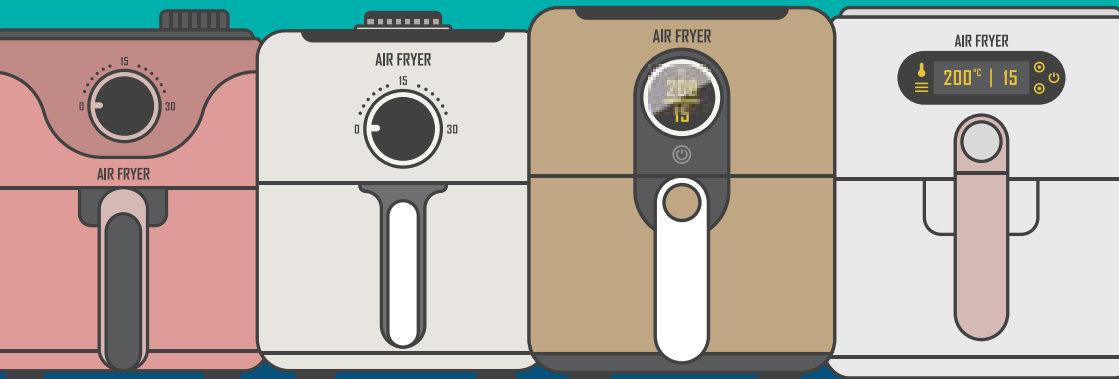


Air fry and eat well!



Easy, healthy, low cost
air fryer recipes.



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Introduction

In this recipe book, we share some simple ideas to help you start using your air fryer.

You will find low cost, healthy recipes for main meals, desserts and more.

Each recipe **serves 4 people**. We've added cooking times where we can, but every air fryer is different. **If you're not sure, please check the instructions for your air fryer.**

We have also added other helpful tips to show you how to get the best from your air fryer.

We hope you enjoy trying the recipes!

Don't forget to swap any ingredients you are allergic to!





Pizza

What you need:

- 150g self-raising flour
- 100g natural yogurt
- Tomato sauce (purée, passata, or your own sauce)
- Grated mozzarella cheese
- Any toppings you like: cooked chicken, ham, vegetables, pineapple, or leftover Bolognese

How to make it:

1. Put the flour and yogurt in a bowl and mix until it turns into a dough ball.
2. Roll the dough out so it will fit in your air fryer.
3. Make a foil “basket” to help lift the pizza out. Cross two strips of foil so they look like a plus sign.
4. Spray the foil with oil and cook the base on **180°C for 3 minutes**.
5. Lift the base out using the foil handles. Turn the base over and place it back on the foil.
6. Add your tomato sauce, cheese, and toppings.
7. Cook on **165°C for 12–15 minutes** until the pizza is cooked and the cheese has melted.



Sausage One Pot Meal

What you need:

- Sausages (any kind), cut into bitesize pieces
- A mix of vegetables (such as peppers, onion, courgette, cherry tomatoes)
- 1 tablespoon oil
- Seasoning (salt, pepper, herbs — whatever you like)

How to make it:

1. Cut the vegetables into pieces that are about the same size.
2. Put the vegetables, sausages and oil in a bowl. Mix well and add your seasoning.
3. Place everything in the air fryer in **one layer**.
4. Cook on **190°C for 10 minutes**, stirring after 5 minutes.
5. When the sausages are fully cooked, the meal is ready.
6. Serve with rice, noodles or potatoes.



Chicken Tikka Wraps

What you need:

- 2 large chicken breasts, cut into small pieces
- 2 tablespoons tikka paste
- 100g natural yogurt
- 1 tablespoon garlic purée
- 1 pepper, thinly sliced
- 1 red onion, thinly sliced
- Wraps
- Salad to serve

How to make it:

1. Cut the chicken into bitesize pieces and put them in a bowl.
2. Add the tikka paste and yogurt to the chicken. Mix well and leave for 5 minutes.
3. Slice the onion and pepper. Add the garlic purée and mix together.
4. Put the chicken mix into the air fryer pan and cook at **180°C for 15 minutes.**
5. While the chicken cooks, chop your salad.
6. Stir the chicken halfway through. Make sure it is fully cooked before serving.
7. Put the chicken and salad into a wrap and enjoy!



