

وہلنگ

Air Fryer

#HealthyFry

Recipe Book



#HealthyFry

Due to our continuous process of product developments and improvements the contents may vary from that shown on this manual.

Lifelong Air Fryer is a healthy and a guilt-free way to enjoy fried foods, with limited use of oil. It makes for a delightful and convenient treats for kids and adults alike!

The Air Fryer gives no nasty frying odors and is easy to maintain. Enjoy our simple recipes and put the healthy zing back in your life.

Airfryer - Recipes

VEG

Veg Delight

Masala Fries

Tawa Vegetables

Fried Garlic Mushrooms

Hara Kabaab

Snacks

Tawa Paneer Roll

Spring Rolls

Aalu Samosa

Cheesecorn Balls

Paneer Shahshlik

Desserts

Shahi Tukda

Choco Lava Cake

NON VEG

Appetizers

Fried Prawns

Chicken Tikka

Grilled Fish

Mutton Seekh Kabab

Chicken Kofta

Masala Fries

Vegetable Delight

Ingredients

| | |
|-----------|-----------------|
| Potatoes | 2 medium (300g) |
| Oil | 1 tbsp |
| Seasoning | To taste |

How to Cook

1. Wash and scrub the potatoes, peel the skin and cut them lengthwise into even wedges as shown. (make sure they are not too thin or uneven).
2. Soak in mild salt water for about 10 minutes. Rinse the wedges under running water, drain them thoroughly and dry with a kitchen towel.
3. Transfer the potatoes into a bowl, add the oil and mix well so that the wedges get coated with the oil.
4. Preheat the Airfryer at 180°C for about 5 minutes.
5. Transfer the potatoes into the Airfryer basket and slide the basket in.
6. Set the timer to 15 minutes. Open the Airfryer and shake the fries after 10 minutes. Continue cooking and fry the fries till they are golden brown and well done. Shake the potato fries a few times in between the frying.
7. Add seasoning as required.



Tawa Vegetables

Ingredients

| | |
|-------------------|--------------|
| Bhindi (okra) | 50g |
| Small Brinjal | 50g |
| Potato | 50g |
| Arbi | 50g |
| Amchur powder | 5g |
| Red chilli powder | 5g |
| Garam masala | 10g |
| Oil | For brushing |
| Salt | To taste |

How to Cook

1. Remove the stalk and slit the brinjal into 4 from one side leaving them attached on the other corner. Similarly remove the stalk and slit the bhindi from one side leaving it attached on the other side.
2. Peel and cut the potatoes and arbi into finger shape. Soak in mild salt water for about 10 minutes. Rinse the cut potatoes and arbi under running water, drain them thoroughly and dry with a kitchen towel.
3. Mix together the powdered masala and stuff into the bhindi and brinjal. Sprinkle the potato and arbi with the masala.
4. Brush the vegetables with oil.
5. Preheat the Airfryer at 200°C for 5 minutes. Cook the vegetables for 15 minutes at 180°C.
The vegetables may cook at different times depending upon their size. Check the Airfryer a couple of times.

Tips

You can try other vegetables like jackfruit and karela (bitter gourd) but the cooking time may vary.



Fried Garlic Mushrooms

Ingredients

| | |
|------------------|--------------|
| Mushroom | 200g |
| Butter | 20g |
| Green garlic | 20g |
| Coriander leaves | 20g |
| Egg | To coat |
| Breadcrumbs | To coat |
| Oil | For brushing |
| Salt | To taste |
| Pepper | To taste |
| Toothpicks | A few |

How to Cook

1. Separate the stems from mushrooms.
2. To the butter add finely chopped coriander, finely chopped garlic, finely chopped mushroom stems, salt and pepper. Mix well.
3. Stuff the mushroom caps with this mixture. Join two caps together and secure with a tooth pick.
4. Dip each piece in beaten egg and roll them in breadcrumbs.
5. Preheat the Airfryer at 200°C. Brush the coated mushrooms with oil and cook for 8-10 minutes at 180°C in the Airfryer.
6. Serve hot.

Tips

You can replace the green garlic with garlic pods.
Maida batter can be used in place of beaten egg.



