

Air Fryer Magic

50 Quick & Easy Recipes for Beginners



From Crispy Snacks to Full Meals —
Everything You Need to Master Your Air Fryer

PREMIUM COOKBOOK EDITION

Table of Contents

Welcome & Introduction	3
How to Use This Book	4
Air Fryer Basics & Cheat Sheet	5

Chapter 1: Breakfast

Crispy French Toast Sticks	7
Air Fryer Eggs in a Basket	8
Cheesy Hash Browns	9
Mini Blueberry Muffins	10
Cinnamon Donuts	11
Bacon & Egg Cups	12
Granola Clusters	13
Air Fryer Avocado Toast	14

Chapter 2: Snacks & Appetizers

Crispy Mozzarella Sticks	16
Loaded Potato Skins	17
Jalapeño Poppers	18
Air Fryer Spring Rolls	19
Crispy Chickpeas	20
Buffalo Cauliflower Bites	21
Garlic Parmesan Knots	22
Crispy Tortilla Chips	23
Stuffed Mushrooms	24
Crispy Avocado Fries	25

Chapter 3: Chicken & Meat

Crispy Fried Chicken	27
----------------------------	----

Honey Garlic Chicken Thighs	28
Air Fryer Chicken Wings	29
Juicy Chicken Breast	30
BBQ Chicken Drumsticks	31
Air Fryer Meatballs	32
Crispy Pork Chops	33
Air Fryer Steak	34
Turkey Burgers	35
Chicken Tenders	36
Lamb Chops with Herbs	37
Air Fryer Hot Dogs	38

Chapter 4: Seafood

Crispy Air Fryer Salmon	40
Coconut Shrimp	41
Fish & Chips	42
Garlic Butter Shrimp	43
Crab Cakes	44
Tuna Patties	45
Air Fryer Tilapia	46
Crispy Calamari	47

Chapter 5: Vegetables & Sides

Air Fryer French Fries	49
Roasted Broccoli with Garlic	50
Crispy Brussels Sprouts	51
Zucchini Chips	52
Air Fryer Corn on the Cob	53
Sweet Potato Fries	54
Roasted Cherry Tomatoes	55

Chapter 6: Desserts

Air Fryer Churros	57
Warm Chocolate Lava Cake	58
Cinnamon Apple Chips	59
Nutella Stuffed Donuts	60
Crispy Banana Fritters	61

Bonus Section

	Page 2	
7-Day Meal Plan		62
Cooking Chart & Resources		63

Welcome to Air Fryer Magic!

Congratulations on taking the first step towards healthier, crispier, and faster cooking! Whether you just unboxed your shiny new air fryer or it's been sitting on your counter waiting for inspiration, this book is designed specifically for you.

The air fryer has revolutionized home cooking. It allows us to enjoy the textures we love—crispy fries, crunchy wings, and golden vegetables—without the guilt of deep frying. But it's so much more than just a fryer substitute; it's a convection oven that roasts, bakes, and reheats with incredible speed.

In "Air Fryer Magic," I've curated 50 of the absolute best recipes for beginners. We skip the complicated techniques and hard-to-find ingredients. Instead, we focus on big flavors, simple preparation, and foolproof results. From quick breakfasts to impress your family, to snacks for game day, and elegant dinners that are ready in minutes, you'll find it all here.

Page 3

Let's get cooking!

How to Use This Book



Prep Time

Total time needed to wash, chop, and mix ingredients before cooking begins.



Cook Time

The actual time the food spends inside the air fryer basket.



Temperature

The optimal setting for crispy, cooked-through results. All temps are in Fahrenheit.



Pro Tips

Look for the orange boxes! These contain secret hacks for better flavor or easier cleanup.

Air Fryer Basics

The Golden Rules

- **Don't Overcrowd:** Air needs to circulate. Cook in batches if necessary.
- **Shake the Basket:** For fries, veggies, and nuggets, shake the basket halfway through cooking for even browning.
- **Use a Little Oil:** A light spray of olive or avocado oil helps food get crispy. Don't use non-stick aerosol sprays (like Pam) directly on the basket as they ruin the coating.
- **Preheating:** While not always mandatory, preheating for 3 minutes ensures an instant sear.

Temperature & Time Cheat Sheet				
Keep this quick reference guide handy for everyday cooking.				
Food Category	Food Item	Temp (°F)	Time (Min)	Action
Vegetables	Asparagus	400°F	6-8	Shake halfway
	Brussels Sprouts	380°F	15-18	Shake halfway
	Potatoes (Whole)	400°F	40-45	Pierce skin
Poultry	Chicken Breast	375°F	15-20	Flip halfway
	Wings	400°F	20-25	Shake often
	Thighs (Bone-in)	380°F	22-28	Flip halfway
Beef/Pork	Steak (Medium)	400°F	10-12	Flip halfway
	Bacon	350°F	8-10	Drain grease
Frozen	French Fries	400°F	15-20	Shake often
	Mozzarella Sticks	380°F	6-8	Don't burst!

Breakfast

Start your morning right with these quick, easy, and delicious air fryer breakfasts.

Crispy French Toast Sticks

Forget soggy French toast. The air fryer circulates hot air to create perfectly golden, crispy edges while keeping the inside fluffy and custard-like. Perfect for dipping!

PREP TIME

5 min

COOK TIME

8 min

TEMP

375°F

SERVES

2

Ingredients

- 4 thick slices brioche bread
- 2 large eggs
- 1/4 cup milk (or heavy cream)
- 1 tsp vanilla extract
- 1 tsp ground cinnamon
- 2 tbsp powdered sugar (for dusting)
- Maple syrup for serving

Nutrition per serving

Calories	285 kcal
Protein	10g
Carbs	38g
Fat	9g

Instructions

- 1 Preheat your air fryer to 375°F (190°C).
- 2 In a shallow bowl, whisk together the eggs, milk, vanilla extract, and cinnamon until well combined.
- 3 Slice the brioche bread into 3 or 4 thick sticks per slice.
- 4 Dip each stick into the egg mixture quickly (don't soak too long or they will break apart), shaking off excess liquid.
- 5 Place sticks in the air fryer basket in a single layer. Do not overlap.
- 6 Air fry for 8 minutes, flipping halfway through, until golden brown and crispy.
- 7 Remove, dust immediately with powdered sugar, and serve with warm maple syrup.



Pro Tip: Use day-old bread for the best results! Slightly stale bread absorbs the custard mixture better without getting mushy.

Air Fryer Eggs in a Basket

A classic comfort food made effortless. The toast gets perfectly crunchy while the egg cooks to your preferred doneness right in the center.

PREP TIME

3 min

COOK TIME

10 min

TEMP

350°F

SERVES

2

Ingredients

- 2 slices thick bread (Texas toast works well)
- 2 large eggs
- 1 tbsp butter, softened
- Salt and black pepper to taste
- Fresh chives, chopped

Nutrition per serving

Calories 220 kcal

Protein 12g

Carbs 22g

Fat 9g

Instructions

- 1 Use a biscuit cutter or a drinking glass to cut a hole in the center of each slice of bread.
- 2 Butter both sides of the bread (and the cut-out rounds).
- 3 Place bread in the air fryer basket. Carefully crack an egg into each hole.
- 4 Season the eggs with salt and pepper.
- 5 Air fry at 350°F for 8-10 minutes. 8 minutes for runny yolks, 10 minutes for set yolks.
- 6 Garnish with fresh chives and serve immediately.



Pro Tip: Don't throw away the cut-out rounds! Air fry them alongside the toast for little buttery dipping croutons.



Cheesy Hash Browns

Crispy on the outside, cheesy and soft on the inside. These homemade hash browns are far superior to the frozen patties.

PREP TIME	COOK TIME	TEMP	SERVES
10 min	15 min	380°F	4

Ingredients

- 2 large russet potatoes, peeled and grated
- 1/2 cup sharp cheddar cheese, shredded
- 1/4 cup onion, finely diced
- 1 egg, beaten
- 1/2 tsp garlic powder
- Salt and pepper to taste
- Cooking spray

Nutrition per serving	
Calories	195 kcal
Protein	8g
Carbs	28g
Fat	6g

Instructions

- 1 Squeeze the grated potatoes in a clean kitchen towel to remove as much moisture as possible. This is key for crispiness!
- 2 In a large bowl, mix potatoes, cheese, onion, egg, garlic powder, salt, and pepper.
- 3 Form the mixture into 4 patties.
- 4 Spray air fryer basket with oil. Place patties in the basket.
- 5 Spray the tops of the patties with oil.
- 6 Air fry at 380°F for 15 minutes, flipping halfway through, until dark golden brown.



Pro Tip: If your mixture feels too wet to hold shape, add a tablespoon of flour or cornstarch to bind it.

Mini Blueberry Muffins

Who knew you could bake in an air fryer? These mini muffins cook incredibly fast and come out moist and bursting with berries.

