



**OUR FAVE  
VEGGIE**  
*Recipes*

We've picked some of our favourite vegetarian air fryer recipes to give you all the veggie inspo you need for tasty plant-based meals!

Thanks to the Vortex Air Fryer you can get meals made in no time, with all the tasty crunch you know and love using minimal oil.

Healthy, delicious, even meat-eaters will enjoy these meat-free dishes!

Please note: Cooking time = Time set on Air Fryer from start to finish. Does not include any preparation time or preheating time.

16th-22nd May  
National  
Vegetarian  
Week



## *Discover Amazing*

CHEESE, ONION AND POTATO PASTY

CAPRESE SPIRAL TART

NO KNEAD ROLLS

AUBERGINE KATSU CURRY

CRISPY TOFU BAHN MI

AUBERGINE BURGER

CRISPY GLAZED TOFU

ULTIMATE AUBERGINE AND GRAINS

SALT AND PEPPER FRIES

CHEESY, TARRAGON AND SOY BEAN QUICHE

STUFFED BURRATA BOMBS

## CHEESE, ONION AND POTATO PASTY

*Cook time: 50 minutes (+cooling time)*

### INGREDIENTS

2 onions, sliced  
2-3 potatoes, cubed  
1 tbsp butter  
1 tbsp flour  
150ml milk  
1 tbsp Worcestershire Sauce  
2 tsp English Mustard  
200g double Gloucester, Grated  
1 sheet Puff Pastry  
1 egg, beaten  
Oil, salt and pepper as needed

### INSTRUCTIONS

1. Slice the onions and cook on a high heat in a pan, or using Saute on an Instant Pot. Turn it down to medium after a few minutes of cooking so it can caramelise slowly.
2. Toss the potatoes in a little oil, salt and pepper and place into your Air Fry.
3. Air fry the potatoes on Roast at 180°C for 15-20mins until fork tender.
4. Once onions are nicely cooked and caramelised, add in the butter and flour and cook out for 2-3 mins. Then add in the milk and simmer for further 5 mins until thick and creamy before adding the mustard and Worcestershire sauce.
5. Fold in the cheese and incorporate it all together until it has completely melted, then set the mixture aside to cool.
6. While the mixture is cooling, roll out the puff pastry and cut into 4 circles using a bowl or a cutter.
7. Place an even amount of cooled filling in the pastry cut-outs, fold over and crimp the edges with a fork so the filling remains inside while baking, then egg wash each pasty.
8. Cook the pastys on the Bake at 170°C for 25-30 mins, until cooked through and crispy.



## CAPRESE SPIRAL TART

*Cooktime: 40 minutes*

### INGREDIENTS

1 tbsp fresh parsley  
1 tbsp fresh dill  
250g ricotta  
1 ball mozzarella  
200g sundried tomatoes  
60g parmesan, grated  
Salt and pepper, to taste  
6 large courgettes  
5 eggs  
120ml cream  
Salad and bread, for serving

### INSTRUCTIONS

1. Finely chop the parsley and dill and add to a bowl, with the ricotta, roughly chopped mozzarella and sundried tomatoes.
2. Add the grated parmesan, plus salt and pepper and mix until combined.
3. Rinse, then top and tail the courgettes. Slice the courgette lengthways into 1 mm thick slices, ensuring they are thin enough to roll up without breaking.
4. Butter a baking dish that is suitably sized for your Instant Vortex Air Fryer.
5. Lay a strip of courgette onto a chopping board and add a spoonful of the ricotta mixture to one end, then roll the courgette around the filling to make a squat cigar. Nestle the courgette rolls side by side in the baking dish. Continue to do this until your oven dish is full.
6. Whisk the eggs and cream together, with a generous pinch of salt and pepper, then pour the egg mixture around the stuffed veggie spirals.
7. Place the dish into your air fryer and close the draw.
8. Select Bake for 40 minutes at 150°C or until the eggs are set and the bake no longer jiggles.
9. Serve immediately along with a bright green salad, and some fresh bread.



