Community Care Tailored Support
Empowering Potential, Inspiring Success

Simple & Tasty

Easy Air Fryer Cooking

15 easy recipes with picture-by-picture steps







Choose. Cook. Enjoy.

Clear instructions, everyday ingredients and support for cooking with confidence.

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Before you cook: pages 3-4 | My notes: page 35

Each recipe has two pages: ingredients and a finished-dish example, then four illustrated steps.

Before you cook

Your choice and support

Choose a recipe you enjoy. Read it first and ask for support with cutting, hot baskets or using a thermometer when needed. Follow the person's allergy and mealtime plan; crunchy foods may not suit everyone.

Set up the air fryer

Read your model's instructions. Put it on a stable, heat-resistant bench with the ventilation space required by the manufacturer. Keep cords and water away. Stay nearby while it is on.

Use the right equipment

You need a board, knife, bowl, measuring spoons, tongs, oven mitts and a heatproof mat. For meat and chicken, also use a food thermometer. Use only accessories approved for your model.

Protect hands and airflow

Open the drawer carefully, away from your face. Use mitts for hot parts. Never cover vents, fill the drawer with oil or use loose paper. These recipes do not need foil or paper liners.

Keep food clean

Wash and dry hands. Wash produce. Keep raw meat separate from ready-to-eat food. Clean hands, boards and utensils after raw meat; do not wash raw chicken.

READ THIS BEFORE EVERY RECIPE

Getting good results

Temperatures are in Celsius

The setting heats the air; it is not the food's internal temperature. Use Air Fry mode. Preheat only as directed in your manual. Cooking times exclude preheating and are estimates, not appliance-tested guarantees.

Give food room

Use a single layer with space for air to move. Cook in batches if needed; an extra batch adds time. Ingredients are fresh or thawed, not frozen. Cut pieces to the sizes in the recipe.

Check, then cook a little longer

Check at the lower end of the time range. Turn or shake as directed. Add a few minutes if needed. Browning alone does not show that meat is safe; chicken and meatballs must reach 75°C in the centre.

Finish safely

Switch off after use. Let food cool enough to eat. Clean the basket after it cools, following the manual. Never immerse the electrical unit in water.

About these recipes and pictures

These are general home-cooking recipes, not personalised dietary advice. Check every ingredient label. AI-generated pictures show examples; portions and colours may vary. Always follow the written steps.

INGREDIENTS AND FINISHED DISH

Golden potato wedges

SERVES: 2 | PREP: 5-10 min

190°C | Approx. cooking time: 20-25 min

What you need

- ☐ 500 g potatoes
- ☐ 2 tsp olive oil
- ☐ 1/2 tsp paprika



Finished-dish example

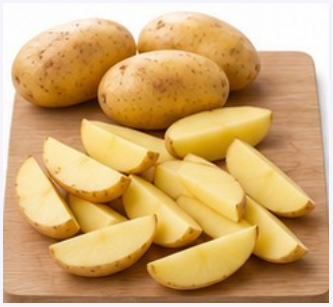
Ready to start?

Wash and dry your hands. Collect the ingredients and equipment. Read all four steps before turning on the air fryer. Check page 4 for preheating and cooking in batches.

Turn the page for your four picture steps.

FOLLOW THE STEPS IN ORDER

Golden potato wedges



1. Wash potatoes. Cut into wedges about 2 cm thick and dry well.



2. Toss wedges with oil and paprika.



3. Spread in the basket. Air fry at 190°C for 20-25 minutes, turning halfway.



4. Check with a fork: the centres should be soft. Cook longer if needed. Serve warm.

Times vary by air fryer. Follow the doneness checks, not just the timer.

INGREDIENTS AND FINISHED DISH

Sweet potato cubes

SERVES: 2 | PREP: 5-10 min

190°C | Approx. cooking time: 15-20 min

What you need

- ☐ 400 g sweet potato
- ☐ 2 tsp olive oil
- ☐ 1/2 tsp mixed herbs



Finished-dish example

Ready to start?

Wash and dry your hands. Collect the ingredients and equipment. Read all four steps before turning on the air fryer. Check page 4 for preheating and cooking in batches.

Turn the page for your four picture steps.

FOLLOW THE STEPS IN ORDER

Sweet potato cubes



1. Peel the sweet potato and cut into 2 cm cubes.



2. Toss with oil and mixed herbs.



3. Spread in the basket. Air fry at 190°C for 15-20 minutes, shaking halfway.



4. Check that a fork slides easily into the cubes. Cook longer if needed.

Times vary by air fryer. Follow the doneness checks, not just the timer.

INGREDIENTS AND FINISHED DISH

Roasted carrot sticks

SERVES: 2 | PREP: 5-10 min

180°C | Approx. cooking time: 15-20 min

What you need

- ☐ 3 medium carrots
- ☐ 2 tsp olive oil
- ☐ 1/4 tsp dried thyme



Finished-dish example

Ready to start?

