



RECIPES TO GET YOU STARTED WITH YOUR AIR FRYER

Dishes by @the_culinary_cartel

A black Instant Pot Air Fryer is shown in the background. The brand name 'Instant' is visible on the top right of the device. In the foreground, there are several chocolate brownies with colorful sprinkles on a white surface.

Get all the recipes you need to get you started with your Air Fryer from instagram viral chef, The Culinary Cartel!

From meats to fish, veggie dishes and sides, to sweet treats - You won't be stuck for something to cook in your new air fryer all these recipes to try at home!

Make your Air fryer your new cooking 'best friend'!

Meat Recipes

PERUVIAN(ISH) CHICKEN

BETTER THAN TAKEOUT DUCK PANCAKES

THE BEST WHOLE ROAST CHICKEN

AIR FRYER TAQUITOS

SRIRACHA BEEF TRAY BAKE

Veggie Recipes

TOFU BAHN MI

GIANT FALAFEL

ROASTED GARLIC AND TOMATO PASTA

KALE & CRISPY CHICKPEA SALAD

DUTCH BABY

Seafood Recipes

BAKED MUSSELS

SPEEDY CITRUS SALMON

Sides/ Snacks Recipes

SMASHED POTATOES

CRISPY STUFFED OLIVES

EASY BREAD ROLLS

The Culinary Cartel.
TASTEFULLY CURATED

Sweet Recipes

BANOFFEE FRENCH TOAST CRUMPET BAKE

CHOCOLATE POTS

EASY CHOCOLATE SHEET CAKE

PUMPKIN CAKE

OAT COOKIE CAKE



PERUVIAN(ISH) CHICKEN

Time: 15 minutes

INGREDIENTS

4 chicken thighs

Marinade

2 Tbsp Soy

1 Tbsp ground cumin

1 Tbsp paprika

1/2 tsp black pepper

2 cloves garlic, minced

1 tbsp oil

Juice of 1 lime

1.5 tbsp Chilli paste

Sauce

20g Jalapenos

140g Yoghurt

14g Coriander

1 garlic clove

1tbsp olive oil

Juice of 1/2 a lime

Rice for serving (optional)

INSTRUCTIONS

1. Mix together all the marinade ingredients, and marinate the chicken for 30 minutes or, ideally, overnight.

2. For the sauce, blend all the ingredients together until nice and smooth, adding more lime juice if needed.

3. Depending on the thickness of the yogurt, add 1/2-1 teaspoon of water to achieve a mayonnaise-like consistency.

4. Preheat the Air fryer to 195°C and set the time to 11-15 minutes (depending on the thickness of the thighs), then air fry the chicken until cooked to the bone, with crispy skin.

5. Plate up the chicken with the sauce and (and rice if using) and serve immediately.

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BETTER THAN TAKEOUT DUCK PANCAKES

Time: 60 minutes

INGREDIENTS

4 Duck legs

1 tbsp sugar

1/2 tsp salt

1 tsp 5 spice

200ml chicken stock

For serving

Hoisin sauce

1/2 cucumber, thinly sliced

Bunch spring onions, thinly sliced

20-24 premade chinese style pancakes

INSTRUCTIONS

1. Start by seasoning the duck legs. Combine the sugar, salt and 5 spice and rub it into the skin and meat. Place the duck into a snug dish, a suitable size for your air fryer.

2. Pour the chicken stock around the duck legs to partially submerge them. The stock should be about half way up the legs. Add a little more/less stock as needed depending on the size of your baking dish.

3. Select Air Fry and set the temperature to 170°C and time to 1 hr. Cook until the duck skin is crisp and the meat is tender, if you need to crisp up the skin a little more after 1hr, then air fry for an additional 15mins.

