

# Making Meal Times: Easy, Tasty & Healthy

**INNOTECK**  
KITCHEN PRO



**Less oil + Cook Quicker + Cook Evenly**

[Quick and easy recipes using our Innoteck 12L Air Fryer](#)





# Recipes

Innoteck Kitchen Pro Series utilises years of research and development to create the finest kitchen appliance series at every day affordable prices.

Manufactured in ethical environments to create exceptional products that produce your food to the highest and healthiest standards.





# The best chicken burger with caramelised onions

05

1 tbsp olive oil  
1 onion peeled and finely  
chopped  
2 garlic cloves  
Salt and pepper  
1/2 tsp paprika  
1/2 tsp ground cumin  
450gr chicken breast  
4 soft rolls  
2 tbsp ketchup  
2 tbsp mayonaise  
1 tbsp siracha  
4 slices of goats cheese

**Caramelised onion:**

1 tsp brown sugar  
1 tbsp vegetable stock  
1 tbsp butter  
1 tbsp balsamic vinegar

1. While the burgers are frying, heat your butter in a pan over medium heat. Add your onion and sautee for four minutes or until soft.
2. Add the brown sugar, vinegar, and stock for a further two minutes.
3. Heat the olive oil in a pan over high heat. Add half a sliced onion, your garlic and cook until aromatic. Add your spices, salt and pepper. Add your chicken and cook for a couple minutes, crumbling with a fork. Add your onion mixture to the mix and combine.
4. Shape your mixture into patties. Line your air fryer trays with some non stick baking paper or non stick cooking oil spray. Preheat your air fryer to 180C for six minutes. Flip and cook for a further 5 minutes.
5. In a small bowl mix your ketchup, mayo and siracha. Add the sauce to the base of your rolls. Top with your chicken burger, caramelised onions and goats cheese. Enjoy!

**SERVES: 4**

**COOKS IN: 30 MINS**





# Siracha cauliflower wings

**What you'll need:**

1 cauliflower  
Lime wedges to serve

**Batter:**

75 g of GF flour or normal  
1/2 tsp baking powder  
2 tsp of sweet paprika  
1 tsp garlic powder  
Salt & pepper  
130 ml of soy milk

**Marinade:**

1 1/2 tbsp siracha sauce  
1 tbsp tomato purée  
1 tsp of soy sauce  
2 tsp of olive oil  
2 tsp of honey or maple syrup

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1. Prepare your batter ingredients in a bowl, whisk and combine until smooth. Toss the cauliflower in the mixture until fully coated.
2. Liberally spray your tray with non stick olive oil spray, or line your tray with baking paper. Place the cauliflower in the air fryer spacing each piece where possible and cook for 10 minutes at 160C
3. While the cauliflower is cooking, prepare your marinade. Stir all your ingredients and set aside. Remove florets and cool, about 2 minutes.
4. With a pastry brush, lightly brush sauce onto each floret for a more crisp result. Bake for a further 7 minutes at 150C. Repeat until all florets have been coated.
5. Transfer siracha cauliflower to a plate. Serve with sliced spring onions and lime wedges.

**SERVES: 4-6****COOKS IN: 20 MINS**







# Easy chocolate brownie

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125g butter  
100g caster sugar  
100g white sugar  
1 egg  
1 tsp vanilla essence  
60g all purpose flour  
1tsp baking powder  
45g cocoa powder  
Pinch of salt

1. Start by preheating your air fryer to 180C
2. Spray a square baking tin with non stick cooking oil. In a mixing bowl combine your cooled melted butter, sugars, vanilla, egg. Whisk and combine until fluffy.
3. Sieve your dry ingredients, into the bowl. And mix well until combined.
4. Bake in your air fryer for 18-20 minutes.

**SERVES: 8**

**COOKS IN: 20 MINS**





# Crusted chicken breast

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**What you ´ll need:**

4 chicken breasts (250g)

50g cornflake cereal

2 tbsp cornflour

1 tsp granulated garlic

Pinch of salt

1 tsp ground parsley

2 eggs

Mint, Dill, lime to serve

1. In a food processor, turn your cornflakes into crumbs.
2. Combine the crumb mixture with your seasonings, cornflour and place into a shallow bowl.
3. In a separate bowl, crack your eggs. And whisk until fluffy.
4. Using your two hand method, Dip your chicken into the eggs with your left hand, and then using your right hand into the cornflake crumbs.
5. Spray your tray with cooking oil, and place the chicken onto the tray.
6. Cook the chicken at 190C for 20 minutes, flipping once in between until the chicken is fully cooked and crispy.

