



PowerAirfryer XXXL



recipe book



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Made in China





PowerAirfryer XXXL



Recipe
Guide for
healthy eating





PowerAirfryer XXXL



The Milex Power Airfryer XXXL is the latest seven-in-one, 5.6 litre capacity Airfryer in the Milex product range. The Power Airfryer's secret is in its Rapid Hot Air Technology which allows you to cook healthier versions of your favourite fried foods with little-to-no oil and in next-to-no time! Your meals are cooked in a whirlwind of superheated air - a quicker, easier and cleaner alternative to a deep-fat fryer or conventional oven. Air-fry, grill, bake, sauté and roast without sacrificing the taste and texture! All these functions are now available in one sleek & compact device. And it couldn't be easier to use - simply add your food to the Copper-Tech Infused Non-Stick Easy-Load Fry Basket, slide it into the unit, and with the touch of a button, select one of seven pre-programmed cooking functions or manually adjust the timer and temperature settings. The state of the art digital touchscreen control panel eliminates the guesswork and ensures that whatever you're cooking comes out perfectly delicious & crispy time after time.

Copper-Tech Durable Infused Non-Stick Coating

The Milex Power Airfryer XXXL features the all-new revolutionary technology known as Copper-Tech. A copper infused non-stick coating that will repel even the stickiest of foods. The Copper-Tech non-stick technology allows you to cook without using butter, oil and other non-stick baking chemicals. Creating healthy meals for you and your family has never been this quick and easy.



One-Touch
COOKING



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Fish Sticks



INGREDIENTS:

- 500g Cod
- 2 large eggs
- 2 cups panko
- ½ tsp. black pepper
- ¼ tsp. sea salt
- 1 tbsp. olive oil
- 1 cup white flour
- 3 tbsp. milk
- tartar sauce

1. In a bowl mix the egg and milk together. Place the bread crumbs in a bowl. Put the flour in another bowl.
2. Season the fish with salt & pepper. Dredge the fish sticks into the flour, then the egg mixture, & finally the bread crumbs.
3. Place the fish sticks into the Fry Basket & into the Power AirFryer XXXL.
4. Press the M Button, Scroll the Fish Icon.
5. Press the Power Button & adjust cooking time to 12 minutes at 175°C.
6. Flip half way through.
7. Serve with tartar sauce.

Per Serving: 420 calories; 7 grams protein; 55 grams carbohydrate; 7 grams fat; 5 grams fiber; 1 serving



Blooming Onion

1. Mix breadcrumbs with olive oil & Cajun seasoning. In a separate dish, mix salt & pepper, paprika & garlic into the flour. In a bowl, mix milk with egg.
2. Peel onion, cut off top. Place cut side down onto a cutting board.
3. Starting 1½ cm from the root, cut downward, all the way to the cutting board. Repeat to make 4 evenly spaced cuts around the onion.
4. Continue slicing between each section until you have made 8 cuts total.
5. Place sliced onion in ice water for at least 2 hours/overnight. Remove from water, pat dry. Open onion so "petals" are exposed.
6. Place onion on a tray or in a bowl.
7. Sprinkle onion generously with flour mixture. Make sure to get in between all "petals." Turn onion upside down to remove excess flour.
8. Using a ladle, ladle the egg mixture into every crevice. Lift up onion and turn to make sure excess egg drips off.
9. Sprinkle onion very generously with bread crumb mixture. Press into place.
10. Place the ONION into the Fry Basket of the Power AirFryer XXXL. Cover the top with aluminum foil like a tent. Place the Fry Basket into the Power AirFryer XXXL.
11. Press the Power Button & adjust cooking time to 10 minutes at 185° C. Leave foil on.
12. When timer is done, check crispness of the onion. Cook 5-10 more minutes to desired crispness.
13. When done, remove carefully and serve with Ranch dressing.

