

Recipe guide.

Recipes, tips,
& more!



nutribullet
TWIN DRAWER
AIR FRYER

Please make sure to read the enclosed User Guide and warnings prior to using your unit.



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Thank you for purchasing the nutriBullet® Twin Drawer Air Fryer.

nutribullet® Twin Drawer Air Fryer recipe guide.

Your air frying options just doubled.

We all love to eat a variety of delicious and nourishing foods, but when life gets busy and time is limited, cooking isn't always so appealing. Add cleanup to the mix and it's no wonder why we're quick to jump on the takeaway train.

Fortunately, the nutribullet® Twin Drawer Air Fryer has your back. Configured with two side-by-side cooking drawers and 8 preset cooking programs, this special air fryer lets you prepare two separate foods, using two separate cooking programs, at the same time. The result? Endless meal combinations in less time, with minimal mess and stress.

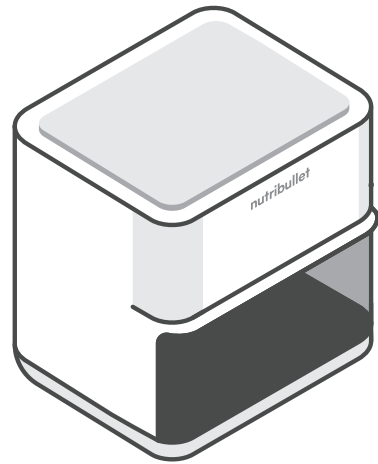
Cook juicy prawns, plus a side of brussels sprouts. Bake some salmon patties while you fry your chips in the drawer next door. Make two flavours of chips at once, or pull double duty and roast two Chickens, side-by-side, for an elegant and hearty meal for a crowd. However you put your twin drawers to use, you're guaranteed delicious results. And with the drawers' nonstick coating, cleanup is a breeze – no tough scrubbing or scouring required.

To get you started, we've compiled this guide of recipes, pairing suggestions, and tips and tricks that will help you take full advantage of all this great cooker has to offer. Give it a look, try what stands out to you, then tweak it to make it your own. We have no doubt you'll be doubled over by the ease and options it brings you.

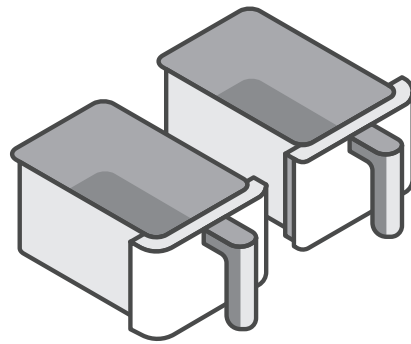
Have fun and twin big,
nutribullet.



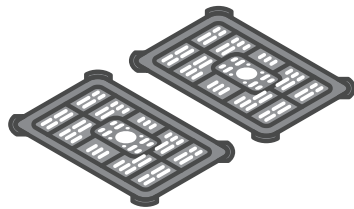
What's included.



base

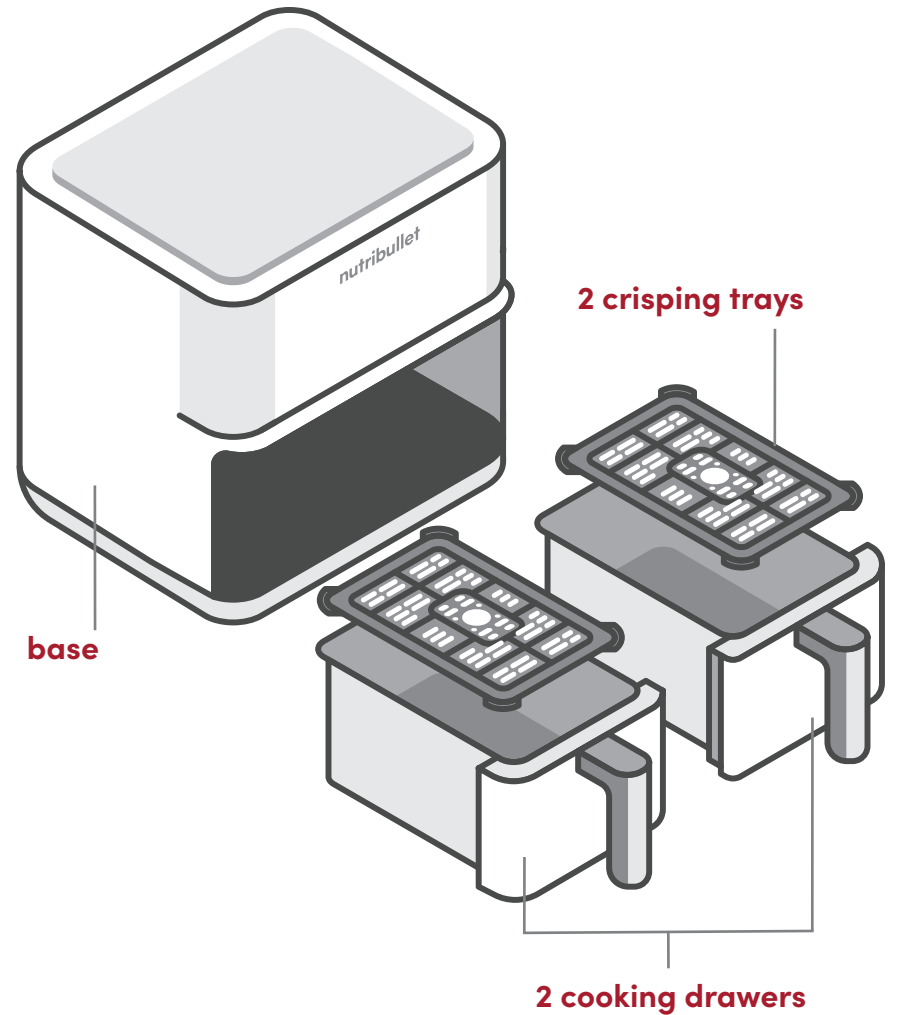


2 cooking drawers



2 crisping trays

Assembly guide.

