

VORTEX PLUS DUAL DRAWER

Recipes



What's better than one air fryer drawer? Dual Air Fryer Drawers!

With 2 separate baskets in the new Instant Vortex Plus Dual Drawer Air Fryers, cooking has never been so convenient.

Whether a recipe that can be made two ways - think a meat and a vegan version of the same dish cooking at the same time; or a tasty recipe that requires two functions to be cooking simultaneously, we have all the recipe inspo you need to make the most out of your new air fryer!

SyncFinish to ensure dual drawer cooking ends simultaneously; or SyncCook to set the same settings in both drawers



Discover Amazing

FISH CAKES - 2 WAYS

CAULIFLOWER BITES WITH CHILLI SAUCE

KATSU BURGERS - CHICKEN AND AUBERGINE

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BBQ CHICKEN & BBQ SWEET POTATO BOWLS

PESTO SALMON AND GREEN BEANS

RICE PAPER ROLLS - 2 WAYS

STEAK AND CHIPS

LOADED BAKED POTATOES

FISH CAKES - 2 WAYS

Time: 6 minutes Servings: 4-6

INGREDIENTS

600g potatoes

2 garlic cloves

8g parsley

70g capers

4g dill

Zest 2 lemons

1 tsp salt

1/2 tsp pepper

45g Mayonnaise/vegan mayo

Coating:

130g flour

130g toasted breadcrumbs

45g mayonnaise use, vegan friendly as above

For the Salmon Fishcakes:

210g skinless and boneless salmon 2 x 105g tins

For the Jackfruit Fishcakes:

565g tin of jackfruit

3-5g nori chips plain or salt

INSTRUCTIONS

1. Peel the potatoes and cut into roughly 5cm chunks.

2. Place into a saucepan and cover in water, then bring to the boil. Cook until soft enough to mash.

3. While the potatoes boil, prepare your ingredients. Pick the fennel and parsley from any thicker stems and chop finely, then finely grate the garlic, and combine all in a bowl. Zest two lemons and add to the bowl, reserving the remaining lemon for serving.

4. Drain the jackfruit and place the flesh into a bowl of freshwater until needed.

5. Once the potatoes are cooked, mash them until smooth and add them to the bowl with the chopped herbs, capers, lemon zest, garlic. Season with salt and pepper. Lightly stir the mixture together, then stir in the mayonnaise and mix until just combined.

6. Divide the fishcake base into two separate bowls and add the salmon to one half, and then jackfruit and crispy nori to the other. Mix each bowl until just combined, then divide each mix into 4 and shape into fish cakes.

7. Prepare for dredging by putting the toasted breadcrumbs in one dish, the flour in another and the mayo mixed with a little water into a third.

8. Dip your fishcakes into the flour, then into the thinned mayo and finally into the breadcrumbs - making sure to lightly press the crumbs into the fish cake.

9. Place your fishcakes into your Instant Vortex – with the salmon fishcakes in one side and the jackfruit fishcakes in the other. Lightly spritz the fishcakes with olive oil spray whilst in the basket.

10. Select Air Fry on Drawer1 and set the temperature to 200°C and set the time for 6 minutes. Select SyncCook to mirror the cooking settings between drawers and press Start. When prompted to 'Turn food' flip the fishcakes

11. Once cooked, serve the fishcakes, alongside a salad, some more mayonnaise or tartar sauce and lemon wedges.





CAULIFLOWER BITES WITH CHILLI SAUCE

Time: 12 minutes Servings: 3-4

INGREDIENTS

400g cauliflower florets

Batter:

45g flour

45g corn flour

½ tsp baking powder

½ tsp garlic powder

1 ½ tsp salt

85ml water

Coating:

40g Crushed cornflakes

135g flour

Chilli sauce:

4-5 large red chillies

2 tbsp Maple Syrup or honey

30ml water

30g butter or plant-based alternative

INSTRUCTIONS

1. Cut the cauliflower florets into bite sized pieces, then steam until just softening.

2. Make the batter by mixing the batter ingredients together and place into a bowl.

3. In a second bowl, add the crushed cornflakes. And in the third bowl add the 135g flour, seasoned with salt.

4. Dunk the cauliflower florets a few at a time into the flour, then the batter and finally the cornflakes, ensuring the florets are all well coated in each. Repeat until all florets are coated.