Per Serving: 380 calories; 5 grams protein; 67 grams carbohydrate; 5 grams fat; 6 grams fiber; 1 serving

INGREDIENTS:

- 1 tbsp. olive oil
- 1 white onion, large
- ¼ cup milk, nonfat
- 2 eggs, large
- ¾ cup whole wheat flour
- ¾ cup panko
- 1½ tsp. paprika
- 1 tsp. garlic powder
- ½ tsp. Cajun seasoning
- ½ tsp. black pepper
- ¼ tsp. sea salt
- Ranch dressing



INGREDIENTS:

- 113 g frozen onion rings, battered

Onion Rings

1. Place frozen onion rings in the Fry Basket, return the Fry Basket to the Power AirFryer.
2. Press the M Button. Scroll to the Fries/chips Icon.
3. Press the Power Button & adjust cooking time to 10 minutes.
4. When timer is finished, remove Fry Basket and toss onion rings.
5. Place Fry Basket back into the Power AirFryer XXXL. Press the M Button.
6. Scroll to the Fries/chips Icon. Press the Power Button & adjust cooking time to 10 minutes at 200° C. Until golden.

Per Serving: 240 calories; 3 grams protein; 27 grams carbohydrate; 13 grams fat; 3 grams fiber; 1 serving



French Fries

1. Blanch the potatoes in water until tender.
2. Let cool. Cut into fries.
3. Toss with olive oil and salt and pepper.
4. Place the potatoes into the Fry Basket and then into the Power AirFryer XXXL. Press the M Button.
5. Scroll to the Fries/Chips Icon. (Cooks for 18 minutes at 200° C)
6. Half way through cooking, toss the fries. Shake periodically.

Per Serving: 350 calories; 8 grams protein; 67 grams carbohydrate; 7 grams fat; 5 grams fiber; 1 serving



INGREDIENTS:

- 2 russet potatoes
- 1 tbsp. olive oil
- 1 tbsp. sea salt
- ½ tsp. black pepper



INGREDIENTS:

- 3 chicken thighs with skin, raw
- 3 chicken legs with skin, raw
- 2 Cups flour, white
- 1 tbsp. black pepper
- 1 tbsp. garlic powder
- 1 tsp. onion powder
- ½ tsp. poultry seasoning
- 1 tsp. cumin
- 1 tbsp. paprika
- 1 tbsp. sea salt
- 1 tbsp. olive oil
- 1 cup buttermilk, whole

Fried Chicken

1. Soak the chicken in the buttermilk in the fridge for 2 hours.
2. Add the seasoning to the flour with oil and mix well.
3. Dredge the chicken into the flour mix, then in buttermilk, and back into the flour. Repeat until all the chicken is coated.
4. Place the chicken into the Fry Basket. Repeat until all the chicken is coated.
5. Place the Fry Basket into the Power AirFryer XXXL.
6. Press the M Button. Scroll to the Chicken Icon. (Cooks for 20 minutes at 180° C)
7. Turn the chicken every 5 minutes.
8. Serve when chicken is cooked to desired crispness.

Per Serving: 350 calories; 8 grams protein; 67 grams carbohydrate; 7 grams fat; 5 grams fiber; 1 serving

Hot Wings

1. Place the wings into the Fry Basket and into the Power AirFryer XXXL.
2. Press the M Button. Scroll to the Fries/chips Icon.
3. Press the Power Button & adjust cooking time to 25 minutes at 200° C
4. Half way through the time, flip the wings.
5. When done remove and toss with the sauce.
6. Return the wings to the Power AirFryer XXXL. Press the M Button. Scroll to the Fries/chips Icon .
7. Adjust the cooking time to 8 min set to 200° C
8. Cook for 8 more minutes at 200° C.

