MILLION COPY BESTSELLING AUTHOR

NATHAN ANTHONY

BORED OF LUNCH



CALORIE-COUNTED AIR FRYER & SLOW COOKER RECIPES

HEALTHY FAKEAWAYS



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ABOUT THE AUTHOR

Nathan Anthony is the Number 1 bestselling author and creator of hit food platform *Bored of Lunch*. Nathan is a Northern Irish cook who set up his account during lockdown - sharing quick, easy and healthy air fryer and slow cooker recipes that soon went viral. In 2023, Nathan stormed the book charts with the publication of two No. 1 *Sunday Times* best-selling cookbooks, *The Healthy Slow Cooker Book* and *The Healthy Air Fryer Book*, which have sold over half a million copies since January 2023. *Bored of Lunch* has now amassed over 4 million followers across all platforms and over 1 billion views, and is on track for the same success in 2024 - with a third No. 1 bestselling book already under his belt (*Healthy Slow Cooker: Even Easier*) which published in January, and a fourth (*Healthy Air Fryer: 30 Minute Meals*) which published in April 2024, becoming an instant No. 1 bestseller.

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INTRODUCTION

HELLO and welcome to my most exciting cookbook yet ... *Healthy Fakeaways*, where all recipes use my two favourite gadgets – the **air fryer** and the **slow cooker**. Yes, after years of doing separate books on each appliance, I've combined them here to bring you lots of delicious recipes – and for some of these you can even use both appliances!

If you're new here, I'm so grateful you've picked up this book, and if you're adding this as your sixth *Bored of Lunch* book, thank you so much for continuing this food journey with me. I'm Nathan, just a hobby home cook from Belfast, in Northern Ireland, who has somehow ended up publishing cookbooks all around the globe – from the UK and Ireland, as far as Australia and America. I still can't believe this has happened and now here you are, reading book number six. Bored of Lunch started as a lockdown hobby while I was working from home and now there are nearly 7 million followers consuming these recipes, which is just unbelievable.

I wanted to write this book because, like most of us, I love ordering a takeaway. However, I don't love how expensive and unhealthy they can be. So I wanted to create recipes that satisfy that fast-food craving in a healthier, more cost-effective way, all with just two simple gadgets: an air fryer or a slow cooker. I've included recipes from all your favourite fast-food joints: curry houses, chippies and restaurants, as well as a selection of snacks, starters and ideas for those days when you just want a picky tea with a bit of everything. I know healthy means different things to different people. For me, it's eating in a balanced way – prioritising food that makes me feel good, making smart swaps where I need to and allowing myself space to indulge when I want. Some of these recipes feel more of a treat than others because that fits my approach to life. As always, I've included calorie counts for every recipe because I choose to track calories and find

it useful, but if that's not for you, or you want to flex these recipes to suit your lifestyle, please go ahead.

This cookbook is split into **THE CURRY HOUSE, NAUGHTY NOODS & BOLD BOWLS, THE CHIPPY, FINGER FOOD & PICKY TEA, FRIDAY NIGHT FEASTS, ALL DAY DINER, FAMILY FAVES** and **DINING ~~OUT~~ IN**.

I really do hope you enjoy this book, and if you are recreating the recipes, please do take a photo, share it on socials and tag @boredoflunch, or join our Facebook group where everyone shares their meals. I can't thank you enough for being part of the Bored of Lunch community.

Thanks for purchasing a copy. Enjoy!

Nathan



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HOW TO USE THIS BOOK

This book is designed to fit seamlessly into your lifestyle, no matter your approach to cooking.

COUNTING CALORIES?

Every recipe includes calorie and macro info per portion, so you can log meals into fitness apps and stay on track effortlessly. Calories are per portion and anything that says 'optional' or is under the headings 'to serve' or 'to garnish' is not included in the calorie count. I've added suggestions for serving to meals, but you're of course welcome to choose your own! You might only want naan with a curry, or only rice, or both – so it's up to you.

LOVE MEAL-PREPPING?

I've introduced handy icons so you can easily spot which recipes are freezer-friendly and which work great as dump bags. You might be asking 'what's a dump bag?'. Well, it's as simple as it sounds. Just throw all the ingredients into a bag, then freeze them or keep them in the fridge for a few days, so they are there and ready to cook straight from the bag – fresh or frozen – when you need a fuss-free meal.



ON A BUDGET?

Fakeaways don't have to be expensive; planning meals ahead, using budget-friendly ingredients and energy-saving appliances will help you

save time and money, all while still enjoying delicious food.

MEAT-FREE MEAL?
Look out for the veggie tag.



