

SNACKS AND SIDES

Bite sized mini meals the whole family will enjoy.

MOREISH MAINS
Whip up delicious, quick and easy dishes with less fats and oils.

# DELIGHTFUL DESSERTS Guaranteed to satisfy those sweet cravings!



A fun appetizer or snack, this haloumi popcorn dish is simply scrumptious. Crunchy, gooey and packing a small punch it really creates a flavour sensation in your mouth one bite at a time.



SERVES 2-4



PREP 10 min



COOK 10 min



TEMP 180C

## **INGREDIENTS**

2 tsp smoked paprika

1 tsp brown sugar

1 tsp mustard powder

1 tsp cornflour

1 tsp onion powder

½ tsp garlic powder

225g haloumi, cut into 1cm cubes

2 eggs

1 ¼ cups panko breadcrumbs

1 Tbsp finely chopped fresh thyme leaves, plus extra, to serve (optional)

#### Maple Dipping Sauce

- 1 Tbsp maple syrup
- 1 Tbsp sriracha sauce
- 1 ½ tsp apple cider vinegar

- 1. Combine the paprika, sugar, mustard powder, cornflour, onion powder and garlic powder in a medium bowl. Add the haloumi, a few pieces at a time and toss to coat. Transfer to a baking tray lined with baking paper.
- 2. Whisk the eggs in another bowl, add the haloumi and toss to coat. Place pieces back on the tray.
- 3. Wipe out the first bowl and then add breadcrumbs and thyme and combine. Add the haloumi again and coat evenly. Place back on the tray. (Replace the baking paper if it is heavily soiled). Place tray in the freezer for 5 mins.
- 4. While chilling, preheat your Quicktime Air Fry™ on 180C for 5 mins.
- 5. Meanwhile add all sauce ingredients to a small serving bowl and stir to combine.
- 6. Lift the baking paper off the tray and place in your Quicktime Air Fry™, ripping off any edges that are too long. Ensure haloumi balls are not overlapping. You may need to cook in batches.
- 7. Cook for 10 mins. At the halfway mark use tongs to toss quickly.
- 8. Once done serve with the maple sriracha dipping sauce



UI SERVES



PREP 5 min





## **INGREDIENTS**

1 sheet frozen puff pastry

¼ cup pizza sauce

80g shredded ham

227g (half a large can)
pineapple chunks in juice,
drained

⅔ cup shredded tasty cheese
Handful of basil leaves to
serve

Hints and Tips: Feel free to switch out the topping flavours according to your tastes. You could do a classic margherita, olives and salami or chicken and capsicum.

- 1. Preheat your Quicktime Air Fry™ to 200C for 5 mins.
- 2. Use a 7cm round cutter to cut 9 discs from each pastry sheet. Spread evenly with pizza sauce, ham, pineapple pieces and cheese. Spray Air Fryer insert with cooking oil
- 3. Cook mini pizza bites for 10-12 mins or until golden brown (cook in 2 batches). Serve with basil leaves.



# CRISPY BAKED POTATOES W/ SOUR CREAM AND SWEET CHILI

Who doesn't love potato? Whether it's baked, fried, steamed or mashed it would undoubtedly be one of the most popular foods of all time. In this air fried version, these potatoes are soft and fluffy inside and crunchy golden on the outside. Serve up as an accompaniment to your meat of choice or serve as a snack with an assortment of dips.



2



PREP 5 min



COOK 25 min



**TEMP** 180-200C

## **INGREDIENTS**

500g white washed baby potatoes Olive oil spray Sea salt, to season Sour cream Sweet chili sauce

- 1. Preheat your Quicktime Air Fry™ to 180C for 5 mins.
- 2. Peel potatoes and cut into 4cm chunks (for baby potatoes this is approx. quarters)
- 3. Place potatoes in the basket of your Quicktime Air Fry™. Spray well with oil and cook at 180C for 15 mins. Shake basket, increase heat to 200C and cook for an additional 10 mins until crisp.
- 4. Serve seasoned with salt and with a side of sour cream and sweet chilli sauce