Hara Kabab

Vegetable Delight

Ingredients

| | |
|--------------|--------------|
| Potato | 100g |
| Peas | 50g |
| Spinach | 50g |
| Green chilli | 1 chopped |
| Chaat masala | 5g |
| Oil | For brushing |
| Salt | To taste |

How to Cook

1. Boil and mash peas and potatoes. Boil and finely chop the spinach.
2. Mix all the ingredients with the masalas.
3. Divide the ingredients into 6 equal balls. Press each ball between your palms to give them a tikki shape.
4. Pre heat the Airfryer at 200°C. Brush the Tikkis with oil and air fry at 180°C for 10 minutes or till slightly golden brown on the outside.
5. Serve hot with chutney.



Tawa Paneer Roll

Ingredients

| | |
|------------------|---------------|
| Paneer | 600g |
| Carrots | 50g julienned |
| Cabbage | 50g shredded |
| Yellow aam papad | 40g |
| Rice flour | For dusting |
| Chilli powder | 5g |
| Turmeric powder | 5g |
| Oil | For brushing |
| Salt | To taste |

How to Cook

1. Take a whole block of paneer. Cut the paneer into thin slices which can be rolled. Apply salt, turmeric powder and chili powder on the paneer. Place the slices on a hot non stick pan for two minutes.
2. In a separate pan saute carrots and cabbage. Add juliennes of aam papad and cook for 2 minutes.
3. Spread the filing over the paneer slices. Roll the paneer. Dust it with rice flour.
4. Pre heat the Airfryer at 180°C for 5 minutes.
5. Place the rolls in the Airfryer. Set the temperature at 180°C and air fry for 1 minute.
6. Open the Airfryer. Lightly brush the rolls with oil. Air fry at the same temperature for another 2-4 minutes or until golden brown.



Spring Rolls

Ingredients

| | |
|---------------|----------------------|
| Refined flour | 100g |
| Corn flour | 100g |
| Egg | 1 |
| Seasoning | To taste |
| Soya sauce | 10ml |
| Onion | 50g |
| Carrots | 50g |
| Cabbage | 50g |
| Ginger | 15g |
| Oil | 5ml and for brushing |
| Salt | To taste |

How to Cook

1. Shred cabbage, slice onions, cut carrot into juliennes and finely chop ginger.
2. In a bowl, mix refined flour, cornflour, 1/4th of beaten egg and 5ml of soya sauce. Add water to make a free flowing thin batter.
3. Over a gas flame, heat a non-stick pan. Pour the batter and very quickly pour out the excess batter so as to have a very thin layer in the pan. Cook without browning. Dust a plate with refined flour. Remove the pancake on the plate. Repeat the process to make more pancakes.
4. Heat oil in another pan. Add ginger, carrot, onions, cabbage, seasoning and the remaining soya sauce. Stir fry for 2 minutes. Remove the vegetables and let them cool.
5. Divide the filling into equal parts in comparison to pancakes.
6. Fill the pancake with the vegetable mixture. Roll it and seal the sides with beaten egg or leftover pancake batter. Brush them with oil.
7. Preheat the Airfryer for 5 minutes at 180°C.
8. Arrange the rolls in the Airfryer and air fry for 16 minutes or until crisp.
9. Remove the rolls from the Airfryer and cut into 3-4 smaller pieces or as desired.

Tips

Egg is an optional ingredient and can be omitted if desired.
Pre made filo sheets can also be used in place of pancakes.



Aalu Samosa

Ingredients

| | |
|---------------------|------------------------|
| Potato | 100g boiled and peeled |
| Peas | 30g boiled |
| Green chilli | 5g chopped |
| Coriander leaves | 10g |
| Ghee | 15g |
| Jeera (cumin seeds) | 5g |
| Turmeric powder | ½ tsp |
| Chana masala | ½ tsp |
| Ajwain (aniseed) | 5g |
| Oil | 5ml and for brushing |
| Salt | To taste |
| Water | As required |

How to Cook

1. Rub ghee in the refined flour. Add water, ajwain, salt and knead into a smooth dough. Cover the dough and keep aside for 30 minutes.
2. Heat oil in a pan. Add cumin seeds and allow them to crackle. Add peas, turmeric powder, chana masala, green chilli and salt. Mix well. Add roughly chopped potatoes. Sprinkle some chopped coriander leaves and remove from the gas.
3. Divide the dough into equal portions. Roll out each portion into about 6 inch wide diameter. Cut in half. Make a cone and fill in the potato mixture. Seal the edges by applying water.
4. Preheat the Airfryer for 5 minutes at 180°C.
5. Brush the samosas with oil.
6. Arrange the samosas in the Airfryer and cook at the same temperature for 18 minutes or until golden brown.

