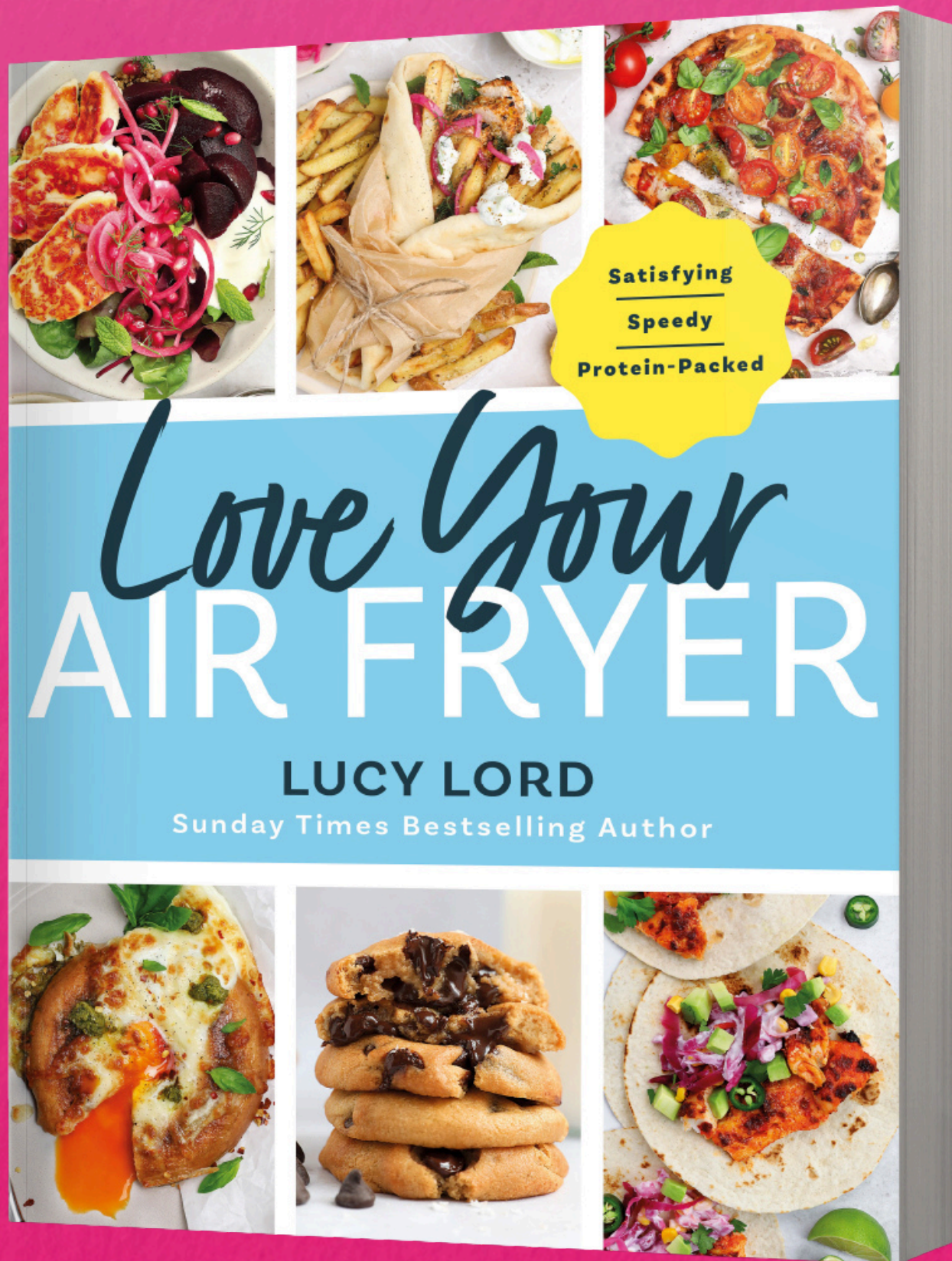


3 EASY RECIPES FROM



+ air fryer essentials

Hello

Thank you so much for downloading this free guide.

Inside you'll find three recipes straight from *Love Your Air Fryer*, chosen to show you that an air fryer is so much more than chips and wedges.

From quick, nourishing weeknight meals to proper bakes like the chocolate fudge brownies - recipes I love and make on repeat, with a lot less washing up.

I hope these recipes make you fall in love with your air fryer all over again.



If you loved these recipes, there are **80+ brand new and exclusive recipes** waiting for you in *Love Your Air Fryer*, *out this week!*

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And if you'd like more free recipes, join [Supper Club](#), my free weekly newsletter with new recipes, tips and more - every Friday.

Love, Lucy

[@lordlucy](#)

Love Your Air Fryer



Crispy gnocchi with burst tomatoes & ricotta

Gnocchi in the air fryer is a game changer. With no need to boil, it crisps up on the outside but stays pillowy soft in the middle. Tossed with juicy, jammy cherry tomatoes and dotted with creamy ricotta and fresh herbs.

