



..... AIR FRYER
Recipes
Volume 2



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TURBO AIR FRYER

Thank you for purchasing the GoWiseUSA Turbo air fryer. This air fryer gives you the ability to prepare your favorite fried foods in a healthy, fast and easy way. Other foods can also be prepared with this unit, including desserts, snacks, and more.

In this recipe book, you will find some creative, delicious recipes to help you get started with your air fryer. Additional accessories like the GoWiseUSA cake pan and more can be purchased at www.gowiseproducts.com

For more information on temperature cook settings, please refer to the user manual.



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Table of Contents:

Crusted Parmesan Mushrooms	3
Onion Sage Meatballs	5
Hawaiian Tortilla Pizza	7
Toasty Parmesan Zucchini Chips	9
Bacon Wrapped Chicken Bombers	11
British Victoria Sponge Cake	13
Crispy Baked Avocado Fries	15
French Toast Sticks	17
Honey Lime Chicken	19
Aloo Bread Tikki	21
Spicy Buffalo Cauliflower Bites	23
Creamy Spinach Stuffed Chicken	25
Mac n' Cheese Wheel	27
Cheesy Chicken Broccoli Pastry	29
Shredded Beef Enchiladas	31
Baked & Seasoned Fries	33
Sweet & Sour Pork	35

Crusted Parmesan Mushrooms

SERVES 1-2 PEOPLE

What you'll need:

9 Small Mushrooms
(stem removed)

1 Egg White

3 Butter Crackers

1/4 cup Dried Parmesan

1.5 TBSP Melted butter

Shredded Mozzarella

Pinch of Black pepper

Pinch of Oregano

Pinch of Thyme



Try serving it over
your favorite pasta
dish.

1 To make the crust mix, blend butter crackers and mix with parmesan cheese, oregano, thyme, and black pepper.

2 In a separate bowl, coat the mushrooms with egg white and melted butter. Roll mushrooms around in crust mix.

3 Place the coated mushrooms on a piece of tin foil, in your air fryer. Mix shredded cheese into the leftover crust mixture and stuff the mushrooms with the cheese crust mixture.

4 Cook the mushrooms at 320 degrees for 15 minutes, until golden brown.



Onion Sage Meatballs

SERVES 2 - 3 PEOPLE

What you'll need:

1 Small onion
(peeled and diced)

1 TSP Garlic Puree

2 TSP Fresh Sage
(chopped)

4-6 TBSP Breadcrumbs

Pepper

2lbs Sausage
(Spicy Italian)

1 Place all ingredients into a mixing bowl and mix well.

2 Form medium-large sized meatballs and place them on rack in air fryer.

3 Set fryer to 180 degrees and cook for 10 minutes.



Try it with barbecue dipping sauce.



Hawaiian Tortilla Pizza

SERVES 1-4 PEOPLE

*What you'll need:

Tortillas

Tomato Sauce

Shredded Mozzarella

Canned pineapple
(cut into chunks)

Deli ham

Hot dog

Cilantro

*This recipe is based on your portion preferences.



Use foil for easy clean up when using more ingredients.

- 1 Spread about 1 tbsp of tomato sauce on a tortilla. Then, top with ham, hot dog, pineapple, and lastly, shredded mozzarella cheese.
- 2 Place on rack and bake at 400 degrees for 13 minutes until cheese has melted, and tortilla is golden.
- 3 Carefully remove the pizza and top with fresh cilantro.



Toasty Parmesan Zucchini Chips

SERVES 2-3 PEOPLE

What you'll need:

3 Medium zucchinis
(sliced into 1/4-inch slices)

3 TBSP Parmesan Cheese
(Dry grated)

1 TBSP Fresh parsley
(Chopped)

Fresh cracked black pepper

Pinch of sea salt

Olive Oil

1 Wash and cut zucchini into 1/4-inch slices. Spray the inside of fryer pan with cooking spray then arrange slices inside pan.

2 Brush a bit of olive oil on slices, then top with parmesan cheese, salt, black pepper, and parsley.

3 Set fryer to 425 degrees and cook for 25 minutes.



Try experimenting with different spices and cheeses.