PREP TIME	COOK TIME	TEMP	YIELDS
10 min	12 min	325°F	12

Ingredients

- 1.5 cups all-purpose flour
- 1/2 cup granulated sugar
- 2 tsp baking powder
- 1/4 tsp salt
- 1/2 cup milk
- 1/3 cup unsalted butter, melted
- 1 large egg
- 1 cup fresh or frozen blueberries

Nutrition per muffin

Calories	135 kcal
Protein	3g
Carbs	21g
Fat	5g

Instructions

- 1 In a large bowl, whisk together flour, sugar, baking powder, and salt.
- 2 In a separate jug, whisk milk, melted butter, and egg.
- 3 Pour wet ingredients into dry ingredients and mix until just combined (do not overmix). Fold in blueberries.
- 4 Spoon batter into silicone muffin cups (fill them about 3/4 full).
- 5 Place cups in the air fryer basket. You may need to do this in two batches.
- 6 Air fry at 325°F for 12-14 minutes, or until a toothpick inserted comes out clean.



Pro Tip: Silicone muffin liners are essential for air frying. They are sturdy enough to stand on their own in the basket.



Cinnamon Donuts

The easiest donuts you will ever make. Using refrigerated biscuit dough creates a semi-homemade treat that tastes like it came from a bakery.

PREP TIME	COOK TIME	TEMP	YIELDS
8 min	8 min	350°F	8

Ingredients

- 1 can (16oz) refrigerated biscuit dough (Grand's style)
- 1/2 cup granulated sugar
- 2 tsp ground cinnamon
- 3 tbsp unsalted butter, melted
- Oil spray

Nutrition per donut	
Calories	185 kcal
Protein	3g
Carbs	31g
Fat	7g

Instructions

- 1 Open the can of biscuits and separate them.
- 2 Use a small round cutter (like a bottle cap) to cut a hole in the center of each biscuit to create a donut shape. Save the holes!
- 3 Lightly spray the air fryer basket with oil.
- 4 Place donuts in the basket (leave space for expansion). Air fry at 350°F for 6-8 minutes until golden.
- 5 While cooking, mix the sugar and cinnamon in a shallow bowl.
- 6 Remove donuts from air fryer. While hot, brush with melted butter and immediately toss in the cinnamon sugar mixture.
- 7 Air fry the donut holes for 3-4 minutes and coat them as well.



Pro Tip: Eat these warm! They are best enjoyed within an hour of cooking.

Bacon & Egg Cups

A low-carb keto dream breakfast. The bacon creates a crispy shell that holds the egg. Easy to grab and go!

PREP TIME

5 min

COOK TIME

12 min

TEMP

350°F

SERVES

4

Ingredients

- 8 slices bacon (standard cut, not thick)
- 4 large eggs
- 1/4 cup shredded cheddar cheese
- Salt and pepper
- Chopped chives or parsley

Nutrition per serving

Calories	245 kcal
Protein	18g
Carbs	1g
Fat	19g

Instructions

- 1 You will need 4 ramekins or silicone muffin cups that fit in your air fryer.
- 2 Wrap 2 slices of bacon around the inside edges of each cup to create a "wall". If there is extra bacon, press it into the bottom.
- 3 Crack an egg into the center of each bacon cup.
- 4 Sprinkle with cheese, salt, and pepper.
- 5 Place cups in the air fryer.
- 6 Cook at 350°F for 12-15 minutes. Check at 12 minutes—if the whites are set, they are done.
- 7 Run a knife around the edge to release and serve hot.

Page 12



Pro Tip: If using thick-cut bacon, par-cook the bacon in the air fryer for 3-4 minutes before lining the cups, otherwise it might be chewy.

Granola Clusters

Stop buying expensive store-bought granola. Making it in the air fryer is faster than the oven and creates incredible crunchy clusters.

PREP TIME

5 min

COOK TIME

10 min

TEMP

300°F

SERVES

8

Ingredients

- 2 cups rolled oats (old fashioned)
- 1/3 cup honey or maple syrup
- 1/4 cup coconut oil, melted
- 1/2 cup chopped nuts (almonds/pecans)
- 1/2 cup dried cranberries
- 1 tsp vanilla extract
- 1/2 tsp cinnamon

Nutrition per serving

Calories	220 kcal
Protein	5g
Carbs	32g
Fat	9g

Instructions

- 1 Line your air fryer basket with a piece of parchment paper or foil (poke a few holes for airflow).
- 2 In a large bowl, mix oats, nuts, cinnamon, honey, melted coconut oil, and vanilla. Stir until oats are well coated.
- 3 Spread the mixture onto the parchment paper. Press it down slightly to encourage clusters.
- 4 Air fry at 300°F for 10-12 minutes. Stir gently halfway through.
- 5 Remove basket and let it cool COMPLETELY before touching. It crisps up as it cools.
- 6 Stir in dried cranberries once cool.



Pro Tip: Do not skip the cooling step! The granola will feel soft when hot, but hardens into that perfect crunch as it reaches room temperature.

Air Fryer Avocado Toast

Elevate your brunch game. The sourdough gets unbelievably crisp in the air fryer, providing a sturdy base for creamy avocado.

PREP TIME

5 min

COOK TIME

5 min

TEMP

400°F

SERVES

2

Ingredients

- 2 slices sourdough bread
- 1 large ripe avocado
- 1 tsp lemon juice
- 1/2 tsp red pepper flakes
- Flaky sea salt
- Olive oil spray
- 2 fried or poached eggs (optional)

Nutrition per serving

Calories	280 kcal
Protein	9g
Carbs	30g
Fat	15g

Instructions

- 1 Lightly spray both sides of the sourdough slices with olive oil.
- 2 Place bread in the air fryer and cook at 400°F for 4-5 minutes until golden brown and toasted.
- 3 While bread toasts, mash the avocado in a bowl with lemon juice and a pinch of salt.
- 4 Spread mashed avocado generously over the hot toast.
- 5 Top with red pepper flakes and flaky sea salt. Add an egg if desired.



Pro Tip: Rub a raw garlic clove over the toasted bread before adding the avocado for a subtle garlic flavor.

Snacks & Appetizers

Game day favorites and party platters made healthier
without the deep fryer grease.

Crispy Mozzarella Sticks

The ultimate test of an air fryer, and these pass with flying colors. Crunchy seasoned breading giving way to an epic cheese pull.

PREP TIME

15 min

COOK TIME

8 min

TEMP

390°F

SERVES

4

Ingredients

• 8 mozzarella string cheese sticks

• 1/2 cup all-purpose flour

• 2 eggs, beaten

• 1 cup Italian seasoned breadcrumbs (or panko)

• 1 tsp garlic powder

• Marinara sauce for dipping

• Cooking spray

Nutrition per serving

Calories 320 kcal

Protein 18g

Carbs 28g

Fat 14g

Instructions

1 Cut string cheese sticks in half. Freeze them for at least 30-60 minutes (Crucial step!).

2 Set up 3 bowls: flour in one, beaten eggs in the second, and breadcrumbs mixed with garlic powder in the third.

3 Dip cheese into flour, then egg, then breadcrumbs.

4 ****Double Dip:**** Dip the breaded stick back into the egg, and then back into breadcrumbs. This prevents cheese leakage.

5 Freeze the breaded sticks for another 20 minutes.

6 Spray air fryer basket with oil. Place sticks in a single layer. Spray tops generously with oil.

7 Air fry at 390°F for 6-8 minutes. Watch closely at the end so they don't burst.



Pro Tip: Freezing is non-negotiable. If the cheese isn't frozen solid, it will melt into a puddle before the coating gets crispy.



Loaded Potato Skins

Restaurant-quality potato skins loaded with melty cheese and crispy bacon.

PREP	COOK	TEMP	SERVES
10 m	20 m	400°F	4

Ingredients

- 4 large russet potatoes, baked
- 1 cup cheddar cheese, shredded
- 4 strips bacon, cooked and crumbled
- 1/2 cup sour cream
- 2 green onions, sliced
- 1 tbsp melted butter
- Salt and pepper

Calories	385
Protein	15g

Instructions

- 1 Cut baked potatoes in half lengthwise. Scoop out flesh leaving 1/4 inch rim.
- 2 Brush skins with melted butter inside and out. Season with salt/pepper.
- 3 Air fry skins at 400°F for 5-8 mins to crisp up.
- 4 Fill with cheese and bacon.
- 5 Air fry 2-3 mins until cheese melts. Top with sour cream and onions.

Page 17



Pro Tip: Save the scooped out potato flesh for mashed potatoes!

Jalapeño Poppers

Spicy, creamy, and wrapped in savory bacon. The perfect party bite.

