

Tefal[®]

AIR FRYING RECIPES



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DESSERTS

Air-dried apple chips
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73
74
75
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77
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80
81
82



NUMBER OF
PEOPLE



PREPARATION
TIME



MARINATING
TIME



COOKING
TIME

ALGERIAN TOMATO & OLIVE CALZONE

4

20
min10
min*INGREDIENTS*

2 packs ready made pizza dough
3 white onions, thinly sliced
1 tbsp. tomato puree
50 g black olive

70 g canned tuna in water
1 drizzle olive oil
1 egg yolk
Salt and pepper

RECIPE

- 1 | Drizzle a bit of olive oil into a pan, add the onions and cook until soft. Add the tomato puree and cook for 2 more minutes. Remove from heat and add the black olives and tuna. Season with salt and pepper.
- 2 | Cut the pizza dough into 4 circles that are 15 cm in diameter and spoon the onion mixture onto them.
- 3 | Beat an egg yolk and brush along the edges of the calzones. Fold the circles in half and press the edges firmly to close. Brush with the egg yolk and place two calzone into the basket.
- 4 | Cook for 10 minutes at 160°C. Remove the first cooked calzone and place the next two in the basket. Cook for 10 minutes at 160°C.

BATTERED COD BITES

6 ✨ 25 min  2 x 15 min *INGREDIENTS*

330 g cod fillet
 180 g flour
 50 ml unsweetened condensed milk
 2 egg yolks
 2 cloves of garlic, finely chopped

2 small shallots, peeled
 1 small chilli pepper
 1/2 tbsp fresh or dried thyme
 Salt, pepper
 2 tbsp oil

RECIPE

- 1 | Place the fish in a pan of cold water. Bring to the boil and turn off the heat. Leave to rest for 3 minutes. Drain and debone the fish, then flake it using a fork. Deseed the chilli, then finely chop the peeled shallot and the chilli.
- 2 | Place all of the ingredients (except the oil) in a bowl and mix together. You should now have a slightly sticky, elastic paste.
- 3 | Place a piece of baking paper in the basket of your Tefal Air Fryer. Grease it with oil using a brush. Using two dessert spoons, shape the paste into small dumplings. Place 12 dumplings into the basket, ensuring that they are not touching. Use a brush to lightly grease them with oil.

Place the basket back in the appliance and Cook the bites at 200°C for 15 minutes, turning them 3 minutes before the end.

- 4 | Remove the bites from the basket. Grease the baking paper again. Using the remaining paste, create 12 more small dumplings and place them in the basket, ensuring that they are not touching. Use a brush to lightly grease them with oil. Place the basket back in the Tefal Air Fryer again and close the door. Cook the bites on at 200°C for 15 minutes, turning them 3 minutes before the end.



BEEF EMPANADAS

4 ✨ 25 min. 🍲 20 min. 🍳

INGREDIENTS

2 rolls of shortcrust pastry
 350 g minced beef
 3 spring onions
 1 tbsp. paprika

1 egg yolk
 1 tbsp. olive oil
 Salt
 Pepper

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, then remove and allow to cool.
- 2 | Unroll the pastry, cut out 8 circles approximately 9 cm in diameter, add some of the cooled minced meat, leaving a 1-cm space around the edge, and fold over into a turnover shape.
- 3 | Mix the egg yolk with 1 tbsp. of water. Brush the empanadas with the mixture and place them in the basket of your Tefal Air Fryer.
- 4 | Preheat to 200°C for 15 minutes. Cook for 10 minutes and then repeat with the second batch.

TIP

You can flavour the beef filling of the empanadas with cumin, oregano or chopped garlic. Why not try adding tomato or sweetcorn to the filling for extra flavour?

BREADED CAULIFLOWER WITH CURRY

4 ✨

10 min 10 min **INGREDIENTS**

500 g cauliflower
3 eggs
60 g flour

100 g breadcrumbs
2 tsp chilli powder
3 tbs olive oil, salt, pepper.

RECIPE

- 1 | Cut the cauliflower into medium-sized tips, rinse and dry well with a clean cloth.
- 2 | Prepare the ingredients for the bread crumbs: in one bowl, whisk the eggs with a pinch of salt and pepper. Pour the flour into another bowl, and in a third bowl, mix the breadcrumbs with the curry.
- 3 | Dip the cauliflower tips into the three bowls in the following order: first in the eggs, then in the flour, then once again in the eggs and finally in the breadcrumbs. Allow the cauliflower pieces to drain off as much as possible before each bowl change so as to prevent dripping.
- 4 | Place the breaded cauliflower in the basket of your Tefal Air Fryer. Drizzle with oil and cook at 200°C for 10 minutes.

TIP

If you choose to cut the cauliflower into larger pieces, add 5 minutes to the cooking time.

CHICKEN SPRING ROLLS

4 ✪ 35 min. 20 min.

*INGREDIENTS*

16 rice paper wrappers
 50 g rice vermicelli
 2 chicken fillets
 200 g mixed stir-fry vegetables
 4 button mushrooms

1 clove garlic
 1 tbsp. flavourless oil
 Salt
 Pepper

RECIPE

- 1 | Rehydrate the rice vermicelli as per the instructions on the packet. Drain them carefully between your hands. Chop coarsely with scissors and leave to cool.
- 2 | Dice the chicken and fry in hot oil with the chopped garlic for 5 minutes. Add the stir-fry vegetables and cook for a further 5 minutes. Add the vermicelli and allow to cool.
- 3 | Have a bowl of warm water and a clean tea towel ready on your worktop. Dip the rice paper wrappers into the water for a few minutes and then put them on the tea towel. Place about 1 spoonful of filling on the wrapper. Fold over the left and right sides to enclose the filling and then roll it up. Repeat until you have used up all of the filling.
- 4 | Place the spring rolls in the basket of your Tefal Air Fryer, spacing them well apart so they don't stick together. Cook at 160°C for 20 minutes, turning halfway through the cooking time.

TIP

Serve with mint, salad and soy sauce.

CRISPY MUSHROOMS

4 ✨

20 min. 🍲

5 min. 🍳

15 min. 🍲

**INGREDIENTS**

40 g Parmesan

70 g breadcrumbs

30 g ready made fried onions,
ground into a powder

1 black tea bag

2 eggs

180 g cleaned shitake mushrooms

Zest of a lemon

RECIPE

- 1 | Remove the stems from the mushrooms and beat the eggs in a bowl. Place the mushrooms in the beaten eggs and let rest for 5 minutes. Remove and place on a dish so that they dry.
- 2 | Mix the breadcrumbs, fried onions, tea from the tea bag and grated Parmesan in a bowl. Dip the mushroom caps in the breadcrumb mixture.
- 3 | Place all the mushrooms in the basket and cook for 15 minutes at 170°C. Gently shake the basket from time to time.
- 4 | Serve the crispy mushrooms with lemon zest.

TIP

Add chopped parsley to the breadcrumbs for a touch of flavour and colour.

CRISPY PAPRIKA CHICKEN WINGS

4 ✨

10 min. 10 min. 20 min. *INGREDIENTS*

12 chicken wings
100 g plain flour
4 tbsp. paprika

Juice of 1 lemon
3 tbsp. sweet chili sauce
100 g lightly salted butter, melted

RECIPE

- 1** | In a bowl, mix the flour with 2 tbsp. paprika and roll the chicken wings in the mixture. Remove the excess flour and paprika from the wings. Refrigerate for 10 minutes.
- 2** | Whisk the butter with the lemon juice, sweet chili sauce and remaining 2 tbsp. paprika.
- 3** | Preheat your Tefal Air Fryer for 3 minutes at 200°C.
- 4** | Dip the wings one at a time in the butter mixture, let excess drip off, then place in the basket. It's ok if the wings overlap one another in the basket.
- 5** | Cook for 10 minutes at 180°C. Stir and continue cooking for 10 minutes at 180°C.

CRISPY PRAWNS

4 ✨ 20 min. 🥣 10 min. 🍷

*INGREDIENTS*

250 g shelled prawns
2 eggs
60 g wheat flour
60 g cornflour

2 tbsp. curry powder
1 tbsp. oil
Salt
Pepper

RECIPE

- 1 | Prepare the ingredients for the breadcrumbs: place the eggs and a pinch of salt and pepper in a bowl and whisk. Pour the wheat flour and curry powder into a second bowl, and the cornflour into a third.
- 2 | Dip the prawns into the different bowls in the following order: first into the curry and wheat flour, then into the eggs and finally into the cornflour. Allow the prawns to drain off as much as possible between bowls to avoid drips.
- 3 | Place the breaded prawns in the basket of your Tefal Air Fryer and drizzle with oil.
- 4 | Cook at 170°C for 5 minutes, then turn the prawns over and continue cooking for another 5 minutes.

CRUNCHY CHICKPEAS

4 ✨ 20 min  20 min *INGREDIENTS*

500 g cooked chickpeas, rinsed and dried
 2 tbsp. olive oil
 ½ tsp. sea salt
 ½ tsp. ground pepper
 ½ tsp. chili powder

¼ tsp. ground cumin
 ¼ tsp. paprika
 1 tsp. ready made fried onions, ground into a powder
 ½ tsp. garlic powder
 1 pinch Cayenne powder

RECIPE

- 1 | Preheat your Tefal Air Fryer for 3 minutes at 200°C.
- 2 | In a mixing bowl, mix the olive oil, salt, pepper, chili, cumin, paprika, fried onions, garlic and Cayenne. Add the chickpeas and cover with the spice mixture.
- 3 | Place the chickpeas in the basket and cook for 20 minutes at 170°C. Shake the basket occasionally during cooking.
- 4 | If after cooking the chickpeas are not very crisp, cook for a few more minutes.

FALAFELS

4 ✨ 20 min. 🥣 15 min. 🍲

INGREDIENTS

500 g cooked chickpeas
 1 white onion
 2 sprigs of parsley
 4 sprigs of coriander
 1 tsp. cumin

1 clove garlic
 1 tbsp. tahini (sesame paste)
 1 tbsp. olive oil
 Salt
 Pepper

RECIPE

- 1** | Mix the chickpeas, parsley leaves, coriander and cumin together with a pinch of salt, a pinch of pepper and the sesame paste (tahini) until coarsely blended.
- 2** | Add the chopped garlic and onion and mix well by hand. Then, shape the mixture into balls. Place them in the basket of your Tefal Air Fryer and drizzle with olive oil.
- 3** | Cook at 170°C for 15 minutes, turning halfway through the cooking time.

