

A top-down view of a black roasting tray filled with various roasted ingredients. In the center, a semi-transparent purple rectangle contains the text '10 RECIPES FOR YOUR AIRFRYER'. The ingredients include golden-brown roasted chicken pieces, halved potatoes, vibrant green broccoli florets, orange carrot sticks, and a cluster of bright red cherry tomatoes at the bottom right. Sprigs of fresh rosemary are scattered throughout the dish.

LEBEN
LANG

10 RECIPES

FOR YOUR
AIRFRYER



PROGRAM: CHICKEN

INGREDIENTS

500 G CHICKEN
WINGS
1 TBSP OIL
1 TSP SALT
1 TSP PAPRIKA
2 TBSP HONEY
1 TBSP MUSTARD
1 TSP SOY SAUCE

CRISPY CHICKEN WINGS WITH HONEY-MUSTARD GLAZE

PREPARATION

1. MARINATE CHICKEN WINGS WITH OIL, SALT & PAPRIKA. LET SIT FOR 30 MINUTES.
2. COOK AT 200 °C FOR 25 MINUTES, TURNING ONCE.
3. MIX HONEY, MUSTARD & SOY SAUCE. BRUSH WINGS WITH THE MIXTURE.
4. BAKE FOR ANOTHER 5 MINUTES UNTIL THEY CARAMELIZE.



PROGRAM: VEGETABLES

INGREDIENTS

3 POTATOES,
COARSELY GRATED
1 EGG
2 TBSP FLOUR
SALT
PEPPER
100 G GRATED
CHEESE

POTATO RÖSTI WITH CHEESE FILLING

PREPARATION

1. SQUEEZE OUT THE POTATOES, MIX WITH EGG, FLOUR & SPICES.
2. PLACE A THIN LAYER OF THE POTATO MIXTURE INTO A SILICONE MUFFIN MOLD, ADD CHEESE ON TOP, THEN COVER WITH MORE POTATO.
3. BAKE AT 180 °C FOR 15–18 MINUTES UNTIL GOLDEN BROWN.



PROGRAM: FISH

INGREDIENTS

2 SALMON FILLETS
50 G BREADCRUMBS
30 G PARMESAN
1 TSP LEMON JUICE
1 TSP MUSTARD
1 TSP CHOPPED
HERBS

SALMON FILLET WITH PARMESAN-HERB CRUST

PREPARATION

1. SPREAD MUSTARD ON THE SALMON FILLETS.
2. MIX BREADCRUMBS, PARMESAN & HERBS, THEN SPRINKLE OVER THE SALMON.
3. BAKE AT 190 °C FOR 12-15 MINUTES UNTIL THE CRUST IS CRISPY.



PROGRAM: VEGETABLES

INGREDIENTS

2 LARGE BELL PEPPERS
200 G GROUND MEAT
1 TSP OIL
1 SMALL ONION, DICED
50 G FETA
1 TBSP TOMATO PASTE

STUFFED BELL PEPPERS WITH GROUND MEAT & FETA

PREPARATION

1. SAUTÉ THE GROUND MEAT WITH OIL AND ONIONS, THEN MIX WITH TOMATO PASTE.
2. STIR IN FETA, THEN FILL THE PEPPERS WITH THE MIXTURE.
3. COOK AT 180 °C FOR 20 MINUTES UNTIL THE PEPPERS ARE SOFT.



PROGRAM: CHICKEN

INGREDIENTS

2 CHICKEN BREAST
FILLETS
100 G MOZZARELLA
200 ML STRAINED
TOMATOES
SALT
PEPPER
OREGANO

MOZZARELLA CHICKEN WITH TOMATO SAUCE

PREPARATION

1. HALVE THE FILLETS AND FILL WITH MOZZARELLA.
2. SEASON THE CHICKEN WITH SALT, PEPPER & OREGANO.
3. COOK AT 180 °C FOR 15 MINUTES.
4. ADD TOMATO SAUCE ON TOP AND BAKE FOR ANOTHER 5 MINUTES.
5. GOES WELL WITH FRENCH FRIES.



PROGRAM: VEGETABLES

INGREDIENTS

2 SWEET POTATOES
50 G GRATED
CHEESE
1 AVOCADO
1 TSP LEMON JUICE
SALT

BAKED SWEET POTATOES WITH AVOCADO DIP

PREPARATION

1. HALVE THE SWEET POTATOES AND RUB WITH OIL.
2. COOK AT 200 °C FOR 25 MINUTES.
3. ADD CHEESE ON TOP AND BAKE FOR ANOTHER 5 MINUTES.
4. MASH AVOCADO WITH LEMON JUICE & SALT, SERVE AS DIP.



PROGRAM: FISH

INGREDIENTS

250 G SHRIMP,
PEELED
1 TSP OLIVE OIL
1 TSP LEMON JUICE
1 GARLIC CLOVE
1 TSP CHOPPED
PARSLEY

GARLIC & HERB SHRIMP SKEWERS

PREPARATION

1. MARINATE THE SHRIMP WITH OIL, GARLIC & HERBS.
2. THREAD ONTO SKEWERS, COOK AT 190 °C FOR 8–10 MINUTES.
3. DECORATE ON THE PLATE WITH LIME SLICES.
4. GOES WELL WITH SALAD.



PROGRAM: BAKING

INGREDIENTS

250 G PIZZA DOUGH
100 G MOZZARELLA
50 G HAM
3 TBSP TOMATO
SAUCE
1 TSP OREGANO

HOMEMADE MINI CALZONES

PREPARATION

1. ROLL OUT THE PIZZA DOUGH AND CUT OUT CIRCLES USING A DRINKING GLASS.
2. FILL WITH SAUCE, CHEESE & HAM, THEN FOLD OVER.
3. BAKE AT 180 °C FOR 12 MINUTES.

A top-down view of a white plate featuring five caramelized banana halves, each brushed with a golden-brown glaze and dusted with brown powder. Two cinnamon sticks are placed on the left side of the plate. The background is a light purple gradient.

PROGRAM: DESSERT

INGREDIENTS

2 BANANAS, HALVED
LENGTHWISE
1 TSP BUTTER
1 TSP BROWN SUGAR
1 TSP CINNAMON

CARAMELIZED BANANAS WITH CINNAMON

PREPARATION

1. BRUSH BANANAS WITH BUTTER, SUGAR & CINNAMON.
2. CARAMELIZE AT 180 °C FOR 10 MINUTES.
3. ARRANGE ON A PLATE AND DECORATE WITH CINNAMON STICKS.



PROGRAM: BAKING

INGREDIENTS

100 G DARK
CHOCOLATE
50 G BUTTER
50 G SUGAR
2 EGGS
80 G FLOUR
½ TSP BAKING
POWDER

FLUFFY CHOCOLATE BROWNIES

PREPARATION

1. MELT CHOCOLATE & BUTTER, MIX WITH SUGAR & EGGS.
2. FOLD IN FLOUR & BAKING POWDER.
3. SPRINKLE WITH CHOCOLATE CHIPS AS DESIRED.
4. FILL INTO MOLDS, BAKE AT 160 °C FOR 12–15 MINUTES.