

# Tefal®

ActiFry®

NUTRITIOUS  
& DELICIOUS®



RECIPE BOOK

Express







This book is provided  
for the model Actifry®  
Express XL

**IMPORTANT:**

- To avoid damaging your appliance, make sure you do not exceed the quantities of ingredients and liquids indicated in the recipe book.
- The nutritional values of the recipes are calculated per portion.



Actifry® express XL





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X6



15 mins.




36-38 min

Protein	5.3 g
Fat	3.5 g
Carbohydrates	41.5 g

**207** kcal

## Real homemade chips

**1.5 kg** of potatoes peeled and washed - **1**  of oil - **Salt**

**Cut** the potatoes into evenly sized chips (maximum dimensions 13 x 13 x 13 mm). Thoroughly rinse the chips, drain them and carefully dry them (make sure they are completely dry).

**Put** them in the bowl. Pour the oil evenly over the chips.

**Leave** to cook for 36-38 mins. depending on the thickness of the chips.

### NUTRITION

Delicious fresh and crispy chips with only one spoonful of oil. Tastiness guaranteed!

### TIP

- For best results use potato varieties such as Maris Piper and King Edward (UK only).
- Pricking the potatoes with a fork before cutting them will make your chips even more crispy.



X6 15 mins. 18 min

Protein ..... 8.0 g  
Fat ..... 9.0 g  
Carbohydrates ..... 17.6 g

**176** kcal

## Courgettes (Zucchini) gratin-style

**1½** onions peeled and thinly sliced - **4** courgettes (zucchini) washed - **1½** olive oil - **1** clove garlic chopped - **¾** spoon chopped basil - **500 ml** semi-skimmed milk - **Salt**, pepper, nutmeg - **2** cornflour (cornstarch) **3 to 4** grated mature Cheddar cheese (optional)

**Slice** the courgettes (zucchini).

**Place** the onion, courgettes (zucchini), salt, pepper and a pinch of nutmeg in the ActiFry bowl. Add olive oil and cook for 12 mins.

**Blend** the cornflour with a little of the milk, add to the courgettes (zucchini) together with the chopped garlic and basil. Cook for further 6 to 8 minutes or until thickens.

**Check** the seasoning, sprinkle with grated cheese and serve with freshly ground black pepper.

### NUTRITION

Antioxidant vitamin B9 and fibre from this healthy and tasty accompaniment.

### TIP

You can add a dash of low-fat cream to the milk to give it a little more consistency.



X6 15 mins. 28-30 min

Protein ..... 6.0 g  
Fat ..... 10.6 g  
Carbohydrates ..... 19 g

**180** kcal

## Aubergines (Eggplant) with feta

**3** aubergines (eggplant), cut into cubes - **2** onions, sliced - **1** olive oil **½** tbsp finely chopped fresh oregano (leaves only) - **200 ml** water **1** tsp ground cumin **3** large tomatoes, peeled and coarsely diced **3** cloves garlic, finely chopped - **1** tbsp finely chopped fresh mint **100 g** Feta cheese **30 g** pine nuts - **Salt** and freshly ground black pepper

**Place** the onions and oil in the ActiFry bowl and cook for 5 to 6 mins.

**Add** the aubergines (eggplant). Oregano and half of the water. Season with salt and pepper and sprinkle with cumin. Cook for 10 mins.

**Add** the tomatoes, the rest of the water, the garlic and cook for 10 mins.

**Add** the fresh mint and the Feta cheese. Cook for 3 to 4 mins., season as necessary and serve with a sprinkling of pine nuts.

### TIP

- If desired, sprinkle the cubed aubergine (eggplant) with a little salt, set aside for 30 minutes then rinse and pat dry with paper towels.
- Add the juice of one lemon and the chopped parsley to enhance the taste of the aubergine (eggplant).

### NUTRITION

Vegetable and cheese are a good source of vitamins, minerals and fibre needed for the body's good health.





X6



15 mins.



12-14 min

Protein	17.6 g
Fat	4.4 g
Carbohydrates	22.6 g

**206** kcal

## Ballotine of turkey

**6** thin turkey or rose veal escalopes (**100 g** each)

**180 g** cold cooked Arborio risotto rice - **1** finely chopped onion - **1**  vegetable oil for the onions - **¾**  vegetable oil to cook veal - **1½** tbsp finely chopped fresh parsley

**1** garlic clove, finely chopped

**6** carrots sticks (blanched for 4 min) - **Salt** and freshly ground black pepper gravy flavoured with allspice

**Heat** 1 tablespoon of the oil in the ActiFry bowl and cook the onions to soften them but without browning them for 2 - 4 min.. Add the garlic and parsley and let it all mix. Add the cooked rice and check the seasoning and cook for 1 min. Allow to cool.

**Season** the escalopes and put 1 to 2 spoonfuls of rice in the centre. Place a carrot stick on top of the rice.

**Roll up** the escalopes like spring rolls and tie with kitchen string. Cook for 9 mins. with the remaining oil. Add a little stock before finishing the cooking.