PREP	COOK	TEMP	YIELD
15 m	10 m	375°F	12

Ingredients

- 6 jalapeños, halved lengthwise, seeded
- 4 oz cream cheese, softened
- 1/2 cup cheddar cheese, shredded
- 6 slices bacon, cut in half
- 1/2 tsp garlic powder

Calories	145
Fat	12g

Instructions

- 1 Mix cream cheese, cheddar, and garlic powder in a bowl.
- 2 Stuff each jalapeño half with the cheese mixture.
- 3 Wrap a half-slice of bacon around each pepper; secure with toothpick if needed.
- 4 Air fry at 375°F for 10-12 minutes until bacon is crispy.



Pro Tip: Wear gloves when cutting peppers to avoid burning your eyes later!



Air Fryer Spring Rolls

PREP

20m

COOK

12m

TEMP

390°F

YIELD

8

- 8 spring roll wrappers
- 2 cups shredded cabbage
- 1 cup shredded carrots
- 1 cup bean sprouts

- 2 tbsp soy sauce

- 1 tsp sesame oil & ginger

1

Sauté veggies with soy sauce/ginger in a pan until soft. Cool.

2

Place filling in wrapper, roll tight, seal with water.

3

Brush with oil. Air fry 390°F for 10-12 mins, flipping once.

Crispy Chickpeas

These crunchy little bites are the ultimate healthy snack — packed with protein and seasoned to perfection. Once you try them air fried, you'll never go back to the bag. They're irresistibly addictive and endlessly customizable.

 PREP

5 min

 COOK

15 min

 TEMP

400°F

 SERVES

4

Ingredients

- 2 cans (15 oz) chickpeas, drained & rinsed
- 2 tbsp olive oil
- 1 tsp ground cumin
- 1 tsp smoked paprika
- ½ tsp garlic powder
- ½ tsp onion powder
- ½ tsp sea salt
- ¼ tsp cayenne pepper (optional)

Nutrition Per Serving

Calories 195

Protein 9g

Carbs 28g

Fat 6g

Page 20

Instructions

- 1 Pat chickpeas completely dry with paper towels — the drier, the crunchier.
- 2 Toss with olive oil and all spices until evenly coated.
- 3 Place in air fryer basket in a single layer.
- 4 Air fry at 400°F for 15 minutes, shaking every 5 minutes.
- 5 Let cool for 5 minutes — they crisp up even more as they cool.



Make sure chickpeas are VERY dry before seasoning.

Pro Any moisture will make them chewy instead of crunchy.

Tip: Try different spice combos like ranch or curry!

Buffalo Cauliflower Bites

All the flavor of classic buffalo wings — completely plant-based! These bites are crispy on the outside, tender on the inside, and coated in a fiery, buttery buffalo sauce. Perfect for game day or anytime you need a spicy kick.

⌚ PREP

10 min

🔥 COOK

15 min

📉 TEMP

400°F

👤 SERVES

4

Ingredients

- 1 large head cauliflower, cut into florets
- ½ cup all-purpose flour
- ½ cup buffalo sauce
- 2 tbsp unsalted butter, melted
- 1 tsp garlic powder
- Salt and pepper to taste
- Blue cheese or ranch dip, for serving
- Celery sticks, for serving

Nutrition Per Serving

Calories	175
Protein	6g
Carbs	22g
Fat	7g

Instructions

- 1 Toss cauliflower florets with flour, garlic powder, salt, and pepper.
- 2 Spray lightly with cooking oil. Air fry at 400°F for 10 minutes.
- 3 In a bowl, mix buffalo sauce with melted butter.
- 4 Remove cauliflower, toss in buffalo sauce mixture.
- 5 Return to air fryer and cook 5 more minutes until caramelized.
- 6 Serve immediately with blue cheese or ranch dip.



Don't overcrowd the basket — cook in batches for maximum crispiness. For extra heat, double the amount of buffalo sauce!

Garlic Parmesan Knots

Soft, pillowy dough twisted into beautiful knots, then bathed in golden garlic butter and showered with parmesan. These are bakery-quality rolls made in minutes with your air fryer. They're the perfect side for pasta, soups, or just on their own!

🕒 PREP

10 min

🔥 COOK

10 min

🌡️ TEMP

375°F

👤 SERVES

12 knots

Ingredients

- 1 can refrigerated pizza dough
- 4 tbsp unsalted butter, melted
- 4 cloves garlic, minced
- ½ cup freshly grated parmesan
- 2 tbsp fresh parsley, chopped
- ½ tsp Italian seasoning
- Pinch of sea salt
- Marinara sauce for dipping

Nutrition Per Serving

Calories 155

Protein 4g

Carbs 20g

Fat 7g

Instructions

- 1 Unroll pizza dough and cut into 12 equal strips.
- 2 Tie each strip into a loose knot, tucking ends underneath.
- 3 Mix melted butter with minced garlic and Italian seasoning.
- 4 Brush knots with half the garlic butter.
- 5 Air fry at 375°F for 8–10 minutes until golden brown.
- 6 Immediately brush with remaining garlic butter and top with parmesan and parsley.



Brush the knots with garlic butter TWICE — before and **Pro** after cooking — for maximum flavor. Serve hot for the **Tip:** best experience!



Crispy Tortilla Chips

Forget the bag — homemade tortilla chips from the air fryer are lighter, crispier, and infinitely more satisfying. Season them your way, from classic sea salt to chili-lime, and pair with your favorite salsa or guacamole for the ultimate snack.

PREP

5 min

COOK

6 min

TEMP

350°F

SERVES

4

Ingredients

- 6 corn tortillas, cut into triangles
- 1 tbsp olive oil
- ½ tsp sea salt
- ¼ tsp chili powder (optional)
- Zest of 1 lime
- Salsa or guacamole for serving

Nutrition Per Serving

Calories	120
Protein	2g
Carbs	20g
Fat	4g

Instructions

- 1 Cut each corn tortilla into 6 triangles (like a pizza).
- 2 Lightly brush or spray both sides with olive oil.
- 3 Season with sea salt, chili powder, and lime zest.
- 4 Arrange in a single layer in the air fryer basket.
- 5 Air fry at 350°F for 5–6 minutes, shaking halfway, until golden and crisp.
- 6 Cool for 2 minutes before serving — they crisp up further as they cool.

Work in batches! Overlapping chips will steam instead of crisp. Also try flour tortillas for a softer chip variation.

Pro

Tip:



Stuffed Mushrooms

Elegant, bite-sized mushrooms packed with a creamy, herby cheese filling. These are the ultimate party appetizer – easy to make, impossible to resist, and always the first to disappear from the table. Your air fryer makes them perfectly golden every time.

PREP
15 min

COOK
12 min

TEMP
375°F

SERVES
4

Ingredients

- 16 large white mushrooms, stems removed
- 4 oz cream cheese, softened
- 1/3 cup freshly grated parmesan
- 2 cloves garlic, minced
- 2 tbsp breadcrumbs
- 1 tbsp fresh thyme leaves
- 1 tbsp fresh parsley, chopped
- Salt and pepper to taste

Nutrition Per Serving

Calories	185
Protein	8g
Carbs	10g
Fat	13g

Instructions

- 1 Wipe mushrooms clean and remove stems. Pat caps dry.
- 2 Finely chop stems and mix with cream cheese, parmesan, garlic, herbs, salt and pepper.
- 3 Generously fill each mushroom cap with the cream cheese mixture.
- 4 Sprinkle breadcrumbs over each filled cap.
- 5 Air fry at 375°F for 10–12 minutes until golden and bubbly.
- 6 Let cool 2 minutes before serving. Garnish with extra parsley.



Don't skip drying the mushrooms – excess moisture **Pro** makes them soggy. Add a pinch of red pepper flakes to **Tip:** the filling for a subtle kick!



Crispy Avocado Fries

Creamy avocado wrapped in a crispy, golden crust — these are unlike any fry you've ever had. They're rich, satisfying, and totally guilt-free thanks to the air fryer. Serve with chipotle mayo for an appetizer that will blow everyone's minds.

PREP	COOK	TEMP	SERVES
10 min	10 min	400°F	3

Ingredients

- 2 firm-ripe avocados, sliced into wedges
- ½ cup panko breadcrumbs
- ¼ cup all-purpose flour
- 1 large egg, beaten
- 1 tsp garlic powder
- ½ tsp smoked paprika
- Juice of 1 lime
- Chipotle mayo for dipping

Nutrition Per Serving

Calories	265
Protein	7g
Carbs	24g
Fat	17g

Instructions

- 1 Set up a breading station: flour, beaten egg, panko mixed with garlic powder and paprika.
- 2 Gently coat each avocado wedge in flour, then egg, then panko.
- 3 Place in a single layer in the air fryer basket. Spray with oil.
- 4 Air fry at 400°F for 8–10 minutes until deep golden.
- 5 Squeeze lime juice over and serve immediately with chipotle mayo.

