

**nuwave**<sup>®</sup>  
— LIVE WELL FOR LESS —



# NuWave<sup>®</sup> Brio™ Healthy Digital 10Q Air Fryer



Owner's Manual

# nuwave®

LIVE WELL FOR LESS

**Nuwave Brio® 6Q Digital Air Fryer**



**NuWave Oven® Pro Plus**



**NuWave Nutri-Pot® 6Q  
Digital Pressure Cooker**



**NuWave Electric Skillet**



**NuWave PIC®**



## **NuWave Brio™ Air Fryer**

Super-heated air cooks your food to crispy, tender perfection. The digital touch screen gives you precise temperature control.

## **NuWave Electric Skillet**

Coated with Duralon® Healthy Ceramic Non-Stick for easy cleanup. Includes a premium tempered glass lid.

## **NuWave Oven Pro Plus**

Cook healthier meals faster and more efficiently with Triple Combo Cooking Power.

## **NuWave PIC (Precision Induction Cooktop)**

Cook faster, safer and more efficiently than you ever could on your gas or electric stovetop.

## **NuWave Nutri-Pot™ 10-in-1 Digital 6 Qt. Pressure Cooker**

Easily cook rice, poultry, vegetables, and more all with the press of a button! The Nutri-Pot's safety release valve and hinged lid make for convenient and safe operation.

More about our innovative products, visit:

[www.NuWaveNow.com](http://www.NuWaveNow.com)

☎ 1-877-689-2838

**NuWave Flavor-Lockers<sup>®</sup>  
with Vacuum-Seal Technology**



**NuWave Flavor-Lockers<sup>™</sup>  
with Vacuum-Seal Technology**

Keep food fresh for 21 days! Remove the oxygen with a few easy pumps. Slow the growth of mold by removing trapped oxygen.



**NuWave Duralon<sup>®</sup> Healthy Ceramic  
Non-Stick Cookware**

**NuWave Healthy Ceramic Non-Stick Cookware  
with Duralon<sup>®</sup> Coating**

Coated with Duralon<sup>®</sup> Healthy Ceramic Non-Stick for easy cleanup, this versatile cookware is perfect for use in the oven as well as on gas, electric, and even induction cooktops.

**Nutri-Master<sup>®</sup> Slow Juicer**



**NuWave Nutri-Master<sup>™</sup>  
Slow Juicer**

The Nutri-Master<sup>™</sup> with a low 48 RPM is incredibly quiet and powerful enough to extract juice from nut and hard vegetables.







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# GUIDE

The following guide indicates the amount of time, temperature, and weight for the various food types that are listed below.

Food Type	Shake/ Flip	Time (min)	Temp (°F)	Suggested Amount	Additional Notes
Frozen French Toast Sticks	Flip	8-10	380	8 oz	/
Frozen Hash Brown Patties	Flip	18-25	360	1-4 patties	/
Cinnamon Rolls	/	10-12	350	1-5 rolls	Cover w/foil ½ way
Thin Frozen Fries	Shake	8-14	400	28 oz	/
 Thick Frozen Fries	Shake	14-17	400	24 oz	Medium-thick cut
 Homemade Fries	Shake	20-25	360	12-16 oz	Soak in water - 30 minutes
Homemade Potato Wedges	Shake	20-25	360	12-16 oz	Soak in water - 30 minutes
Homemade Potato Cubes	Shake	15-20	360	12-16 oz	Soak in water - 30 minutes
 Steak (½" ribeye)	Flip	12-18	360	1-4 (8 oz each)	/
Pork Chops (with bone)	Flip	15-20	375	1-3 (8-12 oz each)	/
Frozen Hamburgers	Flip	16-20	360	1-2 (5 oz each)	/
Fresh Hamburgers	Flip	12-16	360	1-4 (8 oz each)	/
Italian Sausage	Flip	13-15	400	3-7 (4 oz each)	/
Chicken Wings	Shake	20-25	390	24 oz	/
 Poultry	Flip	11-14	360	1-2 (8 oz each)	Chicken Breast
Spiral Ham	/	9-10 min/lb	300	Up to 5 lbs	Cover with foil
Boneless Ham	/	11-13 min/lb	300	Up to 7 lbs	Cover with foil
Whole Chicken	Flip	10-12 min/lb	375	Up to 6 lbs	Cover with foil
Frozen Tater Tots	Shake	6-8	360	16-20 oz	/
Spring Rolls	Shake	6-8	360	16 oz	/
 Chicken Nuggets	Shake	8-12	390	12 oz	/
 Fish	Shake	6-10	400	12 oz	Frozen Fish Sticks
Stuffed Poppers	Shake	8-10	360	12 oz	/
Onion Rings	Shake	12-16	360	16 oz	/
Breaded Mushrooms	Shake	8-10	390	12 oz	/
Mozz. Sticks/Zucchini	Shake	5-7	360	16 oz	/

**Note:** Actual cooking times may vary depending on the size and shape of the ingredients used. Listed cooking times should be used as a guide. Adjust the settings as necessary to suit your needs. According to the FDA, the safe internal temperature is 165°F for poultry and 160°F for pork.

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# IMPORTANT SAFEGUARDS

## READ ALL INSTRUCTIONS

When using electrical units, basic safety precautions should always be followed including the following:

1. Do not touch hot surfaces.
2. To protect against electrical shock, do not immerse cord, plugs, or the unit in water or other liquid.
3. Close supervision is necessary when any unit is used by or near children.
4. Unplug from outlet when not in use and before cleaning. Allow to cool before putting on or taking off parts.
5. The use of other accessories that are not intended to be use with this unit is not recommended. Doing so may damage the unit and can cause accidents.
6. NOT INTENDED FOR OUTDOOR USE.
7. Do not let cord hang over edge of table or counter, or touch hot surface.
8. Do not place on or near a hot gas, electric burner and or in a heated oven.
9. Extreme caution must be used when moving unit containing hot oil or other hot liquids.
10. To disconnect, turn any control "OFF", then remove plug from the wall outlet.
11. Never put the appliance against the wall or other appliances. There should be at least 3 inches of free space for the back side. Left/right sides and the upper side of the appliance. Do not place anything on top of appliance.
12. During air frying, hot steam is released from the air outlet opening. Keep your hands and face distance from the steam and from the air outlet opening. Also, be careful of hot steam and air when you remove the Fry Pan Basket from the appliance.

	<b>⚠ WARNING</b>
	<b>Please immediately cut off circuit and send unit to our Customer Service Department in case of other problems.</b> 1-877-689-2838 • help@nuwavenow.com


## DO NOT USE THE UNIT FOR OTHER THAN INTENDED USE.

**Note:** Put the appliance on a surface that is horizontal, even and stable. This appliance is intended for normal, household use. It is not intended to be used in environments such as staff kitchens, shops. Offices or other work environments.

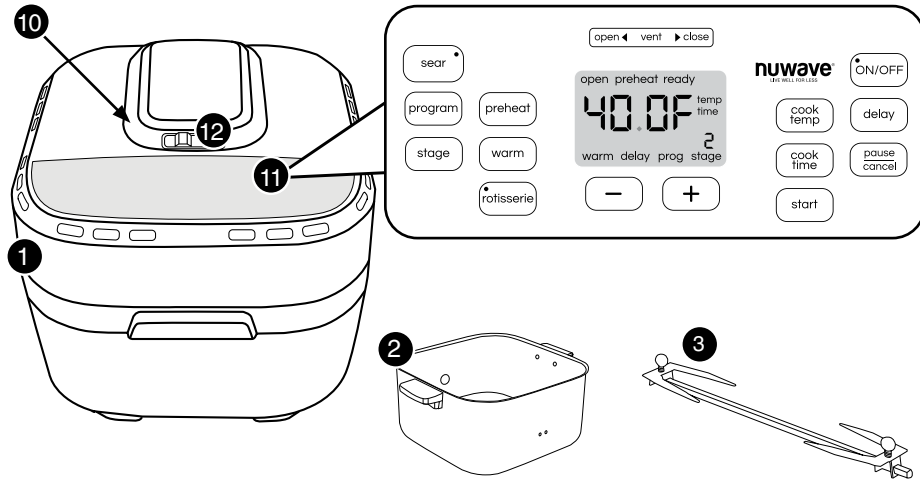
# SAVE THESE INSTRUCTIONS

1. Do not place the unit close to flammable materials heating units or wet environments.
2. Height of ingredients placed in the Fry Pan Basket should comply with the directions listed under "Operation Instructions".
3. Do not replace with other parts that are not designed specifically for the NuWave Digital Brio 10Q Digital Air Fryer.
4. Do not put any other cooking pans in the Fry Pan Basket. Do not replace any parts with other containers.
5. If a lot of smoke is escaping from the air vent during operation, unplug the unit immediately and contact customer service.\*
6. Do not move the unit while in operation. Only after the NuWave Digital Brio 10Q Digital Air Fryer has completely cooled down should you attempt to move it. Always wait for the NuWave Brio Healthy Digital 10Q Air Fryer to cool down prior to handling it.
7. Never use a towel to block the vent.
8. If any troubles arise during operation, any necessary service must be done by NuWave, LLC or authorized by the manufacturer for repairs.
9. Do not disassemble the unit on your own or replace any parts.
10. Do not use metal utensils with the coated Fry Pan Basket as this can damage the surface.
11. If the power cord is damaged, do not attempt to operate the unit.\*
12. Keep the unit out of reach of children when the unit is operating or cooling down.
13. Keep hands and face away from the venting outlet or where heat or steam is being released.
14. Make sure NuWave Brio Healthy Digital 10Q. Air Fryer is always clean prior to cooking.
15. It is normal for some smoke to escape the unit when heating for the first time.

