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EN



DIE-CAST GRILL



DIVIDER

## GUIDE



NUMBER OF PEOPLE



PREPARATION TIME



MARINATING TIME



COOKING TIME



FRIES



NUGGETS



ROASTED CHICKEN



MEAT



FISH



VEGETABLES



DESSERT



Grill



Air Fry

## EMPANADAS

4 ✦

15  
Min 20  
Min 

## INGREDIENTS

6 green onions  
2 tablespoons of olive oil  
700 g minced beef  
2 tablespoons of paprika

Salt, pepper  
4 sheets of shortcrust pastry  
2 egg yolks  
1 tablespoon of water

## RECIPE

- 1 | Finely chop the onions. Heat the oil in a large frying pan and brown the onions for 3 minutes. Add the meat and cook for a further 10 minutes. Season to taste then remove from the heat and allow to cool.
- 2 | Roll out the pastry, cut out 8 circles 9 cm in diameter, place the cold mince in the middle, leaving a 1 cm edge, then fold into a pasty shape.
- 3 | Mix together the egg yolk and water. Brush this mixture over the empanadas.
- 4 | Insert the grill plate into the bowl then place half the empanadas into the appliance bowl.
- 5 | If you have the Easy Fry Oven&Grill 9in1, place half the empanadas into the fryer basket. Place the basket on the middle level with the drip pan at the bottom. Close the door.
- 6 | Digital version: Set the mode and temperature indicated and preheat for 15 minutes. Cook for 10 minutes then repeat with the second batch.
- 7 | 2in1 mechanical version: Preheat to 200°C for 15 minutes. Cook for 10 minutes then repeat with the second batch.

TIP

*You can flavour the beef filling for these empanadas with cumin, oregano or chopped garlic. Add a tomato or some sweetcorn to the filling to make it even more tasty.*

## BREADED CURRIED CAULIFLOWER

4\*

10  
Min 20  
Min 

## INGREDIENTS

1 kg cauliflower  
6 eggs  
Salt, pepper  
120 g flour

200 g breadcrumbs  
30 g curry powder  
90 ml olive oil

## RECIPE

- 1 | Cut the cauliflower into medium-sized florets, rinse and dry well on a clean tea towel.
- 2 | Prepare the ingredients for the breadcrumb coating: beat the egg with a pinch of salt and pepper in a bowl. Pour the flour into another bowl, and mix together the breadcrumbs and the curry powder in a third bowl.
- 3 | Dip the cauliflower into the different bowls in the following order: eggs, then flour, then eggs again and finally breadcrumbs. Shake the excess off the cauliflower before each bowl to avoid drips.
- 4 | Insert the grill plate into the bowl then place half the breaded cauliflower florets onto it. Drizzle with oil and set the NUGGETS mode for 10 minutes then repeat for the second batch.
- 5 | If you have the Easy Fry Oven & Grill 9in1, put the breaded cauliflower onto both the grills. Place the grills onto the top and middle shelves of your Easy Fry Oven & Grill, with the drip pan at the bottom. Close the door and set to cook on FRIES mode for 20 minutes. After 10 minutes, swap the grills over.

TIP

*If you decide to cut the cauliflower into larger pieces, cook for an additional 5 minutes.*

## CHICKEN SPRING ROLLS

4 ✦

35  
Min 40  
Min 

## INGREDIENTS

100 g vermicelli rice noodles  
4 chicken fillets  
3 tablespoons of neutral oil  
3 garlic cloves

400 g stir-fry vegetables  
Salt, pepper  
32 sheets of rice paper

## RECIPE

- 1 | Rehydrate the rice noodles according to the instructions on the packet. Drain them carefully between your hands. Roughly chop using a pair of scissors then allow to cool.
- 2 | Dice the chicken and brown for 5 minutes in a frying pan in the hot oil with the chopped garlic. Add the stir-fry vegetables and continue to cook for another 5 minutes. Add the noodles and allow to cool.
- 3 | Fill a bowl with warm water and place a clean tea-towel on your work surface. Gradually soak the sheets of rice paper for a few minutes in the water then place on the tea-towel. Place a spoonful of filling at the bottom of the sheet. First roll the left and right edges to cover the filling then roll the whole sheet. Repeat until you have used all of the filling.
- 4 | Insert the grill plate into the bowl, place half the spring rolls in the appliance bowl, spacing them well apart to prevent them sticking together.
- 5 | If you have the Easy Fry Oven&Grill 9in1, place half the spring rolls into the fryer basket. Place the basket on the middle level with the drip pan at the bottom. Close the door.
- 6 | Digital version: Set the Air Fry mode to 160°C for 20 minutes, turning halfway through cooking, then repeat with the second batch.
- 7 | 2in1 mechanical version: Set to 160°C for 20 minutes, turning halfway through cooking, then repeat with the second batch.

TIP

*Serve with mint, salad leaves and soy sauce.*

# SAMOSAS WITH MOZZARELLA AND SUN-DRIED TOMATOES

4 ✨

25  
Min 10  
Min 

## INGREDIENTS

4 pieces of sun-dried tomato in oil  
8 round sheets of brik pastry

3 tablespoons of oil  
16 mozzarella balls (or 16 small cubes)

## RECIPE

- 1** | Cut each piece of sun-dried tomato into quarters. Cut the brik pastry sheets in half (to make two semi-circles). Cut off a 2 cm border to create 13 cm strips.
- 2** | Fold each strip in half. Lightly brush the folded strip with oil. Place a mozzarella ball and a piece of sun-dried tomato at the bottom of the strip. Fold to form a triangular samosa and brush with oil.
- 3** | Insert the grill plate into the appliance and gradually add the samosas without overlapping them. Set the AIR FRY mode to cook for 10 minutes.
- 4** | If you have the Easy Fry Oven & Grill 9in1, gradually put the samosas into the fryer basket of the Easy Fry Oven & Grill without stacking them, with the drip pan at the bottom. Close the door and set the FRIES mode to 190°C to cook for 20 minutes.