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CONVERSION CHARTS

SLOW COOKER DUMP BAG CONVERSION CHART

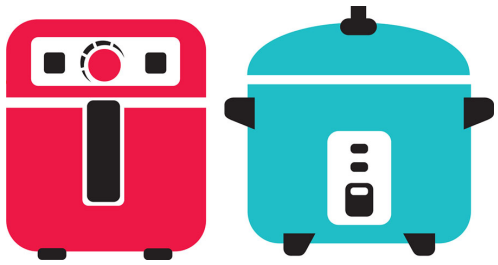
Slow Cooker Time	Pressure Cooker Time
10 hours on low / 5 hours on high	30 minutes on high pressure
8 hours on low / 4 hours on high	24 minutes on high pressure
6 hours on low / 3 hours on high	18 minutes on high pressure
4 hours on low / 2 hours on high	12 minutes on high pressure

AIR FRYER CONVERSION CHARTS

Air Fryer Time	Oven Time
8 mins	10 mins
12 mins	15 mins
16 mins	20 mins
20 mins	25 mins
24 mins	30 mins
28 mins	35 mins
32 mins	40 mins
36 mins	45 mins
40 mins	50 mins
44 mins	55 mins
48 mins	1 hour

Oven	Oven Fan	Air Fryer

190°C	170°C	150°C
200°C	180°C	160°C
210°C	190°C	170°C
220°C	200°C	180°C
230°C	210°C	190°C



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THE CURRY HOUSE

1



RECIPE LIST

CHICKEN RUBY

PANANG-STYLE BEEF WITH COCONUT RICE

SWEET POTATO, CHICKPEA & SPINACH ROGAN JOSH

KATSU CHICKEN CURRY

CHICKEN MEATBALL KORMA

CREAMY TOMATO, PANEER & PEA CURRY

SPICY CHICKEN JALFREZI

CLASSIC CHICKEN CURRY

MANGO CHICKEN CURRY

LAMB MADRAS

MUSHROOM CURRY

MASSAMAN-STYLE BEEF

389 CALORIES

SLOW COOKER

CHICKEN RUBY

PROTEIN: 30g | **CARBS:** 13g | **FAT:** 23g

PREP: 10 mins, plus overnight marinating / **COOK:** 8–9 hours (low)

SERVES 4

DUMP BAG

This dish is simply iconic, it's inspired by one of my absolute favourite places to go for a curry, Dishoom. It has a kick, while being slightly creamy with melt-in-the-mouth chicken. Honestly, get to know this because it will soon become a staple fakeaway.

1 tbsp curry powder
½ tsp garam masala
½ tsp ground cumin
1 tsp ginger purée
juice of ½ lime
500g boneless and skinless chicken thighs, cut into chunks

CURRY

½ tsp chilli powder
1 tbsp garlic purée
1 tsp ginger purée
½ tsp curry powder
1 tsp ground cumin
1 cinnamon stick
400g passata
170g sundried tomatoes, blitzed
1 tbsp half-fat butter
3 bay leaves
4 green cardamom pods
1 tsp olive oil
60ml double cream

1 Combine the curry powder, garam masala, cumin, ginger purée and lime juice in a bowl, add the chicken, toss to coat and leave to marinate overnight in the fridge. This really helps with flavour.

2 Add the marinated chicken and all the curry ingredients, except the cream, to the slow cooker, stir and season to taste, then cook on low for 8–9 hours. You could cook it on high for half that, but I find that long and slow on this occasion is better.

3 Fish out the cinnamon stick, bay leaves and cardamom pods, then stir in the cream and garnish with coriander and pomegranate seeds

salt and pepper, to taste

TO SERVE

chopped fresh coriander
pomegranate seeds
basmati rice
garlic naans

for sweetness. Serve with basmati rice. A garlic naan is also essential for dipping.



CHICKEN RUBY

645 CALORIES

SLOW COOKER

PANANG-STYLE BEEF WITH COCONUT RICE

PROTEIN: 44g | **CARBS:** 68g | **FAT:** 21g

PREP: 10 mins / **COOK:** 4 hours (high) / 7–8 hours (low)

SERVES 4



600g beef (I like rump), diced
1 onion, finely diced
1 tbsp dark soy sauce
3 tbsp tomato purée
1 tsp ground coriander
1 tsp ground cumin
4 garlic cloves, grated
1 tbsp nut oil (I like sesame oil)
2 tbsp peanut butter
2 dried curry leaves
juice of 1 lime
1 tbsp fish sauce
1 tbsp chopped fresh Thai basil
½ tsp grated nutmeg
300g basmati rice
400ml tin of reduced-fat coconut milk

Not quite a red curry, not quite a satay, this dish is the best of both worlds, inspired by Thai flavours, and it is divine. It's a throw-and-go recipe and I know we all love those at BOL. Perfect served with creamy coconut rice, some sliced red chilli and flatbreads.

1 Add everything to the slow cooker, except the rice, coconut milk, flatbreads and chilli, stir and cook on high for 4 hours or low for 7–8 hours.

2 When almost ready to serve, make the coconut rice. Rinse the rice in a sieve under cold water, then add to a saucepan along with the coconut milk and 300ml of water. Set over a medium heat, cover with a lid, then bring to the boil and cook for 10–15 minutes until the liquid has been absorbed and the rice is cooked. Fluff the rice with a fork.