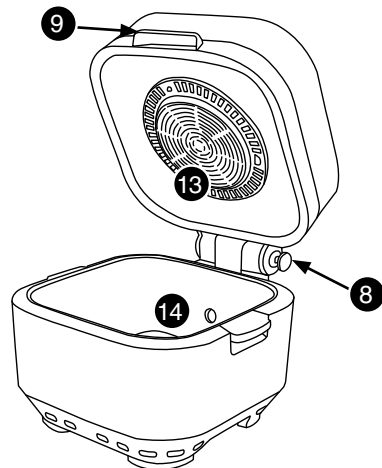
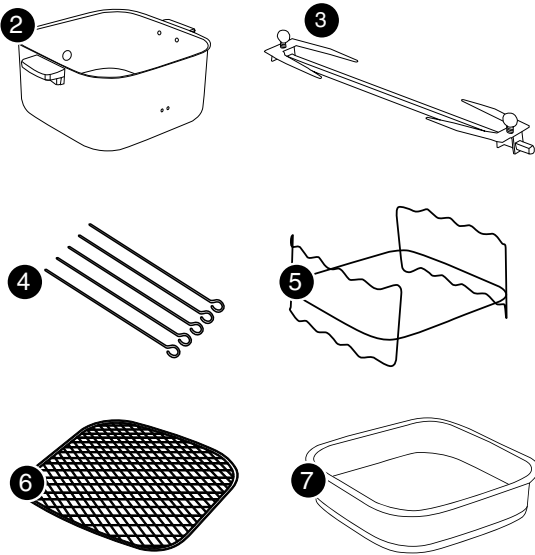
\*Customer Service Department at 1-877-689-2838 • help@nuwavenow.com

	<b>⚠ CAUTION</b>
	<ul style="list-style-type: none"><li>• Always put the ingredients to be fried in the Fry Pan Basket to prevent direct contact with the heating components.</li><li>• Do not cover the air inlet and outlet opening while the appliance is operating.</li><li>• Do not pour oil into the Base Tray, this may create a fire hazard.</li><li>• Never touch the inside of the appliance while it is operating.</li></ul>

## PARTS DESCRIPTION



1. **Air Fryer power base**  
Part #: 37257
2. **Base Tray**  
Part #: 37251
3. **Rotisserie Fork**  
Part #: 37252
4. **Skewer**  
Part #: 37253
5. **Reversible Wire Rack**  
Part #: 37254
6. **Fry Pan Basket Net**  
Part #: 37255
7. **Non-Stick Inner Basket**  
Part #: 37256
8. **Lid Unlock Button**
9. **Lid Handle**
10. **Vents**
11. **Control Panel**
12. **Vent**
13. **Heater**
14. **Shaft Support Hole**



## AIR FRYER PREPARATION

### Before Use:

1. Remove all the packaging materials.
2. Remove the glue and labels on the appliance.
3. Clean the Base Tray, Rotisserie Fork, Skewer, Reversible Wire Rack, Fry Pan Basket Net, and Non-Stick Inner Basket thoroughly with hot water, a nonabrasive sponge and a mild dish detergent, or in the dishwasher, top rack only.
4. Wipe the inside and outside of the appliance with a wet cloth. Do not immerse the appliance in water.

**Note:** This appliance cooks using hot air. **DO NOT fill the unit with oil.**

### Operation Preparation:

1. Place the appliance on a level, even, and stable heat-resistant surface.
2. Place the Base Tray and Fry Pan Basket in the NuWave Brio Healthy Digital 10Q Air Fryer.
3. Plug the appliance into a standard wall socket. The power plug is included in the package.

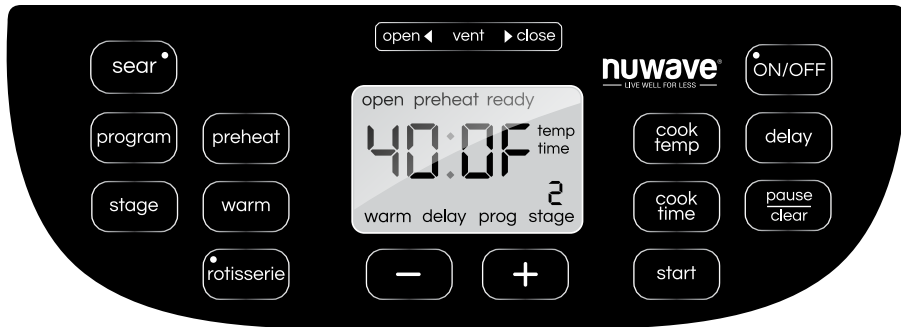
**Note:** Do not cover or block the vent located on the top of the NuWave Brio Healthy Digital 10Q Air Fryer. Doing so can prevent proper ventilation and will adversely affect the cooking results.



### How to lock/unlock Air Fryer

1. To open the Top Cover, hold the Lid Handle with one hand and make sure you hear "click" sound to make sure secure the Top Cover stay on the position.
2. Place the Base Tray into the Brio 10Q by holding the handles and make sure the bottom of the Base Tray is dry and clean.
3. To close the Top Cover, hold the Lid Handle with one hand and use the other hand pull up the Lid Unlock Button and slowly lower the Lid down until it fully closes.

## CONTROL PANEL OPERATION



open ◀ vent ▶ close

### Vent Switch

- Adjust the vent to the “close” position to help keep moisture within the unit.
- Adjust the vent to the “open” position to have the NuWave Brio Digital Air Fryer function as a true air fryer.

ON/OFF

### Operation Functions - On/Off Function:

Press “On/Off” once to turn the unit on. The control panel should display “0” indicating that no cooking time or temperature has been selected and the unit is powered on. Press “On/Off” again to turn the unit off.

start

### Start:

- Press “Start” once to begin cooking, “:15” will be displayed as well as a fan icon, and the NuWave Brio Healthy Digital 10Qt. Air Fryer will start to countdown. The default is 360°F for 15 minutes.

pause  
clear

### Pause/Clear:

- To interrupt the cooking process, press “Pause/Clear” once.
- To cancel the cooking process or program, press “Pause/Clear” again.

cook  
temp

### Adjusting Temperature:

1. Default cooking temperature is 360°F “360” on the display.
2. Press “Cook Temp” and “TEMP” will appear on display.
3. To adjust the cooking temperature by pressing “+” and “-”.

### Note:

- After setting the cooking temperature, if you want to change the cooking temperature before you can start cooking, you can adjust by “+” and “-”.

## CONTROL PANEL OPERATION (Continued)

- During cooking, Remaining time will countdown (“.” is flashing), you can press “Cook Temp” to see the current cooking temperature, the display will go back to the original cook time countdown after 3 seconds.

cook  
time

### Adjusting Time:

Default cooking time is 15 minutes.

1. Press “Cook Time”, “00:15” and “TIME” will flash on display.
2. Adjust the cooking time by pressing the “+” and “-”.

sear

### Sear Function:

Default cooking time is 8 minutes and default cooking temperature is 400°F.

1. Press “Sear”.
2. “00:08” and “TIME” will appear on the display and LED dot above “Sear” will be lit. “.” will be flashing and countdown will begin.
3. To clear the Sear function, press “Sear” again, “0” will be displayed.

### Note:

- Sear will always be the first cooking function executed by the NuWave Brio Digital Air Fryer.
- You cannot adjust the time or temperature of the Sear Function.

preheat

### “Preheat” Function:

The “Preheat” function ensures that the NuWave Brio Healthy Digital 10Qt. Air Fryer reaches the desired temperature before you begin cooking your food. Press the “Preheat” button. The control panel will display “0” and “Pre-Heat”.

Manually adjust the cooking temperature and time, then press “Start/Pause”. Once you press “Start”, the desired temperature will be flashing and “Pre-Heat” will be displayed.

Once the NuWave Brio Healthy Digital 10Qt. Air Fryer reaches the set temperature, the control panel will display “Ready” and the NuWave Brio Healthy Digital 10Qt. Air Fryer will beep once. The NuWave Brio Healthy Digital 10Qt. Air Fryer will start a countdown of 5 minutes and the number “5” will start flashing. It will remain at this temperature for up to 5 minutes, or until you open and close the lid, whichever comes first.

Once the food has been added to the Fry Pan Basket, close the lid. This will start the countdown on the set cooking time.

## CONTROL PANEL OPERATION (Continued)

### Note:

- If you open the lid at any point during the preheating stage, the NuWave Brio Healthy Digital 10Qt. Air Fryer will automatically pause, start a countdown of 5 minutes until you close the lid.
- If you cook another batch of food shortly after cooking in the NuWave Brio Healthy Digital 10Qt. Air Fryer, you do not need to use the "Preheat" Function as the NuWave Brio Healthy Digital 10Qt. Air Fryer will already be hot. If you wish to cook your food longer, continue cooking in 2-3 minute increments until desired consistency has been reached.

warm

### Warm Function:

Default cooking time is 2 hours and default cooking temperature is 155°F.

1. Press "Warm".
2. "155F" and "WARM" will appear on the display.
3. To change the time, press "Cook Time" and "2:00" will appear on the display. Press "+" and "-" to increase or decrease the time.
4. Proceed with setting the cooking temperature and cooking times.