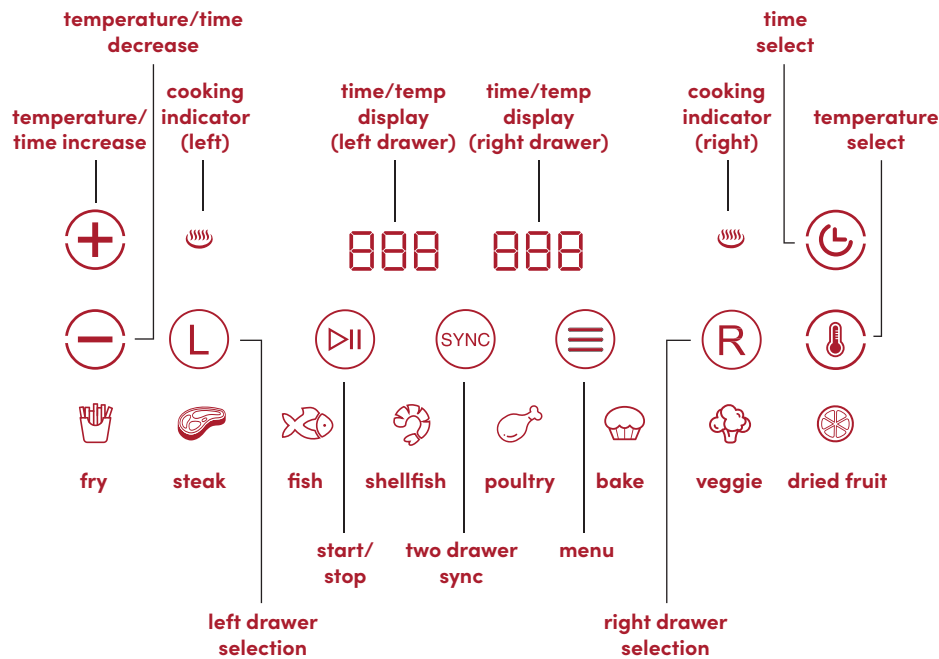


base

2 crisping trays

2 cooking drawers

Control panel.



Icon status.

We've marked our recipes with icons to help you quickly identify dietary preferences and allergens. Here's what they mean:



VEGAN

Recipes free of meat, dairy, eggs, or other animal products.



VEGETARIAN

Recipes free of meat. May contain dairy, eggs, or honey.



CONTAINS GLUTEN*

Recipes that contain gluten like wheat, barley, or rye.



CONTAINS DAIRY*

Recipes that contain any dairy-based ingredients like casein, whey, or lactose.



CONTAINS NUTS*

Recipes that contain tree nuts.



Apps, snacks, & sides.

Easy, breezy, and delicious,
the recipes in this section are selected for
maximum snackability.



For more delicious recipes, visit
bulletbrands.com.au / bulletbrands.co.nz

Fried green beans.



MODE: FRY | SERVES: 4

Crisp, yet tender, these snackable green beans are an unexpected – but every bit as delicious – alternative to traditional fries.

450 G GREEN BEANS,
TRIMMED

EGG MIX:

2 EGGS, LARGE

3 TBSP MILK

SEASONING:

½ CUP FLOUR

1 TSP GARLIC POWDER

1 TSP ONION POWDER

¼ TSP SALT

¼ TSP PEPPER

BREADCRUMB MIX:

½ CUP ITALIAN
BREADCRUMBS

½ CUP PANKO
BREADCRUMBS

NUTRITION FACTS PER SERVING

220 calories, 3g fat, 40g carbs,
4g fiber, 5g sugar, 10g protein.

Nutrition facts are based on the recipe as listed. Swapping any ingredients will alter nutritional content.

- 1 In a small bowl, whisk together egg mix ingredients and set aside.
- 2 In a separate bowl, combine and mix seasoning ingredients and set aside.
- 3 In a third bowl, combine and stir breadcrumb mix and set aside.
- 4 In a mixing bowl, cover the green beans with half the egg mix and toss with the seasoning.
- 5 Cover the green beans with the remaining egg mix for a second coat. Once evenly coated, toss in the breadcrumb mix.
- 6 Spray **Cooking Drawers** with oil and load green beans in a single layer in each drawer.
- 7 Press **SYNC** and select the **FRY** setting for both drawers, adjusting temperature to 180°C and cook time to 10 minutes. Then press **START** to begin cooking. Repeat for any remaining green beans.



Sweet potato wedges.



MODE: FRY | SERVES: 4

A little sweet, a little savoury, and a lot addictive, these tasty, dippable wedges are the perfect accompaniment to any main event.

4 SWEET POTATOES,
SMALL

1 TBSP EXTRA VIRGIN
OLIVE OIL

½ TSP GARLIC POWDER

¼ TSP SALT

¼ TSP PEPPER

COOKING SPRAY

NUTRITION FACTS PER SERVING

140 calories, 3.5g fat, 27g carbs,
4g fiber, 5g sugar, 2g protein.

Nutrition facts are based on the recipe as listed. Swapping any ingredients will alter nutritional content.

- 1 Cut potatoes into wedges. Pat dry.
- 2 In a bowl, toss all ingredients together until potatoes are evenly coated.
- 3 Spray the **Cooking Drawer** with cooking spray, then fill with the sweet potato wedges.
- 4 Select the **FRY** setting and press **START** to begin cooking.

MIX-AND-MATCH TIP

If you can't decide between sweet potatoes and regular potatoes, make both! Add sweet potatoes to one drawer and white potatoes to the other, then cook at the same time using the **SYNC** function. See our **Potato Wedges (page 17)**.



Spicy honey garlic wings.

MODE: POULTRY | SERVES: 6

Sometimes, you just gotta wing it. When the occasion arises, try this recipe, which uses air frying instead of deep frying to achieve its deliciously crispy texture.