## FALAFELS

4 ✨

20  
Min 30  
Min 

## INGREDIENTS

750 g cooked chickpeas  
3 sprigs of parsley  
6 sprigs of coriander  
2 teaspoons of cumin  
Salt, pepper

2 tablespoons of tahini (sesame paste)  
2 garlic cloves  
2 white onions  
2 tablespoons of olive oil

## RECIPE

- 1 | Mix together the chickpeas, parsley leaves, coriander, cumin, a pinch of salt, a pinch of pepper and the sesame paste (tahini) until you have a coarse paste.
- 2 | Add the chopped garlic and onion then mix well by hand and roll into balls. Insert the grill plate into the bowl then put the falafel into the appliance bowl and drizzle with olive oil.
- 3 | If you have the Easy Fry Oven&Grill 9in1, place the falafels into the fryer basket. Place the basket on the middle level with the drip pan at the bottom. Close the door.
- 4 | Digital version: Set the mode and temperature indicated for 15 minutes, turning halfway through cooking, then repeat with the second batch.
- 5 | 2in1 mechanical version: Set to 170°C for 15 minutes, turning halfway through cooking. then repeat with the second batch.

TIP

*You can buy tahini from oriental food stores and most organic shops. Serve the falafels in hot pitta breads with mint leaves, yogurt and tomato slices.*

## VEGETABLE SAMOSAS

4\*

20  
Min 45  
Min 

## INGREDIENTS

500 g cauliflower  
300 g frozen peas  
200 g feta  
2 teaspoons of curry powder

Salt, pepper  
12 sheets of brik pastry  
2 egg yolks  
2 tablespoons of olive oil

## RECIPE

- 1 | Cut the cauliflower into medium florets and rinse. Place the peas and cauliflower florets in the appliance bowl. Start the mode indicated for the time indicated.
- 2 | Remove the cooked vegetables and place into a large bowl. Add the crumbled feta, curry powder, a pinch of salt and pepper. Mash with a fork to form a coarse mixture.
- 3 | Cut the sheets of brik pastry into equal halves. Fold them in half by folding the rounded part towards the middle of the righthand edge. Put a tablespoonful of filling towards the end of the pastry strip then fold to enclose all of the filling in the triangle then brush the excess pastry with a little egg yolk and stick it onto the samosa.
- 4 | Repeat until you have used all of the filling. Insert the grill plate into the bowl then put half the samosas into the appliance bowl and brush with oil.
- 5 | If you have the Easy Fry Oven&Grill [9in1], place the samosas into the fryer basket. Place the basket on the middle level with the drip pan at the bottom. Close the door.
- 6 | Digital version: Set the programme and time indicated, turning the samosas halfway through cooking. Then repeat with the second batch.
- 7 | 2in1 mechanical version: Cook at 170°C for 15 minutes, turning halfway through cooking. Then repeat with the second batch.



## STUFFED TOMATOES

4\*

20  
Min 10  
Min 

## INGREDIENTS

500 g sausage meat  
250 g minced beef  
20 sprigs of chive

12 sun-dried tomatoes  
Salt, pepper  
8 tomatoes

## RECIPE

- 1 | In a large bowl, mix together the meat with the chives, the finely chopped sun-dried tomatoes and a pinch of salt and pepper.
- 2 | Slice the tops of the tomatoes off horizontally, about three-quarters of the way up. Remove the flesh and stuff with the filling. Place them on a tray and put the tops back on.
- 3 | If you have the Easy Fry Oven & Grill 9in1, place the tray on the grill plate and slide it onto the top shelf of your Easy Fry Oven & Grill, with the drip pan at the bottom. Close the door and set the GRILL mode (200°C) for 33 minutes.
- 4 | Insert the grill plate into the appliance and place the tray containing the tomatoes on top. Set the AIR FRY mode for 10 minutes.

# SUNDAY ROAST CHICKEN

4\*

5  
Min

50  
Min



### INGREDIENTS

7 garlic cloves  
A 1.6 kg chicken

3 tablespoons of olive oil  
Salt, pepper

### RECIPE

- 1 | Peel and finely chop the garlic. Brush the chicken with oil then season generously and add the garlic.
- 2 | Insert the grill plate into the bowl and place the chicken into the appliance bowl.
- 3 | Digital version: Set the ROAST CHICKEN mode for the indicated time.
- 4 | 2in1 mechanical version: Set to 200°C for 50 minutes.

**TIP**

*The exact cooking temperature for chicken depends on its weight. To check if it is cooked, prick one of the breasts with the point of a knife; if cooked, the juices will run clear.*

## SALMON NUGGETS WITH ASPARAGUS

4\*

15  
Min

44  
Min



### INGREDIENTS

900 g salmon  
6 egg whites  
120 g breadcrumbs  
3 g Greek seasoning

2 bunches of asparagus  
Olive oil  
Salt

### RECIPE

- 1 | Use a filleting knife to remove any skin, then cut the salmon into 5 cm chunks.
- 2 | Put the egg whites in a bowl. Put the breadcrumbs and Greek seasoning onto a plate and mix.
- 3 | Gently dip the salmon in the egg whites and let the excess drip off. Coat the salmon with the breadcrumb mix and shake off the excess.
- 4 | Wash and cut the asparagus by bending the spears where they naturally break. Sprinkle generously with olive oil and season with salt.
- 5 | Insert the grill plate and divider into the appliance. Click the Sync button and select NUGGETS mode for P1. For P2, select VEGETABLES mode. Add half the salmon nuggets on one side of the divider and start cooking. When the timer sounds, add half of the asparagus to the other side and resume cooking. 10 minutes before the end of cooking, turn the asparagus and salmon pieces.
- 6 | Once cooked, repeat the process with the second batch.

**TIP**

*You can serve this dish with a homemade tzatziki sauce. To make this, combine: 370 g of Greek yoghurt, 60 g of grated cucumber, 2 teaspoons of garlic powder, 1 teaspoon of salt and 2 teaspoons of dill. Serve this sauce cold.*

# STUFFED COURGETTES

4\*

15  
Min 

20  
Min 



### INGREDIENTS

8 courgettes cut in half widthways  
and lengthways  
Salt, pepper

1 kg stuffing  
200 g grated cheese  
12 g breadcrumbs

### RECIPE

- 1 | Season and stuff the courgettes.
- 2 | Insert the grill plate into the appliance. Place the stuffed courgettes in the bowl. Set the FISH programme for 10 minutes. Once cooked, repeat the process with the remaining courgettes.
- 3 | Once the programme has finished, cover the courgettes with cheese and breadcrumbs.
- 4 | Set the AIR FRY programme at 200°C for 10 minutes. Once cooked, repeat the process with the remaining courgettes.