Per Serving: 680 calories; 54 grams protein; 3 grams carbohydrate; 47 grams fat; 2 grams fiber; 1 serving



INGREDIENTS:

- 12 chicken, wings, drumettes, raw
- ½ cup Buffalo sauce



INGREDIENTS:

- 2 cups leftover macaroni and cheese
- ½ cup cheddar cheese, shredded
- 3 eggs
- 2 cups milk
- ¾ cup white flour
- 1 cup bread crumbs, plain

Mac & Cheese balls

1. Mix the shredded cheese with the leftover mac and cheese. Set aside.
2. Place the bread crumbs in a bowl. Place the flour in a bowl. Mix the egg and milk together in a bowl.
3. With a small ice cream scoop, make ping pong size balls from the mac and cheese mixture.
4. Roll the mac & cheese balls in the flour, then the egg mixture. Finally, roll in the bread crumbs.
5. Place the mac and cheese balls in the Fry Basket.
6. Place the Fry Basket in the Power AirFryer XXXL
7. Press the Power Button & adjust the time to 10 minutes at 185° C
8. Rotate half way through.

Per Serving: 2030 calories; 95 grams protein; 265 grams carbohydrate; 62 grams fat; 12 grams fiber; 1 serving

Mozzarella Sticks

1. Cut cheese into 3 x ½ inch sticks.
2. Place bread crumbs in a bowl. Place flour in a bowl. Mix the egg and milk together and put in a bowl.
3. Dip cheese sticks in flour, then egg, and finally bread crumbs.
4. Lay breaded sticks on a flat cookie sheet.
5. Freeze in freezer for 1-2 hours or until solid.
6. Place small batches of breaded sticks (do not overcrowd) into the Fry Basket.
7. Press the M Button. Scroll to the Fries/Chips Icon.
8. Press the Power Button & adjust cooking time to 12 minutes at 200° C.
9. Server with warm tomato sauce

Per Serving: 250 calories; 18 grams protein; 85 grams carbohydrate; 8 grams fat; 1 gram fiber; 1 serving

INGREDIENTS:

- 450g mozzarella cheese, block
- 2 eggs
- 3 tbsp. milk, nonfat
- ¼ cup flour, white
- 1 cup bread crumbs, plain
- 113g tomato sauce, warm



INGREDIENTS:

- 450g pizza dough refrigerated
- ½ cup olive oil
- 1 tbsp. garlic
- 1 tsp. sea salt
- 1 tbsp. fresh parsley, chopped
- 1 tbsp. Parmesan cheese, grated
- marinara sauce

Garlic Knots

1. Roll the pizza dough out until ½ inch thick.
2. Slice the dough lengthwise. About ¾ inch apart.
3. Roll the dough between your palm and countertop. Make a knot with the dough and repeat until all the dough is used.
4. Add the spices, cheese and olive oil into a bowl and mix well.
5. Roll the knots into the oil mixture and place into the Fry Basket. Place into the Power AirFryer XXXL.
6. Press the Power Button to adjust cooking time to 12 minutes at 185° C.
7. Flip over half way through.
8. Serve with marinara sauce.

Per Serving: 490 calories; 8 grams protein; 49 grams carbohydrate; 33 grams fat; 2 grams fiber; 1 serving



Stromboli

1. Roll the dough out until ¼ inch thick.
2. Layer the ham, cheese and peppers on one side of the dough. Fold over to seal.
3. Mix the egg and milk together and brush the dough.
4. Place the stromboli into the Fry Basket and place it into the Power AirFryer XXXL.
5. Press the M Button. Scroll to the Chicken Icon.
6. Press the Power Button & adjust cooking time to 15 minutes at 180° C.
7. Every 5 minutes, carefully flip stromboli over.

Per Serving: 720 calories; 50 grams protein; 89 grams carbohydrate; 22 grams fat; 25 grams fiber; 2960mg sodium; 50% Calcium; 160mg Cholesterol; 1 serving

INGREDIENTS:

- 340g pizza crust, refrigerated
- ¾ cup cheddar cheese, shredded
- ¾ cup mozzarella cheese, shredded
- 150g cooked ham, sliced
- 85g red bell peppers, roasted
- 1 egg yolk
- 1 tbsp. milk



Coconut shrimp

1. Place the shrimp on paper towels.
2. Mix the panko and coconut together in a flat pan and set aside. Mix the flour and cornstarch in a different flat pan and set aside.
3. Place the egg whites in a bowl.
4. Dredge one shrimp at a time into the flour mixture, then into the egg whites, and finally into the coconut mixture, and repeat until all the shrimp is coated.
5. Place the coated shrimp into the Fry Basket and repeat until all the shrimp is coated.
6. Place the Fry Basket into the Power AirFryer XXXL. Press the M Button. Scroll to the Shrimp Icon. *(Cook for 8 minutes at 165° C.)
7. After 5 minutes, turn if needed.

