

# Air Fryer Quick Start Guide

RECIPES, TRICKS AND TIPS TO IMPROVE YOUR COOKING



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# GETTING STARTED

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This guide will help you navigate the ins and outs of the air fryer, a fantastic kitchen tool that can save you a lot of time and make grease-laden food a thing of the past.

We've used our air fryer to cook a large variety of things, from vegetables to cinnamon rolls, and all manner of frozen breaded foods! They turn out crispy and delicious, without all the extra oil of deep frying.

If you don't know exactly what an air fryer does, it circulates super-hot air around your food to remove moisture from its surface to give it that golden-brown, crispy finish.

It is best for cooking things you normally would deep fry and want a crispy crust on, but it can also cook vegetables, chicken, shrimp, pork – you name it – without breading.

**Don't have an Air Fryer yet? [Our guide](#) will help you decide.**

You can use the air fryer to crisp food, obviously, but it has other uses.

You can actually roast a whole chicken or pork roast, reheat food quickly, and even dehydrate foods, like fruit and meats.

It's easy to cook in the air fryer. All it generally takes is adding the food and turning it on. Then you'll want to shake the basket at least once during cooking.

The best tip I can give is to always keep an eye on the food. You can increase or decrease the temperature and cook time to suit your needs.

**LAURA LYNCH**

Owner | Air Fry Anytime | [airfryanytime.com](http://airfryanytime.com)

See our website for great air fryer recipes.





## STEP

# 1

## STEP

# 2

## STEP

# 3

### **prep**

Foods should fit comfortably in the basket and not be too crowded or stacked, for best results.

Use a max of 1 tbsp of oil on vegetables and potatoes to achieve the desired crispness. Frozen breaded foods don't require oil.

### **preheating**

We've found that preheating isn't usually necessary.

If you do preheat, it can cut down the cook time, so be aware of that when making a recipe. Only preheat if the recipe says to do so.

### **cooking**

Check progress throughout cooking, shake the basket at least twice during cooking, and remove food when it reaches your desired level of brownness.

Remove food right when cook time is complete to avoid overcooking.

# AIR FYRER PRO TIPS

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1. It's not necessary to preheat the air fryer before cooking. If you do, it could change the cook time of your recipe.
2. Don't use too much oil. Excess oil pools in the bottom of the machine and produces smoke.
3. Only add oil to foods that don't have fat on them already. Frozen fried foods don't need oil. Vegetables benefit from being lightly oiled. Skin-on chicken thighs need no oil.
4. Spray on oil like olive oil, vegetable, or peanut oil in a fine mist to coat the food using the least amount of oil possible. Sprays like Pam leave a sticky residue on the tray, so we don't recommend them. Purchasing a refillable spray bottle is best.
5. For best results, shake your food or turn over at least once during cooking to get it nice and crispy all around.
6. Always keep an eye on the food. Cooking times are not exact. You may need more or less time than expected.
7. Don't overcrowd the basket. Not as much food can fit in the basket as you might think. It needs space in order to get crispy.
8. Be careful with the hot surfaces of the air fryer. Only touch the handle while running, don't set the hot basket on a counter top.
9. Don't tip over the basket to dump out the contents or hot oil may also pour out. Detach the basket before dumping.
10. Use parchment paper liners to keep food from sticking and make clean up easier.



# AIR FRYER COOKING TIMES CHEAT SHEET

## VEGETABLES

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Green Beans	5 min	400°	Brussels Sprouts	15 min	380°
Broccoli	6 min	400°	Carrots	15 min	380°
Cauliflower (florets)	12 min	400°	Corn on the Cob	6 min	390°
Asparagus	5 min	400°	Sweet Potato	30 min	380°
Squash	12 min	400°	Potato wedges	18-20 min	390°
Zucchini	12 min	400°	French Fries (from fresh)	20-24 min	390°

## MEATS

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Burger (4 oz)	8-10 min	375°	Chicken Breast	12 min	380°
Steak	12-18 min	390°	Chicken Tenders	8-10 min	360°
Meatballs	5 min	400°	Chicken Wings	12 min	400°
Pork Loin Roast	55 min	360°	Chicken Thighs (skin on)	22 min	380°
Pork Chops	12 min	400°	Chicken Drumsticks	20 min	370°
Bacon	5-7 min	400°	Whole Chicken	75 min	360°