## MUSHROOM SKEWERS AND VEGETARIAN SPRING ROLLS

4 ✦

30  
Min 

40  
Min 



### INGREDIENTS

2 teaspoons sesame oil  
1 tablespoon grated ginger  
2 chopped cloves of garlic  
350 g shredded cabbage  
50 g grated carrots  
2 sliced spring onions

1 teaspoon soy sauce  
Salt, pepper  
12 sheets of rice paper  
40 ml olive oil  
250 g mushrooms  
8 small skewers

### RECIPE

- Place the pan over a medium heat for a few minutes. Add the sesame oil, ginger, 1 garlic clove, cabbage and grated carrot. Cook until the cabbage has wilted.
- Add the spring onions, soy sauce, salt and pepper. Stir and remove from the heat.
- Fill a bowl with warm water and place a clean tea towel on your work surface. Soak the sheets of rice paper as you go along, leaving them for a few minutes in the water then placing them on the tea towel. Place around 2 tablespoons of the filling at the bottom of the sheet. First, roll the left and right edges to cover the filling then roll the whole sheet. Repeat until you have used all of the filling. Use a basting brush to coat the spring rolls in olive oil.
- In a bowl, mix the remaining chopped garlic, salt, lime juice and 20 ml of olive oil. Put the mushrooms in the bowl and stir to thoroughly coat them with the marinade.
- Cover and refrigerate for 2 hours, tossing them every now and then to keep the mushrooms coated. Thread the marinated mushrooms onto the skewers.
- Insert the grill plate and divider into the appliance. Click the Sync button and select VEGETABLES mode for P1. For P2, select FISH mode. First, add half the spring rolls on one side of the divider and start cooking. When the timer sounds, take them out and place 4 mushroom skewers on the other side of the divider. Resume cooking. 5 minutes before the end, turn the skewers over and resume cooking.
- Once cooked, repeat the process with the second batch.

**TIP**

To serve the skewers with a lemon butter sauce, mix in a saucepan over a low heat: 220 g of melted unsalted butter, 2 teaspoons of Worcestershire sauce, 2 tablespoons of lemon juice, 0.5 teaspoons of Tabasco sauce and 1 chopped clove of garlic.

## SALMON AND BRUSSELS PROUTS

4 ✦

10  
Min 

40  
Min 



### INGREDIENTS

4 large salmon fillets, fresh or defrosted  
500 g fresh Brussels sprouts  
30 ml olive oil  
30 ml lemon juice

3 garlic cloves  
1 tablespoon Dijon mustard  
Salt, pepper  
1 teaspoon neutral oil

### RECIPE

- 1 | Prepare the salmon fillets by cleaning and deboning them.
- 2 | Clean and cut the ends of the Brussels sprouts.
- 3 | Put olive oil, lemon juice, garlic, mustard, salt and pepper into a bowl and mix together until a thin frothy layer appears on the top.
- 4 | Add half the sauce to the Brussels sprouts and mix with a large spoon. Brush the rest of the sauce over the salmon.
- 5 | Put your appliance in SYNC mode and select FISH mode for P1 and VEGETABLES mode for P2.
- 6 | Insert the grill plate into the appliance and place a sheet of baking paper on the grill. Brush with oil. Put in the divider. On one side, add half the Brussels sprouts. Start the programme.
- 7 | When the timer sounds, add the salmon and resume cooking.
- 8 | Once the programme has finished, transfer the salmon and Brussels sprouts to a plate and repeat the process with the second batch.

## PORK RIBS AND ONION RINGS

4\*

20  
Min 

70  
Min 



### INGREDIENTS

16 pork ribs  
220 g brown sugar  
9 g paprika  
3 g garlic powder  
3 g onion powder  
3 g mustard seeds  
2 teaspoons sage powder  
Salt, pepper

260 g flour  
500 ml buttermilk  
4 eggs  
480 g breadcrumbs  
120 ml olive oil  
4 large yellow onions  
560 g barbecue sauce

### RECIPE

- 1 | Rinse the pork ribs under cold water and dry with a paper towel. In a bowl, mix sugar, 6 g of paprika, garlic, onion, mustard, sage, salt and pepper until all the ingredients are fully incorporated.
- 2 | Apply a generous amount of the spice mix to every side.
- 3 | Take 4 shallow bowls or deep plates. In the first, mix together the flour, 3 g of paprika and a pinch of salt. In the second, combine the buttermilk and eggs, then add 30 g of the flour mix from the first bowl. In the third, mix together breadcrumbs, a pinch of salt and olive oil with a fork until the oil is evenly distributed. Put half of the breadcrumbs into a fourth bowl.
- 4 | Peel and chop the onions into 1-2 cm rings. Dry the onion rings with some paper towel to remove any excess moisture. Using a fork, place the onion rings in the flour, then the buttermilk mixture and finally the breadcrumbs. Brush them gently with olive oil.
- 5 | Insert the grill plate and divider into the appliance. Click the Sync button and select ROAST CHICKEN mode for P1. For P2, select FISH mode. First, add half the pork ribs on one side of the divider. If required, cut them into sections so they can fit in the appliance, and place them meat-side down. When the timer sounds, turn the pork ribs over and add the onion rings to the other side of the divider. Resume cooking. After 10 minutes of cooking, apply barbecue sauce generously to the pork ribs and turn the onion rings. Resume cooking.
- 6 | Once cooked, repeat the process with the second batch.