### Note:

- You can set the NuWave Brio Digital Air Fryer to Warm from 1 minute up to 24 hours.
- Warm will always be the last cooking function executed by the NuWave Brio Digital Air Fryer.

delay

### Delay Function:

1. Press "Delay".
2. "00:00" and "TIME" will appear on the display.
3. Press "+" and "-" to increase or decrease the time.
4. Proceed with setting the cooking temperature and cooking time.

### Note:

- You can set the NuWave Brio Digital Air Fryer to Delay from 1 minute up to 4 hours.
- Delay will always be the first function executed by the NuWave Brio Digital Air Fryer.

program

### Program Function:

The Program button represents Memory Entry and Memory Recall.

1. Enter cooking recipe first -> Press "Program" -> "+" and "-" to choose number to save -> press "Program".

Press "Stage", then using the "+" and "-", achieve your appropriate temperatures, times and additional stages

## CONTROL PANEL OPERATION (Continued)

if necessary for your recipes. Once complete, press "Program". "Program" will be flashing on the display, then using the "+" and "-", confirm the program number you wish to save to. Press "Program" again to store it, then press "Start" or press "Pause/Clear" so you can Recall at a later time. Up to 10 cooking functions may be stored with each memory entry (cooking time, temperature).

2. Press "Program"-> "+" & "-" to choose number to save -> press "Program" -> Enter cooking recipe -> Start.

Press "Program" (Program is flashing) and use "+" and "-" to choose the number to save your program to. Press "Program" again to confirm the number to save to. Press "Stage", then use "+" and "-" to achieve your appropriate temperatures, times and additional stages if necessary for your recipes. Then press "Start" or press "Pause/Clear" so you can Recall at a later time.

3. When the cooking process is done, you can also save them.

When the cooking process is done, Press "Program" (Program is flashing) and use "+" and "-" to choose the number to save your program. Press "Program" again to confirm the number to save to. Now you can recall the same recipe you just cooked.

**NOTE:** You may store up to 100 different entries (1-100)

**Memory Recall** —Press "Program". "000" will display. Then, use "+" and "-" to select the appropriate numeral buttons to start the desired program.

stage

### Stage Function:

1. Press "Stage" then "1 STAGE" and "0" will be on display. You can enter desired cooking temp/time by pressing "Cook Temp" or "Cook Time".
2. Press "Stage" again, then you can set desired cooking for the second stage. "2 STAGE" will be on display.
3. You can enter up-to 10 stages (Stage 10 will show as "0")
4. Press "Start" when you are done entering all the stages.



**Rotisserie Function:**

1. Press "Rotisserie", "325F" and "temp" will be displayed and LED dot above rotisserie will be flashing. Time is defaulted to 1 hour. To change the temperature press "Cook Temp" to adjust. To get out of rotisserie, press rotisserie again until LED dot above rotisserie is no longer flashing, or press "Pause/Clear".
2. Once Start is pressed and cook time has started, the dot above rotisserie will be solid indicating that the rotisserie is rotating.
3. To change time, after you press rotisserie, press cook time, 1:00 and time will be displayed and use the "+" and "-" to achieve your desired time.

To use Rotisserie with stages:

1. Press "Stage", during that stage you can press rotisserie. 325°F and temp will be displayed and dot above rotisserie will be flashing. Time is defaulted to 1 hour. To change the temperature, press cook temp to adjust. To get out of rotisserie, press "Rotisserie" again until dot above rotisserie is no longer flashing.
2. To change time, after you press "Rotisserie", press cook time, 1:00 and time will be displayed and use the up and down arrow to achieve your desired time.
3. Dot will be flashing until you press start or press stage to move onto the next stage.
4. Once Start is pressed and cook time has started, the dot above rotisserie will be solid during the stage you chose indicating that the rotisserie is rotating during that stage.

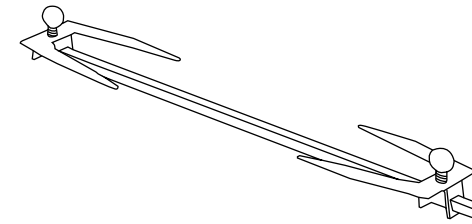
**Example set Rotisserie with Stages:**

Rotisserie for 1 hour for 350°F at Stage 2

1. Press "Stage", then set the cook time and temperature for 10 minutes at 400°F.
2. Press "Stage", then Press "Rotisserie", press "Cook Time", use arrow till you see 1 hour, press "Start". Dot above rotisserie is solid when you get to stage 2.

**ROTISSERIE ASSEMBLY**

To assemble the chicken with Rotisserie kit, please follow the illustration below:



1. Screw one Rotisserie Fork onto one end of the Skewer as shown in Step 1.
2. Push the Skewer through the center of the chicken or meat you wish to cook (see Step 2) until the Rotisserie Fork pierces the food.
3. Place the second Rotisserie Fork onto the other end of the Skewer and push it along the rod until it pierces the other end of the chicken and then tighten the screw in place as shown in Step 3.
4. Place the assembled Rotisserie Fork into the Base Tray making sure that the longer squared section at the end of the Skewer engages with the Shaft assembly hole on the main body of the Cooker. Place the shorter squared section on the Shaft Bracket (see Steps 4 and 5).



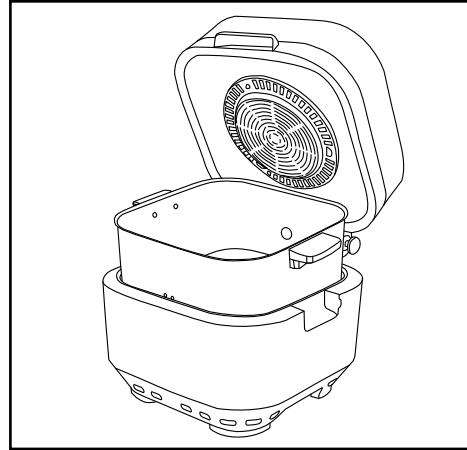
**CAUTION:** Always check that there is sufficient space above and below for food to rotate freely without causing an obstruction.

## CARE & MAINTENANCE

### Remove the Base Tray before cleaning:

To remove the Fry Pan Basket from the Base Tray.

1. Lift the top cover and make sure you hear "click" sound to make sure secure the Top Cover stay on the position.
2. Lift the Fry Pan Basket out of the Base Tray.
  - Unplug the appliance and make sure it cools completely.



### Cleaning:

Clean the appliance after every use or in between a large amount of batches. The Fry Pan Basket and the Base Tray have a non-stick coating with a stainless steel Basket Net. Do not use metal utensils or harsh abrasives when cleaning as this can damage the coating.

**Note:** Remove the Base Tray and Fry Pan Basket, place on a heat resistant surface to help cool the appliance quicker.

1. Once cooled completely, clean the Fry Pan Basket and Base Tray with a soft cleaning brush to remove any lingering food.
2. Use a damp cloth to wipe the outside of the appliance.
3. Clean the Fry Pan Basket, and inside components with a nonabrasive sponge, hot water and mild detergent or place in the dishwasher.

**Note:** If using the dishwasher for the Base Tray, and Fry Pan Basket it is recommended to use top rack only.

**Tip:** If there is residual food in the Base Tray, and Fry Pan Basket, add some hot water and let it soak separately for about 10 minutes for easier cleaning.

### Storage:

- Unplug the appliance and let it cool down completely.
- Make sure that all the parts are cleaned and dry.

Once cooled completely, clean the Fry Pan Basket and Base Tray with a soft cleaning brush to remove any lingering food.

**IMPORTANT** - Do not immerse unit in water or attempt to cycle through dishwasher. The outer surface may be cleaned by wiping carefully with a damp dishcloth or sponge. Make sure unit has cooled completely prior to cleaning.

## TROUBLESHOOTING GUIDE

PROBLEM	POSSIBLE CAUSE(S)	RESOLUTION(S)
The NuWave Brio Healthy Digital 10 Qt. Air Fryer does not work.	The appliance is not plugged in. Did not press On/OFF button. Fry Pan Basket is not in the NuWave Brio Healthy Digital 10Q. Air Fryer.	Insert the plug into an appropriate grounded power socket. Press ON/OFF button after settings are selected. Place the Fry Pan Basket in the NuWave Brio Healthy Digital 10Q Air Fryer.
The ingredients fried in the Fry Pan Basket are not completely cooked.	Too many ingredients were used. The cooking temperature is too low. The cooking time is too short.	Remove some ingredients from the Fry Pan Basket. Smaller batches are fried more evenly. Fry at a higher temperature. Set the NuWave Brio Healthy Digital 10Q Air Fryer to fry for a longer time.
The food is fried unevenly.	Certain types of ingredients need to be shaken halfway through the preparation time.	Ingredients that are on the top need to be shaken halfway through the preparation time.
Fried snacks are not crispy when they come out of the NuWave Brio Healthy Digital 10Q Air Fryer.	You used a type of snack meant to be prepared in a traditional deep fryer.	Use snacks designed to be baked in a traditional oven, or lightly brush some olive oil onto the snacks for a crispier result.
I cannot slide the Fry Pan Basket into the appliance properly.	The Fry Pan Basket is overfilled. The Fry Pan Basket is not placed in the Base Tray correctly.	Do not fill the Fry Pan Basket more than 4/5. Push the Fry Pan Basket down into the Base Tray until you hear a click.
White smoke is coming out of the product.	You are frying greasy foods. The pan contains greasy residue from previous uses.	When you are preparing greasy ingredients in the NuWave Brio Healthy Digital 10Q Air Fryer, large amounts of oil can smoke and infiltrate into the pan. The oil will produce white smoke and the frying pan might become hotter than usual. This will not affect the final cooking effect. White smoke is caused by greasy heating up in the pan. Make sure you clean the frying pan properly after each use.

