



## Method

1. Put the chicken pieces in a large bowl and add the buttermilk, stir to coat the chicken thoroughly, it should be submerged in the liquid, then cover the bowl and let it sit in the fridge for two to three hours or overnight.

2. Preheat fryer to 200°C. Thoroughly mix together all spices.

3. Combine spices with flour, brown sugar and salt.

4. Dip chicken pieces in egg white to lightly coat them, then transfer to flour mixture.

5. Turn a few times and make sure the flour mix is really stuck to the chicken.  
Repeat with all the chicken pieces.

6. Let chicken pieces rest for 5 minutes so crust has a chance to dry a bit.

7. Fry chicken in batches. Breasts and wings should take 12-14 minutes, and legs and thighs will need a few more minutes. Chicken pieces are done when a meat thermometer inserted into the thickest part reads 75°C.

8. Let chicken sit on a few paper towels when it comes out of the fryer. Serve hot.



## Southern Fried Chicken

### Ingredients

#### Spice Mix:

- 1 tbsp paprika
- 2 tsp onion salt
- 1 tsp chilli powder
- 1 tsp black pepper
- 1½ tsp celery salt
- ½ tsp dried sage
- ½ tsp garlic powder
- ½ tsp ground all spice
- ½ tsp dried oregano
- ½ tsp dried basil
- ½ tsp dried marjoram
- 180 g plain flour
- 1 tbsp brown sugar
- 1 tsp salt

#### Ingredients to coat chicken:

- 1 whole chicken (2 breasts, 2 thighs, 2 drumsticks, 2 wings)
- 250 ml Buttermilk, to marinate chicken
- 1 egg white
- Spray Rapeseed/Olive Oil



## Chicken Tenders

### Ingredients

- 4 boneless chicken fillets, cut into strips
- 100 g plain flour
- ½ tsp garlic powder
- ¼ tsp smoked paprika
- Salt and pepper
- 2 eggs, beaten
- 120 g panko breadcrumbs/cornflakes, crushed

### Method

1. Toss the flour with the garlic powder, paprika and a pinch of salt and pepper and pop into a zip-lock bag. Put the chicken in the bag, shake until all the chicken is coated in flour and then, piece by piece, dip into the egg mixture and then the cornflake mixture.

2. Cook in an air fryer for 10 minutes at 200°C until cooked through and crispy. Shake once during the cooking process to ensure even crispiness.

3. To cook in advance for lunch prep, cool on a wire tray before packing in an airtight container lined with one sheet of kitchen paper. They will stay fresh for three days in the fridge.

### Pair with – Asian Slaw



### Ingredients

- 454 g shredded white/red cabbage
- 3 spring onions/scallions, sliced
- 15 g fresh coriander/flat-leaf parsley, chopped

#### Asian Slaw Dressing:

- 3 tbsp olive oil
- 1 tbsp toasted sesame oil
- 60 ml rice wine vinegar
- 3 tbsp honey (for vegan-substitute maple syrup or agave)
- 1 tbsp soy sauce (or GF alternative)
- 1 garlic clove, finely minced
- 1 tbsp ginger, finely chopped
- ½ tsp salt
- ½ tsp chili flakes or chili paste (optional)

#### Optional toppings:

- Toasted sesame seeds
- Roasted peanuts or cashews, crushed

### Method

1. Toss slaw ingredients together in a large bowl. Add coriander and spring onions.

2. Whisk Asian Slaw Dressing ingredients together in a small bowl.

3. Pour dressing into slaw and toss well and garnish with sesame seeds and/ or nuts.

Feel free to Substitute shredded carrots, bell pepper, sugar snap peas, broccoli slaw, shredded Brussels sprouts, for part of the cabbage. Salad will keep up to 3-4 days in the fridge.



