

BiOCHEF

Air Fryer

Multi Oven



Recipes

Bruschetta with Balsamic Vinegar

Prep
15 min

Cook
4 min

Entrée serves
4



Ingredients

10 cherry tomatoes, halved
3 cloves of garlic, minced
¼ cup fetta or goats cheese
1 tbls Balsamic vinegar
1 tsp Olive Oil
1 tsp salt (or to taste)
¼ tsp black pepper
1 loaf of French bread (or your favourite bread)
Optional: pesto

Method

1. Place halved tomatoes and garlic cloves on tray and use GRILL mode.
2. Place the tomatoes, garlic, olive oil, salt, pepper into a bowl and rest.
3. Cut your bread into 2-3cm slices.
4. Place the slices onto the wire rack or baking tray.
5. Select the level 4 on the TOAST setting.
6. After time has completed, check to see if it is toasted to your preference.
7. Place on a plate and spread a layer of cheese (and pesto) and top with the tomato mixture.
8. Garnish with basil to taste

Falafel Balls

Prep
20 min

Cook
20 min

Entrée serves
4



Ingredients

1 400g can cooked chickpeas or equivalent fresh (soaked overnight)

1 onion, chopped

2 green chillies, deseeded and finely chopped

4 cloves of garlic, finely chopped

2 tsp ground cumin

2 tsp ground coriander

Handful of fresh mint

Handful of fresh parsley

2 handfuls of fresh coriander

Salt and pepper

½ tsp of baking powder (optional)

Sesame seeds for coating (optional)

Yoghurt sauce

2 cups of natural yoghurt

Finely diced clove of garlic

Salt to taste

Method

1. Pour the chickpeas into a blender or food processor and pulse to a coarse grind.
2. Add the onion, chillies, garlic, salt, pepper, ground cumin and coriander, fresh mint, parsley and coriander and pulse until it is combined.
3. Add the flour and pulse again. Remove a ball size and see if it is reaching the consistency to hold together. You can add the baking powder in this step if you like for a lighter consistency.
4. Create golf ball sized balls and coat in sesame seeds if desired.
5. Place on the Air Fryer baking tray and spray oil olive oil on each.
6. Cook on the Air Fry mode at 200°C for 20 minutes. Taste one at this time to see if they are cooked and crunchy.
7. Create a yoghurt sauce from 2 cups of natural yoghurt, a finely diced clove of garlic and salt to taste.

Zucchini Corn Fritters

Prep
20 min

Cook
20 min

Entrée serves
4



Ingredients

3 zucchini
1 cup of corn kernels – fresh, frozen or canned
½ cup Parmesan cheese
1 onion
Salt and Pepper
Smoked paprika (optional)
1 egg
¼ cup of desired flour – use almond flour for a keto friendly recipe
½ tsp of baking powder (optional)
Oil spray

Method

1. Grate the zucchini and onion on the large side of the grater. Place into a clean kitchen towel and squeeze to remove liquid.
2. Place the zucchini, onion, egg, salt, pepper, paprika and parmesan into a bowl and combine well. Gently stir in the flour and baking powder until just combined.
3. Create patties the size of a gold ball and then flatten.
4. Spray the Air Fry tray with cooking oil and place fritters on top. Spray the top of the fritters too.
5. Cook on Air Fry setting at 200°C for 10 – 15 minutes. The time will depend on the size of the fritters. You may like to turn them over halfway through cooking for crispy sides.

Serving suggestion

Serve with mashed avocado and hot siracha sauce.

Potato au gratin

Prep
20 min

Cook
30 min

Serves
4



Ingredients

4 or 5 potatoes – Yukon Gold or Russets are best

1 cup (or more) of Gruyere or other shredded cheese

Grated parmesan (optional)

200 ml or more of pure cream

Method

1. Slice the potatoes as thinly as possible. Use a mandolin if you have one.
2. Butter an oven proof dish and start to layer the potatoes evenly.
3. Add a little cream and sprinkle of cheese
4. Repeat this until all the potatoes slices have been used.
5. Sprinkle top with more cheese of your choosing.
6. Select BAKE mode (180°C) for 30 minutes.
7. Let it rest for 5 minutes before serving as this will allow the cream sauce to thicken.