4. Once the duck is cooked, warm your premade pancakes as directed, then shred the meat and slice up the crispy skin.

5. Add a little of the cooking stock into the meat to keep it nice and juicy.

6. Lay out all your shredded duck, warm pancakes, hoisin sauce, spring onions and cucumber and serve immediately.

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THE BEST WHOLE ROAST CHICKEN

Cooktime: 12 minutes

INGREDIENTS

- 1 large chicken
- Zest of 1 large lemon
- 2 garlic cloves, crushed
- 1 tbsp salt
- 1 tsp black pepper
- 200ml buttermilk or thinned yoghurt

INSTRUCTIONS

1. Prep the chicken by splaying the legs – to do this place the bird on a chopping board breast side up, then cut the skin connecting the legs to the breast meat using a sharp knife. Do not cut all the way through the legs joints and dark meat. Holding the legs of the bird, apply some pressure, splaying the thighs open until you feel the joint pop on both sides.
2. To make the marinade, mix together the buttermilk, garlic, salt, pepper and zest of the lemon into a mixing bowl big enough to fit the chicken in.
3. Add the splayed chicken and cover it with the marinade, inside and out and leave to marinate for at least one hour but if possible overnight.
4. Pat off excess marinade, or rinse the chicken off.
5. Select Air Fry at 165°C for 45 minutes until cooked through, then leave to rest in the air fryer basket to catch the juices from the bird. Remove the chicken and carve.

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AIR FRYER TAQUITOS

Cooktime: 6 minutes

INGREDIENTS

- 150g cooked shredded chicken
- 140g cream cheese
- 80g mozzarella
- 40g kale (a small handful), sliced finely
- 1-2 garlic cloves
- 1 green chilli (add to heat preference)
- 3-4 medium-sized corn and flour tortillas
- Oil, salt and pepper
- For serving*
- Salsa of choice
- Pickled red onion
- Sour cream
- Guacamole

INSTRUCTIONS

1. Mix the taquito ingredients together in a bowl, excluding the tortillas.
2. Fill the tortillas down the middle with the filling, then roll them into a sausage shape, securing the filling inside.
3. Brush the taquitos with oil and place in the Air Fryer.
4. Select Air Fry at 200°C for 6 minutes or until the cheese has melted and the exterior is golden and crispy.
5. Serve with your favourite toppings such as guacamole, sour cream drizzle, salsa and pickled red onion. Feel free to get creative!!

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SRIRACHA BEEF TRAY BAKE

Time: 25 minutes

INGREDIENTS

For the crispy beef

450g sirloin steak

1 tbsp soy sauce

1 tbsp sriracha sauce

1 tsp garlic powder

¼ tsp 5 spice

1 tbsp cooking oil

40g corn flour

3 onions, thinly sliced

2 peppers, deseeded and sliced

Sauce

3 tbsp sriracha

2 tsp soy sauce

3 tbsp honey

200g broccoli, diced into bite sized pieces

Rice, for serving

INSTRUCTIONS

1. Trim any thick fat from your steak and cut into thick bite sized strips, then place into a bowl with the soy sauce, sriracha sauce, garlic powder, oil and five spice. Toss the steak strips through the marinade, then set aside.

2. Add the prepared onions and peppers to the Air Fryer and Air Fry at 165°C for 12 minutes, turning halfway through.

3. Once cooked, remove the veggies from the air fryer basket and set aside to keep warm.

4. Select Air Fry again, and set to 9 minutes at 205°C. Allow the air fryer to preheat.

5. Toss the corn flour through the beef strips, until each piece is evenly coated and once prompted add the beef to the air fryer basket.

6. Make the sauce by combining the sriracha, soy sauce and honey in a mug. Microwave until hot and bubbling.

7. Once the cook time is up, move the beef strips over to leave ¼ of the basket free, and add the broccoli. Drizzle with oil and Air Fry for a further 4 minutes at 205°C.