**To serve**, remove the string, cut the ballotines in half and pour over the gravy.

### NUTRITION

The association of turkey and veal, both lean meats, and a side order (vegetables and carbohydrates) makes this a tasty and balanced dish.

### TIP

Serve this dish with courgettes or celeriac cooked with a salt crust.





X6 15 mins. 20 min

Protein ..... 32.1 g  
Fat ..... 7.6 g  
Carbohydrates ..... 0.0 g

**206** kcal

## Spicy chicken drumsticks

**900 g** chicken drumsticks (with skin removed)

**1** wine vinegar

**½** Tabasco®

**1** olive oil

**Salt**

**In a mixing bowl**, season the chicken drumsticks with the vinegar, salt and Tabasco. Leave to marinate for 15 minutes in the refrigerator.

**Heat** the oil in the bowl for 1 minute and add the drumsticks with the marinade.

**Cook** for 20 mins or until the chicken is fully cooked and no longer pink inside.

### NUTRITION

Chicken drumsticks eaten without their skin provide good quality protein and little fat.

### TIP

To vary the dish, you can replace the vinegar and Tabasco with Dijon mustard or cumin and sesame oil. Add some sesame seeds 5 mins before the the end of cooking.



X6 20 mins. 25 min

Protein ..... 37.5 g  
Fat ..... 11.3 g  
Carbohydrates ..... 20.8 g

**336** kcal

## Turkey fillet with mixed peppers (capsicums)

**900 g** turkey breast fillet (cut into strips 1 cm by 3 cm) - **6** deseeded peppers (capsicum)

(2 of each colour - red, green and yellow)

**3** garlic cloves, chopped

**2** olive oil

**75 ml** white port

**½** cider vinegar

**150 ml** water - **Salt** and freshly ground black pepper

**Add** to the bowl peppers (capsicums) cut in 2 cm wide diamond shapes with onions and oil. Cook for 10 mins.

**Add** the garlic and cook for 5 mins. Season.

**Add** the turkey strips, white port, water, cider vinegar and cook for around 10 mins or until turkey is fully cooked.

### NUTRITION

Good quality protein ensures good muscle function and vitamin C, is an antioxidant to fight infection.





X6



10 mins.



8 min

Protein .....	30.7 g
Fat .....	6 g
Carbohydrates .....	5.7 g

**198** kcal

## Medallions of monkfish with prawns

**725 g** monkfish (stargazer), cut into 6 medallions -  $\frac{3}{4}$  onion, cut into quarters -  $1\frac{1}{2}$  chopped fresh chervil (see tip) -  $\frac{3}{4}$  olive oil -  $\frac{1}{2}$  ground paprika  
**18 to 24** cooked shelled prawns  
**3** reduced fat cream  
 $\frac{1}{2}$  preserved lemon, chopped - **Salt** and freshly ground black pepper

**Marinate** the monkfish medallions with the onion, oil, chervil, paprika, pepper, salt and preserved lemon for 5 mins. Then cook for 8 mins or until fully cooked through.

**2 to 3 mins.** before the end of cooking, add the prawns and cream.

**Serve** with the cooking juices.

### NUTRITION

This combination of fish and seafood guarantees an excellent protein intake and little fat. Iodine and selenium antioxidants are a bonus!

### TIP

- Add some cleaned mussels in their shells with the prawns and cook until they open. You can use parsley, chives, curry powder etc.
- Preserved lemons are whole lemons preserved in a brine of water, lemon juice and salt.



X6 15 mins. 15 min

Protein ..... 25.4 g  
Fat ..... 9 g  
Carbohydrates ..... 6.7 g

**206** kcal

## Braised fish stew

**375 g** salmon  
**375 g** monkfish (stargazer)  
**½** cucumber - **1** fennel  
**8** spring (green) onions, thinly sliced - **2** beef tomatoes - **Juice** of 2 lemons - **Fresh** parsley chopped - **75 ml** fish stock - **75 ml** reduced fat cream - **1** olive oil - **Salt**, pepper

**Cut** the fish into cubes, add half of the lemon juice and leave to marinate. Dice the fennel and tomatoes. Slice the cucumber and cut into semi circles.

**Place** the fish in the ActiFry, season with salt and pepper. Add the cucumber, spring (green) onion, fennel, tomatoes and the other half of the lemon juice. Pour the olive oil over and cook for 10 mins.

**Add** the fish stock and cream.

**Cook** for 5 mins. Sprinkle with parsley. Serve in bowl with the cooking liquor. Thicken, if desired.

### NUTRITION

Full of Omega-3 fatty acids that help to protect the heart and arteries.

### TIP

To obtain just-cooked salmon and crunchy vegetables, reduce the cooking time.