Use avocados that are ripe but still firm — too soft and they'll fall apart during breading. Serve immediately as **Tip:** they soften quickly!



Chicken & Meat

12 Hearty, Protein-Packed Recipes

Crispy Fried Chicken

Southern-style fried chicken with an impossibly crunchy coating — made with a fraction of the oil. Soaking in buttermilk ensures every piece is juicy and flavorful inside while the air fryer delivers that legendary golden crust. Pure comfort food, perfected.

 PREP	 COOK	 TEMP	 SERVES
20 min	25 min	375°F	4

Ingredients

- 4 chicken pieces (thighs/drumsticks)
- 1 cup buttermilk
- 1 cup all-purpose flour
- 1 cup seasoned breadcrumbs
- 1 tsp paprika
- 1 tsp garlic powder
- 1 tsp onion powder
- Salt and black pepper to taste

Nutrition Per Serving

Calories	420
Protein	38g
Carbs	28g
Fat	16g

Instructions

- 1 Marinate chicken in buttermilk for at least 30 minutes (or overnight).
- 2 Mix flour, breadcrumbs, paprika, garlic powder, onion powder, salt and pepper.
- 3 Remove chicken from buttermilk, letting excess drip off.
- 4 Coat thoroughly in the flour-breadcrumb mixture, pressing firmly.
- 5 Spray with oil. Air fry at 375°F for 20–25 mins, flipping halfway. Internal temp should reach 165°F.



Double-coat the chicken for extra crunch — dip in buttermilk again after the first coat of flour, then coat again!

Pro

Tip:

Honey Garlic Chicken Thighs

Sweet, sticky, and gloriously caramelized — these honey garlic chicken thighs are weeknight dinner perfection. The air fryer locks in all the juicy goodness while creating a lacquered glaze that's finger-licking good. Ready in under 30 minutes!

 PREP	 COOK	 TEMP	 SERVES
10 min	22 min	380°F	4

Ingredients

- 4 bone-in chicken thighs, skin-on
- 3 tbsp honey
- 4 cloves garlic, minced
- 2 tbsp soy sauce
- 1 tbsp olive oil
- 1 tsp fresh ginger, grated
- Salt and pepper to taste
- Sesame seeds & green onions for garnish

Nutrition Per Serving

Calories	355
Protein	32g
Carbs	18g
Fat	16g

Instructions

- 1 Mix honey, garlic, soy sauce, olive oil, and ginger in a bowl.
- 2 Season chicken thighs with salt and pepper. Coat in honey garlic sauce.
- 3 Place skin-side down in air fryer basket. Cook at 380°F for 12 minutes.
- 4 Flip chicken and brush with remaining sauce. Cook 10 more minutes.
- 5 Check internal temperature reaches 165°F. Rest 5 minutes before serving.
- 6 Garnish with sesame seeds and sliced green onions.



Reserve some sauce before marinating to brush on during cooking — never use sauce that touched raw chicken!

Pro

Tip:

Air Fryer Chicken Wings

The crispiest, most incredible chicken wings you'll ever make — no deep fryer needed. The secret is baking powder, which draws out moisture and creates an unbelievably crunchy skin. Toss in your favorite sauce for game-day wings that rival any restaurant.

 PREP	 COOK	 TEMP	 SERVES
10 min	25 min	400°F	4

Ingredients

- 2 lbs chicken wings, split at joint
- 1 tbsp baking powder (not soda!)
- 1 tsp sea salt
- 1 tsp black pepper
- 1 tsp garlic powder
- ½ cup buffalo sauce OR your choice
- 2 tbsp butter, melted
- Ranch or blue cheese for dipping

Nutrition Per Serving

Calories	380
Protein	35g
Carbs	2g
Fat	26g

Instructions

- 1 Pat wings completely dry. Toss with baking powder, salt, pepper, and garlic powder.
- 2 Refrigerate uncovered for 30 mins (or up to overnight) for extra crispiness.
- 3 Place in air fryer in a single layer. Cook at 400°F for 12 minutes.
- 4 Flip wings and cook 12–13 more minutes until deeply golden and crispy.
- 5 Mix sauce with melted butter. Toss cooked wings in sauce. Serve immediately.

 Baking powder is the REAL secret to crispy wings. It **Pro** raises the skin's pH level, helping it brown and crisp **Tip:** faster. Never skip this step!



Juicy Chicken Breast

Say goodbye to dry, rubbery chicken forever! The air fryer circulates heat so perfectly around chicken breasts that every single one comes out juicy, tender, and bursting with flavor. This simple recipe is your new weeknight staple that pairs with absolutely everything.

⌚ PREP

5 min

🔥 COOK

18 min

📉 TEMP

375°F

👤 SERVES

2

Ingredients

- 2 large chicken breasts (boneless, skinless)
- 1 tbsp olive oil
- 1 tsp garlic powder
- 1 tsp smoked paprika
- 1 tsp Italian seasoning
- ½ tsp onion powder
- Salt and black pepper to taste
- Fresh lemon wedges for serving

Nutrition Per Serving

Calories	280
Protein	48g
Carbs	2g
Fat	8g

Instructions

- 1 Pat chicken breasts dry. If thick, butterfly or pound to even thickness.
- 2 Rub all over with olive oil, then coat with all spices.
- 3 Place in air fryer basket, smooth side down. Cook at 375°F for 9 minutes.
- 4 Flip and cook another 9 minutes. Internal temp should reach 165°F.
- 5 REST for 5 minutes before slicing — this is crucial for juiciness!



ALWAYS rest your chicken before cutting. Cutting too early lets all those precious juices run out. The 5-minute **Tip:** rest makes a huge difference!

BBQ Chicken Drumsticks

Fall-off-the-bone tender drumsticks lacquered in a smoky-sweet BBQ glaze, cooked to caramelized perfection. These air fryer drumsticks are the ultimate crowd-pleaser — they look and taste like they came off a real grill, in a fraction of the time.

 PREP	 COOK	 TEMP	 SERVES
10 min	25 min	380°F	4

Ingredients

- 8 chicken drumsticks
- ½ cup BBQ sauce (your favorite brand)
- 1 tbsp brown sugar
- 1 tsp garlic powder
- 1 tsp onion powder
- 1 tsp smoked paprika
- ½ tsp cayenne pepper
- Salt and pepper to taste

Nutrition Per Serving

Calories	340
Protein	36g
Carbs	14g
Fat	15g

Instructions

- 1 Pat drumsticks dry. Mix dry spices and season chicken on all sides.
- 2 Air fry at 380°F for 15 minutes, turning halfway through.
- 3 Mix BBQ sauce with brown sugar.
- 4 Brush generously with BBQ glaze. Cook 5 more minutes.
- 5 Brush again with sauce. Cook final 5 minutes until deeply caramelized. Internal temp: 165°F.

 Apply BBQ sauce in multiple thin layers rather than one **Pro** thick coating — this builds up a beautiful lacquered **Tip:** glaze without burning!



Air Fryer Meatballs

Perfectly round, beautifully browned meatballs that are juicy on the inside with a delectable sear on the outside. The air fryer makes meatballs incredibly easy — no more babysitting a pan! Toss with marinara and pasta or serve as appetizers with toothpicks.

🕒 PREP

15 min

🔥 COOK

12 min

🌡️ TEMP

400°F

👤 SERVES

4

Ingredients

- 1 lb ground beef (80/20)
- ¼ cup panko breadcrumbs
- 1 egg, beaten
- 2 cloves garlic, minced
- ¼ cup freshly grated parmesan
- 1 tsp Italian seasoning
- 1 tsp onion powder
- Salt and black pepper to taste

Nutrition Per Serving

Calories	295
Protein	28g
Carbs	8g
Fat	16g

Instructions

- 1 Combine all ingredients in a large bowl. Mix gently — overworking makes tough meatballs.
- 2 Roll into 1.5-inch balls (about 20 meatballs).
- 3 Place in air fryer basket without touching. Spray lightly with oil.
- 4 Cook at 400°F for 10–12 minutes, shaking halfway, until browned. Internal temp: 160°F.
- 5 Serve with marinara sauce and fresh basil.



Wet your hands slightly before rolling — this prevents **Pro** the meat from sticking and helps you form perfectly **Tip:** smooth, round meatballs!

Crispy Pork Chops

These air fryer pork chops have a beautifully golden panko crust with a tender, juicy interior that'll make you rethink everything you thought you knew about pork. The dijon mustard acts as a flavor-packed binder that takes this dish to the next level.

