

# Sunbeam

## 4-in-1 Air Fryer + Oven

Get the benefits of an air fryer, rotisserie oven & dehydrator – all in one



Featuring  
**9 RECIPES**  
created by  
**Sam Wood**

**28**



Real food  
MADE  
real tasty

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# the ACCESSORIES

## AIR FLOW RACKS

Ideal for cooking a variety of foods such as chicken breast, fish or steak and the best accessory to use for dehydrating! If using more than one Air Flow Rack, switch the position of the racks throughout the cooking cycle for a more even crisp.

## ROTATING MESH BASKET

Helps to cook food more evenly without the need to shake during the cooking process - no need to monitor!



## DRIP TRAY

Use to catch oil and crumbs throughout the cooking cycle.

## ROTISSERIE HANDLING FORK

Use the Rotisserie Handling Fork to place and remove the Rotating Mesh Basket and the Rotisserie Spit into the Rotisserie Holders.

## ROTISSERIE SPIT

Ideal for securing and cooking rotisserie chicken. The Air Fryer can perfectly fit 1.3kg of whole chicken!

# Chip Feast

## Homemade Chips

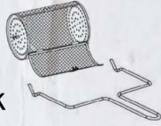
serves 4  
prep 5 mins  
cooking 30-35 mins

### INGREDIENTS

- 700g potatoes or sweet potato, skin on, cut into batons
- Sea salt

### ACCESSORIES REQUIRED:

- Rotating Mesh Basket
- Rotisserie Handling Fork



1. Press POWER. Press FRIES. Adjust temperature to 200c. Adjust time to 35 minutes. Press START/STOP. Allow oven to pre heat. Oven will 'beep' when preheated.
2. Place chips into the Rotating Mesh Basket. With the latch facing you, use the Rotisserie Handling Fork to insert the Rotating Mesh Basket. Insert the left side of the Rotating Mesh Basket into the Rotisserie Holder first. Be sure the shaft is engaged and in place for rotation. Insert the right side of the shaft into the right side of the Rotisserie Holder.
3. To remove, use the Rotisserie Handling Fork.

## Beetroot Chips

serves 4  
prep 5 mins  
cooking 20-25 mins

### INGREDIENTS

- 600g beetroot, peeled and cut into batons

## Frozen Chips

serves 4  
prep -  
cooking 20-25 mins

### INGREDIENTS

- 700- 750g frozen chips



Use carrot or parsnip cut into batons for hot chip alternatives.

handmade sweet potato chips



When choosing frozen chips, look out for health star ratings on packaging for a healthier alternative and guide.



homemade potato chips

frozen chips





# Moroccan Cous Cous

## with Roasted Vegetables

serves 4-6 • prep 25 mins • cooking 15 mins

### ACCESSORY REQUIRED:

- Air Flow Racks 

### INGREDIENTS

- 1 red capsicum, deseeded and roughly chopped
- 1 green capsicum, deseeded and roughly chopped
- 1 large zucchini, cut in half lengthwise, then sliced
- 1 red onion, cut into wedges
- 4 Tbsp olive oil
- Zest and juice of 1 large lemon
- 1 garlic clove, finely chopped
- 1 tsp cumin
- 1 tsp ground coriander
- ½ tsp ground cinnamon
- 250g dried cous cous
- 400ml boiling water
- 1 tsp turmeric
- 400g tin chickpeas, drained and rinsed
- 75g raisins
- 15g coriander leaves, roughly chopped
- ¼ cup mint leaves, shredded

- 1.** Line one of the Air Flow Racks with foil. In a bowl, toss together the capsicum, zucchini, and red onion with 1 tablespoon of olive oil. Spread the vegetables evenly out over the foil.
- 2.** Press POWER. Press VEGGIES setting. Adjust temperature to 200c. Adjust time to 15 minutes. Press START/STOP. Oven will 'beep' when preheated. Place the vegetables into the hot oven, turning halfway through cooking to ensure even browning.
- 3.** Whilst the vegetables are cooking, mix the remaining olive oil, lemon zest and juice, garlic, cumin, coriander, and cinnamon in a small bowl and set aside.
- 4.** Place the cous cous into a heatproof bowl, add the boiling water and turmeric, mix well and cover for approx. 5 minutes.
- 5.** Stir the lemony oil into the cous cous, along with the remaining ingredients, add the cooked vegetables, mix well, and adjust the seasoning.





# Steak with Chimichurri Dressing

serves 2 • prep 15 mins • cooking 8 - 10 minutes, medium rare

## ACCESSORY REQUIRED:

- Air Flow Racks 
- Rotating Mesh Basket (optional for chips) 

## INGREDIENTS

- 2 sirloin steaks approx. 225-250g weight per steak
- 1 tsp olive oil

### Dressing

- 1 bunch of parsley leaves, stems removed
- 2 garlic cloves, peeled
- ½ tsp chili flakes
- Sea salt & freshly ground black pepper
- 2 ½ Tbsp extra-virgin olive oil
- Juice of ½ lemon
- 2 tsp red wine vinegar

1. Remove the steak from its packaging and allow to sit at room temperature for about 30 minutes before cooking.
2. Press POWER. Press MEAT setting. Adjust temperature to 200c. Adjust time to 10 minutes. Press START/STOP. Allow oven to pre heat. Oven will 'beep' when preheated.
3. Brush steak both sides with the oil and season with salt and black pepper.
4. Place both steaks onto one of the Air Flow Racks, ensuring the Drip Tray at the bottom of the oven is in place to catch any drips.
5. Insert the Air Flow Rack into the top position of the oven. Press START/STOP.
6. To make chimichurri - Place all the dressing ingredients into your mini food processor and blend until the parsley is chopped.
7. Oven will 'beep' when cooking is complete. Remove the steak from the oven, place onto a chopping board and allow to rest for about 5 minutes.
8. Slice the steak on the diagonal, serving with chimichurri.
9. Serve with a side salad and optional chips. (See page 4 for directions)



