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EN

THE FIRST AIR FRYER OVEN & GRILL: FROM EXTRA CRISPY FOOD TO GREAT GRILLING TASTE BY TEFAL



GUIDE



NUMBER OF
PEOPLE



PREPARATION
TIME



MARINATING
TIME



COOKING
TIME



CHIPS



CHICKEN



MEAT



FISH



PIZZA



CAKE



DEHYDRATION



GRILL

BATTERED COD BITES

6 ✨ 25 min 🥣 2 x 15 min 🍳

INGREDIENTS

330 g cod fillet
 180 g flour
 50 ml unsweetened condensed milk
 2 egg yolks
 2 cloves of garlic, finely chopped

2 small shallots, peeled
 1 small chilli pepper
 ½ tbsp fresh or dried thyme
 Salt, pepper
 2 tbsp oil

RECIPE

- Place the fish in a pan of cold water. Bring to the boil and turn off the heat. Leave to rest for 3 minutes. Drain and debone the fish, then flake it using a fork. Deseed the chilli, then finely chop the peeled shallot and the chilli.
- Place all of the ingredients (except the oil) in a bowl and mix together. You should now have a slightly sticky, elastic paste.
- Place a piece of baking paper in the Easy Fry Oven & Grill chip basket. Grease it with oil using a brush. Using two dessert spoons, shape the paste into small dumplings. Place 12 dumplings into the basket, ensuring that they are not touching. Use a brush to lightly grease them with oil. Place the basket in the centre of the appliance and close the door. Cook on CHIPS mode (200°C) for 15 minutes. After 12 minutes, open the door, turn the bites and close the door until they have finished cooking.
- Remove the bites from the basket. Grease the baking paper again. Using the remaining paste, create 12 more small dumplings and place them in the basket, ensuring that they are not touching. Use a brush to lightly grease them with oil. Place the basket back in the Easy Fry Oven & Grill again and close the door. Cook the bites on CHIPS mode for 15 minutes, turning them 3 minutes before the end.



MOZZARELLA AND SUNDRIED TOMATO SAMOSAS

6 ✨ 25 min  10 min 

INGREDIENTS

6 round sheets of brick pastry
3 sundried tomatoes
12 mozzarella balls (or 12 small cubes)
2 tbsp oil

RECIPE

- 1 | Cut each tomato into quarters. Cut each brick pastry sheet in half (to form 2 semicircles). Cut 2 cm off the rounded edges to form wide 13-cm strips.
- 2 | Fold each strip in half. Using a brush, lightly oil the folded strip. Place a mozzarella ball and a piece of dried tomato at the bottom of the strip. Fold it to form a triangular samosa and oil it using a brush.
- 3 | Place the samosas in the Easy Fry Oven & Grill chip basket, ensuring that they do not overlap. Close the door and cook on CHIPS mode for 10 minutes.



PESTO-GRILLED AUBERGINE

6 ✨ 15 min  2 x 15 min 

INGREDIENTS

2 large aubergines
1 jar of pesto (190 g)

RECIPE

- 1 | Place the grill tray at the top of your Easy Fry Oven & Grill, with the drip tray at the bottom, and preheat on GRILL mode (200°C) for 13 minutes.
- 2 | Wash the unpeeled aubergines and cut them into 1.5 – 2 cm-thick slices. Spread pesto on both sides of each aubergine slice.
- 3 | Once preheated, place the aubergine slices on the grill tray, ensuring that they do not overlap, and close the door. Please note that you will need to cook them in several batches. Cook on GRILL mode (200°C) for 10 minutes. When the timer sounds, use a spatula to turn the aubergine slices and cook for another 5 minutes on GRILL mode. Repeat for the remaining aubergine slices.

TIP

Serve the grilled aubergine slices hot or cold with a little extra pesto.



MEDITERRANEAN PEPPER OPEN SANDWICH

4 ✨ 15 min  30 min 

INGREDIENTS

2 small red peppers
8 slices of toasted bread
80 ml olive oil
1 clove garlic
Salt, pepper

RECIPE

- 1 | Wash the peppers. Place the peppers whole into the chip basket of your Easy Fry Oven & Grill. Place the basket in the centre of the appliance with the drip tray at the bottom, and cook at 200°C for 30 minutes.
- 2 | Place the peppers in a bowl, cover them with a plate and leave to fully cool. This will make it easier to remove the skin.
- 3 | Peel the peppers. Cut them into strips and place them in a deep dish with the crushed garlic and olive oil. Season with salt and pepper. Serve with slices of toasted bread.