## FISH & SEAFOOD

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Calamari	4 min	380°
Salmon Fillet	10 min	380°
Fish Fillet	10 min	400°
Tuna Steak	7-10 min	400°
Shrimp/Prawn	5 min	400°
Scallops	5 min	400°
Crab Cakes	12 min	350°

## FROZEN FOODS

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French Fries	14-18 min	400°
Chicken Nuggets	10 min	400°
Fish Fillet	10-14 min	400°
Mozzarella Sticks	8 min	400°
Gyoza	8 min	400°
Onion Rings	8 min	400°
Shrimp (breaded or not)	9 min	400°





# RECOMMENDED AIR FRYERS & ACCESSORIES

1



**NINJA AIR FRYER XL  
5.5-QUART**

2



**INSTANT POT VORTEX  
7-IN-1 AIR FRYER OVEN**

3



**EVO OIL SPRAYER**

4



**AIR FRYER PARCHMENT  
PAPER LINERS**

**FOR MORE RECOMMENDATIONS VISIT**

[AIRFRYANYTIME.COM](https://airfryanytime.com)

# Let's Get Cookin'

EASY, DELICIOUS RECIPES MADE  
IN THE AIR FRYER

Find a recipe



## Air Fryer Recipes

### Air Fryer Corn on the Cob

Makes 4 pieces

Prep 1 minute

Cook 5 minutes

4 ears of corn (small enough to fit in your air fryer)

2 tablespoons butter, melted

Shuck the corn and trim the ends so the ears fit in the air fryer.

Brush with butter.

Air fry at 370°F for 12-16 minutes, rotating the corn half way through cooking.

### Air Fryer Crispy Artichoke Hearts

Makes 4 servings

Prep 10 minutes

Cook

1 14.5 ounce can artichoke hearts (non marinated)

2 tablespoons butter, melted

1/4 cup fine breadcrumbs

1/4 cup finely grated Parmesan cheese

1/2 teaspoon salt

1/4 cup garlic aioli

Drain the artichoke hearts. Gently squeeze them to release more liquid.

In a bowl, melt the butter. In another bowl, mix the breadcrumbs, Parmesan cheese, and salt.

Coat each piece of artichoke in butter, then roll it in the breadcrumb mixture.

Place the artichoke pieces in the air fryer basket, spaced out. If your basket is too small for all the pieces, cook them in batches.

Spray the artichoke hearts with cooking spray.

Air fry at 375 degrees for 8 minutes, flipping the artichoke hearts and spraying them again with oil halfway through cooking.

Remove from air fryer and serve with garlic aioli.

## Air Fryer Frozen Onion Rings

Makes 4 servings

Prep 1 minutes

Cook 8 minutes

1 bag of your favorite frozen onion rings

Cooking oil spray

Preheat the air fryer to 400°F | 200°C.

Spray the basket of your air fryer with oil.

Add onion rings to the air fryer basket or tray (how many you can fit depends on the capacity of your air fryer). Spray the onion rings with a bit of oil.

Cook for 8, flipping the onion rings halfway through. Add additional time if you prefer your onion rings crispier.

Serve with your favorite dipping sauce.

## Air Fryer Tater Tots

Makes 4 servings

Prep 1 minute

Cook 15 minutes

1 bag of your favorite frozen tater tots

Cooking oil spray

Preheat the air fryer to 375°F | 190°C.

Spray the basket of your air fryer with oil.

Add tater tots to the air fryer basket or tray (how many you can fit depends on the capacity of your air fryer). Spray the tots with oil.

Cook for 15 minutes, shaking the basket halfway through. Add additional time if you prefer your tater tots crispier.

Serve with your favorite dipping sauce.

Notes:

To reheat tater tots, add leftover tots to your air fryer basket. Air fry at 350F for 6-8 minutes, giving the basket a good shake halfway through.

## Air Fryer Egg Rolls

Makes 4 servings

Prep 1 minute

Cook 10 minutes

8 Frozen egg rolls

Sauce of choice for serving

Set the air fryer to 390°F | 200°C.

Spray the basket of your air fryer with oil.

Add tater tots to the air fryer basket or tray (how many you can fit depends on the capacity of your air fryer). Spray the tots with oil.

Cook for 15 minutes, shaking the basket halfway through. Add additional time if you prefer your tater tots crispier.

Serve with your favorite dipping sauce.