Creamy Hot Dog Pasta Bake

What you need:

- Pasta (a handful per person)
- 1 mug of frozen peas
- 1 tablespoon oil
- 1 tin of hot dogs, drained
- 1 chicken or vegetable stock cube, made up with boiling water (enough to cover the pasta)
- 4 tablespoons cream cheese (garlic and herb if you like)
- Mustard (if you like)
- Grated cheese

How to make it:

1. Slice the hot dogs and put them in the deep pan with the oil. Mix to coat them and cook on **190°C for 3 minutes**.
2. Add the pasta, the madeup stock, and the cream cheese. Cook for another **7–10 minutes**.
3. Add the peas and mustard (if using). Stir well.
4. When the pasta is soft, add the grated cheese.
5. Cook for **3 more minutes**, then serve and enjoy.



Quick Keema Curry



What you need:

- Quorn mince
- Frozen mixed vegetables
- Curry paste (any flavour you like)
- Tinned tomatoes
- 1 onion, diced
- Garlic paste
- Microwave rice

How to make it:

1. Dice the onion into small pieces and put it into the deep pan with the garlic paste.
2. Cook on **190°C for 3 minutes**, stirring halfway through.
3. Add the Quorn mince, frozen vegetables, tinned tomatoes and curry paste.
4. Cook for 15 minutes, stirring halfway. Add a little water if it starts to dry out.
5. When everything is soft and hot, serve with microwave rice.



Mac And Cheese



What you need:

- 300g macaroni pasta
- Milk (enough to cover the pasta in the pan)
- 100g grated cheese
- Seasoning (salt, pepper, or herbs)
- You will need a deep pan or a cookware bowl

How to make it:

1. Put the pasta into the deep pan and pour in enough milk to cover it. Season well.
2. Cook on **200°C for 18 minutes**.
3. After 6 minutes, open the drawer and stir the pasta.
4. After 12 minutes, open it again, add the cheese, and stir.
5. Cook until the pasta is soft and the cheese has melted.



Gnocchi And Tomato Bake



What you need:

- 1 teaspoon oil
- 1 onion, chopped
- 1 teaspoon garlic paste or 1 grated garlic clove
- 1 red pepper, finely chopped
- 1 tin (400g) chopped tomatoes
- 500g gnocchi
- A handful of basil leaves, torn
- Half a ball of mozzarella (about 125g), torn into chunks

How to make it:

1. Add the oil, chopped onion and chopped red pepper to a deep pan. Cook on **190°C for 5 minutes** until the vegetables are soft.
2. Stir in the garlic and cook for **1 minute**.
3. Add the chopped tomatoes and the gnocchi. Cook on **180°C for 12–15 minutes**, stirring now and then, until the gnocchi is soft and the sauce is thicker.
4. Add the torn basil leaves and stir.
5. Tip the mixture into an ovenproof dish. Put the mozzarella chunks on top.
6. Cook for **3 more minutes**, until the cheese is melted and bubbling.



Hidden Veg Sausage Rolls

What you need:

- 1 teaspoon oil
- 1 medium courgette, grated
- 1 large carrot, grated
- 1 garlic clove, crushed (or 1 teaspoon garlic paste)
- 350g sausage meat
- 1 sheet ready rolled puff pastry
- 1 beaten egg
- Sesame seeds (if you like)
- You will need a liner or baking paper and a shallow pan.