# TROUBLESHOOTING GUIDE

PROBLEM	POSSIBLE CAUSE(S)	RESOLUTION(S)
French fries are fried unevenly in the NuWave Brio Healthy Digital 10Q Air Fryer.	You did not soak the potato sticks properly before you fried them. You did not use the right potato type.	Soak potato sticks in a bowl of water for at least 30 minutes, take them out and dry them with paper towel. Use fresh potatoes and make sure they stay firm during frying.
French fries are not crispy when they come out of the NuWave Brio Healthy Digital 10Q Air Fryer.	The crispiness of the fries depends on the amount of oil and water in the fries.	Make sure you dry the potato sticks properly before you add the oil. Cut the potato sticks smaller for a crispier result. Add slightly more oil for a crispier result.
If the unit needs to be replaced or returned to the manufacturer, please contact our Customer Service Department at: <b>1-877-689-2838</b> <a href="mailto:help@nuwavenow.com">help@nuwavenow.com</a>		

Contact customer service if any of these errors occur			
Code	E2	E1	E3
Error	Sensor open ended	Sensor short circuit	Over heat

# WARRANTY

## The NuWave Brio Healthy Digital 10Q Air Fryer

### THE MANUFACTURER WARRANTIES

The NuWave Brio Healthy Digital 10Qt. Air Fryer, including the Base Tray, and Fry Pan Basket, are to be free from manufacturer defects.

All electrical components are warranted for 1 year from the date of purchase, under normal household use, and when operated in accordance with the Manufacturer's written instructions. The Manufacturer will provide the necessary parts and labor to repair any part of the NuWave Brio Healthy Digital 10Qt. Air Fryer at NuWave, LLC Service Department. After the expiration of the warranty, the cost of the labor and parts will be the responsibility of the owner.

### THE WARRANTY DOES NOT COVER

The Limited Warranty is voided if repairs are made by an unauthorized dealer or the serial number data plate is removed or defaced. Normal deterioration of finish due to use or exposure is not covered by this Warranty. This Limited Warranty does not cover failure, damages or inadequate performance due to accident, acts of God (such as lightning), fluctuations in electric power, alterations, abuse, misuse, misapplications, corrosive type atmospheres, improper installation, failure to operate in accordance with the Manufacturer's written instructions, abnormal use or commercial use. NuWave, LLC reserves the right to void the Limited Warranty, where allowable by law, for products purchased from an unauthorized dealer.

### TO OBTAIN SERVICE

The owner shall have the obligation and responsibility to: Pay for all services and parts not covered by the warranty; Prepay the freight to and from Service Department for any part or system returned under this warranty; Carefully package the product using adequate padding material to prevent damage in transit. The original container is ideal for this purpose. Include in the package the owner's name, address, day time telephone number, a detailed description of the problem, and your "**RGA number.**" (Call **1-877-689-2838**) or e-mail [help@nuwavenow.com](mailto:help@nuwavenow.com) to obtain the **RGA number** (Return Goods Authorization number). Provide the cooking system model & serial number and proof of date of purchase (a copy of the receipt) when making claims under this warranty.

### MANUFACTURER'S OBLIGATION

The Manufacturer's obligation under this Limited Warranty is limited, to the extent allowable by law, to repairing or replacing any part covered by this Limited Warranty which upon examination is found to be defective under normal use. The Limited Warranty is applicable only within the continental United States and only to the original purchaser of the manufacturer's authorized channels of distribution. **THE LIMITED WARRANTY MAY NOT BE ALTERED, VARIED OR EXTENDED EXCEPT BY A WRITTEN INSTRUMENT EXECUTED BY THE MANUFACTURER. THE REMEDY OF REPAIR OR REPLACEMENT AS PROVIDED UNDER THIS LIMITED WARRANTY IS EXCLUSIVE. IN NO EVENT SHALL THE MANUFACTURER BE LIABLE FOR ANY CONSEQUENTIAL OR INCIDENTAL DAMAGES TO ANY PERSON, WHETHER OR NOT OCCASIONED BY NEGLIGENCE OF THE MANUFACTURER, INCLUDING WITHOUT LIMITATION, DAMAGES FOR LOSS OF USE, COSTS OF SUBSTITUTION, PROPERTY DAMAGE, OR OTHER MONEY LOSS.**

Some states do not allow the exclusion or limitation of incidental or consequential damages, so the above limitation exclusions may not apply. This Limited Warranty gives specific legal rights, and there may also be other rights which vary from state to state. **EXCEPT AS OTHERWISE EXPRESSLY PROVIDED ABOVE, THE MANUFACTURER MAKES NO WARRANTIES EXPRESSED OR IMPLIED ARISING BY LAW OR OTHERWISE, INCLUDING WITHOUT LIMITATION, THE IMPLIED WARRANTIES OF MERCHANTABILITY AND FITNESS FOR A PARTICULAR PURPOSE TO ANY OTHER PERSON. READ YOUR OWNER'S MANUAL. IF YOU STILL HAVE ANY QUESTIONS ABOUT OPERATION OR WARRANTY OF THE PRODUCT, PLEASE CONTACT NUWAVE, LLC.**

**READ YOUR OWNER'S MANUAL:** If you still have any questions about operation or warranty of the product, please contact **NuWave, LLC** at: **1-877-689-2838** or e-mail [help@nuwavenow.com](mailto:help@nuwavenow.com).



# RECIPES



## Prime Rib (Serves 4)

### Time and Temp:

Prep Time: 10 minutes

Cook Time: 23-25 minutes

Temp: 350°F

### Ingredients:

3-4 pound rib roast

2 tablespoons extra-virgin olive oil

Sea salt and fresh cracked black pepper to taste

### Directions:

1. Press "Pre-heat", set temperature at 350F and set cooking time for 23-25 minutes a pound. Press Start.
2. Season rib roast with oil, salt and pepper.
3. Once ready, place roast directly in Brio basket and cook, flipping halfway through.
4. Let rest before slicing.



## Twice Baked Potatoes (Serves 2)

### Time and Temp:

Prep Time: 10 minutes

Cook Time: 43-50 minutes

Temp: 390°F + 350°F

### Ingredients:

2 russet potatoes  
½ cup of sour cream, plus extra for garnish  
½ cup of chopped broccoli  
5 slices of chopped bacon, cooked  
1 tablespoon salt  
1 tablespoon black pepper  
1 tablespoon butter  
¾ cup milk  
¾ cup sharp cheddar cheese, shredded  
2 tablespoons chopped chives

### Directions:

1. Place potatoes in NuWave Brio Basket and bake at 390°F for 35-40 minutes, or until soft in the middle.
2. Once fully baked, remove potatoes from NuWave Brio and let cool.
3. While potatoes are baking, combine sour cream, broccoli, bacon, salt, pepper, butter, and milk in medium bowl; set aside.
4. When potatoes are cool to the touch, cut potatoes in half and scoop out insides.
5. Add removed potato to sour cream mixture and stir to combine.
6. Place potato mixture back in skins and place in NuWave Brio Basket.
7. Bake potatoes at 350°F for 8-10 minutes.
8. Let potatoes cool for about 3-5 minutes, then transfer to serving tray and top with sour cream, cheese and chives.

## Roasted Brussels Sprouts (Serves 4)

### Time and Temp:

Prep Time: 10 minutes

Cook Time: 15 minutes

Temp: 390°F

### Ingredients:

1 pound fresh brussels sprouts  
2 teaspoons olive oil  
½ teaspoon kosher salt  
½ teaspoon black pepper  
½ teaspoon granulated garlic

### Directions:

1. Remove any tough or bruised outer Brussels sprouts leaves.
2. Trim the stems on the sprouts.
3. Rinse sprouts, shake dry, and set aside.
4. Press "Pre-Heat", set temperature at 390°F and set cooking time at 15 minutes. Press "Start".
5. Combine salt, pepper, garlic, and olive oil in bowl.
6. Add sprouts to bowl and toss to coat.
7. Once ready, place sprouts in Fry Pan Basket and cook, pausing occasionally to shake.

**Tip:** The sprouts are done when the centers are tender and the outsides are caramelized and a bit crispy. If the Brussels sprouts are large, cut in half vertically to ensure proper cooking.



## Home Fries (Serves 6)

### Time and Temp:

Prep Time: 40 minutes

Cook Time: 15 minutes

Temp: 390°F

### Ingredients:

6 medium russet potatoes

2 tablespoons oil

½ tablespoon granulated garlic

1½ teaspoons paprika

½ teaspoon black pepper

½ teaspoon salt

### Directions:

1. Boil potatoes in salted water for 40 minutes or until fork tender. Cool completely.
2. Add oil, garlic, paprika, pepper, and salt in mixing bowl and mix to combine.
3. Cut cooled potatoes into quarters and lightly toss in the mixture of oil and spices.
4. Press "Pre-Heat", set temperature at 390°F and set cooking time at 14-16 minutes. Press "Start".
5. Once ready, add the potato wedges to Fry Pan Basket skin side down, being careful not to overcrowd.
6. Cook wedges until golden brown.