Sweet Soy Chicken Wings - with spicy sriracha

Prep
10 min

Cook
25 min

Serves
4



Ingredients

- 1 kg chicken wings
- ½ cup soy sauce or tamari
- ¼ cup of brown sugar (optional)
- ¼ cup honey (double this if you are not using sugar)
- 2 cloves of minced garlic (add more to taste)
- 1 tsp grated ginger
- *** add sriracha for a spicy alternative

Method

1. Mix all the ingredients in a large bowl and add the chicken wings. Use your hands to massage the coating well into the wings.
2. Seal and put into the fridge for a couple of hours or overnight.
3. Place in a single layer onto the baking tray of the Air Fryer.
4. Cook on the Air Fry mode at 220°C for 25 minutes. Turn halfway through for greater crunch.

Asian Meatballs

Prep
15 min

Cook
20 min

Serves
4



Ingredients

500g pork mince
4 spring onions, finely chopped
230g water chestnuts, finely chopped
1 clove garlic, finely chopped
¼ cup coriander and stems
3 tsp soy sauce or tamari
3 tsp oyster sauce
1 tsp sesame oil
1 egg, lightly whisked
¼ cup plain flour
2 tsp peanut oil
Rice or Asian greens to serve

Method

1. Combined all ingredients well in a bowl. Make into balls a little smaller than a golf ball.
2. Place meatballs onto Air Fryer tray.
3. Use an oil spray to lightly coat the meatballs.
4. Cook on the Air Fry mode at 200°C for 20 minutes.
5. Halfway through the cooking time, use tongs to turn the meatballs over.
6. Serve with steamed Asian greens and drizzle with a sauce such as ketchup manis.
7. Can also be served in an Asian broth.

Salmon Wellington

Prep
20 min

Cook
45 min

Serves
1



Ingredients

Salmon fillet with skin off
Puff Pastry
Spinach
Parmesan Cheese
Knob of melted butter
Dijon Mustard
Zest of half a lemon
Salt
Pepper
Garlic and thyme

Method

1. Lightly sauté the spinach and add in a handful of parmesan.
2. Mix the melted butter, mustard, lemon zest and spices.
3. Brush the salmon fillet with the butter mixture. Place them down onto half a sheet of puff pastry. You might require a larger sheet depending on the size and shape of the fillet.
4. Spoon the spinach onto the fillet.
5. Fold the long edges onto the fillet. Then fold the sides up. Coat this with a brush of egg wash which will act like a glue to seal the parcel. Turn the parcel over so the folds are on the bottom. Lightly score the top in a crisscross pattern. Do an egg wash on the top and place on the tray.
6. Select the BAKE mode (160°C / 45mins)

Coq au vin

Prep
20 min

Cook
2 hours

Serves
4



Ingredients

8 chicken pieces – thighs and / or drumsticks
1 tbsp Olive Oil
1 cup red wine
2 cups of chicken stock
½ tsp black pepper
¼ cup flour
2 sticks of celery
1 clove crushed garlic
3 springs of thyme
1 large brown onion
2 carrots, roughly chopped
1 cup button mushrooms
Salt to taste

Method

1. Place a dutch oven (oven proof dish with lid) on the stove, add oil and brown chicken well on all sides. Remove and set aside.
2. Saute the onion, celery, carrots and celery until soft. Stir in the flour and cook for a minute.
3. Add the wine and stir to remove any lumps. Add stock, pepper, thyme and place the chicken in.
4. Place lid on top and onto the bottom level of the Air Fryer. You can either cook this on the SLOW COOK mode for 4 hours or ROAST for 2 hours.