How to make it:

1. Spray or add the oil to the pan. Add the grated carrot, courgette and garlic. Cook on **170°C for about 5 minutes**, stirring sometimes, until the vegetables are soft.
2. Put the cooked vegetables into a large bowl. Add the sausage meat and mix well.
3. Cut the puff pastry sheet in half lengthways so you have two long rectangles.
4. Split the sausage mixture into two equal parts. Spread each part down the middle of each pastry strip, leaving a small gap on both sides.
5. Roll the pastry over the sausage filling so the edges meet. Press down with a fork to seal.
6. Cut the long rolls into smaller sausage rolls that will fit in your air fryer.
7. Place them on the liner. Brush the tops with beaten egg and sprinkle sesame seeds if you want.
8. Cook in the air fryer at **180°C for 15–20 minutes**, depending on size, until golden and cooked through. Serve with salad.



Egg Fried Rice With Chicken

What you need:

- 1 onion, diced
- 1 teaspoon garlic
- 1 mug of frozen mixed vegetables
- 1 tablespoon oil
- 1 egg, beaten
- 2 tablespoons light soy sauce
- Cooked chicken
- Cooked rice

How to make it:

1. Dice the onion and put it in the pan with the garlic and oil.
2. Cook on **180°C for 5 minutes** until the onion is soft.
3. Add the frozen vegetables and cooked chicken. Cook for **3 minutes**.
4. Add the cooked rice, soy sauce and beaten egg.
5. Cook on **200°C for 10 minutes**, stirring twice so the rice gets coated in egg.



Chicken Burgers

What you need:

- Minced chicken or turkey
- 1 onion, finely diced
- 1 teaspoon seekh kebab spice
- Bread buns
- Spray oil
- Cucumber
- Shredded lettuce
- Tomatoes

How to make it:

1. Put the minced chicken or turkey into a bowl.
2. Add the finely diced onion.
3. Add 1 teaspoon of the spice mix. If you like stronger flavour, add 1 more teaspoon. Mix everything well.
4. Split the mixture into 4–6 patties (burger shapes).
5. Spray the air fryer with oil. Cook the burgers on **180°C for 10 minutes**, turning halfway. Make sure the meat is cooked all the way through.
6. Serve the burgers in a bun with shredded lettuce, cucumber slices and tomato.



Pasta Bolognese

What you need:

- 100g pasta per person
- 250–300g minced beef
- 2 tins chopped tomatoes
- 1 onion, diced
- ½ courgette, diced
- 4 mushrooms, chopped
- Mixed Italian herbs
- 1 tablespoon tomato purée
- 1 tablespoon garlic purée
- Seasoning
- Grated cheese to serve

How to make it:

1. Cook the pasta in a pan of boiling water.
2. Put the onion and garlic purée into the air fryer pan. Cook on **190°C for 3 minutes**.
3. Add the mince and vegetables. Cook for **5 minutes**, stirring if needed.
4. Add the chopped tomatoes, herbs, seasoning and tomato purée. Mix well.
5. Cook for **15 minutes** until the mince is cooked and the vegetables are soft.
6. Serve the sauce with the cooked pasta and sprinkle with grated cheese.





Fruit Crumble



What you need:

- 100g plain flour
- 50g low fat spread
- 100g rolled oats
- 25g brown or white sugar
- Tinned apples, pears, or both

How to make it:

1. Put the flour, low fat spread, oats and sugar into a bowl.
2. Rub the spread into the dry ingredients with your fingers until it looks like breadcrumbs.
3. Put the tinned fruit into an air fryer safe dish.
4. Sprinkle the crumble mixture evenly on top of the fruit.
5. Cook in the air fryer on **180°C for 10–12 minutes**



Banana Cake



What you need:

- 100g low fat margarine
- 50g sugar
- 1 teaspoon baking powder
- 140g self-raising flour
- 2 eggs, beaten
- 100g sultanas
- 1 teaspoon mixed spice
- 3 bananas, mashed

How to make it:

1. Beat the low fat margarine and sugar together in a bowl.
2. Stir in the eggs and the mashed bananas.
3. Add the rest of the ingredients and mix until smooth.
4. Pour the mixture into a lined pan and bake at **160°C for 30 minutes.**



Melting Moments Biscuits



What you need:

- 75g self raising flour
- 40g caster sugar
- 50g lowfat spread
- A few drops of vanilla essence
- Glacé cherries or cranberries
- Oats or coconut

How to make it:

1. Cream the low fat spread and sugar together in a bowl.
2. Stir in the vanilla essence.
3. Add the flour and mix until it forms a dough.
4. Split the mixture into small balls.
5. Roll each ball in oats or coconut.
6. Put them on a baking liner and press them down gently.
7. Add a small piece of cherry or cranberry on top of each one.
8. Cook in the air fryer at **160°C for about 10 minutes.**
9. Leave to cool, then enjoy.



Homemade Pop Tarts



What you need:

- Strawberry jam or tinned fruit (apples or pears)
- 1 pack ready rolled shortcrust pastry
- 3–4 tablespoons icing sugar
- 1 teaspoon vanilla extract
- Sprinkles

How to make it:

1. Cut the pastry into pop tart shapes (small rectangles).
2. Add a spoon of jam or fruit onto one piece.
3. Wet the edges with a little water and place another pastry piece on top. Press around the edges to seal.
4. Cook in the air fryer at **170°C for 11 minutes.**
5. Make the icing following the packet instructions.
6. Let the pop tarts cool fully, then drizzle with icing and add sprinkles.



Basics



Boiled Eggs

What you need:

- Eggs

How to make it:

1. Place the eggs in the air fryer in a single layer.
 2. Cook on **120°C**:
 - **8 minutes** for soft
 - **10 minutes** for medium
 - **12 minutes** for hard
 3. Carefully lift the eggs out with a spoon.
 4. Put them into a bowl of cold water to stop them cooking.
-

Chips/Wedges

What you need:

- Potatoes
- 1–2 tablespoons oil
- Seasoning of your choice

How to make it:

1. Slice the potatoes into chips or wedges. Put them in a bowl with the oil and seasoning and mix well.
 2. Place them in the air fryer drawer and cook on **200°C for 18–20 minutes**, shaking halfway through.
-

Apple crisps

What you need:

- Apples
- Cinnamon (if you like)

How to make it:

1. Slice the apples thinly.
2. Sprinkle with cinnamon if you like.
3. Place the slices in the air fryer in a single layer.
4. Cook on **200°C for 10 minutes**.

Cheesy garlic bread

What you need:

- Part baked baguette
- Garlic (fresh, frozen, paste, granules or lazy garlic)
- 1 tablespoon spread
- Dried parsley
- Grated cheese

How to make it:

1. Slice the baguette so it fits in the air fryer. Cut about $\frac{3}{4}$ of the way through to make small pieces.
2. In a bowl, mix the spread, garlic and parsley.
3. Spread the garlic mix into all the gaps. Cook on **180°C for 7 minutes**.
4. Add grated cheese and cook for **3 more minutes**, until melted.

Yorkshire puddings

What you need:

- Flour
- Eggs
- Milk

How to make it:

1. Measure out the same amount of flour, eggs and milk using a cup.
2. Mix everything well in a bowl and leave to rest for 20 minutes.
3. Pour the mixture into cases.
4. Cook in the air fryer on **200°C for 20 minutes**.

Top Tips

Add water when cooking fatty food

When you cook fatty foods like sausages or burgers, add a little water to the bottom of the air fryer drawer.

This helps keep the grease cool so it doesn't burn or make smoke. It also stops the air fryer from getting too hot.

Don't overcrowd the basket

Don't fill the basket right to the top. If there is too much food, the hot air can't move around it, so the food in the middle won't cook properly.

Leave some space so the hot air can reach everything and make it crispy.

Flip or shake halfway through

To help food cook evenly, flip it over or shake the basket halfway through cooking.

This makes sure all sides get the hot air.