## NO KNEAD ROLLS

*Cooktime: 17 minutes (plus proofing time)*

### INGREDIENTS

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

Additional melted butter, for brushing the rolls

1 Egg

### INSTRUCTIONS

1. Whisk together the yeast, warm milk, water and half the sugar. Set aside to get foamy (about 5 minutes)
2. Meanwhile, make the Tangzhong by combining 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, then quickly whisk in the egg.
4. Make the dough by adding the flour, salt and remaining sugar in a bowl. Form a well in the dry ingredient, then add the foamy yeast mixture.
5. Using a spatula or wooden spoon, stir the mixture until no traces of flour remain, and the dough is evenly mixed. The dough will be thick and sticky.
6. Cover the dough with a damp tea towel and allow to rise until tripled in volume, about 1-2 hours, then punch down to get rid of any bubbles.
7. Turn the dough out onto a floured surface, roll it into a sausage shape, then divide into 12 evenly sized pieces.
8. 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 slightly oiled baking sheet, leaving a slight gap between each ball, then leave to prove for 1 hour.
9. Bake in the air fryer at 165°C for 17 minutes. The rolls will be hollow sounding when tapped, if cooked through completely.
10. Brush the rolls in a little melted butter for a lovely glossy finish.



## AUBERGINE KATSU CURRY

*Cooktime: 30 minutes*

### INGREDIENTS

1-2 large aubergines

Salt

1 carrot, peeled and grated

1 large onion, diced

3 cloves garlic, crushed

4 cm piece ginger, peeled and grated

1 tsp sugar

2½ tbsp curry powder

1 tbsp tomato paste

1 tsp turmeric

250ml coconut milk

350ml vegetable stock

2 tbsp soy sauce

70g flour, plus extra for dusting the aubergine

80ml water

250g panko breadcrumbs

Jasmine rice, for serving

### INSTRUCTIONS

1. Slice the aubergine into 1cm thick rounds, you will need atleast 9-12 slices. Cover the aubergine in salt, and set aside whilst you make the curry.

2. Select Saute on your Instant Pot, or using a frying pan, cook the carrot and onion in a little oil until soft and translucent.

3. Add the garlic and ginger and saute for another minute, then sprinkle in the sugar, curry powder, a bit of salt and the tomato paste, and stir to combine.

4. Add the coconut milk and stock and simmer for 4-5minutes and then blend the sauce until very smooth. Add the soy sauce and set to one side.

5. Pat the aubergine dry with a paper towel, then drop them into a bowl with the plain flour to cover each piece.

6. Add 80ml water and ½ teaspoon of salt to the flour and mix to combine.

7. Add the floured aubergine into the batter, then into the panko breadcrumbs, and repeat for all the slices.

8. Place the breaded aubergine into the air fryer basket and spritz with oil. Select Air Fry at 190°C for 20minutes. Cook until crisp and golden.

9. Meanwhile, cook your rice as per the packet instructions, or in your Instant Pot.

10. Once the aubergine is crispy and rice cooked, warm your katsu sauce then divide the rice between each serving bowl. Top with the aubergine katsu and warm katsu sauce and serve immediately.





## CRISPY TOFU BAHN MI

*Time: 11 minutes (+ marinating time)*

### INGREDIENTS

450g extra firm tofu  
1 packet of your favourite Asian marinade  
2 tbsp corn flour  
*Pickled carrots*  
40g white sugar  
115ml white wine vinegar  
½ tsp flaked sea salt  
1 carrot, peeled and sliced into matchsticks  
1 jalapeno chilli, sliced into rounds  
*For Serving*  
3 mini baguettes  
Mayonnaise  
Vegan pate of choice  
½ cucumber, cut into 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. 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 with the jalapeno and leave to pickle.
3. Remove the firm tofu from the marinade, and wipe off excess marinade. Sift the cornflour over the tofu and toss to combine.
4. Cook the tofu on Air Fry at 205°C for 11 minutes and cook until crispy.
5. When ready to serve, split the baguettes, then spread the mayonnaise on both sides.
6. Spread one side of your baguettes with pate, then add the pickled carrot and jalapeno, cucumber ribbons, your crispy tofu, and finish with fresh coriander. Shake over a few drops of soy sauce and serve immediately.



