

CHEFMAN AIR FRYER
RECIPE BOOK

FRYING FIT

Easy, healthy and
delicious recipes using your
Chefman Air Fryer



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CAJUN SHRIMP

Prep Time: 10 Minutes
Cook Time: 5 Minutes
Yield: 2 Servings

Ingredients

8 ounces (about 25) large shrimp, peeled and deveined
½ tablespoon olive oil
Lime wedges, for serving

Cajun Spice Mix:

2 teaspoons Kosher salt	½ tablespoon smoked paprika
½ tablespoon cayenne pepper	1 teaspoon oregano
½ tablespoon garlic powder	1 teaspoon thyme
½ tablespoon onion powder	½ teaspoon ground black pepper
	¼ teaspoon ground sage

Instructions

1. In a small bowl, combine the Cajun Spice Mix ingredients. Set aside.
2. In a large bowl, combine the peeled and deveined shrimp, olive oil and 1½ tablespoons of the Cajun Spice Mix. Store remaining for another use.
2. Transfer the seasoned shrimp to the tray inside the air fryer basket. Insert basket into Air Fryer.
3. Set the Air Fryer to 400°F and 5 minutes. Press Start. Shake halfway through.
4. When shrimp is opaque and cooked through, transfer to a serving plate. Serve with lime wedges.



Tip: This Cajun Spice Mix is spicy! For a milder version, omit the cayenne and add only ¼ teaspoon black pepper.



CHICKEN NUGGETS

Prep Time: 10 Minutes
Cook Time: 20 Minutes
Yield: 2 Servings

Ingredients

2, 6-ounce chicken breasts
Oil, for spraying

For the breading:

¾ cup panko bread crumbs	1 cup unbleached, all-purpose flour
2 large eggs, lightly beaten	1 pinch salt
2 tablespoons olive oil	1 pinch ground black pepper

Instructions

1. Cut the chicken breasts into 1- to 2-inch cubes. Set aside.
2. Place the flour in a shallow bowl and the eggs in another shallow bowl.
3. In a food processor, chop the panko bread crumbs, olive oil and salt into a fine crumb. Transfer to a third shallow bowl.
4. Dip one chicken cube into the flour, then the egg and then the panko mixture. Place on a plate. Repeat with remaining chicken cubes.
5. Spray the panko-breaded chicken cubes with oil. Transfer half of the chicken to the tray inside the air fryer basket. Insert basket into Air Fryer.
6. Set the Air Fryer to 400°F and 10 minutes. Press Start.
7. When chicken nuggets are golden-brown and fully cooked through, transfer to a serving plate. Repeat with remaining chicken cubes.



Tip: This recipe could also work for chicken fingers. Simply cut into strips instead of cubes and adjust cooking time based on thickness to ensure they are fully cooked through.



MAC AND CHEESE BITES

Prep Time: 10 Minutes
Cook Time: 20 Minutes
Yield: 4-6 Servings

Ingredients

3 cups prepared mac and cheese, cooled and refrigerated
2 eggs, lightly beaten
1 cup bread crumbs
Oil, for spraying, or 1 tablespoon oil

Instructions

1. Remove mac and cheese from refrigerator. Scoop 2 tablespoons and, with wet hands, roll into a ball. Place on a plate or baking sheet. Repeat with remaining mac and cheese. Refrigerate until mac and cheese balls are firm, about 4 hours or more.
2. When mac and cheese balls are firm, place the eggs in one shallow bowl and the panko bread crumbs in another. Remove mac and cheese balls from the refrigerator.
3. Dip one mac and cheese ball into the eggs and then the panko. Place on a plate and repeat with remaining.
4. Spray the coated mac and cheese balls with oil, or toss with oil. Transfer half to the tray inside the air fryer basket. Insert basket into Air Fryer.
5. Set the Air Fryer to 400°F and 10 minutes. Press Start.
6. When the mac and cheese balls are golden-brown and warmed through, transfer to a serving plate. Repeat with remaining coated mac and cheese balls.



Tip: This recipe is great for using leftover mac and cheese, and the kids will love it!