TIP

Serve the falafels in hot pitta breads garnished with fresh mint, yoghurt and slices of tomato.

GARLIC HONEY TOFU BITES

4 ✨

10 min. 30 min. 15 min. **INGREDIENTS**

4 x 25-g pieces of fermented tofu
 2 spring onions, chopped
 A few sprigs of parsley
 2 tbsp. honey
 2 tbsp. soy sauce

Juice of half a lemon
 1 tbsp. garlic powder
 2 tbsp. potato starch/potato flour
 1 tbsp. toasted sesame seeds with a pinch of salt

RECIPE

- 1 | In a mixing bowl, prepare the marinade by mixing the soy sauce, lemon juice, garlic and honey. Marinate the tofu in this mixture for 30 minutes.
- 2 | Drain the tofu and dip briefly in the potato starch, placed in a shallow dish. Tap off any excess starch.
- 3 | Place the tofu pieces in the basket of your Tefal Air Fryer and cook for 15 minutes at 190°C.
- 4 | Serve the tofu sliced and seasoned with the marinade. Garnish with spring onion, parsley and toasted sesame seed mixture.

GRILLED GARLIC BREAD

4 ✨

15
min10
min*INGREDIENTS*

1 small baguette, pre-cooked
80 g lightly salted butter, softened
1 bunch of flat-leaf parsley,
chopped

4 cloves garlic, chopped
50 g pecorino cheese
Zest of half a lemon
Salt and pepper

RECIPE

- 1 | Mix the butter, chopped parsley, chopped garlic, lemon zest and the grated pecorino together. Season with salt and pepper.
- 2 | Cut the baguette in two so that the two halves can fit into the basket. Then cut the halves into slices, leaving around 0.5 cm uncut at the bottom so that the slices do not separate.
- 3 | Spread some of the garlic mixture in between the slices, spreading it on top of the halves as well.
- 4 | Place the two baguette halves in the basket of your Tefal Air Fryer and cook for 10 minutes at 190°C.

HERB CRAB CROQUETTES

4

20
min30
min**INGREDIENTS**

1 pack of crackers, finely crushed (250 g)
 300 ml milk
 50 g butter, softened
 200 g crab meat
 2 tbsp. mayonnaise
 2 eggs
 1 tbsp. Dijon mustard

Juice of half a lemon
 1 tbsp. chives, finely chopped
 1 tbsp. dill, finely chopped
 1 tbsp. parsley, finely chopped
 2 spring onions, thinly sliced
 Salt and pepper

RECIPE

- 1** | In a mixing bowl, mix half of the crackers with the milk.
- 2** | Next, add the crab, chives, dill, parsley, the eggs, lemon juice, onion, mayonnaise and mustard. Season with salt and pepper. Next, add the crab, chives, dill, parsley, the eggs, lemon juice, onion, mayonnaise and mustard. Season with salt and pepper.
- 3** | Divide the mixture into 8 balls. Place the rest of the crackers in a dish. Coat the balls by rolling them in the crushed crackers.
- 4** | Place 4 balls in the basket and flatten them to form patties. Place a knob of butter on each patty. Cook for 15 minutes at 160°C.
- 5** | Remove the cooked croquettes from the basket. Add the remaining 4 patties, flatten, then add a knob of butter on top and cook for 15 minutes at 160°C.

INDIAN STYLE POTATO PATTIES

4 ✨

30 min. 8 hrs. 20 min. *INGREDIENTS*

- | | |
|---|----------------------------|
| 2 large potatoes (around 700 g) | 1 tsp. cumin |
| 1 yellow capsicum, cut into thin strips | 1 tsp. ground coriander |
| 1 clove of garlic, crushed | 60 g chickpea flour |
| 1 drizzle olive oil | 1 tbsp. coriander, chopped |
| 1 white onion, thinly sliced | Salt and pepper |
| 1 tbsp. curry powder | |

RECIPE

- 1** | Boil the potatoes, skins on. Let cool and peel. Then mash.
- 2** | Cook the onion and yellow capsicum in a drizzle of olive oil in a frypan until soft. Add the garlic, curry powder, cumin and ground coriander. Cook for 5 additional minutes on low heat.
- 3** | Mix the mashed potatoes with the curried vegetables. Season with salt and pepper. Refrigerate overnight if possible.
- 4** | Form the first 4 patties and coat them in the chickpea flour, placed in a shallow dish. Place into the basket and gently flatten. Cook for 10 minutes at 180°C. Remove from basket. Repeat steps for the remaining mixture to form 4 more patties. Cook for 10 minutes at 180°C.
- 5** | Serve with chopped coriander.

MEDITERRANEAN PEPPER OPEN SANDWICH

4 ✨ 15 min  30 min 

INGREDIENTS

2 small red peppers
8 slices of toasted bread
80 ml olive oil
1 clove garlic
Salt, pepper

RECIPE

- 1 | Wash the peppers. Place the peppers whole in the basket of your Tefal Air Fryer. Cook at 200°C for 30 minutes.
- 2 | Place the peppers in a bowl, cover them with a plate and leave to fully cool. This will make it easier to remove the skin.
- 3 | Peel the peppers. Cut them into strips and place them in a deep dish with the crushed garlic and olive oil. Season with salt and pepper. Serve with slices of toasted bread.

TIP

Add a few sprigs of thyme to the peppers.

MOZZARELLA AND SUNDRIED TOMATO SAMOSAS

6 ✪ 25 min  10 min 

INGREDIENTS

6 round sheets of brick pastry
3 sundried tomatoes
12 mozzarella balls (or 12 small cubes)
2 tbsp oil

RECIPE

- 1 | Cut each tomato into quarters. Cut 3 | Place the samosas in the basket of each brick pastry sheet in half (to form 2 semicircles). Cut 2 cm off the rounded edges to form wide 13-cm strips.
- 2 | Fold each strip in half. Using a brush, lightly oil the folded strip. Place a mozzarella ball and a piece of dried tomato at the bottom of the strip. Fold it to form a triangular samosa and oil it using a brush.



MUMMY PIZZAS

4 ✨ 15 min. 🍲 8 min. ☕

*INGREDIENTS*

2 English muffins
8 tbsp. tomato sauce

4 slices mozzarella cheese
4 pitted black olives

RECIPE

- 1 | Cut the muffins in half and place them in the basket of your Tefal Air Fryer. Cook at 170°C for 3 minutes.
- 2 | Spread a large tbsp. of tomato sauce over each muffin. Cut the mozzarella slices into thin strips. Lay them across each muffin, then add the olives, sliced to look like eyes. Place the pizzas in the basket of your Tefal Air Fryer.
- 3 | Cook at 170°C for 5 minutes.

TIP

A fun recipe that kids can easily make themselves, but always with adult supervision to prevent any risk of burns.

RUSTIC ZUCCHINI TART

4 ✨ 15 min 🥣 13 min preheating + 45 min 🍳

**INGREDIENTS**

1 pack of puff pastry	1 tbsp breadcrumbs
2 small zucchinis	3 cloves of garlic
200 g fresh goats cheese (or cream cheese)	1/2 lemon
2 tsp finely chopped thyme or herbes de Provence	1 tbsp olive oil
	Salt, pepper

RECIPE

- 1 | Wash the zucchinis and cut them into 1/2 cm-thick slices. Peel and crush the garlic cloves, grate the lemon zest, and combine with the goats cheese (or cream cheese), breadcrumbs, salt and pepper, and half of the thyme and olive oil.
- 2 | Preheat your Tefal Air Fryer at 200°C for 13 minutes.
- 3 | Cut a sheet of baking paper to the size of the cooking basket. Unroll the pastry onto the baking paper, using it as a guide, then prick the pastry using a fork. Starting in the middle, spread the cheese mixture onto the pastry, up to the edge of the baking paper. Top with the zucchini slices and the remainder of the thyme and olive oil. Fold the edges of the pastry over the filling so that the tart is no bigger than the baking paper.
- 4 | Once preheated, use the baking paper to slide the tart onto the basket of your Tefal Air Fryer. Cook at 190°C for 45 minutes. After 20 minutes, carefully remove the baking paper using a spatula. Return the basket to the appliance, lower the heat to 180°C to finish cooking.

TIP*Serve hot, warm or cold, with a salad.*

SESAME SEED EGGPLANT CAVIAR

4 ✨ 10 min  30 min 



INGREDIENTS

2 eggplants
50 ml olive oil
2 tbsp. sesame paste (tahini)

20 g sesame seeds
Salt and pepper

RECIPE

- 1 | Halve the eggplants lengthwise and remove the stem. Score the flesh into a cross-hatch pattern, without cutting the skin, using a knife. Season with salt and pepper, then drizzle with a bit of olive oil.
- 2 | Place the two halves of each eggplant back together and wrap them individually in aluminium foil.
- 3 | Place the wrapped eggplants in the basket of your Tefal Air Fryer. Cook for 30 minutes at 180°C.
- 4 | Using a spoon, scoop the cooked eggplant flesh into a mixing bowl and add the sesame paste. Stir. When the mixture is smooth, add the sesame seeds and adjust the seasoning.

VEGETABLE SAMOSAS

4 (12 samosas)  20 min.  2 x 15 min. **INGREDIENTS**

6 brick pastry sheets
100 g feta
150 g frozen peas
250 g cauliflower
1 tsp. curry powder

1 egg yolk
1 tbsp. olive oil
Salt
Pepper

RECIPE



- 1 | Cut the cauliflower into medium-sized florets and rinse. Add the peas and cauliflower florets. Cook at 100 °C for 15 minutes.
- 2 | Take out the cooked vegetables and place them in a large bowl. Add the crumbled feta cheese, curry powder and a pinch of salt and pepper. Mash with a fork to reduce to a coarse purée.
- 3 | Cut the brick pastry sheets into two equal pieces. Fold them in half, folding the rounded part toward the middle of the straight edge. Place the equivalent of a tbsp. of filling on one end of the resulting strip and fold into a triangle. Continue folding to completely enclose the filling in the triangle, then brush the excess pastry with a little egg yolk and stick it to the samosa.
- 4 | Repeat until all of the filling has been used up, place the samosas in the basket and brush with oil.
- 5 | Cook at 170°C for 15 minutes, turning halfway through the cooking time.

TIP

You can reheat the first batch of samosas by slipping them into the basket and cooking for a few more minutes.