WINGS:

½ KG CHICKEN WINGS
(12 PIECES)
2 TBSP GARLIC POWDER
2 TBSP SMOKED PAPRIKA
2 TBSP CORNSTARCH
2 TBSP EXTRA VIRGIN OLIVE OIL
1 TSP SALT
1 TSP BLACK PEPPER

SAUCE:

¼ CUP SRIRACHA
¼ CUP HONEY
¼ CUP HOT WATER
1 TBSP SESAME SEEDS

NUTRITION FACTS PER SERVING

380 calories, 22g fat, 20g carbs,
1g fiber, 14g sugar, 24g protein.

Nutrition facts are based on the recipe as listed. Swapping any ingredients will alter nutritional content.

- 1 Pat the chicken wings dry with a paper towel.
- 2 Combine the seasoning ingredients in a small bowl and toss chicken wings to coat.
- 3 Add the chicken wings to the **Cooking Drawer**, select **POULTRY**, and press **START** to begin. Shake the drawer at the 10-minute and 20-minute mark to ensure even cooking.
- 4 Meanwhile, in a small saucepan, combine the sauce ingredients. Bring to a boil, then reduce to a simmer to thicken the sauce, about 2-3 minutes.
- 5 Once the wings have finished cooking, transfer them to a large mixing bowl, add sauce, and toss to fully coat.

MIX-AND-MATCH TIP

Cook these **Spicy Honey Garlic Chicken Wings** in one drawer and our **Buffalo Cauliflower** (page 14) in the other, at the same time, to score two great game day apps in one go.

Buffalo cauliflower.



MODE: VEGGIE | SERVES: 6

Get your wing kick, vegetarian style with these tangy, spicy cauliflower morsels.

- 1 HEAD CAULIFLOWER, MEDIUM
- 2 TBSP VEGETABLE OIL
- ½ TSP GARLIC POWDER
- ¼ TSP SALT
- ¼ TSP BLACK PEPPER
- 1 TSP SMOKED PAPRIKA
- 3 TBSP CORNSTARCH
- COOKING SPRAY

BUFFALO SAUCE:

- ½ CUP HOT SAUCE
- 2 TBSP VEGETABLE OIL
- 2 TBSP WATER
- 1 TBSP HONEY

NUTRITION FACTS PER SERVING

140 calories, 10g fat, 12g carbs, 2g fiber, 5g sugar, 2g protein.

Nutrition facts are based on the recipe as listed. Swapping any ingredients will alter nutritional content.

- 1 Break cauliflower into florets.
- 2 In a bowl, mix together the remaining ingredients (except for the sauce) then toss in florets and coat evenly.
- 3 Add florets to the **Cooking Drawer** and select the **VEGGIE** setting, adjusting temperature to 200°C. Press **START** to begin. Shake the drawer at the 5-minute and 10-minute marks to ensure even cooking.
- 4 While the florets cook, combine the buffalo sauce ingredients in a large bowl.
- 5 Once the florets finish cooking, toss them into the large sauce bowl and coat them evenly.

MIX-AND-MATCH TIP

Make a two-for-one appetizer platter and cook this **Buffalo Cauliflower** alongside the **Spicy Honey Garlic Chicken Wings** (page 13).

NUTRITIONIST TIP

Cruciferous veggies like cauliflower possess serious cancer-fighting properties. Compounds within these veggies have been shown to reduce oxidative stress and inflammation, slow cancer cell growth, and “turn off” a gene that’s connected to cancer and the processes associated with aging.





Pineapple & mango fruit snacks.



MODE: DRIED FRUIT | SERVES: 6

Pineapple and mango get ultra sweet and chewy when dehydrated low and slow. It's the perfect snack for school days, campouts, and just about any other occasion.

1 PINEAPPLE, CORED AND SLICED INTO 6MM ROUNDS

1 MANGO, SLICED INTO 6MM STRIPS

NUTRITION FACTS PER SERVING

110 calories, 0g fat, 28g carbs, 3g fiber, 23g sugar, 1g protein.

Nutrition facts are based on the recipe as listed. Swapping any ingredients will alter nutritional content.

1 Add mango to one **Cooking Drawer** and pineapple to the other.

2 Press **SYNC** and select the **DRIED FRUIT** setting for both drawers, adjusting cook time to 8 hours. Then press **START** to begin the process.

Crispy brussels sprouts.



MODE: VEGGIE | SERVES: 4

The days of bland, boiled brussels are over, especially when it's this easy to crisp them to restaurant-quality heights.

2 CUPS BRUSSELS SPROUTS, HALVED

2 TBSP EXTRA VIRGIN OLIVE OIL

¼ TSP SALT

¼ TSP PEPPER

2 TBSP AGED BALSAMIC VINEGAR

2 TBSP MAPLE SYRUP

NUTRITION FACTS PER SERVING

110 calories, 7g fat, 12g carbs, 2g fiber, 8g sugar, 2g protein.

Nutrition facts are based on the recipe as listed. Swapping any ingredients will alter nutritional content.

1 Toss all ingredients together in a large bowl.

2 Add the brussels sprouts to the **Cooking Drawer**. Select the **VEGGIE** setting and adjust temperature to 180°C and cook time to 15 minutes. Press **START** to begin. Shake the drawer at the 5-minute and 10-minute mark to ensure even crispness.

MIX-AND-MATCH TIP

These crispy sprouts pair perfectly with a plump **Roasted Chicken (page 36)**. Cook them alongside each other for a sumptuously convenient dinner.

Potato wedges.



MODE: FRY | SERVES: 2

For those who like things on the savoury side, these thick, flavorful wedges serve up major satisfaction.

2 YUKON GOLD POTATOES

¼ TSP SALT

¼ TSP PEPPER

1 TSP ITALIAN SEASONING

COOKING SPRAY

NUTRITION FACTS PER SERVING

290 calories, 0g fat, 67g carbs, 5g fiber, 2g sugar, 8g protein.