8. Once cooked, add the beef and broccoli to your warm peppers and onions, pour over the sauce and toss.

9. Dish up with a portion of rice and serve immediately.

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CRISPY TOFU BAHN MI

Time: 26 minutes

INGREDIENTS

Crispy Tofu

450g extra firm tofu

1 packet of your favourite Asian marinade, we used Korean chilli

2 tbsp corn flour

Pickled carrots

1 carrot

40g white sugar

115ml white wine vinegar

½ tsp flaked sea salt

For Serving:

3 mini baguettes

Mayonnaise

Vegan pate of choice

½ cucumber, thinly sliced into long ribbons

Fresh coriander

Soy sauce

INSTRUCTIONS

1. Slice the tofu into 1cm thick strips. Then place the sliced tofu in your favourite marinade for 15 minutes.

2. Peel then slice the carrots into matchsticks. Combine the sugar, vinegar and salt in a bowl, and heat in the microwave until the sugar has dissolved. Add the carrots to a jar, then pour the warm pickling liquid over them.

3. Remove the firm tofu from the marinade, and wipe off excess marinade. Sift the cornflour over the tofu and toss to combine.

4. Place the tofu into the Instant Vortex Air Fryer basket, in a single layer, leaving some gaps between the pieces, to help them crisp evenly.

5. Select Air Fry, at 205°C for 11 mins. Cook until crispy.

6. When ready to serve, split the baguettes, then spread the mayonnaise on both sides.

7. Spread one side of your baguettes with pate, then add the pickled carrot, cucumber ribbons, the crispy tofu, and finish with fresh coriander. Shake over a few drops of soy sauce and serve immediately.

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GIANT FALAFEL

Cooktime: 25 minutes

INGREDIENTS

400g tin chickpeas
1/2 red onion, diced
25g parsley, chopped
80g courgette, grated
3 garlic cloves, crushed
1 tsp cumin
1 tsp salt
2 tbsp self-raising flour
2 tbsp chia or ground flax seeds

Cucumber Salad

1 cucumber
1/2 red onion
1 tsp lemon juice

25 g picked mint leaves
Salt and pepper

Yoghurt Sauce

250 ml full cream yoghurt
1 tsp lemon juice
Salt and pepper

INSTRUCTIONS

1. Place all the falafel ingredients into a food processor and pulse everything until the mixture just comes together and the chickpeas are in loose, breadcrumb-sized pieces (do not make a puree!)

2. Brush a baking tin (suitable size for your Air Fryer Basket) with a little oil then pour in the falafel mixture. Flatten and brush the top more oil, then place into the air fryer.

3. Select Air Fry at 185°C for 25 minutes.

4. While the falafel cooks, make the seasoned yoghurt sauce and cucumber salad.

Cucumber salad - Split the cucumbers in half down the middle, and remove the seeds then cut into bite sized pieces. Toss with salt and set aside. Finely slice the red onion and place in a bowl with a pinch of salt, and squeeze over some lemon juice and set aside to pickle and soften. Pick the mint leaves from the stems.

Yoghurt sauce - Mix the yoghurt with the lemon juice and season to taste with salt and pepper.

Once the falafel is cooked, cut into wedges, then serve with lemony yogurt and cucumber salad.

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ROASTED GARLIC AND TOMATO PASTA

Cooktime: 35 minutes

INGREDIENTS

500g/ 6 large tomatoes
1 garlic bulb
1 onion, thinly sliced
50ml water
60ml olive oil
60ml double cream
200g whole wheat penne pasta, cooked
Parmesan, to serve

INSTRUCTIONS

1. Remove the air fryer basket from the air fryer and remove the grill plate from the basket. Scatter the onions into the basket in an even layer. Top the onions with the halved tomatoes. Cut the top ¼ off the garlic bulb, then nestle it cut side down in the air fryer basket and pour over the oil and water.

2. Select Air Fry at 190°C for 35 minutes, or until the tomatoes and garlic are blistered, gooey and soft, and the onions are cooked through. If the tomatoes get a little too much colour on one side, flip them over and continue to air fry.

3. While the sauce roasts, cook the pasta to al dente according to the packet instructions. Then drain the pasta, but reserve a little starchy pasta water.