5. Place the cauliflower into the one basket and the red chillies in the other.

6. Select Air Fry on the cauliflower drawer, setting the temperature to 205°C and the time for 12 minutes. Select Grill on the other drawer, setting the temperature to 205°C and the time for 11 minutes, then press SyncFinish to ensure both drawers finish at the same time.

7. Once the florets and chillies are cooked, open the baskets and place the crispy cauliflower in a bowl and set aside.

8. Pull the stems from the chillies and peel off most of the blackened skin. Place the chillies in a blender with the maple syrup/honey, water and butter, blending until smooth. Season to taste.

9. Toss the cauliflower florets in the sauce and serve immediately.



KATSU BURGERS - CHICKEN AND AUBERGINE

Time: 12 minutes Servings: 4

INGREDIENTS

2 chicken breasts, lightly pounded

1 peeled aubergine

80g plain flour

2 egg, lightly beaten

2 tsp water

240g panko or pre toasted breadcrumbs

2 tbsp oil

Salt and pepper, as needed

200g cabbage, thinly sliced

6 tbsp mayonnaise

1 garlic clove, chopped

4 brioche or soft rolls, for serving

INSTRUCTIONS

1. Season both sides of the chicken with salt and freshly ground pepper. Then 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 lightly beaten egg, mixed with the 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. Then repeat with the 2 x chicken breasts.

4. Place the prepared aubergine into one drawer of the air fryer, and the prepared chicken in the other. Select Air Fry and set the temperature to 188°C and the time to 12 minutes. Choose SyncCook to mirror the cooking settings between drawers and press Start.

5. While the aubergine and chicken 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, top with either chicken or aubergine, the slaw and serve immediately.

CRISPY FIVE SPICE PORK BELLY WITH CHARRED SESAME BROCCOLI

Time: 65 minutes Servings: 3-4

INGREDIENTS

Spice mix:

1 tsp salt

½ tsp sugar

½ tsp 5 spice

¼ tsp white pepper

Pork Belly:

900g boneless pork belly

1 tsp rice wine vinegar

50-70g coarse salt

Charred Sesame Broccoli:

350g tenderstem broccoli

1 tsp canola oil

2 tsp sesame oil

1 tbsp toasted black sesame seeds

Salt to taste

Rice in your Instant Pot
+ sauce of choice, for serving

INSTRUCTIONS

1. In a bowl, combine the spice mix ingredients together. Place the pork belly on a chopping board, skin side down and lightly score the meat about half a centimetre deep, at one-centimetre intervals. Rub the spice mix into the meat, massaging into the cuts. Should any spice mix touch the skin, wipe it off with a paper towel.
2. Flip the pork belly so the skin side is now facing up and use a sharp metal skewer to prick the pork skin lightly all over (do not pierce too deep). This is a crucial step to ensure the skin puffs during cooking. The more pricks you can make, the puffier the crackling will be, so take your time. Then, put the pork belly into the fridge, uncovered, overnight.
3. Once ready to cook, place a large piece of heavy duty tinfoil on a surface. Fold it in half to strengthen it. Place the pork into the middle of the foil and fold the foil into a snug shape around the belly meat. Fold and pinch the tinfoil as needed to secure the cooking juices, and ensure the foil doesn't reach up over the pork skin. Once complete the belly meat will be snugly wrapped in a foil tray, leaving the crackling exposed.
4. Using a pastry brush, brush the vinegar over the pork skin, then cover the skin in a layer of coarse sea salt. Do not let salt touch the meat, as it can become too salty. Carefully lower the pork belly into Drawer 1 of your Air Fryer.
5. Select Roast on this drawer and set the temperature to 160°C and the time to either 40 or 50 minutes – For a thin belly, choose 40 minutes, but a thicker belly choose 50 minutes.
6. Whilst the pork belly roasts, prepare your sesame broccoli. Wash the tenderstem and removing any stray leaves, then toss in a little vegetable oil. Season the broccoli with a pinch of salt.
7. When the pork has finished roasting, check that the meat is soft and tender, and then lift the salt layer from the skin to expose the crackling, and close the drawer again. Place the prepared tenderstem broccoli into the second drawer.
8. On drawer 1 (pork) select Air Fry and set the temperature to 205°C and time to 15 minutes. On drawer 2 (broccoli) select Grill, and set the temperature to 205°C and time to 5 minutes. Select SyncFinish to ensure both drawers finish at the same time.
9. Once cooked, the pork should have a crispy puffed skin and the broccoli should be just tender with a little bite, and some charring. Remove both from the drawers and set the pork aside in a warm spot for a quick rest before carving. Drizzle the sesame oil and toasted sesame seeds over the broccoli.
10. Plate up your sesame broccoli alongside steamed rice and sauce of choice, then cut the pork belly and serve.