TIP

Add a few sprigs of thyme to the peppers.

RUSTIC COURGETTE TART

4 ✂ 15 min  13 min preheating + 45 min 

INGREDIENTS

1 pack of puff pastry
 2 small courgettes
 200 g fresh goats cheese (or cream cheese)
 2 tsp finely chopped thyme or herbes de Provence

1 tbsp breadcrumbs
 3 cloves of garlic
 ½ lemon
 1 tbsp olive oil
 Salt, pepper

RECIPE

- 1 | Wash the courgettes and cut them into ½ cm-thick slices. Peel and crush the garlic cloves, grate the lemon zest, and combine with the goats cheese (or cream cheese), breadcrumbs, salt and pepper, and half of the thyme and olive oil.
- 2 | Place the pizza tray at the top of your Easy Fry Oven & Grill. Close the door and preheat on GRILL mode (200°C) for 13 minutes.
- 3 | Cut a sheet of baking paper to the size of the pizza tray. Unroll the pastry onto the baking paper, using it as a guide, then prick the pastry using a fork. Starting in the middle, spread the cheese mixture onto the pastry, up to the edge of the baking paper. Top with the courgette slices and the remainder of the thyme and olive oil. Fold the edges of the pastry over the filling so that the tart is no bigger than the baking paper.
- 4 | Once preheated, use the baking paper to slide the tart onto the tray, and place it in the centre of your Easy Fry Oven & Grill. Close the door and cook on PIZZA mode (190°C) for 45 minutes. After 20 minutes, remove the tray from the Easy Fry Oven & Grill and carefully remove the baking paper using a spatula. Return the tray to the appliance, close the door, and lower the heat to 180°C to finish cooking.

TIP

Serve hot, warm or cold, with a salad.

SWEET POTATO FRIES

*INGREDIENTS*

1 kg sweet potatoes
2 tbsp flour
1.5 tsp salt
1.5 tbsp oil
Finely chopped fresh parsley (optional)

RECIPE

- 1** | Peel the sweet potatoes and cut them into 2 cm-thick slices. Dry them in a tea towel as much as possible, then transfer them into a bowl.
- 2** | Add the flour and salt, then mix together so the fries are evenly coated. Add the oil and mix. Transfer the sweet potato fries into the Easy Fry Oven & Grill chip basket. Place the basket in the centre of the appliance with the drip tray at the bottom.
- 3** | Cook on CHIPS mode (200°C) for 25 minutes, turning them a couple of times.
- 4** | Season with salt and chopped fresh parsley to taste.



MAPLE SYRUP AND THYME CARROT FRIES

4 ✂ 15 min  40 min 

INGREDIENTS

1 kg carrots
2 tbsp grape seed oil
1 tbsp maple syrup
½ tbsp thyme
Salt, pepper

RECIPE

- 1 | Peel the carrots. Cut them into quarters lengthways, then into 5 cm-long batons. Place them in a bowl and combine with the oil, maple syrup, thyme, salt and pepper.
- 2 | Transfer them into the Easy Fry Oven & Grill chip basket and place in the centre of the appliance with the drip tray at the bottom. Close the door.
- 3 | Cook on CHIPS mode (200°C) for 40 minutes. Turn several times during cooking.



POTATO ROSTIS

4 ✂ 15 min  35 min 

INGREDIENTS

500 g potatoes
 1 shallot
 1 tbsp flour
 1 tbsp chopped parsley
 1 egg

Salt, pepper
 1.5 tbsp oil

RECIPE

- 1** | Peel and finely grate the potatoes and shallot, then firmly press them between your hands to remove any moisture. Combine with the flour, egg, parsley, salt and pepper.
- 2** | Place a sheet of baking paper on the two grill trays. Use a brush to grease them with oil. Place 4 tablespoons of the mixture onto each grill tray, ensuring that they are not touching. Lightly press them with the back of the spoon then lightly brush them with oil. Place the grill trays on the middle and top levels of your Easy Fry Oven & Grill and close the door.
- 3** | Cook on CHIPS mode (200°C) for 35 minutes. After 15 minutes of cooking, swap the grill trays over. Then, after 30 minutes of cooking, turn the rostis over before closing the door to finish cooking.