3 Serve the beef with the coconut rice and flatbreads, garnished with the sliced chilli.

TO SERVE

flatbreads
finely sliced red chilli



PANANG-STYLE BEEF WITH COCONUT RICE

318 CALORIES

SLOW COOKER

SWEET POTATO, CHICKPEA & SPINACH ROGAN JOSH

PROTEIN: 12g | **CARBS:** 51g | **FAT:** 4.5g

PREP: 10 mins / **COOK:** 4 hours (high) / 8 hours (low)

SERVES 4



I really love sweet potatoes in a curry, especially when they've been cooked in a slow cooker and have soaked up spices all day. This is a really easy one, just throw it all in, switch it on and you can carry on with the rest of your day.

500g sweet potatoes, peeled and cubed
1 onion, finely diced
400g tin of chickpeas, drained and rinsed
2 tbsp rogan josh paste
2 x 400g tins of chopped tomatoes
100ml vegetable stock
1 tbsp mango chutney
4 garlic cloves, grated
1 tsp chilli flakes
120g spinach
2 tbsp fat-free yogurt
1 tsp garam masala
salt and pepper, to taste

TO SERVE

flaked almonds
chopped fresh coriander

1. Add all the curry ingredients to the slow cooker, apart from the yogurt and garam masala, stir, season to taste and then cook on high for 4 hours or low for 8 hours.

2. When serving, stir in the yogurt and garam masala. Garnish with flaked almonds, if you like, and some coriander and serve with pilau rice and your favourite flatbreads (I like chapatis with this veggie dish).

pilau rice
flatbreads



SWEET POTATO, CHICKPEA & SPINACH ROGAN JOSH

579 CALORIES

AIR FRYER

KATSU CHICKEN CURRY

PROTEIN: 52g | **CARBS:** 55g | **FAT:** 15.5g

PREP: 15 mins / **COOK:** 15 mins

SERVES 4

DUMP BAG sauce only

When I go to a certain restaurant, I have to order the katsu curry, with a number of small plates, of course. I like serving this with some cucumber, pickled onions and a bit of soy sauce. Divine.

low-calorie oil spray
100g plain flour
2 large eggs, beaten
150g panko breadcrumbs
4 chicken breasts, flattened

SAUCE

1 onion, roughly chopped
1 carrot, roughly chopped
1 tsp garlic powder
200ml chicken stock
400ml tin of reduced-fat coconut milk
small chunk of fresh ginger, peeled and grated
2 tbsp light soy sauce
2 tbsp curry powder
1 tsp ground turmeric

1 First make the sauce. Spray a saucepan with a low-calorie oil spray and soften the onion and carrot in the pan over a medium heat, then add all the remaining sauce ingredients, except the cornflour, season to taste and let it simmer for 15 minutes. When ready, blitz the sauce with a hand blender until smooth. If the sauce is a little thin, mix the cornflour with 1 tablespoon of water and stir into the sauce to thicken, then cook for a couple or so minutes.

2 While that cooks, put the flour, eggs and breadcrumbs into three separate bowls. Coat the flattened chicken breasts first in the flour, then into the beaten egg, then roll in the panko breadcrumbs to coat.

1 tsp granulated sweetener
1 tbsp cornflour (optional)
salt and pepper, to taste

TO SERVE

jasmine rice
green salad

3. Spray with low-calorie oil spray and air-fry at 190°C for 8 minutes, then flip over, spray with more oil and air-fry for another 7 minutes.

4. Serve the chicken on a bed of jasmine rice, with some salad and that gorgeous katsu curry sauce. Enjoy!



KATSU CHICKEN CURRY

355 CALORIES

SLOW COOKER

CHICKEN MEATBALL KORMA

PROTEIN: 33g | **CARBS:** 29g | **FAT:** 11.5g

PREP: 15 mins / **COOK:** 3 hours (high) or 4–5 hours (low)

SERVES 4



500g chicken mince
handful of fresh coriander, plus extra to garnish
100g breadcrumbs (fresh or panko)
1 tsp olive oil, for frying
400ml tin of reduced-fat coconut milk
100ml chicken stock
1 tbsp tomato purée
1 tbsp mango chutney
4 garlic cloves, chopped
2.5cm piece of fresh ginger, peeled and grated
1 onion, sliced
1 tsp ground coriander
1 tsp ground cumin
1 tsp mild chilli powder
1 tsp ground turmeric
1 tsp paprika
3 cloves

This is a delicious twist on one of my popular recipes, and it's a good one. Mince is one of those ingredients that my followers ask for more recipes with because it is so cheap, so your wish is my command! This is super tasty and easy to make.

1. Mix the mince, fresh coriander and breadcrumbs together, then shape into meatballs (I make 12–16 balls). Pan-fry in the olive oil for 2–3 minutes (you may need to do this in batches, depending on the size of your pan) before adding to your slow cooker.

2. Place all the remaining ingredients into the slow cooker, except the flaked almonds and rice, stir and season to taste. Cook on high for 3 hours or low for 4–5 hours.

3. Pick out the cloves and discard them, then serve the korma garnished with flaked almonds and some fresh coriander. I like to serve this dish with rice.