**PRFP** 10 min



COOK 10 min

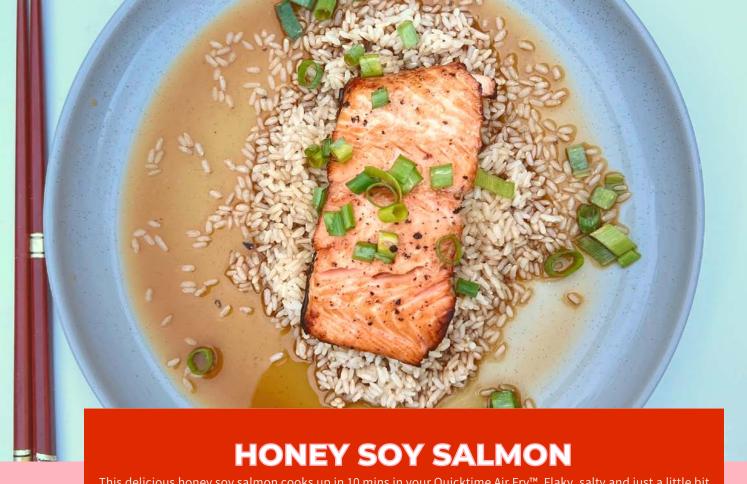


200C

200g packet creamy feta 12 sheets filo pastry

- 2 Tbsp finely grated lemon rind
- 2 Tbsp finely shredded fresh mint, plus extra sprigs, to serve
- 2 tsp sesame seeds Honey, to drizzle Lemon wedges, to serve

- 1. Preheat your Quicktime Air Fry™ to 200C for 5 mins.
- 2. Cut the feta crossways into eight 1cm thick pieces. Cut each slice into thirds.
- 3. Place 3 sheets of filo on a clean work surface and spray each with oil. (leave remaining filo sheets in the packet, sealed up so they don't dry out). Cut each sheet in half crossways, then fold each piece in half crossways. Spray with oil. Lay a piece of feta lengthways across one end. Sprinkle with a little lemon rind and mint. Fold the end over, then fold the sides in and roll to enclose. Place, seam side down, on the air fryer tray and spray with oil. Repeat with the remaining filo pieces and sheets, feta, lemon rind and mint to make 24 rolls (cook in 3 batches). Sprinkle with sesame seeds.
- 4. Bake for 10 minutes (turning at half way) or until golden. Set aside to cool slightly before transferring to a serving platter. Drizzle lightly with honey and sprinkle with mint sprigs. Serve with lemon wedges.



This delicious honey soy salmon cooks up in 10 mins in your Quicktime Air Fry™. Flaky, salty and just a little bit sweet this one requires only a handful of staple ingredients and is sure to become one of your weeknight go to dishes.



SERVES



PREP 15 min



COOK 10 min



**TEMP** 200C

## **INGREDIENTS**

2 skin-on salmon fillets, about 3cm thick

½ tsp salt

½ tsp ground black pepper

2 Tbsp soy sauce, plus more for serving if desired

2 Tbsp honey

1/4 cup water

1 tsp cornflour

1 tsp lemon juice, freshly squeezed

1 Tbsp green onions, finely chopped

Optional to serve:

white rice, wilted bokchoy or vegetables

Hints and Tips: Switch out soy sauce for tamari sauce to make it gluten free

- 1. Pat dry salmon fillets and season with salt and pepper.
- 2.In a small flat bottom bowl, whisk together soy sauce, honey, water, cornstarch and lemon juice. Whisk well to combine until the cornstarch dissolves. Place salmon fillets in the bowl and allow to marinate for 10 mins
- 3. Preheat your Quicktime Air Fry™ to 200C for 5 mins.
- 4. Place the salmon in a single layer into your air fryer basket with skin side up. Air fry for about 10 minutes turning at about the 5 min mark.
- 5. Garnish with green onions and serve warm with an optional bowl of steamed rice. Top with additional soy sauce if desired



# **HOT CHICKEN WINGS**

Just as good as deep fried wings but with a lot less fats and oils, these hot chicken wings are just the treat on a lazy Saturday afternoon. Serve with creamy blue cheese dressing for the ultimate flavour combo.