Use foil for easy cleanup

You can put foil in the bottom half of the basket to catch grease and crumbs.

This makes cleaning much easier — you can lift the foil out when you're done.

Foil also helps the heat travel to the bottom of your food.

Use accessories

Air fryers can do lots of things — not just frying. You can also bake, roast and grill.

Buying a few accessories, like a deep pan or cake tin, can help you cook even more meals.

Air fryers reheat food well

Air fryers are great for heating up leftovers.

They warm the food all the way through and help bring back the crispness.

You don't get this with a microwave.

Top Tips

No need to preheat

Most of the time you do not need to preheat an air fryer.

If you preheat it when the recipe doesn't tell you to, your food might cook too fast.

Only preheat if the recipe says so.

Use parchment paper to stop sticking

If the food you are cooking is sticky or delicate, you can use parchment paper (baking paper).

This helps stop food from sticking to the basket.

You can buy round or square sheets with air holes so the hot air can still move around your food.

You can use foil

You can use foil in the air fryer:

- To stop food sticking
- To make cleaning easier
- To wrap food, like you would in the oven

You can also use foil trays to cook things like lasagne or casseroles.

Bake a cake

You can bake a cake in the air fryer as long as the tin fits inside.

If you have a silicone cake pan that fits in the basket, you can use that too.

Cakes often cook faster in the air fryer than in the oven.

Common questions

How does an air fryer work?

An air fryer cooks food using very hot air that blows around inside the drawer.

The hot air cooks the food from all sides and makes it crispy — like frying, but without lots of oil.

It works a bit like a small oven but uses less energy.

What oils can I use in the air fryer?

You can use any cooking oil you like, such as olive oil, vegetable oil or rapeseed oil.

Use the oil you prefer for taste.

How do I add oil to the air fryer?

Spray or rub a small amount of oil onto the food.

Do not pour oil into the drawer or pan. A light spray helps food turn golden and crispy.

Oven to air fryer cooking times

Oven	Air fryer
10 mins	8 mins
15 mins	12 mins
20 mins	16 mins
25 mins	20 mins
30 mins	24 mins
35 mins	28 mins
40 mins	32 mins
45 mins	36 mins
50 mins	40 mins
55 mins	44 mins
1 hour	48 mins

Temperature conversions

Oven	Fan oven	Air fryer
190°	170°	150°
200°	180°	160°
210°	190°	170°
220°	200°	180°
230°	210°	190°

Store cupboard essentials

These are useful items to keep in your cupboard or freezer. They help you make quick, healthy and low-cost meals.

1. Tinned tomatoes

Tinned tomatoes are very handy and can be used in lots of meals, like pasta sauces or casseroles.

2. Herbs and spices

Dried herbs and spices add flavour without using extra salt. They last a long time if you keep them sealed.

3. Wholewheat pasta

Wholewheat pasta has more fibre than white pasta. It fills you up and lasts a long time in the cupboard.

4. Onions

Onions are useful for lots of meals and help add flavour. They keep well in a cool, dark cupboard.

5. Tinned pulses

Tinned pulses like beans, chickpeas and lentils are great in meals. They are ready to use and can bulk up dishes or replace meat.

6. Plain flour

Plain flour can be used for baking or making pancakes and sauces.

7. Potatoes

Potatoes — white, baking or sweet — keep well and can be used in many meals.

8. Tinned fruit

Tinned fruit in juice counts towards your 5-a-day. You can use peaches, pears, apricots or pineapple. Choose fruit in juice, not syrup.

9. Dried fruit

Dried fruit like raisins, apricots and dates are good for snacking or baking. They add sweetness and also count towards your 5-a-day.

10. Frozen veg

Frozen vegetables last a long time and are often cheaper than fresh. They are great to add to meals at any time.

11. Bread

Bread freezes well. If you freeze it, just take out the slices you need instead of defrosting the whole loaf.