MAIN COURSES

APPLE-TOPPED PORK CHOPS WITH POTATOES

4 ✪ 20 min  25 + 13 preheating + 10 min 

INGREDIENTS

4 pork chops, 2 cm thick (800 g)
1 apple
1 kg waxy potatoes

1 tbsp oil
1 tbsp brown sugar
Salt, pepper

RECIPE

- 1 | Wash the potatoes then cut them into quarters, with the skin on. Carefully dry them in a clean tea towel. Place them in a bowl and mix together with the oil, 1 tbsp. of salt, and pepper. Transfer the potatoes into the basket of your Tefal Air Fryer. Cook at 200°C for 25 minutes, turning once halfway through.
- 2 | Peel and core the apple and cut into 4 thick slices. Place one slice onto each pork chop, then sprinkle with salt, pepper and brown sugar.
- 3 | When the cooking comes to an end, place the grill tray above the potatoes and preheat at 200°C for 13 minutes.
- 4 | When the timer sounds, add the pork chops to the basket of your Tefal Air Fryer (with the apple on top), and cook at 200°C for 10 minutes.
- 5 | Serve the apple-topped pork chops with the potatoes.



BBQ PORK BELLY

4 ✪ 10 min  19 min *INGREDIENTS*

4 thick slices pork belly
2 cloves garlic
1 tsp ground paprika

2 tbsp ketchup
2 tbsp barbecue sauce

RECIPE

- 1** | Set your Tefal Air Fryer to 200°C and preheat for 15 minutes.
- 2** | Peel and chop the garlic. Mix the garlic, paprika and barbecue sauce in a bowl.
- 3** | Season the meat with salt and pepper and place it in the basket of your Tefal Air Fryer for 2 minutes at 200°C. Glaze the meat with the mixture. Continue cooking for 2 more minutes and serve.



BEEF AND CORIANDER KOFTA

4 ✂ 20 min. 🍲 8 min. 🍲

INGREDIENTS

350 g minced beef	1 tsp. cumin
2 tbsp. chopped shallots	1 tbsp. olive oil
2 tbsp. chopped coriander	Salt
1 tbsp. ras el hanout spice mix	Pepper

RECIPE

- 1 | Brown the shallots quickly in a frying pan with a dash of olive oil.
- 2 | Mix the minced beef, spices, coriander and cooked shallots together. Season with salt and pepper. Shape them into elongated sausages and slide onto wooden skewers.
- 3 | Cook at 180°C for 8 minutes, turning halfway through the cooking time.

TIP

Serve the koftas with a mint sauce: mix together 2 pots of Greek yoghurt, 1 tbsp. fresh chopped mint, a splash of olive oil and a dash of lemon juice.

CARMELISED RIBS

4 ✨ 15 min 🍲 1 night 🍳 2 hrs 5 min 🍲

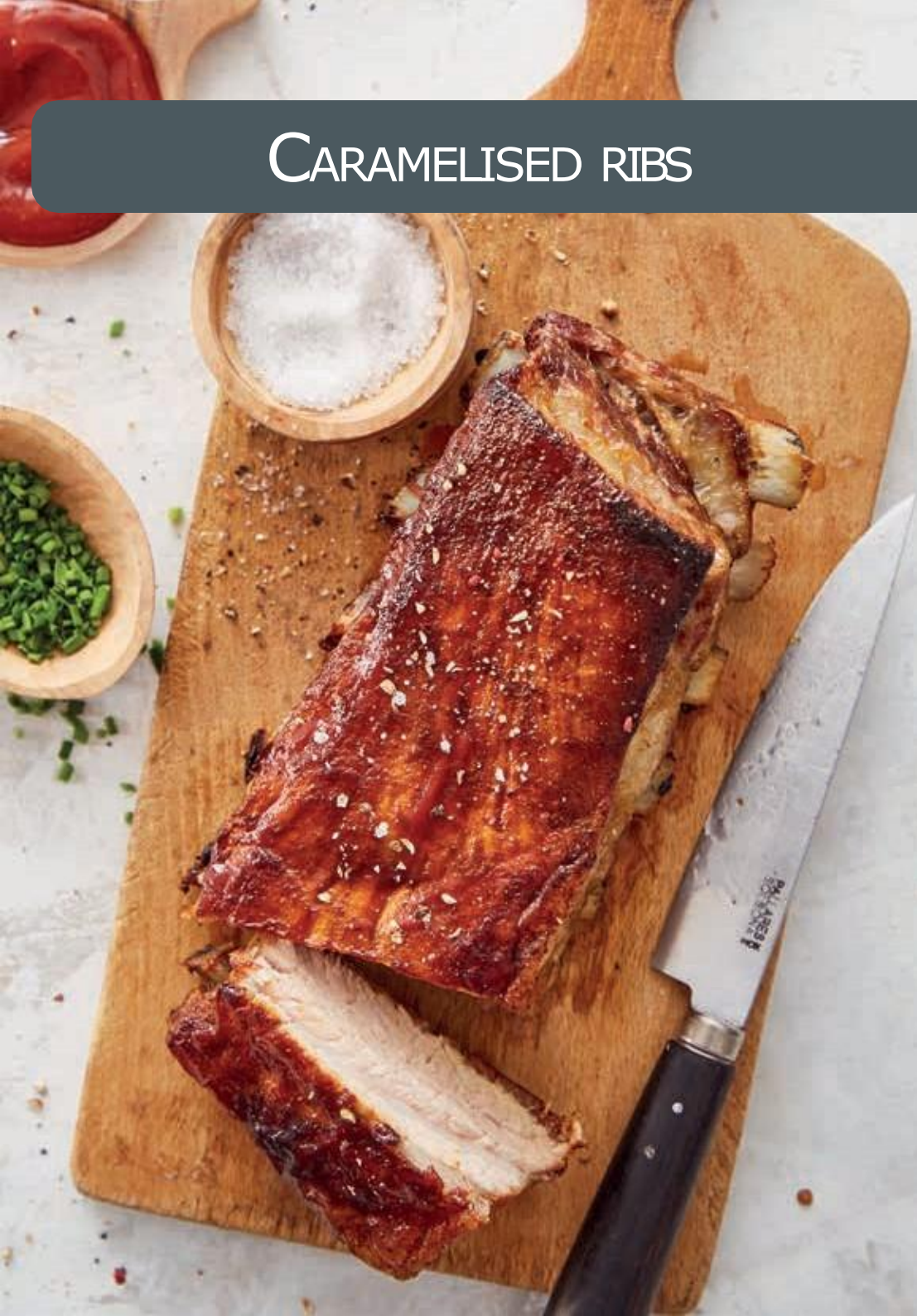
INGREDIENTS

1.5 kg pork ribs
6 tbsp barbecue sauce

3 tsp spice mixture for grilling

RECIPE

- 1** | Remove the thin white skin along the bones and completely cover with the spice mixture. Leave in a cool area, preferably overnight.
- 2** | Place the spare ribs in the basket of your Tefal Air Fryer, with the bones touching the grill and the meat facing upwards. Cover with aluminium foil, tucking the foil properly under the meat to ensure that it does not move during cooking. Cook at 180°C for 60 minutes. Once the time has elapsed, repeat, in the same mode at 180°C, for another 60 minutes.
- 3** | Make sure that the bones can easily be removed from the meat, then remove the foil and brush with barbecue sauce. Cook at 180°C for 5 minutes.



CHICKEN FILLET WITH MUSHROOMS AND BLUE CHEESE SAUCE

4 ✪

20
min



15
min



INGREDIENTS

4 chicken fillets
400 g button mushrooms
70 g blue cheese
50 g crème fraîche

2 tbsp olive oil
3 sprigs thyme
salt
pepper

RECIPE

- 1** | Rinse the mushrooms, remove any damaged parts and cut into four. Place the chicken fillets and mushrooms on the basket of your Tefal Air Fryer. Spray with oil, season with salt and pepper and add thyme. Cook at 200°C for 15 minutes.
- 3** | Meanwhile, melt the blue cheese into the crème fraîche in a small saucepan over a low heat for 5 minutes. Serve the chicken fillets with mushrooms and the blue cheese cream sauce.

CHICKEN NUGGETS

4 ✪

30 min. 10 min. **INGREDIENTS**

4 chicken fillets
100 g breadcrumbs
60 g flour
3 eggs

2 tbsp. oil
Salt
Pepper

RECIPE

- 1 | Remove any gristle and fat from the chicken fillets. Cut into pieces of about 4 to 5 cm and season with salt and pepper.
- 2 | Prepare the ingredients for the breadcrumbs: Place the eggs in a bowl with a pinch of salt and pepper and whisk. Pour the flour into a second bowl and place the breadcrumbs in a third.
- 3 | Dip the nuggets into the flour, then into the eggs and finally into the breadcrumbs. For an even more indulgent bread coating, dip the nuggets into the eggs and breadcrumbs a second time. Place them in the basket of your Tefal Air Fryer and drizzle with olive oil.
- 4 | Cook at 200°C for 10 minutes, turning halfway through the cooking time.

TIP

Make your own tomato sauce by simmering together 3 tomatoes, 1 onion, 1 tsp. concentrated tomato paste, 1 chopped clove of garlic, 4 tsp. balsamic vinegar, 1 tsp. honey and salt and pepper.

CHICKEN THIGHS WITH A YOGHURT AND ROSEMARY MARINADE

4 ✂

20 min. 🥣

4 hr. 🍳

35 min. 🍲

INGREDIENTS

4 chicken thighs
250 g Greek yoghurt
3 tbsp. Dijon mustard

1 sprig of fresh rosemary
4 cloves of garlic
Salt
Pepper

RECIPE

- 1 | Remove the skin from the chicken thighs and place them in a large dish.
- 2 | Mix together the yoghurt, mustard, chopped garlic, a pinch of salt, some pepper and the chopped rosemary leaves. Spread the mixture over the chicken and leave in a cool place. Allow to marinate for 4 hours.
- 3 | Preheat your Tefal Air Fryer at 200°C for 15 minutes before placing the chicken thighs in the basket. Cook for 35 minutes, turning halfway through the cooking time.

TIP

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



CHICKEN WINGS

4 ✂

20 min. 

12 hr. 

17 min. 



INGREDIENTS

1.2 kg chicken wings
4 tbsp. tomato sauce
2 tbsp. mustard
2 tbsp. paprika

2 tbsp. sweet soy sauce
2 tbsp. olive oil
Salt
Pepper

RECIPE

- 1 | Cut the chicken wings in half, separating them at the joint.
- 2 | Place all of the ingredients in a large bowl and add the chicken wings. Mix well to coat them completely. Cover with cling film and leave to marinate for 12 hours.
- 3 | Place the chicken wings in the basket of the Tefal Air Fryer. Cook at 170°C for 17 minutes, turning after 12 minutes.