4. Add the tomatoes and onions to a blender along with the pan juices, then squeeze the garlic cloves from the skin into the blender jug. Discard the garlic skin.

5. Finally, add the cream then blend the sauce until smooth. Stir through a little of the pasta water to get the sauce to the consistency of double cream, then season the sauce with salt and pepper to taste.

6. Add the sauce into the pan with the drained pasta, and warm through and top with parmesan.

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KALE & CRISPY CHICKPEA SALAD

Time: 15 minutes

INGREDIENTS

400g tin chickpeas

250g kale

130g dates

Olive oil, salt and pepper as needed

Lemon dressing

Juice of 1/2 a lemon

60ml rapeseed oil

1 clove of garlic

1 Tsp dijon mustard

1 tsp honey

Tahini dressing

1/2 clove garlic

Half a lemon

3 tbsp Tahini

1 Tsp Honey

2–4 tbsp water

Pinch of sea salt

INSTRUCTIONS

1. Drain the chickpeas, and toss with a little olive oil, salt and pepper to taste.

2. Select Roast on your Air Fryer, at 180°C for 15 minutes, until crispy.

3. Meanwhile, make the lemon dressing but combining all dressing ingredients to a jar, then shake and allow it to rest and infuse.

4. Make the tahini dressing by grating the garlic into a bowl. Squeeze over the lemon and allow to sit for 3 minutes to mellow the raw garlic. Add the tahini and honey and stir together, then slowly stir in the water string to a pourable and spreadable consistency. Season well with salt to taste.

5. Prepare the kale by removing the woody stems, and chopping the leaves into bite-sized pieces.

6. Remove the garlic cloves from your lemon dressing and pour over the kale, massaging the kale to soften the leaves.

7. Roughly chop the dates and add to the kale with the crispy chickpeas.

8. Smear the tahini dressing on the bottom of a large serving platter with the kale salad on top.

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DUTCH BABY

Time: 10 minutes

INGREDIENTS

For the Dutch Baby

80g flour

1 pinch salt

2 eggs

1 tbsp water

1 Tsp dijon mustard

1 Tsp chopped parsley

90 ml full-fat milk

1 ball of fresh mozzarella

For the herby salad

1/2 red onion, thinly sliced

1 handful of your favourite herbs

1 handful of wild rocket

1 1/2 tbsp apple cider

2 tsp olive oil

Salt and pepper, as needed

INSTRUCTIONS

1. Add the flour and salt to bowl and whisk to combine. Then add the eggs, water, parsley, dijon and milk into a separate jug and whisk until combined. Make a well in the centre of the flour, then pour in the wet ingredients and stir until the batter comes together. Place the batter in the fridge to rest.

2. While the batter rests, make the herb salad by combining thinly sliced the red onion, then toss with the oil and vinegar, as well as a pinch of salt and pepper and a generous pinch of sugar. Set aside, tossing occasionally until the onions soften and lightly pickle.

3. Once ready to cook, select Air Fry and set to 200°C for 10 minutes. Oil a tin and and put it into the basket to heat with the air fryer.

4. Once prompted to add food, pour the batter into a well oiled tin and air fry until golden brown and puffy and cooked in the middle.

5. Once cooked, remove from the pan onto a serving plate and top with the onion mixture, herbs and rocket and mozzarella.

