

# FabDAILY



Edited by  
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## ALL ABOUT YOU

**THE FAB DAILY TEAM:** Deputy Editor Joel Cooper, Fashion Editor Clemmie Fieldsend, Senior Feature Writer Claire Dunwell, Feature Writer Yasmin Harisha, Fashion Writer and Stylist Abby McHale, Contributing Editor Nikki Watkins

**HOUSEHOLDS** are giving up on their ovens in favour of cost-effective air-fryers. The appliance, which costs as little as £25, uses less electricity as it cooks faster. It also uses far less oil than a deep-fat fryer so is healthier too.

Jenny Tschiesche, below, is the author of the Air-Fryer cookbook which contains 101 quick, healthy and delicious recipes.

She says: "It's best to think of an air-fryer as not only a healthier alternative to a deep-fat fryer, but also a mini oven."

**NATASHA HARDING** chooses seven easy tasty recipes.

●Extracted from Air-Fryer Cookbook by Jenny Tschiesche, published by Ryland Peters & Small (£16.99). Photography by Clare Winfield



# WHO AIRS WINS

## Easy, tasty air fryer recipes...for less than a quid



### Peanut butter & chocolate baked oats

*Makes 9 squares*  
*15p per square*

**YOU NEED:**  
150g rolled oats  
50g dark chocolate chips or buttons  
300ml milk or plant based milk  
50g Greek or plant-based yoghurt  
1 tablespoon runny honey or maple syrup  
½ tsp ground cinnamon or ground ginger  
65g smooth peanut butter

**METHOD:** Stir all the ingredients together in a bowl, then transfer to a baking dish that fits your air-fryer drawer.

Preheat the air-fryer to 180C/350F. Add the baking dish to the preheated air-fryer and air-fry for 10 minutes. Remove from the air-fryer and serve hot, cut into 9 squares.



### Garlic & pepper pork chops

*Serves 2*  
*90p per chop*

**YOU NEED:**  
2 x 250g pork chops  
1 tbsp olive oil  
garlic salt and freshly ground black pepper

**METHOD:** Preheat the air-fryer to 180C/350F. Rub the olive oil into each side of the chops, then season both sides with garlic salt and pepper. Add the chops to the preheated air-fryer and air-fry for 10 minutes, turning them over after 4 minutes. Check the internal temperature of the chops has reached at least 63C/145F using a meat thermometer – if not, cook for another few minutes and then serve.

Delicious served with buttered new potatoes, green veg and mayonnaise.

### Breakfast muffins

*Serves 4*  
*40p per muffin*

**YOU NEED:**  
1 apple, cored and grated  
40g maple syrup  
40ml oil (avocado, olive or coconut), plus extra for greasing  
1 egg  
40ml milk (plant-based if you wish)  
90g brown rice flour  
50g ground almonds  
¼ tsp ground cinnamon  
¼ tsp ground cloves  
¼ tsp salt  
1 tsp baking powder  
Greek or plant-based yoghurt and fresh fruit, to serve (optional)

**METHOD:** Preheat the air-fryer to 160C/325F. In a bowl mix the grated apple, maple syrup, oil, egg and milk. In another bowl mix the rice flour, ground almonds, cinnamon, cloves, salt and baking powder. Combine the wet ingredients with the dry, mixing until there are no visible patches of flour left. Grease four ramekins and divide the batter equally between them. Add the ramekins to the preheated air-fryer and air-fry for 12 minutes. Check the muffins are cooked by inserting a cocktail stick into the middle of one of them. If it comes out clean, the muffins are ready; if not, cook for a further couple of minutes. Allow to cool in the ramekins, then remove and serve with your choice of yoghurt and fresh fruit.



### Baked feta, tomato & garlic pasta

*Serves 2*  
*90p per serving*

**YOU NEED:**  
100g feta or plant-based feta, cubed  
20 cherry tomatoes  
2 garlic cloves, peeled and halved  
3/4 tsp oregano  
1 tsp chilli flakes  
1/2 tsp garlic salt  
2 tsp olive oil  
100g cooked pasta plus about 1 tsp of cooking water

freshly ground black pepper

**METHOD:** Preheat the air-fryer to 200C/400F. Place the feta, tomatoes and garlic in a baking dish that fits inside your air-fryer. Top with the oregano, chilli flakes, garlic salt and olive oil. Place the dish in the preheated air-fryer and air-fry for 10 minutes. Remove and stir in the pasta and cooking water. Serve sprinkled with black pepper.



### Pitta pizza

*Serves 2*  
*50p per pitta*

**YOU NEED:**  
2 round pitta breads  
3 tbsp passata  
4 tbsp grated mozzarella  
1 tsp dried oregano  
1 tsp olive oil  
Basil leaves, to serve

**METHOD:** Preheat the air-fryer to 200C/400F. Pop the pittas into the preheated air-fryer and air-fry for 1 minute. Remove the pittas from the air-fryer and spread a layer of the passata on them, then scatter over the mozzarella, oregano and oil. Return to the air-fryer and air-fry for a further 4 minutes. Scatter over the basil leaves and serve immediately.



### Honey and mustard sausages with potatoes, peppers & onions

*Serves 2*  
*90p per portion*

**YOU NEED:**  
400g baby new potatoes  
1 onion, chopped into 4 wedges  
1 tbsp olive oil  
1 tbsp runny honey  
1 tbsp wholegrain mustard  
6 sausages  
5 baby peppers, roughly chopped  
Salt and freshly ground black pepper  
Fresh rosemary sprigs, to garnish (optional)

**METHOD:** Preheat the air-fryer to 180C/350F. Chop any larger potatoes to 3 cm/1¼ inch in length (leave any smaller potatoes whole). Toss the potatoes and onion wedges in the oil with salt and pepper to taste. Add the potatoes and onion wedges to the preheated air-fryer and air-fry for 10 minutes. Meanwhile, mix together the honey and mustard, then toss the sausages in the honey-mustard mixture until evenly covered. Add these to the air-fryer and cook for a further 6 minutes. Toss the food in the air-fryer and add the peppers, stir everything well and air-fry for a further 7 minutes. Tip on to a serving platter, garnish with fresh rosemary sprigs if you wish and serve.



### Soft-boiled eggs

*Serves 2*  
*20p per egg*

**YOU NEED:**  
Two eggs  
Asparagus spears (optional)  
Two slices of toast (optional)

**METHOD:** Preheat air-fryer to 180C/350F. Add the eggs to the preheated air-fryer and air-fry for 6 minutes. Remove and leave to stand for 1 minute, then knock the tops off the eggs and serve.

## TOP TIPS

**KEEP A SPRAY BOTTLE OF OIL:** Although low in fat, air-frying is not completely without fat so I recommend keeping olive oil or avocado oil a spray bottle. Spritz the foods before they go into the air-fryer, especially breaded foods as this is how you get that delicious, golden crumb.

**ADJUST THE TEMP:** Throughout the book I have specified standard temperatures for recipes, but

## FOR AIR-FRYING WELL

some air-fryers have some quirky temperature settings. Just use the closest setting to that specified in the recipe that your air-fryer has.

**ALLOW FOR SPACE:** Space food out in your air-fryer to allow even baking. Air has to flow around the food in order for it to become crunchy and/or caramelised.

**WASH AFTER EVERY USE:** Remember to clean

your air-fryer after every use, but allow it to cool before doing so. This way you are less likely to cause damage to the lining of the air-fryer drawer.

**REHEAT TO EAT:** Don't forget that the air-fryer is not only to be used for cooking new dishes. It can be used to reheat things you've already made or items of food from your freezer. It's invaluable as a reheating tool in a family kitchen.