## AUBERGINE BURGER

*Time: 12 minutes*

### INGREDIENTS

1 peeled aubergine  
40g plain flour  
1 egg, beaten  
1 tsp water  
120g panko breadcrumbs  
1 tbsp oil  
Salt and pepper  
100g cabbage, shredded  
3 tbsp mayonnaise  
1 tbsp chilli flakes  
½ garlic clove  
2 brioche or soft rolls

### INSTRUCTIONS

1. Cut the aubergine into 1.5cm disks and season both sides with salt and freshly ground pepper.
2. Set up 3 shallow dishes, one with the flour, seasoned with a pinch of salt and pepper, one with the beaten egg mixed with 1 tsp water, and one with the breadcrumbs.
3. Dip the aubergine in the flour, then the egg and then the breadcrumbs covering the aubergine disk to form an even coating.
4. Air Fry the aubergine at 188°C for 12 minutes.
5. While the aubergine cooks make the slaw by combining the shredded cabbage with salt, pepper, mayonnaise, chilli flakes and garlic in a bowl.
6. To plate up, smear some mayonnaise on the base of your roll, then top with your aubergine and slaw and serve immediately.



## CRISPY GLAZED TOFU

*Time: 20 minutes*

### INGREDIENTS

*For the glaze*

60ml soy sauce

40g brown sugar

1 clove garlic, grated

2 tbsp Sriracha

2 tbsp Rice vinegar

*For the tofu*

280g Ready to cook pressed firm tofu

Oil

40g cornflour

2 tsp garlic powder

1 tsp fine salt

200g tenderstem broccoli

Jasmine rice, for serving

### INSTRUCTIONS

1. Combine the glaze ingredients, except the rice vinegar in a sauce pan or your Instant Pot. Saute until thick and sticky, then add the rice vinegar and combine.
2. While the glaze cooks, cook the tofu into 4 rectangular "steaks", then score each piece slightly before brushing with oil.
3. Mix the cornflour, garlic powder and salt together in a bowl and mix to combine, then toss the tofu pieces in the mixture until well coated.
4. Air Fry the tofu at 200°C for 20 minutes and the broccoli at 205°C for 5 minutes. If you are using a dual drawer air fryer, then you can set each drawer separately and SyncFinish so they end simultaneously.
5. Meanwhile, cook your rice as per the packet instructions, or in your Instant Pot.
6. Turn the tofu half way through cooking and once cooked, remove the tofu and coat it in the sticky glaze.
7. Divide your rice between two bowls, add the tenderstem broccoli, and glazed tofu. Drizzle over more glaze if you wish and serve immediately.

## ULTIMATE AUBERGINE AND GRAINS

*Cook time: 30 minutes (+8 minutes draining time)*

### INGREDIENTS

2 aubergines

2 tsp of your favourite Middle Eastern Spice Mix/Rub

150 g cherry tomatoes

Salt, pepper and oil, as needed

300g lentils

750ml water + 1 vegetable stock cube

(or precooked lentils)

*Tahini Dressing*

1½ tsp tahini

4½ tsp water

1½ tsp lemon juice

Salt and pepper

Your favourite pesto, for serving

### INSTRUCTIONS

1. Slice the aubergine by making 4 incisions through the length, but keep the top of the aubergine intact (leaving 3cm from the top uncut). Generously sprinkle salt into the slits, then set the aubergine aside in a colander in the sink for 8 minutes. The salt will draw out the bitter juices of the aubergine.
2. Pat the aubergine and slits dry with paper towel, then sprinkle the middle eastern spice mix between the layered cuts along with a grind of pepper. Rub a drizzle of oil on the skin of the aubergine with a pinch of salt and pepper.
4. Fan the aubergines open and Air Fry at 205°C for 30minutes. With 10 minutes left on the cooking timer, add the tomatoes to the air fryer too.
4. While the aubergine cooks, cook your lentils if not using precooked. Add the lentils, water and veg stock cube into the your Instant Pot and Pressure Cook for 4 minutes with a quick pressure release. Once cooked, season with salt and pepper and stir through a drizzle of olive oil.
5. Next combine all of the sauce ingredients to make your tahini dressing.
6. Once the aubergine is cooked, serve on top of the cooked lentils with the roasted tomatoes, tahini sauce and pesto on top.





