

The Student Cookbook

INSTANT POT & AIR FRYERS RECIPES





Cooking times

**FOR YOUR AIR FRYER
FOR YOUR INSTANT POT**

Snack Hacks

**POTATO SMILEY NACHOS
CHEESY PUFF DOGS
SOFT BOILED EGGS
BUFFALO CHICKEN WINGS
HALLOUMI WRAPPED IN HAM
MEAL PREP PASTA SALAD JARS
FROZEN JAPANESE DUMPLINGS**

Easy Meals

**CRISPY BLACK BEAN BAKED POTATO
'HEALTHIER' FISH AND PEAS
CHEEKY NANDOS
CHICKEN TIKKA MASALA WITH NAAN BREAD
FRIED RICE
SPICY SAUSAGE MEAT BURGER
EASY PENNE BOLOGNAISE
CHICKEN FAJITAS**

Hangover Cures

**EGG AND BACON BREAD
FROZEN CROISSANTS
BACON NAAN
GRILLED CHEESE**





Simple Air Fryer Timings

FROZEN CHUNKY CHIPS / FROZEN FRIES

Air Fry at 180°C for 16-18min / 13-15min

FROZEN PIZZA

Air Fry at 180°C for 6-9min

FRESH PIZZA

Bake at 176°C for 5-7min

BREADED CHICKEN

Air Fry at 180°C for 14min

WHOLE CHICKEN

Roast at 180°C for 40-60min (depending on size)

STEAK

Grill at 180°C for 5-10min (depending on doneness)

SAUSAGES

Air Fry at 180°C for 12-16min (depending on thickness)

SALMON FILLET

Bake at 180°C for 8-12min

KING PRAWNS

Air Fry at 180°C for 5min

WHOLE SWEET POTATO

Roast at 200°C for 45min

CAULIFLOWER FLORETS (FRESH)

Air Fry at 180°C for 10min

Simple Pressure Cook Timings

RISOTTO

1:2 Rice:Stock - 6min (Saute additional ingredients first)

COUSCOUS

1:2 Rice:Stock - 3min

WHITE RICE

1:2 Oats:Milk - 4 min plus 5mins natural pressure release

CHICKPEAS

dried legumes covered in water - 40 min

LENTILS

dried legumes covered in water - 9 mins

CUBED POTATOES

when fresh - 1 min when frozen - 5 mins

BROCCOLI FLORETS & GREEN BEANS

when fresh - 1 min when frozen - 2 min

CARROTS

when fresh - 4 min when frozen - 7 min

BEEF CUBES / CHICKEN BREASTS

20 min per 450g / 7 min per 450g

HARD BOILED EGGS

1:2 Oats:Milk - 4 min plus 5mins natural pressure release

PORRIDGE

1:2 Oats:Milk - 4 min plus 5mins natural pressure release



Air Fryer POTATO SMILEY NACHOS

INGREDIENTS

Frozen potato smileys (as many as you can fit in your air fryer/ want to eat!)

Pre cooked chicken, shredded

1 tsp bbq sauce

100g soured cream

200g cherry tomatoes, diced

Small handful fresh coriander (optional)

1 avocado, smashed

Fajita seasonings (about a ¼ of an Old el paso sachet)

Grated cheese

INSTRUCTIONS

1. Air Fry the potato smiles at 200°C for 10 minutes, turning them halfway for even cooking.

2. Meanwhile, shred the cooked chicken and mix together with the bbq sauce and 2 tbsp of the soured cream.

3. Combine the diced tomatoes with the chopped coriander, then mash your avocado to make a guacamole.

4. When the smiles are cooked, assemble your nachos. Sprinkle the fajita seasoning over the smiles, shaking the basket to distribute the seasoning.

5. Top with grated cheese and the chipotle chicken then Air Fry again at 200°C for 1 minute to melt the cheese.

6. Once your smiley nachos are golden, top with the tomato salsa, guacamole and dollop the remaining soured cream on top then tuck in straight from the air fryer basket for minimal washing up.



Air Fryer CHEESY PUFF DOGS

INGREDIENTS

4 cheese strings

8 frankfurter style sausages of choice (meat or veg)

1 roll of Puff pastry

1 egg

Milk, for brushing

Everything bagel seasoning (or sesame seeds)

INSTRUCTIONS

1. Slice string cheese down the middle, splitting the string into two thin pieces

2. Cut a slit down the middle of the sausages, being careful not to cut all the way through, then press a thin string of cheese inside.

3. Cut the pastry into rectangles, big enough to wrap around the sausages, then roll the pastry around using the beaten egg to seal, sealing the edge with the beaten egg.