## Air Baked Eggs (Serves 3)

### Time and Temp:

Prep Time: 10 minutes

Cook Time: 7-10 minutes

Temp: 300°F

### Ingredients:

3 ramekins

6 ounces diced ham

3 large eggs

3-6 spinach leaves (optional)

3 teaspoons milk, divided

non-stick cooking spray or butter

salt and pepper to taste

### Directions:

1. Press "Pre-Heat", set temperature at 300°F and set cooking time at 7-10 minutes. Press "Start".
2. Spray ramekins with non-stick spray.
3. Add spinach, ham, 1 egg, 1 teaspoon milk, salt, and pepper to each ramekin.
4. Once ready, place ramekins in Fry Pan Basket and cook.



## Air Fried Tortilla Chips (Serves 4)

### Time and Temp:

Prep Time: 5 minutes  
Cook Time: 4 minutes  
Temp: 390°F

### Ingredients:

8 corn tortillas  
1 teaspoon olive oil  
Salt to taste

### Directions:

1. Press "Pre-Heat", set temperature at 390°F and set cooking time for 4 minutes. Press "Start".
2. Brush tortillas with olive oil.
3. Cut tortillas into triangles.
4. Once ready, place in Fry Pan Basket and cook.
5. Season with salt and enjoy.

**Tip:** Serve with your favorite salsa or guacamole.

## Classic Bacon Cheeseburger (Serves 4)

### Time and Temp:

Prep Time: 5 minutes  
Cook Time: 16-18 minutes  
Temp: 360°F

### Ingredients:

1½ lbs ground beef  
8 slices cooked bacon, cooked  
1 egg  
2 tablespoons Worcestershire sauce  
½ cup fresh chopped onions  
2 tablespoons hamburger seasonings  
4 slices cheese  
4 slices tomatoes  
4 leaves lettuce  
4 hamburger buns

### Directions:

1. Place ground beef in a mixing bowl, add chopped onions, Worcester sauce, egg, and hamburger seasonings.
2. Form 4 hamburgers patties.
3. Place patties in air fryer basket and cook for 360°F for 16 minutes, flipping ½ way through.
4. Once patties are finished place to the side on a plate.
5. Place hamburger buns on a serving tray put patty between buns add cheese, tomatoes, and, bacon, and lettuce with your choice of spread.



## Buffalo Wings (Serves 4)

### Time and Temp:

Prep Time: 10 minutes  
Cook Time: 25 minutes  
Temp: 390°F

### Ingredients:

2 pounds chicken wings  
(tip: Removed and wings cut into drumettes and flats)  
½ teaspoon salt  
½ teaspoon pepper  
½ teaspoon granulated garlic  
¼ cup your favorite wing sauce

### Directions:

1. Press “Pre-Heat”, set temperature at 360°F and set cooking time at 25 minutes. Press “Start”.
2. Combine salt, pepper, garlic, and oil in bowl and mix well.
3. Add wings to bowl and toss until fully coated.
4. Once ready, place half of the chicken wings in the Fry Pan Basket, and cook. Shake the Fry Pan Basket to ensure that the wings are evenly cooked.
5. Transfer cooked wings to large bowl and toss with 2 tablespoons wing sauce.
6. Repeat steps 4-5 with remaining wings and sauce.



## Spinach Stuffed Chicken (Serves 2)

### Time and Temp:

Prep Time: 15 minutes  
Cook Time: 31-35 minutes  
Temp: 360°F

### Ingredients:

2 (1-pound) boneless, skinless chicken breasts  
2 cups breadcrumbs  
1 tablespoon butter, melted  
1 tablespoon olive oil  
¼ cup chopped red pepper (optional)  
¼ cup chopped yellow pepper (optional)  
¼ cup chopped onion  
2 cups fresh spinach  
1 tablespoon salt  
1 tablespoon pepper  
½ cup mozzarella cheese, shredded  
Toothpicks

### Directions:

1. Place chicken on cutting board and slice through one side making a pocket; set aside.
2. Add breadcrumbs and butter to bowl and stir to combine; set aside.
3. Add oil, peppers, onion, salt, and pepper to fry pan and sauté on medium heat for 3-5 minutes.
4. Add spinach and continue to cook until wilted.
5. Add breadcrumb mixture and cheese to pan and stir to combine.
6. Stuff spinach mixture into prepared chicken pockets and secure with toothpicks
7. Place chicken in NuWave Brio Basket and cook at 360°F for 31-35 minutes.

**Tip:** If chicken begins to brown too quickly, simply cover with foil.





## Chicken Satay (Serves 4)

### Time and Temp:

Prep Time: 15 minutes  
Cook Time: 6-8 minutes  
Temp: 390°F

### Ingredients:

1 pound boneless chicken thighs  
½ cup soy sauce  
½ cup pineapple juice  
¼ cup sesame oil  
4 garlic cloves, chopped fine  
4 scallions, chopped  
1 tablespoon grated ginger  
2 teaspoons toasted sesame seeds  
1 pinch black pepper

### Directions:

1. Cut each thigh into strips, trim excess fat.
2. Combine all the other ingredients into a large mixing bowl and mix well.
3. Place chicken onto skewers.
4. Add skewered chicken to mixing bowl and spoon marinade onto chicken to coat all sides.
5. Cover and refrigerate chicken for at least 2 hours, up to 24 hours.
6. Press "Pre-Heat", set temperature at 390°F and set cooking time at 6-8 minutes. Press "Start".
7. Once ready, place skewers in the Fry Pan Basket and cook.
8. Repeat steps 6-7 with remaining skewers.

**Tip:** If using wooden skewers, soak the skewers in water before adding chicken to keep them from burning.



## Grilled Chicken Tenders (Serves 3)

### Time and Temp:

Prep Time: 5 minutes  
Cook Time: 15 minutes  
Temp: 390°F

### Ingredients:

½ pound boneless chicken tenderloins  
¼ cup creamy caesar dressing  
1 tablespoon olive oil  
dash garlic powder  
½ teaspoon dried basil leaves  
1 teaspoon dried minced onion  
dash pepper

### Directions:

1. Rinse chicken and pat dry.
2. Combine chicken with all remaining ingredients in bowl or food storage bag.
3. Seal or cover chicken and refrigerate for 1-2 hours.
4. Press "Pre-Heat", set temperature at 390°F and set cooking time at 15 minutes. Press "Start".
5. Once ready, place chicken in Fry Pan Basket, and cook, halfway through to flip the tenders to ensure they are evenly cooked.



## Parmesan Chicken Tenders (Serves 4)

### Time and Temp:

Prep Time: 10 minutes  
Cook Time: 8-12 minutes  
Temp: 330°F

### Ingredients:

Non-stick cooking spray	1 cup coarse dry breadcrumbs
¼ cup all-purpose flour	1 pound chicken tenders
2 large eggs	1 tablespoon Italian seasoning
½ cup finely shredded parmesan cheese	1 teaspoon garlic powder
	¼ teaspoon salt

### Directions:

1. Press "Pre-Heat", set temperature at 330°F and set cooking time at 8-12 minutes. Press "Start".
2. Place flour in shallow dish.
3. Lightly beat eggs in separate shallow dish.
4. Combine Parmesan and breadcrumbs in separate shallow dish.
5. In medium bowl, toss chicken tenders in Italian seasoning, garlic powder, and salt.
6. Coat each chicken tender in flour, shaking off any excess.
7. Dip tender in egg and let any excess drip off.
8. Roll tender in breadcrumb mixture.
9. Once ready, spray Fry Pan Basket with non-stick cooking spray and place half of the tenders in the Fry Pan Basket. Set remaining half aside for later.
10. Generously coat tops of each tender with non-stick cooking spray.
11. Halfway through carefully turn each tender and top with more cooking spray.
12. Ensure the remaining cooking time is at least 4 minutes, and cook until outside is crisp and tenders are cooked through.
13. Repeat steps 9-12 with remaining tenders.



## Butter-Infused Chicken (Serves 6-8)

### Time and Temp:

Prep Time: 15 minutes  
Cook Time: 10-12 minutes a pound  
Temp: 375°F

### Chicken Ingredients:

1 (3-5 pound) whole chicken  
4 tablespoons seasoning salt  
3 tablespoons black pepper

### Butter Paste Ingredients:

1 stick butter  
4 teaspoons garlic powder  
2 tablespoons dry oregano seasoning  
1 onion, sliced  
1 green pepper, sliced (seeds and membrane removed)

### Directions:

1. In a small mixing bowl, combine butter, oregano, and garlic powder; set aside.
2. Press Pre-Heat, set temperature at 375°F and set cooking time for 10-12 minutes a pound, then press Start.
3. Lightly separate the skin from the meat of the chicken without tearing the skin.
4. Carefully spread butter mixture between the skin and the meat.
5. Place sliced onions and peppers between the skin and meat.
6. Sprinkle remaining seasonings over chicken.
7. Once ready, place chicken in NuWave Brio Basket breast side down and cook, pausing halfway through to flip chicken and cover with foil during remaining cooking time.
8. Let chicken rest at least 10 minutes before carving.