Energy saving tips



Turn off standby mode on electrical items. This can save you around **£35 a year**.

Using a **room thermostat and radiator valves** correctly can save around **£70 a year**.



A running tap wastes 5 litres of water every minute. Turn off the tap while brushing your teeth or washing your face.



Turn lights off when you leave a room and use natural daylight when you can.



Make sure your **dishwasher and washing machine are full** before you use them.

Wash clothes at a lower temperature and use cold water if the clothes aren't very dirty.



Use the **most efficient water and energy settings** on washing machines.



Using your **kitchen appliances carefully** can save around **£22 a year**.



Use a **bowl of water** when washing up instead of letting the tap run. This saves water and money.

Fit a **water efficient shower head** to reduce hot water use.



Turning your **room thermostat down by 1 degree** can save around **£55 a year**.



Choose **energy efficient appliances** when replacing old ones.

Energy advice and support



Citizens Advice Newcastle

Friendly team of energy advisors who can help online or on the phone.

citizensadvice-newcastle.org.uk/services/energy-advice



Energy Saving Trust

Tips on saving energy at home.

energysavingtrust.org.uk/energy-at-home



Newcastle City Council

This page has more advice and places where you can get support.

newcastle.gov.uk/services/environment-and-waste/energy-advice



North East Warm Homes

They can help you make your home warmer and save energy.

northeast-warmhomes.co.uk

Phone: 0808 1759345



Ofgem

Energy advice for households.

ofgem.gov.uk/information-consumers/energy-advice-households

Family support



Children and Families Newcastle

Children and Families Newcastle is here to help you and your family. We bring services together so families across the city can get the support they need.



On the website, you can find your local family hub, see what activities are happening nearby, and read information on many topics that can support you and your family.

childrenandfamiliesnewcastle.org.uk



Thank you



Thank you to Healthworks for creating the first version of this recipe book.

Healthworks offer lots of services to help improve the health and wellbeing of people across the region.

Here are some of the things Healthworks can support you with:

- Getting active
- Healthy eating
- Stop smoking support
- NHS Health Checks
- Cancer awareness
- Activity classes
- Falls prevention
- Antenatal and breastfeeding support
- Weight management
- Wellbeing support
- Diabetes support
- Royal Society for Public Health training
- Healthworks Preschool at The Lemington Centre
- Healthworks Gyms in Lemington and Benwell
- Room and activity space hire

To find out more, please visit:

healthworksnewcastle.org.uk

Or scan the QR code:

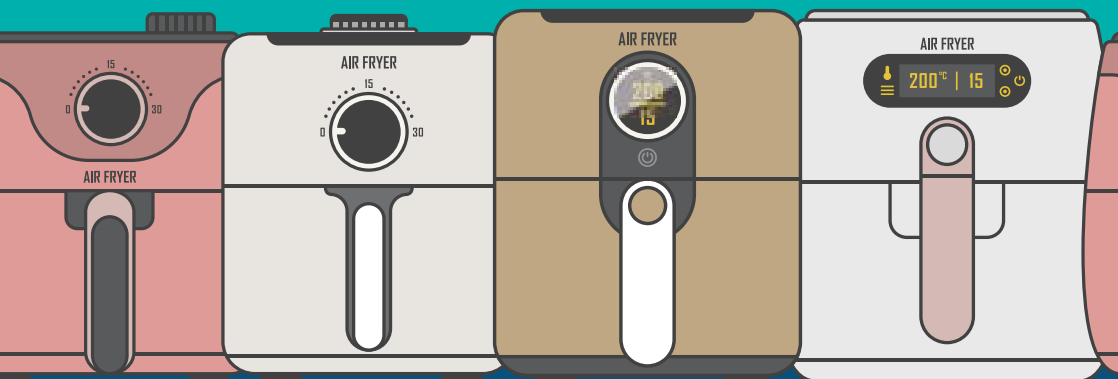


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Produced by Children & Families Newcastle

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