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BAKED MUSSELS

Cooktime: 13 minutes

INGREDIENTS

140g cured chorizo

3 large tomatoes

3 garlic cloves - 1 sliced,
2 grated

1kg mussels

10g chopped parsley

3 tbsp olive oil

Bread, for serving

INSTRUCTIONS

1. Halve the chorizo down the center and cut it into half-moon chunks and set aside.
2. Halve the tomatoes and place them into the air fryer cut side up. Sprinkle with salt and pepper and add a thin slice of garlic to each tomato.
3. Select Roast on the air fryer at 165°C for 6 minutes.
4. Once the tomatoes have softened, remove the sliced garlic, then place the chunks of chorizo around your tomatoes and roast for a further 1 minute at 205°C until the chorizo is slightly crisp and the oils are beginning to release.
5. Grate the remaining two garlic cloves and add it to the olive oil. Toss the mussels in the garlic-infused oil and add them to your air fryer nestled around the tomatoes and chorizo, so they are evenly spread.
6. Select Roast again, at 190°C for 5 minutes, until the mussels open. Stir the mussels once, halfway through cooking to ensure they roast evenly.
7. Once the mussels are ready, scoop them into a large serving bowl. Remove the air fryer grate to reveal the juices underneath, and pour over the mussels for added flavour. Top with chopped parsley and serve with your favourite bread for dipping.

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SPEEDY CITRUS SALMON

Cooktime: 8 minutes

INGREDIENTS

40g butter, softened

8g piece fresh ginger, peeled

1 clove garlic, grated

1 tbsp sriracha

1 orange

1 lemon

750g salmon fillet

Rice and salad, for serving

INSTRUCTIONS

1. Add the butter to a bowl with the garlic, ginger and sriracha. Add the zest from the orange and the lemon, and mix all together.
2. Select Grill on your air fryer and set to 205°C at 8 minutes.
3. While the air fryer preheats, slice the orange.
4. When prompted to add food, add the sliced orange to the air fryer basket and place the salmon on top, with the butter smeared on top.
5. After 8 minutes, the salmon will be slightly underdone in the middle, and flakey on the outside. Alternatively, if you like it cooked all the way through, Grill for an extra 2 minutes.
6. Once the salmon is ready, remove it from the air fryer and serve with your remaining lemon, cut into wedges, plus rice and salad for serving.

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SMASHED POTATOES

Time: 30 minutes

INGREDIENTS

Potatoes, 1 per person

Olive oil

Salt and Pepper

Mozzarella, bacon and Kale for topping

INSTRUCTIONS

1. Preheat your Air Fryer on Bake at 190°C for 25 minutes.
2. Toss the potatoes with olive oil and generously season with salt and pepper, then place into the air fryer until soft.
3. Smash the potatoes with a coffee cup or any other similarly-sized, heavy object you have handy.
4. Place the potatoes back into the air fryer topped with crispy bacon, mozzarella and kale.
5. Continue to air fry the potatoes, for an extra few minutes until the cheese is golden and bubbly.

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CRISPY STUFFED OLIVES

Time: 8 minutes

INGREDIENTS

150g pitted green olives

50g feta cheese, sliced into thin batons

60g panko breadcrumbs

Flour dredge

100g flour

1 tsp garlic powder

1 tsp smoked paprika

1 tsp fine salt & pepper

Egg wash

1 egg, beaten

1 tbsp water

Dipping sauce

1 spring onion

80ml greek yoghurt

Salt & pepper, to taste

INSTRUCTIONS

1. Stuff each olive with a thin batons of feta.
2. In one bowl, add the breadcrumbs. In a second bowl add the flour dredge ingredients. And in a third the egg wash.
3. Toss the olives into the flour, then into the egg, then back into the flour and again in the egg. Finally, add the double-dipped olives to the panko and toss to coat evenly. Repeat for each olive.
4. Place into the air fryer and cook at 195°C for 8 minutes or until golden brown.
5. Meanwhile, make the yoghurt dipping sauce by finely chopping the spring onion, then combine with the yoghurt and salt & pepper.
6. Once the olives are crispy, remove from the fryer and serve with the spring onion yoghurt dip.