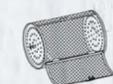
*You can add chips to the remaining Air Flow Racks and cook at the same time as you are cooking the steak. Once the steak is cooked, alternate the racks of chips to the top position, cooking 5 minutes each side. Or see page 4 for instructions to cook chips in the Rotating Mesh Basket.*



# Fish & Chips

serves 4 • prep 10 mins • cooking 40 mins

## ACCESSORIES REQUIRED:

- Air Flow Racks 
- Rotating Mesh Basket (optional for chips) 

## INGREDIENTS

- ½ cup panko breadcrumbs
- ¼ cup plain flour
- 1 large egg, lightly whisked
- 500g ling fish fillets, cut into 3cm strips
- Olive oil spray
- 650g frozen chips
- ¼ cup natural Greek yoghurt
- 5 pickled cucumbers, roughly chopped
- 1 Tbsp dill, finely chopped
- ½ lemon rind, finely grated
- Lemon wedges to serve

1. Place the flour, egg and breadcrumbs in separate bowls. Dip fish in flour and toss to coat. Shake off any excess. Dip fish in egg then place in the breadcrumbs, turn to coat. Lightly press to secure crumbs and place on a plate. Spray oil over both sides of fish.
2. Place the fish on one Air Flow Rack and chips on the other Air Flow Racks.
3. Press POWER. Press AIR FRY setting. Adjust temperature to 200c and change time to 20 minutes. Press START/STOP. Allow oven to pre heat. Oven will 'beep' when preheated.
4. Place the Drip Tray on the bottom of the oven, Air Flow Racks of chips on the bottom and middle position racks and fish on the top position. Close door and press START/STOP.
5. Cook for 10 minutes or until golden brown; turn fish over. Swap all the racks around moving the fish to the bottom position and continue to cook for 8- 10 minutes.
6. Meanwhile, combine the yoghurt, dill and lemon in a small bowl.
7. Serve the fish and chips with yoghurt sauce, mixed salad leaves and lemon wedges.



*Alternatively, double the fish quantity and cook in the oven. Set aside and place chips into the Rotating Mesh Basket to cook. See page 4 for instructions to cook chips in the Rotating Mesh Basket.*

# Deluxe Burger

serves 4 • prep 5 mins • cooking 30 mins

## ACCESSORIES REQUIRED:

- Air Flow Racks 
- Rotating Mesh Basket (optional for chips) 

## INGREDIENTS

- 500g mince beef
- 1 onion, finely diced
- sea salt and freshly cracked pepper
- 1 Tbsp Dijon mustard
- ½ cup parsley, finely chopped
- 1 egg yolk
- Oil spray
- 250g rindless short cut bacon
- 340g frozen chips
- 4 slices tasty cheddar
- 4 hamburger buns split
- ¼ cup tomato sauce
- ¼ cup mayonnaise
- 1 cup lettuce leaf
- 2 large tomatoes, thinly sliced
- 1 red onion, thinly sliced
- 1 ripe avocado, sliced



*A healthy alternative to bacon is Turkey bacon. For a healthier alternative to chips, try sweet potato chips, using the same method and times. See page 4 for instructions to cook chips.*

1. In a bowl place mince, onions, seasoning, Dijon mustard parsley and egg yolk, mix and divide into 4 patties.
2. Spray oil on all three Air Flow Racks. Place patties on one rack, bacon on the other and chips on the third rack.
3. Preheat oven by Pressing POWER. Select AIR FRY. Adjust temperature 200c. Adjust time to 30 minutes. Press START/STOP. Allow oven to pre heat. Oven will 'beep' when preheated.
4. Place bacon rack on the top position, patties on the middle position, chips on the bottom position and the Drip Tray below. Close door and press START/STOP.
5. Cook the bacon for 5 minutes each side. Move the bacon tray to the bottom position, patties to the top position and cook for 5 minutes, each side.
6. Move the chip rack to the top position and cook for 5 minutes, each side.
7. Place the cheese on the patties, move on the top position and cook for 1 minute.
8. To serve, top buns with tomato sauce, mayonnaise, lettuce, patties with cheese, bacon, tomato, onion, avocado and the bun lid. Serve with chips.





 Use your left-over veggies, mashed up and seasoned with salt and pepper and fresh herbs to make additional veggie patties.

# Vegetarian Burgers

serves 4 • prep 40 mins • cooking 30 mins

## ACCESSORIES REQUIRED:

- Air Flow Racks 

## INGREDIENTS

- 240g sweet potatoes
- 1 brown onion, finely diced
- 2 garlic cloves, crushed
- 2 cups cooked quinoa
- Season with salt and freshly cracked pepper
- 1 tsp paprika
- 1 tsp ground cumin
- 1 tsp ground coriander
- 1 cup panko breadcrumbs
- 1 small egg, lightly whisked
- 8 portobello mushrooms
- 4 Tbsp beetroot dip
- 1 cucumber, finely sliced
- 2 tomatoes, sliced
- 1 avocado, sliced
- 100g alfalfa
- Optional serving suggestion: Hand cut sweet potato or potato chips