Tips

You can replace the potato filling with paneer, cooked daal or peas.



Cheese Corn Balls

Ingredients

| | |
|--------------------|--------------------|
| Potatoes | 60g boiled |
| Peas | 15g boiled |
| Carrot | 15g finely chopped |
| Beans | 10g finely chopped |
| Canned/ fresh corn | 50g |
| Cheese | 30g grated |
| Cornflour | For binding |
| Oil | For brushing |
| Salt | To taste |
| Pepper | To taste |

How to Cook

1. Peel and mash the potatoes. Add the peas, carrot, beans, corn, cheese, salt and pepper. Mix all the ingredients. Add cornflour only to bind the balls. Excess cornflour will make the balls hard.
2. Divide the mixture into 7-8 equal portions and shape them into small balls.
3. Preheat the Airfryer for 5 minutes at 180°C.
4. Brush the cheese balls with oil. Arrange them in the Airfryer and cook for 10 minutes or until golden brown.
5. Keep the cheese balls at a distance from each other to keep them from sticking.



Paneer Shashlik

Ingredients

| | |
|---------------------|--------------|
| Paneer | 200g cubed |
| Onion | 25g cubed |
| Tomato | 25g cubed |
| Capsicum | 25g cubed |
| Hung curd | 50g |
| Cornflour | 10g |
| Ginger garlic paste | 5g |
| Cream | 10ml |
| Cumin powder | ¼ tsp |
| Red chilli powder | ½ tsp |
| Oil | For brushing |
| Salt | To taste |
| Pepper | To taste |
| Toothpicks | A few |

How to Cook

1. In a bowl, mix hung curd, cornflour, ginger garlic paste, cream, cumin powder, red chilli powder, salt and pepper to make the marinade.
2. Put the paneer and vegetable cubes into the marinade and coat well. Keep aside for half an hour.
3. Pre heat the Airfryer at 180°C for 5 minutes. Brush the wire rack with oil.
4. Place the paneer tikka threaded onto toothpicks in the Airfryer and air fry for 5 minutes or till light brown.
5. Serve hot with choice of salad and chutney.



Shahi Tukda

Ingredients

| | |
|--|---------|
| White bread | 1 slice |
| Milk | 600ml |
| Sugar | 30g |
| Chopped nuts (almonds/pistachio/resins) | 3-4 |
| Green cardamom powder | 2g |

How to Cook

1. Cut the bread slice diagonally into fours.
2. Pre heat the Airfryer at 200°C for 3 minutes.
3. Place the bread in the Airfryer and set the timer to 5 minutes at a temperature of 160°C. The bread should be cooked until toasted well.
4. In the meantime, add the sugar and cardamom powder to the milk and heat over a gas top.
5. Remove the bread from the Airfryer and soak it in the milk for 10-15 seconds. Carefully remove the soaked slices and place them on the plate in which it is to be served.
6. Cook the remaining milk at low-medium heat until it thickens and becomes creamy (resembling the consistency of rabri).
7. Before serving, spread the thickened milk over the bread slices, Garnish with the chopped nuts.

Tips

You can also use condensed milk as a substitute for cooked milk.



Choco Lava Cake

Ingredients

| | |
|---------------|-------|
| Refined flour | 100g |
| Baking powder | 1 tsp |
| Sugar powder | 80g |
| Egg | 1 |
| Butter | 40g |
| Chocolate | 100g |
| Milk | 50ml |

How to Cook

1. Add the baking powder to the refined flour. Pass them through a sieve and keep aside.
2. Melt the chocolate chunks in a double boiler over low heat with continuous stirring. Add milk to the mixture and blend it well. Remove the melted chocolate from the gas, add butter and stir it well.
3. In a separate bowl break the egg, add sugar and beat them until a creamy consistency is reached.
4. Blend the egg and sugar mixture into melted chocolate. Add the refined flour little by little to avoid lumps. Mix the batter well.
5. Grease the moulds with butter and dust them with some refined flour. Pour the batter in the moulds (steel katoris with cupcake liners can also be used).
6. Preheat the Airfryer for 5 minutes at 180°C.
7. Arrange the moulds in the Airfryer and bake for 4 minutes or till the outer crust is cooked and looks firm.

Tips

You can use cocoa powder as a substitute of chocolate. You can also put a piece of chocolate in the centre.