**Tip:** Make sure internal temperature of the chicken is 160-165°F.



## Cajun Shrimp (Serves 2)

### Time and Temp:

Prep Time: 5 minutes  
Cook Time: 6 minutes  
Temp: 390°F

### Ingredients:

½ pound shrimp, peeled and deveined  
¼ teaspoon cayenne pepper  
½ teaspoon old bay seasoning  
¼ teaspoon smoked paprika  
1 tablespoon olive oil  
pinch salt

### Directions:

1. Press “Pre-Heat”, set temperature at 390°F and set cooking time at 6 minutes. Press “Start”.
2. Add all ingredients to mixing bowl and mix until shrimp is completely coated.
3. Once ready, place shrimp in Fry Pan Basket and cook.



## Chimichurri Skirt Steak (Serves 2)

### Time and Temp:

Prep Time: 1 hr 30 minutes  
Cook Time: 10-15 minutes  
Temp: 390°F

### Sauce Ingredients:

1 bunch flat leaf parsley, roughly chopped (about 1 cup, packed)  
5 large garlic cloves, roughly chopped (about 3 tablespoons)  
1 tablespoon dried oregano  
1 teaspoon crushed red pepper flakes  
½ cup distilled white vinegar

½ cup extra virgin olive oil  
1 teaspoon salt  
1 teaspoon pepper

### Steak Ingredients:

1 pound skirt steak  
Salt and pepper to taste

### Directions:

1. Place all sauce ingredients in food processor or blender and blend until just combined; set aside.
2. Place steak in bowl or container.
3. Add 4 tablespoons chimichurri sauce to container, spreading evenly on all sides of the steak.
4. Let steak marinate at room temperature for 1 hour, or in the refrigerator for at least 2 hours, or overnight.
5. Press “Pre-Heat”, set temperature at 390°F and set cooking time at 8-10 minutes. Press “Start”.
6. Once ready, season steak with salt and pepper and place in Fry Pan Basket.
7. Add additional time if you prefer your steak more done.
8. Let steak rest for 5 minutes, then slice against the grain.
9. Serve steak with remaining chimichurri sauce.

**Tip:** Marinate the steak in a container made from non-reactive materials, such as plastic, enamel, glass or stainless steel. If you marinate the steak in the refrigerator, allow the steak to return to room temperature before cooking. This should take about 30 minutes. Chimichurri sauce is best served at room temperature.



## Grilled Ham and Cheese (Serves 2)

### Time and Temp:

Prep Time: 10 minutes  
Cook Time: 4-5 minutes  
Temp: 360°F

### Ingredients:

4 slices white bread  
2 slices American cheese  
2 slices of thinly sliced ham  
¼ cup melted butter

### Directions:

1. Press "Pre-Heat", set temperature at 360°F and set cooking time at 4-5 minutes. Press "Start".
2. Brush each bread slice with butter on one side.
3. Layer ham and cheese on bread and assemble sandwiches with the buttered sides of the bread out.
4. One ready, place sandwiches in Fry Pan Basket and cook until golden brown.

**Tip:** Use precooked bacon or sliced turkey instead of ham for a different flavor.



## Tortilla Crusted Tilapia (Serves 2)

### Time and Temp:

Prep Time: 5 minutes  
Cook Time: 15 minutes  
Temp: 375°F

### Ingredients:

1 whole jalapeño, seeded & deveined  
¾ cup cilantro  
½ teaspoon chili powder  
¼ teaspoon cumin  
¼ teaspoon onion powder  
1 teaspoon seasoning salt  
18 whole tortilla chips  
1 whole large egg, beaten  
2 whole tilapia fillets

### Directions:

1. Press "Pre-Heat", set temperature at 375°F and set cooking time at 12-15 minutes. Press "Start".
2. Add jalapeño, cilantro, chili powder, cumin, onion powder, and salt to food processor and mix to combine.
3. Add tortilla chips to food processor and mix until mixture forms small chunks.
4. Transfer chip mixture to plate.
5. Place beaten egg in small dish.
6. Dredge each tilapia fillet in egg, then chip mixture, ensuring mixture adheres to each side.
7. Once ready, spray Fry Pan Basket with non-stick cooking spray and place breaded filets in Fry Pan Basket and cook until golden.



## Salmon with Orange Curry Sauce (Serves 2)

### Time and Temp:

Prep Time: 10 minutes  
 Cook Time: 8-10 minutes  
 Temp: 375°F

### Curry Sauce Ingredients:

½ cup mayonnaise  
 2 teaspoons curry powder  
 ¼ cup concentrated frozen orange juice

### Salmon Ingredients:

1½ pounds salmon, cut into 2 fillets  
 2 tablespoons salt  
 2 tablespoons pepper  
 2 cups spinach

### Directions:

1. Add mayonnaise, curry powder and frozen orange juice to small bowl and stir to combine; set aside.
2. Place salmon in NuWave Brio Basket and season with salt and pepper.
3. Cook salmon at 375°F for 8-10 minutes, pausing halfway through to flip.
4. While salmon is cooking, sauté butter and spinach in fry pan on medium heat for 3-4 minutes or until wilted.
5. Once salmon is ready, place spinach on serving plate and place salmon on top.
6. Drizzle curry sauce over salmon and serve.

**Tip:** Curry sauce can be served either warm or cold.



## Turkey Sliders (Serves 2)

### Time and Temp:

Prep Time: 5 minutes  
 Cook Time: 10 minutes  
 Temp: 390°F

### Ingredients:

1 pound ground turkey  
 2 slices colby jack cheese, cut in half  
 4 dinner rolls  
 ½ teaspoon granulated garlic powder  
 ½ teaspoon salt  
 ½ teaspoon pepper

### Directions:

1. Press "Pre-Heat", set temperature at 390°F and set cooking time at 10 minutes. Press "Start".
2. Form ground turkey into 4 (4-ounce) patties and season with salt, pepper, and garlic.
3. Once ready, add sliders to Fry Pan Basket and cook. Halfway through flip the sliders to ensure they are evenly cooked.
4. Open Air Fryer and top each slider with cheese.
5. Set cooking time at 1 minute, press "Start" and cook sliders until cheese has melted.



## Apple Glazed Pork Tenderloin (Serves 4)

### Time and Temp:

Prep Time: 20 minutes

Cook Time: 15 minutes

Temp: 390°F

### Apple Vinegar Sauce

#### Ingredients:

⅓ cup apple vinegar

½ cup chicken broth

½ teaspoon cinnamon

½ teaspoon brown sugar

2 tablespoons maple syrup

½ granny smith apple, cored and cut into ½-inch slices

### Pork Tenderloin Ingredients:

1-1½ pounds pork tenderloin

2 tablespoons salt

2 tablespoons pepper

1½ chopped onion

### Directions:

1. Place tenderloin re-sealable plastic bag.
2. Add vinegar, salt, pepper and onion to bag, ensuring tenderloin is completely coated.
3. Seal bag and place in refrigerator to marinate for at least 20 minutes.
4. Place marinated tenderloin in NuWave Brio Basket and season with additional salt and pepper.
5. Cook tenderloin at 390°F for 15-20 minutes.
6. While tenderloin cooks, place remaining ingredients in saucepan and simmer on medium heat for 4-5 minutes.
7. Once tenderloin is cooked, remove from NuWave Brio and let sit for 3-5 minutes.
8. Cut tenderloin into ½-inch slices and top with cooked apples and sauce.

**Tip:** You can use any leftover sauce for dipping.

## Citrus Green Beans (Serves 4)

### Time and Temp:

Prep Time: 10 minutes

Cook Time: 10 minutes

Temp: 390°F

### Ingredients:

1 pound green beans, washed & de-stemmed

Juice from 1 lemon

Pinch salt

Black pepper to taste

¼ teaspoon olive oil

### Directions:

1. Press “Pre-Heat”, set temperature at 390°F and set cooking time at 10 minutes. Press “Start”.
2. Once ready, place green beans in Fry Pan Basket and cook.
3. When finished, squeeze lemon juice onto green beans.
4. Season green beans with salt and pepper and toss with oil.



## Crispy Tofu (Serves 6)

### Time and Temp:

Prep Time: 10 minutes

Cook Time: 8-10 minutes

Temp: 350°F

### Ingredients:

12 ounces low fat, extra firm tofu	2 tablespoons Sriracha sauce
1 teaspoon sesame oil	2 tablespoons low sodium soy sauce
1 teaspoon teriyaki sauce	1 teaspoon oil
1 tablespoon honey	

### Directions:

1. Cut tofu into 1-inch cubes; set aside in medium bowl.
2. Combine all remaining ingredients and pour over tofu, mixing to combine.
3. Let tofu marinate for at least 30 minutes, tossing a few times.
4. Press "Pre-Heat", set temperature at 350°F and set cooking time at 8-10 minutes. Press "Start".
5. Once ready, add marinated tofu to Fry Pan Basket, and cook, halfway through to flip the tofu to ensure they are evenly cooked.

**Tip:** serve over sautéed kale and tomatoes for a complete meal.



## Bacon-Wrapped Onion Rings (Serves 2)

### Time and Temp:

Prep Time: 10 minutes

Cook Time: 8-10 minutes

Temp: 390°F

### Ingredients:

1 large white onion  
1 pound bacon  
3 tablespoons Sriracha sauce (optional)

### Directions:

1. Cut onion horizontally into ½-inch thick slices and separate into individual rings.
2. Brush each onion ring with Sriracha.
3. Wrap each onion rings with bacon.
4. Place bacon-wrapped onion rings in NuWave Brio Basket.
5. Cook at 390°F for 8-10 minutes.
6. Repeat air frying process with remaining rings.