TIP

Serve the rostis as a side dish. They can also be made for brunch, served with cream cheese with finely chopped herbs and smoked salmon, for example.

CURRY BREADED PRAWNS

6 ✂ 10 min  5 min 



INGREDIENTS

18 raw prawns (heads and shells removed)
2 eggs
2 tbsp flour
75 g breadcrumbs

1 tbsp curry powder
Oil
Salt

RECIPE

- 1 | Place the flour in a bowl. Beat the eggs in a separate bowl with 2 tsp of oil and a large pinch of salt. Mix the breadcrumbs and curry powder together in a third bowl.
- 2 | Use a brush to grease the two Easy Fry Oven & Grill grill trays with oil.
- 3 | One by one, coat the prawns in flour, then the egg mixture, and then breadcrumbs. Coat the prawns in the egg mixture and breadcrumbs again then place them on the grill trays, ensuring that they do not overlap.
- 4 | Place the grill trays on the middle and top levels of your Easy Fry Oven & Grill, close the door, and cook on CHIPS mode for 5 minutes, swapping the grill trays over halfway through.

TIP

Serve as an appetiser with mayonnaise seasoned with a little lemon and curry.

TERIYAKI SALMON

4



5 min



1 hour



12 min

**INGREDIENTS**

- 4 salmon fillets
- 4 tbsp teriyaki sauce
- 1 tbsp garlic powder
- 1 tbsp lime juice

RECIPE

- 1** | Combine the sauce with the garlic powder and lime juice. Place the salmon fillets on a plate, pour the sauce mixture over the top and leave to marinate in the fridge for at least 1 hour.
- 2** | Drain the salmon fillets and place them on a grill tray in the centre of your Easy Fry Oven & Grill, with the drip tray at the bottom.
- 3** | Cook on FISH mode (170°C) for 12 minutes.

TIP

For more of a glaze, choose a thicker teriyaki marinade, also known as yakitori sauce. Serve the salmon with rice and drizzled with sauce.

CRUSTED FISH ON A BED OF BROCCOLI

4 ✂ 20 min  15 + 10 min 



INGREDIENTS

4 fillets of cod or pollock (4 x 120 g) 2 tbsp chopped parsley
 1 head of broccoli Salt, pepper
 4 tsp mustard
 60 g breadcrumbs
 30 g butter

RECIPE

- 1** | Wash the broccoli and chop into small florets. Place them in the chip basket in the centre of your Easy Fry Oven & Grill. Fill the drip tray with warm water and place it in the bottom of the appliance.
- 2** | Cook on **MANUEL** mode at 150°C for 15 minutes, turning the florets halfway through.
- 3** | Meanwhile, melt the butter and mix it with the breadcrumbs, parsley, salt and pepper. Coat the top of the fish fillets in mustard and add the herby breadcrumb mixture, pressing it onto the fish so it sticks.
- 4** | When the timer sounds, place the fish fillets on top of the broccoli and cook on **FISH** mode (170°C) for 10 minutes.

SEA BREAM WITH TOMATOES AND OLIVES

4 ✂ 15 min  13 min preheating + 2 x 4 min 



INGREDIENTS

4 fillets of sea bream (4 x 150 g)
4 tbsp finely chopped parsley
½ lemon
4 tbsp olive oil

1 small clove of garlic
2 tomatoes
50 g pitted green olives
Salt, pepper




RECIPE

- 1 | Mix the chopped parsley with the peeled, crushed garlic clove, the lemon juice and zest, 3 tablespoons of olive oil, salt and pepper. Deseed and dice the tomatoes and cut the olives into slices. Add to the parsley mixture and place to one side.
- 2 | Place the grill tray at the top of your Easy Fry Oven & Grill. Close the door and preheat on GRILL mode (200°C) for 13 minutes.
- 3 | Coat the fleshy side of the sea bream fillets in olive oil and season with salt. When the timer sounds, place the fillets skin side up on the hot tray. Close the door and cook on GRILL mode (200°C) for 4 minutes. Repeat for the remaining two fillets and serve with the sauce.