TIP

You can vary the marinade according to your taste: try adding barbecue sauce, spices, chilli or garlic.

CHIMICHURRI GRILLED RIB STEAK

2 ✨ 15 min 🥣 17 min 🍲

*INGREDIENTS*

400 g rib-eye steak, 2 cm thick
 1 tbsp wine vinegar
 1 clove garlic
 1/2 bunch of flat-leaf parsley

Pinch of cayenne pepper
 Pinch of oregano
 3 tbsp vegetable oil
 Salt, pepper

RECIPE

- 1 | Blend or finely chop the parsley together with the garlic clove (peeled and with the germ removed). Add the vinegar, cayenne pepper, oregano, salt, pepper and oil and mix together. Place the chimichurri sauce in a bowl.
- 2 | Pat the steak with kitchen roll. Season both sides with salt and pepper and add a little oil.
- 3 | Preheat your Tefal Air Fryer at 200°C for 13 minutes before placing the steaks in the basket. Cook for 4 minutes, turning halfway through the cooking time.
- 4 | Serve the steak on a plate with the Chimichurri sauce.

TIP

Adjust the cooking time depending on whether you prefer your steak rare or well done.

COD CRUMBLE WITH CRISPY FENNEL

4 ✪

25
min13
min

INGREDIENTS

4 cod fillets
2 fennels
50 g chorizo
3 tbsp grated parmesan
2 tbsp breadcrumbs

10 g butter
2 tbsp olive oil
1 tsp herbes de Provence
salt
pepper

RECIPE

- 1 | Place the parmesan cheese, butter, breadcrumbs and herbs in the blender. Remove the skin from the chorizo, cut it into small pieces and add to the blender. Blend to form a crumbly dough texture.
- 2 | Rinse and chop the fennel. Place in the basket of your Tefal Air Fryer and sprinkle with salt, pepper and olive oil. Steam for 5 minutes.
- 3 | Add the cod fillets to the basket of your Tefal Air Fryer and cover with the chorizo crumble. Cook at 200°C for 8 minutes.



CRUSTED FISH ON A BED OF BROCCOLI

4 ✪ 20 min ✪ 15 + 10 min ✪ ☕



INGREDIENTS

4 fillets of cod or pollock (4 x 120 g)	2 tbsp chopped parsley
1 head of broccoli	Salt, pepper
4 tsp mustard	
60 g breadcrumbs	
30 g butter	

RECIPE

- 1 | Wash the broccoli and chop into small florets. Place the florets in the basket of your Tefal Air Fryer and steam for 10 minutes, turning halfway through.
- 2 | Meanwhile, melt the butter and mix it with the breadcrumbs, parsley, salt and pepper. Coat the top of the fish fillets in mustard and add the herby breadcrumb mixture, pressing it onto the fish so it sticks.
- 3 | When the timer sounds, place the fish fillets on top of the broccoli and cook at 170°C for 10 minutes.

CURRIED COD

4 ✪

20 min. 

10 min. 



INGREDIENTS

500 g cod fillets
3 tbsp. mild Indian curry paste

10 g grated coconut
200 ml coconut cream

RECIPE

- 1 | Brush the cod fillets with curry paste and place the rest of the curry paste in a small pan with the coconut cream, salt and pepper. Heat the contents of the pan.
- 2 | Place a square of baking paper in the basket of your Tefal Air Fryer and place the fish on top.

Cook at 200°C for 10 minutes. Serve the fish topped with curry sauce and sprinkled with coconut.

DELUXE HAMBURGER

4 ✦ 25 min. 🍲 12 min. ☕



INGREDIENTS

600 g minced beef
4 burger buns
2 tomatoes
6 lettuce leaves
1 clove garlic

3 tsp. soy sauce
2 tbsp. olive oil
Salt
Pepper

RECIPE


- 1 | Mix the beef, crushed garlic, soy sauce and olive oil together. Season. Shape into 4 burgers with your hands.
 - 2 | Place the burger buns in the basket of your Tefal Air Fryer. Cook at 180°C for 4 minutes.
 - 3 | Remove the buns, placing them under a sheet of aluminium foil to keep them warm, then place the burgers in the basket.
 - 4 | Garnish the buns with lettuce leaves, tomato slices and the grilled burgers and serve.
- Set to 200°C for 8 minutes, adjusting the cooking time by plus or minus 2 minutes as required.

TIP

Make a sauce by mixing together: 1 tbsp. wholegrain mustard, 2 tbsp. hot mustard, 1 egg yolk and 1 tbsp. oil before adding 1 tbsp. of thick crème fraîche.

MAIN COURSES

DUCK BREAST AND CARROTS WITH HONEY AND ROSEMARY

6 ✨ 15 min  25 + 13 preheating + 8 min 

INGREDIENTS

2 large duck breasts
1 kg carrots
4 tbsp runny honey
2 tbsp grape seed oil

2 sprigs of rosemary
Salt, pepper

RECIPE

- 1 | Score the skin of the duck breasts into a lattice pattern. Cut each breast into 3 equal pieces. Rub them with half the honey, the leaves from a sprig of rosemary (finely chopped), and salt. Place them on a plate and leave in the fridge.
- 2 | Peel the carrots. Cut them into quarters lengthways, then into 5 cm-long batons. Place them in a bowl and mix together with the oil, remainder of the honey and rosemary, and salt and pepper. Transfer into the basket of your Tefal Air Fryer. Cook at 200°C for 25 minutes, turning once during cooking.
- 3 | When the timer sounds, turn the carrots again and place them on the grill tray. Preheat at 200°C for 13 minutes, then place the pieces of duck breast skin-up on grill plate. Cook for 8 minutes, turning halfway through cooking.
- 4 | Serve the duck breasts with the carrot fries and sautéed potatoes.

TIP

Add or remove 2 minutes to the GRILL cooking time depending on whether you prefer your duck more rare or well done.



GINGER CHICKEN DRUMSTICKS WITH GRILLED CORN

6 ✂ 10 min  1 hour  20 + 13 preheating + 10 min 

INGREDIENTS

12 chicken drumsticks (approx. 1 kg)	2 tbsp soy sauce
6 ears of corn, precooked and vacuum packed	1 tbsp chopped ginger
2 tbsp runny honey	2 tbsp olive oil
	Salt, pepper

RECIPE

- 1 | In a bowl, combine the honey, soy sauce and ginger. Add the drumsticks and mix well to ensure that they are well coated. Leave to marinate for 1 hour.
- 2 | Place the drumsticks in the basket of Your Tefal Air Fryer. Cook at 200°C for 20 minutes, turning halfway through cooking.
- 3 | At the end of cooking time, remove the chicken drumsticks. Preheat your Tefal Air Fryer at 200°C for 13 minutes.
- 4 | Dry the ears of corn using kitchen roll. Brush oil over the corn and season with salt and pepper. Once preheated, place the 6 ears of corn close together on the grill tray and cook at 200°C for 10 minutes. Turn the corn halfway through cooking. Serve with the caramelised chicken drumsticks.

TIP

For a more caramelised effect, coat the drumsticks with the marinade during cooking and cook for a further 5 minutes.

GRILLED SAUSAGE

4 ✦ 10 min.  10 min. 

INGREDIENTS

700 g Toulouse sausage
in a single piece
1 tbsp. Dijon mustard
1 tbsp. wholegrain mustard

2 tbsp. honey
2 sprigs of thyme
Salt
Pepper

RECIPE

- 1 | Mix together the honey, mustards, thyme and a pinch of salt and pepper.
- 2 | Wind the sausage into a coil and insert two skewers perpendicular to each other to keep it in place. Brush on the mustard mixture.
- 3 | Preheat your Tefal Air Fryer at 200°C for 15 minutes before placing the sausage in the basket. Cook for 10 minutes, turning halfway through the cooking time.

TIP

Serve with a home-made mustard mash: Peel and boil 1 kg of potatoes. Drain and mash together with 25 g of butter, 2 tbsp. of mustard, 150 ml of milk, salt and pepper.



GRILLED SEA BREAM WITH TOMATOES AND OLIVES

4 ✪

20 min. 

18 min. 

INGREDIENTS

4 bream fillets
4 sprigs of parsley
1/2 lemon
2 tomatoes
4 tbsp. olive oil

1 clove of garlic
2 tomatoes
50 g pitted olives
Salt
Pepper

RECIPE

- 1 | Zest and squeeze the lemon. Chop the parsley and garlic, then dice the tomatoes and slice the olives into rounds. Mix together, add the olive oil and set aside.
- 2 | Brush the bream fillets with oil and season with salt and pepper.
- 3 | Place the fillets in the basket of the Tefal Air Fryer and preheat to 200°C for 15 minutes. Then, cook for 7 minutes.
- 4 | Serve with the sauce.

TIP

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

HAM AND ENDIVES GRATIN

4 ✨ 20 min  23 min *INGREDIENTS*

4 endives
4 slices white ham
80 g crème fraîche, full fat

50 g grated Gruyère
salt
pepper

RECIPE

- 1** | Rinse the endives and remove any damaged parts. Place the endives in the basket of your Tefal Air Fryer and steam for 15 minutes.
- 2** | Remove the endives and leave to cool for a few minutes. Wrap them in the ham slices and place in a small dish. Top them with crème fraîche and sprinkle with gruyère cheese.
- 3** | Place in the basket of your Tefal Air Fryer and cook at 200 °C for 8 minutes.

HOME-MADE CHIPS

4 ✦ 25 min.  50 min. 



INGREDIENTS

1 kg potatoes
3 tbsp. paprika

3 tbsp. oil
Salt

RECIPE

- 1 | Peel the potatoes and cut them into chips.
- 2 | Place them in a bowl and add all of the ingredients. Mix well and then divide half into the basket of your Tefal Air Fryer.
- 3 | Cook at 170°C for 25 minutes, mixing halfway through the cooking time. Repeat for the remainder of the chips.

TIP

Add a tbsp. of red curry paste for a delicious twist.

HOME-MADE FISH & CHIPS

4 ✦ 25 min.  12 min. 