## CHIPS AND NUGGETS

4 ✦

30  
Min 

70  
Min 



### INGREDIENTS

1.6 kg potatoes  
4 tablespoons paprika  
Salt  
4 tablespoons oil  
6 chicken fillets

Salt, pepper  
4 eggs  
80 g flour  
130 g breadcrumbs  
3 tablespoons olive oil

### RECIPE

- 1 | Peel the potatoes and cut them into large chips 2 cm thick. Place on a tea towel to dry as much as possible then tip into a bowl. Add the paprika and salt and stir so that the chips are evenly covered. Add the oil and mix together.
- 2 | Remove any tendons and pieces of fat from the chicken fillets. Cut into 4-5 cm pieces and season with salt and pepper.
- 3 | Prepare the ingredients for the breadcrumb coating: beat the egg with a pinch of salt and pepper in a bowl. Place the flour in another bowl, and the breadcrumbs in a third bowl.
- 4 | Coat the nuggets in flour then egg and finally in breadcrumbs. For an even richer coating, repeat the egg and breadcrumb steps. Place them in the fridge for 25 minutes.
- 5 | Insert the grill plate and divider into the appliance. Press the Sync button and select the FRIES programme for P1 and NUGGETS for P2. Transfer the chips to one side of the grill plate and start cooking. Mix once or twice during cooking.
- 6 | When the timer sounds, add the nuggets to the other side of the plate, drizzled with a dash of olive oil. Resume the programme.
- 7 | Once finished, begin the second batch.

## GRILLED AUBERGINES WITH PESTO

4\*

10  
Min 

27  
Min 

### INGREDIENTS

4 aubergines  
150 ml olive oil

Salt, pepper  
200 g pesto

### RECIPE

- 1 | Rinse the aubergines and cut into slices approx. 5 mm thick.
- 2 | Brush with oil then season with salt and pepper.
- 3 | Insert the grill plate into the bowl and put the aubergines into the appliance bowl in a single layer.
- 4 | Digital version: Set AIR FRY to 170°C for 20 minutes, turning halfway through cooking. Brush with pesto and reset to AIR FRY for 2 minutes.
- 5 | 2in1 mechanical version: Set to 170°C for 20 minutes, turning halfway through cooking, then brush with pesto and cook for a further 2 minutes.
- 6 | Brush with pesto and set to GRILL for 5 minutes (digital version) and to 200°C for 5 minutes (2in1 mechanical version).



## LAMB CHOPS WITH LEMON

4\*

10  
Min 15  
Min 

## INGREDIENTS

1.5 organic lemon  
6 garlic cloves

16 small lamb cutlets

## RECIPE

- 1 | Remove the zest from the lemon. Peel the garlic and mince finely using a pestle and mortar. Add the lemon zest and 2 tablespoons of olive oil.
- 2 | Put the chops into the mixture and marinate in the fridge for 4 hours.
- 3 | Insert the grill plate into the bowl and place the chops into the appliance bowl.
- 4 | If you have the Easy Fry Oven&Grill 9in1, place the chops on the grill plate. Place the grill plate on the top level with the drip pan at the bottom. Close the door.
- 5 | Digital version: Set the GRILL mode to 200°C and preheat for 15 minutes. Cook for 10 minutes, turning halfway through cooking.
- 6 | 2in1 mechanical version: Set to 200°C and preheat for 15 minutes. Cook for 10 minutes, turning halfway through cooking.

TIP

When marinating the meat, add fresh herbs: thyme, wild thyme, oregano.

# GRILLED SEA BREAM WITH TOMATO AND OLIVES

4\*

20  
Min

18  
Min



## INGREDIENTS

1 lemon  
8 sprigs of parsley  
2 garlic cloves  
4 tomato

100 g pitted olives  
120 ml olive oil  
8 sea bream fillets  
Salt, pepper

## RECIPE

- 1 | Grate the lemon zest then squeeze the lemons. Chop the parsley and garlic then cut the tomatoes into cubes and slice the olives. Mix together, add the olive oil and set aside.
- 2 | Brush the sea bream fillets with oil then season with salt and pepper.
- 3 | Place the grill plate in the appliance.
- 4 | If you have the Easy Fry Oven&Grill 9in1, place the grill plate on the top level of your appliance. Close the door.
- 5 | Digital version: Digital version: Set the GRILL mode to 200°C and preheat for 15 minutes then put the fillets in and continue to cook for 5 minutes.
- 6 | 2in1 mechanical version: Place the fillets in the bowl, set to 200°C and preheat for 15 minutes. Cook for 7 minutes.
- 7 | Serve with the sauce.

TIP

*Serve the sea bream fillets with your choice of vegetables and rice.*

# CHICKEN THIGHS MARINATED IN YOGHURT AND ROSEMARY

4\*

20  
Min 

35  
Min 



### INGREDIENTS

8 chicken thighs  
500 g Greek yoghurt  
9 cl Dijon mustard

8 garlic cloves  
2 sprigs of fresh rosemary  
Salt, pepper

### RECIPE

- 1 | Remove the skin from the chicken thighs then place them in a large dish.
- 2 | Mix together the yoghurt, mustard, chopped garlic, a pinch of salt, pepper and chopped rosemary leaves. Spread the mixture over the chicken and place the dish in the fridge. Leave to marinate for 4 hours.
- 3 | Place the grill plate in the appliance.
- 4 | Digital version: Set the ROAST CHICKEN mode to 200°C and preheat for 15 minutes and place the chicken thighs in your appliance bowl. Cook for 35 minutes, turning halfway through cooking.
- 5 | 2in1 mechanical version: Place the chicken thighs in the appliance bowl and set to 200°C for 30 minutes. Turn halfway through cooking.

**TIP**

*Serve the chicken thighs grilled with salad and slices of grilled potato.*

# NEW YORK HOT DOGS

4\*

0  
Min 

30  
Min 



### INGREDIENTS

8 sausages  
1.5 red onions  
2 tablespoons of oil  
10 cherry tomatoes

8 Russian-style pickles  
8 hot dog buns  
8 tablespoons of ketchup  
8 cheddar slices

### RECIPE

- 1 | Prepare the sausages by immersing them in a saucepan of boiling water for the time indicated on the packaging.
- 2 | Chop the onion and brown in hot oil in a frying pan for 5 minutes over a medium heat. Mix with the quartered tomatoes and the diced pickles.
- 3 | Halve the hot dog buns, spread with ketchup then garnish with the mixture of vegetables, the sausages and sliced cheddar.
- 4 | Insert the grill plate into the bowl and place the hot dogs into the appliance bowl.
- 5 | If you have the Easy Fry Oven&Grill 9in1, place the hot dogs onto the grill and slide it into the middle level of your Easy Fry Oven&Grill.
- 6 | Digital version: Set the PIZZA mode to 170°C for 5 minutes.
- 7 | 2in1 mechanical version: Set to 170°C for 5 minutes.

