

**PHILIPS**



# A healthier way to cook

32 delicious recipes for the Philips Airfryer

Enjoy healthier meals with the Philips Airfryer

**THE Sun** THE  **TIMES**

# A healthier diet starts here

We'd all love it if indulging in our favourite foods was a guilt-free pleasure, and now it can be, thanks to clever cooking technology. Whether you crave a portion of chips, a home-cooked roast or a warming sausage and bean casserole, there is a tasty and simple recipe

specially created for the Philips Airfryer that makes it easy to stick to a healthier diet. The Airfryer cooks with air, using little or no oil, which significantly reduces the fat and calorie content of your favourite foods – without compromising on taste. Healthy eating just got a whole lot easier – enjoy!

**Stacie Stewart** is a television presenter, author and the owner of the Eat Naked deli in Brighton. She created the first 10 recipes here exclusively for Philips Airfryer.



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The Philips Airfryer circulates hot air rapidly to cook the food, meaning you only have to use a little or no oil. It is available to buy at Currys, Tesco and Amazon and comes with a recipe booklet full of healthy meal ideas. Find out more at [Philips.co.uk](https://philips.co.uk)

*We asked nutritionist Anita Bean to analyse the calorie content in the recipes featured.*

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# 1. Panko-crusted fish fillets with chips

Serves 2

## For the fish

**200g panko breadcrumbs**  
**1 tsp salt**  
**Pinch of pepper**  
**2 tbsp fresh parsley, finely chopped**  
**200g firm white fish fillet**  
**100g plain flour**  
**2 eggs**

## For the chips

**2 big maris piper potatoes, peeled and cut into 1cm-thick chips**  
**1 tbsp vegetable oil**  
**Salt and pepper**

## For the tartar sauce

**200ml mayonnaise**  
**2 tbsp capers, drained and chopped**  
**2 tbsp gherkins or jalapeños, chopped**  
**1 small shallot, very finely chopped**  
**Squeeze of lemon juice**  
**4 tbsp chopped fresh parsley**  
**Pinch of chilli flakes**  
**Salt and black pepper**

## Method

- 1 Heat the Airfryer to 200C for 3 minutes.
- 2 Mix breadcrumbs, salt, pepper and parsley in a bowl.
- 3 Cut the fish into 4 long pieces almost like big fish fingers. Whisk the eggs and place them on a plate, tip the flour on to another plate and the breadcrumb mix on to a third. Dip each piece of fish in the flour, then the egg, and then the breadcrumbs. Repeat so the fish is double-coated for extra crispiness. Then place in the Airfryer and cook for about 15 minutes or until golden. Cover in foil to keep warm while you cook the chips. Or, if you use the Airfryer XL, you can do both at once.
- 4 Pat the chips dry with a paper towel. Shake in oil and place in Airfryer for 20 minutes until golden, shaking twice during cooking. Season.
- 5 Mix all the ingredients in a bowl and serve.

Airfryer  
731 cals  
.....  
Deep-fried  
929 cals





## 2. Sausages with spiced butterbean and tomato ratatouille

Serves 2

**4 of your favourite pork sausages**

**For the ratatouille**

**1 pepper, chopped**

**2 courgettes, diced**

**1 aubergine, diced**

**1 medium red onion, diced**

**1 tbsp olive oil**

**440g butterbeans, drained and rinsed**

**1 x 440g tin of chopped tomatoes**

**2 sprigs of thyme**

**1 tbsp balsamic vinegar**

**2 cloves garlic, minced**

**1 red chilli, finely chopped**

### Method

- 1 Heat the Airfryer to 200C for 3 minutes. Add the pepper, courgettes, aubergine, onion and oil and roast for around 20 minutes — until the skin of the veg has blistered — shaking the pan twice during cooking. Remove and leave to cool, turning the Airfryer down to 180C.
- 2 In a saucepan, mix the veg with the rest of the ratatouille ingredients and bring to a simmer before seasoning. Add the sausages to the Airfryer, ensuring they aren't touching each other, and cook for 10-15 minutes (depending on size), shaking once during the cooking time.