INGREDIENTS

4 cod fillets
5 tbsp. flour
5 tbsp. breadcrumbs
2 eggs
50 g butter

1 bunch of tarragon
1 jar of mayonnaise
1/2 lemon
Salt
Pepper

RECIPE

- 1 | Cut the fish fillets into large pieces about 4 cm square and gently dab with paper towels. Season with salt and pepper.
- 2 | Prepare 3 bowls and place the flour in the first, beaten eggs in the second and breadcrumbs in the third. Mix the mayonnaise with the juice of half a lemon and the chopped tarragon. Set aside in a cool place.
- 3 | Dip the cod pieces into the flour, then into the eggs and finally into the breadcrumbs. Drain well before moving on to the next bowl. Place the breaded fish pieces in the basket of your Tefal Air Fryer and put a knob of butter on each piece.
- 4 | Cook at 170°C for 12 minutes. Serve with the sauce prepared earlier.

TIP

This recipe will work with any kind of fresh fish, including hoki, whiting and basa.

HONEY CHICKEN AND HOISIN SAUCE

4 ✪

20
min5
min23
min*INGREDIENTS*

4 chicken fillets
4 tbsp hoisin sauce
4 tbsp honey
1/2 lime
2 tbsp sweet soy sauce

1 tbsp sesame oil
1 garlic clove
10 g fresh ginger
1 tbsp sesame seeds




RECIPE

- 1 | Set your Tefal Air Fryer to 200°C and preheat for 15 minutes.
- 2 | In a bowl, mix the hoisin sauce with the honey, lime juice, sweet soy sauce, peeled and grated ginger, and chopped peeled garlic. Marinate the chicken fillets in the mixture for 5 minutes.
- 3 | Drain the chicken fillets and place in the basket of your Tefal Air Fryer for 5 minutes. Turn the fillets over and continue cooking for 5 minutes.
- 4 | To prepare the home-made hoisin sauce, heat the following mixture over a low heat for 4 minutes: 4 tbsp soy sauce, 2 tbsp peanut butter, 1 tbsp honey, 2 tbsp cider vinegar, 1 tsp five spice, 2 tbsp sesame oil, 1 pinch chilli powder.



MAIN COURSES

HONEY-GLAZED PORK TENDERLOIN WITH DUCK FAT POTATOES

6 ✨ 20 min  30 min  30 + 13 preheating + 10 min 

INGREDIENTS

1 pork tenderloin
1.2 kg potatoes
60 g duck or goose fat
1 tbsp honey
2 tbsp soy sauce

1 bunch of flat-leaf parsley
5 cloves of garlic
1 tbsp oil
Salt, pepper

RECIPE

- 1 | Cut the pork tenderloin into 3 – 4 cm-thick strips. In a deep dish, mix together the honey, oil and soy sauce, and add the pork tenderloin strips. Leave to marinate for at least 30 minutes.
- 2 | Meanwhile, peel the potatoes. Cut them into thin slices approx. 3 mm thick, then wash and dry them and transfer them into a bowl. Add the peeled, crushed garlic cloves, duck or goose fat, salt and pepper. Carefully mix together and transfer into the basket of your Tefal Air Fryer.
- 3 | Cook at 200°C for 30 minutes, turning once or twice.
- 4 | When the cooking is complete, add the finely chopped parsley to the potatoes and mix together. Place the grill tray above the potatoes and preheat at 200°C for 13 minutes.
- 5 | When the timer sounds, add the pork tenderloin slices to the hot tray, close the door and cook at 200°C for 10 minutes, turning the meat halfway through. Serve the potatoes with the honey-glazed pork tenderloin slices.



MAIN COURSES

LAMB CHOPS WITH LEMON

4 ✂

15 min. 

4 hr. 

10 min. 



INGREDIENTS

12 small lamb chops
1 unwaxed lemon
4 cloves of garlic

1 tbsp. olive oil
Salt
Pepper

RECIPE

- 1 | Zest the lemon. Peel the garlic and crush finely with a pestle and mortar. Add the lemon zest and 2 tbsp. of olive oil.
- 2 | Then add the chops and leave to marinate for 4 hours in a cool place.
- 3 | Place the chops in the basket of your Tefal Air Fryer. Set to 200°C and preheat for 15 minutes. Cook for 10 minutes, turning halfway through the cooking time.

TIP

Try adding fresh herbs such as thyme, wild thyme and oregano to your marinade.

MAPLE SYRUP AND THYME CARROT FRIES

4 ✨ 15 min  40 min 

INGREDIENTS

1 kg carrots
2tbsp grape seed oil
1 tbsp maple syrup
1/2tbsp thyme
Salt, pepper

RECIPE

- 1 | Peel the carrots. Cut them into quarters lengthways, then into 5 cm-long batons. Place them in a bowl and combine with the oil, maple syrup, thyme, salt and pepper.
- 2 | Transfer them into the basket of your Tefal Air Fryer.
- 3 | Cook at 200°C for 40 minutes. Turn several times during cooking.



MAPLE SYRUP-ROASTED ROOT VEGETABLES

4 ✪

15
min. 30
min. 

INGREDIENTS

4 carrots	1 orange
4 parsnips	20 ml cider vinegar
350 g sweet potatoes	30 ml sunflower oil
50 ml maple syrup	Salt
1 tsp. thyme	Pepper

RECIPE

- 1 | Peel the vegetables and chop the carrots into thick slices, and the parsnips and sweet potato into 2-cm cubes.
- 2 | Place the vegetables in the basket. Drizzle with about 1 tbsp of olive oil and sprinkle with thyme, salt and pepper. Set to 200°C and preheat for 15 minutes. Cook for 30 minutes, mixing halfway through the cooking time.
- 3 | In the meantime, mix the remaining oil with the vinegar, grated zest of half the orange, maple syrup and a pinch of salt and pepper in a bowl. Once the vegetables are cooked, drizzle the dressing over them and serve.

MASALA CURRIED SALMON FILLETS

6 ✪ 10 min.  27 min. 



INGREDIENTS

6 salmon fillets
 1 finely chopped onion
 2 crushed cloves of garlic
 1 very ripe tomato, diced
 1½ tbsp finely grated fresh ginger
 2½ tbsp garam masala
 (or curry) powder
 1½ tbsp concentrated tomato purée
 250 ml coconut milk
 fresh mint leaves, for garnish
 greaseproof paper

RECIPE

- 1** | Fry the onion in a pan until translucent. Add the garlic and diced tomato and cook for a few more minutes before adding the garam masala, ginger and concentrated tomato purée. Mix well.
- 2** | Add the coconut milk and simmer for 2 minutes. Check the seasoning.
- 3** | Place the salmon fillets on 6 sheets of greaseproof paper. Pour the sauce over the fillets. Fold the sheets into parcels and stack them in layers in your Tefal Air Fryer basket. Cook at 160°C for 27 minutes. Garnish with chopped mint leaves and serve.

MASALA-GLAZED SALMON

4 ✪ 15 min  13 min 

INGREDIENTS

4 salmon fillets
70 g ketchup
20 g ginger

2 cloves garlic
2 tbsp sweet soy sauce
2 tsp garam masala

RECIPE

- 1 | Place a square of parchment paper in the basket of your Tefal Air Fryer and place the fish fillets on top. Steam for 5 minutes.
- 2 | In a bowl, mix all the other ingredients together.
- 3 | Add the fish to the preparation and cook at 200 °C for 8 minutes.



MOZZARELLA EGGPLANT

4 ✨ 15 min  23 min *INGREDIENTS*

1 eggplant
2 packs mozzarella
50 g passata

4 tbsp grated parmesan
salt
pepper

RECIPE

- 1** | Rinse and cut the eggplant into slices around 5 mm thick. Place them in the basket of your Tefal Air Fryer and season with salt and pepper. Steam for 15 minutes.
- 2** | Meanwhile, drain the mozzarella and chop into thick slices. Allow the cooked eggplants to cool and cover them with the passata.
- 3** | Place the eggplants and mozzarella slices in a small dish, one on top of another, Sprinkle with parmesan cheese and place in the basket of your Tefal Air Fryer. Steam for 8 minutes.

MUSHROOM PIZZA

6 ✨ 10 min  13 min preheating + 3 x 12 min 



INGREDIENTS

1 pack of readymade rectangular pizza dough
6 mushrooms
2 tomatoes
150 g slices of cheddar cheese

6 tbsp tomato purée
2 tbsp olive oil
Herbes de Provence

RECIPE

- 1 | Preheat your Tefal Air Fryer at 200°C for 13 minutes.
- 2 | Wash the mushrooms and tomatoes. Cut the mushrooms into quarters and the tomatoes into slices. Unroll the pizza dough and cut into 6 rectangles.
- 3 | Once preheated, place 2 rectangles of dough in the basket of your Tefal Air Fryer, then top each one with tomato purée, 1 slice of cheese, 2 slices of tomato and a few pieces of mushroom. Add a pinch of herbes de Provence and drizzle with olive oil. Cook at 190°C for 12 minutes.
- 4 | When the timer sounds, remove the cooked pizzas and repeat for the remaining pizzas.

TIP

For something quicker, make bruschetta by using panini cut in half instead of pizza dough.

NEW YORK STYLE HOT DOGS

4 ✦ 25 min.  5 min. 



INGREDIENTS

4 hot dog buns
4 tbsp. tomato
sauce
4 hot dog sausages
4 gherkins
1 red onion

8 cherry tomatoes
4 slices Cheddar cheese
1 tbsp. oil
Salt
Pepper

RECIPE

- 1 | Prepare the sausages by placing them in a pan of boiling water for the time indicated on the packaging.
- 2 | Slice the onion and fry in hot oil for 5 minutes over a medium heat. Mix with the quartered tomatoes and diced gherkins.
- 3 | Slice the hot dog buns down the middle, spread with tomato sauce and top with the vegetable mixture, sausages and sliced Cheddar. Place in the basket of your Tefal Air Fryer.
- 4 | Cook at 170°C for 5 minutes.

TIP

Have fun drawing in the tomato sauce or mustard, American style!

OLIVE OIL, GARLIC AND BAY BUTTERNUT PUMPKIN

4 ✨ 15 min  25 min 

INGREDIENTS

1 butternut pumpkin
2tbsp garlic powder
2 bay leaves
2 tbsp olive oil
Salt, pepper

RECIPE

- 1 | Halve the butternut pumpkin. Remove the seeds and skin and cut into 2.5-cm cubes.
- 2 | Place the cubes in a bowl together with the garlic, bay leaves and olive oil. Season with salt and pepper and mix together until well coated. Transfer into the basket of your Tefal Air Fryer.
- 3 | Cook at 200°C) for 25 minutes.
- 4 | Top with pumpkin seeds, sunflower seeds and crumbled feta to serve.