SERVES 1



PREP 10 min



COOK 30 min



**TEMP** 190C

## **INGREDIENTS**

450g chicken wings (2-3 wings) Sea salt

Freshly ground black pepper Non-stick cooking spray

½ cup hot sauce (sriracha)

4 Tbsp melted butter

1 tsp Worcestershire sauce

½ tsp garlic powder

Blue cheese dressing

¼ cup sour cream¼ cup mayonnaise

60g crumbled blue cheese

1 Tbsp fresh parsley, finely chopped

1 Tbsp fresh lemon juice Pinch sea salt

Pinch black ground pepper Dash of water

- 1. Preheat your Quicktime Air Fry™ to 190°C for 5 mins.
- 2. Season wings all over with salt and pepper, and then spray lightly with non-stick cooking spray.
- 3. Place wings in your Quicktime Air Fry™ in a single layer and cook for 12 minutes. Flip and cook for another 12 minutes. Increase heat to 200°C and cook 5 minutes more.
- 4. Combine the sour cream, mayonnaise, blue cheese, parsley, lemon juice, salt and pepper in a small bowl and stir until well blended and creamy. Add the dash of water.
- 5. Meanwhile, in a large bowl, whisk to combine hot sauce, butter, Worcestershire sauce, and garlic powder. Add cooked wings and toss gently to coat. Serve hot with blue cheese dressing for dipping.



# **LIME MAYO DRESSING**

These delicious prawns cook up in about 10 minutes in your Quicktime Air Fry™. So good you'll think you've ordered right off a menu. Serve with a side of sweet chili sauce and lime mayo.



**SERVES** 1-2



**PREP** 10 min



COOK 10 min



180C

## INGREDIENTS

8 King Prawns raw, large peeled and deveined with tails attached

1/4 cup all purpose flour

½ tsp sea salt

1/4 tsp black pepper

2 large eggs

3/4 cup shredded coconut

1/4 cup panko breadcrumbs

Sweet chili sauce, for serving

#### **Lime Mayo Dressing**

- 4 Tbsp mayonnaise
- 1 Tbsp lime juice
- 1 tsp lime zest

- 1. Preheat your Quicktime Air Fry™ to 180°C for 5 mins.
- 2. Combine the flour, salt and pepper in one shallow bowl. Whisk the eggs in a second shallow bowl. Then combine the shredded coconut and panko breadcrumbs in a third shallow bowl.
- 3. Dip the prawns into the flour mixture, shaking off any excess. Then toss the prawns into the eggs, and finally into the coconut panko mixture, gently pressing to adhere.
- 4. Place the coconut prawns in the air fryer in a single layer, and spray the top of the prawns. Cook for 10 minutes, flipping halfway through.
- 5. Combine the mayo, lime and lime zest and put in a serving bowl
- 6. Garnish prawns with chopped parsley, and serve immediately with sweet chili sauce and lime mayo.





SERVES 1-2



PREP 10 min



COOK 20 min



**TEMP** 155C

Non-stick cooking spray 4 eggs

Sea salt and black pepper

1 cup of loosely packed baby spinach, roughly chopped ½ small red capsicum

- 1 green onion
- 1 Tbsp fresh basil, finely chopped
- 1 Tbsp fresh parsley, finely chopped
- ½ cup grated havarti cheese
- 1 Tbsp parmesan

Hints and Tips: if you can not find or do not like havarti, simply switch it out for a cheese of your preference, such as tasty or cheddar.