PANKO GREEN BEAN FRIES

Prep Time: 8 Minutes
Cook Time: 10 Minutes
Yield: 2 Servings

Ingredients

1 pound fresh green beans, trimmed and strings removed
2 eggs, lightly beaten
1½ cups panko bread crumbs
1 pinch kosher salt
1 pinch cracked black pepper

Instructions

1. Place the eggs in a shallow bowl. Combine the panko bread crumbs, salt and pepper in another shallow bowl.
2. Dip one of the green beans into the eggs and then the panko. Place on a plate or in a bowl. Repeat with remaining.
3. Spray the coated green beans with oil, or toss with oil. Transfer to the tray inside the air fryer basket. Insert basket into Air Fryer.
4. Set the Air Fryer to 400°F and 10 minutes. Press Start. Shake halfway through.
5. When the green bean fries are golden-brown, transfer to a serving plate.



Tip: If your green beans are too long, you can cut them in half to fit better. Try adding your favorite seasoning in the bread crumbs along with the salt and pepper.



PARMESAN REGGIANO

SWEET POTATO FRIES

Prep Time: 15 Minutes
Cook Time: 30 Minutes
Yield: 2 Servings

Ingredients

2 pounds sweet potatoes, peeled
1 tablespoon olive oil
2 teaspoons fresh rosemary, chopped
1 pinch Kosher salt
3 tablespoons grated Parmesan Reggiano cheese

Instructions

1. Cut the sweet potatoes into even pieces, about 4 inches long and ¼-inch thick.
2. In a large bowl, toss cut sweet potatoes with the olive oil, rosemary and salt. Transfer half of the cut sweet potatoes to the tray inside the air fryer basket. Insert basket into Air Fryer.
3. Set the Air Fryer to 400°F and 15 minutes. Shake halfway through.
4. When sweet potato fries are golden-brown and fully cooked through, transfer to a bowl and toss with half of the Parmesan Reggiano cheese. Repeat with remaining sweet potatoes. Serve immediately.



Tip: Try substituting with your favorite potato, such as Yukon Gold or Russet. Just be sure to soak white potatoes in cold water for 30 minutes, rinse and pat dry completely before cooking.



FRESH HERB QUICHE CUPS

Prep Time: 10 Minutes
Cook Time: 30 Minutes
Yield: 5-6 Servings

Ingredients

1 large egg
¼ cup heavy cream
¼ cup whole milk
½ teaspoons Kosher salt
¼ teaspoons ground black pepper
½ teaspoon fresh thyme leaves
1 teaspoon thinly sliced chives, plus more for garnish
2 boxes (15 pieces each) mini phyllo cups

Instructions

1. In a measuring cup with a spout, whisk together the first six ingredients and 1 teaspoon of the thinly sliced chives.
2. Fill each phyllo cup to the top. Transfer to the tray inside the air fryer basket. Insert basket into Air Fryer.
3. Set the Air Fryer to 375°F and 15 minutes. Press Start.
4. Check the phyllo cups at 12 minutes. When the egg mixture is just set, transfer to a serving plate. Repeat with remaining phyllo cups. Serve warm or room temperature.



Tip: Add Tabasco sauce or other hot pepper sauce for a spicy kick.



EGGPLANT PARMESAN

Prep Time: 10 Minutes
Cook Time: 34 Minutes
Yield: 2 Servings

Ingredients

2 baby eggplants, about 6.5 ounces each, cut in half lengthwise and stems trimmed
3 tablespoons olive oil
1 teaspoon Kosher salt
½ teaspoon ground black pepper
1 scant cup marinara sauce
4 slices mozzarella cheese
¼ cup grated Parmesan cheese
¼ cup fresh basil leaves

Instructions

1. Brush the eggplant halves with the olive oil and sprinkle with the salt and pepper. Transfer 2 halves to the tray inside the air fryer basket. Insert basket into Air Fryer.
2. Set the Air Fryer to 375°F and 15 minutes. Press Start.
3. After 15 minutes, spoon ¼ scant cup marinara sauce onto each eggplant half. Sprinkle each with 1 tablespoon of the Parmesan cheese and top each with 1 slice of mozzarella cheese. Insert air fryer basket back into the Air Fryer. Set to 400°F and 2 minutes. Press Start.
4. When cheese is melted, carefully use a spatula to transfer eggplant parmesan to a serving plate. Repeat with remaining eggplant halves.
5. Before serving, tear the basil into small pieces and sprinkle on top.