**Tip:** Cut bacon slices in half for easier wrapping.



## Party Meatballs (Serves 4)

### Time and Temp:

Prep Time: 20 minutes  
Cook Time: 15 minutes  
Temp: 350°F

### Ingredients:

1 pound ground beef	1 tablespoon lemon juice
¾ cup tomato ketchup	½ cup brown sugar
1 tablespoon tabasco sauce	½ teaspoon dry mustard
2 teaspoons Worcestershire sauce	3 gingersnaps, crushed
¼ cup vinegar	

### Directions:

1. Add all seasonings to large mixing bowl and mix to combine.
2. Add beef to bowl and mix well.
3. Press “Pre-Heat”, set temperature at 350°F and set cooking time at 15 minutes. Press “Start”.
4. Form beef into medium sized meatballs.
5. Once ready, place meatballs in Fry Pan Basket and cook.

**Tip:** Do not overcrowd the Fry Pan Basket. Cook in batches if you need to.

## Pasta Bake (Serves 4)

### Time and Temp:

Prep Time: 5 minutes  
Cook Time: 18 minutes  
Temp: 390°F

### Ingredients:

½ box dry penne noodles	1 tablespoon salt
2 cups heavy whipping cream	1 tablespoon pepper
½ cup milk	1 teaspoon garlic powder
1 cup shredded sharp cheese	5 slices chopped Canadian bacon
1 cup shredded mozzarella cheese	1 cup chopped broccoli

### Directions:

1. Press Pre-Heat, set temperature at 390°F and set cooking time for 18 minutes, then press Start.
2. In medium bowl, combine Canadian bacon and broccoli, then mix in remaining ingredients.
3. Pour pasta mixture into an oven safe dish and cover with foil.
4. Once ready, place oven safe dish in NuWave Brio Basket and cook.
5. Once complete, remove foil, stir pasta and let rest for about 3-5 minutes before serving.

### Tip:

You can use any type of cheese, meat or even veggies with this dish.





## Philly Cheese Steak Braid (Serves 6-8)

### Time and Temp:

Prep Time: 15 minutes

Cook Time: 12-15 minutes

Temp: 350°F

### Ingredients:

1 pound skirt steak, thinly sliced	½ cup mozzarella cheese, shredded
2 tablespoons melted butter	1 (8-ounce) tube crescent dough
1 tablespoon olive oil	Pinch flour
½ onion, thinly sliced	Non-stick cooking spray
½ green pepper, seeded, membrane removed, and thinly sliced	

### Directions:

1. Add olive oil to fry pan and sauté steak on medium heat for 4-6 minutes.
2. Add onions and green pepper to pan and cook for additional 5 minutes; set aside.
3. Dust cutting board with flour.
4. Unroll crescent dough onto cutting board and shape into 1 large rectangle that will fit in NuWave Brio Basket.
5. Spoon steak mixture in a strip down the center of the dough and top with cheese.
6. Using a sharp knife, make cuts 1½ inches apart on the long sides of the dough within ½-inch of the steak mixture.
7. Twist each strip once, alternating while crossing over the filling. Tuck the short ends of the strips under and press together to seal.
8. Spray NuWave Brio Basket with non-stick cooking spray and place braid in the basket.
9. Brush braid with melted butter and cook at 350°F for 12-15 minutes.
10. Once ready, carefully remove braid, place on cutting board or serving tray and cut crosswise.

**Tip:** Use any meat, cheese or vegetables for a variety of fillings.

## Cheesy Rice Stuffed Meatloaf (Serves 4-6)

### Time and Temp:

Prep Time: 15 minutes

Cook Time: 15-20 minutes

Temp: 350°F

### Ingredients:

1 pound ground beef	½ cup chopped yellow pepper
1 egg	½ cup chopped green pepper
2 tablespoons Worcestershire sauce	½ cup chopped onion
2 tablespoons salt	1 cup mozzarella cheese, shredded
2 tablespoons pepper	2 cups marinara sauce
½ cup cooked rice	

### Directions:

1. In large bowl, combine beef, egg, Worcestershire sauce, salt, and pepper; set aside.
2. In separate bowl, combine rice, peppers, onion, and cheese; set aside.
3. Shape beef mixture into loaf that will fit into the NuWave Brio Basket.
4. Place loaf on parchment paper or cutting board and cut in half horizontally.
5. Place rice mixture in center of bottom loaf.
6. Replace top loaf above rice mixture and seal the edges.
7. Place meatloaf in NuWave Brio Basket and cover in marinara sauce.
8. Cook at 350°F for 15-20 minutes.
9. Once complete, carefully remove meatloaf from NuWave Brio Basket and let it rest for about 10 minutes before slicing.

**Tip:** to add flavor, add chopped spinach, kale, parsley or cilantro to the cooked rice.



## Santa Fe Stuffed Bell Peppers (Serves 4)

### Time and Temp:

Prep Time: 10 minutes

Cook Time: 9 minutes

Temp: 360°F

### Ingredients:

1½ cups cooked rice  
1 red pepper  
1 yellow pepper  
1 green pepper  
1 orange pepper  
2 pounds ground beef  
2 cups fresh spinach

1 cup mozzarella cheese, shredded  
1 cup frozen corn medley  
1 tablespoon cayenne pepper  
2 tablespoons seasoning salt  
2 tablespoons black pepper

### Directions:

1. Add water to stock pot and bring to a boil.
2. While waiting for water to boil, slice off top of each pepper and remove the membrane and seeds. Set tops aside.
3. When water is at a boil, lightly drop in peppers and cook for up to 3 minutes before removing and drain on paper towel upside down.
4. Add ground beef to fry pan and brown on medium-high heat until cooked through.
5. Drain fat from fry pan and set aside.
6. Press Pre-Heat, set temperature at 360°F and set cooking time for 9 minutes, then press Start.
7. Lower stove temperature to medium and add spinach, cheese, corn and spices to ground beef, mix together and cook until spinach begins to wilt.
8. Fill each pepper with the beef mixture.
9. Once ready, place peppers in NuWave Brio Basket and cook.
10. Once cooked, transfer peppers to serving plate and top with reserved top.

## Kale Chips (Serves 4)

### Time and Temp:

Prep Time: 5 minutes

Cook Time: 2-3 minutes

Temp: 390°F

### Ingredients:

1 head kale  
1 teaspoon olive oil  
1 teaspoon soy sauce

### Directions:

1. Press “Pre-Heat”, set temperature at 390°F and set cooking time at 2-3 minutes. Press “Start”.
2. Remove the center stem from kale and cut leaves into 1½-inch pieces.
3. Wash kale pieces and dry thoroughly.
4. Toss kale with the olive oil and soy sauce.
5. Once ready, place kale in Fry Pan Basket, and cook, halfway through to flip the kale chips to ensure they are evenly cooked.



## Roasted Tomatoes (Serves 4)

### Time and Temp:

Prep Time: 5 minutes  
Cook Time: 20 minutes  
Temp: 320°F

### Ingredients:

2 tomatoes	Rosemary to taste
Parsley to taste	Sage to taste
Oregano to taste	Black pepper to taste
Basil to taste	Non-stick cooking spray
Thyme to taste	½ tablespoon extra-virgin olive oil

### Directions:

1. Press "Pre-Heat", set temperature at 320°F and set cooking time at 20 minutes. Press "Start".
2. Wash tomatoes and cut in half.
3. Once ready, spray bottoms of tomato halves with non-stick spray and place tomatoes in Fry Pan Basket.
4. Drizzle olive oil onto tomatoes and top with seasonings and cook.
5. Check for doneness and cook for additional 3-5 minutes if needed.



## Roasted Root Vegetables (Serves 4)

### Time and Temp:

Prep Time: 10 minutes  
Cook Time: 35 minutes  
Temp: 330°F

### Ingredients:

2 carrots, peeled, halved & cut into chunks	4 celery stalks, peeled and cut into chunks
2 parsnips, peeled, halved & cut into chunks	1 teaspoon ground cumin seeds
½ butternut squash, de-seeded, peeled & cut into chunks	1 teaspoon ground coriander
	1 tablespoon vegetable oil
	1 teaspoon granulated garlic
	Salt and pepper to taste

### Directions:

1. Press "Pre-Heat", set temperature at 330°F and set cooking time at 35 minutes. Press "Start".
2. Place all vegetables into bowl and drizzle with vegetable oil.
3. Add cumin seeds, coriander, garlic, salt, and pepper to bowl and stir well to combine.
4. Once ready, place vegetables in Fry Pan Basket, and cook, pausing halfway through to shake.



## Apple Pie (Serves 2-3)

### Time and Temp:

Prep Time: 10 minutes  
Cook Time: 30 minutes  
Temp: 320°F

### Ingredients:

1 premade frozen pie crust	2 tablespoons sugar
baking spray	½ teaspoon vanilla extract
1 large apple, cored & chopped	1 tablespoon butter
2 teaspoons lemon juice	1 beaten egg
1 tablespoon ground cinnamon	1 tablespoon raw sugar

### Directions:

1. Defrost pie crust according to package directions.
2. Press “Pre-Heat”, set temperature at 320°F and set cooking time at 30 minutes. Press “Start”.
3. Cut enough dough from pre-made crust to fit ⅛ inch larger than small pie tin.
4. Use remaining dough to form smaller top crust; set aside.
5. Spray baking tin with baking spray and place the larger cut crust inside the baking pan; set aside.
6. Add chopped apple, lemon juice, cinnamon, sugar, and vanilla extract to small bowl and mix to combine.
7. Pour apple mixture into prepared pie crust.
8. Top apples with butter, spreading evenly.
9. Top pie with second pie crust and pinch edges closed. Make a few slits in the top of the dough.
10. Spread beaten egg onto pie crust and sprinkle on raw sugar.
11. Once ready, place pie in Fry Pan Basket, and bake.