1 tbsp cornflour, mixed to a paste with 1 tbsp water
salt and pepper, to taste

TO SERVE

flaked almonds
basmati rice



CHICKEN MEATBALL KORMA

732 CALORIES

SLOW COOKER

CREAMY TOMATO, PANEER & PEA CURRY

PROTEIN: 40g | **CARBS:** 20g | **FAT:** 54g

PREP: 10 mins / **COOK:** 4 hours (high) or 7–8 hours (low)

SERVES 4

V DUMP BAG

2 x 400g tins of chopped tomatoes
3 garlic cloves, grated
1 tsp ground cumin
½ tsp chilli powder
1 tbsp mango chutney
1 tsp ground turmeric
1 tsp ground coriander
1 tbsp garam masala
50g half-fat butter
juice of 1 lemon
500g paneer, cut into cubes
1 tbsp olive oil
400g tin of peas, drained, or you can use 200g frozen
100ml double cream
salt and pepper, to taste

If you haven't tried it before, paneer is a South Asian, fresh, non-melting cheese, and while at a glance it might resemble tofu, I prefer it for my veggie days, especially when it's crispy and golden.

1. Add all the curry ingredients to the slow cooker, apart from the paneer, olive oil, peas and cream and cook all day on low for 7–8 hours, for a really flavoursome curry, or you can cook it on high for 4 hours from lunchtime.

2. Around 30 minutes before serving, fry the paneer in a pan with the olive oil over a medium heat for around 7 minutes, until the cheese is gorgeously golden and crispy.

3. Add the fried paneer to the curry with the peas and stir in 80ml of the cream, then cook for the remaining 30 minutes, to allow the cheese and peas to soak up the curry flavour.

TO SERVE

pilau rice
handful of chopped fresh coriander
flaked almonds
red onion rings

4 Plate up with some pilau rice, and scatter over the coriander and almonds, finishing with a drizzle of the remaining cream to be all fancy, and some red onion rings alongside.



CREAMY TOMATO, PANEER & PEA CURRY

241 CALORIES

SLOW COOKER

SPICY CHICKEN JALFREZI

PROTEIN: 39.5g | **CARBS:** 13.5g | **FAT:** 2.5g

PREP: 10 mins, plus overnight marinating / **COOK:** 4 hours (high) or 8 hours (low)

SERVES 4

DUMP BAG

4 chicken breasts, cut into chunks
4 garlic cloves, grated
1 red chilli, deseeded and finely chopped
1 green chilli, deseeded and finely chopped
1 onion, finely chopped
1 tbsp garam masala
1 tsp ground cumin
1 tsp ginger purée or grated (peeled) fresh ginger
1 tbsp ground turmeric
1 heaped tsp ground coriander
2 x 400g tins of chopped tomatoes
1 pepper, chopped
salt and pepper, to taste

TO SERVE

pilau rice
poppadoms

Since this is a jalfrezi, you should expect a bit of heat ... you might even need to dab your forehead! If spice isn't your thing, just remove (or reduce) the chillies to take it down a notch. I highly recommend throwing the raw ingredients into a large bowl or freezer bag and marinating overnight to elevate the flavours before cooking.

1. It really is that simple, just throw all the ingredients together, stir and season to taste and then, if you like, set them in the fridge to marinate overnight, then chuck it all into the slow cooker and cook on high for 4 hours or low for 8 hours.

2. Serve with some pilau rice and poppadoms, scattered with chopped coriander, with some mango chutney, mint sauce and a red onion and tomato salad alongside.

TIP

If you want even more spice, add more chillis and leave the seeds in.

chopped fresh
coriander
mango chutney
mint sauce
red onion and tomato
salad



SPICY CHICKEN JALFREZI

348 CALORIES

SLOW COOKER

CLASSIC CHICKEN CURRY

PROTEIN: 43g | **CARBS:** 15g | **FAT:** 11g

PREP: 10 mins / **COOK:** 4 hours (high)

SERVES 4

FREEZE DUMP BAG

4 chicken breasts, cut into chunks
400ml tin of reduced-fat coconut milk
2 tbsp tomato purée
1 tsp ground coriander
1 tbsp ground turmeric
2 tbsp curry powder
1 tsp chilli powder
1 onion, roughly chopped
4 garlic cloves, crushed
2.5cm piece of fresh ginger, peeled and grated, or 1 tsp ground ginger
400g tin of peas, drained, or you can use 200g frozen
salt and pepper, to taste

TO SERVE

basmati rice
parathas

This recipe is a BOL classic, so many fans online love it and you might have seen it before. It reminds me of the curry houses at home, so I couldn't not include this in a takeaway book. Perfect with peas, rice and chips – or as we call it in Northern Ireland, it's a curry half and half. Meaning, it's half rice and half chips!

