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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

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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

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.





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Imported and marketed by:

Lifelong India Private Limited

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