TIP

Serve the sea bream fillets with rice and vegetables of your choice.

HONEY-GLAZED PORK TENDERLOIN WITH DUCK FAT POTATOES

6 ✂ 20 min  30 min  30 + 13 preheating + 10 min 

INGREDIENTS

1 pork tenderloin
1.2 kg potatoes
60 g duck or goose fat
1 tbsp honey
2 tbsp soy sauce



1 bunch of flat-leaf parsley
5 cloves of garlic
1 tbsp oil
Salt, pepper

RECIPE

- 1 | Cut the pork tenderloin into 3 – 4 cm-thick strips. In a deep dish, mix together the honey, oil and soy sauce, and add the pork tenderloin strips. Leave to marinate for at least 30 minutes.
- 2 | Meanwhile, peel the potatoes. Cut them into thin slices approx. 3 mm thick, then wash and dry them and transfer them into a bowl. Add the peeled, crushed garlic cloves, duck or goose fat, salt and pepper. Carefully mix together and transfer into your Easy Fry Oven & Grill chip basket.
- 3 | Place the basket in the centre of your Easy Fry Oven & Grill with the drip tray at the bottom and cook on CHIPS mode (200°C) for 30 minutes, turning once or twice.
- 4 | When the programme is complete, add the finely chopped parsley to the potatoes and mix together. Place the grill tray above the potatoes and preheat on GRILL mode for 13 minutes.
- 5 | When the timer sounds, add the pork tenderloin slices to the hot tray, close the door and cook on MANUAL mode at 200°C for 10 minutes, turning the meat halfway through. Serve the potatoes with the honey-glazed pork tenderloin slices.



APPLE-TOPPED PORK CHOPS WITH POTATOES

4 ✦ 20 min  25 min + 13 preheating + 10 min 

INGREDIENTS

4 pork chops, 2 cm thick (800 g)
1 apple
1 kg waxy potatoes

1 tbsp oil
1 tbsp brown sugar
Salt, pepper

RECIPE

- 1 | Wash the potatoes then cut them into quarters, with the skin on. Carefully dry them in a clean tea towel. Place them in a bowl and mix together with the oil, 1 tablespoon of salt, and pepper. Transfer the potatoes into the chip basket in the centre of your Easy Fry Oven & Grill, with the drip tray at the bottom. Cook on CHIPS mode for 25 minutes, turning once halfway through.
- 2 | Peel and core the apple and cut into 4 thick slices. Place one slice onto each pork chop, then sprinkle with salt, pepper and brown sugar.
- 3 | When the CHIPS programme comes to an end, place the grill tray above the potatoes and preheat on GRILL mode (200°C) for 13 minutes.
- 4 | When the timer sounds, add the pork chops to the hot tray (with the apple on top), close the door and cook on GRILL mode (200°C) for 10 minutes.
- 5 | Serve the apple-topped pork chops with the potatoes.



GRILLED SAUSAGE WITH A MUSTARD GLAZE

4 ✂ 10 min  28 min 

INGREDIENTS

700 g Toulouse sausage, ideally a single link
1 tbsp grainy mustard
2 tbsp honey

100 ml white wine
2 sprigs of thyme

RECIPE

- Place the honey, mustard, thyme and wine in a pan and bring to the boil. Leave to cook, stirring regularly, while preheating the grill tray.
- Place the grill tray at the top of your Easy Fry Oven & Grill, with the drip tray at the bottom, and preheat on GRILL mode (200°C) for 13 minutes.
- Wind the sausage into a coil and insert two skewers perpendicular to each other to keep it in place. Once the appliance has heated up, use a brush to coat both sides of the sausage with the mustard mixture and place it on the grill tray.
- Cook on GRILL mode (200°C) for 15 minutes, turning the sausage halfway through. Serve the sausage on a plate with the remainder of the mustard sauce.