Airfryer  
**596 cals**  
Pan-fried dish  
**781 cals**

# 3. Buttermilk chicken with sweet potato chips

Serves 2

## For the chicken

- 200ml buttermilk
- ½ tsp cayenne pepper
- 1 tsp minced garlic
- 2x150g chicken breasts
- 4 tbsp plain flour seasoned with salt and pepper
- 1 egg, beaten
- 200g panko breadcrumbs

## For the chips

- 2 sweet potatoes, peeled and sliced into 1cm-thick chips
- 1 tbsp olive oil
- 1 tbsp sweet smoked paprika

## Method

- 1 Place the buttermilk, cayenne and garlic in a bowl with the chicken breasts, cover and place in the fridge to marinate overnight.
- 2 Heat the Airfryer for 3 minutes. When you are ready to cook, rub as much of the marinade off the chicken as you can, then dip the breasts into a bowl of seasoned flour, then a bowl of beaten egg and finally the breadcrumbs, making sure that the chicken is well coated.
- 3 Place the chicken in the Airfryer and fry for 20 minutes at 190C or until cooked through. Allow to rest while you cook the chips (or use the Airfryer XL to fry both at the same time).
- 4 Toss the chips in oil and paprika, then place in the Airfryer and cook at 190C for 20 minutes, shaking them twice in between. Once cooked, season the chips with salt and pepper.

Airfryer  
739 cals  
Deep-fried  
986 cals





Airfryer  
698 cals  
Deep-fried  
896 cals

## 4. Onion bhajis with curry leaf dal and raita

Serves 2

### For the dal

1 onion, finely diced  
1 clove garlic, finely chopped  
1 chilli, chopped  
1 inch ginger, finely chopped  
1 tbsp vegetable oil  
2 stems curry leaves  
1 tsp turmeric  
1 tsp garam masala  
1 tsp yellow mustard seeds  
75g red lentils  
1x 400g tin tomatoes  
50g unsweetened desiccated coconut

### For the raita

½ cucumber  
Juice of 1 lemon  
1 small bunch fresh

mint, finely chopped  
100g natural yoghurt

### For the bhajis

90g chickpea flour  
1 tsp cumin seeds  
½ tsp turmeric  
½ tsp fennel seeds  
½ tsp salt  
1 chilli, finely chopped  
1in piece ginger, grated  
2 cloves garlic, grated  
Juice of ½ lemon  
Small bunch fresh coriander, chopped  
2 onions, thinly sliced

### Method

- 1 For the dal, sweat the onion, garlic, chilli and ginger in the oil in a pan for 10 minutes. Turn the heat up and add the curry leaves, turmeric, garam masala and mustard seeds. Fry for a minute then add the lentils.
- 2 Stir so everything is evenly coated, then add the tomatoes and coconut. Season, then cover and simmer for 40 minutes or until the lentils are tender. Add more water if the pan gets a little dry or you want to create a soupier dal.
- 3 Make the raita. Cut the watery seed core out of the cucumber and finely dice the flesh. Add the lemon juice, mint and cucumber to the yoghurt with a good pinch of salt, then stir.
- 4 To create the bhaji mix, add the flour to a large bowl and pour in enough water to make a paste as thick as double cream.
- 5 Toast the cumin, turmeric and fennel in a frying pan for a minute and add these to the flour mix with the salt, chilli, ginger and garlic.
- 6 Heat the Airfryer to 180C. Stir the lemon juice, coriander and onions in the bhaji mix until they are coated. With wet hands, create bhaji balls the size of large olives, flatten slightly then add to the basket. Fry for no more than 10 minutes, until golden and crisp. Serve with the dal and raita on the side.

## 5. Salmon with creamy courgetti

Serves 2

### For the salmon

**2x 150g salmon fillets, skin on**  
**1 tsp olive oil**

### For the courgette

**2 large, straight courgettes**  
**1 ripe avocado, de-stoned and chopped**  
**½ garlic clove, finely chopped**  
**Small handful parsley**  
**Handful of cherry tomatoes**  
**Handful of black olives**  
**2 tbsp toasted pine nuts**

### Method

- 1 Rub the salmon with the oil and season with salt and pepper. Place in the Airfryer for 10 minutes at 180C until the skin turns lovely and crisp.
- 2 Meanwhile, prepare the courgette by using a spiralizer or julienne peeler on the courgettes, then set to one side. To make the sauce, place the avocado, garlic, parsley and some seasoning in a mini chopper or food processor and blend until smooth.
- 3 Chop the tomatoes and olives, then set to one side. Toss the courgette in the sauce, divide between two plates, along with the tomatoes and olives, and top with the salmon. To serve, scatter the pine nuts over the dish.