Per Serving: 300 calories; 11 grams protein; 34 grams carbohydrate; 11 grams fat; 4 grams fiber; 1 serving

INGREDIENTS:

- 12 large shrimp, raw, peeled & deveined
- ½ cup egg white, raw
- 1 cup coconut, dried, unsweetened
- 1 tbsp. cornstarch
- 1 cup panko
- ½ cup flour, white



Bacon-wrapped tater tots

1. Wrap each tater tot with a piece of bacon and place into the Fry Basket. Do not overcrowd.
2. Place the Fry Basket into the Power AirFryer XXXL.
3. Press the M Button to scroll to the Fries/Chips Icon .
4. Press the Power Button & adjust cooking time to 8 minutes at 200° C.
5. When the timer is done, transfer tater tots to a plate.
6. Spread cheese and scallions over the hot tater tots. Serve with sour cream.

Per Serving: 470 calories; 28 grams protein; 13 grams carbohydrate; 33 grams fat; 2 grams fiber; 1 serving



INGREDIENTS:

- 1 large bag frozen tater tots, (Mc Cain Tasty tater's)
- 500g bacon, sliced medium
- 4 scallions
- 3 tbsp. sour cream
- ½ cup cheddar cheese, shredded



INGREDIENTS:

- 900g Beef flank steak
- 3 tbsp. pesto
- 6 slices provolone cheese
- 85g red bell peppers, roasted
- ¾ cup baby spinach, fresh
- 1 tsp. sea salt
- 1 tsp. black pepper

Beef Roll Up

1. Open up (Butterfly) the steak flat. Spread the pesto evenly on the meat.
2. Layer the cheese, roasted red peppers & spinach ¾ of the way down the meat.
3. Roll up and secure with toothpicks. Season with sea salt & pepper.
4. Place the roll ups in the Fry Basket and into the Power AirFryer XXXL. Press the M Button.
5. Scroll to the Steak Icon.
6. Adjust cooking time to 20-25 minutes at 200° C. (Add or subtract time for desired doneness)
7. Half way through, rotate the meat.
8. When done. let rest 10 minutes before cutting and serving.

Per Serving: 2370calories; 283 grams protein; 11 grams carbohydrate; 1090 grams fat; 6 grams fiber; 1 serving

Crumbed Chicken Fillets

1. Place the panko in a pan. Mix with olive oil.
2. Place the flour in a pan. Mix the egg and milk into a bowl.
3. Dip the chicken fillets into the flour, then egg mixture, and finally the panko mixture. Season with sea salt and pepper.
4. Place into the Fry Basket and repeat until done.
5. Place the Fry Basket into the Power AirFryer XXXL .
6. Press the Power Button & adjust cooking time to 14 minutes at 200° C.
7. Half way through cooking, flip the fillets over.
8. Serve with honey mustard sauce.

Per Serving: 340 calories; 20 grams protein; 48 grams carbohydrate; 6 grams fat; 3 grams fiber; 1 serving



INGREDIENTS:

- 1 cup milk
- 6 chicken Fillets
- 3 large eggs
- ½ cup flour, white
- 1 cup panko
- 1 tsp. sea salt
- ½ tsp. black pepper
- 1 tsp. olive oil
- 100g honey mustard



INGREDIENTS:

- 500g ground beef
- 1 pack empanada shells
- 1 tbsp. olive oil
- ½ green pepper, seeded and diced
- 1 small onion, peeled and minced
- 2 cloves garlic, peeled and minced
- ½ tsp. cumin
- ¼ cup tomato salsa
- sea salt & pepper, to taste
- 1 egg yolk
- 1 tbsp. milk