 PREP	 COOK	 TEMP	 SERVES
10 min	15 min	400°F	4

Ingredients

- 4 bone-in pork chops (¾ inch thick)
- 1 cup panko breadcrumbs
- 1 egg, beaten
- 2 tbsp dijon mustard
- 1 tsp garlic powder
- 1 tsp dried rosemary
- ½ tsp smoked paprika
- Salt and pepper to taste

Nutrition Per Serving

Calories	365
Protein	34g
Carbs	16g
Fat	17g

Instructions

- 1 Season pork chops with salt, pepper, and garlic powder.
- 2 Mix panko with rosemary and smoked paprika.
- 3 Brush chops with dijon mustard (both sides), then dip in egg.
- 4 Press firmly into panko mixture, coating both sides well.
- 5 Spray with oil. Air fry at 400°F for 12–15 minutes, flipping once. Internal temp: 145°F.

 Don't skip the dijon — it acts as a flavor-packed "glue" **Pro** that helps the breadcrumbs adhere AND adds a **Tip:** wonderful subtle tang to the finished chop!

Air Fryer Steak

A perfectly cooked steak with a beautiful sear — right from your air fryer! It sounds impossible, but the intense circulating heat creates a gorgeous crust while keeping the inside exactly as pink as you like it. Finish with herb butter for a steakhouse experience at home.

 PREP	 COOK	 TEMP	 SERVES
5 min	14 min	400°F	2

Ingredients

- 2 ribeye steaks (1 inch thick)
- 1 tbsp olive oil
- 2 tsp sea salt (coarse)
- 1 tsp cracked black pepper
- 1 tsp garlic powder
- 2 tbsp unsalted butter
- Fresh rosemary sprigs
- 2 cloves garlic, crushed

Nutrition Per Serving

Calories	480
Protein	45g
Carbs	1g
Fat	32g

Instructions

- 1 Let steaks come to room temperature (30 mins). Pat dry with paper towels.
- 2 Rub with olive oil, then season generously with salt, pepper, and garlic powder.
- 3 Preheat air fryer to 400°F for 3 minutes.
- 4 Cook steaks: 7 mins each side for medium (adjust for preference). Use meat thermometer: 130°F=medium-rare, 140°F=medium.
- 5 Top with butter and rosemary. REST 5 minutes before serving.

 Room temperature steak is NON-NEGOTIABLE for **Pro** even cooking. And always rest it — cutting too soon **Tip:** loses all those beautiful juices!



Turkey Burgers

Juicy, flavorful turkey burgers that actually taste amazing — no more dry, bland health food! The Worcestershire sauce adds depth while the air fryer creates a perfect sear on each patty. Load them up with all your favorite toppings for a burger night everyone will love.

PREP

10 min

COOK

15 min

TEMP

375°F

SERVES

4

Ingredients

- 1 lb ground turkey (93% lean)
- ¼ cup breadcrumbs
- 1 egg, beaten
- 2 tbsp Worcestershire sauce
- 2 cloves garlic, minced
- ¼ cup red onion, finely diced
- Salt and black pepper to taste
- 4 burger buns + toppings of choice

Nutrition Per Serving

Calories	285
Protein	30g
Carbs	12g
Fat	12g

Instructions

- 1 Combine ground turkey, breadcrumbs, egg, Worcestershire, garlic, onion, salt, and pepper.
- 2 Divide into 4 equal portions and form into ¾-inch thick patties.
- 3 Make a small indent in the center of each patty (prevents puffing).
- 4 Spray with oil. Air fry at 375°F for 12–15 minutes, flipping halfway. Internal temp: 165°F.
- 5 Rest 3 minutes. Serve on toasted buns with your favorite toppings.

Don't skip the indent in the middle of each patty — it prevents the burger from puffing up into a dome shape as it cooks!



Chicken Tenders

Crispy, golden chicken tenders that beat any fast food version — hands down! The panko breadcrumb coating gives them an extraordinary crunch while the chicken inside stays remarkably juicy. Kid-approved, adult-obsessed, and ready in just minutes.

🕒 PREP

15 min

🔥 COOK

12 min

🌡️ TEMP

400°F

👤 SERVES

4

Ingredients

- 1.5 lbs chicken tenders
- 1 cup panko breadcrumbs
- ½ cup all-purpose flour
- 2 eggs, beaten
- 1 tsp smoked paprika
- 1 tsp garlic powder
- Salt and pepper to taste
- Honey mustard dip for serving

Nutrition Per Serving

Calories	320
Protein	38g
Carbs	22g
Fat	8g

Instructions

- 1 Set up breading station: seasoned flour in dish 1, beaten eggs in dish 2, panko with paprika/garlic in dish 3.
- 2 Coat each tender in flour (shake off excess), then egg, then panko. Press firmly.
- 3 Place in air fryer in a single layer. Spray well with oil.
- 4 Cook at 400°F for 10–12 minutes, flipping halfway, until deeply golden. Internal temp: 165°F.
- 5 Serve immediately with honey mustard, ranch, or BBQ sauce.



Spray the coated tenders generously with oil before **Pro** cooking — this is what activates the panko and creates **Tip:** that gorgeous deep-golden crust!

Lamb Chops with Herbs

Restaurant-quality herb-crusted lamb chops made effortlessly in your air fryer. The fragrant garlic, rosemary, and thyme marinade infuses every bite with incredible Mediterranean flavor, while the air fryer creates a beautiful crust that locks in all the juices.

🕒 PREP

15 min

🔥 COOK

12 min

🌡️ TEMP

400°F

👤 SERVES

2

Ingredients

- 4 lamb loin chops
- 2 tbsp olive oil
- 4 cloves garlic, minced
- 2 sprigs fresh rosemary, chopped
- 1 tsp fresh thyme leaves
- 1 tbsp fresh mint, chopped
- Zest of 1 lemon
- Coarse sea salt and cracked black pepper

Nutrition Per Serving

Calories	410
Protein	36g
Carbs	2g
Fat	28g

Instructions

- 1 Mix olive oil, garlic, rosemary, thyme, mint, and lemon zest to make marinade.
- 2 Coat lamb chops and marinate for at least 30 minutes (or up to 4 hours).
- 3 Season generously with coarse salt and cracked pepper.
- 4 Preheat air fryer to 400°F. Cook chops for 6 minutes per side.
- 5 Rest 5 minutes before serving. Internal temp: 145°F for medium-rare.



Marinate lamb for at least 30 minutes, but overnight is **Pro** even better. The acid in the lemon zest tenderizes the **Tip:** meat beautifully!

Air Fryer Hot Dogs

The air fryer transforms humble hot dogs into something genuinely special — perfectly charred on the outside, juicy and snappy on the inside. Score them for extra caramelization, toast the buns right in the same basket, and load them up with your favorite toppings!

⌚ PREP

2 min

🔥 COOK

6 min

🌡️ TEMP

390°F

👤 SERVES

4

Ingredients

- 4 beef hot dogs
- 4 hot dog buns
- Mustard and ketchup
- Sweet relish
- Diced onion
- Shredded cheddar cheese
- Optional: sauerkraut, jalapeños, chili

Nutrition Per Serving

Calories	290
Protein	11g
Carbs	24g
Fat	17g

Instructions

- 1 Score each hot dog with 4–5 diagonal cuts on each side (about ¼ inch deep).
- 2 Place hot dogs in air fryer basket. Cook at 390°F for 4–5 minutes until scored lines open up.
- 3 Place buns cut-side up in basket and toast for 1–2 minutes.
- 4 Load up with mustard, ketchup, relish, onions, and cheese.
- 5 Serve immediately and enjoy!



Scoring the hot dogs is the key! Those diagonal cuts **Pro** open up as they cook, creating more surface area for **Tip:** caramelization — and they look amazing!



Seafood

8 Fresh & Flavorful Ocean Recipes

Crispy Air Fryer Salmon

Flaky, rich salmon with a beautifully crispy skin — made in just 8 minutes! This is the recipe that will make salmon your new weeknight hero. The air fryer cooks it perfectly every single time: crispy outside, silky and tender inside, with zero fuss.

 PREP	 COOK	 TEMP	 SERVES
5 min	8 min	400°F	2

Ingredients

- 2 salmon fillets (6 oz each), skin-on
- 1 tbsp olive oil
- Juice of ½ lemon
- 1 tsp garlic powder
- 1 tsp smoked paprika
- 1 tsp dried dill
- Sea salt and black pepper
- Lemon wedges for serving

Nutrition Per Serving

Calories	350
Protein	40g
Carbs	2g
Fat	20g

Instructions

- 1 Pat salmon fillets completely dry. Brush with olive oil.
- 2 Mix garlic powder, paprika, dill, salt, and pepper. Rub over salmon (skin side too).
- 3 Squeeze lemon juice over fillets.
- 4 Place skin-side DOWN in air fryer. Cook at 400°F for 7–8 minutes.
- 5 Salmon is done when it flakes easily with a fork. Serve with lemon wedges.

 Don't flip the salmon — cook it skin-side down the entire **Pro** time. The skin crisps perfectly and acts as a natural **Tip:** "pan" keeping the fillet together!