1. Place sweet potatoes on an Air Flow Rack lined with aluminum foil; pierce a few holes in the sweet potatoes with a fork. Press POWER. Press VEGGIES setting. Adjust temperature to 180c. Adjust time to 30 - 40 minutes. Press START/STOP. Allow oven to pre heat. Oven will 'beep' when preheated.
2. Place Air Flow Rack in the middle position and press START/STOP.
3. Meanwhile, follow packet instructions to cook quinoa. Sauté onion and garlic in a medium fry pan over medium heat until soft.
4. Once the sweet potato is cooked, allow to cool. Remove skin and place in a bowl to mash with a fork. Add the quinoa and onion mixture, season with salt and pepper. Add the, paprika, cumin, coriander, panko breadcrumbs and egg, mix and shape into four even patties. Place on a plate, cover and refrigerate for 30 minutes.
5. Spray patties and mushrooms with oil and place on Air Flow Racks.
6. Press POWER. Press AIR FRY. Adjust temperature to 200c. Adjust time to 30 minutes. Press START/STOP Allow oven to pre heat. Oven will 'beep' when preheated.
7. Place burgers in the top position, mushrooms in the middle and bottom positions. Drip Tray underneath. Press START/STOP.
8. Cook patties for 5 - 8 minutes on each side; until golden brown. Swap the mushroom rack to top position and cook for 5 minutes, each side. Place third rack in top position and cook for 5 minutes each side.
9. Remove and keep warm. To cook optional chips (see page 4 for directions)
10. To serve, place mushroom stalk side up, add 1 tablespoon beetroot dip, veggie patties, cucumber, tomato, avocado, alfalfa and top with the mushroom lid.

# Chicken Schnitzel

serves 4-6 • prep 5 mins • cooking 38 mins

## ACCESSORIES REQUIRED:

- Air Flow Racks 
- Rotating Mesh Basket (optional for chips) 

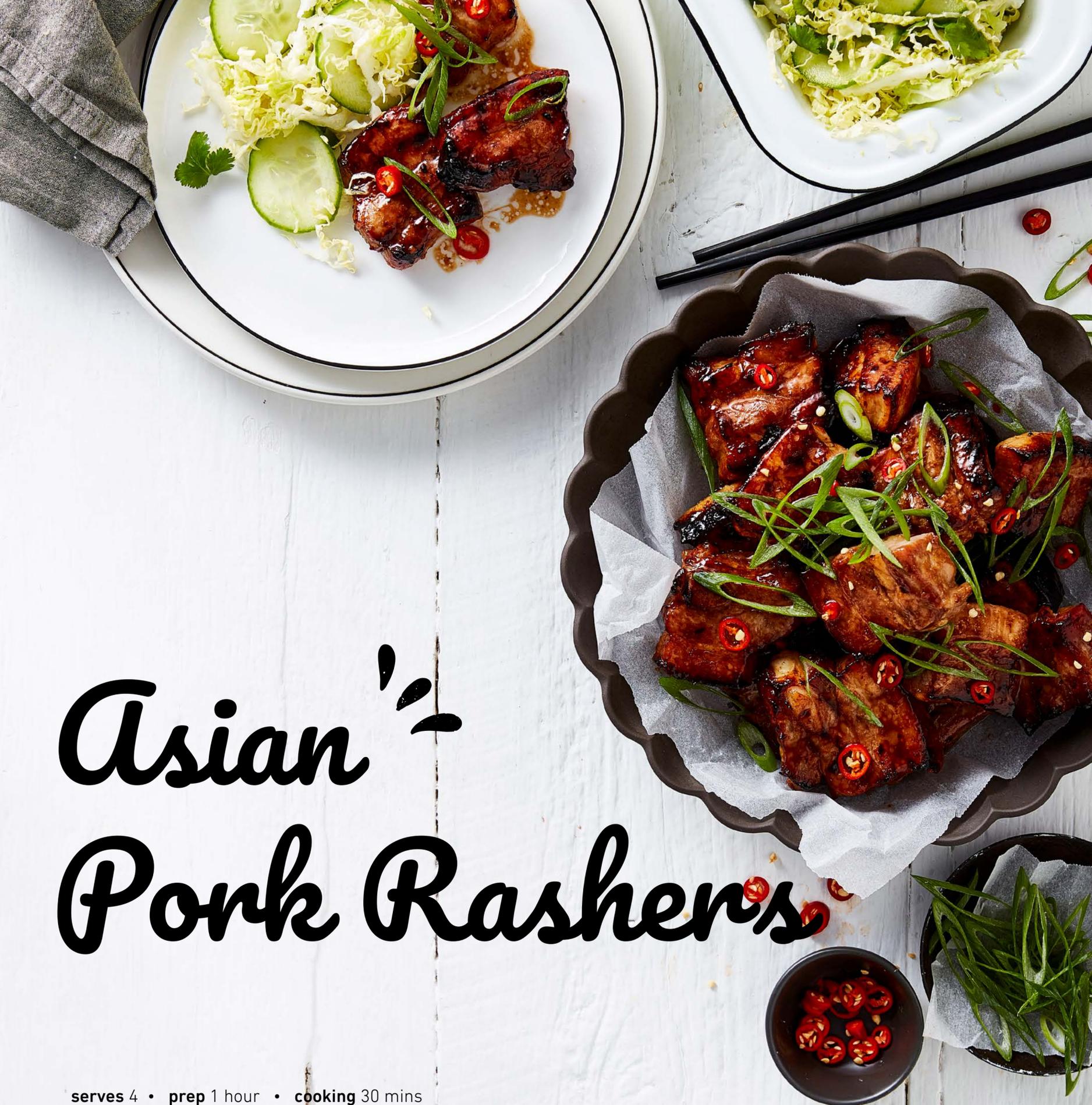
## INGREDIENTS

- 600g chicken thighs
- ¼ cup plain flour
- 2 eggs, lightly whisked
- ¾ cup panko breadcrumbs
- 1 lemon zest
- ¼ cup parsley, finely chopped
- Sea salt and freshly cracked pepper
- 340g hand cut or frozen chips
- Serve with lemon wedges and prepacked coleslaw mix.