**TIP**

Have fun drawing with ketchup or mustard like they do in the USA.

## GRILLED HALLOUMI AND FALAFEL

4\*

25  
Min 

80  
Min 

### INGREDIENTS

350 g raw chickpeas  
3 sprigs of parsley  
6 sprigs of coriander  
2 teaspoons cumin  
Salt, pepper  
2 tablespoons tahini (sesame paste)

2 garlic cloves  
2 white onions  
2 tablespoons olive oil  
230 g halloumi  
1 tablespoon olive oil

### RECIPE

- 1 | Soak the raw chickpeas in a litre of water for at least 12 hours. Mix together the soaked chickpeas, parsley leaves, coriander, cumin, a pinch of salt, a pinch of pepper and the sesame paste (tahini) until you have a coarse paste.
- 2 | Add the chopped garlic and onion then mix well by hand and roll into walnut-sized balls.
- 3 | Insert the grill plate and divider into the appliance. Press the Sync button and select the FRIES programme for P1. For P2, select the MEAT programme.
- 4 | Place the falafel on one side of the bowl and drizzle with olive oil. Start cooking. Turn two or three times during cooking.
- 5 | Meanwhile, prepare the halloumi. Cut it into 8 equal parts. Brush them with oil.
- 6 | When the timer sounds, place the halloumi on the other side of the divider and continue cooking. Turn the cheese halfway through cooking.
- 7 | Once cooked, repeat the process with the second batch.



## CARAMELISED RIBS

4\*

15  
Min 

65  
Min 

### INGREDIENTS

2.3 kg pork ribs  
4 tablespoons of grilling spice blend

150 ml barbecue sauce

### RECIPE

- 1 | Remove the thin white skin from along the bones then completely cover the ribs with the spice mix. Place in the fridge, ideally overnight.
- 2 | Insert the grill plate into the appliance. Place the ribs on the grill, ensuring that the bones are touching the grill and the meat is on top. Cover with a sheet of foil, securing it firmly around the meat to ensure that it doesn't move during cooking. Set the AIR FRY mode to 180°C for 60 minutes. When the time is up, restart the same mode to 180°C for a further 60 minutes.
- 3 | If you have the Easy Fry Oven & Grill 9in1, place the ribs on the grill, ensuring that the bones are touching the grill and the meat is on top. Cover with a sheet of foil, securing it firmly around the meat to ensure that it doesn't move during cooking. Place the grill plate on the middle shelf with the drip pan at the bottom. Close the door and set the MEAT mode for 60 minutes. When the time is up, restart the same programme for a further 60 minutes.
- 4 | Check that the bones come away easily from the meat then remove the aluminium foil and brush with barbecue sauce. Restart the AIR FRY mode for 5 minutes. If you have the Easy Fry Oven & Grill 9in1, check that the bones come away easily from the meat then remove the aluminium foil and brush with barbecue sauce. Restart the MEAT mode for 5 minutes.



## CRISPY TOFU AND BROCCOLI

4\*

10  
Min 44  
Min *INGREDIENTS*

450 g broccoli  
2 teaspoons garlic powder  
1 teaspoon onion powder  
Salt

50 ml olive oil  
450 g firm tofu  
100 g breadcrumbs

*RECIPE*

- 1 | Cut the broccoli into medium-sized florets.
- 2 | In a large bowl, mix 30 ml of water with 1 teaspoon of garlic powder, onion powder and salt. Add the broccoli florets to the mix, add 30 ml of olive oil and stir until the florets are fully coated.
- 3 | In a large bowl, mix breadcrumbs, the remaining garlic powder and salt.
- 4 | Cut the tofu into rectangular pieces around 1 cm thick. Place the tofu rectangles into the breadcrumbs one by one to coat them thoroughly.
- 5 | Insert the grill plate and divider into the appliance. Click the Sync button and select NUGGETS mode for P1. For P2, select VEGETABLES mode. Add the tofu first and brush with olive oil. When the timer sounds, add the broccoli and resume cooking. Stir several times whilst cooking.
- 6 | Once the programme has finished, repeat the process with the remaining ingredients.



# GRILLED SAUSAGE

4\*

10  
Min 

10  
Min 



### INGREDIENTS

6 g honey  
2 tablespoons of Dijon mustard  
2 tablespoons of grainy mustard  
4 sprigs of thyme

Salt, pepper  
1.4 kg of Toulouse sausage in a single piece

### RECIPE

- 1 | Mix together the honey, mustard, thyme, a pinch of salt and pepper.
- 2 | Twist the sausage back on itself, then insert two skewers lengthways to hold it in place.
- 3 | Brush with the mustard mixture.
- 4 | Place the grill plate in the appliance.
- 5 | Digital version: Set the GRILL mode to 200°C and preheat for 15 minutes. Place the sausage into the bowl and cook for 10 minutes, turning halfway through cooking.
- 6 | 2in1 mechanical version: Set to 200°C and preheat for 15 minutes, then place the sausage into the bowl. Cook for 10 minutes, turning halfway through cooking.

**TIP**

*Serve with homemade mashed potatoes with mustard: Peel and boil 1 kg of potatoes. Drain and mash with 25 g of butter, 2 tablespoonfuls of mustard, 150 ml of milk, salt and pepper.*

# WHITE FISH WITH A HERB CRUST WITH BROCCOLI

4 ✦

20  
Min 

25  
Min 



### INGREDIENTS

2 large head of broccoli  
60 g butter  
120 g breadcrumbs  
6 tablespoons of chopped parsley

Salt, pepper  
8 cod or pollock fillets (8x120 g)  
8 g mustard

### RECIPE

- 1 | Wash the broccoli and cut into small florets.
- 2 | Insert the grill plate into the appliance and place the broccoli florets in the bowl.
- 3 | If you have the Easy Fry Oven & Grill 9in1, place them into the fryer basket and slide it onto the middle shelf of your Easy Fry Oven & Grill. Put the drip tray filled with water at the bottom.
- 4 | Set to cook on MANUAL mode at 150°C for 15 minutes, turning the broccoli halfway through cooking.
- 5 | Meanwhile, melt the butter, mix with the breadcrumbs, parsley, salt and pepper. Brush the top of the fish fillets with mustard, add the herby breadcrumbs and press down well to ensure that they stick.
- 6 | When the timer sounds, place the fish fillets on top of the broccoli and set to cook on FISH mode at 170°C for 10 minutes.