# Buffalo Cauliflower Bites

## Ingredients

### For the Buffalo Sauce:

- 75 ml buffalo wing sauce (we used Frank's)
- 1 tbsp rapeseed/olive oil
- ½ tsp honey

### For the Cauliflower:

- 75 g rice/plain flour
- 1/4 tsp cornflour
- 1/4 tsp baking powder
- 1/4 tsp salt
- 2 tbsp cold sparkling water

## Method

1. Make buffalo sauce: In large bowl, whisk together all ingredients; set aside.

3. Make cauliflower: Heat air fryer to 200°C. In another large bowl, Whisk together rice flour, cornflour, baking powder, and salt. Whisk in sparkling water. Add cauliflower and toss to coat.

4. Brush air fryer basket with oil. Working in 2 batches, add cauliflower and cook, shaking basket after 10 minutes, until crispy (15 minutes total). Transfer to plate. When second batch is done, leave in basket and top with first batch of cauliflower; cook 2 minutes to reheat.

5. Transfer cauliflower to buffalo sauce and toss to coat. Serve immediately with dip, cucumbers, celery, and extra blue cheese if desired.



## For the Dip

- 185 g greek yoghurt/sour cream
- 2 tsp lemon juice
- ¼ tsp salt
- ¼ tsp pepper
- ½ tsp buffalo wing sauce (Frank's)
- 1 large spring onion, finely chopped
- 50 g crumbled blue cheese (optional)

Make dip: In bowl, combine all ingredients; refrigerate until ready to use.





## Potato Wedges/Chips/Fries

### Ingredients

- 500 g potatoes
- 1 tbsp olive oil
- 1 tsp Italian seasoning
- 1 tsp garlic granules
- 2 pinch sea salt and black pepper



### Method

1. Cut 500 g Potato into wedges.
2. Add the wedges to a bowl with 1 tablespoon Olive oil, 1 teaspoon Italian seasoning, 1 teaspoon Garlic granules and 2 pinch Sea salt and black pepper. Mix well so that all the wedges are coated.
3. Arrange a single layer of wedges, skin side down, in the bottom of the air fryer basket. Place the remaining wedges on top.
4. Cook at 180°C for 25 minutes, shaking the basket twice during cooking.

**Dips to use:**

### Roasted Garlic & Coriander Dip

- 1 garlic bulb/6 black garlic cloves
- 1 tsp olive oil
- 200 g mayonnaise or greek yoghurt
- 1 lime, zest and juice (optional)

### Method

1. Heat the oven to 180C/160C fan/gas 4. Cut the top off the garlic bulb, exposing the tops of the garlic cloves. Put on a small square of foil, and rub with the olive oil. Season with salt and pepper. Scrunch up the foil to seal in the bulb.

2. Roast for 25-30 mins until soft when pressed, and the papery casing is light golden.

Leave to cool for a few minutes before squeezing the soft roasted garlic out of their shells. Alternatively, take off all the papery casing and remove the cloves individually.

### Roasted Red Pepper & Chilli Ketchup

#### Ingredients

- 3 red peppers, roasted
- 1 tbsp olive oil
- 2 red chillies, sliced
- 200 ml ketchup

#### Method

1. Roast peppers under the grill until blackened. Wrap in clingfilm till cold and peel off skin.

2. Put all ingredients in a container and blend with a hand-blender.





## Frittata

### Ingredients

- 4 eggs large, free range.
- 4 tbsp milk
- 50 g feta crumbled
- 1 tomato quartered, deseeded and chopped
- 15 g spinach chopped
- 1 tbsp fresh herbs: parsley, basil, coriander, chopped
- 2 spring onions chopped
- salt and pepper
- ½ tsp olive oil



### Method

1. Beat the eggs and milk together in a jug.
2. Add all of the other ingredients (except the oil) and mix.
3. Preheat the air fryer to 180°C and line a 20cm round springform tin with baking paper or disposable paper case. Lightly oil the sides of the tin to prevent the frittata from sticking. You can use cupcake cases for small frittatas.
4. Pour the egg mixture into the tin and place in the air fryer. Cook for 16 minutes, but start checking to see if it's done after 12 minutes, as all air fryer models vary.
5. Allow to cool for 5 minutes before running a knife around the edge of the tin to loosen it. Release the frittata from the springform tin and cut it into slices.

