



**Bennett Read®**

## **8L DIGITAL AIR FRYER**

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THE MULTI-FUNCTIONAL, 14-IN-1 COOKING SOLUTION

# *Recipe Guide*



## **IMPORTANT**

Please read your Bennett Read 8L Air Fryer User Guide thoroughly before using the appliance. It contains important information regarding operation and safety.

## **PLEASE NOTE:**

Temperatures, methods etc. shown are approximate and may vary depending on the type and amount of food used.

Recipes are based on 2-4 servings.

Please increase or decrease ingredients in proportion, depending on the desired number of servings.

## **MEASUREMENT KEY:**

Tsp. = Teaspoon

Tbsp. = Tablespoon

(1 Tablespoon = 3 Teaspoons)

Images shown are for illustration purposes only and may vary slightly from the recipes.

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## ROASTED MIX VEGETABLES

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### INGREDIENTS:

½ Cup diced zucchini  
½ Cup diced squash  
½ Cup diced mushrooms  
½ Cup diced cauliflower  
½ Cup diced asparagus  
½ Cup diced red pepper  
2 Tsp. Vegetable oil  
¼ Tsp. Salt  
¼ Tsp. Ground black pepper  
¼ Tsp. Salt or additional  
seasoning of your choice to  
taste

### DIRECTIONS:

1. Preheat the air fryer to 180°C for 5 minutes.
2. Add vegetables, oil, salt, pepper, and additional seasoning to a bowl.
3. Toss to coat the vegetables, then arrange them evenly in the fry tray.
4. Cook vegetables for about 10 minutes at 180°C, mixing after 5 minutes.

## FRENCH FRIES

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### INGREDIENTS:

2 Potatoes  
2 Tbsp. Olive oil  
1 Tsp. Garlic powder  
or to taste  
½ Tsp. Seasoned salt  
or to taste

### DIRECTIONS:

1. Wash and peel potatoes.
2. Cut potatoes into horizontal fries.
3. Place the fries in a large bowl and fill the bowl with cold water.
4. Soak the fries for at least 30 minutes.
5. Drain well and dab the fries dry with a kitchen towel.
6. Preheat the air fryer to 190°C for 5 minutes.
7. Toss the fries with oil, garlic powder, and seasoned salt to taste.
8. Place the fries evenly in the fry tray and cook for about 10 minutes at 190°C.
9. Shake/flip the fries and cook for an additional 6-10 minutes or until crisp.
10. Add additional salt to taste.





## ROASTED GREEN BEANS & MUSHROOMS

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### INGREDIENTS:

450g Chopped fresh green beans

225g Sliced fresh mushrooms

1 Small red onion, halved and thinly sliced

2 Tbsp. Olive oil

1 Tsp. Italian herbs

1/4 Tsp. Salt

1/8 Tbsp. Pepper

### DIRECTIONS:

1. Preheat the air fryer to 190°C for 5 minutes.
2. In a large bowl, combine all the ingredients and toss to coat.
3. Arrange the vegetables evenly in the fry tray.
4. Cook until just tender for about 8-10 minutes at 190°C.
5. Shake/toss to redistribute and cook until brown for about 8-10 minutes longer.

## FRIED CORN ON THE COB

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### INGREDIENTS:

2 Pcs. Corn on the cob

2 Tsp. Olive oil

### DIRECTIONS:

1. Preheat the air fryer at 200°C for 5 minutes.
2. Apply a thin layer of oil over the corn.
3. Place the corn on the cob into the fry tray evenly.
4. Set the timer for 10 minutes at 200°C or bake until golden brown.



## HALLOUMI CHEESE

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**INGREDIENTS:**

225g of Halloumi cheese

2 Tsp. Olive oil

**DIRECTIONS:**

1. Preheat the air fryer to 180°C for 3 minutes.
2. Slice halloumi cheese into 6 equal-sized slices and brush all sides with olive oil.
3. Once the air fryer is preheated, brush the bottom of the fry tray with more olive oil and place the halloumi slices on top.
4. Cook for about 10-12 minutes at 180°C, or until crispy and golden.

## SPICY PRAWNS

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**INGREDIENTS:**

10 Pcs. Prawns

2 Tbsp. Cooking oil

1 Garlic glove diced

1 Tsp. Black pepper

1 Tsp. Chilli powder

100ml Sweet chilli sauce

**DIRECTIONS:**

1. Preheat the air fryer to 200°C for 5 minutes.
2. Wash and clean the prawns.
3. Apply a thin layer of oil over the prawns.
4. Place the prawns into the fry tray evenly.
5. Set the timer for about 5-8 minutes at 200°C, or until the prawns are crunchy and golden brown in colour.
6. Add salt and pepper to taste afterwards, and serve with the sweet chilli sauce on the side.