Nutrition facts are based on the recipe as listed. Swapping any ingredients will alter nutritional content.

1 Cut potatoes into wedges. Pat dry.

2 In a bowl, toss all ingredients together until potatoes are evenly coated.

3 Spray the **Cooking Drawer** with cooking spray, then fill with the potato wedges.

4 Select the **FRY** setting and press **START** to begin cooking.

Rainbow potato chips.



MODE: VEGGIE | SERVES: 4

These flavorful crunchers add interest and fun to the standard "chips and dip" spread. Giving them plenty of space in the Cooking Drawer will maximize crispiness, so we suggest dividing them between the two drawers to cook.

- 1 PURPLE SWEET POTATO, SMALL
- 1 ORANGE SWEET POTATO, SMALL
- 2 TBSP EXTRA VIRGIN OLIVE OIL
- ¼ TSP SALT
- ¼ TSP PEPPER
- COOKING SPRAY

NUTRITION FACTS PER SERVING

120 calories, 7g fat, 13g carbs, 2g fiber, 3g sugar, 1g protein.

Nutrition facts are based on the recipe as listed. Swapping any ingredients will alter nutritional content.

- 1 Peel and thinly slice potatoes about 2mm thick. Pat dry.
- 2 Add vegetables to a large bowl and toss with olive oil, salt and pepper.
- 3 Spray both **Cooking Drawers** with oil and divide the sliced potatoes between them.
- 4 Press **SYNC** and select the **VEGGIE** setting for both drawers, adjusting temperature to 180°C and cook time to 12 minutes. Then press **START** to begin cooking.
- 5 Shake the **Cooking Drawers** every 4 minutes during cooking.

MIX-AND-MATCH TIP

Halve the recipe and cook alongside our juicy **Salmon Burgers** (page 28).



Main dishes.

Time for the main event. Surf, turf, hearty veggies — whatever you're craving is yours for the making.



For more delicious recipes, visit
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Lemon garlic prawns.

MODE: SHELLFISH | SERVES: 2

Enjoy these flavourful prawns on their own, or serve atop pasta, with rice, or in tacos for a filling and well-balanced meal.

225 G PRAWNS, CLEANED
COOKING SPRAY

MARINADE:

1 TBSP EXTRA VIRGIN OLIVE OIL

1 TBSP LEMON JUICE

1½ TBSP LEMONGRASS PASTE

1 CLOVE GARLIC, MINCED

1 TSP DILL & PARSLEY, MINCED

¼ TSP PAPRIKA

⅛ TSP SALT

⅛ TSP OLD BAY SEASONING

NUTRITION FACTS PER SERVING

170 calories, 8g fat, 2g carbs, 0g fiber, 0g sugar, 23g protein.

Nutrition facts are based on the recipe as listed. Swapping any ingredients will alter nutritional content.

1 Whisk together marinade ingredients in a large bowl. Add prawns, toss to coat, and marinate in the refrigerator for 30 minutes.

2 Spray **Cooking Drawer** with cooking spray and add prawns. Select the **SHELLFISH** setting and adjust cook time to 8 minutes. Press **START** to begin cooking. Shake the drawer at the 5-minute mark to ensure even cooking.

PRO TIP

If you have a hard time finding fresh prawns, frozen works just as well. Just be sure to fully thaw and pat dry before marinating.

Honey garlic salmon.



MODE: FISH | SERVES: 2

A flavourful marinade makes these salmon fillets taste like they take a lot more effort than they do – perfect for busy weeknights and entertaining alike.

2 170G SALMON FILLETS
COOKING SPRAY

MARINADE:

2 CLOVES GARLIC, MINCED

1 25MM PIECE GINGER, PEELED & GRATED

2 TBSP SCALLIONS, MINCED

1 TBSP EXTRA VIRGIN OLIVE OIL

2 TBSP SOY SAUCE

1 TBSP HONEY

NUTRITION FACTS PER SERVING

410 calories, 26g fat, 6g carbs, 0g fiber, 5g sugar, 36g protein.

Nutrition facts are based on the recipe as listed. Swapping any ingredients will alter nutritional content.

1 In a medium bowl, whisk together all marinade ingredients.

2 Place salmon in a sealable bag and pour marinade on top. Refrigerate for 30 minutes to one hour.

3 Spray one **Cooking Drawer** with cooking spray, then add both salmon filets inside. Select the **FISH** setting and press **START** to begin cooking.

NUTRITIONIST TIP

Our body can't make omega-3 fatty acids on its own, so we need to eat some or take supplements to round out our diet. To get this essential nutrient, the American Heart Association recommends eating two 100g servings of non-fried fish every week, with an emphasis on oily fish like salmon, mackerel, or trout.

Curry satay prawns with peanut dipping sauce



MODE: SHELLFISH | SERVES: 4

These mega-flavourful prawns make a show-stopping main course. If prawns are hard to come by in your area, shrimp is an equally delicious substitute. Select jumbo shrimp, if available, or choose a smaller variety.

8 LARGE PRAWNS, PEELED AND DEVEINED

MARINADE:

2 TBSP EXTRA VIRGIN OLIVE OIL

1 TBSP RED CURRY POWDER

PINCH SALT

PINCH BLACK PEPPER

PEANUT SAUCE:

¼ CUP PEANUT BUTTER, UNSALTED

2 TBSP SESAME OIL

3 CLOVES GARLIC

2 TBSP WATER

2 TBSP SOY SAUCE

2 TBSP AGAVE

2 TBSP LIME JUICE

1 TBSP CHILI SAUCE

¼ CUP COCONUT MILK

COOKING SPRAY

OPTIONAL:

4 BAMBOO SKEWERS, SOAKED IN WATER

1 In a large bowl, combine the marinade ingredients. Mix thoroughly, then add prawns to the bowl and toss to coat.

2 Marinate in the refrigerator, covered, for 1-2 hours.

3 While the prawns marinate, make the peanut sauce. Add all peanut sauce ingredients to a blender or food processor and blend until smooth and creamy. Transfer to a serving bowl.