1. Place thighs on a chopping board, cover with baking paper and hit with a rolling pin until flat. Season both sides with salt and pepper.
2. Place flour in one bowl, eggs in another bowl. Mix panko breadcrumbs in a third bowl with lemon zest and parsley. Coat each piece of chicken in flour, egg then the crumb mixture.
3. Line two Air Flow Racks with baking paper and place chicken on top. Place lightly oiled chips on third rack.
4. Press POWER. Press POULTRY. Adjust temperature to 200c. Adjust time to 21 minutes. Press START/STOP. Allow oven to pre heat. Oven will 'beep' when preheated.
5. Place the Drip Tray on the bottom. Place the chicken racks in the top and middle position and chips in the lower position.
6. Cook the chicken for 7 minutes on each side. Swap the middle and top racks around and cook for 7 minutes on each side. Place the chip rack in the top position and cook for 5 minutes on each side.
7. Serve with lemon wedges and coleslaw.



*Use pre-cut coleslaw and serve with a garlic and lemon yoghurt dressing. See Chip Feast on page 4 for instructions to cook chips.*



# Asian Pork Rashers

serves 4 • prep 1 hour • cooking 30 mins

## ACCESSORIES REQUIRED:

- Air Flow Racks 

## INGREDIENTS

- 1 kg pork rashers cut into fours
- 1/2 cup hoisin sauce
- 2 Tbsp soy sauce
- 2 Tbsp honey
- 2 tsp sesame oil

## Garnishes:

- 1 red chilli, finely chopped
- 2 spring onions, finely chopped

1. In a large bowl combine hoisin, soy sauce, honey and sesame oil. Add pork and mix. Cover with aluminium foil and keep in refrigerator for 1 to 24 hours.
2. Line the three Air Flow Racks with alfoil.
3. Place the Drip Tray at the bottom of the oven.
4. Press POWER. Press AIR FRY. Adjust temperature to 200c. Adjust time to 20 minutes. Press START/STOP. Allow oven to pre heat. Oven will 'beep' when preheated.
5. Place the pork in a single layer on each of the three Air Flow Racks, Close the door. Press START/STOP.
6. Cook ribs for 5 minutes on each side, then swap racks around. Cook for 5 minutes, on each side.



*Serve with a healthy salad of thinly sliced cucumber and Asian cabbage, mint and coriander leaves and a dressing of 1 Tbsp of white vinegar, soy sauce, olive oil and 2 tsp sesame oil and 1 tsp honey mixed together.*

Lemon and Herb

# Rotisserie Chicken

serves 4 • prep 10 mins • cooking 60 mins

## ACCESSORIES REQUIRED:

- Rotisserie Spit 
- Rotisserie Handling Fork 
- Drip Tray 

## INGREDIENTS

- 1-1.3kg whole chicken
- 1 lemon, cut into quarters
- 1 Tbsp olive oil
- 1 Tbsp dried oregano
- Salt and pepper

1. Place the chicken onto a dinner size plate. Cut 2 lengths of kitchen string to pass underneath the bottom of the chicken width ways at one end, securing on top in a knot. Repeat at the other end of the chicken so that the legs and wings are secure. Insert the rotisserie rod lengthways through the carcass of the chicken and secure at both ends with the forks.

2. Push the lemon pieces into the cavity of the chicken, brush all over with the oil. Dust with the oregano and seasoning.

3. Select AIR FRY. Adjust the temperature to 200c. Adjust time to 60 minutes. Ensure the Rotisserie icon is illuminated. Press START/STOP. Allow oven to pre heat. Oven will 'beep' when preheated.

4. Place the Drip Tray on the bottom of the oven to catch any fatty residue from the chicken.

5. Carefully place the Rotisserie Spit into the hot oven. Press START/STOP.

6. Once the cooking time has finished, allow the chicken to rest in the hot oven for a further 5 minutes before carefully removing.

7. Remove the Rotisserie Spit and string from the chicken before carving.



 Serve chicken, carved with tabouli, flat breads, tzatziki and fresh lemon (see page 13).

# Yoghurt Flatbreads

serves 4-6 • prep 15 mins • cooking 10-20 mins

## ACCESSORIES REQUIRED:

- Air Flow Racks 

## INGREDIENTS

- 1 cup plain flour, plus extra
- 1 tsp baking powder
- 1 cup Greek yoghurt



*If you prefer your breads slightly browner, place breads in the top position and cook for a further 2 - 3 minutes on each side.*

1. Mix flour and baking powder in a bowl, add the yoghurt and mix together until combined. Lightly knead the dough with extra flour if required to form a ball. Set aside on a plate for 10 minutes.
2. Press POWER. Press BAKE. Adjust time to 10 minutes. Allow oven to pre heat. Oven will 'beep' when it is preheated. Spray the Air Flow Racks with olive oil.
3. Divide the dough into 4 - 6 pieces. On a lightly floured surface, roll the dough pieces out to 1cm thickness and place on the Air Flow Racks.
4. Place the Drip Tray in the bottom of the oven, and the three Air Flow Racks in the oven, press START/STOP. Cook for 5 minutes each side.
5. Remove from oven and serve.