- 1. Preheat your Quicktime Air Fry™ to 155C for 5 mins.
- 2. Whisk eggs in a large bowl with salt and pepper. Add the spinach, capsicum, green onion, basil and parsley and then stir to combine. Fold in the havarti and parmesan cheeses.
- 3. Cut out a piece of baking paper to fit the Air Fry™ basket ensuring the sides go up approx 1-2cm. Use the cooking spray to lightly spray one side and then place in the Air Fry™ basket. Pour the mix into the baking paper ensuring the paper doesn't slip. Hints and Tips: DO NOT preheat the Quicktime Air Fry™ with the baking paper in. Also ENSURE the paper does not go higher than 2cm up the side of the Air Fry and does not touch the top of the Air Fry™. Ensure all of it is contained within the basket.
- 4. Cook for 20 min until slightly golden brown on top and cooked all the way through. You can use a skewer to test that it comes out clean
- 5. Let the frittata cool in the baking paper for approx 5 mins. Use a spatula to remove, pull away the baking paper and serve up on a plate with greens.



# **CHEESY CHICKEN SAUSAGE ROLLS**

A sausage roll is a good old Aussie staple and this version truly delivers with a hidden secret ingredient - Vegemite! Flaky, salty and moreish, serve these up as a snack at your next party.



SERVES MAKES 24



PREP 15 min



COOK 15 min



**TEMP** 200C

## **INGREDIENTS**

500g chicken mince
125g can corn kernels,
drained, roughly chopped
½ medium zucchini, grated
½ carrot, grated
¾ cup grated tasty cheese
⅓ cup panko breadcrumbs
1 ½ Tbsp Vegemite Squeezy
1 green onion, chopped
1 garlic clove, crushed
3 sheets frozen puff pastry,
partially thawed, halved
lengthwise
1 egg, lightly beaten
Sesame seeds, to sprinkle

Sweet chili sauce, to serve

- 1. Preheat your Quicktime Air Fry™ to 200C for 5 mins.
- 2. Place chicken mince, corn kernels, zucchini, carrot, tasty cheese, panko breadcrumbs, Vegemite Squeezy, green onion and garlic in a bowl. Season with pepper. Mix well to combine.
- 3. Place 1 pastry half on a flat surface. Spoon ⅓ cup of the mince mixture along 1 long side of pastry. Brush along both full edges with egg. Roll up from the long side to form a log. Cut into 4 equal pieces. Repeat with remaining pastry, mince mixture and egg.
- 4. Brush tops of rolls with egg and sprinkle with sesame seeds. Cook on 200C, in 3 batches, for approx 15 minutes or until golden and cooked through. Flip at the halfway mark. Stand for 5 minutes. Serve with sweet chili sauce.



These meatballs cook up fast in your Quicktime Air Fry™ and cleanup is even faster. Served on a crusty bread roll with helpings of roasted tomato and ricotta, these subs will have the whole family asking for more.



**SERVES** 



10 min



20 min



200C

## INGREDIENTS

2 large eggs 2 tsp balsamic vinegar Sea salt and fresh ground black pepper ½ cup panko breadcrumbs 4 large garlic cloves (2 grated

and 2 chopped)

1/4 cup freshly grated parmesan cheese

½ cup parsley, chopped 500g beef mince

250g cherry tomatoes, halved

- 1 red chili sliced
- 1 Tbsp olive oil
- 4 hot dog rolls, split
- 6 Tbsp ricotta cheese

Basil leaves, for serving

- 1. In a large bowl, whisk together eggs, balsamic vinegar and  $\frac{1}{2}$ teaspoon each salt and pepper. Stir in panko breadcrumbs and let sit for 1 minute. Stir in grated garlic and parmesan, then parsley. Add beef and gently mix to combine. Preheat your Quicktime Air Fry<sup>™</sup> to 200C for 5 mins.
- 2. Shape meat mixture into 20 balls and place in a single layer on your air-fryer rack (the balls can touch but should not be stacked; cook in 2 batches). Air fry meatballs at 200°C for 10 minutes.
- 3. In a bowl, toss tomatoes, chili and chopped garlic with oil and 1/4 teaspoon each salt and pepper. Flip meatballs then scatter tomato mix over meatballs and continue air-frying until they are cooked through, 10 minutes more.
- 4. While meatballs are cooking, grill bread rolls either on your Quicktime Gourmet Grill™ for 2 mins on burger setting or under the grill in the oven on 180C for 2 mins until just slightly toasted.
- 5. Spread ricotta on toasted rolls, then top with meatballs, grated parmesan, roasted tomatoes and chili and basil



# **AIR FRY STEAKS WITH CHIVE BUTTER**

This simple dish has only a couple of staple ingredients, yet still tastes like it's brimming with flavour. An easy no frills mid week dinner, this dish really delivers. Serve with a side of potatoes and a glass of shiraz.