1. Place all the ingredients, except the peas, into the slow cooker, stir and season to taste. Cook on high for 4 hours.

2. Add the peas and cook for another 5 minutes to soften and heat in the sauce. Serve with basmati rice, parathas and chips.

chips



CLASSIC CHICKEN CURRY

312 CALORIES

SLOW COOKER

MANGO CHICKEN CURRY

PROTEIN: 30g | **CARBS:** 24g | **FAT:** 10g

PREP: 10 mins / **COOK:** 3 hours (high) or 7 hours (low)

SERVES 4



By a clear mile this is my most-recreated dish – period. A go-to for me and a game-changer when it comes to flavour, and it's so easy to make, too.

- 3 chicken breasts, cut into chunks
- 400ml tin of reduced-fat coconut milk
- 1 red chilli, deseeded and sliced
- 1 large ripe mango, peeled, stoned and chopped
- 1 tbsp mango chutney
- 1 onion, sliced
- 4 garlic cloves, chopped
- 2.5cm piece of fresh ginger, grated
- handful of fresh coriander, chopped, plus extra to serve
- 1–2 tbsp curry powder
- 2 tbsp light soy sauce
- juice of 1 lime
- 1 tbsp cornflour, mixed to a paste with 1 tbsp water

1. Place all the ingredients, except the yellow pepper, into the slow cooker, stir and season to taste. Cook on high for 3 hours or low for 7 hours.

2. Add the yellow pepper and cook for another 15 minutes. Serve with basmati rice and garlic naans, scattered with red onion slices, and with lime wedges for squeezing over. Enjoy!

1 yellow pepper, sliced
salt and pepper, to taste

TO SERVE

basmati rice
garlic naans
red onion slices
lime wedges



MANGO CHICKEN CURRY

526 CALORIES

SLOW COOKER

LAMB MADRAS

PROTEIN: 54g | **CARBS:** 11g | **FAT:** 29g

PREP: 10 mins / **COOK:** 4 hours (high) or 7–8 hours (low)

SERVES 4



1kg boneless lamb shoulder, cut into chunks
1 fennel bulb, trimmed and finely diced
1 tsp tamarind paste
1 tbsp soft brown sugar
400ml tin of reduced-fat coconut milk
400g tin of chopped tomatoes
100ml beef or lamb stock
1 cinnamon stick
1 tsp ground cumin
1 tsp mustard powder
1 tbsp dried coriander leaf
1 tbsp ground turmeric
4 garlic cloves, grated
1 tbsp ginger purée
3 dried curry leaves
1 tsp chilli powder

This curry is a flavour bomb, and while it seems like there are a lot of ingredients, you can use all of the spices across other fakeaways, so they are well worth buying for the store cupboard. I like using fresh fennel here, finely chopped, as it unleashes so much flavour.

1. Add all the curry ingredients to the slow cooker, stir and season to taste. Cook on high for 4 hours or low for 7–8 hours.

2. Serve with basmati rice, garlic naan and cubed Bombay potatoes.

salt and pepper, to taste

TO SERVE

basmati rice
garlic naans
Bombay potatoes



LAMB MADRAS

270 CALORIES

SLOW COOKER

MUSHROOM CURRY

PROTEIN: 5.5g | **CARBS:** 9g | **FAT:** 22.5g

PREP: 10 mins / **COOK:** 4 hours (high) or 8 hours (low)

SERVES 4

DUMP BAG V

This gorgeous curry is perfect for a meatless Monday, or if you are looking for a budget-friendly, vegetarian alternative any day of the week. I have on occasion prepped this one in advance and stored it in a freezer bag, then I just throw the ingredients into the slow cooker on a morning when I am running tight on time.

2 x 200g packets of mixed mushrooms, quartered
1 onion, finely diced
1 tsp olive oil, for frying
4 garlic cloves, crushed
1 tbsp grated (peeled) fresh ginger
1 red chilli, deseeded and sliced
1 tbsp tomato purée
1 dried curry leaf
170g sundried tomatoes, finely chopped
400ml tin of reduced-fat coconut milk
3 tbsp curry powder
salt and pepper, to taste

TO SERVE

crispy onions
chopped fresh coriander

1. If you like, fry the mushrooms and onion in olive oil in a frying pan over a medium heat for a few minutes, to brown them.
2. Add to the slow cooker with all the other ingredients and cook on high for 4 hours or low for 8 hours.
3. Serve the curry garnished with crispy onions, fresh coriander and with lime wedges for squeezing over. Serve with basmati rice and naan.

lime wedges
basmati rice
naan breads



MUSHROOM CURRY

421 CALORIES

SLOW COOKER

MASSAMAN-STYLE BEEF

PROTEIN: 27.5g | **CARBS:** 47g | **FAT:** 12.5g

PREP: 15 mins / **COOK:** 8 hours (low)

SERVES 4



600g potatoes, skin on, chopped into small chunks
400g diced beef or chopped beef steaks
400ml tin of reduced-fat coconut milk
2 heaped tbsp cornflour, mixed to a paste with 2 tbsp water
1 beef stock pot
salt and pepper, to taste

CURRY PASTE

1 tsp ground coriander
1 tsp ground cinnamon
1 red chilli, roughly chopped
1 red onion, roughly chopped
handful of fresh coriander

I first tried a beef massaman in Ko Phi Phi, in Thailand, and it's kind of like a curry/stew crossover with some mild heat. This is my own version inspired by that. It takes me less than 15 minutes to prepare before work, then all I need to do is get my rice going when I get home.

