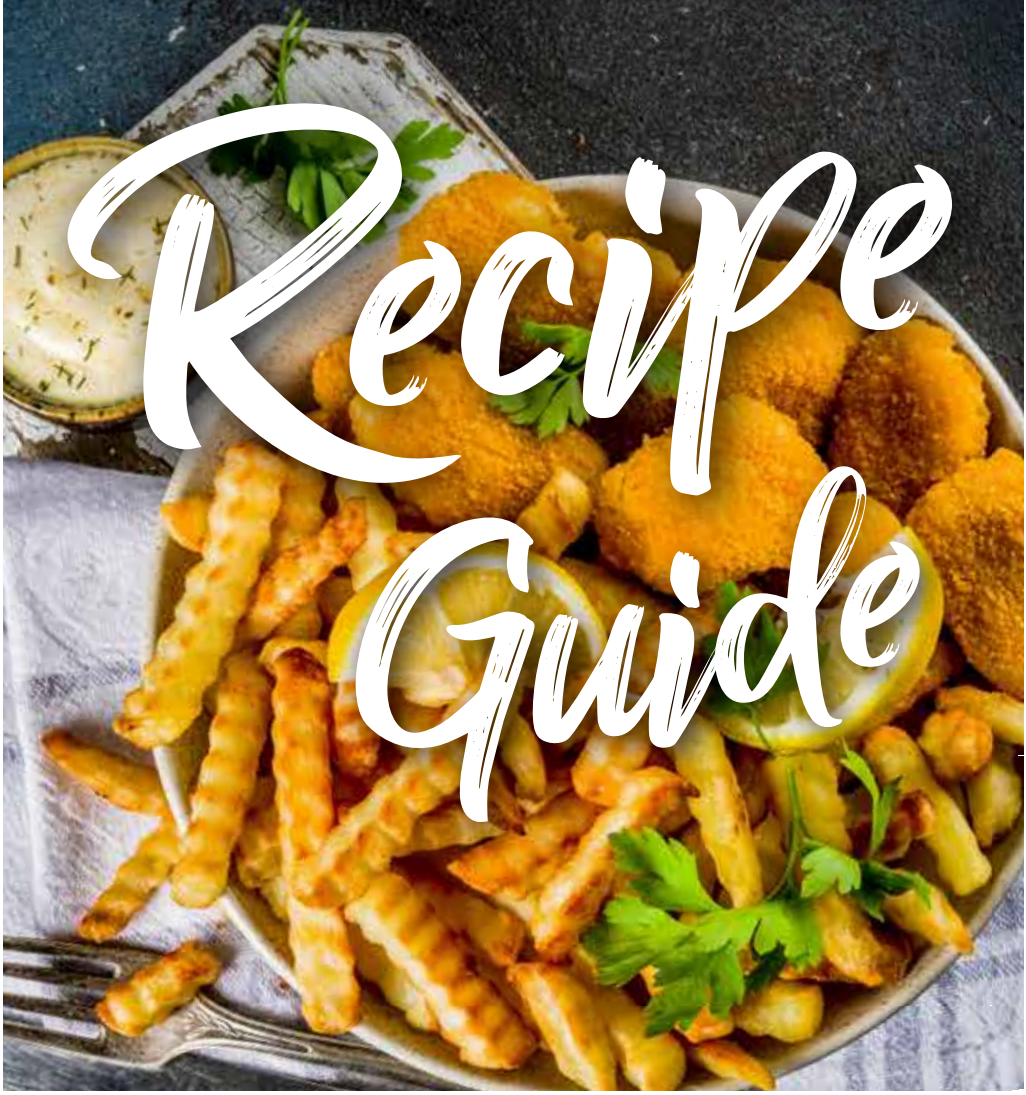
Bennett Read®

10L DIGITAL **AIR FRYER**

EXTRA-LARGE, VERSATILE, HEALTHY COOKING SOLUTION



Recipe Guide

IMPORTANT

Please read your Bennett Read 10L Digital 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

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

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.

PS:
You can cook frozen chips in your 10L Digital Air Fryer too!

ROASTED GREEN BEANS & MUSHROOMS

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

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.

TIP:
You can replace the olive oil with butter... If you're not worried about the extra calories!

HALLOUMI CHEESE

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

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.

TIP:
Squeeze some fresh lemon over your prawns for extra zest!

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:
1kg 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

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

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.

TIP:
Mix up a delicious chocolate sauce to dip your churros in!

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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