Beef Empanadas

1. Place a sauté pan on the stove on high heat. Add the oil and ground beef and cook until all the meat is browned. Discard any excess fat.
2. Add the garlic and onions. Cover and cook for 5 minutes.
3. Add the green peppers, tomato salsa, cumin, salt and pepper. Cook for 10 minutes on low.
4. Mix the egg and milk together to make an egg wash.
5. Place an empanada shell on the counter. Add some of the cooked meat on one half of the rolled dough. Brush the edges with egg wash and fold over. Seal with a fork. Repeat until all are done.
6. Brush with egg wash and place into the Fry Basket. Do not over crowd the basket.
7. Place the Fry Basket into the Power AirFryer XXXL.
8. Press the Power Button & adjust cooking time to 10 minutes 185°C.

Per Serving: 210 calories; 13 grams protein; 24 grams carbohydrate; 3.5 grams fat; 0 grams fiber; 1 serving



Rib Eye Steak

1. To preheat the Power AirFryer XXXL, press the M Button & select scroll to the Steak Icon.
2. Adjust cooking time to 5 minutes at 200° C to preheat.
3. Season the steak on both sides with rub and olive oil.
4. Place steak in the Fry Basket.
5. Press the M Button. Scroll to the Steak Icon.
* (Cooks for 10-15 minutes at 200° C.)
6. After 5 minutes, flip the steak.
7. When timer is done, remove steak from the Power Air Fryer XXXL. Let rest for 10 minutes before slicing and serving.
* Add or subtract time for desired doneness.

Per Serving: 950 calories; 98 grams protein; 0 grams carbohydrate; 21 grams fat; 0 grams fiber; 860mg sodium; 8% Calcium; 320mg Cholesterol; 1 serving

INGREDIENTS:

900g rib eye steak
1 tbsp. steak rub
1 tbsp. olive oil



Roasted Chicken With Herbs

INGREDIENTS:

2kg chicken, whole, with skin
1 garlic powder
1 tsp. onion powder
1 tsp. sea salt
1 tsp. black pepper
1 tsp. rosemary
½ tsp. thyme
2 tbsp. olive oil

1. Season the chicken and rub with olive oil.
2. Place the chicken breast side down in the Fry Basket. Press M Button. Scroll to the chicken Icon. (cook for 20 minutes at 180° C.) Press the power Button once.
3. When time runs out, carefully turn the chicken over and press the M Button. Scroll to the chicken Icon. (Cook for 20 minutes at 180° C.)
4. Test the chicken with a thermometer for proper doneness (75° C.)
5. Let rest for 20 minutes before serving.

Per Serving: 1290 calories; 106 grams protein; 1 gram carbohydrate; 92 grams fat; 0 grams fiber; 890mg sodium; 8% Calcium; 425mg Cholesterol; 1 serving



Spring Rolls

1. Place a pan on the stove on high heat. Add 1 tbsp. grapeseed oil.
2. Sauté cabbage, 2-3 minutes remove and set aside in a bowl Repeat with the shiitakes, ginger, garlic and scallions. Add to the bowl.
3. Add the water chestnuts and the shrimp to the bowl.
4. Make egg wash with egg yolk and water.
5. Once the filling is cooled, lightly squeeze and drain any excess water from filling.
6. Assemble the spring rolls by placing one spring roll wrapper on the counter and coating the edges with the egg wash.
7. Place a couple tablespoons of filling on top of the wrapper and roll up, folding in the sides as you go.
8. Place each spring roll into the Fry Basket. Place the Fry Basket into the Power AirFryer XXXL. Press the M Button.
9. Adjust cooking time to 15 minutes at 180°C. Press the power to start.
10. Turn occasionally during cooking process.
11. Serve with sweet chili sauce.