## 6. Vegetable crisps and cheesy pesto twists

Serves 4

### For the vegetable crisps

- 2 parsnips**
- 2 beetroot**
- 1 medium sweet potato, peeled**
- 1tbsp olive oil**
- ½ tsp chilli powder or herbes de Provence**

### For the cheesy pesto twists

- 1 x 320g pack all-butter puff pastry**
- 1 tbsp flour**
- 50g cream cheese**
- 4 tbsp pesto**
- 1 egg, beaten**
- 50g Parmesan, grated**

Airfryer  
**646 cal**  
Deep-fried  
**745 cal**

### Method

- 1 Heat the Airfryer to 240C.
- 2 Using a peeler, shave super-thin strips off the parsnips, beetroot and sweet potato. Toss the vegetable slices in the oil and chilli powder or herbs, then season with salt and pepper.
- 3 Cook in the Airfryer for 20 minutes or until golden and crisp, shaking the pan halfway through.
- 4 For the cheesy pesto twists, roll the pastry into a rectangle on a lightly floured surface with the long side vertical and the short side horizontal. Cut in half down the middle. Spread cream cheese and pesto over one half, then place the other piece of pastry on top to create a sandwich. Cut in half down the middle again to create 2 long rectangles. Slice each rectangle into 1cm-thick strips horizontally.
- 5 Twist each pastry strip, pulling gently to lengthen. Once you have all your twists, brush lightly with beaten egg and scatter with Parmesan. Airfry for 20-25 minutes or until risen and golden brown. Both snacks can be served warm or cold.

## 7. Thai roast beef salad with nam jim dressing

Serves 2

**1kg topside of beef**  
**1 tsp olive oil**  
**Salt and pepper**

**For the salad**  
**1 carrot, grated**  
**½ small white cabbage, grated**  
**1 red pepper, very finely sliced**  
**Small handful of sugar snap peas, chopped**  
**Small handful of beansprouts**  
**2 tsp toasted sesame seeds**  
**Small bunch coriander leaves, chopped (keep some aside for dressing and garnish)**

**For the dressing**  
**2 tbsp fish sauce**  
**2 tbsp fresh lime juice**  
**2 red bird's eye chillies (adjust to your taste)**  
**2 garlic cloves**  
**1 inch piece of ginger**  
**2 tbsp tamari or soy sauce**  
**2 tbsp sesame oil**  
**4 tbsp water**  
**1 tbsp of palm (or light brown) sugar**  
**2-3 small shallots, chopped**  
**Stems of the coriander**  
**Pinch of salt**

### Method

- 1 Heat the Airfryer to maximum temperature for a few minutes while you prepare the beef. Rub with oil, salt and pepper, and roast for 30 minutes, turning the temperature down to 190C after 10 minutes. This will give you medium rare meat, ideal for this dish.
- 2 While the meat is roasting prepare the salad: toss all ingredients together and set aside.
- 3 For the nam jim dressing, put all the ingredients into a food processor and blitz for a minute or so. The dressing should be well combined and thin. Drizzle some over the salad and put the rest in a small serving bowl so guests can help themselves.
- 4 Once the beef is roasted allow it to rest for about 20 minutes so it's super-juicy, then cut into wafer-thin slices. To serve, pile salad on to a plate and top with thin slices of beef.
- 5 Garnish with coriander, toasted peanuts and lime wedges.