## SALT AND PEPPER FRIES

*Time: 20 minutes*

### INGREDIENTS

½ tsp salt

¼ tsp pepper, freshly ground

½ tsp sugar

½ tsp 5 spice

1/2 tsp chilli flakes

1 onion, thinly sliced

1 pepper, diced into bite-sized chunks

3 potatoes, sliced into thick chips

Oil, as needed

1 spring onion, thinly sliced

### INSTRUCTIONS

1. Mix together the salt, pepper, sugar, 5 spice and chilli flakes and set aside.

2. Toss the prepared onions, peppers and potatoes with a drizzle of cooking oil.

3. Air Fry the vegetables at 175°C for 15 minutes.

4. Once the timer is up, remove the peppers and onions from the air fryer basket and place them into a large bowl. They should be soft and lightly browned at this point.

5. Shake the basket to settle the potato chips into an even layer and Air Fry again at 200°C for 5 minutes.

6. Once the potatoes are fully cooked, add them to the bowl with the pepper and onions and toss through the seasoning you made earlier. Top with the spring onion and enjoy.



## CHEESY, TARRAGON AND SOY BEAN QUICHE

*Time: 10 minutes*

### INGREDIENTS

2 Tortillas

70ml milk

120ml double cream

2 medium eggs

1 tsp dried tarragon

Salt and pepper

120g cooked spinach

40g cooked soya beans, or broad beans

80g cheddar, grated

Side salad, for serving

### INSTRUCTIONS

1. Place the tortillas into a circular tin. With a pair of scissors make 4 2cm cuts around the edges of the tortillas, helping them sit better in the dish.

2. Brush with oil and bake in your Air fryer at 170°C for 2 minutes.

3. Meanwhile, beat the milk, cream, eggs and dried tarragon together. Season with salt and pepper.

4. Roughly chop the wilted spinach and scatter over the tortilla base, along with the beans and 3/4 of the cheese, then pour the liquid mixture over the base and stir lightly if required. Top with the remaining cheese.

5. Bake at 145°C for 30-40 minutes, until set in the middle

6. Serve hot with a side salad.





## STUFFED BURRATA BOMBS

*Time: 25 minutes*

### INGREDIENTS

*Dough:*

140g self raising flour

170g 5% full fat yogurt

1/4 tsp salt

1 clove garlic

30 g butter

*Filling:*

2 tbsp pesto

2 low moisture burrata

½ tsp Dried mixed herbs

*Sauce:*

250g tomatoes

Salt and pepper

### INSTRUCTIONS

1. Mix the flour, yogurt and salt together until it forms a soft and sticky dough, then leave to one side.
2. Melt the butter, then grate in the garlic and mix until well combined.
3. Cut the dough in half, then roll each piece into rounds just under 1cm thick.
4. Spread a tbsp of pesto onto the centre of each piece of dough and top the pesto with the mozzarella balls.
5. Bring the edges of the dough together to enclose the burrata in the dough, pinching well to form a tight seam. Flip the balls over so the seam is on the bottom. Brush each burrata bombs with half of the garlic butter, then sprinkle on top the dried herbs.
6. Cook the burrata bombs on Bake for 170°C at 17mins and the tomatoes on Air Fry at 190°C for 25mins. If you are using a dual drawer air fryer, then you can set each drawer seperately and SyncFinish so they end simultaneously.
7. Once cooked remove the bombs and tomatoes from your Air Fryer.
8. Blend together the cooked tomatoes and remaining garlic butter until smooth and season to taste with salt and pepper.
9. Place the bombs on top of a generous spoon of sauce and serve immediately while gooey and hot.

Make mealtimes  
amazing