1. Place all the curry paste ingredients into a food processor and blitz to a smooth paste. Alternatively, just chop the curry paste ingredients finely – the texture will be different but the taste will be the same.

2. Place the curry paste and all the remaining ingredients in the slow cooker, stir and season to taste. Cook on low for 8 hours. If the curry is a little thin, you can always add a little more cornflour.

3. Serve garnished with the chopped peanuts to give a little bit of texture, and a lime slice.

2.5cm piece of fresh ginger, peeled and grated
1 tbsp oyster sauce
2 tbsp dark soy sauce
1 tbsp soft brown sugar
4 garlic cloves
1 tsp ground cumin
1 tsp curry powder
juice of 1 lemon
juice of 1 lime

TO SERVE

chopped peanuts
lime slices

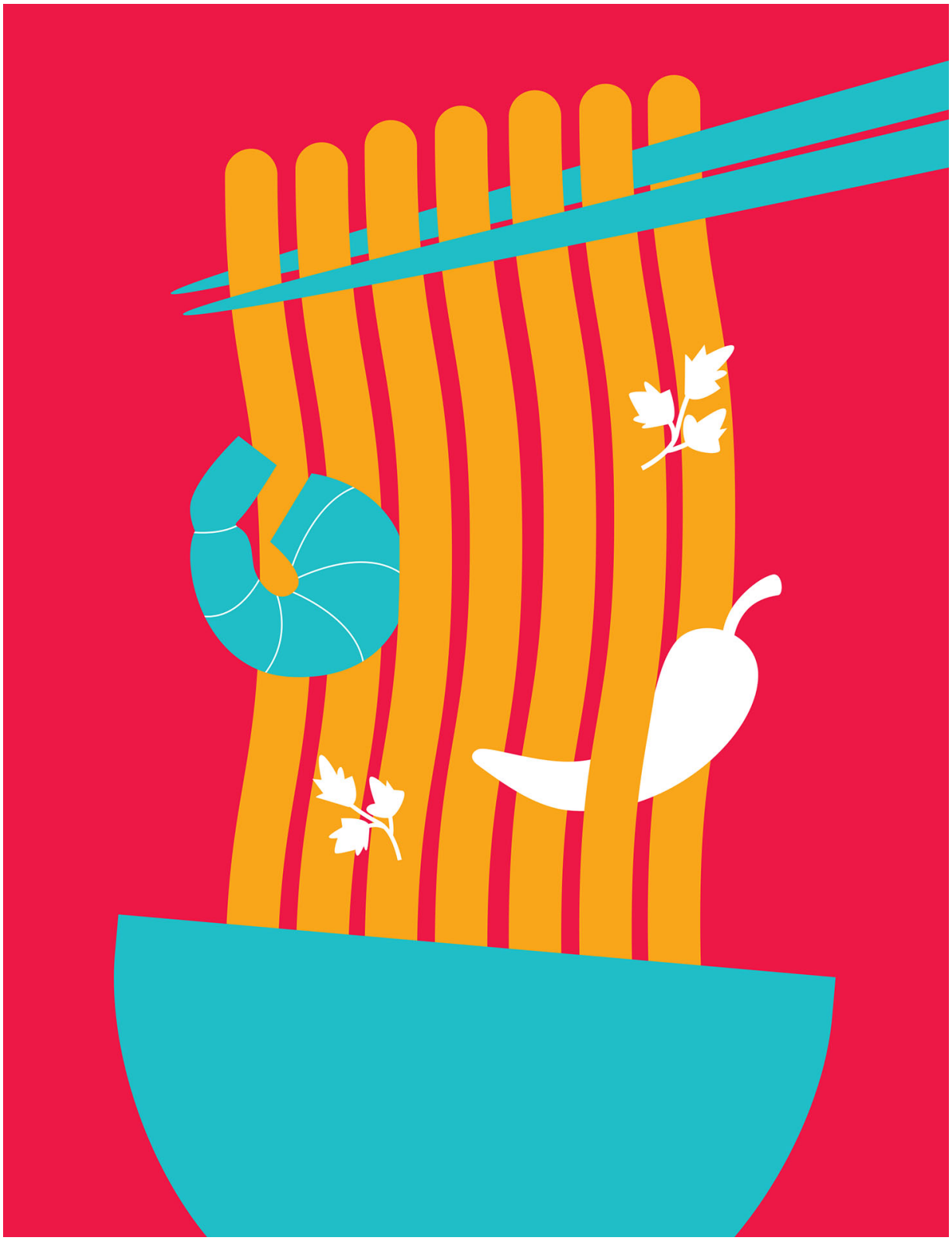


MASSAMAN-STYLE BEEF

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NAUGHTY NOODS & BOLD BOWLS

2



RECIPE LIST

FRIED NOODLES

STICKY SESAME CHICKEN

SWEET SOY PRAWN NOODLE STIR-FRY

SWEET & SOUR PORK NOODLES

BLACK PEPPER BEEF

HOMEMADE POT NOODLE

CHICKEN NASI GORENG

PORK SATAY NOODLES

THAI BASIL BEEF

STICKY BEEF & BROCCOLI

HONEY CHILLI BEEF NOODLES

287 CALORIES

AIR FRYER

FRIED NOODLES

PROTEIN: 9g | **CARBS:** 39.5g | **FAT:** 9g

PREP: 5 mins / **COOK:** 10 mins

SERVES 4

This is such a simple dish; you just throw everything into the air fryer basket and you've got the most incredible cheat meal. I usually box this up and meal prep it, too, if that's your thing. There might not be leftovers to meal prep, mind you! Perfect with some curry sauce.

300g beansprouts
bunch of spring onions, chopped
2 tbsp sesame oil
500g packet of ready-to-wok thick rice noodles

SAUCE

4 tbsp dark soy sauce
1 tbsp curry powder
1 tsp garlic purée
sprinkle of black pepper
150ml vegetable or chicken stock
1 tsp runny honey

1. Add the beansprouts, spring onions, sesame oil and noodles to the air fryer, stir and cook at 200°C for 6 minutes.
2. In a small bowl, combine all the ingredients for the sauce.
3. Stir the sauce into the air fryer, coating the noodles and veg, then cook for a further 4 minutes. It's that simple!

TIP

For more spice add 1 tsp of Chinese 5 spice and ½ tsp of chilli flakes.



FRIED NOODLES

247 CALORIES

AIR FRYER

STICKY SESAME CHICKEN

PROTEIN: 21.5g | **CARBS:** 23g | **FAT:** 7.5g

PREP: 10 mins / **COOK:** 20 mins

SERVES 4

3 tbsp cornflour
1 tsp garlic granules