Airfryer  
**466 cals**  
Roasted dish  
**574 cals**





## 8. French fries

Serves 4

**1kg floury potatoes**  
**1 tbsp olive oil**

### Method

- 1 Peel the potatoes and cut into roughly rectangular blocks. Slice into long fries, no more than 1cm thick.
- 2 Soak the fries in a bowl of cold, salted water for 30 minutes. Drain and pat dry with kitchen paper then toss with the olive oil.
- 3 Heat the Airfryer to 160C. Place the fries in the basket and cook for 15 minutes.
- 4 Shake the fries to turn them, then raise the temperature to 180C and cook for a further 10 minutes until golden brown.

Airfryer  
222 cals  
Deep-fried  
395 cals

# 9. Herb-crusted rack of lamb with pumpkin wedges

Serves 2

**1 rack of lamb**  
**1 tbsp Dijon mustard**  
**50g panko breadcrumbs**  
**2 tbsp fresh herbs, chopped**  
**25g grated Parmesan**  
**Zest of 1 lemon**  
**1 tbsp olive oil, salt and pepper**

## For the wedges

**1 small to medium pumpkin**  
**1 tbsp olive oil, salt and pepper**

## Method

- 1 Heat the Airfryer to 200C for three minutes.
- 2 Pat the lamb dry with a kitchen towel, then score the fat with a sharp knife to encourage it to drip out of the meat. This is how the calories are reduced. Rub the scores with the mustard.
- 3 Blitz the breadcrumbs with the herbs, Parmesan, lemon zest and seasoning and, using the mustard as the 'glue', roll the fat of the rack through this mixture to form the crust.
- 4 Season the rest of the joint, then add to the Airfryer with the oil and roast for 15 minutes until the crust is golden and the lamb cooked. If you like your lamb well done, cook for a further 5-10 minutes.
- 5 For the wedges, peel and core the pumpkin and coat lightly in oil. Season and set aside. Remove the lamb and rest on a plate, then add the wedges to the Airfryer in a single layer, roast for around 20 minutes or until crisp, golden and cooked through. Serve with the lamb and a simple green salad.

Airfryer  
**478 cal**  
Classic dish  
**613 cal**





## 10. Paprika roast chicken with crispy potato rosti

Serves 2

**2 chicken legs**  
**2 tsp sweet smoked paprika**  
**1 tsp honey**  
**Salt and pepper to taste**  
**½ tsp garlic powder or a pinch of fresh grated garlic**

**For the rosti**  
**1 sweet potato, peeled and coarsely grated**  
**¼ Savoy cabbage, very finely sliced**  
**1 egg**  
**Salt and freshly ground black pepper**  
**1 tbsp plain flour**  
**1 tbsp fresh parsley**  
**½ tbsp olive oil**

### Method

- 1 Heat the Airfryer to 200C for a few minutes while you prepare the chicken. Mix the paprika, honey, salt and pepper and garlic powder in a small bowl. Score the skin of the chicken and rub the paprika mix in thoroughly.
- 2 Because you're airfrying you will need little or no oil. Airfry for 35 minutes until the juices run clear. The skin should be crisp and bubbling.
- 3 Rest the chicken on a foil-covered plate while you cook the rosti.
- 4 For the rosti, drain the grated sweet potato of water in kitchen towel so it's completely dry before mixing it together with cabbage, egg, salt and pepper, flour and parsley into a bowl. Shape into two large or four small rosti and brush with olive oil – again, just the tiniest amount – about half a tablespoon.
- 5 Airfry the rosti for 8 minutes, turning once through cooking until golden brown on both sides and cooked through. Remove it from the pan and serve with the chicken and a light tomato salad.

Airfryer  
**666 cals**  
Roasted dish  
**751 cals**

# 11. Full English

Serves 4

**8 chestnut mushrooms**  
**8 tomatoes, halved**  
**1 clove garlic, crushed**  
**4 rashers of smoked back bacon**  
**4 chipolatas**  
**200g baby leaf spinach**  
**4 eggs**

- 1 Heat the Airfryer to 200C. Put the mushrooms, tomatoes and garlic in a round tin. Season and spray with oil. Place the tin, bacon and chipolatas in the cooking basket. Cook for 10 minutes.
- 2 Meanwhile wilt the spinach in a microwave or by pouring boiling water through it in a sieve. Drain well.
- 3 Add the spinach to the tin and crack in the eggs. Lower the temperature to 160C and cook for a further few minutes until the eggs are cooked.