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EASY BREAD ROLLS

Cooktime: 17 minutes (+ proofing time)

INGREDIENTS

6g Yeast
3 tbsp warm milk
20g sugar
270g flour
¾ tsp salt
3 tbsp water
25g butter
Tangzhong
30g flour
80g water
50g milk
1 egg

Additional melted butter for brushing the rolls (optional)

INSTRUCTIONS

1. Add the yeast, just warm milk and water, along with half of the sugar, then whisk to combine. Set aside to get foamy (about 5 minutes)
2. For the Tangzhong, Combine the flour, water and milk, and whisk until smooth. Pop the mixture in the microwave and stir every 20 seconds until the flour and water creates a thick, gloopy paste.
3. Add the butter to the tangzhong mixture and stir until combined. Add the egg, then quickly whisk this into the mixture.
4. Make the dough by adding the flour, salt and remaining sugar in a bowl. Once the yeast is foamy, whisk the yeast mixture into the wet ingredients, then form a well in the flour and pour in the mixture. Stir until evenly mixed - it will be thick and sticky. Leave to proof for 1-2 hours.
5. Once tripled in volume, punch the dough down. then briefly mix in the bowl to get rid of any bubbles, then turn out on a floured surface, Roll into a sausage shape, then divide into 12 evenly sized pieces.
6. Dust the balls in flour to prevent sticking, and using lightly oiled hands, push the dough balls into a disk. Gather the edges of the disk into the center to form a tight ball, then roll the ball between your hands to smooth out the shape. Repeat with the remaining dough balls, then place all the dough balls onto your lightly oiled baking sheet, leaving a slight gap between each ball to allow for room to prove for 30 minutes.
7. Once ready to bake, preheat the air fryer. Select Bake at 165°C for 17 minutes. The rolls will be hollow sounding when tapped, if cooked through completely. Brush the rolls in a little melted butter for a lovely glossy finish.

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BANOFFEE FRENCH TOAST BAKE

Cooktime: 20 minutes

INGREDIENTS

2 large bananas
8-10 crumpets
Chopped nuts for serving optional
Caramel
60g dark brown sugar
1 tin coconut cream
Pinch of salt
Custard
300ml Vegan milk preferably full fat, barista style for creaminess
3.5 tbsp cornflour
1 Tsp Vanilla paste or essence
5 tbsp sugar
Scant ¼ tsp turmeric
Pinch of salt

INSTRUCTIONS

1. Make the caramel. Using an instant pot using the saute function, or in a saucepan, heat the brown sugar and stir for 1 minute. Pour in 125ml of your coconut cream and stir to combine. Bring to a boil and then reduce to a simmer until the caramel has thickened. Stir occasionally, then season the caramel with salt to taste and set aside.
2. Make the custard. In a clean inner pot, or an additional saucepan, add a splash of non dairy milk to a cold pan, along with the cornflour. Whisk until no lumps remain. Whisk in the remaining coconut cream, remaining milk, vanilla paste, sugar, turmeric and salt. Whisk well to combine. Continuously stir the custard with a silicone spatula for 6 to 8 minutes or until thickened.
3. To assemble, slice the bananas into rounds and layer into a baking dish that fits your air fryer. Pour the caramel sauce over the sliced banana in an even layer, but save a little for the topping. Slice the crumpets in half. and place cut side down into the baking dish, with the rounded part sticking up. Pour the custard over the crumpets, and leave to soak for 20 minutes or make it in advance pop it in the fridge and soak overnight.
4. Once ready to cook, scatter over a little more sugar then place into the air fryer.
5. Select Bake and set the time to 20 minutes and temperature at 170°C.
6. Once cooked, top with nuts if desired and serve immediately.





CHOCOLATE POTS

Time: 9-14 minutes

INGREDIENTS

100g butter
200g dark chocolate
3 eggs
100g caster sugar
2 tbsp flour
Pinch of flaked sea salt
Cream or Ice cream, for serving

INSTRUCTIONS

1. Melt the butter and chocolate together in a microwave, stirring every 30 seconds. Once fully melted and combined, set aside.
2. Whisk the eggs and sugar together. Slowly drizzle the hot chocolate mixture into the eggs whisking constantly to stop the eggs from scrambling. Add the flour.
3. Once well combined, divide the mixture between 4 or 6 oven-safe ramekins (yield will vary depending on your ramekins) then sprinkle a little flaked sea salt over the top of the pots.
4. Select Bake on your air fryer at 190°C. Cook for 9-10 minutes (small ramekins) or 13-14 minutes (larger ramekins) until the top is set, but the middle is still gooey.
5. Serve immediately with cream or ice cream.