Bacon Wrapped Chicken Bombers

SERVES 3 - 4 PEOPLE

What you'll need:

- 2 **lbs. Chicken Breast**
(boneless/skinless)
- 8 **oz. Cream Cheese**
(softened)
- 1 **TBSP Chives**
(chopped)
- 12 **Bacon slices**
(partially cooked)



Try it with a garlic butter dipping sauce.

- 1 Start by partially cooking the bacon in a pan on medium heat. Once it starts to curl and turn red, remove and place on paper towel.
- 2 In a small bowl, mix together cream cheese and chives. Set aside
- 3 Place chicken breasts in a plastic bag, and using a meat mallet, flatten chicken breasts until they're about 1/4 inch thick.
- 4 Spread small portions onto the flattened chicken, keeping at least 1/2 gap from the edges clear. Starting with the smaller ends, roll up the chicken breast. Wrap the bacon around the chicken, and use toothpicks if needed to hold it in place.
- 5 Set fryer to 450 degrees and fry for 13 minutes.



British Victoria Sponge Cake

SERVES 1 PERSON

Cake Mix:

- 1 Cup of flour
- 1.5 Cups of butter
- 1.5 Cups of sugar
- 2 Medium eggs

Cake Filling/Icing:

- 2 TBSP Strawberry jam
- 1/4 Cup of butter
- 1 Cup powdered sugar
- 1 TBSP Whipped cream



Sprinkle with a bit of cinnamon and a side of fresh fruit for extra flavor.

- 1 Grease a baking dish that fits into the air fryer and set aside. Cream the butter and sugar until they are light and fluffy. Beat in the eggs and flour.
- 2 Place the mixture into the tin and cook in air fryer for at 360 degrees for 15 minutes. then a further 10 minutes at 340 degrees.
- 3 Leave to cool and once cooled, slice the cake in half.
- 4 To make the filling/icing, cream the butter and gradually add the powdered sugar and whipped cream until you have a thick creamy mixture.
- 5 Spread jam on half of the cupcake and a little bit of the filling/icing. Then glaze the outside of the cake with the leftover filling/icing.



Crispy Baked Avocado Fries

SERVES 1 PERSON

What you'll need:

**2 Large avocados,
(not fully ripened)**

1.5 Lime juice

Salt and pepper

1/4 Cup of flour

1 Egg, lightly beaten

**1 Cup panko bread
crumbs**

2 TBSP oil

- 1** Cut avocados in half and squeeze lemon juice on them. Then cut into slices. Season avocado slices with salt and pepper to taste.
- 2** Dredge slices in flour then dip in egg and coat in panko breadcrumbs. Be sure the avocado slices are coated very well in the panko.
- 3** Place slices in the fries cage accessory and drizzle some oil over the slices. Set fryer to 400 degrees and cook for 15 minutes, or until desired crispiness.



Goes great with
chipotle ranch
dipping sauce.



French Toast Sticks

SERVES 2 PEOPLE

What you'll need:

4 Pieces sliced bread

2 TBSP Butter, soft

2 Eggs, beaten

Salt

Pinch of nutmeg

Cooking oil

2-3 TBSP butter

1 TSP vanilla extract

3/4 Cup powdered sugar

2 TBSP heavy whipping cream

French Toast Sticks:

- 1** In a bowl, gently beat egg, salt, a few shakes of cinnamon, and small pinch of nutmeg.
- 2** Butter both sides of bread slices. Slice each bread into approximately 4 sticks each, then dunk the slices into the egg mixture, coating both sides and place inside air fryer pan.
- 3** Set fryer to 350 and cook for 2 minutes. Open the air fryer and brush some oil onto the slices, flip the slices, and cook for an additional 4 minutes.

Frosting Dip:

- 1** In a separate bowl, blend butter, vanilla extract, powdered sugar and heavy whipping cream.



Honey Lime Chicken

SERVES 4-6 PEOPLE

What you'll need:

2 TBSP soy sauce

2 TBSP honey

1.5 TSP sea salt

1/4 TSP white pepper

Pinch black pepper

2 TBSP lime juice

16 chicken wings

1 Wash wings, and pat dry with paper towels. Place all ingredients in gallon zip seal bag, and mix well. Make sure all wings are covered and let it chill in fridge for at least 6 hours(or overnight).

2 Remove from fridge and allow to reach room temperature. Place on air fryer rack and cook at 350 degrees for 6 minutes. Flip the wings and fry for another 3 minutes.