## ROAST CHICKEN

### INGREDIENTS:

Whole chicken  
2 Tbsp. Olive oil  
1 Tsp. Paprika  
½ Tsp. Garlic powder  
Salt and pepper to taste

### DIRECTIONS:

1. Preheat the air fryer to 180°C for 5 minutes.
2. Mix olive oil, paprika, and garlic powder in a bowl.
3. Place the chicken breast side up on a plate and spread a teaspoon or two of the oil mix all over the chicken either with your hands or with a basting brush. Season with salt and pepper.
4. Flip the chicken and repeat on the other side. Reserve a little of the oil mix for later.
5. Place the chicken in the fry tray, breast side down, and cook for about 30 minutes at 180°C.
6. Use tongs to flip the chicken breast side up and pour the remaining oil mix over the chicken.
7. Continue cooking for about 20 minutes, or until cooked through.
8. Remove the chicken from the fry tray and allow to rest on a carving board uncovered for about 10 minutes, then carve and serve.

## ROAST BEEF

### INGREDIENTS:

1 kg Beef roast  
1 Tbsp. Olive oil  
1 Medium onion (optional)  
1 Tsp. Salt  
1 Tsp. Rosemary and thyme  
(fresh or dried)

### DIRECTIONS:

1. Preheat the air fryer to 200°C for 5 minutes.
2. Mix salt, rosemary, and olive oil on a plate.
3. Pat the beef roast dry with kitchen paper towels.
4. Place the beef roast on a plate and turn so that the oil-herb mix coats the outside of the beef.
5. If using, peel the onion, cut it in half, and place the onion halves in the fry tray.
6. Place the beef roast in the fry tray.
7. Set to air fry the beef roast for about 15 minutes at 200°C.
8. When the time is up, change the temperature to 180°C and set the beef roast to cook for about an additional 30 minutes. This should give you medium-rare beef.
9. Monitor the temperature with a meat thermometer to ensure that it is cooked to your liking.
10. Cook for additional 5 minute intervals if you prefer the beef roast more well done.
11. Remove the beef roast from the fry tray and cover it with kitchen foil. Leave the beef roast to rest on a carving board for at least 10 minutes before serving. This allows the meat to finish cooking and the juices to reabsorb into the meat.
12. Carve the beef roast thinly against the grain and serve with roasted vegetables.





## CRUMBED CHICKEN FILLETS

### INGREDIENTS:

650g Chicken fillets  
 1½ Cups all-purpose flour  
 2½ Cups panko breadcrumbs  
 2 Large eggs  
 ¼ Buttermilk  
 Salt & ground pepper  
 Cooking spray

### FOR HONEY MUSTARD

⅓ Cup mayonnaise  
 3 Tbsp. Honey  
 2 Tbsp. Dijon mustard  
 ¼ Tsp. Hot sauce (optional)  
 Pinch of salt  
 Freshly ground black pepper

### DIRECTIONS:

1. Season chicken fillets on both sides with salt and pepper.
2. Place flour and breadcrumbs in two separate shallow bowls.
3. In a third bowl, whisk together the eggs and buttermilk.
4. Working one at a time, dip the chicken in flour, then egg mixture, and finally in breadcrumbs, pressing firmly with your hands to coat.
5. Working in batches, place chicken fillets in the fry tray of the air fryer, being sure not to overcrowd the fry tray.
6. Spray the top of the chicken with cooking spray and cook at 200°C for about 5 minutes.
7. Flip the chicken over and spray the top of the chicken with more cooking spray and cook for about 5 minutes.
8. Repeat with remaining chicken fillets.

### METHOD FOR HONEY MUSTARD:

1. In a small bowl, whisk together mayonnaise, honey, Dijon mustard, and hot sauce (if using).
2. Season with a pinch of salt and black pepper.
3. Serve chicken fillets with honey mustard.

## CHICKEN WINGS

### INGREDIENTS:

500g Chicken wings  
 2 Pcs. Garlic gloves  
 2 Tsp. Ginger powder  
 1 Tsp. Cumin powder  
 1 Tsp. Black pepper  
 100 ml Sweet chilli sauce  
 ¼ Tsp. Salt

### DIRECTIONS:

1. Set the air fryer temperature to 200°C and the timer to 5 minutes to preheat.
2. Chop the garlic gloves finely.
3. Mix garlic, ginger powder, cumin powder, black pepper, and salt.
4. Coat the chicken wings with the mixture.
5. Place the chicken wings evenly into the fry tray.
6. Cook for about 20 minutes at 200°C or until golden brown.
7. Dip your chicken wings in the sweet chilli sauce and enjoy!



**TIP:**

If you aren't a fan of  
sweet chilli sauce,  
replace it with a  
sour cream dip!