4 Remove the prawns from the marinade and thread 2 on each skewer, if using.

5 Spray the **Cooking Drawer** with oil and add prawns to the drawer.

NOTE

You can overlap the skewers in one cooking drawer, or use the second drawer if your prawns don't fit.



6 Select the **SHELLFISH** setting and adjust cook time to 8 minutes.

NOTE

If using shrimp or smaller prawns, you may need to reduce the cooking time or check for doneness before the program is complete.

7 Serve with peanut sauce.

NUTRITION FACTS PER SERVING

320 calories, 21g fat, 9g carbs, <1g fiber, 4g sugar, 26g protein.

Nutrition facts are based on the recipe as listed. Swapping any ingredients will alter nutritional content.



Pecan-crusted cod.



MODE: FISH | SERVES: 4

An elegant entrée that comes together in minutes, this light-yet-filling fish dish is perfect for dinner parties and weeknight meals alike.

4 125G COD FILLETS
COOKING SPRAY

MARINADE:

¼ CUP AVOCADO OIL
2 CLOVES GARLIC
1 TBSP DIJON MUSTARD
1 TBSP LEMON JUICE
1 TBSP HONEY
1 TBSP APPLE CIDER VINEGAR
¼ TSP SALT
¼ TSP WHITE PEPPER

TOPPING:

¼ CUP SEASONED BREADCRUMBS
¼ CUP PECANS
¼ CUP PARSLEY

NUTRITION FACTS PER SERVING

300 calories, 19g fat, 10g carbs, 1g fiber, 4g sugar, 22g protein.

Nutrition facts are based on the recipe as listed. Swapping any ingredients will alter nutritional content.

- 1 In a food processor, combine all marinade ingredients. Process on high until fully combined to make a marinade.
- 2 Add cod to a sealable container or bag and pour marinade on top. Marinate in the refrigerator for 30 minutes to 1 hour.
- 3 As the fish marinates, combine all topping ingredients in a food processor and process on high until fully combined.
- 4 Remove the fish from the marinade and load two fillets into each **Cooking Drawer**. Evenly distribute the pecan crust mixture over the four pieces of fish and spray with cooking spray.
- 5 Press **SYNC** and select the **FISH** setting for both drawers, adjusting cook time to 8 minutes. Then press **START** to begin cooking.

NUTRITIONIST TIP

Pecans aren't just delicious – they also contain heart-healthy unsaturated fats. If you're out of pecans, try walnuts, pistachios, or almonds to reap similar benefits.

Salmon burgers.



MODE: FISH | SERVES: 2

Juicy salmon burgers are a delicious and fun way to enjoy the richness of fresh salmon. Serve between buns, atop a salad, or with your favourite side dishes for a taste of the sea.

2 TBSP	FRESH DILL
½	SHALLOT
2	120G SALMON FILLETS, SKIN REMOVED
½ CUP	BREADCRUMBS
½ TBSP	DIJON MUSTARD
1	EGG
½ TSP	GARLIC POWDER
PINCH	SALT
PINCH	BLACK PEPPER
	COOKING SPRAY

NUTRITION FACTS PER SERVING

310 calories, 11g fat, 16g carbs, 1g fiber, 2g sugar, 33g protein.

Nutrition facts are based on the recipe as listed. Swapping any ingredients will alter nutritional content.

- 1 Add the dill and shallot to a food processor and pulse in one-second increments until minced.
- 2 Add the remaining ingredients, aside from the cooking spray, to the food processor. Pulse five times, in two-second increments.
- 3 Form the mixture into 2 patties, roughly 25mm thick.
- 4 Spray the **Cooking Drawer** and the tops of both patties with oil.
- 5 Select the **FISH** setting and adjust cooking time to 12 minutes. Flip the patties halfway, at the 6-minute mark.

PRO TIP

Serve the patties on a bun, a salad, or on top of a grain bowl. Add avocado, mayo, or any of your other favorite condiments or burger toppings.

MIX-AND-MATCH TIP

Pair your salmon burger with a side of **Rainbow Potato Chips (page 18)**.





Turkey meatballs.



MODE: POULTRY | SERVES: 4

Turkey meatballs make a versatile protein option for all sorts of meals. Pair them with spaghetti, spaghetti squash, or zucchini noodles for a classic combo, or serve as a filling and flavorful addition to soups, salads, or grain bowls.

225 G	TURKEY, GROUND
225 G	TURKEY SAUSAGE
¼ CUP	SHREDDED MOZZARELLA
¼ CUP	BREADCRUMBS
1 TSP	ITALIAN SEASONING
1 TBSP	MAPLE SYRUP
1 TSP	GARLIC POWDER
	COOKING SPRAY

NUTRITION FACTS PER SERVING

250 calories, 9g fat, 17g carbs, 0g fiber, 4g sugar, 26g protein.

Nutrition facts are based on the recipe as listed. Swapping any ingredients will alter nutritional content.

- 1 Add all ingredients, aside from the cooking spray, to a large bowl and mix together until fully combined.
- 2 Portion the mixture and form 8 meatballs, roughly 2 ounces each.
- 3 Spray the **Cooking Drawer** with oil and evenly distribute meatballs in a single layer.
- 4 Select the **POULTRY** setting and adjust cook time to 10 minutes. Press **START** to begin cooking. Flip the meatballs at the 5-minute mark to ensure even cooking.

MIX-AND-MATCH TIP

These savory meatballs pair well with tender-crisp **Sweet Potato Wedges** (page 11).

Lamb chops.

MODE: STEAK | SERVES: 8

Who knew such a special dish could be so easy? The Twin Drawer Air Fryer helps achieve the perfect contrast between your chops' crisp outer crust and juicy, tender interior for a dinnertime delicacy that's sure to impress.