Marinating the drumsticks overnight gives a much richer flavor!



Aloo Bread Tikki

SERVES 3-4 PEOPLE

What you'll need:

3 Large potatoes

8-10 wheat bread slices

1 seeded green chiles
(finely chopped)

1 small bunch of coriander

1.5 small onion
(finely chopped)

1/4 TSP turmeric

1/4 TSP mustard seeds

1 sprig of curry

Oil for brushing

Salt

- 1** Boil the potatoes with salt until they are soft enough to mash.
- 2** Heat a TSP of oil and add mustard seeds. When the seeds begin to sputter, add onions and fry until they are translucent. Add turmeric and curry leaf. Cook for a few seconds.
- 3** Add mashed potatoes. Mix well, then let cool. After it has cooled, with your hands, create 8-10 (match the amount of bread slices you have) oval patties and set aside.
- 4** Remove any crust, and dampen each bread slice with water. Press flat to squeeze out any excess. Keep the wet bread in palm, and place an oval shaped potato patty on top of the slice. fold the bread over to enclose.
- 5** Brush each unbaked tikki and air fryer with oil and place in air fryer. Cook at 200 degrees for 12-15 minutes. Serve with ketchup.



Spicy Buffalo Cauliflower Bites

SERVES 2-3 PEOPLE

What you'll need:

1 Large head of cauliflower

Olive oil to drizzle

2 TSP garlic powder

1/4 TSP salt

1/8 TSP pepper

1 TBSP melted butter

3/4 Cup hot wing sauce

1 Gallon zip seal bag

- 1** Place cauliflower florets into plastic bag. Drizzle olive oil over florets. Add the garlic, salt, and pepper. Seal the bag and toss ingredients around so everything is covered.
- 2** Remove from bag and place them in the rolling fries cage and cook at 230 degrees for 15 minutes. Remove the florets and allow to cool.
- 3** Place back into bag and add melted butter and hot sauce. mix well to fully cover the cauliflower.
- 4** Remove from bag and fry for an additional 5-8 minutes. Serve with ranch or blue cheese dip.



Try adding another vegetable for more flavor and color.



Creamy Spinach Stuffed Chicken

SERVES 3-4 PEOPLE

What you'll need:

1 TBSP olive oil

5oz. Baby spinach

Salt and Pepper

8oz. Cream cheese

1 Cup shredded
mozzarella cheese

1 TBSP Garlic powder

4 Boneless, skinless
chicken breasts

1 Cup all-purpose flour

3 Large eggs, beaten

2 Cups of panko bread
crumbs.



Pairs great with a
side of asparagus.

- 1 Heat olive oil in a large skillet over medium-heat. Add spinach, season liberally with salt and pepper, and cook, stirring often, until spinach is wilted, 2 to 3 minutes. Remove from heat.
- 2 In a medium bowl, combine the cooked spinach, cream cheese, mozzarella, and garlic powder, and stir to combine.
- 3 Slice the chicken breasts in half crosswise. Cut a slit into the center of each half to make a pocket and stuff with spinach mixture, then pinch closed.
- 4 Place the flour, eggs, and bread crumbs in three separate bowls. Take 1 piece of stuffed chicken and roll it in flour, shaking off any excess. Dip the floured chicken in the eggs, then dredge in the bread crumbs, making sure to coat all sides evenly.
- 5 Place on the rack inside the air fryer. Cook at 300 degrees for 10 minutes. Flip the chicken, then cook for an additional 5 minutes.



Mac n' Cheese Wheel

SERVES 3-4 PEOPLE

What you'll need:

- 2 TBSP, plus 1.5 TSP
Salt
- 1.5 lbs uncooked pasta
- 1.5 Cups whole milk
- 1.5 Cups heavy cream
- 1.5 Cups Grated
Fontina cheese
- 1.5 Cups Grated sharp
cheddar cheese
- 1.5 TSP creole seasoning
- 1/4 TSP black pepper
- Pinch of nutmeg
- 1/4 Cup bread crumbs
- 1/4 Cup grated parmesan
cheese
- 1 TBSP Unsalted butter,
melted

- 1 Cook pasta according to package directions, or boil to cook to al dente. Drain pasta, then add milk, heavy cream, fontina, cheddar, seasoning, and remaining salt, black pepper, and nutmeg. Stir well.
- 2 Place the mac n' cheese in baking pan. In a separate bowl, combine bread crumbs, parmesan cheese and butter. Sprinkle the bread crumb mixture over the mac n' cheese.
- 3 Place the pan inside the air fryer and cook at 350 degrees for 20 minutes. Let it cool before flipping the wheel out onto a plate. Cut into wedges and serve.