# SIRLOIN STEAKS WITH A CHIMICHURRI SAUCE

4\*

15  
Min 

17  
Min 



### INGREDIENTS

8 sirloin steaks, each approx. 200 g  
6 cl red wine vinegar  
1 lemon  
8 garlic cloves

12 sprigs of parsley  
120 ml olive oil  
Salt, pepper  
1 teaspoon of chilli flakes

### RECIPE

- 1 | Remove the meat from the fridge and leave to rest at room temperature for at least 30 minutes before cooking.
- 2 | In the meantime, prepare the chimichurri sauce. In a bowl, mix together the lemon juice, chopped, degermed garlic, chopped parsley and oil together. Add a pinch of salt and pepper and the chilli.
- 3 | Place the grill plate in the appliance.
- 4 | Digital version: Set the GRILL mode to 200°C and preheat for 15 minutes. Season the steaks with salt and pepper then put them into the bowl and cook for 2 minutes on each side.
- 5 | 2in1 mechanical version: Preheat to 200°C then season the steaks with salt and pepper and put them into the appliance bowl. Cook for 2 minutes on each side.

TIP

Adjust the cooking time according to whether you prefer your steak well done or rare.

# CHICKEN DRUMSTICKS AND POTATO WEDGES

4\*

10  
Min 

80  
Min 

### INGREDIENTS

8 chicken drumsticks  
5 g paprika  
2 teaspoons Herbes de Provence  
2 teaspoons brown sugar  
Salt, pepper

100 ml olive oil  
8 potatoes  
2 teaspoons dried parsley  
2 teaspoons chilli powder

### RECIPE

- 1 | Pat the chicken legs with a paper towel to dry them off. Put them into a large bowl.
- 2 | In a small bowl, mix together 3 g of paprika, Herbes de Provence, brown sugar, salt and pepper. Add 40 ml of olive oil to the bowl with the chicken and sprinkle over the seasoning, mixing until the chicken is fully coated.
- 3 | Wash the potatoes and cut them into wedges. Place them in a large bowl. Add 60 ml of olive oil, 2 teaspoons of paprika, parsley, chilli, salt and pepper and mix well to cover the potatoes with the spices.
- 4 | Insert the grill plate and divider into the appliance. Click the Sync button and select FRIES mode for P1. For P2, select ROAST CHICKEN mode. First, add half of the potato wedges. When the timer sounds, put 4 chicken drumsticks on the other side of the divider and resume cooking. After 10 minutes, turn the chicken over, then continue cooking. Once cooked, repeat the process with the second batch.

## DELUXE HAMBURGER

4\*

10  
Min 

12  
Min 



### INGREDIENTS

800 g minced beef  
2 garlic cloves  
4 teaspoons of soy sauce  
3 tablespoons of olive oil

Salt  
6 burger buns  
8 lettuce leaves  
3 tomatoes

### RECIPE

- 1 | Mix together the beef mince, pressed garlic, soy sauce and olive oil. Season with salt. Shape into burgers using your hands.
- 2 | Insert the grill plate into the bowl and place the burger buns into the appliance bowl.
- 3 | Digital version: Set to PIZZA mode for 4 minutes.
- 4 | 2in1 mechanical version: Set to 180°C for 4 minutes.
- 5 | Remove the buns and keep warm under a piece of aluminium foil then place the burgers in the pan.
- 6 | Digital version: Set to cook on GRILL mode for 8 minutes, increasing or decreasing the cooking time by 2 minutes depending on the desired result.
- 7 | 2in1 mechanical version: Set to 200°C for 8 minutes, increasing or decreasing the cooking time by 2 minutes depending on the desired result. | Garnish the buns with lettuce leaves, tomato slices and the grilled burgers, then serve.

**TIP**

*Make a sauce by mixing together: 1 spoonful of wholegrain mustard, 2 spoonfuls of strong mustard, 1 egg yolk and 1 spoonful of oil before adding 1 spoonful of thick crème fraîche.*

# AUBERGINES WITH MOZZARELLA

4\*

15  
Min 

23  
Min 



### INGREDIENTS

2 aubergines  
Salt, pepper  
4 balls of mozzarella

100 g ready-made tomato sauce  
12 g grated Parmesan

### RECIPE

- 1 | Rinse and cut the aubergines into 5 mm slices. Season with salt and pepper.
- 2 | 3in1: Fill the tank with water. Insert the grill plate into the appliance. Place the aubergine slices in the bowl. Set the programme indicated for 15 minutes. If you have the Easy Fry Oven & Grill 9in1, place the aubergine slices and the grill plate on the middle shelf of your Easy Fry Oven & Grill, with the drip pan at the bottom. Close the door and set the GRILL mode to 200°C for 15 minutes.
- 3 | Meanwhile, drain the mozzarella balls and cut into thick slices. Allow the cooked aubergines to cool then cover with tomato sauce.
- 4 | Layer the slices of aubergine and mozzarella in a small dish. Sprinkle with Parmesan and place in the bowl. Restart the programme indicated for 8 minutes. If you have the Easy Fry Oven & Grill 9in1, place everything onto the grill plate and restart the programme for 8 minutes.