Coconut Shrimp

Tropical, sweet, and incredibly crunchy — these coconut shrimp taste like they came straight from a beachside restaurant. The double-coconut coating (shredded coconut + coconut-infused panko) creates a texture that's out of this world, and the air fryer makes them golden without deep frying.

⌚ PREP

15 min

🔥 COOK

8 min

🌡️ TEMP

400°F

👤 SERVES

4

Ingredients

- 1 lb large shrimp, peeled & deveined
- 1 cup sweetened shredded coconut
- ½ cup panko breadcrumbs
- 2 eggs, beaten
- ¼ cup all-purpose flour
- ½ tsp garlic powder
- Sea salt and pepper
- Sweet chili sauce for dipping

Nutrition Per Serving

Calories	280
Protein	24g
Carbs	20g
Fat	10g

Instructions

- 1 Set up breading station: flour in dish 1, beaten egg in dish 2, mix of coconut + panko in dish 3.
- 2 Pat shrimp dry. Season with salt, pepper, and garlic powder.
- 3 Dredge each shrimp in flour → egg → coconut-panko mixture, pressing firmly.
- 4 Place in single layer in air fryer. Spray generously with oil.
- 5 Cook at 400°F for 6–8 minutes until golden, flipping halfway. Serve with sweet chili sauce.



Press the coconut coating on firmly — this ensures it **Pro** stays on and crisps up beautifully. Serve immediately as **Tip:** the coating can soften over time!

Fish & Chips

The ultimate British classic — reinvented for the air fryer! Flaky, tender cod in a crispy panko coating alongside perfectly golden chips, all without a drop of deep-frying oil. Serve with malt vinegar and tartar sauce for the full pub experience at home.

🕒 PREP

15 min

🔥 COOK

18 min

🌡️ TEMP

400°F

👤 SERVES

4

Ingredients

- 4 cod fillets (6 oz each)
- 1 cup panko breadcrumbs
- 2 eggs, beaten
- ¼ cup all-purpose flour
- 4 medium potatoes, cut into wedges
- 2 tbsp olive oil
- Malt vinegar and tartar sauce
- Salt, pepper, garlic powder

Nutrition Per Serving

Calories	420
Protein	32g
Carbs	45g
Fat	12g

Instructions

- 1 Toss potato wedges with olive oil, salt, and pepper. Air fry at 400°F for 10 minutes.
- 2 Meanwhile, coat fish fillets in flour, then egg, then seasoned panko.
- 3 Push chips to edges of basket, add fish in center.
- 4 Cook everything together for 8 more minutes until fish is golden and chips are crispy.
- 5 Serve with malt vinegar, tartar sauce, and lemon wedges.

💡 Cook the chips first for 10 minutes, then add the fish — **Pro** they have different cooking times. This way everything **Tip:** finishes perfectly at the same time!



Garlic Butter Shrimp

Plump, juicy shrimp bathed in the most incredible garlic butter sauce — this dish comes together in under 15 minutes and tastes absolutely luxurious. Serve over pasta, rice, or with crusty bread to soak up every last drop of that amazing sauce.

🕒 PREP

10 min

🔥 COOK

8 min

🌡️ TEMP

400°F

👤 SERVES

4

Ingredients

- 1.5 lbs large shrimp, peeled & deveined
- 4 tbsp unsalted butter, melted
- 6 cloves garlic, minced
- Juice of 1 lemon
- 2 tbsp fresh parsley, chopped
- ½ tsp red pepper flakes
- Sea salt and black pepper
- Crusty bread for serving

Nutrition Per Serving

Calories	240
Protein	26g
Carbs	4g
Fat	14g

Instructions

- 1 Pat shrimp dry. Toss with melted butter, garlic, red pepper flakes, salt, and pepper.
- 2 Place in air fryer basket in a single layer (work in batches if needed).
- 3 Cook at 400°F for 6–8 minutes until shrimp are pink and curled into a "C" shape.
- 4 Transfer to a bowl immediately (they continue cooking from residual heat).
- 5 Squeeze lemon juice over top and garnish with fresh parsley. Serve immediately.

💡 Shrimp are done when they form a "C" shape. If they **Pro**form an "O" shape (fully curled), they're overcooked.

Tip: Watch them carefully — they go from perfect to rubbery fast!

Elegant, restaurant-worthy crab cakes packed with real crab meat, subtly spiced with Old Bay, and crisped to golden perfection in the air fryer. These are special-occasion worthy but incredibly easy to make — perfect for dinner parties or a luxurious weeknight treat.

PREP

20 min

COOK

12 min

TEMP

375°F

SERVES

4

Ingredients

- 1 lb fresh lump crab meat
- ¼ cup mayonnaise
- 1 egg, beaten
- ½ cup panko breadcrumbs
- 2 tbsp dijon mustard
- 1.5 tsp Old Bay seasoning
- Juice of ½ lemon
- 2 tbsp fresh chives, chopped

Nutrition Per Serving

Calories	285
Protein	22g
Carbs	16g
Fat	14g

Instructions

- Gently pick through crab meat for shells. Try not to break up lumps too much.
- Mix mayo, egg, dijon, Old Bay, lemon juice, and chives. Fold in crab and panko.
- Form into 8 equal patties, pressing gently. Refrigerate 15 minutes.
- Spray air fryer basket and crab cakes with oil.
- Cook at 375°F for 10–12 minutes, flipping carefully halfway, until golden.

 Refrigerating the patties before cooking is crucial — it **Pro** helps them hold together during cooking. Handle them **Tip:** gently when flipping!

Tuna Patties

Budget-friendly, protein-packed, and absolutely delicious — these tuna patties are a pantry-staple dinner that feels anything but humble. The air fryer gives them a wonderful golden crust that elevates canned tuna to something truly special. A weeknight winner!

 PREP 10 min	 COOK 10 min	 TEMP 375°F	 SERVES 4
--	--	---	---

Ingredients

- 2 cans (5 oz) tuna, drained
- ¼ cup mayonnaise
- 1 egg, beaten
- ¼ cup panko breadcrumbs
- 2 stalks celery, finely diced
- ¼ cup red onion, finely diced
- 1 tbsp dijon mustard
- Juice of ½ lemon

Nutrition Per Serving

Calories	220
Protein	25g
Carbs	10g
Fat	8g

Instructions

- 1 Mix all ingredients together in a bowl until combined.
- 2 Form into 8 equal patties about ½ inch thick.
- 3 Refrigerate for 10 minutes to firm up.
- 4 Spray air fryer basket with oil. Place patties and spray tops with oil.
- 5 Cook at 375°F for 8–10 minutes, flipping halfway, until golden. Serve with lemon and tartar sauce.

 Drain the tuna THOROUGHLY — squeeze it in paper towels if needed. Excess moisture is the enemy of a good patty!



Air Fryer Tilapia

Light, flaky tilapia with a beautiful golden exterior — cooked in just 10 minutes! Tilapia is one of the most beginner-friendly fish thanks to its mild flavor, and the air fryer makes it virtually foolproof. Season simply and let this lean protein shine on your plate.

🕒 PREP

5 min

🔥 COOK

10 min

🌡️ TEMP

400°F

👤 SERVES

2

Ingredients

- 2 tilapia fillets (6 oz each)
- 1 tbsp olive oil
- 1 tsp lemon pepper seasoning
- 1 tsp garlic powder
- 1 tsp smoked paprika
- ½ tsp onion powder
- Sea salt to taste
- Fresh lemon wedges for serving

Nutrition Per Serving

Calories 195

Protein 36g

Carbs 1g

Fat 6g

Instructions

- 1 Pat tilapia fillets dry with paper towels.
- 2 Brush both sides with olive oil.
- 3 Mix all spices and rub evenly over both sides of the fish.
- 4 Place in air fryer basket. Cook at 400°F for 8–10 minutes (no need to flip).
- 5 Fish is done when it flakes easily and reaches 145°F internal temperature. Serve with lemon.



Line your air fryer basket with parchment paper when cooking fish — it prevents sticking and makes cleanup a **Pro** **Tip:** total breeze!



Crispy Calamari

Golden, incredibly crispy calamari rings that rival your favorite Italian restaurant — without the deep fryer! The panko coating provides an outstanding crunch while the squid inside stays tender and sweet. Squeeze on some lemon and dip in marinara for pure seafood bliss.

🕒 PREP

15 min

🔥 COOK

10 min

🌡️ TEMP

400°F

👤 SERVES

4

Ingredients

- 1 lb calamari, cleaned and cut into rings
- 1 cup panko breadcrumbs
- ½ cup all-purpose flour
- 2 eggs, beaten
- 1 tsp garlic powder
- 1 tsp smoked paprika
- Sea salt and black pepper
- Lemon wedges & marinara for serving

Nutrition Per Serving

Calories	255
Protein	20g
Carbs	28g
Fat	7g

Instructions

- 1 Pat calamari rings very dry. Season flour with salt and pepper.
- 2 Mix panko with garlic powder and smoked paprika.
- 3 Dredge calamari in flour, then egg, then panko mixture. Press firmly.
- 4 Work in 2 batches. Spray calamari generously with oil.
- 5 Cook at 400°F for 8–10 minutes, shaking halfway, until golden and crispy. Serve immediately.