SERVES



PREP 10 min



COOK 20 min



**TEMP** 200C

## **INGREDIENTS**

2 x 225g Porterhouse Steaks2 Tbsp butter1 Tbsp chivesSea salt and fresh ground

black pepper

- 1. Preheat your Quicktime Air Fry™ to 200C for 5 mins
- 2. Season steaks with salt and pepper and place in the Air Fryer basket.
- 3. Place the steaks in the basket. Spray with oil. Cook, turning halfway, for 20 minutes. Transfer steaks to a plate, cover with foil and set aside for 5 minutes to rest.
- 4. To serve top each steak with 1 tablespoon of butter and chives. Hints and tips: For more well done steak cook for an additional 5 mins.



# **PARMESAN PORK CHOPS**

Simple flavours delight in this easy pork dish. Cooked in approximately 10-12 mins in your Quicktime Air Fry™, it's a great choice for a mid week meal for you and your loved one.



SERVES 2



PREP 15 min



COOK 12 min



TEMP 200C

## **INGREDIENTS**

- 2 bone-in pork chops
- 2 Tbsp extra virgin olive oil **Seasoning:**

# ½ cup freshly grated parmesan

- 1 tsp sea salt
- 1 tsp smoked paprika
- 2 tsps garlic powder
- 1 tsp onion powder
- 1 tsp ground mustard
- ½ tsp Italian dried herbs
- ½ tsp freshly ground black pepper

- 1. Preheat your Quicktime Air Fry™ to 200C for 5 mins
- 2. Pat dry pork chops with paper towels, then brush both sides with oil
- 3. In a medium bowl, combine all the seasoning ingredients, stir to combine.
- 4. Coat both sides of pork chops with the parmesan mixture, pressing slightly for it to stick to the chops.
- 5. Place pork chops in the basket of the Quicktime Air Fry™ and cook at 200°C for 10-12 minutes, flip pork chops after 6 minutes.
- 6. Arrange on a serving plate and let them rest 10 minutes before slicing and serving.



A classic pub meal, everyone loves a chicken parma as it's affectionately known and this one is no exception. Warm, crunchy and golden, topped with gooey mozzarella and red sauce, it's hard to go past this dish as a core weekday staple.



SERVES



PREP 5 min



COOK 23 min



TEMP 200C

## **INGREDIENTS**

2 large boneless chicken breasts

Sea salt

Freshly ground black pepper

⅓ cup all purpose flour

2 large eggs

1 cup panko breadcrumbs

1/4 cup freshly grated

Parmesan

1 tsp dried oregano

½ tsp garlic powder

½ tsp crushed red pepper

flakes

1 cup red pasta sauce

1 cup shredded mozzarella

Freshly chopped parsley, for

garnish

- 1. Preheat your Quicktime Air Fry™ to 200C for 5 mins
- 2. Carefully slice chicken in half lengthwise to create 4 thin pieces of chicken. Season on both sides with salt and pepper.
- 3. Place flour in a shallow bowl and season with a large pinch of salt and pepper. Place eggs in a second bowl and beat. In a third bowl, combine breadcrumbs, parmesan, oregano, garlic powder and red pepper flakes.
- 4. Working with one piece of a chicken at a time, coat in flour, then dip in eggs, and finally press into the panko mixture, making sure both sides are coated well.
- 5. Place chicken in the basket of the air fryer and cook at 200° for 10 minutes on each side. Top chicken with sauce and mozzarella and cook at 200° for 3 minutes more or until cheese has melted and is golden.
- 6. Garnish with parsley to serve.