1 tsp onion granules
1 tsp Chinese 5 spice
300g chicken breasts, cut into bite-size chunks
1 egg, beaten
low-calorie oil spray

SAUCE

1 tsp sesame oil
2 tbsp dark soy sauce
3 tbsp runny honey
2 tbsp sweet chilli sauce
1 tsp rice wine vinegar
1/2 tsp Chinese 5 spice
2 tbsp sriracha
1 tbsp garlic purée
1 tbsp ginger purée

TO SERVE

white sesame seeds
chopped spring onions
finely diced red chillies

***BOL* followers love this one. I've even made this recipe on live TV and everyone at home went crazy for it, so it had to make an appearance in this book. Sticky, sweet and moreish, I could devour these in one sitting.**

1 Combine the cornflour and spices in a bowl.

2 Coat the chicken first in the beaten egg, then in the spiced cornflour mix. Spray well with the oil spray and air-fry at 200°C for 14 minutes.

3 Mix all the sauce ingredients together in a bowl.

4 When the chicken is cooked, pour the sauce over the chicken and air-fry for a further 2–3 minutes until the sauce thickens, or add the sauce to a small pan over a low heat to warm through, then toss with the cooked chicken.

5 Once ready, serve the sticky chicken garnished with the sesame seeds, chopped spring onions and red chillies.



STICKY SESAME CHICKEN

417 CALORIES

AIR FRYER

SWEET SOY PRAWN NOODLE STIR-FRY

PROTEIN: 28g | **CARBS:** 57g | **FAT:** 7g

PREP: 10 mins / **COOK:** 10 mins

SERVES 4

The beauty of this is, unlike cooking a stir-fry in a wok, you don't need to stand over it and supervise. You chuck a few ingredients into the air fryer basket, then add a few shakes and you have such an easy midweek meal. It feels like you're eating out.

400g raw peeled prawns
150g sugar snap peas
1 carrot, grated, or cut into finely chopped sticks
1 tbsp light soy sauce
1 tsp sesame oil
150g beansprouts
4 spring onions, chopped, plus extra to garnish
600g cooked egg noodles

SAUCE

3 tbsp dark soy sauce
2 tbsp reduced-salt light soy sauce
1 tbsp runny honey
1 tbsp sweet chilli sauce
1 tbsp rice wine vinegar
1 tbsp hoisin sauce
3 garlic cloves, grated

1. Add the prawns, sugar snap peas and carrots to an air fryer basket with the soy sauce and sesame oil and toss together, then cook at 200°C for 5 minutes.
2. Combine all the sauce ingredients in a bowl.
3. Add the beansprouts, spring onions and sauce to the air fryer and cook for a further 5 minutes.
4. Stir through the cooked noodles to warm and coat them well in the sauce.