Tip: Remember that the air fryer basket has vents. If sauce drips onto the bottom of the basket, be sure to empty it before cooking the second batch to avoid spillage.



SPICY FRIED MEATBALLS

Prep Time: 10 Minutes
Cook Time: 20 Minutes
Yield: 5 Servings

Ingredients

1 pound ground beef or chuck
1 onion, finely chopped
1 clove garlic, minced
1 large egg, beaten
¼ cup panko bread crumbs
1 teaspoon Kosher salt
1 teaspoon dark chili powder
¼ teaspoon ground black pepper
1 tablespoon olive oil

Instructions

1. In a large bowl, use your hands to loosely combine all of the ingredients except for the olive oil.
2. Scoop about 1 tablespoon of the meat mixture and roll it into a ball. Place on a plate.
3. Brush meatballs with olive oil. Transfer half of the meatballs to the tray inside the air fryer basket. Insert basket into Air Fryer.
4. Set the Air Fryer to 400°F and 10 minutes. Press Start. Shake halfway through.
5. When the first batch of meatballs are browned and fully cooked through, transfer to a serving plate. Repeat with remaining meatballs.



Tip: You can substitute chili powder with your favorite spice.



BACON BRUSSELS SPROUTS

Prep Time: 5 Minutes
Cook Time: 15 Minutes
Yield: 2-4 Servings

Ingredients

4 strips bacon
16 - 20 Brussels sprouts, cut in half lengthwise
1 tablespoon olive oil
½ tablespoon garlic salt
½ tablespoon onion powder

½ teaspoon Kosher salt
¼ teaspoon ground black pepper
Parmesan cheese
Balsamic glaze

Instructions

1. Place the bacon on the tray inside the air fryer basket. Insert basket into Air Fryer.
2. Set the Air Fryer to 400°F and 6 minutes. Press Start.
3. Check the bacon at 5 minutes. When it is browned and crispy, remove from Air Fryer and place on a plate to cool. Set aside.
3. In a large bowl, combine the remaining ingredients except for the Parmesan cheese and balsamic glaze. Transfer Brussels sprouts to the tray inside the air fryer basket. Insert basket into Air Fryer.
4. Set the Air Fryer to 400°F and 10 minutes. Press Start. Shake halfway through.
5. When Brussels sprouts are crispy and mostly cooked through, transfer to a serving plate. Sprinkle with Parmesan cheese and drizzle with balsamic glaze.
6. Crumble cooked bacon and sprinkle on top.



Tip: Keep an eye on the bacon while it's air frying. You'll be surprised how quickly it crisps up.



HASSELBACK TRIO

Prep Time: 10 Minutes
Cook Time: 50 Minutes
Yield: 5 Servings

Ingredients

4 small potatoes, about 6 ounces each, peeled
2 small sweet potatoes, about 6 ounces each, peeled
2 small beets, about 4 ounces each, scrubbed
2 tablespoons olive oil
¼ cup grated or shredded Asiago cheese

1 teaspoon Kosher salt
¼ teaspoon onion powder
1 pinch cracked black pepper
2 tablespoons dill, finely chopped
Sour cream, for serving, optional

Instructions

1. Cut the potatoes, sweet potatoes and beets ¾ of the way through into ½-inch slices so that the bottoms stay intact. Do NOT cut the slices all the way through.
2. If cut vegetables are not easy to fan out in your hands, trim the bottoms so the cuts still remain intact but the bottoms become thinner.
3. Brush each with a generous amount of olive oil and sprinkle with salt, onion powder and pepper. Transfer half to the tray inside the air fryer basket in a single layer. Insert basket into Air Fryer.
4. Set the Air Fryer to 375°F and 25 minutes. Press Start.
5. Check the vegetables at 20 minutes. If they are crispy, brush with more oil and resume cooking. During the last 2 minutes of cooking, sprinkle with cheese and cook for remaining time.
6. When cheese has melted, transfer to a serving plate and sprinkle with fresh dill. If desired, serve with sour cream. Repeat with remaining vegetables.



