

Type: Air Fryer	Temperature	Time	Suggested Function
Asparagus	180°C	8-12mins	Grill
Aubergine Halves	160°C	20-25 mins	Air Fry
Broccoli, florets	200°C	5-6 mins	Air Fry
Brussels Sprouts	170°C	14-16 mins	Air Fry
Butternut Squash, 2.5cm cubes	180°C	16-18 mins	Air Fry
Carrots, 2cm batons	180°C	14-16 mins	Air Fry
Cauliflower, florets	180°C	10-14 mins	Air Fry
Corn on the cob (whole)	200°C	8-10 mins	Air Fry
Courgette, fries (1.5cm thick)	180°C	12-15 mins	Air Fry
Mushrooms, large and flat	180°C	8-10 mins	Air Fry
Mushrooms, sliced	205°C	7-9 mins	Grill
Peppers, diced 2-3cm cubes	205°C	10-12 mins	Grill
New Potatoes	180°C	20-25 mins	Air Fry
Hasselback Potatoes	180°C	20-25 mins	Air Fry
Jacket Potato	200°C	45-60 mins	Roast
Chips	200°C	18-20 mins	Air Fry
Roast Potatoes (par boiled)	205°C	20-25 mins	Roast
Jacket Sweet Potato	200°C	35-45 mins	Roast
Back Bacon	180°C	8-10 mins	Air Fry
Streaky Bacon	205°C	5-7 mins	Grill
Lardons	180°C	4 mins	Air Fry
Burgers	205°C	10-12 mins	Grill
Boneless Chicken Breasts	180°C	12-14 mins	Air Fry
Boneless Chicken Thighs	200°C	12-14 mins	Air Fry
Chicken Mini Fillets	180°C	9-12 mins	Air Fry
Chicken Wings/Drumsticks	200°C	10-15 mins	Air Fry

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Kebabs	180°C	8-12 mins	Air Fry
Lamb Chops	200°C	5-8 mins	Air Fry
Meatballs	180°C	8-12 mins	Air Fry
Pork Chops	180°C	10-12 mins	Air Fry
Pork Escalope	180°C	6-7 mins	Air Fry
Steak	205°C	5-10 mins	Grill
Chipolatas	180°C	12-15 mins	Air Fry
Traditional sausages	180°C	16-20 mins	Air Fry
Fillet of white fish	180°C	Up to 5- 10 mins depending on thickness	Air Fry
Prawns	180°C	4-6 minutes	Air Fry
Salmon Fillet	180°C	8-12 minutes	Bake
Scallops	200°C	3-4 mins	Air Fry
Tuna steak	200°C	8-10 mins	Air Fry
Frozen Chicken Nuggets	180°C	13-16 mins	Air Fry
Frozen Chips	180°C	15-18 mins	Air Fry
Frozen French Fries	180°C	13-16 mins	Air Fry
Frozen Pizza	180°C	6-9 mins	Air Fry
Frozen Sweet Potato Chips	180°C	13-16 mins	Air Fry
Frozen Fish Fingers	180°C	10-12 mins	Air Fry
Pastry from raw	176°C	8 -13 minutes	Bake
Cake (15cm round tin)	176°C	20-30 mins	Bake
Cookies/Biscuits	160°C	6-12 mins depending on size	Bake
Fresh Pizza	176°C	5-7 minutes	Bake
Flapjack (15-20cm sq. tin)	160°C	20-30 mins	Bake
Toast	205°C	3-4 minutes	Grill

Type: Air Fryer	Temperature	Time	Suggested Function
Grilled Cheese (on toast/nachos etc)	205°C	3-4 minutes	Grill
Chargrilled Vegetables	205°C	6-14 minutes	Grill
Chargrilled Steak and Burgers	205°C	6-14 minutes	Grill
Chargrilled Poultry and Fish	205°C	6-14 minutes	Grill
Minced Meat/Sausages	70°C	10 minutes	Reheat
Fish	60°C	10 minutes	Reheat
Poultry	74°C	10 minutes	Reheat
Lamb	52°C	10 minutes	Reheat
Beef	57°C	10 minutes	Reheat
Pork	63°C	10 minutes	Reheat
Apricot Halves	Dehydrate 54°C	8-10 hours	Dehydrate
Mango	Dehydrate 54°C	5-6 hours	Dehydrate
Peaches	Dehydrate 54°C	6-8 hours	Dehydrate
Apple Slices	180°C	25 mins, turning once	Air Fry
Tomato Halves	115°C	1 hour, turning once	Air Fry
Whole Chicken (Small - 1.3kg)	180°C	40 mins	Roast
Whole Chicken (Medium - 1.6kg)	180°C	50 mins	Roast
Whole Chicken (Large - 1.9kg)	180°C	60 mins	Roast
Sweet Potato Chips	190°C	10-15 minutes	Air Fry