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Turn the page for your four picture steps.

FOLLOW THE STEPS IN ORDER

Roasted carrot sticks



1. Wash or peel carrots. Cut into sticks about 1 cm thick.



2. Toss with oil and thyme.



3. Spread in the basket. Air fry at 180°C for 15-20 minutes, turning halfway.



4. Check the carrots are tender. Cook longer if needed, then serve.

Times vary by air fryer. Follow the doneness checks, not just the timer.

INGREDIENTS AND FINISHED DISH

Easy roasted broccoli

SERVES: 2 | PREP: 5-10 min

180°C | Approx. cooking time: 8-12 min

What you need

- ☐ 1 small head broccoli
- ☐ 2 tsp olive oil
- ☐ 1/4 tsp garlic powder



Finished-dish example

Ready to start?

Wash and dry your hands. Collect the ingredients and equipment. Read all four steps before turning on the air fryer. Check page 4 for preheating and cooking in batches.

Turn the page for your four picture steps.

FOLLOW THE STEPS IN ORDER

Easy roasted broccoli



1. Wash broccoli, cut into similar-sized florets and dry well.



2. Toss florets with oil and garlic powder.



3. Put in the basket. Air fry at 180°C for 8-12 minutes, shaking halfway.



4. Check stems are tender and edges lightly browned. Check early to avoid burning.

Times vary by air fryer. Follow the doneness checks, not just the timer.

INGREDIENTS AND FINISHED DISH

Paprika cauliflower

SERVES: 2 | PREP: 5-10 min

180°C | Approx. cooking time: 12-18 min

What you need

- ☐ 1/2 medium cauliflower
- ☐ 2 tsp olive oil
- ☐ 1/2 tsp paprika



Finished-dish example

Ready to start?

Wash and dry your hands. Collect the ingredients and equipment. Read all four steps before turning on the air fryer. Check page 4 for preheating and cooking in batches.

Turn the page for your four picture steps.

FOLLOW THE STEPS IN ORDER

Paprika cauliflower



1. Wash cauliflower. Cut into small, even florets and dry well.



2. Toss with oil and paprika.



3. Spread in the basket. Air fry at 180°C for 12-18 minutes, shaking halfway.



4. Check the stems are tender with a fork. Cook longer if needed.

Times vary by air fryer. Follow the doneness checks, not just the timer.

INGREDIENTS AND FINISHED DISH

Simple chicken strips

SERVES: 2 | PREP: 5-10 min

190°C | Approx. cooking time: 10-15 min

What you need

- ☐ 300 g raw chicken breast
- ☐ 2 tsp olive oil
- ☐ 1/2 tsp paprika
- ☐ 1/4 tsp garlic powder



Finished-dish example

Ready to start?

Wash and dry your hands. Collect the ingredients and equipment. Read all four steps before turning on the air fryer. Check page 4 for preheating and cooking in batches.

Turn the page for your four picture steps.

FOLLOW THE STEPS IN ORDER

Simple chicken strips



1. On a separate board, cut chicken into strips about 2 cm thick. Do not wash raw chicken.



2. Coat chicken with oil, paprika and garlic powder. Wash hands and clean the board and utensils.



3. Place strips in a single layer. Air fry at 190°C for about 10-15 minutes, turning halfway with tongs.



4. Use a clean food thermometer: the thickest part of every strip must reach 75°C. Cook longer and recheck if needed.

Times vary by air fryer. Follow the doneness checks, not just the timer.

INGREDIENTS AND FINISHED DISH

Lemon chicken thighs

SERVES: 2 | PREP: 5-10 min

190°C | Approx. cooking time: 16-22 min

What you need

- ☐ 2 boneless, skinless chicken thighs
- ☐ 2 tsp olive oil
- ☐ 1 tsp lemon juice
- ☐ 1/2 tsp dried oregano



Finished-dish example

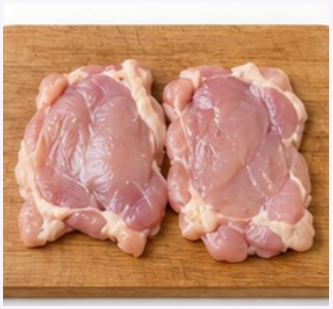
Ready to start?

Wash and dry your hands. Collect the ingredients and equipment. Read all four steps before turning on the air fryer. Check page 4 for preheating and cooking in batches.

Turn the page for your four picture steps.

FOLLOW THE STEPS IN ORDER

Lemon chicken thighs



1. Unfold the thighs so they lie flat. Do not wash raw chicken.



2. Coat with oil, lemon juice and oregano. Wash hands and clean anything that touched raw chicken.



3. Place in a single layer. Air fry at 190°C for about 16-22 minutes, turning halfway.



4. Check each thigh with a clean food thermometer. The thickest part must reach 75°C; cook longer and recheck if needed.

Times vary by air fryer. Follow the doneness checks, not just the timer.