## CHICKEN WINGS

4\*

5  
Min

34  
Min



### INGREDIENTS

1.6 kg of chicken wings  
5 tablespoons of ketchup  
3 tablespoons of mustard  
3 tablespoons of paprika

3 tablespoons of sweet soy sauce  
Salt, pepper  
2 tablespoons of olive oil

### RECIPE

- 1 | Cut the chicken wings in half by separating them at the joint.
- 2 | Place all the ingredients into a large bowl and add the chicken wings. Mix well to ensure they are completely coated. Cover in cling film and leave to marinate for at least 12 hours.
- 3 | Insert the grill plate into the appliance bowl and place half the chicken wings into the bowl.
- 4 | If you have the Easy Fry Oven&Grill 9in1, place half the chicken wings into the fryer basket. Place the basket on the middle level with the drip pan at the bottom. Close the door.
- 5 | Digital version: Set the ROAST CHICKEN mode for 17 minutes, turning after 12 minutes, then repeat with the second batch.
- 6 | 2in1 mechanical version: 2in1: Set to 170°C for 17 minutes, turning after 12 minutes, then repeat with the second batch.

**TIP**

Choose your preferred marinade: barbecue sauce, spicy, chilli, garlic, etc.

## GLAZED TERIYAKI SALMON

4\*

5  
Min 

23  
Min 



### INGREDIENTS

1 kg salmon fillet  
26 cl teriyaki sauce

2 tablespoons of sesame seeds

### RECIPE

- 1 | Marinate the salmon fillets for 30 minutes in the teriyaki sauce.
- 2 | Place the grill plate in the appliance.
- 3 | Digital version: Preheat GRILL mode at 200°C for 15 minutes then place the fish fillets onto the grill plate in the bowl and cook for 10 minutes.
- 4 | 2in1 mechanical version: Set to 200°C and allow to preheat, then place the salmon fillets onto the grill plate in the bowl and cook for 10 minutes.
- 5 | Sprinkle with sesame seeds and serve with rice.

## STEAK FRITES

4\*

15  
Min 

60  
Min 

### INGREDIENTS

1.6 kg potatoes  
6 g paprika  
Salt

60 ml oil  
8 sirloin steaks, approx. 200 g each  
Pepper

### RECIPE

- 1** | Peel the potatoes and cut them into large fries 2 cm thick. Place on a tea towel to dry as much as possible then tip into a bowl. Add the paprika and salt and stir so that the fries are evenly covered. Add the oil and mix together.
- 2** | Equip the grill plate. Transfer half the fries to one side of the grill plate. Place it in the appliance. Set the FRIES mode to 200°C for 25 minutes and start cooking. Mix the fries once or twice during cooking.
- 3** | Once cooked, pour the fries into a bowl and set aside. Place two steaks on the hot grill plate and insert the cooking bowl into the appliance. Set the GRILL programme to 200°C for 4-6 minutes, depending on how done you would like the steaks to be. Start the programme and turn the steaks halfway through.
- 4** | Once the programme has finished, repeat the process with the remaining steaks.



## COD CRUMBLE WITH CRISPY FENNEL

4\*

25  
Min 

13  
Min 



### INGREDIENTS

9 g grated Parmesan  
20 g butter  
6 g breadcrumbs  
2 teaspoons of Herbes de Provence  
100 g chorizo

4 bulbs of fennel  
Salt, pepper  
60 ml olive oil  
8 cod fillets

### RECIPE

- 1 | Place the Parmesan, butter, breadcrumbs and Herbes de Provence in a mixer bowl. Remove the skin from the chorizo, cut into small pieces and add to the mixer bowl. Mix until you have a crumbly dough.
- 2 | Insert the grill plate into the appliance. Rinse and chop the fennel. Place them in the cooking bowl then season with salt and pepper and drizzle with olive oil. Set the STEAM programme for 5 minutes.
- 3 | If you have the Easy Fry Oven & Grill 9in1, put the rinsed, chopped fennel on the grill, season with salt and pepper and drizzle with olive oil. Place the grill on the middle shelf with the drip pan at the bottom and filled with water. Set the FISH mode for 10 minutes.
- 4 | Add the cod fillets covered with chorizo crumble to the cooking bowl. Set the AIR Fry programme for 8 minutes. If you have the Easy Fry Oven & Grill 9in1, add the cod fillets covered with chorizo crumble. Set the FRIES programme for 10 minutes.

# DUCK BREASTS AND CARROT FRIES

4\*

20  
Min 

80  
Min 

### INGREDIENTS

500 g carrots  
2 tablespoons grapeseed oil  
1 tablespoon maple syrup  
1 teaspoon thyme

Salt, pepper  
2 duck breasts  
1 teaspoon dried parsley

### RECIPE

- 1 | Peel the carrots. Quarter them lengthways then cut into 5 cm pieces. Place in a bowl and mix with the oil, maple syrup, thyme, salt and pepper.
- 2 | Score the skin of the breasts in a grid pattern, without cutting the meat. Season with salt, pepper and parsley. In a hot pan, brown the breasts for 1 minute on each side then discard the excess fat.
- 3 | Insert the grill plate and divider into the appliance. Click the Sync button and select FRIES mode for P1. For P2, select MEAT mode. First, add the carrot fries.
- 4 | When the timer sounds, stir the fries and place one duck breast on the other side of the divider. Resume cooking. After 7 minutes, turn the breast over, then continue cooking.
- 5 | Once the programme has finished, repeat the process with the second batch.



## ROAST CAULIFLOWER AND LEMON SAUCE

4\*

15  
Min 

15  
Min 



### INGREDIENTS

2 small cauliflowers  
60 ml olive oil  
60 g tahini

200 ml olive oil  
100 ml lemon juice  
Salt, pepper

### RECIPE

- 1 | Remove the cauliflower leaves then cut into quarters and take out the central stem. Cut each segment into florets and place in a large bowl.
- 2 | Add the tablespoons of olive oil, the salt and pepper and mix well.
- 3 | Insert the grill plate into the bowl and place the ingredients in the appliance bowl (cook in two batches if necessary).
- 1 | Digital version: Set the FRIES mode for 15 minutes, stirring halfway through cooking.
- 4 | 2in1 mechanical version: Set to 180°C for 15 minutes, stirring halfway through cooking.
- 5 | In the meantime, make a sauce to serve with the cauliflower by mixing together the tahini, olive oil and lemon juice.