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EASY CHOCOLATE SHEET CAKE

Time: 28 minutes

INGREDIENTS

120g plain flour
40g cocoa powder
1 tsp baking powder
3/4 tsp baking soda
1/2 tsp sea salt
200g brown sugar
1 tsp espresso powder
125ml boiling water
130g buttermilk
60ml vegetable oil
1 large egg
1 tsp vanilla extract
Icing
60g butter
65g cocoa powder
260g icing sugar
100ml milk
1 tsp vanilla
1/2 tsp salt
Sprinkles to finish

INSTRUCTIONS

1. Add the flour, cocoa, baking powder, baking soda and salt to a large mixing bowl, and mix well.
2. In a separate bowl, combine the sugar, espresso powder and boiling water, this allows the sugar to melt and the coffee to dissolve.
3. Add the buttermilk, vegetable oil, eggs, and vanilla to the flour mixture and mix together until well combined. Gradually add the espresso mixture and mix until just combined. Pour the batter into a baking paper lined dish, and spread evenly.
4. Select Bake and set to 160°C at 28 minutes. Allow the air fryer to pre heat.
5. When prompted, add the cake tin to the air fryer draw and cook until a skewer in the centre comes out clean. Remove the cake from the VersaZone and allow to cool completely before icing.

While the cake cooks, make the icing. Sift the cocoa powder and icing sugar to eliminate clumps, then add the milk, vanilla and salt and combine until smooth and creamy. Beat the icing with an electric mixer until light and fluffy.

Spoon the icing over the cake, in an even layer, then cover with sprinkles to finish.

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PUMPKIN CAKE

Cooktime: 55 minutes

INGREDIENTS

180g flour
3/4 tsp baking powder
3/4 tsp bicarb of soda
1 1/2 tsp mixed spice
1/2 teaspoon cinnamon
Pinch salt
1 smashed banana
200ml oil
3 eggs
200g brown sugar
220g Grated pumpkin
Icing
40g butter
100g cream cheese
150g icing sugar
Serving
50g chopped pecans
1tsp mixed spice

INSTRUCTIONS

1. Sift the dry ingredients into a bowl.
2. In another bowl whisk the eggs and the sugar together, then whisk in the oil and mashed banana.
3. Make a well in the dry ingredients, then add in the wet ingredients. Stir the cake batter until just combined.
4. Line the base of a 20cm cake tin with a circle of baking paper. Lightly grease the sides of the tin, then pour in the batter.
5. Select bake on your air fryer and set to 160°C for 55 mins. Once the air fryer has preheated, pop the cake tin inside and bake until a skewer inserted into the cake comes out clean.
6. While the cake bakes, prepare the icing by mixing all the ingredients together until smooth.
7. Once cooked, remove the cake from the air fryer basket. Set aside to cool completely (about 20-30 minutes)
8. Spread the icing over your cooled cake, then decorate with chopped pecans and a dusting of mixed spice.

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OAT COOKIE CAKE

Cooktime: 13 minutes

INGREDIENTS

120g rolled oats
1/2 banana
80ml milk of choice
1/2 tsp baking powder
1/4 tsp flaked sea salt
1 egg
1 tbsp honey
1 square dark chocolate, diced

INSTRUCTIONS

1. Place the oats, banana, milk, baking powder, salt, egg and honey in a blender. Blend for 1 minute on high until well combined and the oats are a fine puree.
2. Pour the mixture into a 250ml ramekin.
3. Select Bake on your air fryer, at 177°C for 13 minutes, and add the ramekin once prompted.
4. Bake until golden brown and cooked through, then sprinkle with diced chunks of chocolate and serve immediately.

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Make your Air Fryer
Amazing