BBQ CHICKEN & BBQ SWEET POTATO BOWL

Time: 22 minutes Servings: 2

INGREDIENTS

1 sweet potato
1 chicken breast
2 tbsp BBQ sauce
200g salad leaves
250g cherry tomatoes
200g black beans, drained and rinsed
60g your favourite cheese
1/2 red onion
1 lime
Salt and pepper

INSTRUCTIONS

1. Slice the sweet potato halfway through at 3mm intervals then brush half the BBQ sauce over the top and sprinkle with salt and pepper. Brush the remaining BBQ sauce on the chicken breast.
2. Place the potato in one drawer and select Air Fry, and set the temperature to 199°C and the time for 22 minutes. In the other drawer place the chicken breast inside and select Air Fry. Set the temperature to 188°C and the time for 8 minutes. Choose SyncFinish so the cooking programmes finish at the same time and press Start.
3. Whilst your potato and chicken cook, make the lime pickled red onion. Thinly slice the red onion, then squeeze over juice of a lime and hit it with a pinch of salt and set aside.
4. Once the potato and chicken are cooked, halve the cherry tomatoes, grate the 2 x cheeses and rinse the black beans.
5. Build your bowls by starting with a layer of salad greens in each, then halve the cherry tomatoes, black beans and cheese between the two. Slice the chicken and place in one bowl, then slice the sweet potato, then place in the other, before topping both with lime pickled red onion.





PESTO SALMON AND GREEN BEANS

Time: 12 minutes Servings: 2

INGREDIENTS

2 Salmon fillets

2 tbsp pesto

225g green beans

1 tbsp oil

Salt and pepper

Lemon slices, for serving

INSTRUCTIONS

1. Spoon a tablespoon of pesto onto each salmon fillet and smooth over the top.

2. Place the green beans into a bowl, and add the oil, and coat the beans so they are all lightly covered, then season with salt and pepper.

3. Select Air Fry on drawer 1. Set the temperature to 205°C and the time to 9 minutes. Select Air Fry on drawer 2. Set the temperature to 205°C and set the timer to 12 minutes. Press SyncFinish to ensure both drawers finish at the same time. Then press start.

4. When prompted to add food, put the salmon into drawer 1 and the green beans in drawer 2.

5. When prompted to turn food, give the beans a shake. You do not need to turn the salmon.

6. Serve with lemon slices

*With half of
the rolls filled
with chicken,
and half filled
with mushroom
-there's a rice
paper roll recipe
for whatever
diet!*



RICE PAPER ROLLS - 2 WAYS

Time: 11 minutes Servings: 4-6

INGREDIENTS

1 onion, halved and thinly sliced

4 medium carrots, peeled & julienned

150g cabbage, thinly sliced

4 cloves garlic, grated

5cm piece ginger, grated

4 spring onions, thinly sliced

1 tsp miso paste, optional

1 tbsp corn flour

1 chicken breast, cooked and shredded

300g chopped mushrooms, sautéed

1 tsp Lao Gan Ma chilli crisp, optional

16 rice paper wrappers

2 tsp sesame oil, for brushing

INSTRUCTIONS

1. Add 1 tbsp oil to a wok and stir fry the onions and carrots until starting to soften. Add the cabbage, garlic and ginger.

2. Remove the wok from the heat, then add the spring onions and miso.

3. Sieve over the corn flour and stir everything together. Season to taste with salt.

4. Divide the mixture in two. To one add the cooked shredded chicken, and to the other add the mushrooms and chilli crisp. Mix each flavour to combine.

5. Make the crispy rice dumplings, by dipping the rice paper wrapper into some warm water until coated, then lay it on a clean dry surface. Once it has softened and is pliable, add a few tablespoons of filling to the top ¼ of the wrapper. Fold the left and right sides of the wrapper in then roll the parcels together. Add another wrapper around the parcel, to create a double layer of rice paper. Then repeat the process for the remaining filling.

6. Brush the parcels with sesame oil, and place in the air fryer, with the mushroom parcels in one draw and the chicken in another.

7. Select Air Fry on Drawer 1 and set the temperature to 205°C and set the time for 11 minutes. Choose SyncCook to mirror the cooking settings between drawers.