Per Serving: 490 calories; 8 grams protein; 49 grams carbohydrate; 33 grams fat; 2 grams fiber; 1 serving

INGREDIENTS:

14g cooked shrimp, chopped
14g shiitake mushrooms, sliced & stem removed
230g water chestnuts, diced
2 cups cabbage sliced and chopped
2 tbsp. grapeseed oil
1 tsp ginger, minced
1 clove garlic, peeled and minced
3 scallions, chopped
Sea salt & pepper
6-8 spring roll wrappers
1 egg yolk
1 tbsp. water

Sweet chili sauce, or sauce of your choice



Doughnuts

INGREDIENTS:

14g yeast
1/3 cup sugar
1/2 cup milk, nonfat
1 large egg
2 Tbsp. butter, unsalted
1/2 tsp. cinnamon
2 1/2 cups flour, white
1/2 tsp. nutmeg
1/2 tsp. sea salt

Glaze
1/2 cup sugar
1 tsp. cinnamon

Egg wash
2 tbsp. milk
1 egg yolk

1. In a mixer, add the yeast, 1/3 cup sugar and 1/2 cup milk. In a separate bowl, mix all the dry ingredients: butter, cinnamon, flour, nutmeg, salt and 1/3 cup sugar.
2. Add one egg to the mixer, then add in all the dry ingredients and mix until it forms a ball.
3. Set aside and let double in size. When the dough is ready, place on the counter and roll out to 1 inch thickness.
4. With round cutters make doughnuts. Place in the Fry Basket.
5. Mix egg yolk and 2 tbsp. milk to make egg wash.
6. Brush the doughnuts with egg wash. Place the Fry Basket into the Power AirFryer XXXL.
7. Press the Bake Icon and adjust cooking time to 15 minutes at 155°C. Press the power button to start.
8. Turn the doughnuts over half way into cooking.
9. Mix 1/2 cup of sugar and 1 tsp. cinnamon. While doughnuts are still warm, dip into mixture.

Per Serving: 580 calories; 6 grams protein; 51 grams carbohydrate; 40 grams fat; 2 grams fiber; 1 serving



Doughnut Bread Pudding

1. In a bowl combine all the wet ingredients. Mix.
2. Add the rest of the ingredients and pour into the Baking Pan. Place foil over the dish. Place the Baking Pan into the Fry Basket and then into the Power AirFryer XXXL.
3. Press the M Button. Scroll to the Bake Icon.
4. Adjust cooking time to 60 minutes at 155 °C. Press the Power button to start.
5. When done, chill before serving.

Per Serving: 580 calories; 6 grams protein; 205 grams carbohydrate; 40 grams fat; 2 grams fiber; 1 serving

INGREDIENTS:

- 6 doughnuts, glazed and cut into small pieces
- 1 ½ cup whipping cream
- 4 egg yolk, raw
- 1 tsp. cinnamon
- ¾ cup sweet cherries, frozen
- ¼ cup sugar
- ½ cup chocolate baking chips, semi-sweet

Tip: Ensure that your pie pan fits easily into the Fry basket before starting to bake.



Cheesecake

1. Cut a circle out of a piece of parchment paper. Place it in the Baking Pan.
2. Mix the butter and graham cracker crust together and press into the Baking Pan.
3. Place the Baking Pan in the Fry Basket and into the Power AirFryer XXXL.
4. Press the M Button. Scroll to the Meat Icon.
5. Adjust cooking time to 5 minutes at 175° C.
6. In a mixer, blend cream cheese and add the sugar. Add one egg at a time until creamy. Add the vanilla and mix well.
7. Remove the Fry Basket from the Power AirFryer XXXL and pour the cheese mixture on top of the graham cracker crust.
8. Place the cheesecake back into the Power AirFryer XXXL.
9. Press the M Button. Scroll to the Bake Icon
10. Press the Power Button & adjust cooking time to 15 minutes at 155° C.
11. Chill for 3 hours before serving.

Per Serving: 420 calories; 7 grams protein; 26 grams carbohydrate; 33 grams fat; 0 grams fiber; 1 serving

INGREDIENTS:

- 450g cream cheese
- 2 eggs, large
- ½ cup sugar
- ½ tsp. flavor, vanilla extract
- 1 cup, honey graham cracker crumbs
- 2 tbsp. butter, unsalted

Tip: Ensure that your pie pan fits easily into the Fry basket before starting to bake.