The KEY to non-rubbery calamari: cook it FAST at HIGH **Pro** heat. Don't reduce the temperature or cook time — **Tip:** that's what makes it tender, not tough!



Vegetables & Sides

7 Wholesome & Delicious Side Dishes

Air Fryer French Fries

Crispy on the outside, fluffy on the inside — these are the French fries you've been dreaming about, made with just a drizzle of oil. The air fryer delivers that perfect golden crunch you love from the restaurant, right in your own kitchen with a fraction of the calories.

 PREP
10 min

 COOK
18 min

 TEMP
400°F

 SERVES
4

Ingredients

- 4 large russet potatoes, cut into ¼" strips
- 2 tbsp olive oil
- 1 tsp sea salt
- ½ tsp black pepper
- ½ tsp garlic powder
- ½ tsp smoked paprika
- Ketchup and dipping sauces

Nutrition Per Serving

Calories	220
Protein	4g
Carbs	42g
Fat	5g

Instructions

- 1 Soak potato strips in cold water for 30 minutes (removes starch for crispier fries).
- 2 Drain and pat COMPLETELY dry — any moisture prevents crisping.
- 3 Toss with olive oil and all seasonings.
- 4 Cook at 400°F for 15–18 minutes, shaking every 5 minutes, until golden and crispy.
- 5 Season with extra salt immediately after cooking and serve right away.

 Soaking in cold water is the REAL secret to restaurant-Pro quality crispy fries! The soaking removes excess starch, **Tip:** allowing them to crisp up perfectly in the air fryer.

Roasted Broccoli with Garlic

Roasted broccoli from the air fryer is a game-changer — tender florets with beautifully caramelized crispy edges that even veggie skeptics can't resist. The combination of garlic, lemon, and a shower of parmesan makes this side dish genuinely exciting to eat.

 PREP	 COOK	 TEMP	 SERVES
5 min	10 min	400°F	4

Ingredients

- 4 cups broccoli florets
- 2 tbsp olive oil
- 4 cloves garlic, minced
- Juice of ½ lemon
- ¼ cup freshly grated parmesan
- ¼ tsp red pepper flakes
- Sea salt and black pepper

Nutrition Per Serving

Calories	110
Protein	5g
Carbs	10g
Fat	7g

Instructions

- 1 Toss broccoli florets with olive oil, garlic, salt, pepper, and red pepper flakes.
- 2 Spread in a single layer in the air fryer basket.
- 3 Cook at 400°F for 8–10 minutes, shaking halfway, until edges are charred and crispy.
- 4 Transfer to serving plate. Squeeze lemon juice over top.
- 5 Finish with a generous shower of freshly grated parmesan. Serve immediately.

 The slightly charred edges are the BEST part — don't be **Pro** afraid of a little browning! Those caramelized edges **Tip:** taste incredible and make broccoli genuinely irresistible.

Crispy Brussels Sprouts

If you think you don't like Brussels sprouts, you haven't tried them from the air fryer! These come out with shatteringly crispy outer leaves, a tender center, and a sweet-savory balsamic glaze that makes them utterly irresistible. The addition of bacon takes them to another level entirely.

 PREP	 COOK	 TEMP	 SERVES
10 min	15 min	375°F	4

Ingredients

- 1 lb Brussels sprouts, halved
- 2 tbsp olive oil
- 3 tbsp balsamic glaze
- 4 strips bacon, cooked and crumbled
- ¼ cup freshly grated parmesan
- Sea salt and black pepper

Nutrition Per Serving

Calories	145
Protein	6g
Carbs	15g
Fat	8g

Instructions

- 1 Toss halved Brussels sprouts with olive oil, salt, and pepper.
- 2 Place cut-side down in air fryer for maximum caramelization.
- 3 Cook at 375°F for 12–15 minutes, shaking halfway, until deeply golden.
- 4 Transfer to bowl. Drizzle with balsamic glaze and toss.
- 5 Top with crumbled bacon and parmesan. Serve immediately.

 Place them cut-side DOWN for the first cooking phase
Pro — this is what creates those gorgeous golden
Tip: caramelized flat surfaces that make all the difference!

Zucchini Chips

Thin, crispy, cheesy zucchini chips that are wildly addictive and much better for you than potato chips. The combination of parmesan and Italian breadcrumbs creates an incredible savory coating that makes these chips impossible to stop eating. A brilliant way to use up summer zucchini!

 PREP	 COOK	 TEMP	 SERVES
10 min	10 min	370°F	4

Ingredients

- 2 large zucchini, sliced into ¼" rounds
- ½ cup Italian breadcrumbs
- ¼ cup freshly grated parmesan
- 1 tsp garlic powder
- 1 tsp Italian seasoning
- 2 eggs, beaten
- Sea salt and pepper

Nutrition Per Serving

Calories	130
Protein	7g
Carbs	16g
Fat	5g

Instructions

- 1 Salt zucchini slices and let sit 10 minutes. Pat VERY dry with paper towels.
- 2 Mix breadcrumbs, parmesan, garlic powder, Italian seasoning, salt, and pepper.
- 3 Dip each slice in egg, then press into breadcrumb mixture both sides.
- 4 Place in single layer in air fryer. Spray with oil.
- 5 Cook at 370°F for 8–10 minutes until golden, flipping halfway. Serve immediately.

 Salting and drying the zucchini removes excess water — **Pro** this is absolutely essential for getting crispy chips **Tip:** rather than soggy ones!

Air Fryer Corn on the Cob

Sweet, juicy corn with gorgeous golden char marks — made in the air fryer in 12 minutes! This is the easiest way to get that delicious roasted corn flavor without firing up the grill. Slather with herbed butter and a squeeze of lime for the ultimate summer side dish.

⌚ PREP

5 min

🔥 COOK

12 min

🌡️ TEMP

400°F

👤 SERVES

4

Ingredients

- 4 ears of fresh corn, husked
- 2 tbsp unsalted butter, softened
- 1 tsp garlic powder
- 1 tsp smoked paprika
- Sea salt and pepper
- Fresh parsley, chopped
- 1 lime, cut into wedges

Nutrition Per Serving

Calories	155
Protein	4g
Carbs	28g
Fat	5g

Instructions

- 1 Mix softened butter with garlic powder, paprika, salt, and parsley.
- 2 Brush herbed butter generously over each ear of corn.
- 3 Place corn cobs in air fryer basket (may need to cut in half to fit).
- 4 Cook at 400°F for 10–12 minutes, turning halfway, until golden and slightly charred.
- 5 Brush with remaining herbed butter and squeeze lime over top before serving.

💡 For Mexican-style street corn (elote), spread mayo over **Pro** the cooked corn, then sprinkle with cotija cheese, chili **Tip:** powder, and lime juice — absolutely incredible!

Sweet Potato Fries

These sweet potato fries have the perfect balance of sweet and savory with a hint of spice — and they're perfectly crispy! Nutritious, colorful, and absolutely delicious, they make the ideal side for burgers, sandwiches, or simply enjoyed on their own with a dipping sauce.

🕒 PREP

10 min

🔥 COOK

15 min

🌡️ TEMP

380°F

👤 SERVES

4

Ingredients

- 3 large sweet potatoes, peeled and cut into strips
- 2 tbsp olive oil
- ½ tsp cinnamon
- ¼ tsp cayenne pepper
- 1 tsp sea salt
- ½ tsp black pepper
- Chipotle mayo or aioli for dipping

Nutrition Per Serving

Calories 185

Protein 3g

Carbs 36g

Fat 5g

Instructions

- 1 Cut sweet potatoes into even ¼-inch strips for consistent cooking.
- 2 Toss with olive oil, cinnamon, cayenne, salt, and pepper.
- 3 Cook in batches (single layer!) at 380°F for 12–15 minutes, shaking every 4 minutes.
- 4 They're done when edges are slightly caramelized and fries are tender inside.
- 5 Season with extra salt immediately. Serve with chipotle mayo.



Sweet potatoes have more natural sugar than regular **Pro** potatoes, so they can burn more easily — watch them **Tip:** carefully in the last 3–4 minutes of cooking!

Roasted Cherry Tomatoes

When cherry tomatoes meet the intense heat of an air fryer, something magical happens — they burst open, concentrating their natural sweetness into intensely flavorful, jammy little jewels. Drizzled with balsamic and fragrant with fresh basil, these are sensational over pasta, bread, or just about anything.