**SERVES: 4-6**

**COOKS IN: 20 MINS**





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# Spinach & mushroom cheddar grilled cheese sandwich

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4 slices seeded whole-grain bread  
1 tbsp butter  
1/2 chopped garlic  
1 tsp extra-virgin olive oil  
60g cheddar cheese slices  
1/2 onion thinly sliced  
120g mushrooms  
Handful of spinach  
Salt and pepper to taste

**SERVES: 2**

**COOKS IN: 10 MINS**

1. In a large pan, heat the oil over medium heat. Add onions and garlic stir until soft and translucent. Allow the onions to cook slowly.
2. Add your mushrooms and sauté for 5 until cooked and browned. Add spinach and stir until lightly wilted. Season with salt and pepper to taste.
3. Preheat your air fryer to 200C
4. Lay the bread down on a flat surface and brush the outer sides with butter. Flip the slices of bread over and assemble the sandwich.
5. Place the cheese on the bread, cover evenly with your mushrooms, spinach mix. Then cover with the other bread slice.
6. Spray the air fryer trays with non stick cooking oil, then place the sandwiches onto the tray. Cook for 5 on one side, flip to cook for a further 2 minutes.
7. Cook until the cheese is melted and the outer edges of the bread are lightly browned.





# Caramelised Apple & Pea Sausage Rolls

## What you'll need:

- 1 sheet puff pastry
- 1 1/2 large cooking apple's
- 1 red onion
- 1/2 tbsp olive oil
- 1 tbsp maple syrup (optional)
- 1 tsp caster sugar
- 1 tbsp soy sauce
- 6 pork sausages

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1. Thinly slice the onion and Bramley apples and saute on a low heat with the olive oil, maple syrup and sugar for around 15 minutes until caramelised
2. Cook your sausages to soften then shred/crumble in a bowl and add to your mix with of the apples and onion
3. Roll out the puff pastry, slice in half, then add the sausage mix to each half. Fold over and seal the edges with a fork
4. Brush over the tamari to get a beautiful glaze
5. Preheat your air fryer oven to 200°C and spray the tray with cooking spray or line with parchment paper.
6. Bake for 8 minutes.

**SERVES: 6-8**

**COOKS IN: 20 MINS**



# Goats Cheese Quiche

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1 Sheet Pie Crust  
1/2 red onion  
1 tsp olive oil  
200 g spinach  
1/4 tsp salt  
1 egg  
25g goats cheese  
50ml heavy cream (75g  
cottage cheese)  
Small handful grated  
cheese  
1 tsp dried garlic  
granules  
Salt & Pepper to season

1. Finely chop your onion. Heat the oil in a pan and cook your onion and dried garlic until translucent. Then incorporate the spinach and fry for a couple minutes until the spinach is wilted. Once wilted remove the excess liquid off the spinach mix.
2. In a separate bowl, whisk the egg and cream. Add your spinach mix and combine. Grease a 6-7 inch loose-bottomed flan tin or quiche ramekin and place your pie crust. Pour your wet mix into the lined pan.
3. Preheat your Airfryer to 160°C for three minutes. Our top tip with cooking eggs in the air fryer, is you need a low temperature. Place the quiche pan into the Airfryer wyre rack and slide into the Airfryer. Set the timer for 10 minutes. Add your grated cheese on top and cook for a further five minutes.
4. Plate, serve and enjoy!

**SERVES: 4****COOKS IN: 15 MINS**





# French Toast

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## What you ´ll need:

4 slices of thick cut bread

2 eggs

150ml milk or dairy free alternative

1 teaspoon of vanilla

1/2 teaspoon of cinnamon

1/2 tbsp sweetener of choice (sugar, powdered sugar, stevia..)