Cheesy Chicken Broccoli Pastry

SERVES 3-4 PEOPLE

What you'll need:

- 1 TBSP olive oil**
- 1.5 Small onion, chopped**
- 1 Cup small, cubed cooked chicken**
- 1 Cup chopped broccoli**
- 6oz. Mushrooms, sliced**
- 1 Can of biscuit dough**
- 1 Cup of shredded sharp cheddar**

1 Sauté onion in olive oil for 3-5 minutes. Add mushrooms and continue sautéing for 2-3 more minutes. Add broccoli and chicken and cook for 2 more minutes, then set aside.

2 Unroll biscuit dough and cut into squares at least 3 inches in width. Make sure you have an even amount.

3 Top the square with the filling, and sprinkle shredded cheese generously. Use another dough square to top it off and press the edges to seal the pastries. Repeat and top sealed pastries with shredded cheese.

4 Place in air fryer basket, and cook at 400 degrees for 12-14 minutes. Let it cool for 2-3 minutes before serving.



Pair it with a side of coleslaw to make a complete meal.



Shredded Beef Enchiladas

SERVES 3-4 PEOPLE

What you'll need:

3 Cups shredded beef (cooked)

2 Cups cooked rice

1 Can Mexican tomatoes (drained)

1 Can black beans (drained)

1 Jar Salsa Con Queso

4 Cups shredded cheddar cheese (divided)

10 flour tortillas

Sour Cream and pico de gallo



Try it with a side of tomatillo sauce.

1 Coat a baking pan that fits in your fryer with baking spray, then spread 1/2 cup of salsa con queso and set aside.

2 Cook beef with olive oil, stirring occasionally for about 5 minutes, then remove from heat. Mix the cooked rice and tomatoes, and season with salt.

3 Mix the cooked rice and tomatoes. Add salt to taste.

4 Place a little rice on each tortilla followed by beans, shredded beef, and a few pinches of cheese. Roll tightly and place seam side down onto the queso coated baking dish. Repeat for the rest of the tortillas.

5 Top with leftover salsa con queso, and shredded cheese. Place onto air fryer rack and set temperature to 350 degrees, cook for 15 minutes, then serve immediately with sour cream and pico de gallo.



Baked and Seasoned Fries

SERVES 3-4 PEOPLE

What you'll need:

2 Russet potatoes

1 TSP Chili powder

1 TSP Garlic powder

Olive oil

Salt and Pepper

- 1** Peel and slice potatoes into thin "fry" strips. Place in bowl or zip seal bag.
- 2** Drizzle with olive oil, and mix in all seasonings. Toss the fries a few times to evenly coat them all.
- 3** Place fries into the rolling cage and set air fryer to 420 degrees for 30 minutes.
- 4** Let cool, then serve with a side of ketchup.



Try making spicy ketchup with a bit of paprika and crushed red pepper flakes.



Sweet and Sour Pork

SERVES 2-3 PEOPLE

What you'll need:

**1.5lbs Pork(a fatty cut)
cut into small cubes**

**1 Can of pineapple, cubed
and mostly drained**

1.5 large onion, thinly sliced

2 Tomatoes, chopped

3 Garlic cloves, minced

6 TBSP oyster sauce

6 TBSP tomato sauce

3 TBSP Worcestershire sauce

1 Egg, beaten

Sugar to taste

Plain flour

1 Dip the pork in egg and lightly coat in flour. Place the coated pork in air fryer at 350 degrees for 20-24 minutes. When done, set aside.

2 Heat oil in pan, and fry garlic and onions in pan. Add tomatoes, pineapple, oyster sauce, tomato sauce, Worcestershire sauce and stir.

3 Add the air fried pork to the pan and stir well with sauce. Add sugar to taste, so that sour and sweet flavor is balanced.



Adding corn starch can thicken your sweet and sour sauce for a heartier texture.





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