8 LAMB CHOPS
COOKING SPRAY

MARINADE:

2 TBSP	EXTRA VIRGIN OLIVE OIL
2 TBSP	BALSAMIC VINEGAR
½ TBSP	ROSEMARY, MINCED
½ TBSP	THYME
½ TSP	GARLIC, MINCED
½ TSP	SALT
½ TSP	PEPPER

NUTRITION FACTS PER SERVING

160 calories, 8g fat, <1g carbs, 0g fiber, 0g sugar, 18g protein.

Nutrition facts are based on the recipe as listed. Swapping any ingredients will alter nutritional content.

- 1 In a bowl, whisk together all marinade ingredients.
- 2 Add lamb chops to a sealable container or bag and pour marinade on top. Seal and marinate refrigerated for at least 1 hour.
- 3 Load chops into **Cooking Drawers** in a single layer, 4 in each drawer and spray the top of each chop with cooking spray.
- 3 Press **SYNC** and select the **STEAK** setting for both drawers. Adjust the temperature to 180°C and cook time to 10 minutes. Then press **START** to begin cooking. Flip halfway, at the 5 minute mark.

PRO TIP

Serve with salad, **Potato Wedges** (page 17) or **Crispy Brussels Sprouts** (page 17).

Beef & veggie kebabs.

MODE: STEAK | SERVES: 2

Meat on a stick – is there anything better? These skewers make a delicious and easy dinner for any occasion. Serve alongside rice and/or salad for a complete, satisfying, and nutritious meal.

MARINADE:

- 1½ TBSP EXTRA VIRGIN OLIVE OIL
- 2 CLOVES GARLIC, MINCED
- 1 TBSP WORCESTERSHIRE SAUCE
- ½ TBSP RED WINE VINEGAR
- ¼ TSP SALT
- ¼ TSP PEPPER

KEBABS:

- 225 G TENDERLOIN BEEF, CUT INTO 2.5CM PIECES
- 1 RED CAPSICUM, CUT INTO 2.5CM PIECES
- 1 GREEN CAPSICUM, CUT INTO 2.5CM PIECES
- ½ RED ONION, CUT INTO 2.5CM PIECES
- 4 BABY PORTABELLA MUSHROOMS, HALVED
- 4 WOODEN SKEWERS, SOAKED IN WATER
- COOKING SPRAY

- 1 In a bowl, whisk together all marinade ingredients and add the beef. Cover and refrigerate to marinate for at least 3 hours.
- 2 Once marinated, thread each skewer with beef and veggies.
- 3 Spray the **Cooking Drawer** with cooking spray. Select the **STEAK** setting and adjust the temperature to 190°C and time to 10 minutes. Press **START** to begin cooking.

PRO TIP

Serve with your favorite sauce or a drizzle of balsamic vinegar.

NUTRITIONIST TIP

For a plant-based twist on these kebabs, swap out the beef for firm tofu.

MIX-AND-MATCH TIP

Make beef kebabs in one drawer and tofu kebabs in the other.

NUTRITION FACTS PER SERVING

350 calories, 19g fat, 19g carbs, 5g fiber, 11g sugar, 31g protein.

Nutrition facts are based on the recipe as listed. Swapping any ingredients will alter nutritional content.



Chicken sausage & veggie "sheet pan" meal.

MODE: POULTRY | SERVES: 2

It's one and done with this speedy meal, which roasts pre-cooked chicken sausage with fresh veggies for an easy and filling dinner.

- 1/4 RED ONION, ROUGHLY CHOPPED
- 1 ZUCCHINI, SMALL, SLICED
- 1/4 CUP GREEN BEANS, TRIMMED
- 2 MINI CAPSICUMS, HALVED
- 1 CARROT, SMALL, CHOPPED
- 3 BRUSSELS SPROUTS, HALVED
- 1 TBSP EXTRA VIRGIN OLIVE OIL
- 225G PRE-COOKED CHICKEN SAUSAGE, SLICED
- 1 SPRIG ROSEMARY
- 1/4 TSP SALT
- 1/4 TSP PEPPER
- COOKING SPRAY

- 1 Toss all ingredients, aside from the cooking spray, together in a large bowl.
- 2 Spray the **Cooking Drawer** with cooking spray and add the chicken and veggie mixture.
- 3 Select the **POULTRY** setting and adjust temperature to 180°C and cook time to 15 minutes. Select **START** to begin cooking. Shake the drawer at the 10-minute mark to ensure even cooking.

PRO TIP

This medley tastes great over grains or pasta, or mixed into a hearty salad. For make-ahead meal prep, you can double the recipe and cook in both drawers using the **SYNC** function.

NUTRITION FACTS PER SERVING

220 calories, 10g fat, 19g carbs, 4g fiber, 6g sugar, 14g protein.

Nutrition facts are based on the recipe as listed. Swapping any ingredients will alter nutritional content.



Roasted chicken.

MODE: POULTRY | SERVES: 2

Make a meal to impress by cooking a whole chicken in one **Cooking Drawer**. For a bigger crowd, add a second chicken to the other drawer and cook both at once using the **SYNC** function.

½ KG CHICKEN (TO SIZE)
PINCH SALT
PINCH PEPPER
½ BUNCH THYME
½ ONION, HALVED
½ LEMON, HALVED
4 CLOVES GARLIC

UNDER THE SKIN:

1 TBSP EXTRA VIRGIN OLIVE OIL
1 TBSP PARSLEY & THYME, MINCED
PINCH SALT
PINCH BLACK PEPPER
½ TSP MINCED GARLIC

RUB:

1 TSP PAPRIKA
PINCH BLACK PEPPER
PINCH SALT
½ TSP EXTRA VIRGIN OLIVE OIL
COOKING SPRAY

- 1 Unpack the chicken and remove any giblets from the inner cavity. Season inside and out with salt and pepper.
- 2 Evenly distribute thyme, onion, lemon, and garlic and stuff the cavities.
- 3 Prepare the olive oil and herb mixture, then distribute evenly under the skin.
- 4 Combine the rub spices together and cover the outer layer of the chicken with the blend.
- 5 Spray the **Cooking Drawer** with oil and place the chicken breast-side down.
- 6 Select the **POULTRY** setting. Begin cooking and flip the chicken at the 10-minute mark, then again at the 23-minute mark to ensure even cooking and crispness.
- 7 With a meat thermometer, check that the internal temperature in the thickest part of the chicken is at



75°C before removing from the **Cooking Drawer**.