TIP

Serve with a homemade mustard purée: peel and boil 1 kg of potatoes. Drain and mash together with 25 g of butter, 2 tablespoons of mustard, 150 ml of milk, salt and pepper.

CHIMICHURRI GRILLED RIB STEAK

2 ✨ 15 min 🥣 17 min 🍲



INGREDIENTS

400 g rib-eye steak, 2 cm thick
 1 tbsp wine vinegar
 1 clove garlic
 ½ bunch of flat-leaf parsley

Pinch of cayenne pepper
 Pinch of oregano
 3 tbsp vegetable oil
 Salt, pepper



RECIPE

- 1 | Blend or finely chop the parsley together with the garlic clove (peeled and with the germ removed). Add the vinegar, cayenne pepper, oregano, salt, pepper and oil and mix together. Place the chimichurri sauce in a bowl.
- 2 | Pat the steak with kitchen roll. Season both sides with salt and pepper and add a little oil.
- 3 | Place the grill tray at the top of your Easy Fry Oven & Grill with the drip tray at the bottom, and set to GRILL mode (200°C) for 17 minutes.
- 4 | After preheating for 13 minutes, place the steak on the hot tray and close the door to begin cooking. After 2 minutes, turn the steak and leave to cook for another 2 minutes.
- 5 | Serve the steak on a plate with the chimichurri sauce.

TIP

Adjust the cooking time depending on whether you prefer your steak rare or well done.

HAMBURGER AND SWEET POTATO FRIES

4 ✂ 20 min  20 min + 13 preheating + 8 min 

INGREDIENTS

4 hamburger patties
800 g sweet potatoes
4 slices cheddar cheese
2 tbsp mustard
2 handfuls of rocket

4 hamburger buns
1 heaped tbsp flour
1 tsp salt
1 tbsp rapeseed oil

RECIPE

- 1** | Peel the sweet potatoes and cut them into 2 cm-thick slices. Dry them in a tea towel as much as possible, then transfer them into a bowl. Add the flour and salt, then mix together so the fries are evenly coated. Add the oil and mix. Transfer the sweet potato fries into the Easy Fry Oven & Grill chip basket. Place the basket in the centre of the appliance with the drip tray at the bottom. Cook on CHIPS mode (200°C) for 20 minutes.
- 2** | When the programme is complete, turn the sweet potatoes and place the grill tray at the top of the appliance. Close the door and set to GRILL mode (200°C) for 13 minutes to preheat the tray.
- 3** | When the timer sounds, place the patties on the hot tray. Close the door and cook on GRILL mode (200°C) for 4 minutes. Place the cheese slices on top of the patties and cook on GRILL mode for another 2 minutes.
- 4** | Remove the tray with the patties. Cut the hamburger buns in half and place them on a grill tray to cook on GRILL mode for 2 minutes.
- 5** | Spread the toasted buns with mustard and top with the patties. Garnish with rocket and tomato slices to taste and serve with the sweet potato fries.



GINGER CHICKEN DRUMSTICKS WITH GRILLED CORN

6  10 min  1 hour  20 + 13 preheating + 10 min 

INGREDIENTS

12 chicken drumsticks (approx. 1 kg)	2 tbsp soy sauce
6 ears of corn, precooked and vacuum packed	1 tbsp chopped ginger
2 tbsp runny honey	2 tbsp olive oil
	Salt, pepper

RECIPE

- 1** | In a bowl, combine the honey, soy sauce and ginger. Add the drumsticks and mix well to ensure that they are well coated. Leave to marinate for 1 hour.
- 2** | Place the drumsticks onto the two grill trays in staggered rows (6 drumsticks per grill). Place the grill trays on the middle and top levels of your Easy Fry Oven & Grill, with the drip tray at the bottom. Close the door and cook on CHICKEN mode (200°C) for 20 minutes. After 10 minutes, swap the grill trays over and turn the drumsticks, then close the door to resume cooking.
- 3** | At the end of the programme, remove the chicken drumsticks. Place the grill tray at the top of the appliance and preheat on GRILL mode (200°C) for 13 minutes.
- 4** | Dry the ears of corn using kitchen roll. Brush oil over the corn and season with salt and pepper. Once preheated, place the 6 ears of corn close together on the grill tray and cook on GRILL mode (200°C) for 10 minutes. Turn the corn halfway through cooking. Serve with the caramelised chicken drumsticks.