*Serve with leftover rotisserie chicken, tabouli, tzatziki and fresh lemon.*



# Air Fried Cinnamon Doughnuts

serves 18 • prep 1 ½ hours • cooking 12 mins

## ACCESSORIES REQUIRED:

- Air Flow Racks 

## INGREDIENTS

- 490g plain flour
- 55g caster sugar
- 3 tsp yeast
- Pinch salt
- 1 cup milk, lukewarm
- 100g butter, melted
- 3 egg yolks
- Oil spray
- ¼ cup milk
- 2 Tbsp cinnamon sugar

1. Place flour, sugar, yeast and salt into a large bowl. Using dough hooks, mix on low speed. Add milk, butter and egg yolks, mix until dough comes together and elastic or about 4 minutes.
2. Grease a large glass bowl with oil spray and place dough in bowl. Cover with cling wrap and place in a dry warm place for 1 hours, until risen to double the size.
3. Punch the dough and roll together forming a ball. Using a rolling pin roll out on a lightly floured surface to about 1 – 2 cm thickness. Using 7cm round pastry cutters, make rounds. Then, using a 2cm round cutter, create holes in the middle of the rounds. Set aside to rest for 20 minutes.
4. Press POWER. Press AIR FRY. Adjust temperature to 200c. Adjust time to 12 minutes. Press START/STOP. Allow oven to pre heat. Oven will 'beep' when preheated.
5. Spray three Air Flow Racks with oil. Place doughnuts on racks. Place in oven and press START/STOP. Once the top rack of doughnuts are golden brown on both sides, after 1 to 2 minutes, swap the middle rack to the top rack and cook for 1- 2 minutes each side. Swap bottom rack to top rack and cook 1 -2 minutes on each side until golden.
6. Remove from oven, brush with milk and dust with cinnamon sugar.



# Chocolate Brownies

serves 9 • prep 5 mins • cooking 20 mins

## ACCESSORIES REQUIRED:

- 20cm brownie pan (not included)

## INGREDIENTS

- 125g butter, chopped
- 125g 70% chocolate, chopped
- ¼ cup cocoa
- 1 cup caster sugar
- 3 eggs, lightly whisked
- ¾ cup plain flour, sifted
- 100g milk choc bits
- Raspberries and mint, to serve

1. Line a 20cm square cake tin with baking paper and spray with oil.
2. Add butter and chocolate to a glass mixing bowl, place in microwave and heat for 20 seconds. Stir with a metal spoon. Heat again in 20-second intervals, stirring every time until mixture is smooth. Add cocoa and stir through until dissolved. Mix through sugar, then the eggs, add the flour and mix through the choc bits.
3. Pour mixture into prepared cake tin.
4. Press POWER. Press BAKE. Adjust temperature to 180c. Adjust time to 20 minutes. Press START/STOP. Allow oven to pre heat. Oven will 'beep' when preheated.
5. Place cake tin on the middle Air Flow Rack. Close the door and press START/STOP.
6. Test brownies with a skewer. If it comes out mostly dry, remove brownies from oven and allow to cool in pan.
7. Turn brownie out of tin and cut into 9 or more pieces. Serve hot or cold.
8. Sprinkle with additional cocoa (optional). Serve with fresh raspberries and mint.



*Baking Tip: Bake your favourite cakes in 20 cm pans, placing pans in the middle of the Air Fryer. If the top burns a little, cover the pan with alfoil and continue cooking until cakes are cooked through.*



# Mini Pizzas

serves 3 • prep 10 mins • cooking 30 mins

## ACCESSORIES REQUIRED:

- Air Flow Racks 

## INGREDIENTS

- ½ cup tomato paste
- 1 tsp dried oregano
- 1 tsp garlic powder
- 6 wholemeal pitas
- 1 ½ cups mushrooms, sliced
- 1 red onion, finely sliced
- 1 yellow capsicum, finely sliced
- 1 zucchini, sliced
- 15 cherry tomatoes, halved
- 90g goat's cheese, crumbled
- 18 kalamata olives, pitted and halved
- Salt & pepper, to taste
- ¼ cup fresh basil leaves, roughly chopped

1. Mix the tomato paste, oregano and garlic powder together in a bowl.
2. Place the wraps on a sheet of baking paper and spread the tomato paste over the wrap. Top with mushrooms, red onion, yellow capsicum, zucchini, cherry tomatoes, goat's cheese and kalamata olives. Season with salt and pepper.
3. Gently lift the baking paper onto each of the three air flow racks. Press **POWER** and **AIR FRY** setting, temperature 200c and change time to 5 minutes. Press **START/STOP**. Allow oven to pre heat. Oven will 'beep' when preheated.
4. Place the Air Flow Racks with pizzas on at the top, middle and bottom position. Close door and press **START/STOP**. Cook for 5 mins.
5. Swap all the racks around moving the top pizza to the bottom position, middle pizza to the top position and bottom pizza to the middle position and continue to cook for another 5 mins.
6. Repeat step 5, swap all the racks around moving the top pizza to the bottom position, middle pizza to the top position and bottom pizza to the middle position and continue to cook for a final 5 mins or until pizzas are crispy and cheese has melted.
7. Garnish with fresh basil leaves to serve.
8. Repeat steps 3-7 for the other 3 mini pizza bases.