## SALMON FILLETS

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### INGREDIENTS:

- 1 Tsp. Paprika
- 1 Tsp. Salt
- ½ Tsp. Freshly ground black pepper
- 2 Skin-on salmon fillets
- 2 Tsp. Olive oil

### DIRECTIONS:

1. Preheat the air fryer for 10 minutes at 195°C.
2. Mix 1 Tsp. paprika, 1 Tsp. salt, and ½ Tsp. black pepper in a small bowl.
3. Check the two salmon fillets for pin bones.
4. Season the salmon on both sides with the spice mixture.
5. Drizzle the salmon with 2 Tsp. olive oil and rub to evenly coat.
6. Place the salmon skin-side down in the air fryer and cook for about 7-9 minutes at 195°C or until golden.

## FRIED LAMB CHOPS

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### INGREDIENTS:

- 500g Lamb chops
- 1 tot Brandy
- 2 Tbsp. Cooking oil
- 1 Tsp. Ground pepper
- 1 Tsp. Crushed black pepper
- 1 Tsp. Soy sauce

### DIRECTIONS:

1. Preheat the air fryer at 200°C for 2 minutes.
2. Mix the brandy, oil, ground pepper, crushed black pepper and soy sauce into a small mixing bowl.
3. Brush the mixture onto the lamb chops.
4. Allow the lamb chops to marinate in the mixture for 20 minutes.
5. Place the lamb chops evenly onto the fry tray and cook for about 10 minutes at 200°C.
6. Safely turn over the lamb chops, then reduce the temperature to 150°C and set timer for another 10 minutes or cook until golden brown.



**TIP:**  
Always start cooking  
the salmon skin-side  
down!



## CHURROS

### INGREDIENTS:

¼ Cup butter  
½ Cup milk  
Pinch of salt  
½ Cup all-purpose flour  
2 Eggs  
¼ Cup white sugar  
½ Tsp. ground cinnamon

### DIRECTIONS:

1. Melt butter in a saucepan over medium-high heat.
2. Pour in milk and add salt.
3. Lower the heat to medium and bring to a boil, continuously stirring with a wooden spoon.
4. Quickly add flour all at once.
5. Keep stirring until the dough comes together.
6. Remove from heat and let cool for about 5-7 minutes.
7. Mix in the eggs with the wooden spoon until the pastry comes together.
8. Spoon the dough into a pastry bag fitted with a large star tip.
9. Pipe dough into strips straight into the fry tray.
10. Air fry churros at 175°C for about 5 minutes.
11. Combine sugar and cinnamon in a small bowl and pour onto a shallow plate.
12. Remove the fried churros from the air fryer and roll them in the cinnamon-sugar mixture.

## CHOCOLATE BROWNIES

### INGREDIENTS:

150g Plain flour  
225g White sugar  
3 Eggs, lightly whisked  
300g Nutella  
Cocoa powder, to dust (optional)

### DIRECTIONS:

1. Lightly grease a round cake pan and line the base with baking paper.
2. Use a balloon whisk to whisk together the flour and sugar in a bowl.
3. Make a well in the centre.
4. Add the egg and Nutella.
5. Use a large metal spoon to stir until combined.
6. Transfer to the prepared pan and smooth the top.
7. Preheat the air fryer to 160°C for 5 minutes.
8. Bake the brownies for about 40 minutes, or until a skewer inserted in the centre comes out with a few crumbs sticking.
9. Set aside to cool completely.
10. Dust with cocoa powder, if using, and cut into pieces to serve.



## CHOCOLATE CHIP COOKIES (PIZZA STYLE)

### INGREDIENTS:

½ Cup softened butter  
 ½ Cup sugar  
 ½ Cup light brown sugar  
 1 Egg  
 1 Tsp. Vanilla essence  
 ½ Tsp. Baking soda  
 ¼ Tsp. Salt  
 2 Cups all-purpose flour  
 1 Cup chocolate chips or chocolate chunks

### DIRECTIONS:

1. Preheat the air fryer for 5 minutes at 175°C.
2. Grease one pan that will fit in your air fryer.
3. Cream together butter, sugar, and brown sugar.
4. Add the egg and vanilla essence.
5. Mix in baking soda, salt, and flour.
6. Stir in chocolate chips or chocolate chunks.
7. Press cookie dough into the bottom of the greased pan.
8. Bake one pan at a time at 175°C for about 10-12 minutes, or until lightly browned around the edges.

## SPICED APPLES

### INGREDIENTS:

4 Small apples, sliced  
 2 Tbsp. Ghee or coconut oil, melted  
 2 Tbsp. Sugar  
 ½ Tsp. Ground cinnamon  
 ¼ Tsp. Ground nutmeg  
 Dash Ground ginger

### DIRECTIONS:

1. Place the apple slices in a bowl.
2. Drizzle with ghee or coconut oil and sprinkle with sugar, ground cinnamon, ground nutmeg, and ground ginger.
3. Mix to evenly coat the apple.
4. Place the apple slices in a small pan that can fit into your air fryer's fry tray.
5. Set the air fryer to 175°C for about 10 minutes.
6. Pierce the apple slices with a fork to ensure they are tender.
7. If needed, place back in the air fryer for an additional 3-5 minutes.
8. Serve with ice cream or whipped topping.







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