TIP

For a more caramelised effect, coat the drumsticks with the marinade during cooking and cook for a further 5 minutes.



ROAST CHICKEN

4 ✂ 5 min  60 min *INGREDIENTS*

1 small chicken, trussed (approx. 1.2 kg)
5 cloves of garlic
1 small onion
1 tbsp oil
Salt

RECIPE

- 1 | Peel and finely chop the onion and garlic cloves. Place them in the drip tray at the bottom of your Easy Fry Oven & Grill and add a glass of water.
- 2 | Massage the skin of the chicken with 1 tablespoon of oil. Season generously with salt.
- 3 | Place and secure the chicken on the spit in your Easy Fry Oven & Grill. Cook on CHICKEN mode for 1 hour with the spit activated.

CHICKEN THIGHS WITH A YOGHURT AND ROSEMARY MARINADE

4 ✂ 10 min  4 hour  13 min preheating + 30 min 



INGREDIENTS

4 small chicken thighs, skin removed
250 g natural yoghurt
3 tbsp Dijon mustard
2 tbsp fresh rosemary, finely chopped

4 cloves of garlic, crushed
Salt, pepper

RECIPE

- 1 | Mix the yoghurt, mustard, rosemary, garlic, salt and pepper together. Coat the chicken thighs in the mixture and leave to marinate in the fridge for at least 4 hours.
- 2 | Place the grill tray at the top of your Easy Fry Oven & Grill, with the drip tray at the bottom, and preheat on GRILL mode (200°C) for 13 minutes.
- 3 | When the timer sounds, place the chicken thighs on the hot grill and cook on GRILL mode (200°C) for 30 minutes.

TIP

Serve the grilled chicken thighs with salad and grilled potato slices.

CHICKEN SPRING ROLLS

6 ✂ 45 min  10 + 25 min 

INGREDIENTS

16 sheets of rice paper
 50 g rice vermicelli
 1 small chicken breast (120 g)
 2 carrots
 ½ red onion

20 sprigs of fresh coriander
 10 g fresh ginger
 1 tbsp sesame oil
 Salt
 1.5 tbsp neutral-tasting oil

RECIPE

- 1 | Place the chicken fillet on the grill tray in the centre of your Easy Fry Oven & Grill, with the drip tray at the bottom. Cook on MEAT mode (180°C) for 10 minutes. Leave the meat to cool slightly before cutting it into small pieces.
- 2 | Peel and grate the carrots. Chop the coriander, ginger and onion. Rehydrate the rice vermicelli according to the instructions on the packet, then drain, place in a bowl and mix together with the vegetables, chicken pieces and sesame oil.
- 3 | Soak a sheet of rice paper in lukewarm water then place it on a clean tea towel. Scoop 2 tablespoons of filling
- 4 | Place the grill trays on the middle and top levels of your Easy Fry Oven & Grill, then cook on CHIPS mode (200°C) for 25 minutes, swapping the grill trays over halfway through.
- 5 | Serve the spring rolls hot with soy sauce.

TIP

You can replace the rice paper with sheets of brick pastry, which does not need to be soaked in water.

DUCK BREAST AND CARROTS WITH HONEY AND ROSEMARY

6 ✨ 15 min 🍲 25 + 13 min preheating + 8 min 🍲

INGREDIENTS

2 large duck breasts
1 kg carrots
4 tbsp runny honey
2 tbsp grape seed oil

2 sprigs of rosemary
Salt, pepper

RECIPE

- 1 | Score the skin of the duck breasts into a lattice pattern. Cut each breast into 3 equal pieces. Rub them with half the honey, the leaves from a sprig of rosemary (finely chopped), and salt. Place them on a plate and leave in the fridge.
- 2 | Peel the carrots. Cut them into quarters lengthways, then into 5 cm-long batons. Place them in a bowl and mix together with the oil, remainder of the honey and rosemary, and salt and pepper. Transfer into the chip basket and place in the centre of your Easy Fry Oven & Grill, with the drip tray at the bottom. Close the door.
- 3 | Cook on CHIPS mode (200°C) for 25 minutes. Turn once during cooking.
- 4 | When the timer sounds, turn the carrots again and place them on the grill tray at the top of the appliance. Close the door and preheat on GRILL mode (200°C) for 21 minutes. After 13 minutes, place the pieces of duck breast skin-up on the hot tray. Close the door and leave to cook. After 4 minutes, turn the duck pieces then close the door to resume cooking.
- 5 | Serve the duck breasts with the carrot fries and sautéed potatoes.