4. Top with a sprinkle of the everything bagel season or sesame seed and bake at 170°C for 18 minutes.

5. Enjoy warm for the air fryer!



Instant Pot SOFT BOILED EGGS

INGREDIENTS

As many eggs as you like

250ml water

INSTRUCTIONS

1. Place your eggs on the trivet within the inner pot.
2. Add the water and secure the lid.
3. Pressure Cook on low for 1 minute.
4. When the cooking program is finished, leave the pressure releasing naturally for 30 seconds, then quick release the remaining pressure from the pot.
5. When the valve drops and you can open the lid, quick get the eggs out and place into a bowl of cold water for a few minutes.
6. Peel and enjoy - or serve with some air fried sides (instructions>>>)



Air Fryer SOFT BOILED EGGS

INGREDIENTS

As many eggs as you like

Toast for dipping, or asparagus wrapped in ham if you're cutting carbs.

INSTRUCTIONS

1. Air Fry the eggs at 125°C for 8 minutes.
2. Once cooked, remove them from the air fryer and keep in the shells to stay warm.
3. You can then Grill some toast at 205°C for 2-3minutes, or Air Fry the asparagus wrapped in ham at 180°C for 8 minutes.
4. Dip your chosen 'dipper' into your soft egg and enjoy!

Air Fryer
BUFFALO CHICKEN WINGS

INGREDIENTS

400g Frozen Chicken wings, cut into winglets and drumettes

1 tsp paprika

1 tsp baking powder

1 tsp garlic granules

Salt and pepper

1 tbsp Butter

60ml Tingly Teds Tingly Sauce

INSTRUCTIONS

1. Toss the wings in the paprika, baking powder, garlic, salt and pepper.

2. Air fry at 170°C for 10 minutes.

3. While the wings cook, combine the butter and tingly teds sauce in a small bowl and microwave until the butter has melted then stir together.

4. When the wings are cooked, serve hot with the dipping sauce.



Air Fryer
HALLOUMI WRAPPED IN HAM

INGREDIENTS

250g halloumi

4 slices of serrano ham

2 tbsp honey

2 tsp dukkah (optional!)

INSTRUCTIONS

1. Cut the halloumi into 4 even, rectangular pieces.

2. Thread onto skewers, or mini cocktail sticks then wrap the ham around each one.

3. Air fry at 175°C for 5 minutes.

4. Brush the honey over the skewers, then sprinkle on the dukkah and air fryer for a further minute until golden and caramelised.



Don't have Ed Sheeran's Tingly Ted sauce? Dip in whatever sauce you like!

Instant Pot + Air Fryer **MEAL PREP PASTA JARS**

INGREDIENTS

250g spiral pasta
500ml water
2 chicken breasts
200g asparagus
200g broccoli
250g cherry tomatoes, halved
175g grilled artichoke hearts, chopped
130g yoghurt
40g mayo
2 spring onions, diced
15g grated cheese
1 tsp pesto
Oil, salt and Pepper

INSTRUCTIONS

1. Add the pasta and water to your Instant Pot and Pressure Cook for 5 minutes.
2. Drizzle some oil on the chicken and season with salt and pepper. Then Air fry at 205°C for 17 minutes.
3. After 10 minutes, add the asparagus and broccoli to the air fryer for the remaining cook time.
4. Meanwhile, mix the yoghurt, mayo, spring onions, cheese, and pesto together until creamy. If you have a belnder, then make it super smooth!
5. Once the chicken and vegetables are cooked, remove them from the Air Fryer and allow them to cool slightly, before slicing the chicken into pieces.
6. Now layer your salads into 4 jars. Add the creamy dressing to the bottom, then the cooked/drained pasta, green veg, sliced chicken and cherry tomatoes and artichokes on top.
7. Seal the jars and refrigerate. When ready to serve, simply tip the jar's contents into a bowl and enjoy the delicious pasta salad with chicken.



Air Fryer **FROZEN JAPANESE DUMPLINGS**

INGREDIENTS

Frozen gyozas of choice - we love the Itsu Chicken or Veggie ones
Few tbsp of Sesame oil (or whatever oil you have)
Soy sauce and spring onions, for serving (if you're feeling fancy!)

INSTRUCTIONS

1. Coat your frozen gyozas roughly in oil
2. Air Fry at 190°C for 6 minutes, and cook the gyozas from frozen.
3. If you want to make sauce, then dice a spring onion and mix with soy sauce for the perfect dip!