254 cal



# 12. Hot-smoked trout frittata

Serves 4

**2 tbsp olive oil**  
**1 onion, peeled and sliced**  
**6 eggs**  
**2 tbsp crème fraîche**  
**½ tbsp horseradish sauce**  
**2 fillets hot-smoked trout**  
**1 handful of fresh dill**

287 cal



- 1 Heat the oil in a frying pan, then season and cook the onion, stirring over a medium heat until softened.
- 2 Heat the Airfryer to 160C. Whisk the eggs in a bowl, add the crème fraîche and horseradish. Tip the onion into a 17cm dish and add the egg mix and trout.
- 3 Place dish in cooking basket and cook for 20 minutes or until the frittata is set and golden. Scatter with dill.

## 13. Welsh rarebit muffins

Serves 4

**8 paper muffin cases**  
**1 small egg**  
**2 tbsp vegetable oil**  
**75ml milk**  
**100g plain flour**  
**1 tsp baking powder**  
**Pinch mustard powder**  
**40g Parmesan, grated**  
**Dash of Worcestershire sauce**

- 1 Heat the Airfryer to 200C.
- 2 Double up the muffin cases to form four.
- 3 Beat egg in a bowl, then whisk in oil and milk. Sift in flour, baking powder and mustard. Mix until smooth.
- 4 Stir in the cheese and Worcestershire sauce and spoon the batter into the cases in the fryer basket. Bake for 15 minutes or until golden.

213 cal



## 14. French toast with yoghurt and berries

Serves 4

**2 large eggs**  
**1 tsp vanilla extract**  
**2 thick slices sourdough bread**  
**Butter for spreading**  
**Mixed berries**  
**Squeeze of honey**  
**Low-fat plain Greek yoghurt, to serve**

236 cal



- 1 Heat the Airfryer to 180C. Beat the eggs with the vanilla, and butter both sides of the bread. Soak the bread in the egg mix until it is all absorbed.
- 2 Place the bread directly in the fryer basket and cook for six minutes, turning halfway through.
- 3 Serve with mixed berries, yoghurt and honey to taste.

## 15. Chicken wings with sesame and soy

Serves 4

**8 chicken drumsticks**  
**1 tbsp olive oil and 1 tbsp sesame oil**  
**4 tbsp honey**  
**50 ml light soy sauce**  
**2 garlic cloves, crushed**  
**1 small knob fresh ginger, grated**  
**1 small bunch coriander, chopped**  
**2 tsp toasted sesame seeds**

- 1 Place all the ingredients except the coriander and sesame seeds in a freezer bag. Seal and massage the drumsticks to ensure they are well coated. Leave in the fridge overnight to marinate.
- 2 Heat the Airfryer to 200C. Place the drumsticks in the basket of the fryer and cook for 10 minutes. Lower the heat to 160C and cook for a further 10 minutes.
- 3 Scatter with coriander and sesame seeds. Serve with rice and stir-fried bok choy.

333 cal



## 16. Squash with cumin and chilli

Serves 4

**1 medium butternut squash**  
**2 tsp cumin seeds**  
**1 large pinch of chilli flakes**  
**1 tbsp olive oil**  
**150ml plain Greek yoghurt**  
**40g pine nuts**  
**1 small bunch of fresh coriander, chopped**

287 cal



- 1 Slice the squash, remove the seeds, and cut into chunks. Place in a bowl with the spices and oil. Season well.
- 2 Heat the Airfryer to 190C. Place the squash in the basket and roast for 20 minutes, turning occasionally, until soft and slightly charred.
- 3 Toast the nuts in a dry frying pan for two minutes, making sure they don't.
- 4 Serve the squash with yoghurt and the nuts and coriander sprinkled over.

## 17. Salmon fishcakes crumb

Serves 4

**250g cooked salmon**  
**400g cold mashed potato**  
**1 small handful of capers**  
**1 small handful of chopped parsley**  
**Zest of 1 lemon**  
**50g plain flour, for coating**  
**Spray oil**

- 1 Flake the salmon and combine with the mashed potato, capers, dill and zest. Season well.
- 2 Shape into small cakes and dust with flour. Chill in the fridge for 1 hour to firm up.
- 3 Heat the Airfryer to 180C. Place the fishcakes in the fryer basket, spray with oil and cook for 7 minutes or until golden.