- 8 Let the chicken rest for 10 minutes before serving.

MIX-AND-MATCH TIP

Pair this plump, juicy chicken with some **Crispy Brussels Sprouts (page 17)** for a hearty and healthy dinner fit for a king.

NUTRITION FACTS PER SERVING

380 calories, 16g fat, 5g carbs, 1g fiber, 1g sugar, 51g protein.

Nutrition facts are based on the recipe as listed. Swapping any ingredients will alter nutritional content.



Crispy tofu.



MODE: FRY | SERVES: 4

You don't need a vat of oil to get tofu crispy and golden-brown. With the Twin Drawer Air Fryer, a quick toss in corn starch is all that's required for these savoury nuggets to get their satisfying crunch.

1 **340G PACKAGE FIRM TOFU**
1 TBSP **CORN STARCH**
1 TSP **BLACK PEPPER**
½ TSP **SALT**
1 TBSP **SESAME SEEDS**
2 TBSP **EXTRA VIRGIN OLIVE OIL**
COOKING SPRAY

NUTRITION FACTS PER SERVING
230 calories, 15g fat, 6g carbs, 2g fiber, 0g sugar, 19g protein.
Nutrition facts are based on the recipe as listed. Swapping any ingredients will alter nutritional content.

- 1 Drain tofu and cut into 25mm cubes. Pat dry.
- 2 Combine the remaining ingredients, aside from the cooking spray, in a large mixing bowl. Add the tofu to the bowl and toss until each cube is evenly coated with the mixture.
- 3 Spray the **Cooking Drawer** with cooking spray and add tofu in a single layer.
- 4 Select the **FRY** setting and adjust cooking time to 16 minutes. Select **START** to begin cooking. Shake the drawer at the 8-minute mark to ensure even crispiness.

PRO TIP

Serve with a sweet chili dipping sauce or a garlic-ginger glaze, or add to grain bowls and salads for a crispy dose of plant-based protein.

NUTRITIONIST TIP

Soy is one of the most widely studied foods on the planet, and also one of the most controversial. Despite the many myths circulating around soy, research indicates that moderate consumption of soy (such as tofu, soy milk, and edamame) is not just safe, but beneficial.

Stuffed capsicums.



MODE: BAKE | SERVES: 3

If you have cooked brown rice or other grains on-hand, this colorful, flavourful, veggie-ful meal is a perfect way to jazz it up.

3 CAPSICUMS
COOKING SPRAY

FILLING:

2 TBSP EXTRA VIRGIN OLIVE OIL
1 SHALLOT, MINCED
4 CLOVES GARLIC, MINCED
2 CUPS SPINACH, CHOPPED
1 CUP MUSHROOMS, CHOPPED
1/3 CUP WALNUTS, CHOPPED
1/2 CUP CHICKPEAS, COOKED
1 CUP BROWN RICE, COOKED
1/2 TSP SALT
1 TSP PEPPER
1/2 TSP CUMIN
1 TSP CHILI POWDER

OPTIONAL:

1 ORANGE, LARGE, JUICE AND ZEST

NUTRITION FACTS PER SERVING

340 calories, 20g fat, 36g carbs, 8g fiber, 8g sugar, 8g protein.

Nutrition facts are based on the recipe as listed. Swapping any ingredients will alter nutritional content.

1 Cut capsicums in half, lengthwise, remove their seeds, and set them aside. In a large bowl, combine the filling ingredients. Remove the grill from one **Cooking Drawer** and add filling mixture inside.

2 Select the **BAKE** setting and adjust temperature to 200°C and time to 8 minutes. Stir filling at the 4-minute mark and transfer back to the bowl.

3 Spray the halved capsicums with olive oil and fill each capsicum half with 1/2 cup of stuffing.

4 Replace the grill in the **Cooking Drawer** it was removed from. Add 3 stuffed capsicum halves to each **Cooking Drawer**, and place both inside of the Air Fryer.

5 Press **SYNC** and select the **BAKE** setting for both drawers, adjusting the time to 12 minutes. Then press **START** to begin cooking.



PRO TIP:

Use multi-color capsicums for a burst of color. Sprinkle capsicum halves with fresh herbs, nutritional yeast, parmesan cheese, or dried cranberries for a boost of flavor.



French toast.



MODE: BAKE | SERVES: 4

French toast is always an excellent choice, and these strips make for a fresh presentation of a tried-and-true favourite.

8 SLICES **WHOLE GRAIN BREAD**
3 **EGGS**
½ CUP **UNSWEETENED PLAIN ALMOND MILK**
2 TBSP **MAPLE SYRUP**
½ TSP **CINNAMON**
½ TSP **VANILLA EXTRACT**
COOKING SPRAY

NUTRITION FACTS PER SERVING
220 calories, 6g fat, 30g carbs, 4g fiber, 10g sugar, 11g protein.
Nutrition facts are based on the recipe as listed. Swapping any ingredients will alter nutritional content.

- 1 Set bread aside. In a bowl, whisk together all remaining ingredients.
- 2 Dip each slice of bread in the egg mixture.
- 3 Spray **Cooking Drawers** with cooking spray and add 2-3 slices in a single layer per drawer.
- 4 Press **SYNC** and select the **BAKE** setting for both drawers, adjusting the temperature to 200°C. Then press **START** to begin cooking. Flip halfway at the 5-minute mark.
- 5 Repeat steps 3 and 4 for remaining slices.