Fried Prawns

Ingredients

| | |
|---------------------|--------------|
| Medium prawns | 10 no |
| Fresh bread crumbs | 40g |
| Ginger garlic paste | 5g |
| Coriander powder | 5g |
| Cumin powder | 5g |
| Lemon juice | 10ml |
| Turmeric | ¼ tsp |
| Red chilli powder | ½ tsp |
| Oil | For brushing |
| Salt | To taste |

How to Cook

1. De-shell and de-vein the prawns but retain the tail. Wash and pat dry. Beat the prawns with a meat beater to flatten them.
2. Marinate the prawns in a mixture of all the ingredients except bread crumbs and oil. Keep aside for 30 minutes.
3. Coat each prawn with bread crumbs.
4. Preheat the Airfryer at 180°C.
5. Brush the prawns with oil and cook in the Airfryer at 180°C for about 6-10 minutes or till golden brown.
6. Remove and serve hot.



Chicken Tikka

Non-veg
appetizers

Ingredients

| | |
|-----------------------|--------------|
| Boneless chicken cube | 200g |
| Vinegar | 20ml |
| Egg | 1 whole |
| Roasted besan | 20g |
| Hung curd | 50g |
| Chilli powder | 5g |
| Garam masala powder | 5g |
| Red chilli | 5g |
| Ginger garlic paste | 10g |
| Butter | For brushing |
| Salt | To taste |
| Orange red colour | A pinch |

How to Cook

1. Clean, wash and pat dry chicken.
2. Mix all the ingredients together except oil and marinate the chicken for 2–3 hrs.
3. Pre heat the Airfryer at 180°C
4. Brush the chicken with butter and air fry for about 6-10 minutes or till the surface starts browning.
5. Serve hot with onion rings and chutney.



Grilled Fish

Ingredients

| | |
|---------------------|--------------|
| Fish fillet | 200g |
| Tomato puree | 30g |
| Ginger garlic paste | 20g |
| Red chilli powder | 5g |
| Turmeric powder | 5g |
| Coriander powder | 10g |
| Cumin powder | 5g |
| Vinegar | 20ml |
| Fresh bread crumbs | To coat |
| Oil | For brushing |
| Salt | To taste |

How to Cook

1. Clean and cut fish in large chunks. Wash and pat dry with a paper towel.
2. In a bowl mix rest of the ingredients. Marinate the fish in the marinade and keep aside for 30 minutes.
3. Pre heat the Airfryer at 180°C. Brush the Airfryer basket wire rack with oil. Coat the marinated fish with bread crumbs and brush with oil. Arrange them in the Airfryer and cook at 180°C for 6-7 minutes or till golden brown.
4. Serve hot with chutney and salad.



Mutton Seekh Kabab

Non-veg
appetizers

Ingredients

| | |
|---------------------|--------------|
| Mutton mince | 200g |
| Onion | 50g chopped |
| Ginger | 10g chopped |
| Ginger garlic paste | 1 tsp |
| Red chilli powder | 1 tsp |
| Garam masala | 1 tsp |
| Kasoori methi | ½ tsp |
| Coriander leaves | 10g |
| Egg | ¼ beaten egg |
| Butter | For brushing |
| Salt | To taste |

How to Cook

1. Mix all the ingredients except butter and refrigerate for half an hour.
2. Divide the mix into 5-6 portions and roll them in cylindrical shape over a seekh.
3. Preheat the Airfryer for 5 minutes at 200°C.
4. Air fry the seekh kabab at 180°C for about 5 minutes or till they are cooked through.
5. Remove the kababs and brush with butter. Roast again at the same temperature for 2-4 minutes
6. Serve hot with onion rings and chutney.



Chicken Kofta

Ingredients

| | |
|-------------------|--------------|
| Chicken mince | 200g |
| Onion | 20g chopped |
| Ginger | 10g chopped |
| Red chilli powder | 1 tsp |
| Garam masala | ½ tsp |
| Coriander leaves | 5g |
| Green chilli | 1 chopped |
| Oil | For brushing |
| Salt | To taste |

How to Cook

1. Mix all the ingredients except oil.
2. Divide the mixture into equal portion and shape them into koftasize balls.
3. Preheat the Airfryer at 180°C for 5 minutes. Lightly brush the air fryer wire rack and the koftas with oil. Place the koftas on the rack.
4. Cook for 5-7 minutes at the same temperature.
5. Serve hot as a snack or use them in gravy for chicken koftas.

Non-veg
appetizers





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Imported and marketed by:

Lifelong India Private Limited

For queries and complaints please contact :

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Made in China