Recipe  
created by  
**Sam Wood**



**28**



# Eggplant Parmigiana



Recipe  
created by  
**Sam Wood**



**28**

serves 2 • prep 10 mins • cooking 40 mins

## ACCESSORIES REQUIRED:

- Air Flow Racks 
- Rotating Mesh Basket (optional for chips) 

## INGREDIENTS

- 1 eggplant, sliced into rounds
- 2 potatoes, cut into chips
- 1 cup green beans, tough ends removed
- 2 Tbsp extra-virgin olive oil
- ½ brown onion, diced
- 1 garlic clove, minced
- 2 Tbsp tomato paste
- 1 cup diced tomatoes
- 2 Tbsp breadcrumbs
- 2 Tbsp fresh basil, roughly chopped
- 1 tsp balsamic vinegar
- ⅓ cup mozzarella
- 2 Tbsp parmesan, grated
- Salt & pepper, to taste

1. Spray oil on all three Air Flow Racks. Lightly spray both sides of the eggplant rounds with olive oil and season with salt and pepper, place on rack. Toss the chips in 1 tablespoon olive oil, and place onto the other rack. Place green beans onto the third rack and set aside.
2. Preheat oven by Pressing POWER. Select AIR FRY. Temperature 200c. Adjust time to 30 minutes. Press START/STOP. Oven will 'beep' when preheated.
3. Place chips on the top position. Eggplant on the bottom position and the drip tray below. Close door and press START/STOP. Cook for 15 mins.
4. Meanwhile, heat remaining olive oil in a fry pan over medium heat and sauté the onion until softened. Add garlic, tomato paste and diced tomatoes, simmer for 15 minutes until sauce has thickened.
5. Remove the sauce from the heat and stir in the basil and balsamic vinegar. Season with salt and pepper.
6. Place half of the cooked eggplant slices onto a sheet of baking paper and spoon over half of the tomato sauce and top with mozzarella. Layer remaining eggplant on top, spoon over the rest of the tomato sauce and mozzarella then sprinkle over the parmesan and breadcrumbs.
7. Gently lift the baking paper back onto the Air Flow Rack. Swap the racks around moving the chips to the bottom position and eggplant parmigiana to the top and continue to cook for 10 mins.
8. Place green beans into the middle position and bake for a final 5 minutes until parmigiana sauce is bubbling, cheese has melted, and chips are crispy.
9. Serve parmigiana with the green beans and chips.



Recipe  
created by  
**Sam Wood**



# Asian Baked Fish Parcels

serves 2 • prep 40 mins • cooking 15 mins

## ACCESSORIES REQUIRED:

- Air Flow Racks 

## INGREDIENTS

- 300g white fish fillet
- 2 sprigs spring onion
- 1 red chilli, deseeded & finely chopped
- 1 garlic clove, minced
- 3cm ginger, grated
- 2 Tbsp tamari
- ½ Tbsp sesame oil
- ½ Tbsp honey

## To serve:

- 1 bunch bok choy
- 1 cup brown rice
- 2 tsp sesame seeds
- 2 Tbsp fresh coriander
- 1 lime

1. In a shallow dish/bowl, whisk together the marinade ingredients and coat the fish. Cover and leave to marinate for 30 minutes.
2. Place the fish on a sheet of baking paper (reserve marinade) and wrap it up into a parcel. Place the fish parcel on one Air Flow Rack and the bok choy onto another, set aside.
3. Press **POWER** and **AIR FRY** setting, temperature 180c and change time to 15 minutes. Press **START/STOP**. Allow oven to pre heat. Oven will 'beep' when preheated.
4. Place the Drip Tray on the bottom of the oven and Air Flow Rack with fish on the top position. Close door and press **START/STOP**. Cook for 12 minutes.
5. Swap the racks around moving the fish to the bottom position and place the bok choy on top position. Continue to cook for 3 mins or until cooked to your liking.
6. Create a bed of rice on a plate and once cooked, add the fish and bok choy on top.
7. To serve, drizzle the fish with the remaining marinade and serve with sesame seeds, coriander and lime wedges.

# Sweet Potato Falafels

serves 2 • prep 40 mins • cooking 20 mins

## ACCESSORIES REQUIRED:

- Air Flow Racks 

## INGREDIENTS

- 1 ½ cups sweet potato, peeled & steamed
- 1 ½ cups chickpeas (400g canned), rinsed and drained
- ⅓ cup wholemeal plain flour
- ½ red onion, diced
- 2 garlic cloves, minced
- ¼ cup fresh parsley or coriander
- 1 tsp smoked paprika
- 1 tsp ground cumin
- 1 tsp ground coriander
- ¼ tsp cinnamon
- Salt & pepper, to taste
- ¼ tsp chilli flakes, optional
- 2 Tbsp sesame seeds, to coat
- 4 cups salad leaves, to serve

1. Add sweet potato and chickpeas to a food processor or blender and blitz until smooth. Transfer mixture into a bowl and add the flour, onion, garlic, herbs and spices. Mix until combined. Place mixture in the refrigerator for 30 minutes to chill and firm up.
2. Line two Air Flow Racks with baking paper. Roll 1-2 tablespoons of the mixture into balls, sprinkle with sesame seeds and place onto lined racks and lightly spray with olive oil.
3. Press POWER and AIR FRY setting, temperature 180c and change time to 20 minutes. Press START/STOP. Allow oven to pre heat. Oven will 'beep' when preheated.
4. Place the Drip Tray on the bottom of the oven to catch any crumbs, place Air Flow Racks with falafels on the bottom and top position. Close door and press START/STOP.
5. Cook for 10 mins or until golden brown, turn falafels over. Swap the racks around moving the top tray to the bottom position and continue to cook for 10 mins.
6. Serve the falafels with salad leaves.