PESTO-GRILLED EGGPLANT

4 ✱

10
min. 27
min. *INGREDIENTS*

2 eggplants
100 g pesto

5 tbsp. olive oil
Salt
Pepper

RECIPE

- 1 | Rinse the eggplants and cut them into slices about 5 mm thick.
- 2 | Brush them with oil, add salt and pepper and place them in a single layer in the basket of your Tefal Air Fryer.
- 3 | Cook at 170°C for 20 minutes, turning halfway through the cooking time, then brush with pesto and cook for a further 2 minutes.
- 4 | Brush with pesto and cook at 200°C for 5 minutes.

PINEAPPLE PORK ROAST

4 ✨ 30 min  1 hour 

INGREDIENTS

1.2 kg roast pork
1/2 pineapple
2 red peppers
1 red onion
3 tbsp olive oil

1 tsp herbes de Provence
salt
pepper

RECIPE

- 1 | Peel the pineapple. Cut half of the pineapple into slices approximately 5 mm thick. Further cut the slices into two and then cut the rest of the pineapple into cubes.
- 2 | Place the standard plate in the appliance and line with baking paper, extending it along the edges of the cooking pot.
- 3 | Season the roast with salt and pepper and sprinkle over the herbes de Provence. Brush with oil and cut so as to allow the pineapple slices to be inserted. Place in the basket of your Tefal Air Fryer and cook at 170°C for 30 minutes.
- 4 | Rinse the peppers, peel the onion and cut all of the vegetables into large chunks measuring about 3 cm.
- 5 | After cooking the meat for 30 minutes, add the vegetables all around the meat, sprinkle with the rest of the oil, season with salt and pepper, and steam for 15 minutes.



PORK TENDERLOIN WITH CLEMENTINES

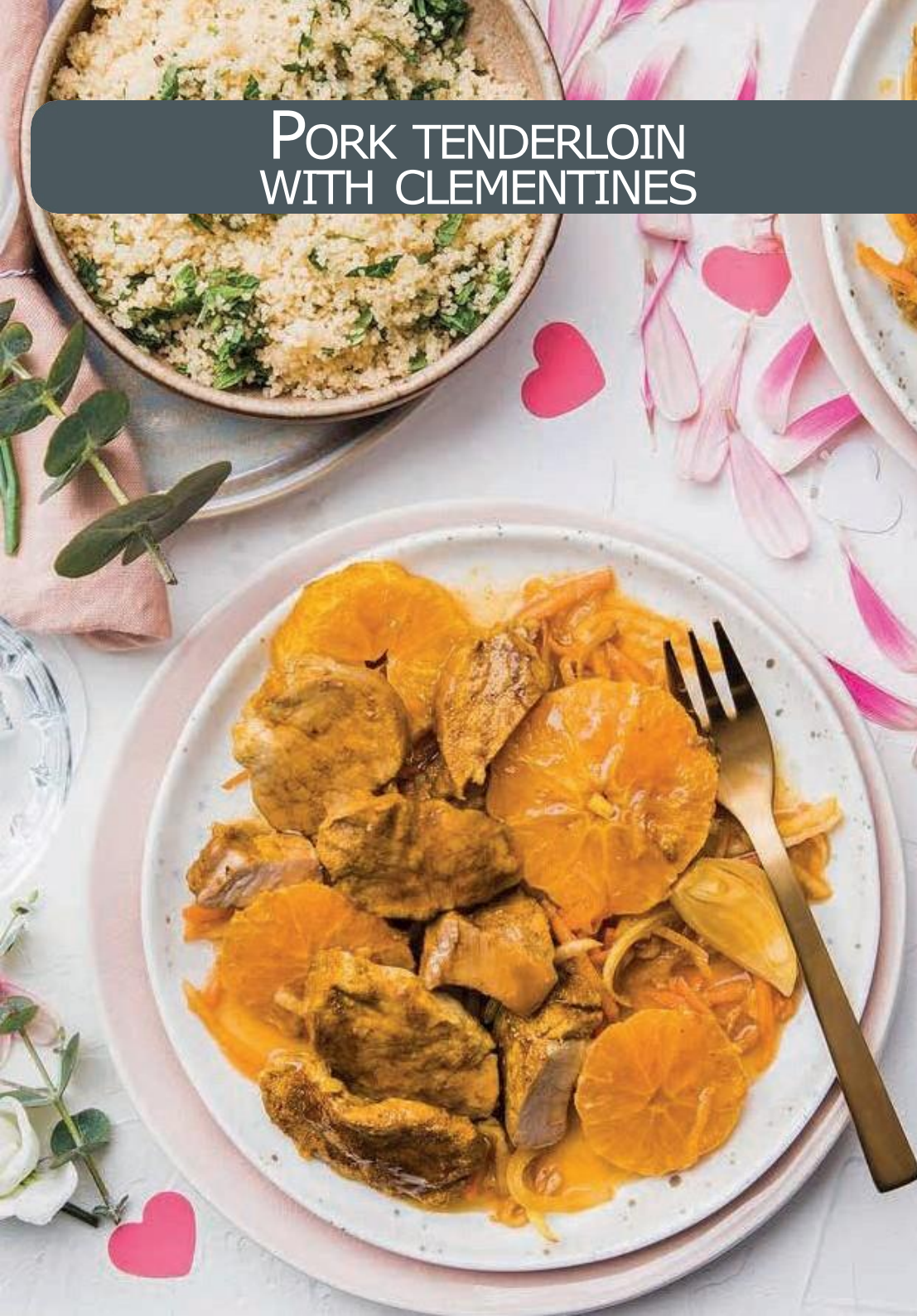
4 ✨ 30 min 🍲 45 min 🍲

INGREDIENTS

400 g pork tenderloin	3 tsp ras el hanout
250 g frozen julienne vegetables	2 tbsp honey
1 onion	2 tbsp olive oil
4 clementines	salt
2 tbsp beef stock powder	pepper

RECIPE

- 1 | Peel the onion and clementines, thaw the julienne vegetables. Chop the onion and cut the clementines into thick slices. Lay baking paper around the edges of the Tefal Air Fryer basket.
- 2 | Place the onion and clementines in the basket. Add the fillet steak on top and season with salt, pepper, sprinkle with ras el hanout and drizzle with oil. Cook for 10 minutes, at 170°C.
- 3 | Meanwhile, fry the vegetables in the skillet and set aside. Heat 150 ml of water and add the beef stock. After 10 minutes of cooking the meat, cover with the veal juice and then top the meat with honey. Continue cooking for 20 more minutes, then steam for 15 minutes. Serve with the vegetables.



POTATO ROSTIS

4 ✂ 15 min  35 min *INGREDIENTS*

500 g potatoes
 1 shallot
 1 tbsp flour
 1 tbsp chopped parsley
 1 egg

Salt, pepper
 1.5 tbsp oil

RECIPE

- 1 | Peel and finely grate the potatoes and shallot, then firmly press them between your hands to remove any moisture. Combine with the flour, egg, parsley, salt and pepper.
- 2 | Place a sheet of baking paper in the basket of your Tefal Air Fryer. Use a brush to grease them with oil. Place 4 tbsp. of the mixture onto the baking paper, ensuring that they are not touching. Lightly press them with the back of the spoon then lightly brush them with oil.
- 3 | Cook at 200°C for 35 minutes, turning halfway through cooking.

TIP

Serve the rostis as a side dish. They can also be made for brunch, served with cream cheese with finely chopped herbs and smoked salmon, for example.

ROAST CHICKEN

4 ✪ 5 min.  50 min. **INGREDIENTS**

1 x 1.2 kg chicken
5 cloves of garlic
2 tbsp. olive oil

Salt
Pepper

RECIPE

- 1 | Peel and chop the garlic. Brush the chicken with oil, season generously and add the garlic.
- 2 | Cook at 200°C for 50 minutes.


TIP

The exact cooking time for the chicken will depend on its weight. To check that it is cooked, prick one of the breasts with the point of a knife; the juice that flows out should be clear.



ROASTED CAULIFLOWER WITH A LEMON SAUCE

4 ✦ 15 min. 

1 round 
15 min.



INGREDIENTS

1 small cauliflower
2 tbsp. olive oil
30 g tahini

100 ml olive oil
50 ml lemon juice
Salt
Pepper

RECIPE

- 1 | Remove the leaves from the cauliflower, then cut it into quarters and remove the central stem. Cut each part into florets and place them in a large bowl. Cook at 180°C for 15 minutes, mixing halfway through the cooking time.
- 2 | Add the 2 tbsp. of olive oil, the salt and pepper and mix well. Spread the mixture in the basket of your Tefal Air Fryer (do this in 2 rounds if necessary).
- 3 | Meanwhile, mix the tahini, olive oil and lemon juice to make a sauce to serve with the cauliflower.

SATAY DUCK SKEWERS

4



20



30



10



INGREDIENTS

- | | |
|---------------------------------|-----------------------------|
| 12 slices duck breast | 120 ml coconut milk |
| 4 cloves garlic, finely chopped | 2 tbsp. soy sauce |
| 3 tbsp. satay seasoning | 1 tsp. fresh ginger, grated |
| 1 tsp. ground coriander | |

RECIPE

- 1 | In a mixing bowl, mix all the marinade ingredients: the garlic, satay seasoning, coriander, coconut milk, soy sauce and ginger.
- 2 | Add the duck breast and marinate for a minimum of 30 minutes.
- 3 | Slide the duck breast onto the skewers in an accordion-like fashion.
- 4 | Preheat your Tefal Air Fryer for 3 minutes at 200°C. Place the skewers into the basket and cook for 10 minutes at 200°C.

SIRLOIN STEAK WITH CHIMICHURRI SAUCE

4 ✦

15 min. 

17 min. 

INGREDIENTS

4 sirloin steaks (approximately 200 g each)
2 tbsp. red wine vinegar
1/2 lemon
4 cloves of garlic

6 sprigs of parsley
1/2 tsp. chilli flakes
60 ml olive oil
Salt
Pepper

RECIPE

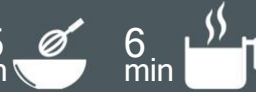
- 1 | Take the meat out of the fridge and leave at room temperature for at least 30 minutes before cooking.
- 2 | Meanwhile, make the chimichurri sauce: Mix the vinegar, lemon juice, chopped and de-germed garlic, chopped parsley and oil together in a bowl. Add a pinch of salt, pepper and chilli.
- 3 | Preheat to 200°C for 15 minutes then season the steaks with salt and pepper and place them in the basket of your Tefal Air Fryer. Cook for 2 minutes on each side.

TIP

Adjust the cooking time depending on whether you prefer your steak rare or well done.