TIP

Add or remove 2 minutes to the GRILL cooking time depending on whether you prefer your duck more rare or well done.



MUSHROOM PIZZA

6 ✦ 10 min  13 min preheating + 3 x 12 min 



INGREDIENTS

1 pack of readymade rectangular pizza dough
6 mushrooms
2 tomatoes
150 g slices of cheddar cheese

6 tbsp tomato purée
2 tbsp olive oil
Herbes de Provence

RECIPE

- 1 | Place the pizza side of the grill tray at the top of your Easy Fry Oven & Grill with the drip tray at the bottom. Close the door and preheat on GRILL mode (200°C) for 13 minutes.
- 2 | Wash the mushrooms and tomatoes. Cut the mushrooms into quarters and the tomatoes into slices. Unroll the pizza dough and cut into 6 rectangles.
- 3 | Once preheated, place 2 rectangles of dough onto the pizza tray, then top each one with tomato purée, 1 slice of cheese, 2 slices of tomato and a few pieces of mushroom. Add a pinch of herbes de Provence and drizzle with olive oil. Use the removable handle to place the tray in the Easy Fry Oven & Grill and cook on PIZZA mode (190°C) for 12 minutes.
- 4 | When the timer sounds, remove the cooked pizzas and repeat for the remaining pizzas.

TIP

For something quicker, make bruschetta by using panini cut in half instead of pizza dough.

OLIVE OIL, GARLIC AND BAY BUTTERNUT SQUASH

4 ✂ 15 min  25 min 

INGREDIENTS

1 butternut squash
2 tbsp garlic powder
2 bay leaves
2 tbsp olive oil
Salt, pepper

RECIPE

- 1 | Halve the butternut squash. Remove the seeds and skin and cut into 2.5-cm cubes.
- 2 | Place the cubes in a bowl together with the garlic, bay leaves and olive oil. Season with salt and pepper and mix together until well coated. Transfer into the chip basket and place in the centre of your Easy Fry Oven & Grill. Close the door.
- 3 | Cook on MANUAL mode (200°C) for 25 minutes.
- 4 | Top with pumpkin seeds, sunflower seeds and crumbled feta to serve.



ROASTED CAULIFLOWER WITH A LEMON SAUCE

4 ✂ 10 min  20 min 



INGREDIENTS

1 small cauliflower
2 tbsp olive oil
30 g tahini
100 ml olive oil

100 ml lemon juice
Salt, pepper

RECIPE

- 1 | Cut the cauliflower into slices, then into florets. Place in a bowl, add 2 tablespoons of oil, salt and pepper and mix together.
- 2 | Transfer into the chip basket and place in the centre of your Easy Fry Oven & Grill, then close the door.
- 3 | Cook at 180°C for 20 minutes, turning halfway through.
- 4 | Meanwhile, prepare the lemon sauce by mixing the tahini, lemon juice and olive oil together. Season with salt and pepper.
- 5 | Serve the cauliflower with the lemon sauce.

TOMATOES PROVENÇAL

4 ✂ 10 min  33 min 

INGREDIENTS

4 beef tomatoes
 2 cloves of garlic, chopped
 2 tbsp chopped parsley
 4 tbsp olive oil

2 tbsp breadcrumbs
 Salt, pepper

RECIPE

- 1 | Halve the tomatoes. If necessary, cut the bottom off each tomato so they lie flat. Mix the olive oil, garlic, parsley and breadcrumbs together. Season with salt and pepper, then top each tomato with this mixture.
- 2 | Place the grill tray at the top of your Easy Fry Oven & Grill with the drip tray at the bottom, and set to GRILL mode (200°C) for 33 minutes.
- 3 | Preheat for 13 minutes and, when the timer sounds, place the tomatoes on the hot tray (with the parsley side facing up) and close the door to begin cooking.