Serves 2

Prep time: 5 minutes

Cook time: 15 minutes

Nutritional information
(per serve):

367 kcal • 14g fat •

46g carbs • 13g protein

250g fresh gnocchi
1 tbsp olive oil or spray
1 tsp dried oregano or Italian seasoning
2 garlic cloves, finely diced
2 tbsp tomato purée
200g cherry tomatoes
½ tbsp honey
100g ricotta cheese

To serve:

Fresh basil
Parmesan cheese, grated
Chilli flakes

1. Toss the gnocchi with ½ tablespoon of the olive oil or spray, the oregano and a pinch of salt and pepper in a bowl until the gnocchi are evenly coated.
2. Air fry at 190°C (375°F) for 15 minutes, shaking the basket once or twice, until golden and crisp.
3. Meanwhile, heat the remaining ½ tablespoon of olive oil or spray in a small frying pan over medium heat. Add the garlic and cook for 30 seconds, then add the tomato purée and stir to mix. Add the whole cherry tomatoes and cook for 10 minutes over a low heat, stirring often, until soft and starting to burst. Gently press them with a wooden spoon to help release their juices.
4. Stir in the honey and season with salt and pepper to taste, then cook the sauce for another 2 minutes until glossy and jammy.
5. Add the crispy gnocchi to the frying pan with the burst tomatoes and coat well.
6. Serve with dollops of the ricotta over the top and scatter over fresh basil, Parmesan and a pinch of chilli flakes.

Notes:

- To make this gluten-free, use GF gnocchi.
- Swap in burrata or crumbled feta, stir through spinach at the end to wilt it down, or add chopped olives or sun-dried tomatoes for extra flavour.
- Store leftovers in an airtight container in the fridge for up to 2 days. Reheat in the air fryer at 180°C (350°F) for 3-4 minutes until crisp again.



Sticky salmon bites

Quick, flavour-packed and so simple to make. Cubing the salmon means more crispy edges, more glaze in every bite and a shorter cook time. Sweet, savoury and perfectly caramelised in the air fryer.

Serves 2

Prep time: 10 minutes

Cook time: 8 minutes

Nutritional information
(per serve):

232 kcal • 15g fat •

10g carbs • 20g protein

2 salmon fillets, skin removed
and cut into bite-sized cubes

1 tbsp soy sauce

1 tbsp honey

1 tsp sesame oil

1 tsp harissa paste

½ tsp garlic powder

1. Put the cubed salmon into a mixing bowl and toss with the soy sauce, honey, sesame oil, harissa paste, garlic powder and some salt and pepper. Let it sit for 5 minutes.

2. Line the air fryer basket with a sheet of baking paper (to save on cleaning up) and arrange the marinated salmon cubes in a single layer.

3. Air fry at 200°C (400°F) for 8 minutes, until golden and caramelised on the edges and cooked through.

4. Serve on a bed of rice with sliced cucumbers, edamame beans, sesame seeds and sliced spring onion.

Notes:

- To make this gluten-free, use tamari instead of soy sauce.
- Store leftovers in the fridge for up to 3 days in an airtight container.
- Enjoy cold or reheat in the air fryer at 160°C (320°F) for 2-3 minutes.



Fudgy brownies

Makes 9 brownies

Prep time: 15 minutes

Cook time: 15 minutes

**Nutritional information
(per serve):**

300 kcal • 20g fat •

26g carbs • 4g protein

Rich, dense and irresistibly fudgy, these brownies are an ideal quick, small-batch bake. Perfect with a scoop of ice cream or a sprinkle of flaky sea salt.

140g butter
140g 70% dark chocolate
150g caster sugar
40g plain flour
40g cocoa powder
½ tsp salt
2 eggs

1. Preheat the air fryer to 160°C (320°F). Grease a [15cm \(6 inch\) square baking tin](#) with oil or butter and line with baking paper.

2. Melt the butter and chocolate together in short microwave bursts or in a saucepan over a low heat until smooth. Stir in the sugar and set aside.

3. In a small bowl, sift together the flour, cocoa and salt.

4. In a large mixing bowl, whisk the eggs until frothy. Pour in the melted chocolate mixture and whisk together until the batter is thick and glossy.

5. Gently fold in the dry ingredients until just combined – the batter will be thick and heavy.

6. Pour into the prepared tin, smooth the top and bake at 160°C (320°F) for 15 minutes until the edges are set. It's okay if the centre still has a little wobble – they'll finish setting as they cool, keeping the middle soft and fudgy.

7. Cool completely in the tin before slicing.

Notes:

- Sprinkle with flaky sea salt before serving for a sweet-salty contrast.
- For neat slices, chill the cooled brownies in the tin for 1-2 hours before slicing.
- Store in an airtight container for up to 5 days at room temperature.
- To freeze, wrap slices tightly in cling film, then freeze in an airtight container for up to 3 months.

AIR FRYER *essentials*



Oil mister for an even, lighter coating of oil.



Pre-cut baking paper sheets line the basket in seconds, no mess, no sticking & less washing up.



Silicone tongs gentle on your basket coating, essential for flipping and serving.



Silicone muffin cases perfect for muffins, eggs, mini frittatas and bakes.

AIR FRYER

temperature conversions

Oven time (minutes)	Air fryer time (minutes)
10	8
15	12
20	16
25	20
30	24
35	28
40	32
45	36
50	40
55	44
60	48

Fan oven (°C)	Air fryer (°C)
170°C	150°C
180°C	160°C
190°C	170°C
200°C	180°C
210°C	190°C
220°C	200°C