to choose what seasoning you want, based on what else you are serving your potatoes with. For example, if I am making lemon pepper chicken, I will add lemon pepper seasoning to the potatoes.

Recipe 6 – Air Fryer Frozen Chicken Strips

I recommend that everyone cooks frozen chicken strips in the air fryer when they are a beginner.

Its like the beginner lesson in breaded air fryer food and you can see the type of crisp that your food can achieve and its great for getting to know your air fryer better.

As some air fryers are more powerful than others and you will be able to learn to adjust your air fryer to cook crispy chicken better.

It is also the first thing we ever cooked in our air fryer way back in 2011 when we got our first air fryer. We wanted to see if breaded chicken could be as crispy as deep fried chicken.

Well my parents were visiting, tried it and couldn't believe it wasn't deep fried.

Ingredients:

- 1 Pack Frozen Chicken Strips
- Olive Oil Spray

Method:

Load your favourite frozen chicken strips into the air fryer, making sure that it is not overcrowded. Cook for 12 minutes at 180c/360f.



Serve with your favourite dipping sauce.

Check at 9 minutes if your chicken strips have enough crisp. If they don't spray with extra virgin olive oil and then carry on cooking for the last 3 minutes at 200c/400f instead of the current temperature.

Those 3 minutes at a higher temperature make such a difference when you are air frying. You will be amazed by how much better a crisp you get on your food. I use this method with any food that I want crispy. Such as fries, breaded chicken, kale chips etc.

Recipe 7 – Air Fryer Baked Brie

The next of our air fryer confidence recipes is air fryer baked brie. One for all the cheese lovers of the world. If you love cheese, then this one is going to change the way you eat cheese forever.

My hubby hates brie and camembert. But I made this thinking it was just me and the kids and he loved it.

I have added to this list because it introduces you to using the air fryer to heat food, rather than cooking food and shows you how wonderfully crispy and moist the air fryer makes pastry.

Ingredients:

- 1 Brie Round
- 1 Sheet Puff Pastry
- 3Tbsp Maple Syrup

Method:

Remove the packaging from your brie and slice off the top layer. Roll out puff pastry and place the brie over it.



Add a layer of maple syrup or honey to the top of the brie. Wrap up your brie in puff pastry and make sure there is no brie visible. Place into an air fryer pizza pan.



Air fry for 10 minutes at 200c/400f.

After the 10 minutes your brie will be melted, and you can cut into it and enjoy it with bread or cheese crackers.

But best of all, if you don't eat it all the brie you can use the air fryer to reheat it and make it melted again.

Recipe 8 – Air Fryer Croutons

Following on from the theme of tossing the food in a little extra virgin olive oil and adding seasoning, croutons is ideal for beginners.

I love air fryer croutons because you can make them as crispy as you like. You can use any stale bread and its amazing how much croutons you can make at once in your air fryer.

Not forgetting, that you can also choose the seasoning you want to match what you are planning to cook for dinner.

Serve our air fryer croutons in summer with a salad or in winter over a soup. Or use them as a base for roast dinner stuffing.

Ingredients:

- 3 Stale Bread Rolls
- 1Tsp Extra Virgin Olive Oil
- 1Tsp Oregano

Method:

Slice your stale bread into bread cubes and load into a mixing bowl.



Season with oregano and add extra virgin olive oil. Mix with your hands until the bread chunks are well covered in the oil and seasoning.



Load into the air fryer basket and cook for 4 minutes at 200c/400f.

I use oregano when I am loading the croutons into a salad, but you can mix up the seasoning. For example, if I am serving them with a winter soup, I will often use sage or some mixed herbs.

Another idea is to freeze your bread chunks. Cut up your stale bread for croutons then load into a big freezer bag. Add to it whenever you have spare bread.

Then you can grab a load of bread chunks, thaw them, and make croutons with them whenever you need them.

Recipe 9 – Air Fryer Cherry Tomatoes

This is my go to side dish at lunch and dinner. One of my favourite quick dump it in the air fryer recipes and ideal for learning your air fryer. You

can follow this method for any type of tomato, though the bigger ones would need chopping in half to cook properly.

Cherry tomatoes are seasoned with salt, pepper, and basil. They are then air fried in a similar way to grilled tomatoes in the frying pan.

The tomatoes taste delicious and you can cook them in the air fryer at the same time as other dishes as they don't take up much room.

Or make the cherry tomatoes into a salad in the summer months.

Ingredients:

- 500g/1.1lb Cherry Tomatoes
- 1Tsp Extra Virgin Olive Oil
- 1Tsp Basil
- Salt & Pepper

Method:

Slice your cherry tomatoes in half. Load the cherry tomatoes into a bowl with your seasoning and lightly mix with your hands.



Load into the air fryer basket and cook for 5 minutes at 160c/320f.



I am going through a fish and seafood addiction in the air fryer. These cherry tomatoes are ideal for quick cooking fish in the air fryer as they can cook together. Ideal if you are using the air fryer for weight loss or to be healthier.

Recipe 10 – Air Fryer Garlic

Now this is an easy recipe and ideal if you love garlic and use a lot of garlic in your everyday home cooking.

A whole garlic bulb is loaded into the air fryer basket and cooks whole. It bakes your garlic and then it is easy to squeeze out the garlic from each of the cloves for your meals.

If you have not tried this before, then imagine it similar to using garlic puree in your recipes.

I also consider it to be an air fryer hack because it saves you on peeling all those garlic cloves.

Ingredients:

- 3 Garlic Bulbs
- Silver Foil
- Salt & Pepper

Method:

Place your garlic bulbs onto a sheet of silver foil. Season with salt and pepper. Wrap up tight.



Place the silver foil packet in the air fryer and cook for 20 minutes at 180c/360f.



When it cools slice the top off your garlic cloves and squeeze out your garlic puree.

Simply store in the fridge and you have garlic for whenever you need it.

Thanks For Reading

Thanks so much for reading Learn Your Air Fryer Module 2 Top 10 Air Fryer Recipes To Cook First.

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](#)



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.