Cherry Pie

1. Press pie crust into the Pie Pan leaving the excess hanging over. With a fork, poke holes on the dough all over.
2. Place the Pie Pan into the Fry Basket and into the Power AirFryer XXXL.
3. Press the M Button. Scroll to the Bake Icon. Press the Power Button adjust cooking time to 5 minutes at 155° C.
4. Remove the Fry Basket and carefully remove the Pie Pan. Remove the excess dough hanging over the Pie Pan. Pour the can of cherry filling into the pie crust.
5. Roll the last crust out and cut it into ¾ inch strips. Place the strips going one way across the top and the opposite way across to make a lattice.
6. Mix the egg and the milk. Brush the pie with the egg wash.
7. Place the Pie Pan into the Fry Basket and back into the Power AirFryer XXXL.
8. Press the M Button. Scroll to the Bake Icon. Press the Power Button & adjust cooking time to 15 minutes at 155° C.
9. When done, let cool and serve with vanilla ice cream or ice cream of your choice.

Per Serving: 160 calories; 1 gram protein; 32 grams carbohydrate; 3 grams fat; 1 gram fiber; 1 serving



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INGREDIENTS:

- 1 (600g) can cherry pie filling
- 2 pre-made pie crusts, refrigerated
- 1 egg yolk
- 1 tbsp. milk

Serve with vanilla ice cream or ice cream of your choice.

Tip: Ensure that your pie pan fits easily into the Fry basket before starting to bake.

INGREDIENTS:

- 2 cups macaroni, dry
- 2 cups heavy whipping cream
- 2 cups cheddar cheese, shredded
- 1 tsp. cornstarch

Mac and Cheese

1. Mix the corn starch and then 1½ cups of the cheese together. Place all the ingredients in a bowl and mix.
2. Pour into the Baking Pan and cover with foil. Place into the Fry Basket and then into the Power AirFryer XXXL.
3. Press the M Button. Scroll to the Bake Icon.
4. Press the Power Button & adjust cooking time to 15 minutes at 155° C.
5. When the time runs out, open and remove foil. Sprinkle the rest of the cheese on top.
6. Place the Fry Basket back into the Power AirFryer XXXL.
7. Press the M Button. Scroll to the Bake Icon.
8. Press the Power Button & adjust cooking time to 10 minutes at 155° C.
9. Allow to cool before serving.

Per Serving: 250 calories; 18 grams protein; 85 grams carbohydrate; 8 grams fat; 1 gram fiber; 1 servings

INGREDIENTS:

- 6 chicken Fillets
- 1½ cup cream of celery soup, condensed (can)
- ¾ cup mixed vegetables, frozen
- 2 potatoes, peeled & diced
- ¾ cup heavy cream
- 1 bay leaf, whole, dried
- 1 thyme sprig
- 1 egg yolk
- 1 tbsp. milk
- buttermilk biscuit dough for 5 biscuits, refrigerated

Tip: Ensure that your pie pan fits easily into the Fry basket before starting to bake.

Chicken Pot Pie

1. In a pot, add the chicken, celery soup, mixed vegetables, potatoes, cream, bay leaf and thyme. Bring to a boil.
2. Pour into the Baking Pan and cover with foil. Place into the Fry Basket.
3. Press the M Button. Scroll to the Bake Icon.
4. Press the Power Button & adjust cooking time to 15 minutes at 155° C.
5. Mix the egg yolk and milk together to make an egg wash.
6. When the time runs out, open the Power AirFryer XXXL & add the biscuits into the Baking Pan. Brush the biscuits with egg wash.
7. Place the Baking Pan back into the Fry Basket.
8. Press the M Button. Scroll to the Bake Icon.
9. Press the Power Button & adjust cooking time to 10 minutes at 155° C.
10. Check to make sure the biscuits are golden.

Per Serving: 250 calories; 18 grams protein; 85 grams carbohydrate; 8 grams fat; 1 gram fiber; 1 serving

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