## CHOCO-BANANA SAMOSAS

4\*

15  
Min 10  
Min 

## INGREDIENTS

8 sheets of brik pastry  
Neutral oil  
50 g ground cocoa  
4 bananas cut into 1 cm slices

200 ml milk  
200 g chocolate  
2 egg yolks

## RECIPE

- 1 | Cut the brik pastry sheets into 4 pieces lengthways. Oil the pastry. Put some cocoa powder and a slice of banana in the middle of each sheet. Fold.
- 2 | Heat the milk in the saucepan and mix in the chocolate. Whisk to a smooth sauce.
- 3 | Brush the samosas with egg yolk.
- 4 | Insert the standard plate into the bowl and place the samosas onto it. Set the AIR FRY mode to 180 °C for 10 minutes. Then repeat with the second batch.
- 5 | If you have the Easy Fry Oven & Grill 9in1, place the drip tray at the bottom of the Easy Fry Oven & Grill. Gradually put the samosas into the fryer basket without overlapping them and set the FRIES mode to 180°C for 10 minutes. Then repeat with the second batch.



## YOGHURT CAKE

4\*

15  
Min50  
Min

## INGREDIENTS

2 egg whites  
150 g sugar  
Grease the cake mould and  
sprinkle with flour  
2 egg yolks

125 g strained yoghurt  
85 g softened, lightly salted butter  
150 g sifted flour  
0.5 sachet of baking powder

## RECIPE

- 1 | Beat the egg whites until stiff. Add half of the sugar and form a meringue. Set aside. Grease the cake mould and sprinkle it with flour.
- 2 | Mix together the rest of the sugar, egg yolks yoghurt and butter. Add the flour and yeast then the whipped egg whites. Pour into the mould.
- 3 | Insert the grill plate into the appliance. Place the mould in the cooking bowl. Set to cook on DESSERT mode at 160°C for 50 minutes.
- 4 | If you have the Easy Fry Oven & Grill 9in1, place the mould onto a grill on the middle shelf of your Easy Fry Oven & Grill. Close the door. Set to cook on DESSERT mode at 160°C for 50 minutes.



## APPLE AND RED BERRY CRUMBLE

4\*

20  
Min 30  
Min *INGREDIENTS*

8 Golden Delicious apples  
500 g mixed red berries  
60 g brown sugar  
30 g cornflour

240 g butter  
300 g flour  
200 g sugar  
100 g rolled oats

*RECIPE*

- 1** | Peel the apples, remove the seeds and dice into 2 cm pieces. In a large bowl, mix together the apples, red berries, brown sugar and cornflour. Pour everything into a baking dish.
- 2** | Insert the grill plate into the appliance and place the dish in the bowl. Set the DESSERT mode for 15 minutes at 190°C.
- 3** | If you have the Easy Fry Oven & Grill 9in1, place the dish onto the grill plate and slide it into the middle shelf of your Easy Fry Oven & Grill. Close the door and set the DESSERT mode for 15 minutes at 190°C.
- 4** | Meanwhile, in a large bowl, mix together the softened butter, cut into cubes, the flour, sugar and rolled oats. Work the dough by hand until you obtain a crumbly texture.
- 5** | Spread the crumble over the fruit and restart the DESSERT mode at 190°C for an additional 15 minutes.

## APPLE MERINGUES

4\*

25  
Min 20  
Min 

## INGREDIENTS

8 apples | 4 egg whites  
80 g sugar

60 g hazelnuts  
60 g chocolate chips

## RECIPE

- 1 | Slice the tops of the apples off widthways, about three-quarters of the way across. Remove the flesh without piercing the skin. Place the apples and their tops in a dish.
- 2 | 3in1: Fill the tank with water. Insert the grill plate into the appliance. Place the dish in the bowl and set the indicated mode for 10 minutes.
- 3 | If you have the Easy Fry Oven & Grill 9in1, place the dish onto the grill plate and place it on the middle shelf of the appliance. Close the door and set the DESSERT mode for 10 minutes.
- 4 | Meanwhile, put the egg whites into a bowl and beat with an electric whisk. Once the whites are beaten and firm, make a meringue by folding in the sugar gradually, continuing to whisk all the time. Once all the sugar has been added, continue to whisk for 2 minutes.
- 5 | Use a spatula to gently fold in the chopped hazelnuts and chocolate chips. Fill the apples with the meringue and restart the indicated mode for 10 minutes.

## ALMOND CIGARS

4\*

30  
Min 11  
Min 

## INGREDIENTS

240 g honey  
380 g ground almonds  
60 g butter

60 ml of orange blossom flavouring  
12 sheets of brik pastry  
2 eggs

## RECIPE

- 1 | Set aside 3 tablespoons of honey. In a large bowl, mix together the ground almonds, melted butter, orange blossom flavouring and honey. Shape the dough into a sausage then cut into 7 cm pieces.
- 2 | Cut the brik pastry in half then place a dough sausage at the base of the brik. Brush everything with beaten egg then start rolling, folding in the edges until you have rolled the dough into a cigar shape. Repeat until you have rolled all the pieces.
- 3 | Insert the grill plate into the bowl and put a sheet of baking paper inside your appliance then place the cigars in the bowl.
- 4 | Digital version: Set the DESSERT mode to 180°C for 8 minutes then add the honey and continue to cook for a further 3 minutes. 2in1 mechanical version: Set to 180°C for 8 minutes then add the honey and continue to cook for a further 3 minutes.

## CARMELISED PINEAPPLE

4 ✨

10  
Min 6  
Min 

## INGREDIENTS

2 peeled pineapples  
120 ml maple syrup

2 pinch of ground cinnamon (optional)  
Some fresh mint leaves

## RECIPE

- 1 | Insert the grill plate into the appliance. Set the Grill programme to preheat for 15 minutes.
- 2 | 9in1: Place the grills onto the middle and top shelves of your Easy Fry Oven & Grill, with the drip pan at the bottom and close the door. Set the Grill mode to preheat for 15 minutes.
- 3 | Cut the pineapple into quarters lengthways. Remove the core so that the pieces are flat. Mix the pineapple with the maple syrup and add some ground cinnamon if you wish.
- 4 | Once preheated, place the pineapple quarters in the appliance. Cook for 6 minutes. Then repeat with the second batch.
- 5 | When the quarters are grilled, remove from the appliance. Allow to cool for a little while then decorate with fresh mint leaves.

TIP

*You can replace the maple syrup with cinnamon sugar. You can serve the pineapple with homemade vanilla ice cream.*