Tip: Scrub, cut and handle the beets last so their red color doesn't bleed onto the potatoes.



BBQ WINGS


Prep Time: 2 Minutes
Cook Time: 40 Minutes
Yield: 6 Servings

Ingredients

1 pound chicken wings
1 cup BBQ sauce (Choose your favorite breading and flavoring).

Instructions

1. In a large bowl, combine chicken wings and BBQ sauce. Transfer half of the chicken wings to the tray inside the air fryer basket. Insert basket into Air Fryer.
2. Set the Air Fryer to 390°F for 20 minutes. Press Start. Shake halfway through.
3. When chicken wings are ready, transfer to a serving plate. Repeat with remaining chicken wings.

 **Tip:** Place the first batch of wings in aluminum foil to keep warm while the second batch is cooking.



PARMESAN PICKLE CHIPS


Prep Time: 10 Minutes
Cook Time: 20 Minutes
Yield: About 50 chips

Ingredients

4 garlic dill pickles, about 2 ounces each
1 large egg
2 tablespoons Parmesan cheese
½ cup panko bread crumbs
Oil, for spraying

Instructions

1. Cut the pickles into ¼-inch slices. Place on a paper towel-lined plate. Blot with another paper towel to dry and remove as much liquid as possible.
2. In a small bowl, whisk the egg.
3. In another small bowl, combine the panko bread crumbs and Parmesan cheese.
4. Dip the pickle slices into the egg, and then the panko mixture.
5. Spray all of the coated pickle slices with oil. Transfer half to the tray inside the air fryer basket. Insert basket into Air Fryer.
6. Set the Air Fryer to 400°F and 10 minutes. Check with a few minutes left and shake if necessary.
7. When pickle chips are golden-brown, transfer to a serving plate. Repeat with remaining.
8. Serve with Ranch dressing, if desired.

 **Tip:** The more you blot your pickle slices, the more the egg and panko bread crumb coating will stick to your cooked pickle chips.



APPLE TURNOVERS

Prep Time: 10 Minutes
Cook Time: 40 Minutes
Yield: 4 Servings

Ingredients

3 tablespoons butter, divided	1 pinch ground nutmeg
1 Granny Smith apple	1 sheet frozen puff pastry, thawed
½ lemon	¾ cup confectioners' sugar
2 tablespoons granulated sugar	1 tablespoon water
¼ teaspoon ground cinnamon	

Instructions

1. In a small skillet over medium heat, melt butter. Remove from heat.
2. Core apple and cut into ¼-inch dice. Toss in a small bowl with a small squeeze of lemon, the granulated sugar, cinnamon and 1 tablespoon of the melted butter. Set aside.
3. Cut puff pastry sheet into 4 equal squares. Roll each square into a 6-inch by 6-inch square.
4. Place an even amount of the apple mixture into the center of each square. Fold each into a triangle. Use a fork to seal the edges.
5. Brush each apple turnover with an even amount of the melted butter. Put 2 on the tray inside the air fryer basket. Insert basket into Air Fryer.
6. Set Air Fryer to 350°F and 18 minutes. Press Start.
7. While apple turnovers are cooking, in a small bowl combine confectioners' sugar and water to make a royal icing. Set aside.
8. When turnovers are golden-brown, remove from Air Fryer and repeat with remaining turnovers.
9. Drizzle with royal icing and serve.



Tip: This recipe skips the traditional step of softening the apples first in a pan. Apples may be a little crunchier than you're used to, but we love that the prep time is quicker.