TIP

Make sure that your tomatoes aren't too ripe so that they keep their shape.

CHOCOLATE CARAMEL MARBLE CAKE

6/8



30 min



50 min



INGREDIENTS

350 g sugar
4 eggs
250 g flour
1 sachet of baking powder
100 g salted butter
20 g butter for greasing

120 ml single cream
5 tbsp milk
200 ml neutral-tasting oil
20 g cocoa powder
60 g honey
50 ml water

RECIPE

- 1** | Grease a 20-cm round cake tin.
- 2** | In a small pan, heat the honey, water and 160 g of sugar. When caramel begins to form, add the chunks of salted butter and the cream, taking care to avoid spitting. Set aside.
- 3** | Prepare the batter by mixing the oil and the remainder of the sugar together. Add the eggs, sieved flour and baking powder. Halve the mixture. Add the cocoa powder to one half, and 150 g of the cooled caramel to the other.
- 4** | Place 3 spoonfuls of the chocolate batter into the tin, followed by 3 spoonfuls of the caramel batter, and repeat so it forms a marble effect. Place the tin onto the grill tray in the centre of your Easy Fry Oven & Grill. Close the door.
- 5** | Cook on DESSERT mode (160°C) for 50 minutes. After 35 minutes, cover the cake with a sheet of baking paper to prevent it from burning. Leave the cake to cool before removing from the tin. Cover with the remaining caramel to serve.

CHOCOLATE CHIP MUFFINS



INGREDIENTS

125 g flour
 ½ sachet of yeast
 25 g soft butter
 30 g sugar

50 g chocolate chips
 1 egg
 125 ml milk

RECIPE

- 1** | Combine the flour, yeast and sugar in a bowl. Add the soft butter and mix together using your hands until the texture resembles wet sand. Add the chocolate chips.
- 2** | In a separate bowl, beat the milk and eggs together. Add to the sandy mixture and combine, taking care not to overmix.
- 3** | Split the batter into 6 muffin cases and place them in your Easy Fry Oven & Grill chip basket. Place the basket at the top of the appliance, close the door, and cook on DESSERT mode (160°C) for 25 minutes.



GLAZED APPLE DOUGHNUTS



INGREDIENTS

3 apples
 200 g flour
 3 eggs
 3 tbsp milk
 1 tbsp maple syrup

3 tbsp oil
 Icing sugar

RECIPE

- 1** | Peel and core the apples, then cut each one into 4 large slices.
- 2** | Place a sheet of baking paper on the two grill trays in the Easy Fry Oven & Grill. Use a brush to grease them well with oil.
- 3** | Place the flour in a deep dish. In another dish, beat the eggs with the maple syrup and milk. One by one, coat 12 slices of apple in flour, egg, then flour again.
- 4** | Place on the baking paper, ensuring that they are not touching. Lightly brush with oil. Place the grill trays on the middle and top levels of your Easy Fry Oven & Grill and close the door. Cook on CHIPS mode (200°C) for 20 minutes, swapping the grill trays over halfway through.
- 5** | Dust the doughnuts with icing sugar and serve.



DRIED FRUIT

4 ✂ 15 min  6-8 hours 

INGREDIENTS

1 large apple
½ lemon

RECIPE

- 1 | Squeeze the lemon and pour the juice into a small bowl of cold water.
- 2 | Wash the apple and core it using an apple corer, then cut into slices as thin as possible (approx. 2 mm), preferably with a mandolin. One by one, soak the slices in the lemon water, then dry them using a clean tea towel or kitchen roll.
- 3 | Place them on the two grill trays of your Easy Fry Oven & Grill, close together but not overlapping. Place the two grill trays on the middle and top levels of your appliance. Close the door.
- 4 | Cook on DEHYDRATION mode at 60°C for 6 hours. At the end of the programme, check the texture of the apple slices and continue drying them for another 1 or 2 hours if needed, until they are crispy.

TIP

Store the dried apple slices in an airtight container and eat them with granola or as a healthy snack.