PRO TIP

Cut bread into triangles or strips for a shareable meal.

Desserts & sweet treats.

You didn't think we'd let you end a meal without something sweet, did you? The Twin Drawer Air Fryer is fantastic for creating all sorts of sweet delights, from elegant baked fruit to decadent brownies, and beyond.



For more delicious recipes, visit
bulletbrands.com.au / bulletbrands.co.nz



Peanut butter swirled brownie bites.



MODE: BAKE | SERVES: 16

The perfect combination of sweet and salty, these brownies are an all-star dessert that get an extra punch of protein in the form of chickpeas.

DRY INGREDIENTS:

1 TSP BAKING POWDER
½ TSP BAKING SODA
1 PINCH SALT
⅓ CUP ALMOND FLOUR
¼ CUP CACAO POWDER

WET INGREDIENTS:

1 425G-CAN CHICKPEAS, DRAINED AND RINSED
2 EGGS
½ CUP MAPLE SYRUP
¾ CUP PEANUT BUTTER, brought to room temperature and divided into ½ cup and ¼ cup measurements
1 TSP VANILLA EXTRACT
⅓ CUP COCONUT OIL,* PLUS MORE FOR THE PAN
½ CUP BREWED COFFEE, COOLED
⅓ CUP SEMI-SWEET CHOCOLATE CHIPS
COOKING SPRAY
PARCHMENT PAPER

- 1 In a large bowl, gently whisk together all dry ingredients.
- 2 In a food processor, blend chickpeas, eggs, maple syrup, ½ cup of peanut butter, vanilla, and coconut oil.
- 3 Fold wet ingredients into the dry ingredients until fully combined. Mix in coffee and fold in chocolate chips.
- 4 Brush two loaf pans with coconut oil and divide the mixture between each, spreading with a spatula to form an even surface. Drizzle the remaining ¼ cup of peanut butter over the surface of the batter, then use a toothpick to create swirls. If your peanut butter isn't "drippy" enough, you can heat it in the microwave to get it thin and melty.

* If your coconut oil is in a solid state, gently warm in the microwave or stovetop until it is just melted. You don't want it to be too hot, or you'll risk curdling the egg when you blend the ingredients together in your food processor.



- 5 Place one loaf pan in each **Cooking Drawer** then press **SYNC** and select the **BAKE** setting, adjusting cook time to 25 minutes. Press **START** to begin baking. To test for doneness, insert a toothpick into the center of the brownies.

If it comes out clean, the brownies are ready. If there is batter residue on the toothpick, bake for 3-5 more minutes and test again.

NUTRITION FACTS PER SERVING
220 calories, 15g fat, 18g carbs, 3g fiber, 11g sugar, 6g protein.

Nutrition facts are based on the recipe as listed. Swapping any ingredients will alter nutritional content.



Granola.



MODE: BAKE | SERVES: 16

Store-bought granola doesn't hold a candle to the homemade kind, which is not only tastier, but healthier and cheaper, too. It's also super easy to make. Win-win-win-win.

- 2 CUPS **OLD FASHIONED ROLLED OATS**
- ¼ CUP **PUMPKIN SEEDS**
- ¼ CUP **CASHEWS, ROUGHLY CHOPPED**
- ¼ CUP **WALNUTS, ROUGHLY CHOPPED**
- 2 TBSP **CHIA SEEDS**
- ¼ CUP **CRANBERRIES, DRIED**
- 3 TBSP **MAPLE SYRUP**
- 3 TBSP **COCONUT OIL,* MELTED**
- 1 TBSP **VANILLA**
- 1 TSP **CINNAMON**
- COOKING SPRAY**

NUTRITION FACTS PER SERVING

170 calories, 9g fat, 20g carbs, 3g fiber, 5g sugar, 4g protein.

Nutrition facts are based on the recipe as listed. Swapping any ingredients will alter nutritional content.

- 1 Combine all ingredients in a bowl, stir and mix together.
- 2 Line drawers with parchment paper and spray with cooking spray.
- 3 Divide the mixture evenly between both **Cooking Drawers**.
- 4 Press **SYNC** and select the **BAKE** setting, adjusting cook time to 12 minutes. Then press **START** to begin cooking.
- 5 Stir the granola halfway through, at the 6-minute mark.
- 6 Once cooking is complete, allow granola to cool before storing in an airtight container.

PRO TIP

Serve on top of yogurt, ice cream, or **Baked Pears (page 50)** for an extra crunch.

* If your coconut oil is in a solid state, gently warm in the microwave or stovetop until it is just melted. You don't want it to be too hot, or you'll risk curdling the egg when you blend the ingredients together in your food processor.

Baked pears with walnuts & honey.



MODE: BAKE | SERVES: 6

This elegant dessert also comes with major health benefits in the form of fiber-filled pears and omega-3-rich walnuts.

3 PEARS, LARGE
1½ TSP HONEY
½ CUP WALNUTS,
CRUSHED
½ TSP GROUND
CINNAMON

NUTRITION FACTS PER SERVING

160 calories, 7g fat, 23g carbs, 4g fiber, 16g sugar, 2g protein.

Nutrition facts are based on the recipe as listed. Swapping any ingredients will alter nutritional content.

- 1 Cut the pears in half lengthwise and scoop out their core with a small spoon. Place flesh-side-up in the **Cooking Drawer**.
- 2 Drizzle honey over each half. Fill the scooped core with walnuts and sprinkle each half with cinnamon.
- 3 Place the pear halves in the **Cooking Drawer**, select the **BAKE** setting, and press **START** to begin cooking.

PRO TIP

For a traditional dessert, serve with a scoop of vanilla ice cream or frozen yogurt. For something sweet and savory, pair your pears with creamy brie or crumbled bleu cheese. You can also substitute the walnuts for pistachios or another favorite nut.

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TWIN DRAWER
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