**Tip:** If necessary, roll the larger crust with a rolling pin to stretch to a uniform thickness. Any baking tin 7 inches wide or smaller will fit in the Air Fryer.



## Banana and Nutella Wontons (Serves 4)

### Time and Temp:

Prep Time: 10 minutes  
Cook Time: 6-8 minutes  
Temp: 350°F

### Ingredients:

8 wonton wrappers	1 egg
8 teaspoons Nutella	1 teaspoon water
1 banana	Cinnamon sugar or powdered sugar for garnish

### Directions:

1. Press “Pre-Heat”, set temperature at 350°F and set cooking time at 6-8 minutes. Press “Start”.
2. Add egg and water to small bowl and mix together to make egg wash.
3. Place 1 teaspoon Nutella in center of wonton wrapper.
4. Slice banana and place atop Nutella.
5. Brush egg wash along two sides of the wonton.
6. Seal wonton wrapper by folding the sides together.
7. Once ready, place wontons in Fry Pan Basket and cook.
8. Once the wontons have sufficiently browned, carefully remove from the Air Fryer and dust with cinnamon sugar or powdered sugar.



## Pineapple Crescents (Serves 4)

### Time and Temp:

Prep Time: 20 minutes  
Cook Time: 10 minutes  
Temp: 350°F

### Ingredients:

½ pineapple  
½ cup shredded coconut  
1 small sprig fresh mint  
1 cup vanilla yogurt

### Directions:

1. Cut pineapple into ½-inch thick slices, cut slices in half, and remove the core.
2. Press “Pre-Heat”, set temperature at 350°F and set cooking time at 10 minutes. Press “Start”.
3. Dip pineapple slices into shredded coconut.
4. Once ready, gently place pineapple in Fry Pan Basket and cook.
5. While pineapple cooks, finely dice mint leaves and stir into vanilla yogurt.
6. Serve pineapple with yogurt dip.

## Apple Pie Egg Rolls (Yield 6 Egg Rolls)

### Time and Temp:

Prep Time: 15 minutes  
Cook Time: 8-10 minutes  
Temp: 390°F

### Ingredients:

8 tablespoons unsalted butter	Pinch salt
3 granny smith apples, peeled, cored, and cut into ¼-inch cubes	2 tablespoons all-purpose flour
½ tablespoon vanilla extract	2 tablespoons lemon juice
½ teaspoon cinnamon	6 egg roll wrappers
½ cup sugar	¼ stick melted butter
	Non-stick cooking spray

### Directions:

1. Add unsalted butter, apples, vanilla, cinnamon, sugar, salt, flour, and lemon juice to saucepan bring to a simmer on medium-high heat and simmer for 2-3 minutes.
2. Reduce heat to medium-low and continue simmering for 2-3 minutes.
3. Remove pan from heat and let apple mixture cool; set aside.
4. Lay out egg roll wrappers on cutting board in a diamond shape.
5. Brush edges of wrappers with melted butter.
6. Place about 2 tablespoons of apple mixture in center of each wrapper, leaving about 1-inch of space along the edges.
7. Fold end of wrapper nearest to you over the filling to seal, then fold sides over and roll the wrapper into a tight cylinder shape.
8. Spray NuWave Brio Basket with non-stick cooking spray.
9. Place egg rolls in NuWave Brio Basket and cook at 390°F for 8-10 minutes.
10. Serve immediately.

**Tip:** Sprinkle the egg rolls with powdered sugar for a nice final touch.



## Berry Cheesecake Egg Rolls (Yield 6 Egg Rolls)

### Time and Temp:

Prep Time: 10 minutes

Cook Time: 8-10 minutes

Temp: 390°F

### Ingredients:

4 ounces cream cheese, softened

3 tablespoons sugar

½ teaspoon lemon juice

½ cup mixed berries

6 egg roll wrappers

¼ stick melted butter

### Directions:

1. In small mixing bowl, combine cream cheese, sugar, and lemon juice.
2. Lightly mix in berries and set aside.
3. Lay out egg roll wrappers on cutting board in a diamond shape.
4. Brush edges of wrappers with melted butter.
5. Place about 2 tablespoons of berry mixture in center of each wrapper, leaving about 1-inch of space along the edges.
6. Fold end of wrapper nearest to you over the filling to seal, then fold sides over and roll the wrapper into a tight cylinder shape.
7. Spray NuWave Brio Basket with non-stick cooking spray.
8. Place egg rolls in NuWave Brio Basket and cook at 390°F for 8-10 minutes.
9. Serve immediately.

**Tip:** Sprinkle the egg rolls with powdered sugar for a nice final touch.



## Easy Blueberry Muffins (Yield 12 Muffins)

### Time and Temp:

Prep Time: 10 minutes

Cook Time: 14-16 minutes

Temp: 300°F

### Ingredients:

1 (6.5 oz. box) box muffin mix

¼ cup blueberries

Non-stick cooking spray

### Directions:

1. Prepare muffin mix according to package directions.
2. Gently fold in blueberries into prepared batter.
3. Spray 12 Silicone Cupcake Liners with non-stick cooking spray.
4. Pour batter into prepared Silicone Cupcake Liners.
5. Place 6 Silicone Cupcake Liners in the NuWave Brio basket.
6. Set Brio for 300°F and bake for 14-16 minutes.
7. Repeat step 5 for the remaining muffins.



## Indian Eggplant, Bell Pepper, and Za'atar

(Serves: 4-6)

### Time and Temp:

Prep Time: 10 minutes

Cook Time: 30-40 minutes

Temp: 375°F

### Ingredients:

6 small white or purple eggplants  
1 large red or green bell pepper  
1 medium red onion, large dice  
2 tablespoons extra-virgin olive oil  
Sea salt to taste  
Za'atar to taste

### Directions:

1. Using the rotisserie, skewer the eggplants, along with the onion and pepper and tighten the holding blades.
2. Season vegetables with za'atar and salt and drizzle with olive oil.
3. Place skewer in the Brio.
4. Set the Brio to cook at 375°F for 35-40 minutes, press "rotisserie", then press "start".

## Garlic Roasted Game Hens with Caraway and Roasted Carrots (Serves: 2-4)

### Time and Temp:

Prep Time: 10 minutes

Cook Time: 1 hour

Temp: 300°F

### Ingredients:

1 tablespoon whole caraway seeds  
2 pounds assorted carrots, peeled and cut into large pieces  
2-4 (1-pound each) game hens

8-10 cloves fresh peeled garlic  
2 sprigs fresh thyme  
2 ounces white wine  
Extra-virgin olive oil to taste  
Sea salt and pepper to taste

### Directions:

1. Toss carrots in oil, caraway seeds, and sea salt and place directly in NuWave Brio.
2. Season hens with olive oil, salt and pepper.
3. Stuff in each cavity with garlic, thyme.
4. Using the rotisserie, skewer each hen and tighten the holding blades.
5. Pour wine over carrots, then place skewered hens in the NuWave Brio.
6. Set the Brio to cook at 360°F for 1 hour, press "rotisserie", then press "start".
7. Ensure internal temperature of the hens reaches 165°F before serving.



## Peppered Sirloin Brochette with Peppers and Onions (Serves:2-4)

### Time and Temp:

Prep Time: 10 minutes

Cook Time: 12-14 minutes

Temp: 375°F

### Ingredients:

- 1 (12-ounce) beef sirloin, cut into 2-inch cubes
- 1 medium red onion, large dice
- 1 large red bell pepper, large dice
- 2 tablespoons fresh ground pepper
- 1 teaspoon sea salt
- 1 teaspoon chili flakes (optional)

### Directions:

1. Toss beef, onions, and peppers with salt and pepper.
2. Using the rotisserie, skewer the beef, peppers and onions, alternating each piece to build brochettes and tighten the holding blades, then place in the NuWave Brio.
3. Set the Brio to cook at 375°F for 12-14 minutes, press “rotisserie”, then press “start”.



## Smoked Bacon-Wrapped Pork Tenderloin with Roasted Granny Smith Apples (Serves 4-6)

### Time and Temp:

Prep Time: 15 minutes

Cook Time: 40 minutes

Temp: 375°F

### Ingredients:

- 1 (16-ounce) pork tenderloin
- 6 ounces thick sliced applewood smoked bacon
- 1 medium onion, small dice

16 ounces Yukon gold potatoes, quartered

2 tablespoons extra-virgin olive oil

2 granny smith apples, cored, quartered, skin on

sea salt to taste

### Directions:

1. Lay bacon out on a clean, flat, washable surface.
2. Center the tenderloin on bacon and wrap the pork in bacon, securing with toothpicks.
3. Toss potatoes, onion, and apple in salt, pepper, and oil, then place directly in the NuWave Brio Basket.
4. Using the rotisserie, skewer the pork and tighten the holding blades, then place in the NuWave Brio Basket.
5. Set the Brio to cook at 375°F for 40 minutes, press “rotisserie”, then press “start”.





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