291 cal



236 cal

## 18. Baked apples

Serves 4

**4 apples**  
**25g butter**  
**2 tbsp brown sugar**  
**50g fresh breadcrumbs**  
**40g mixed seeds**  
**Zest of 1 orange**  
**1 tsp cinnamon or mixed spice**

- 1 Core the apples and score skin around circumference with sharp knife to stop them from splitting.
- 2 Combine all the remaining ingredients and carefully stuff the apple cores, scattering over any remaining mix.
- 3 Bake at 180C for 10 minutes or until slightly collapsed.

## 19. Figs with honey and mascarpone

Serves 4

**8 figs**  
**25g butter**  
**3 tbsp honey**  
**150ml mascarpone**  
**1 tsp rose water**  
**Toasted almonds, to serve**

- 1 Heat the Airfryer to 180C. Cut a cross into the top of each fig and squeeze slightly to open out. Place in a heatproof dish and put a small knob of butter in each one.
- 2 Drizzle over the honey and place the dish in the fryer basket. Cook for 5 minutes, or until the fruit has softened and the juices caramelised.
- 3 Stir rosewater into the mascarpone. Place a dollop on each serving of figs and scatter the almonds over the top.

262 cals



## 20. Cod with warm tomato and basil vinaigrette

Serves 4

**4 cod loins, about 150g each**  
**12 cherry tomatoes, halved**  
**8 black olives, halved**  
**Juice of 1 lemon**  
**75ml olive oil, and spray oil**  
**1 bunch of fresh basil, torn**

281 cals



- 1 Heat the Airfryer to 180C. Spray the fish loins with oil and season well. Place in the fryer basket and cook for 8-10 minutes or until flaky.
- 2 Meanwhile, place the tomatoes and olives in a small saucepan with the oil and lemon juice. Warm through but do not boil. Season and add the basil and keep warm.
- 3 Serve with the tomato vinaigrette, and some Airfryer-cooked fries (guilt-free at just 222 calories).

## 21. Chicken escalopes with sage crumb

Serves 4

**4 skinless chicken breasts**  
**75g panko breadcrumbs**  
**30g grated parmesan**  
**6 sage leaves, finely chopped**  
**50g tbsp plain flour, seasoned**  
**2 eggs, beaten**  
**Spray oil**

- 1 Sandwich the chicken between clingfilm and beat with a rolling pin until ½ cm thick. Mix the breadcrumbs, parmesan and sage.
- 2 Dredge the chicken in the seasoned flour, then dip into the egg and finally coat in the breadcrumbs.
- 3 Heat the Airfryer to 200C. Spray the chicken with oil on both sides and place two at a time in the basket. Cook for 4 minutes or until golden and tender. Serve with a green salad.

327 cals



367 cals

## 22. Lamb chops with cucumber raita

Serves 4

**4 tbsp natural low-fat yoghurt**  
**1 tsp cumin seeds**  
**1 tbsp coriander seeds, crushed**  
**½ tsp chilli powder**  
**2 tsp garam masala**  
**2 tbsp lime juice**  
**1 tsp salt**  
**4 lamb chops**  
**Raita, to serve**

- 1 Combine the yoghurt, spices, lime juice and salt and coat the lamb chops. Leave to marinate for at least an hour.
- 2 Heat the Airfryer to 200C. Place the chops in the fryer basket and cook for 10 minutes or until cooked to your liking.

## 23. Prawn spring rolls

Serves 4

**1 tbsp groundnut oil, 1 tbsp soy sauce  
1 tsp grated fresh root ginger  
50g mushrooms, sliced  
25g tinned water chestnuts, sliced  
1 tsp Chinese five-spice powder  
30g beansprouts and 1 spring onion  
1 small carrot, cut into matchsticks  
100g cooked prawns  
12 spring roll wrappers, 1 egg, beaten**

- 1 Oil and heat a wok. Add ginger, mushrooms and water chestnuts. Cook for 2 minutes, then add the soy sauce, five-spice powder, beansprouts, spring onions and carrot. Cook for 1 minute, then leave to cool. Add the prawns.
- 2 Heat the Airfryer to 200C. Roll up mixture in wrappers, sealing with beaten egg. Brush each roll with oil.
- 3 Cook in batches in fryer basket for 5 minutes. Serve with dipping sauce.