1. In a bowl mix together your eggs, milk, cinnamon, sweetener and vanilla. Whisk until the mix is smooth.
2. Dip each piece of bread into the mix for around 10 seconds and then shake to get the excess off. Lightly spray your tray with cooking spray.
3. Place your prepared bread slices on the tray.
4. Cook in the air fryer for 5 minutes at 190C. Then flip them over and do another 4 minutes. Until golden brown.
5. Serve with fresh fruit, yoghurt and maple syrup and enjoy!

**SERVES: 2**

**COOKS IN: 10 MINS**







## Hard boiled Eggs

Learn how to make perfect easy-peel hard-boiled eggs made in the air fryer that can be used for egg salad sandwiches, salad, Scotch Eggs, deviled eggs, and more!

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**6 large eggs (cold)**

1. Simply place the eggs on top of the wire rack.
2. Set the temp to 130C and the timer to 15 minutes. After the eggs are done in the air fryer take them out and put them in an ice water bath to stop the cooking. Peel the eggs and enjoy!

## Fiery Bacon Deviled Eggs

**4 eggs**

**50g Bacon Lardons**

**2 tbsp mayonaise**

**2 tbsp cream cheese**

**1 tsp siracha or hot sauce**

**1/2 tsp garlic**

**1/2 tsp hot paprika**

**Salt and pepper to taste**

**Dill to serve**

1. Start by preparing your eggs in the air fryer at 130C for 15 minutes. Transfer to an ice water bath to stop the cooking. Peel the eggs, and slice them in half. Separate whites from yolks.
2. Mash the egg yolks, and combine with the rest of the ingredients. Stir to combine. Spoon the mixture into the egg whites, top with some dill. Enjoy!

# The View

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CHEF GUERRERO'S



# Sweet Potato Fries

## What you ´ll need:

2 sweet potatoes, peeled and sliced into

1cm-thick chips

1 tbsp olive oil

1 tbsp sweet smoked paprika

Pinch of flaky salt

Rosemary to serve

1. Rinse and scrub your potatoes. Toss your chips in the oil and paprika, then place in your Airfryer basket and cook on the chip setting, and set to rotate.
2. Season your chips with flaky salt, pepper and rosemary.

# Avocado Fries

2 tbsp fresh lime juice

60g breadcrumbs

1 avocado pitted and peeled

Salt and Pepper to taste

35g all purpose flour

1 egg

1. Slice your avocado into strips. Squeeze your lime juice over your avocado slices and set aside.
2. Using the two hand method, set your flour, salt and pepper in a shallow bowl. In a separate bowl whisk your egg. And lastly in a third bowl set your breadcrumbs.
3. With your left hand, place your avocado slice into the flour mixture, take your right hand and place in the egg, and lastly with your left hand place into the breadcrumbs, coating evenly.
4. Cook in the air fryer at 190C for 12-13 minutes. Tossing half way.



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# Two ingredient bagels

280g greek yoghurt  
125g wholewheat flour  
Butter or egg wash (optional)  
Sesame or toppings (optional)

1. Mix together the flour, salt and greek yoghurt. Lightly flour a surface and roll in a ball.
2. Divide in 4 sections with a knife and roll them out to 4 lines. Carefully them into a bagel shape.
3. In a small bowl mix 1 egg with a fork and generously brush over the bagels. Season with everything bagel topping.
4. Place your bagels in the air fryer at 180C for 10 minutes.
5. Slice in half and top with your favourite spread. Enjoy!

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# Super speedy pita bread pizza

## Classic Pizza Pita Pizza

1 pita bread  
1 tbsp tomato pure  
30g light mozzarella cheese

## BBQ Chicken Pita Pizza

1 pita bread  
1 ½ tbsp bbq sauce  
75g shredded chicken  
30g light mozzarella cheese

**SERVES: 1**

**COOKS IN: 10 MINS**

1. Start by preheating your air fryer to 180C
2. Assemble each pizza with desired toppings, and cook for approximately 6 minutes until cheese is melted. Season to taste.



## Herb glazed carrots

400g carrots chopped into matchsticks

1 tbsp cornflour

1 tbsp olive oil

1 tbsp honey

1/4 tsp dill

1 tbsp fresh mint, chopped

1/2 tsp dried basil

Salt and pepper to taste

1. Mix together the flour, salt and greek yoghurt. Lightly flour a surface and roll in a ball.
2. Divide in 4 sections with a knife and roll them out to 4 lines. Carefully them into a bagel shape.
3. In a small bowl mix 1 egg with a fork and generously brush over the bagels. Season with everything bagel topping.
4. Place your bagels in the air fryer at 180C for 10 minutes.
5. Slice in half and top with your favourite spread. Enjoy!