SNOWFALL CUPCAKES

Prep Time: 10 Minutes
Cook Time: 36 Minutes
Yield: 8 Servings

Ingredients

¾ cup granulated sugar
6 tablespoons butter, softened at room temp
½ teaspoon vanilla extract
2 large eggs
1¼ cup unbleached, all-purpose flour
½ teaspoon baking soda
¼ teaspoon table salt
½ cup sour cream
2 cups shredded coconut

Instructions

1. In a small bowl whisk flour, baking soda and salt. Set aside.
2. In a medium bowl, use a hand blender on speed 1 to cream the sugar and butter until fluffy. Add vanilla and beat in 1 egg at a time until fully combined, about 2 minutes total.
3. Add half of the flour mixture from the small bowl into the medium bowl until just combined. Then, add half of the sour cream until just combined. Repeat.
4. Fill ¾ of each silicone cupcake liner with batter.
5. Put 4 of the filled silicone cupcake liners on the tray inside the air fryer basket. Insert basket into Air Fryer.
6. Set the Air Fryer to 350°F and 18 minutes. Press Start.
7. Check the cupcakes at 15 minutes. If the tops are golden-brown, spring back to touch and a toothpick comes out clean when inserted into the center, remove from Air Fryer. Transfer to a cooling rack and repeat with remaining filled cupcake liners.
8. While cupcakes are baking, make the Snowfall Frosting: In a small bowl, use a hand blender on speed 2 to beat the cream cheese and butter until creamy. Add the vanilla and salt. Slowly add in the confectioners' sugar until frosting is smooth and fluffy.
9. Put coconut into a shallow dish. When cupcakes are completely cool, remove the liner, frost the tops and dip into the coconut.

SNOWFALL FROSTING:

8 ounces cream cheese, softened at room temp
8 tablespoons butter, softened at room temp
2 tablespoons vanilla extract
1 pinch table salt
4 cups confectioners' sugar



CRAB CAKES

Prep Time: 10 Minutes
Cook Time: 36 Minutes
Yield: 4 Servings

Ingredients

2 pounds crab meat	¼ cup celery, finely chopped
2 large eggs, lightly beaten	¼ cup green bell pepper, finely chopped
½ cup mayo	¼ red bell pepper, finely chopped
2 tablespoons fresh lemon juice	¼ cup onion, finely chopped
½ cup fresh parsley leaves, chopped	Olive oil, for brushing
1 cup buttery cracker crumbs	

Instructions

1. In a large bowl, use your hands to gently combine all of the ingredients, except for the olive oil.
2. Scoop ¼ cup of the mixture and form into patties. Place on a plate.
3. Brush with oil.
4. Transfer half of the crab cakes to the tray inside the air fryer basket in a single layer. Insert basket into Air Fryer.
5. Set the Air Fryer to 350°F and 18 minutes. Check when there are 10 minutes remaining and flip if necessary.
6. When crab cakes are golden-brown and cooked through, transfer to a serving dish. Repeat with remaining crab cakes.



Tip: Serve with your favorite dipping sauce or aioli.



BLACK BEAN BURGERS

Prep Time: 10 Minutes
Cook Time: 20 Minutes
Yield: 4 Servings

Ingredients

1 can (15oz) black beans, drained
 1 small sweet onion, finely chopped
 ½ cup wheat flour
 1 large egg, lightly beaten
 1 pinch cayenne pepper
 ½ teaspoon ground cumin
 ¼ teaspoon ground black pepper
 ¼ teaspoon garlic powder
 ¼ teaspoon Kosher salt
 ½ teaspoon oregano
 ¼ teaspoon fresh sage
 ¼ teaspoon fresh thyme

Instructions

1. In a medium bowl, mash ¾ of the drained beans. Store remaining for another use.
2. Add the remaining ingredients to the bowl and mix well.
3. Divide the mixture evenly and form into 4 patties of the same size.
4. Put 2 patties onto the tray inside the air fryer basket. Insert basket into Air Fryer.
5. Set the Air Fryer to 375°F and 10 minutes. Press Start.
6. When patties are cooked through, transfer to a serving plate. Repeat with remaining patties.
7. Serve with your favorite buns and condiments.