185 cals



## 24. Baked potatoes with cottage cheese and asparagus

Serves 4

**4 medium potatoes  
1 bunch asparagus, trimmed  
75ml low-fat crème fraiche  
75ml cottage cheese  
1 tbsp wholegrain mustard**

215 cals



- 1 Heat the Airfryer to 200C. Scrub the potatoes and dry with kitchen paper. Place in the fryer basket and cook for 25 minutes.
- 2 Meanwhile, cook the asparagus in salted boiling water for 3 minutes till just tender.
- 3 Allow the potatoes to cool slightly, then slice off the tops and scoop the flesh into a bowl. Combine with the crème fraiche, cottage cheese, mustard and asparagus. Season and refill the potato skins before serving.

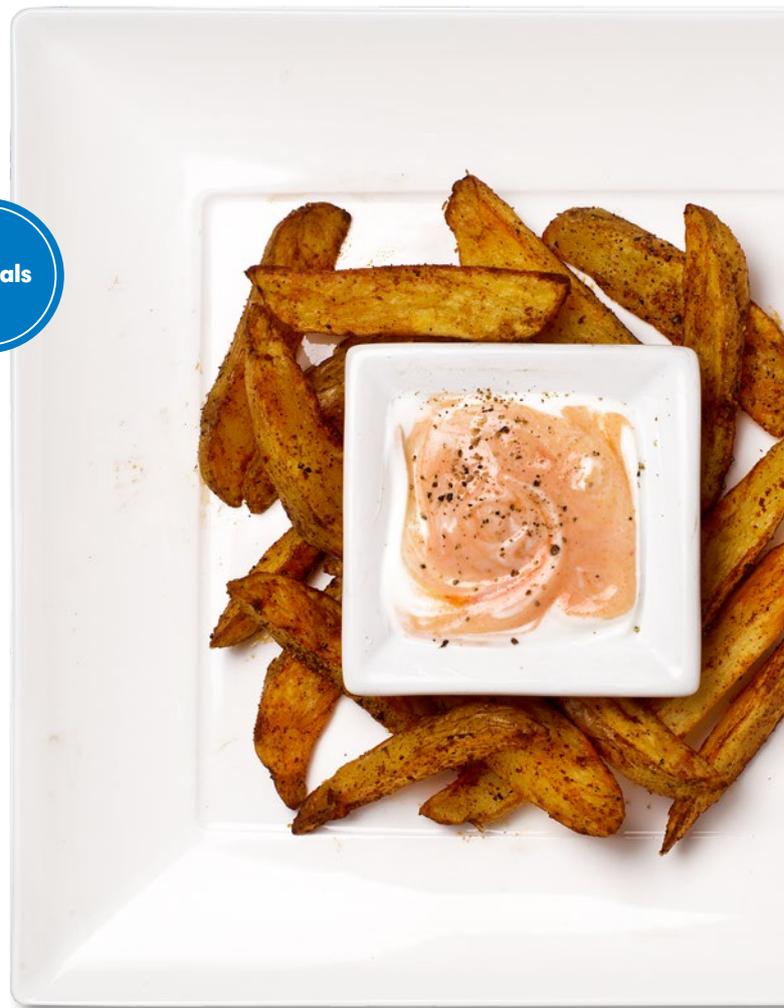
## 25. Potato wedges

Serves 4

**750g large waxy potatoes**  
**2 tbsp olive oil**  
**2 tsp smoked paprika**  
**150ml low-fat Greek yoghurt**  
**2 tbsp Sriracha hot chilli sauce**

248 cals

- 1** Peel the potatoes and cut them lengthwise into thin wedges. Soak in water for 30 minutes, then drain and pat dry with kitchen paper.
- 2** Heat the Airfryer to 180C. Mix the paprika with the oil and coat the wedges before transferring to the fryer basket. Fry for 20 minutes, shaking the basket occasionally to turn the wedges.
- 3** Place the chips on kitchen paper to soak up any excess oil, sprinkle with salt and serve with a dip made of yoghurt and hot chilli sauce.