Air Fryer

CRISPY BLACK BEAN BAKED POTATO

INGREDIENTS

1 baking potato
1 small tomato
2 tbsp red onion
1 tsp chopped fresh coriander
½ tin black beans
10g feta
Salt, pepper and oil as needed

INSTRUCTIONS

1. Prick the potato with a fork then coat with a little oil, salt and pepper.
2. Bake at 199°C for 30 minutes.
3. While the potato cooks, dice the tomato and red onion, and combine them with the coriander and some salt to make a salsa. Then set to one side.
4. Once the potato has finished cooking, rinse the black beans and coat them in a drizzle of oil.
5. Bake the black beans and potato together at 199°C for a further 5 minutes
6. To serve, split the potato open, add the crispy black beans, salsa mix and finish with feta.



Air Fryer & Instant Pot

'HEALTHIER' FISH AND MUSHY PEAS

INGREDIENTS

20g mayonnaise
1 tsp water
1 tsp paprika
1 tsp lazy garlic
150g cod fillets, patted dry
50g flour
50g panko crumbs
100g peas
200ml water
1 tbs lemon juice
Fresh mint, chopped

INSTRUCTIONS

1. Mix the mayo, water, paprika and garlic together to make a batter.
2. Cover the cod fillet in flour then dip into the mayo 'batter' and then coat in the panko breadcrumbs.
3. Air Fry at 200°C for 12 minutes
4. Meanwhile, add the peas and water to the Instant Pot and Pressure Cook for 0 minutes. Once cooked, quick release the pressure and drain the water.
5. Mash the peas slightly, then add the lemon juice and chopped mint.
6. Serve the cooked crispy fish with the mushy peas.



Air Fryer

CHEEKY NANDOS

INGREDIENTS

1 Chicken leg and thigh (240g)

1 bottle of Nandos peri peri sauce

3 tbsp mayonnaise

1 ear of corn, divided into 2 pieces

Handful of your favourite frozen chips

INSTRUCTIONS

1. Marinate the chicken in 3/4 of the peri peri sauce for 5-10mins before you begin cooking.

2. Air Fry the chicken at 185°C for 10 minutes.

3. While the chicken cooks, make the peri-naise by mixing equal quantities of mayonnaise and peri peri sauce together.

4. Spread some peri-naise onto the corn and save the rest of the sauce for dipping.

5. When the cooking program finishes, add the corn and chips into the frying basket, around the chicken portion. Baste the chicken again on all sides with peri peri sauce, then place the basket back into the Vortex.

6. Air Fry at 185°C for a further 12 minutes.

7. Serve the chicken alongside the corn, chips and extra peri-naise sauce for dipping.



Instant Pot + Air Fryer

CHICKEN TIKKA MASALA WITH NAAN BREAD

INGREDIENTS

2 onions, chopped

1 tbsp lazy garlic

1 tbsp lazy ginger

2 tsp garam masala

3/4 tsp paprika

3/4 tsp turmeric

1 tsp cumin

1/2 tsp cinnamon

500g passata

450g boneless chicken breasts

200ml coconut milk

Naan bread, for serving

INSTRUCTIONS

1. Add all the ingredients to your Instant Pot and secure the lid.

2. Pressure Cook for 15 minutes, with a quick pressure release at the end of cooking.

3. Once cooked, stir in the coconut milk.

4. Serve with a naan bread, Grilled in your Air fryer at 205°C for 2-3minutes.

Don't have the right spices? Use a few heaped tablespoons of a Tikka Masala paste instead!



Instant Pot FRIED RICE

INGREDIENTS

1-2 eggs
300g sliced spam or ham
Large handful of frozen mixed vegetables
200g Jasmine rice
250ml water
3 tbsp soy sauce
1 tbsp garlic powder
1 tbsp fish sauce

INSTRUCTIONS

1. Select Saute and add the eggs to the inner pot with the sliced spam/ham and frozen veggies.
2. Cook for about 5 minutes then set to one side in a bowl.
3. Rinse the rice then drain and add to the inner pot.
4. Mix together the oil, soy, garlic powder, and fish sauce then pour into the inner pot too.
5. Select Rice mode, and let the rice cook.
6. Once done, add the cooked toppings back in as you fluff the rice.
7. Serve and enjoy.