Recipe created by  
**Sam Wood**





Recipe  
created by  
**Sam Wood**



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# Buffalo Cauliflower Bites

serves 4 snacks or appetizers • prep 10 mins • cooking 20 mins

## ACCESSORIES REQUIRED:

- Air Flow Racks 

## INGREDIENTS

- 1 head cauliflower, cut into bite sized
- ¾ cup plain flour
- 1 tsp paprika
- 2 tsp garlic powder
- 1 tsp salt
- ½ tsp black pepper
- ¾ cup almond milk (or milk of choice)

## Buffalo sauce:

- 1-2 Tbsp tabasco, or other hot sauce
- 1 Tbsp olive oil
- 1 Tbsp honey

## Dipping sauce:

- ½ cup Greek yoghurt
- 1 tsp garlic powder
- ½ tsp onion powder
- ½ Tbsp apple cider vinegar
- ½ tsp dried dill
- 3 Tbsp almond milk
- Salt & pepper, to taste

## To serve:

- 1 cup celery, cut into thirds

1. In a large bowl, whisk together flour, paprika, garlic powder, salt and pepper. Add the almond milk and whisk until smooth. Add the cauliflower florets to the bowl and toss until well coated.
2. Lightly grease all three Air Flow Racks and spread the cauliflower out in a single layer on each.
3. Press POWER and AIR FRY setting, temperature 200c and change time to 35 minutes. Press START/STOP. Allow oven to pre heat. Oven will 'beep' when preheated.
4. Place the Drip Tray on the bottom of the oven, Air Flow Racks in all three positions. Close door and press START/STOP. Cook for 15 minutes.
5. Turn the cauliflower and swap the racks around moving the top rack to the bottom position, middle rack to the top position and bottom rack to the middle position. Continue to cook for 15 mins or until cooked to your liking.
6. Meanwhile, mix the buffalo sauce ingredients together in a small bowl. Brush the cauliflower with the buffalo sauce. Swap the racks around again and air fry for another 10-15 minutes until cauliflower is caramelised.
7. Mix the dipping sauce ingredients together in a bowl and serve with the cauliflower bites and celery stalks.



# Loaded Beef Nachos



Recipe  
created by  
**Sam Wood**



serves 2 • prep 5 mins • cooking 20 mins

## ACCESSORIES REQUIRED:

- Air Flow Racks 

## INGREDIENTS

- 2 mountain bread wraps, cut into chips
- 200g beef mince
- 1 cup diced tomatoes
- ½ brown onion, diced
- 2 garlic cloves, minced
- 1 tsp paprika
- 1 tsp ground cumin
- ¼ tsp chilli flakes, optional
- ¼ cup cheddar cheese, grated
- 2 Tbsp Greek yoghurt
- ½ avocado, mashed

1. Lightly grease two Air Flow Racks and arrange the mountain bread in a single layer, set aside.
2. Combine the diced tomatoes, onion, garlic and spices in a bowl. Season with salt and pepper.
3. Place the beef mince onto a sheet of foil. Top with tomato salsa and sprinkle over the cheese.
4. Place the wraps onto the top position, and the beef mixture onto the third Air Flow Rack, ensuring the drip tray at the bottom of the oven is in place to catch any drips.
5. Press POWER and AIR FRY setting, temperature 200c and change time to 15 minutes. Press START/STOP. Allow oven to pre heat. Oven will 'beep' when preheated. Cook for 10 minutes.
6. Once the wraps look golden and crispy, set it aside and continue cooking the beef for another 8 minutes.
7. Transfer the wraps to a baking dish and place the cooked beef mixture on top of the wraps. Top with cheese and place the baking dish in the air fryer for 3 minutes or until the cheese has melted.
8. Serve with chips and top with a dollop of Greek yoghurt and mashed avocado to serve.



Recipe  
created by  
**Sam Wood**



# Zucchini, Corn & Feta Fritters

serves 1 • prep 5 mins • cooking 10 mins

## ACCESSORIES REQUIRED:

- Air Flow Rack 

## INGREDIENTS

- 1 zucchini (grated and drained of excess moisture)
- 2 tbsp plain flour
- 2 eggs
- 1 tsp baking powder
- 60g feta cheese (crumbled)
- 125 corn kernels (drained)
- 1 sprig spring onion (sliced)
- Salt & Pepper to taste

1. Whisk the eggs, flour and baking powder in a large bowl until smooth & combined.
2. Add the grated zucchini, feta, spring onion and a pinch of salt and pepper.
3. Mix to combine.
4. Using a spoon, scoop mixture out onto one Air Flow Rack lined with baking paper. You should make 4 fritters with the mixture.
5. Press POWER and AIR FRY setting, temperature 180c and change time to 10 minutes. Press START/STOP.



## SAM'S TOP TIP

*Make sure you absorb excess moisture from the zucchini to ensure the fritters aren't runny.*