**PREP** 10 min



35 min



100-200C

1 garlic clove 1 Tbsp olive oil 500g small rack of lamb Sea salt and freshly ground black pepper ½ cup macadamia nuts 1 Tbsp panko breadcrumbs 1 Tbsp fresh rosemary, chopped 1 egg

## **DIRECTIONS**

- 1. Finely chop the garlic. Mix the olive oil and garlic to make garlic oil. Brush the rack of lamb with the oil and season with salt and pepper.
- 2. Preheat your Quicktime Air Fry™ to 100C for 5 mins.
- 3. Finely chop the nuts and place them into a bowl. Stir in the breadcrumbs and rosemary. Whisk the egg in another large, flat bottom bowl.
- 4. To coat the lamb, dip the meat into the egg mixture, draining off any excess. Coat the lamb with the macadamia crust, use a spoon if needed.
- 5. Put the coated lamb rack in the Airfryer basket with the fat side facing up and set the timer for 25 minutes. Turn the rack half way. After 25 minutes, increase the temperature to 200°C and set the timer for another 10 minutes turning the rack again. Remove the meat and leave to rest, covered with aluminium foil, for 10 minutes before serving.

Hints and Tips: If desired, replace the macadamia nuts with pistachios, hazelnuts, cashews or almonds.







**PREP** 10 min



15 min



200C

2 pieces, small white fish (snapper, cod) ½ cup tortilla chips 1 egg 1 red potato Olive oil spray ½ Tbsp lemon juice Lemon wedges, for serving Tartare sauce, for serving Rosemary, for serving

- 1. Preheat Preheat your Quicktime Air Fry™ to 200°C for 5 mins.
- 2. Cut the fish into four equal pieces and rub with lemon juice, salt, and pepper. Let the fish rest for 5 minutes.
- 3. Grind the tortilla chips very fine either with a spoon or in a mortar and pestle and transfer the ground tortilla chips to a plate. Beat the egg in a separate dish.
- 4. Dip the pieces of fish into the egg one by one and roll the pieces of fish through the ground tortilla chips so that they are completely covered.
- 5. Scrub the potato clean and cut lengthwise into thin strips and then pat them dry with paper towel. Spray them with olive oil.
- 6. Place fish and chips in the basket in an even single layer. Set the timer to 15 minutes and fry the potatoes and the fish until they are crispy brown, turning at the halfway mark. If necessary, do it in 2 batches.
- 7. Serve with salt, lemon, rosemary and tartare sauce.







**PREP** 10 min



15 min



165C

- 1 1/4 cups of all purpose flour
- ¼ tsp baking soda
- 1/4 tsp Himalayan salt
- 1/4 white sugar
- 1/4 cup brown sugar
- 4 Tbsp unsalted butter, at room temperature
- 1 large egg
- 1 tsp pure vanilla extract 1/4 cup white chocolate chips 10 raspberries cut into
- quarters

- 1. Preheat Quicktime Air Fry™ to 165C for 5 mins.
- 2. Whisk together the flour, baking soda and salt in a medium size
- 3. Whisk together both of the sugars and the butter in another bowl with a fork until well combined. Scrape down the sides and then beat in the egg and then the vanilla. Add the flour mixture until just combined and then stir in the white choc chips and raspberries gently. Hints and Tips: Combine the ingredients with either a fork and spoon or if you have an electric egg beater or hand mixer use that.
- 4. Divide the batter into 12 and roll into balls. Cut a piece of baking paper that fits at the bottom in the Air Fry insert. Arrange 6 balls on the baking paper. Air fry until golden brown approx 15 mins. Let cool for a few minutes and then transfer to a wire rack with a spatula to cool completely. Cook in 2 batches.