*The easiest fried rice
you will ever make!!*



Air Fryer SPICY SAUSAGE MEAT BURGER

INGREDIENTS

200g sausages
2½ tbsp gochujang
1 spring onions, thinly sliced
Handful of frozen fries
1 tbsp mayo
1 ½ tbsp Honey
1 tbsp Gochujang
1 slice of melty cheese
1 burger bun
Pickles, sliced
Lettuce, sliced

INSTRUCTIONS

1. Remove the sausages from their casing and mix with 1 tbsp of the gochujang and sliced spring onions.
2. Shape into a burger patty just bigger than your bun.
3. Air Fry the burger and frozen chips together at 205°C for 9 minutes. Be sure to turn the burger halfway through.
4. Meanwhile, combine the mayo with ½ tbsp gochujang to create the spicy mayo in one bowl, and the honey and remaining 1 tbsp gochujang for the glaze in another.
5. When there's one minute left on the air fryer, add the glaze to the burger and a slice of cheese and finish cooking.
6. Spread the spicy mayo onto the bun, then add the burger, pickles and lettuce. Serve with the chips/



Instant Pot EASY PENNE BOLOGNAISE

INGREDIENTS

1 large onion, finely diced

3 cloves of garlic, chopped (or 3 tsp lazy garlic)

500g beef mince

1 tbsp oregano

3 tbsp tomato paste

800g chopped tomatoes

Fresh parsley

700ml water

350g penne pasta

Cheese for serving

Oil, salt and pepper, as needed

INSTRUCTIONS

1. Select Saute and add some oil to the inner pot with the onions.

2. Saute for 2-3 minutes then add the garlic and fry for a further minute.

3. Add the beef mince and continue sauteing until no pink meat is left, then add the oregano, tomato puree, chopped tomatoes and parsley.

4. Bring the whole thing to a boil and season with salt and pepper and pour bolognaise into a large bowl scrapping out as much sauce as possible

5. Add the water to the inner pot with the penne and salt, and use a spoon to make sure the base of the inner pot is clean (don't worry if the water is abit tomatoey!)

6. Secure the lid and Pressure cook for 5 minutes.

7. Let the pressure release naturally for abit then quick release the pressure, remove the lid and drain the pasta.

8. Add the bolognaise back in and give everything a stir. You can press saute again if you need to heat it up a little more.

9. Serve into a bowl and top with cheese. There will be plenty left that can be saved for another day or frozen!



Air Fryer CHICKEN FAJITAS

INGREDIENTS

1 pepper, sliced

1 small red onion, sliced

1 sachet Old El Paso Fajita Spice Mix

1 tomato

Fresh coriander

1 chicken breast, thinly sliced

½ tin of black beans

½ avocado

2-3 wraps

Grated cheese

Sour Cream

INSTRUCTIONS

1. Cover the peppers and half the onion with half the fajita spice mix and a little oil.

2. Air Fry at 190°C for 7 minutes.

3. Combine the remaining half onion with the tomato and fresh coriander to make a salsa and set to one side.

4. Sprinkle the remaining spice mix on to the hicken strips and cover with a little oil.

5. Add the chicken on top of the vegetables and Grill at 205°C for 5 minutes.

6. Drain and rinse the black beans, and dice the avocado and warm the wraps for 20seconds in the microwave.

7. Spread the sour cream onto your wraps, top with the cooked veggies and chicken, black beans, salsa, avocado and cheese, wrap up and enjoy,



Air Fryer EGG AND BACON BREAD

INGREDIENTS

2 slices of bread
2-4 rashers of bacon
2 eggs
Ketchup or brown
sauce, for serving

INSTRUCTIONS

1. Squash the middle of your bread down to make abit of well.
2. Line the well with the bacon then crack an egg on top.
3. Air Fry at 175°C for 10mins.
4. You may want to check on cooking progress after about 6minutes, but you are aiming to cook until the white of the egg has set!
5. Enjoy as is, or serve with a drizzle of ketchup or brown sauce.



Air Fryer FROZEN CROISSANTS

INGREDIENTS

However many frozen
croissants you are
craving
Your spread of choice
- butter and jam is
always a great combo!

INSTRUCTIONS

1. Place the frozen croissants into the air fryer, leaving space around each one (as they will grow in size as they cook!)
2. Bake at 170°C for 10minutes.
3. Enjoy warm with your chosen spread and a cuppa tea!



*The perfect breakfast for a lazy
morning after a big night before!*

Air Fryer GRILLED CHEESE

INGREDIENTS

2 slices of bread, the chunkier the better
A generous helping of grated cheese
Half an onion, thinly sliced
A few cherry tomatoes, halved

INSTRUCTIONS

1. Top your sliced bread with cheese, the sliced onion and tomatoes.
2. Grill at 205°C for 6mins until the cheesy is melted!



Air Fryer BACON NAAN

INGREDIENTS

2-3 rashers of bacon
1 large naan bread
30g Cream Cheese
1 tbsp chilli jam
Fresh coriander, optional

INSTRUCTIONS

1. Air Fry the bacon at 160°C for 6 minutes.
2. When there's 1 minute remaining, add the naan bread on top.
3. Once cooked, spread the cream cheese on the naan, then top with the bacon, chilli jam and coriander and serve immediately.



Make mealtimes
easy!!

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