# Chicken Nuggets & Zucchini Chips



Recipe  
created by  
**Sam Wood**



serves 1 • prep 10 mins • cooking 15 mins

## ACCESSORIES REQUIRED:

- Air Flow Racks 

## INGREDIENTS

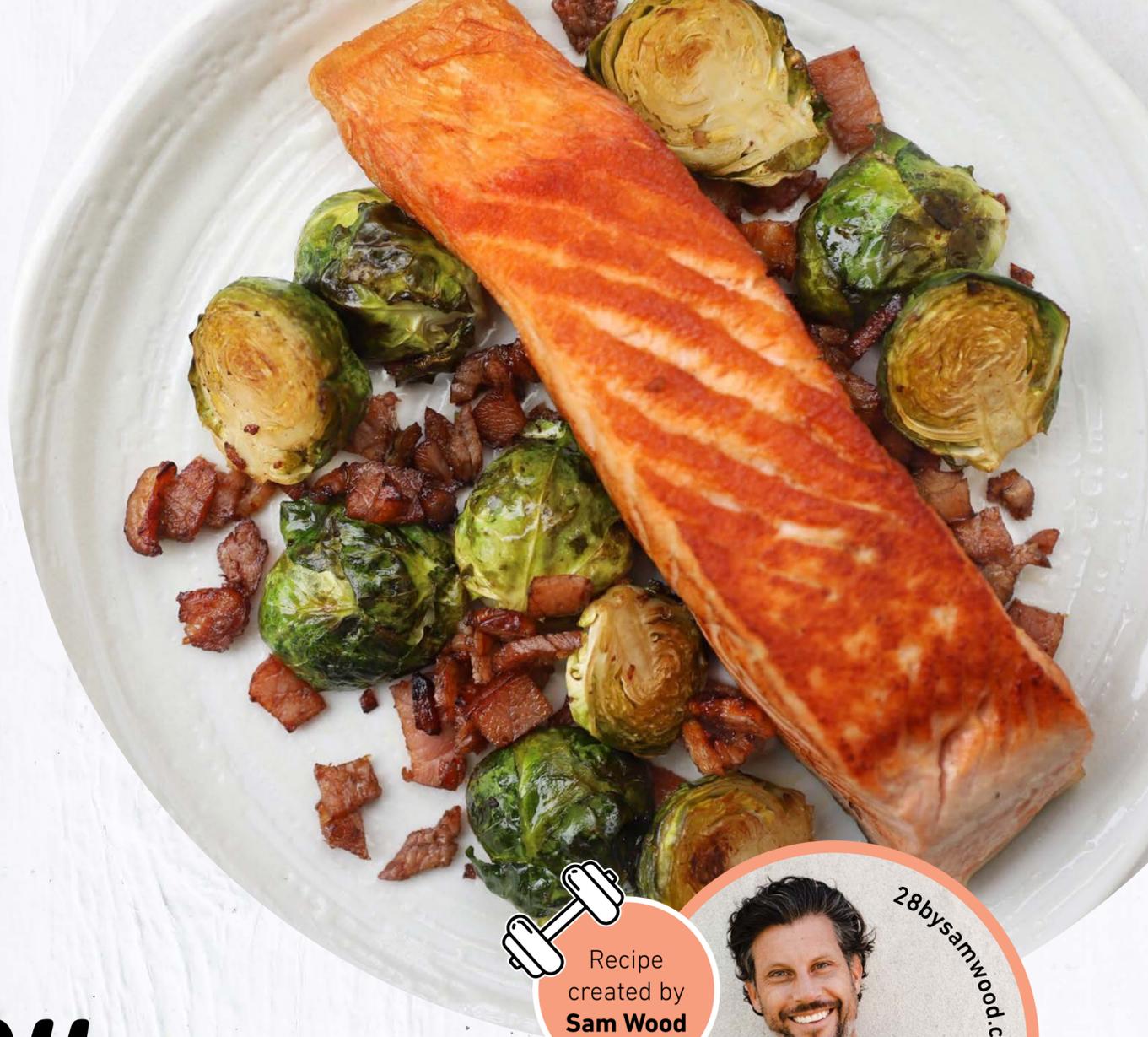
- 1 chicken breast fillet (cut into 'nugget' sized pieces)
- 1 egg
- ½ cup wholemeal flour
- ⅔ cup panko bread crumbs
- ⅓ cup grated parmesan cheese
- 2 zucchinis (cut into 'chip' sized pieces)
- Salt and pepper (to taste)

1. Season chicken with salt and pepper.
2. In a small bowl, beat egg lightly.
3. Spread the flour out onto a plate. On another plate, spread the panko crumbs.
4. Dip the chicken pieces into the flour, then the egg and finally the panko crumbs.
5. Spread all coated chicken pieces out evenly on a tray lined with baking paper.
6. Repeat the process with the zucchini chips, laying them out on a separate tray lined with baking paper.
7. Press POWER and AIR FRY setting, temperature 180c and change time to 15 minutes. Press START/STOP. Allow oven to pre heat. Oven will 'beep' when preheated. Cook for 15 minutes.



## SAM'S TOP TIP

*Experiment with spices and seasoning to add extra flavour to your nuggets. I like to serve mine with homemade sweet chilli dipping sauce.*



Recipe  
created by  
**Sam Wood**



# Crispy Skin Salmon & Brussel Sprouts

serves 1 • prep 5 mins • cooking 20 mins

## ACCESSORIES REQUIRED:

- Air Flow Rack 

## INGREDIENTS

- 1 Salmon Fillet (skin on)
- 200g Brussel Sprouts (halved)
- 2 rashers bacon (sliced into small pieces)

## Dressing

- 1.5 tbsp olive oil
- 1 tbsp balsamic vinegar
- ½ lemon (juiced)

1. In a mixing bowl, mix the brussel sprouts and dressing until all sprouts are coated.
2. Line one Air Flow Rack with baking paper and spread the brussel sprouts out evenly on the tray. Place this tray in the Air Fryer, on the bottom.
3. Cook brussel sprouts on the 'Air Fryer' setting for 10 minutes at 180°C.
4. Line the second baking tray with baking paper and place the salmon fillet on top. Put aside.
5. After 10 minutes, open the Air Fryer to sprinkle bacon pieces over brussel sprouts.
6. Place the salmon tray in the air fryer, above the brussel sprouts.
7. Cook both the salmon and brussel sprouts for 10 minutes.

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