SKEWERED ROSEMARY MONKFISH

4 ✨

25
min6
min*INGREDIENTS*

400 g monkfish
8 skewers
1 sprig rosemary
8 mushrooms
150 g smoked bacon, thickly sliced
1 lemon

1 tbsp olive oil
1/2 tsp ground paprika
1 tbsp oil
salt
pepper

RECIPE

- 1 | Peel the mushrooms and cut them in half. Cut the bacon into large lardons and the monkfish into around 3-cm chunks. Add the ingredients to the skewers one after the other.
- 2 | Place a square piece of parchment paper in the basket of your Tefal Air Fryer and lay the skewers on top. Drizzle with oil, season with salt and pepper, then add paprika and a few rosemary leaves. Steam for 3 minutes, then cook at 160 °C for 3 minutes. Serve with a wedge of lemon.



SMOKED PORK BELLY CHEESEBURGER

4 ✪ 20 min  4 min 



INGREDIENTS

4 hamburger patties	1 baby gem lettuce
4 tbsp mayonnaise	1 tomato
4 tbsp ketchup	salt
8 slices smoked pork belly, finely sliced	pepper
8 slices burger cheese (Toastinette)	
4 hamburger buns	

RECIPE

- 1 | Season the burgers with salt and pepper. Peel the leaves from the baby gem lettuce, rinse and slice the tomato, and mix the two sauces. Open the buns and spread the sauce inside. Place the vegetables on the bottom of the bun.
- 2 | Place the burgers in the basket of your Tefal Air Fryer. Set to 200°C and preheat for 15 minutes. Then, cook for 2 minutes. Turn them over and cover with cheese. Place the belly slices all around the tray. Cook for another 2 minutes and finish garnishing your burger.

STUFFED TOMATOES

4 ✂ 20 min 🍲 10 min 🍳

INGREDIENTS

4 tomatoes
 250 g sausage meat
 125 g minced beef
 10 sprigs chives

6 sun-dried tomatoes
 salt
 pepper

RECIPE

- 1 | In a large bowl, mix the meat with the chopped chives, the sun-dried tomatoes cut into small pieces, a pinch of salt and pepper.
- 2 | Cut the tomatoes into 3/4 chunks to remove their "tops". Empty and stuff them. Place them in a dish and put their tops back on top.
- 3 | Place the dish with the tomatoes on top in the basket of your Tefal Air Fryer. Cook at 200 °C for 10 minutes.



SUN-DRIED TOMATO & PESTO TORTE

4 ✂ 20 min. 30 min. ☕



INGREDIENTS

600 g quinoa, cooked and drained (around 160 g dry)	120 g ricotta cheese
2 eggs	30 g plain flour
1 red onion, finely chopped	1 tbsp. pesto
50 g sun-dried tomatoes, chopped	50 g breadcrumbs
	Salt and pepper

RECIPE

- 1 | In a mixing bowl, beat the eggs with the tomatoes, pesto and ricotta.
- 2 | Add the red onion, breadcrumbs, flour, cooked quinoa and mix well. Season with salt and pepper.
- 3 | Pour the mixture into the springform and place in the basket of our Tefal Air Fryer.
- 4 | Cook for 30 minutes at 160°C.

SWEET POTATO FRIES

4 ✪

25
min. 50
min. **INGREDIENTS**

1 kg sweet potatoes
2 tbsp. flour

4 tbsp. oil
Salt
Pepper

RECIPE

- 1 | Peel and rinse the sweet potatoes and cut them into chips. Place them in a large bowl with the flour, oil, salt and pepper. Mix well.
- 2 | Place the chips in the basket of your Tefal Air Fryer, ideally in 2 or 3 rounds.

Cook at 180°C for 25 minutes, mixing halfway through the cooking time. Repeat for the remainder of the chips.

TIP

Serve with a yoghurt sauce flavoured with a little curry powder.

TERIYAKI BEEF KEBABS

4 ✦

20 min. 

1 hr 

6 min. 



INGREDIENTS

12 slices of beef carpaccio
200 g block of Comté cheese
4 tbsp. honey

6 tbsp. soy sauce
Pepper

RECIPE

- 1 | Remove the rind from the cheese and cut into 1.5-cm cubes. Thread the cheese pieces onto 12 skewers and wrap them in the carpaccio.
- 2 | Mix the soy sauce and honey together then marinate the skewers in the mixture for 1 hour in a cool place.
- 3 | Place the skewers in the basket of your Tefal Air Fryer. Cook at 180°C for 6 minutes.

TIP

Serve the skewers with a small bowl of sweet soy sauce.

TERIYAKI SALMON

4 ✪

5 min. 30 min. 23 min. *INGREDIENTS*

500 g salmon fillets
8 tbsp. teriyaki sauce
1 tbsp. sesame seeds

RECIPE

- 1 | Marinate the salmon fillets in the teriyaki sauce for 30 minutes.
- 2 | Set to 200°C and allow to preheat for 15 minutes, then place the salmon fillets in the pan on the grill plate and cook for 10 minutes.
- 3 | Sprinkle with sesame seeds and with rice.

TOMATOES PROVENÇAL

4 ✪ 10 min  33 min *INGREDIENTS*

4 beef tomatoes
 2 cloves of garlic, chopped
 2 tbsp chopped parsley
 4 tbsp olive oil

2 tbsp breadcrumbs
 Salt, pepper

RECIPE

- 1 | Halve the tomatoes. If necessary, cut the bottom off each tomato so they lie flat. Mix the olive oil, garlic, parsley and breadcrumbs together. Season with salt and pepper, then top each tomato with this mixture.
- 2 | Preheat your Tefal Air Fryer at 200°C for 13 minutes.
- 3 | When the timer sounds, place the tomatoes in the basket your Tefal Air Fryer (with the parsley side facing up) and cook at 200°C for 20 minutes.

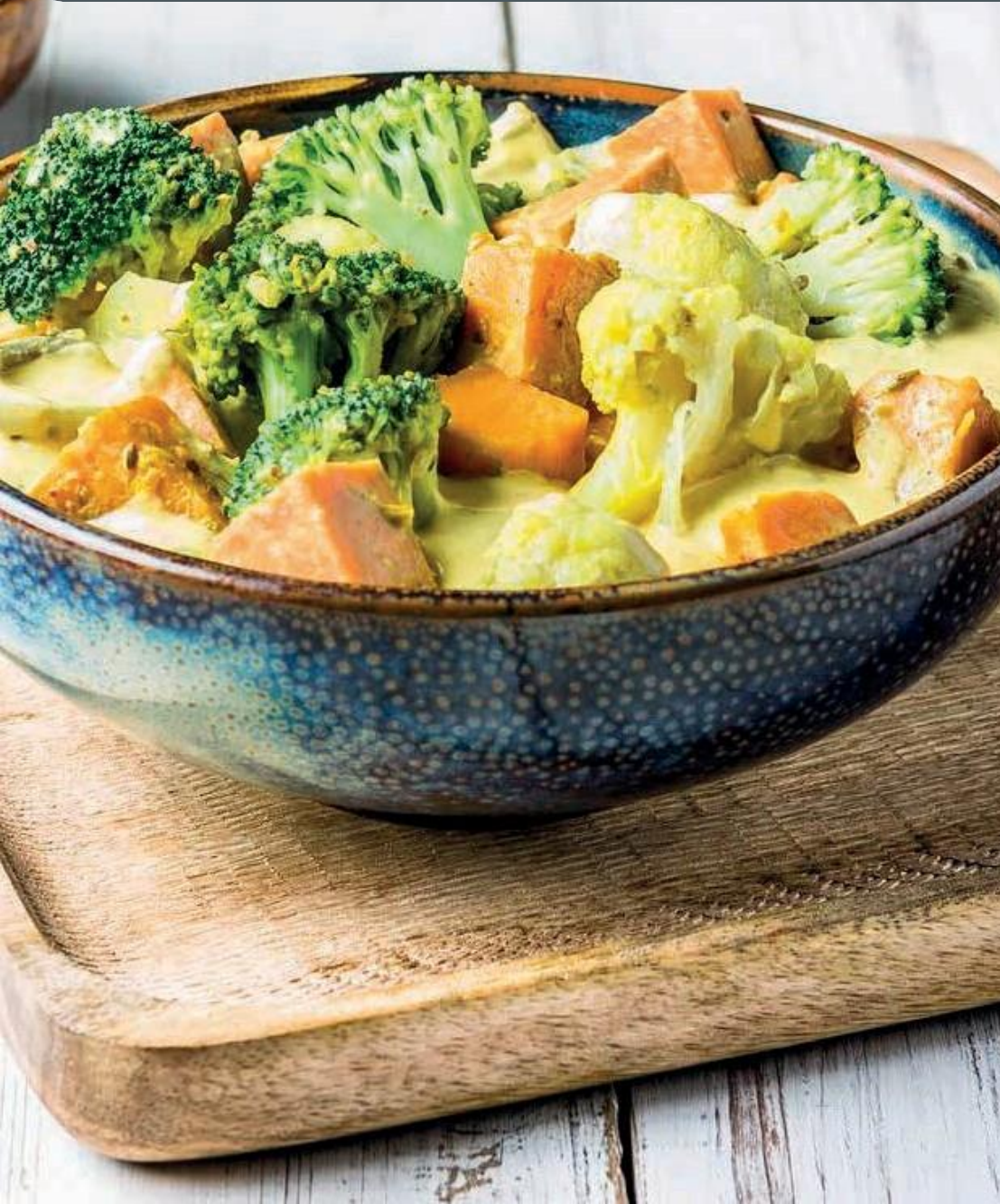
TIP

Make sure that your tomatoes aren't too ripe so that they keep their shape.



VEGETABLE CURRY

4 ✨ 20 min 🍲 25 min 🍲

**INGREDIENTS**

250 g broccoli
 250 g cauliflower
 400 g sweet potatoes
 1 red onion
 2 cloves garlic
 10 g ginger

2 tsp curry powder
 1 tsp turmeric powder
 400 ml coconut milk
 2 tbsp oil
 salt
 pepper

RECIPE

- 1 | Cut the broccoli and cauliflower into pieces and rinse. Peel the sweet potato and cut into 2-cm cubes.
- 2 | Place the vegetables in the basket of your Tefal Air Fryer. Steam for 15 minutes. Add the cauliflower and steam for a further 10 minutes.
- 3 | Meanwhile, peel the onion, garlic and ginger. Chop the garlic and onion and then grate the ginger. In a small saucepan, brown in olive oil for 3 minutes. Add the curry powder, turmeric and coconut milk and then season with salt and pepper. Simmer for 10 minutes and then add the cooked vegetables. Cook for a further 5 minutes.