284 cals

## 26. Ricotta and spinach filo parcels

Serves 4

**500g baby leaf spinach**  
**250g ricotta cheese**  
**30g pine nuts**  
**Grated zest of 1 lemon**  
**1 egg, beaten**  
**4 sheets filo pastry**

- 1** Wilt the spinach in the microwave or in boiling water for 30 seconds. Drain well, squeezing out all the moisture. Roughly chop and mix with the ricotta, nuts, lemon zest and egg. Season well.
- 2** Cut each filo sheet into three strips. Place 1 tablespoon mixture in the top corner of each, and fold diagonally to form triangular parcels.
- 3** Heat the Airfryer to 200C.
- 4** Brush the parcels with oil, place them in the fryer basket and cook in batches for 4 minutes or until golden.



## 27. Roasted sprouts with pine nuts and raisins

Serves 4

**400g Brussels sprouts**  
**1 tbsp olive oil**  
**50g raisins, drained**  
**1 orange, juice and zest**  
**50g pine nuts, toasted**

205 cal

- 1 Boil sprouts for about 4 minutes, plunge in cold water, drain and set aside in fridge to chill.
- 2 Soak raisins in orange juice for about 20 minutes.
- 3 Heat Airfryer to 200C. Stir sprouts in oil and roast for about 15 minutes.
- 4 Serve with raisins, pine nuts and orange zest.

## 28. Roast potatoes with bacon and garlic

Serves 4

**4 potatoes, peeled and halved**  
**6 cloves garlic, unpeeled, squashed**  
**4 rashers streaky bacon, roughly cut**  
**2 sprigs of rosemary**  
**1 tbsp olive oil**

218 cal

- 1 Place potatoes, garlic, rosemary and bacon in a bowl. Add oil and mix well.
- 2 Heat Airfryer to 200C. Place everything in the basket and roast for 25-30 minutes, until golden brown.

## 29. Roast carrots with cumin

Serves 4

**600g carrots, peeled**  
**1 tbsp olive oil**  
**1 tsp cumin seeds**  
**1 handful of fresh coriander**

87 cal

- 1 Drizzle the carrots with the oil. Add the cumin seeds and stir.
- 2 Heat the Airfryer to 200C. Cook the carrots for 20 minutes, until lightly browned and tender. Scatter with chopped coriander.



## 31. Stilton and walnut rounds

Serves 6

**50g butter, cubed**  
**50g plain flour**  
**50g stilton**  
**25g walnuts, chopped**

155 cals

- 1 Place all ingredients in food processor and blitz to form dough. Roll into a log shape, 2-3cm in diameter. Wrap in clingfilm and freeze for about 30 minutes.
- 2 Line Airfryer basket with baking parchment and heat to 180C. Slice dough into 1cm rounds and cook for 15 minutes, until golden.

## 30. Ham and cheese pin-wheels

Serves 6

**1 sheet pre-rolled puff pastry**  
**4 handfuls grated Gruyère cheese**  
**4 tsp Dijon mustard**  
**6-8 slices Parma ham**

297 cals

- 1 Place pastry on floured work surface. Smear with mustard, add ham and sprinkle cheese over the top.
- 2 Roll up pastry, starting at the short edge. Wrap in clingfilm and freeze for about 30 minutes until firm.
- 3 Line Airfryer basket with baking parchment and preheat to 190C. Slice pastry into 1cm rounds and cook for 10 minutes, until golden.

## 32. Pigs in blankets

Serves 4

**8 chipolatas**  
**4 rashers steaky bacon**

229 cals

- 1 Prick each sausage with fork.
- 2 Cut rashers in half and wrap around.
- 3 Heat Airfryer to 180C and cook for 10 minutes, shaking halfway. About 2 tbsp oil should drain away during Airfryer cooking.