Easy beef meatballs

SERVES: 2 | PREP: 5-10 min

180°C | Approx. cooking time: 10-15 min

What you need

- ☐ 250 g beef mince
- ☐ 2 tbsp breadcrumbs
- ☐ 1 tbsp milk
- ☐ 1/2 tsp mixed herbs



Finished-dish example

Ready to start?

Wash and dry your hands. Collect the ingredients and equipment. Read all four steps before turning on the air fryer. Check page 4 for preheating and cooking in batches.

Turn the page for your four picture steps.

FOLLOW THE STEPS IN ORDER

Easy beef meatballs



1. Mix mince, breadcrumbs, milk and herbs in a bowl.



2. Shape into 8 equal meatballs. Wash hands and clean surfaces after handling raw meat.



3. Place apart in the basket. Air fry at 180°C for about 10-15 minutes, turning halfway.



4. Check the centre of the meatballs with a clean food thermometer. They must reach 75°C. Cook longer and recheck if needed.

Times vary by air fryer. Follow the doneness checks, not just the timer.

INGREDIENTS AND FINISHED DISH

Crisp tofu cubes

SERVES: 2 | PREP: 5-10 min

190°C | Approx. cooking time: 15-20 min

What you need

- ☐ 300 g firm tofu, drained
- ☐ 2 tsp olive oil
- ☐ 1 tbsp reduced-salt soy sauce
- ☐ 1 tbsp cornflour



Finished-dish example

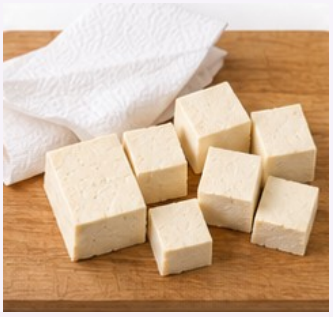
Ready to start?

Wash and dry your hands. Collect the ingredients and equipment. Read all four steps before turning on the air fryer. Check page 4 for preheating and cooking in batches.

Turn the page for your four picture steps.

FOLLOW THE STEPS IN ORDER

Crisp tofu cubes



1. Pat tofu dry with paper towel. Cut into 2 cm cubes.



2. Gently toss with oil and soy sauce, then coat with cornflour.



3. Spread in the basket. Air fry at 190°C for 15-20 minutes, turning halfway.



4. Check the cubes are hot throughout and golden at the edges. Serve with cooked rice and vegetables if desired.

Times vary by air fryer. Follow the doneness checks, not just the timer.

INGREDIENTS AND FINISHED DISH

Herby zucchini bites

SERVES: 2 | PREP: 5-10 min

190°C | Approx. cooking time: 8-12 min

What you need

- ☐ 2 medium zucchini
- ☐ 2 tsp olive oil
- ☐ 1/2 tsp mixed herbs



Finished-dish example

Ready to start?

Wash and dry your hands. Collect the ingredients and equipment. Read all four steps before turning on the air fryer. Check page 4 for preheating and cooking in batches.

Turn the page for your four picture steps.

FOLLOW THE STEPS IN ORDER

Herby zucchini bites



1. Wash zucchini. Cut into thick half-moons, about 1.5 cm thick.



2. Toss with oil and herbs.



3. Spread in the basket. Air fry at 190°C for 8-12 minutes, shaking halfway.



4. Check the zucchini is tender and lightly browned. Serve warm.

Times vary by air fryer. Follow the doneness checks, not just the timer.

INGREDIENTS AND FINISHED DISH

Easy corn on the cob

SERVES: 2 | PREP: 5-10 min

190°C | Approx. cooking time: 12-16 min

What you need

- ☐ 2 small corn cobs, husks removed
- ☐ 2 tsp olive oil
- ☐ 1/4 tsp paprika



Finished-dish example

Ready to start?

Wash and dry your hands. Collect the ingredients and equipment. Read all four steps before turning on the air fryer. Check page 4 for preheating and cooking in batches.

Turn the page for your four picture steps.

FOLLOW THE STEPS IN ORDER

Easy corn on the cob



1. Remove corn silk and rinse the cobs. Dry well. Use cobs that fit without touching the heating element.



2. Brush lightly with oil and sprinkle with paprika.



3. Place cobs in the basket. Air fry at 190°C for 12-16 minutes, turning halfway with tongs.



4. Check kernels are tender and hot. Let cool slightly before holding or eating.

Times vary by air fryer. Follow the doneness checks, not just the timer.