⌚ PREP

5 min

🔥 COOK

10 min

🌡️ TEMP

400°F

👤 SERVES

4

Ingredients

- 2 cups cherry tomatoes
- 3 tbsp olive oil
- 4 cloves garlic, minced
- 1 tbsp balsamic vinegar
- Fresh basil leaves
- Sea salt and black pepper
- Optional: crusty bread for serving

Nutrition Per Serving

Calories	95
Protein	1g
Carbs	8g
Fat	7g

Instructions

- 1 Toss cherry tomatoes with olive oil, garlic, balsamic vinegar, salt, and pepper.
- 2 Place in air fryer basket in a single layer.
- 3 Cook at 400°F for 8–10 minutes until tomatoes are blistered and beginning to burst.
- 4 Transfer to a serving bowl with all the juices — don't discard the liquid gold!
- 5 Tear fresh basil and scatter over top. Serve over pasta, toast, or alongside grilled meats.

💡 Toss the roasted tomatoes with freshly cooked pasta **Pro** and top with burrata cheese for a restaurant-worthy **Tip:** dinner in under 20 minutes!



Desserts

5 Sweet Treats Made Easy



Air Fryer Churros

Crispy on the outside, soft and pillowy on the inside, rolled in fragrant cinnamon sugar — these air fryer churros are a revelation! They have all the magic of the real thing, made at home in your air fryer without a pot of bubbling hot oil. Dip in warm chocolate sauce for the ultimate treat.

⌚ PREP

15 min

🔥 COOK

10 min

🌡️ TEMP

375°F

👤 SERVES

12 churros

Ingredients

- 1 cup water
- ½ cup unsalted butter
- 1 cup all-purpose flour
- 3 eggs
- 1 tsp vanilla extract
- ½ cup granulated sugar
- 2 tsp ground cinnamon
- Chocolate dipping sauce

Nutrition Per Serving

Calories	195
Protein	3g
Carbs	28g
Fat	8g

Instructions

- 1 Boil water and butter together. Add flour all at once and stir vigorously until dough pulls away from sides.
- 2 Cool 5 minutes. Beat in eggs one at a time until smooth. Add vanilla.
- 3 Transfer dough to a piping bag with a star tip.
- 4 Pipe 4-inch lengths onto parchment-lined air fryer basket. Work in batches.
- 5 Cook at 375°F for 8–10 minutes until golden and crisp. Roll immediately in cinnamon-sugar mix.



Roll the churros in cinnamon sugar IMMEDIATELY while **Pro** they're still hot — the residual heat melts the sugar **Tip:** slightly, creating a beautifully caramelized coating!

Warm Chocolate Lava Cake

The most decadent, luxurious dessert you can make at home — a rich chocolate cake with a warm, flowing molten center that oozes pure chocolate magic when you cut into it. Your air fryer makes this restaurant-level dessert shockingly easy to achieve every single time.

 PREP	 COOK	 TEMP	 SERVES
15 min	10 min	375°F	4

Ingredients

- 4 oz high-quality dark chocolate (70%+)
- ½ cup unsalted butter
- 2 whole eggs
- 2 egg yolks
- ⅓ cup granulated sugar
- 2 tbsp all-purpose flour
- 1 tsp vanilla extract
- Powdered sugar & vanilla ice cream

Nutrition Per Serving

Calories	420
Protein	7g
Carbs	40g
Fat	28g

Instructions

- 1 Melt chocolate and butter together. Let cool 5 minutes.
- 2 Whisk eggs, yolks, and sugar until pale. Fold in chocolate mixture and vanilla.
- 3 Sift in flour and fold gently until just combined. Do not overmix.
- 4 Pour into 4 buttered, floured ramekins (6 oz). Fill ¾ full.
- 5 Air fry at 375°F for 8–10 minutes. Center should jiggle slightly. Invert onto plate immediately and dust with powdered sugar.

 Test ONE cake first to calibrate timing for your specific **Pro** air fryer model. The difference between lava and no-
Tip: lava is literally 1–2 minutes!

Cinnamon Apple Chips

These delicate, paper-thin apple chips are nature's candy — naturally sweet, beautifully fragrant with cinnamon, and incredibly light. They're the perfect guilt-free snack that feels indulgent but is packed with natural goodness. Make a big batch because they disappear fast!

🕒 PREP

5 min

🔥 COOK

15 min

🌡️ TEMP

300°F

👤 SERVES

4

Ingredients

- 3 large apples (Fuji or Gala), thinly sliced
- 1 tsp ground cinnamon
- 1 tbsp granulated sugar
- Pinch of nutmeg
- Pinch of sea salt (optional)

Nutrition Per Serving

Calories	85
Protein	0g
Carbs	22g
Fat	0g

Instructions

- 1 Slice apples as THIN as possible ($\frac{1}{8}$ inch). A mandoline is ideal.
- 2 Remove any seeds. Do not peel — the skin adds color and nutrients.
- 3 Mix cinnamon, sugar, and nutmeg. Sprinkle over apple slices.
- 4 Place in single layer in air fryer. Cook at 300°F for 12–15 minutes, flipping halfway.
- 5 They crisp up MORE as they cool. Let rest 5 minutes on a wire rack before serving.



Keep the temperature LOW (300°F) — apple chips need **Pro** gentle heat to dry out properly without burning. High **Tip:** heat will char the outside before the inside crisps!

Nutella Stuffed Donuts

Imagine biting into a soft, golden donut and finding a warm, gooey Nutella center — pure bliss! These ridiculously easy stuffed donuts use refrigerated biscuit dough and are ready in under 20 minutes. Rolled in cinnamon sugar, they're the ultimate weekend treat that everyone will absolutely adore.

🕒 PREP

15 min

🔥 COOK

8 min

🌡️ TEMP

350°F

👤 SERVES

8 donuts

Ingredients

- 1 can (8-count) refrigerated biscuit dough
- 4 tbsp Nutella (½ tbsp per donut)
- ½ cup granulated sugar
- 2 tsp ground cinnamon
- 3 tbsp unsalted butter, melted
- ½ cup powdered sugar for dusting (optional)

Nutrition Per Serving

Calories	245
Protein	4g
Carbs	38g
Fat	9g

Instructions

- 1 Flatten each biscuit into a 3-inch circle using your palm.
- 2 Place ½ tablespoon of Nutella in the center of each circle.
- 3 Pinch edges together tightly to seal, forming a ball. Make sure there are no gaps!
- 4 Place sealed-side down in air fryer. Cook at 350°F for 6–8 minutes until golden.
- 5 Brush with melted butter immediately, then roll in cinnamon-sugar mixture. Enjoy warm!

💡 SEAL THE EDGES VERY TIGHTLY — if Nutella leaks out, **Pro** it burns and creates a mess. Pinch and roll each ball **Tip:** between your palms to ensure it's completely sealed!

Crispy Banana Fritters

Sweet bananas in a light batter, fried to perfection without the oil bath.

PREP	COOK	TEMP	SERVES
10m	8m	375°F	4

- 3 ripe bananas, mashed

- 1 cup pancake mix

- 1/2 cup milk

- 1 egg

- 1 tsp vanilla & cinnamon

- Honey for drizzle

Calories	265
----------	-----

Carbs	52g
-------	-----

Instructions

- 1 Mash bananas and mix with pancake mix, milk, egg, vanilla, cinnamon.
- 2 Line basket with parchment paper.
- 3 Scoop batter onto parchment (leave space).
- 4 Air fry 375°F for 8-10 mins until golden.
- 5 Drizzle with honey.

Bonus Resources

Meal Plans & Shopping Lists



7-Day Meal Plan

Day	Breakfast	Lunch/Snack	Dinner
Mon	French Toast Sticks	Pizza Knots	Juicy Chicken Breast & Broccoli
Tue	Eggs in Basket	Spring Rolls	Air Fryer Tacos (Steak)
Wed	Avocado Toast	Buffalo Cauliflower	Salmon & Asparagus
Thu	Granola Clusters	Mozzarella Sticks	Pork Chops & Brussels
Fri	Donuts	Chicken Wings	Fish & Chips
Sat	Bacon & Egg Cups	Potato Skins	Turkey Burgers
Sun	Blueberry Muffins	Jalapeño Poppers	Meatballs & Pasta

Grocery List Template

Produce ■ Potatoes / Sweet Potatoes ■ Avocados ■ Broccoli / Brussels Sprouts ■ Bananas / Apples	Proteins ■ Chicken Breast / Thighs ■ Ground Beef / Turkey ■ Bacon / Eggs ■ Salmon / Shrimp
---	--

Recommended Tools & Resources

Want to go deeper into air fryer cooking?

Visit our complete Air Fryer Guides Library for free tips, techniques, and product recommendations:

 <https://www.airfryerjoy.com/air-fryer-guides/>

From choosing the right air fryer to mastering every cooking technique — we've got you covered!

Page 63

© 2026 Air Fryer Magic. All rights reserved.