VEGETARIAN BAGEL

4 ✪

20 min. 30 min. *INGREDIENTS*

4 bagels
 200 g cream cheese
 4 tsp. wholegrain mustard
 1 red pepper
 1 green pepper

4 button mushrooms
 1 tsp. oregano
 2 tbsp. olive oil
 Salt
 Pepper

RECIPE

- 1 | Rinse and de-seed the peppers and cut them into large pieces, about 3 cm square. Rinse the mushrooms and cut into thick slices, removing any damaged stems.
- 2 | Set to 200°C and allow to preheat for 15 minutes. Place the vegetables in the basket on the grill plate, drizzle with oil and cook for 12 minutes, mixing halfway through the cooking time.
- 3 | Meanwhile, mix the cream cheese with the mustard.
- 4 | Remove the vegetables and place the bagels, cut in half, in the basket for 5 minutes at 200°C. Repeat, then spread the cream cheese on the bread and top with the vegetables.

ZUCCHINI GRATIN

4 ✪

20
min30
min*INGREDIENTS*

3 zucchinis
2 eggs
250 ml double cream
50 g grated parmesan

1 tsp herbes de Provence
salt
pepper

RECIPE

- 1 | Rinse the zucchinis and cut them into slices about 5 mm thick. Place the zucchinis in the basket of your Tefal Air Fryer and steam for 10 minutes.
- 2 | Meanwhile, whisk the eggs with the cream, a pinch of salt, pepper, herbes de Provence and half the grated parmesan.
- 3 | Place the cooked zucchinis in a gratin dish, cover with the mixture and sprinkle over the rest of the parmesan. Place the dish in the basket of your Tefal Air Fryer and cook at 200°C for 20 minutes.

AIR-DRIED APPLE CHIPS

4*

15
min.1
hr.*INGREDIENTS*

1 apple
1/2 lemon

RECIPE

- 1 | Squeeze the half lemon. Wash the apple and remove the core with an apple corer, then cut the fruit into thin strips with a mandoline slicer or a sharp knife.
- 2 | Use a brush to coat both sides of the apple slices with lemon juice and then place them in the basket of your Tefal Air Fryer, spacing them as far apart as possible.
- 3 | Manually set the temperature to 80°C for 4 hours. Once the program is complete, leave the apples in the basket and switch off your machine. Leave to dry overnight before tasting the following day.

TIP

Store the dried apple slices in an airtight container and eat with granola or as a healthy snack.

ALMOND CIGARS

4/6 ✨

30
min. 🥄11
min. 🍷*INGREDIENTS*

190 g ground almonds
30 g butter
6 brick pastry sheets

2 tsp. orange blossom flavouring
1 egg
120 g honey

RECIPE

- 1 | Set aside 3 tbsp. honey. In a large bowl, mix the ground almonds, melted butter, orange blossom flavouring and honey. Shape the paste into a sausage and cut into 7 cm pieces.
- 2 | Cut the brick pastry sheets in half and place a roll of the paste mix on the brick sheet. Brush all over with beaten egg, then start rolling, folding over the edges and finishing by rolling into cigar shapes. Repeat the process until you have rolled them all. Place
- 3 | a sheet of baking paper in your Tefal Air Fryer and place the rolls in the basket. Cook at 180°C for 8 minutes, then add the honey and continue cooking for a further 3 minutes.

APPLE CRUMBLE AND RED BERRIES

4 ✨ 20 min  2x15 min **INGREDIENTS**

4 Golden Delicious apples
 250 g mixed red berries
 15 g cornflour
 30 g brown sugar
 120 g butter

100 g sugar
 150 g flour
 50 g rolled oats

RECIPE

- 1 | Core and seed the apples and cut them into 2-cm cubes. In a large bowl, mix the apples with the red berries, brown sugar and cornflour. Pour everything into a dish. Place the dish in the basket of your Tefal Air Fryer. Cook at 190°C for 15 minutes.
- 2 | In the meantime, mix the soft butter, cut into cubes, in a large bowl with the flour, sugar and rolled oats. Work the dough by hand to obtain a crumbly texture.
- 3 | Spread the crumble dough over the fruit and cook at 190°C for another 15 minutes.

BAKED FIGS WITH RICOTTA & HONEY

4 ✨ 10 min 🍲 5 min 🍲

*INGREDIENTS*

8 figs
60 g brown sugar
Juice of half an orange
2 tbsp. honey
4 tbsp. ricotta cheese
Crushed pistachios to garnish

RECIPE

- 1 | Add the orange juice to a dish and place the sugar into another. Cut the figs in half lengthwise.
- 2 | Dip the flesh side of the figs into the orange juice and then into the sugar.
- 3 | Place the figs in the basket, flesh up, and cook for 5 minutes at 190°C. The figs can overlap in the basket.
- 4 | Serve with a dollop of ricotta drizzled with honey and sprinkled with the crushed pistachios.

CHERRY BASIL TURNOVERS

4 ✨ 15 min 🥣 40 min 🍳

*INGREDIENTS*

4 tbsp. pitted cherries
 One pack puff pastry
 60 g mascarpone
 1 tbsp. basil, chopped

1 tbsp. lime zest
 60 g caster sugar
 A bit of water

RECIPE

- 1** | Cut 4 large circles around 12 cm each from the pastry dough using a cookie cutter.
- 2** | In a mixing bowl, mix the pitted cherries with the mascarpone, lemon zest, 30 g of the sugar and basil. Place the cherry mixture on top of the dough rounds.
- 3** | Place a bit of water in a bowl. Brush the edges of the dough circles with water and fold them over, pressing the edges tight. Brush the tops of the turnovers with water and sprinkle with the remaining sugar. Set aside in the refrigerator.
- 4** | Preheat your Tefal Air Fryer for 3 minutes at 180°C.
- 5** | Place two turnovers in the basket and cook for 20 minutes at 160°C. Remove the cooked turnovers and place the remaining two in the basket. Cook for 20 minutes at 160°C.

CHOCOLATE CARAMEL MARBLE CAKE

6/8

30
min50
min

INGREDIENTS

350 g sugar
4 eggs
250 g flour
1 sachet of baking powder
100 g salted butter
20 g butter for greasing

120 ml single cream
5 tbsp milk
200 ml neutral-tasting oil
20 g cocoa powder
60 g honey
50 ml water

RECIPE

- 1 | Grease a 20-cm round cake tin.
- 2 | In a small pan, heat the honey, water and 160 g of sugar. When caramel begins to form, add the chunks of salted butter and the cream, taking care to avoid spitting. Set aside.
- 3 | Prepare the batter by mixing the oil and the remainder of the sugar together. Add the eggs, sieved flour and baking powder. Halve the mixture. Add the cocoa powder to one half, and 150 g of the cooled caramel to the other.
- 4 | Place 3 spoonfuls of the chocolate batter into the tin, followed by 3 spoonfuls of the caramel batter, and repeat so it forms a marble effect. Place the in the basket of your Tefal Air Fryer.
- 5 | Cook at 160°C for 50 minutes. After 35 minutes, cover the cake with a sheet of baking paper to prevent it from burning. Leave the cake to cool before removing from the tin. Cover with the remaining caramel to serve.

CHOCOLATE CHIP MUFFINS

4 ✨ 15 min.  20 min. *INGREDIENTS*

125 g flour
 1/2 sachet of yeast
 30 g butter
 30 g sugar

50 g chocolate chips
 1 egg
 120 ml milk

RECIPE

- 1** | Mix the milk, melted butter and eggs together in a large bowl. Mix all of the other ingredients together in a second bowl.
- 2** | Stir the liquid mixture into the dry mixture whilst whisking to avoid lumps.
- 3** | Divide the mixture into lightly buttered muffin tins and place them in the basket of your Tefal Air Fryer.
- 4** | Cook at 170°C for 20 minutes.

CHOCOLATE SOUFLÉS

4 ✨ 20 min.  12 min. *INGREDIENTS*

100 g dark chocolate
3 eggs (1 yolk + 3 whites)
100 ml full-fat milk

40 g sugar
1 tsp. cornflour
25 g butter

RECIPE

- 1 | Break the chocolate into pieces and melt in a bain-marie or microwave on low power. Separate the whites from the yolks and keep 3 whites and 1 yolk.
- 2 | Whisk the yolk with the cornflour in a bowl. Bring the milk and 30 g of sugar to the boil and stir it into the egg yolk-cornflour mixture. Place the mixture back in the pan and cook over a low heat while stirring. Blend in the chocolate and set the mixture aside to cool.
- 3 | Beat the egg whites until stiff and fold them gently into the warm chocolate cream.
- 4 | Butter 4 large ramekins, sprinkle with 10 g of sugar and pour the mixture in up to 2/3 the height of the moulds. Place the ramekins in the basket of your Tefal Air Fryer. Set to 12 minutes at 160°C.



GLAZED APPLE DOUGHNUTS

6 ✨ 15 min  20 min *INGREDIENTS*

3 apples
 200 g flour
 3 eggs
 3 tbsp milk
 1 tbsp maple syrup

3 tbsp oil
 Icing sugar

RECIPE

- 1 | Peel and core the apples, then cut each one into 4 large slices.
- 2 | Place a sheet of baking paper in the basket of your Tefal Air Fryer. Use a brush to grease them well with oil.
- 3 | Place the flour in a deep dish. In another dish, beat the eggs with the maple syrup and milk. One by one, coat 12 slices of apple in flour, egg, then flour again.
- 4 | Place on the baking paper, ensuring that they are not touching. Lightly brush with oil. Cook at 200°C for 20 minutes, turning halfway through.
- 5 | Dust the doughnuts with icing sugar and serve.



MERINGUE APPLES

4 ✪

25
min2x10
min*INGREDIENTS*

4 apples
2 egg whites
40 g sugar

30 g hazelnuts
30 g chocolate chips

RECIPE

- 1 | Cut the apples 3/4 deep to remove their "tops". Remove the inside without piercing the skin. Place the apples with their tops on in a dish. Place everything in the cooking pot and steam for 10 minutes.
- 2 | Meanwhile, place the egg whites in a bowl and beat in an electric mixer. When the whites are smooth and firm, gradually stir in the sugar whilst whisking to make a meringue. When all of the sugar has been added, continue to whisk for 2 minutes.
- 3 | Using a spatula, gently fold in the chopped hazelnuts and chocolate chips. Garnish the apples with the meringue and cook at 200 °C for 10 minutes.