X6 20 mins. 15 min

Protein ..... 28.7 g  
Fat ..... 11.2 g  
Carbohydrates ..... 11.2 g

**261** kcal

## Provençal-style king prawns

**1.2 kg** peeled raw king prawns (with or without tails left on) - **2** onions finely chopped  
**6** cloves garlic chopped  
**1** bunch parsley chopped - **3** olive oil - **2** lemons - **Salt** and freshly ground black pepper

**Marinate** the prawns with the garlic, onion, parsley and oil for 15 mins in the refrigerator. Season the marinade.

**Cook** the prawns with the marinade for 15 mins. When the prawns have a good orange colour, check they are fully cooked.

**Serve** with lemon wedges.

### NUTRITION

Few calories and good protein in this dish with southern flavours.

### TIP

Finger bowls can be useful: serve with small bowls of warm water with lemon.





X6



10 mins.



10-13 min


Protein	1.6 g
Fat	1.2 g
Carbohydrates	34.5 g

**143** kcal

## Caramelised pineapple and mango with coconut sorbet

1½ pineapples peeled and cored

1½ ripe mangos peeled

1½  chopped mint

1½  runny honey

**Sesame** seeds (optional)

6 scoops coconut sorbet

**Heat** the honey in the ActiFry bowl for 6 to 8 mins. The honey will change into caramel.

**Cut** the pineapple and mango into cubes and put them in the caramel. Add the mint and cook for 4 to 5 mins.

**Sprinkle** with sesame seeds. Serve warm with coconut sorbet.

### NUTRITION

Quick, tasty, refreshing and few calories. No reason why not to enjoy this dessert!

### TIP

To vary, use pineapple sorbet instead of coconut. Add a little dark rum when finished cooking the caramelised pineapple, and why not add pieces of coconut meringue.





X6



20 mins.





18-20 min

Protein	0.9 g
Fat	3.4 g
Carbohydrates	42.3 g

**186** kcal

## Cinnamon apples

- 6 large green apples, peeled
- 125 g ready to eat dried apricots (cut into small pieces)
- 1 tsp ground cinnamon
- 2  castor sugar
- 1  sunflower oil

**Cut** the apples into quarters or if large size apples cut into wedges, core and place them in the ActiFry bowl with the oil. Cook for 13 to 15 mins.

**Add** the apricots and leave to cook for 5 mins., until the apples are tender.

**Mix** the sugar and cinnamon in a bowl. Serve the cooked apples warm sprinkled with the cinnamon sugar.

### NUTRITION

The apples and apricots in this dessert are rich in pectin and fibre, giving a feeling of fullness.

### TIP

You can replace the apricots with raisins or figs and the cinnamon with cardamom or vanilla powder.

# COOKING TIMES

## POTATOES


	TYPE	AMOUNT	 OIL	COOKING TIME
CHIPS standard size 10x10 mm	Fresh	750 g	½	25-27 mins.
	Fresh	1000 g	¾	28-30 mins.
	Fresh	1500 g	1	36-38 mins.
TRADITIONAL CHIPS	Frozen	750 g	None	23-25 mins.
	Frozen	1200 g	None	30-32 mins.

## MEAT - POULTRY


	TYPE	AMOUNT	 OIL	COOKING TIME
CHICKEN NUGGETS	Fresh	1200 g	None	13-15 mins.
	Frozen	1200 g	None	15-17 mins.
CHICKEN DRUMSTICKS (with skin on)	Fresh	4 - 6	None	20-22 mins.
CHICKEN BREAST FILLET (with skin on)	Fresh	9	None	22-24 mins.
MEATBALLS	Frozen	1200 g	1	18-20 mins.

## FROZEN FOODS

\*the frozen foods listed below may not be available in all countries

	TYPE	AMOUNT	 OIL	COOKING TIME
RATATOUILLE*	Frozen	1000 g	None	23-25 mins.
COUNTRY-STYLE STIR FRY*	Frozen	1000 g	None	22-24 mins.
PAELLA*	Frozen	1000 g	None	15-17 mins.


## FISH - SHELLFISH

	TYPE	AMOUNT	 OIL	COOKING TIME
CALAMARI	Frozen	500 g	None	11-13 mins.
JUMBO KING PRAWNS	Fresh	450 g	None	8-10 mins.

## VEGETABLES

	TYPE	AMOUNT	 OIL	COOKING TIME
COURGETTES	Fresh, in slices	1200 g	1+ 150 ml water	25-30 mins.
PEPPERS	Fresh, in strips	1000 g	1+ 150 ml water	20-25 mins.
MUSHROOMS	Fresh, quartered	1000 g	1	16-18 mins.
TOMATOES	Fresh, quartered	1000 g	1+ 150 ml water	15-17 mins.
ONIONS	Fresh, in rings	750 g	1	18-20 mins.

## DESSERTS

	TYPE	AMOUNT	 OIL	COOKING TIME
BANANAS	Sliced	7 bananas	1 + 1 of sugar	5-6 mins.
STRAWBERRIES	Fresh quartered	1500 g	2 of sugar	10-12 mins.
APPLES	Cut in half	5 apples	1 + 2 of sugar	10-12 mins.
PINEAPPLE	Fresh cut into pieces	2	2 of sugar	15-17 mins.



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