# Family favourite mint meatballs

**What you ´ll need:**

225g ground pork

225g ground beef

1 onion finely diced

1 red bell pepper, diced

2 garlic cloves, minced

1/2 tsp turmeric

1/2 tsp cumin

1 tbsp coriander, chopped

Handful of fresh mint, finely minced

Salt and pepper to taste

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1. In a food processor combine all your vegetables and pulse. Sauté your veggies for five minutes with 1 tsp olive oil.
2. Combine your vegetables with the rest of the ingredients, and shape the mixture into balls. Transfer these to your air fryer trays (Spray with non stick cooking oil)
3. Cook your meatballs in your preheated Innoteck air fryer at 180C for 12-15 minutes. Toss and shake at the half way mark.

# Monterey Chicken

**What you ´ll need:**

2 large chicken breasts

Salt and Pepper to season

1/2 tsp garlic powder

2 tbsp BBQ sauce

45g shredded cheese

4 slices lean cut bacon

1 tsp olive oil

Optional: Sliced green onions, avocado

1. Preheat the air fryer to 180C
2. Mix your garlic powder, salt, and pepper. Add your chicken to a bowl, pour the olive oil over and rub with the spices. Place in the Air Fryer and cook for 6 minutes.
3. After the timer, flip your chicken over and spread your bbq sauce over the top then top with cheese and bacon, evenly over the chicken breasts. Continue to cook your chicken for a further 8 minutes\*.

\* Your cooking time may vary depending on the thickness of the chicken breasts.







# Scampi and chips

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**What you ´ll need:**

500 g King Prawns

100g plain flour

2 eggs beaten

75g breadcrumbs

Lemon wedges for squeezing

Sea salt flakes to serve

1 Tbsp Parsley

1. Rinse your prawns and pat them dry with a kitchen towel.
2. Place the eggs, breadcrumbs and flour (parsley) in separate shallow bowls. Dip the prawns in the flour, then the eggs, then the breadcrumbs to coat well. Set aside.
3. Preheat your air fryer to 180C and cook your prawn scampi for 12 minutes, until golden brown.
4. When cooked season with fresh lemon juice, salt flakes, and serve alongside air fried chunky chips.

**SERVES: 4****COOKS IN: 15 MINS**





# Chocolate Filo Croissant Rolls

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## FOR THE PASTRY

2 tbsp butter melted

3 filo pastry sheets, thawed if frozen

## FOR THE CHOCOLATE FILLING

250g chocolate spread, or melted  
chocolate.

## TO SERVE

Sifted icing sugar, for dusting

1. Preheat your air fryer to 175C
2. Lightly flour your work surface. Gently unfold your filo sheets. Cut your filo pastry square in half then cut each half into four rectangles. (We should have 8 rectangles). Now, cut each rectangle diagonally into two triangles.
3. Spread your chocolate into the centre of the triangle. And gently brush some melted butter around the edges. Then, starting at the wider end, roll each triangle up.
4. Optional: Lightly brush tops of croissants with egg wash.
5. Air fry for 6 minutes, flip half way.





# Simple quesadilla crunch wrap hack

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## **Breakfast Quesadilla Tortilla Wrap**

1 egg, scrambled  
1/2 avocado, mashed  
30g grated cheddar cheese  
1/2 tomato sliced

## **Sundried Tomato Salmon Wrap**

1/2 avocado, mashed  
Sautéed vegetables of choice  
2/3 sundried tomatoes  
3 slices smoked salmon

1. Start with a large tortilla and make a cut from the centre to the edge of the tortilla.
2. Place your first filling in the lower right corner. Continue to add your fillings to each quarter. Leave your cheese until last. This will help hold the wrap together.
3. Fold the first quarter over the second one. Fold the second quarter over the third quarter. Finish off folding the last quarter so you have a triangle.
4. Spray each side of the wrap with a little non stick cooking oil and place it in the Air Fryer at 180C for about 5-6 minutes. Flipping half way.

**SERVES: 1**

**COOKS IN: 10 MINS**