INGREDIENTS AND FINISHED DISH

Mini pita pizzas

SERVES: 2 | PREP: 5-10 min

170°C | Approx. cooking time: 5-8 min each

What you need

- ☐ 2 small pita breads
- ☐ 2 tbsp tomato pizza sauce
- ☐ 1/2 cup grated cheese
- ☐ 1/4 capsicum, finely diced



Finished-dish example

Ready to start?

Wash and dry your hands. Collect the ingredients and equipment. Read all four steps before turning on the air fryer. Check page 4 for preheating and cooking in batches.

Turn the page for your four picture steps.

FOLLOW THE STEPS IN ORDER

Mini pita pizzas



1. Choose pita breads that fit flat in the basket. Spread each with 1 tablespoon of sauce.



2. Add capsicum, then cheese to hold the topping down.



3. Cook one pizza at a time at 170°C for 5-8 minutes. Check after 4 minutes; stop if toppings lift towards the element.



4. Use a spatula and oven mitts to lift out. Let cool slightly, then cut into pieces.

Times vary by air fryer. Follow the doneness checks, not just the timer.

Cheese and bean quesadillas

SERVES: 2 | PREP: 5-10 min

180°C | Approx. cooking time: 6-8 min each

What you need

- ☐ 2 small flour tortillas
- ☐ 1/2 cup canned black beans, drained and rinsed
- ☐ 1/2 cup grated cheese



Finished-dish example

Ready to start?

Wash and dry your hands. Collect the ingredients and equipment. Read all four steps before turning on the air fryer. Check page 4 for preheating and cooking in batches.

Turn the page for your four picture steps.

FOLLOW THE STEPS IN ORDER

Cheese and bean quesadillas



1. Mash the beans lightly in a bowl.



2. Put half the beans and cheese on one half of each tortilla. Fold over and press firmly.



3. Cook one folded tortilla at a time at 180°C for 6-8 minutes, turning gently halfway. Stop if it lifts towards the element.



4. Check the filling is hot and cheese melted. Rest for 2 minutes, then cut into wedges.

Times vary by air fryer. Follow the doneness checks, not just the timer.

INGREDIENTS AND FINISHED DISH

Warm cinnamon apples

SERVES: 2 | PREP: 5-10 min

180°C | Approx. cooking time: 10-15 min

What you need

- ☐ 2 apples
- ☐ 1 tsp olive oil
- ☐ 1/2 tsp cinnamon



Finished-dish example

Ready to start?

Wash and dry your hands. Collect the ingredients and equipment. Read all four steps before turning on the air fryer. Check page 4 for preheating and cooking in batches.

Turn the page for your four picture steps.

FOLLOW THE STEPS IN ORDER

Warm cinnamon apples



1. Wash and core apples. Cut into wedges about 1.5 cm thick.



2. Toss with oil and cinnamon.



3. Put in the basket. Air fry at 180°C for 10-15 minutes, turning halfway.



4. Check apples are tender. Let cool slightly. Serve alone or with yoghurt if suitable.

Times vary by air fryer. Follow the doneness checks, not just the timer.

Banana oat bites

SERVES: 6 small bites | PREP: 10 min

160°C | Approx. cooking time: 8-12 min

What you need

- ☐ 1 large ripe banana
- ☐ 3/4 cup rolled oats
- ☐ 1/4 tsp cinnamon



Finished-dish example

Ready to start?

Wash and dry your hands. Collect the ingredients and equipment. Read all four steps before turning on the air fryer. Check page 4 for preheating and cooking in batches.

Turn the page for your four picture steps.

FOLLOW THE STEPS IN ORDER

Banana oat bites



1. Mash banana in a bowl until smooth.



2. Stir in oats and cinnamon. Rest for 5 minutes so the oats soften.



3. Shape 6 small, flat bites. Put on a lightly greased, manufacturer-approved baking tray that fits your air fryer, leaving airflow space.



4. Air fry at 160°C for 8-12 minutes until firm and lightly golden. Cool on the tray for 5 minutes before lifting off.

Times vary by air fryer. Follow the doneness checks, not just the timer.

MAKE IT YOUR OWN

My cooking notes

Recipe I tried:

What I liked:

What I would change next time:

My air fryer setting and time:

Support or equipment that helped:

My next recipe:

Useful guidance

Food safety notes were informed by the following sources. Always use the instructions supplied with your own air fryer.

Food Standards Australia New Zealand

Food safety for older people

https://www.foodstandards.gov.au/consumer/prevention-of-foodborne-illness/food-safety-older-people

Philips Support

Can I use baking paper/foil in my Philips Airfryer?

https://www.philips.com.au/c-f/XC000003625/can-i-use-baking-paper-foil-in-my-philips-airfryer

Recipe notes

Cooking times and yields are practical starting estimates. Recipes have not been kitchen-tested for every air fryer. The manufacturer's limits and the person's dietary and mealtime requirements take priority.

Community Care Tailored Support

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