8. When prompted to 'Turn food' flip the rice paper parcels over.

9. Once cooked, serve the crispy rice paper parcels with your choice of dipping sauce.



STEAK AND CHIPS

Time: 25 minutes (+1hr soaking) Servings: 2

INGREDIENTS

3 large potatoes

Vegetable oil, salt and pepper as needed

400g Fillet Steak, at room temperature

120g rocket

Lemon or balsamic (optional- for your rocket leaves)

Blender Bearnaise:

3 egg yolks

Dash of hot sauce

1 tsp vinegar

115g butter

2g tarragon

Salt, pepper, cooking oil as needed

INSTRUCTIONS

1. Wash the potatoes, then slice into batons just over 1cm thick. There's no need to peel them. Place into a large bowl and cover them with cold water, then set aside for 1 hour.
2. Once ready to cook, drain the chips and pat dry with paper towel. Toss them in a little vegetable oil, salt and pepper then place them into drawer 1 of your Instant Vortex.
3. Drizzle a little oil over your fillet steak, then season it generously with salt and pepper and place into Drawer 2.
4. Select Air Fry on drawer 1. Set the temperature to 190°C and set the timer for 25 minutes. Select Grill on drawer 2. Set the temperature to 205°C and set the timer to 10 minutes (rare-medium rare). Press SyncFinish to ensure both drawers finish at the same time.
5. Once the cooking cycle has finished, remove the steak, and cover it with foil, then a tea towel, to rest for 10 minutes, while you make the sauce and finish the chips.
6. Select Air Fry again on drawer 1, set the temp to 205°C and the time to 10 minutes, and let the chips cook for a further 10 minutes.
7. Meanwhile, make the bearnaise by adding the egg yolks, hot sauce, vinegar and salt to a jug, then use a stick blender to blend until smooth. Slowly drizzle the hot butter over the yolks, blending well as you go. Keep steaming in the butter until the sauce emulsifies and thickens, then stir in the chopped tarragon. Season to taste.
7. When the chips have finished, slice the rested steak into medallions, and plate up alongside the chips, rocket and drizzle the bearnaise on top.

LOADED BAKED POTATOES

Time: 43 minutes Servings: 2

INGREDIENTS

Crunchy Chickpea, Red Onion & Rocket Sweet Potato

1 sweet potato

¼ red onion

½ lime, juiced

60ml plain yogurt

1 x 400g tin of chickpeas, drained and rinsed

1 tsp taco spice

Rocket, for garnish

Salt pepper and oil, as needed

Crispy Black Bean Baked Potato

1 baking potato

1 small tomato

2 tbsp red onion, minced

1 tsp chopped fresh coriander

½ tin black beans, rinsed and drained

10g feta (about 1 ½ tbsp)

Salt pepper and oil as needed

INSTRUCTIONS

1. Prick the sweet potato and baking potato with a fork and coat both with a little oil, salt and pepper.

2. Place a potato into each drawer. Select Bake, set the temperature to 199°C and time to 35 minutes. Choose SyncCook to mirror the cooking settings in both drawers and press Start.

3. While the potatoes cook, prep the toppings.

For the sweet potato: Thinly slice the red onion, then squeeze over the lime juice and sprinkle with salt to help them soften faster. In one bowl, season the yogurt with salt and pepper and mix. In a second bowl, combine the chickpeas with 1 tbsp oil, taco spice, salt and pepper.

For the baked potato: Dice the tomato and combine in a bowl with the minced onion, coriander and some salt to taste and set to one side. Then rinse the black beans, and coat in a little oil.

4. Once the potatoes have finished cooking, add the chickpeas into the drawer with the sweet potato, and the black beans into the drawer with the baked potato.

5. Close the drawers, select Bake again on the sweet potato & chickpea drawer, and set the temperature to 199°C and time to 8 minutes. Select Bake on the baked potato & black bean drawer, and set the temperature to 199°C and time to 5 minutes. Choose SyncFinish so the cooking programmes finish at the same time and press Start.

6. To serve, smear the yogurt sauce over a plate, then place the sweet potato on top and split open. Add a few spoons of crispy chickpeas (save the remainder for snacking), pickled red onion and scatter some rocket on top.

And to serve the black bean potato, split the potato open, add the crispy black beans, chopped tomato mix and finish with feta.



Make mealtimes
amazing