SERVES



PREP 10 min



COOK 10 min



TEMP 200C

¼ cup sugar

2 tsp baking powder

1 ½ tsp ground cinnamon

½ tsp salt

⅔ cup + 1 Tbsp milk

2 large eggs, room

temperature

1 Tbsp lemon juice

1 ½ tsp vanilla extract, divided

2 medium Pink Lady apples, peeled, chopped and core

removed

Non-stick cooking spray

¼ cup butter

½ cup icing sugar

Hints and Tips: Add more sugar (up to a cup) to the brown butter for thicker consistency if preferred

- 1. Preheat Quicktime Air Fry™ to 200° and turn the timer around to 5 mins. In a large bowl, combine flour, sugar, baking powder, cinnamon and salt. Add milk, eggs, lemon juice and 1 teaspoon vanilla extract; stir just until moistened. Fold in apples.
- 2. Line air-fryer basket with baking paper (cut to fit); spritz with cooking spray. Pour in mixture ensuring none seeps down the side of the baking paper. Cook until golden brown, 10 mins
- 3. Melt butter in a small saucepan over medium-high heat. Carefully cook until butter starts to brown and foam, about 5 minutes. Remove from heat; cool slightly. Add icing sugar, 1 tablespoon milk and remaining ½ teaspoon vanilla extract to browned butter; whisk until smooth. Drizzle over fritter cake before serving.





1-2



10 min



15 min



200C

180g block chocolate or choc chips 1 sheet frozen puff pastry, thawed Thickened cream, for brushing and serving Blackberries, for serving (optional)

- 1. Preheat Quicktime Air Fry™ to 200° and turn the timer around to 5 mins.
- 2. Place a pastry sheet on a flat working surface. Cut the pastry sheet in half. Place chocolate in the centre of one half of the pastry sheet. Brush the edges with a little of the cream. Fold the other half of the pastry over the top. Brush with cream. Cut 6, 1cm wide strips from the remaining half pastry sheet.
- 3. Working with one pastry strip at a time, design it in strips over the top and secure at the sides. Brush with cream.
- 4. Place in the Air Fryer and cook for 10 mins until golden. Flip and cook for a further 5 mins.
- 5. Let the pastry sit for a further 5 mins before eating.
- 6. Serve with cream and blackberries (if desired)



SERVES









TEMP 200C

## **INGREDIENTS**

½ small fresh pineapple 1 Tbsp honey, plus more for drizzling.

- 1 Tbsp lime juice
- 2 scoops of vanilla ice cream

  's cup shredded coconut

  Handful of mint

- 1. Preheat Quicktime Air Fry™ to 200° and turn the timer around to 5 mins.
- 2. Cut the pineapple lengthways into 6 sections. Cut away the skin and also remove the tough core.
- 3. Line the bottom of the basket with baking paper. Mix the honey with the lime juice in a bowl. Brush the pineapple sections with the honey and put them in the basket. Sprinkle the coconut on top.
- 4. Air fry for 20 mins until hot and golden brown, flipping at the half way mark. You may want to add more coconut when you flip.
- 5. Serve the pineapple sections on 2 plates, each with a scoop of ice cream on top. Sprinkle with mint leaves and drizzle with more honey.





MAKES 4



**PREP** 10 min



10 min



200C

½ cup all purpose flour

1½ tsps baking powder

1 tsp cinnamon

3 Tbsp sugar

1 small egg

½ cup milk

50g butter, melted

½ cup dried cranberries

8 paper muffin cups

## **DIRECTIONS**

- 1. Preheat your Quicktime Air Fry™ to 200°C for 5 mins. Double up the muffin cups to form four cups in total.
- 2. Sift the flour into a bowl and add the baking powder, cinnamon, sugar and a pinch of salt. Mix well.
- 3.In another bowl, lightly beat the egg and add the milk and melted butter. Combine well. Stir this mixture into the flour. Then fold in the cranberries.
- 4. Spoon the batter into the doubled muffin cups and carefully place them in the fryer basket.
- 5. Slide the basket into the airfryer and set the timer to 10 minutes. Bake the muffins until they are golden brown and done. Let the muffins cool in the cups.

Hints and Tips: Switch out the cranberries for blueberries or any other fruit of your choice. For savoury muffins use cheese and ham and leave out the sugar and cinnamon.