1 tsp ginger purée or finely grated (peeled) fresh ginger

TO SERVE

sliced red chilli

5 Serve garnished with red chilli slices and a few spring onions.



SWEET SOY PRAWN NOODLE STIR-FRY

590 CALORIES

SLOW COOKER

SWEET & SOUR PORK NOODLES

PROTEIN: 44g | **CARBS:** 74g | **FAT:** 11g

PREP: 15 mins / **COOK:** 3–4 hours (high) or 7–8 hours (low)

SERVES 4

DUMP BAG for the pork mixture

600g pork fillet, chopped into bite-size chunks
1 red onion, chopped
250g dried egg noodles (4 nests)
2 peppers (any colour), chopped
100g mangetout
1–2 tbsp cornflour

SAUCE

300ml pineapple juice
100ml water
80ml rice wine vinegar
5 tbsp reduced-sugar tomato ketchup
1 tbsp tomato purée
1 tbsp dark soy sauce
2 tbsp light soy sauce
1½ tbsp cornflour
2–3 tbsp runny honey
3 garlic cloves, crushed

It wouldn't be a fakeaway book without a recipe for sweet and sour. Such a gorgeous sauce, and often my go-to with some chicken balls from a Chinese takeaway. Here's a spin on the traditional sweet and sour chicken, using pork and noodles.

1 Add the pork, onion and all of the sauce ingredients to the slow cooker. Cook on high for 3–4 hours or low for 7–8 hours.

2 When cooked, add the dried noodles into the slow cooker along with the peppers and mangetout and give that a good stir. Pop the lid back on the slow cooker and leave to cook for another 15 minutes on high or until the noodles are fully cooked. If the sauce is too watery, mix 1–2 tablespoons of cornflour with 1 tablespoon of water to form a smooth paste. Stir it into the slow cooker and let it cook for a few more minutes until the sauce thickens.

3 Garnish with some chopped spring onions and serve immediately.

TO SERVE

chopped spring onions



SWEET & SOUR PORK NOODLES

247 CALORIES

SLOW COOKER

BLACK PEPPER BEEF

PROTEIN: 29g | **CARBS:** 17g | **FAT:** 6g

PREP: 15 mins / **COOK:** 3 hours (high) or 5–6 hours (low)

SERVES 4



This black pepper beef is incredibly simple to prepare and is sure to be a hit with everyone at home. Perfect for busy weeknights, it's a fuss-free fakeaway that's satisfying, comforting and is sure to become a regular meal.

500g beef steak (any cut will do), sliced or cut into bite-size chunks
2 tbsp dark soy sauce
100ml chicken stock
2 tbsp light soy sauce
1 tsp sesame oil
1 tbsp hoisin sauce
2 onions, cut into chunky pieces
1 tsp black pepper
1 tbsp cornflour
1 red pepper, cut into chunks
1 green pepper, cut into chunks
salt, to taste

TO SERVE
basmati rice

1. Add all the ingredients, except the chopped peppers, to the slow cooker, stir and season to taste with salt. Cook on high for 3 hours or low for 5–6 hours. Longer is fine if you are out all day.
2. For the last 30–40 minutes or so, add in your peppers and cook on high. If you like a bit of a crunch, go for 30 minutes.
3. Serve with basmati rice and enjoy.



BLACK PEPPER BEEF

410 CALORIES

AIR FRYER

HOMEMADE POT NOODLE

PROTEIN: 34g | **CARBS:** 58g | **FAT:** 3g

PREP: 10 mins / **COOK:** 20 mins

SERVES 4

2 chicken breasts, chopped (optional)
4 tbsp soy sauce
250g dried egg noodles (4 nests)
2 tsp garlic powder
1 tsp curry powder
200g tin of sweetcorn, drained
200g tin of garden peas, drained
black pepper, to taste
600ml hot chicken or vegetable stock or 2 chicken stock cubes and 600ml boiling water

These are gorgeous; you can prepare all four pots in advance and simply add some hot chicken stock or water. You can even just sprinkle a crumbled stock cube into each pot and take it with you on the go, adding boiling water when you're ready to eat.

1 If you'd like to add chicken to this recipe for a high-protein lunch, air-fry the chicken breasts for 17 minutes at 200°C, then cut them into chunks.

2 Layer all the ingredients into your jars/pots. If meal prepping, crumble half a chicken stock cube into each jar and then when ready to eat add boiling water to fill the jar/pot. If preparing to eat now, add the hot chicken stock to each jar/pot and leave to cook for 5–10 minutes until the noodles are cooked.



HOMEMADE POT NOODLE

342 CALORIES

AIR FRYER

CHICKEN NASI GORENG

PROTEIN: 22g | **CARBS:** 45g | **FAT:** 8g

PREP: 15 mins / **COOK:** 20 mins

SERVES 4

2 chicken breasts, cut into really small chunks
1 tbsp dark soy sauce
1 tbsp fish sauce
2 tbsp sesame oil
3 tbsp kecap manis or soy sauce
1 tbsp tomato purée or sriracha
1 tbsp soft brown sugar
1 carrot, grated (optional)
1 red chilli, deseeded and finely chopped
1 shallot, finely chopped
2 packets (500g) of microwave rice or 500g leftover cooked rice
4 garlic cloves, crushed

TO SERVE

fried eggs
sliced cucumber
sliced tomatoes
chopped spring onions

You really can't go wrong with fried rice, ever. This stunning Indonesian version leaves notes of spice but some sweetness. It's that good you don't need any sauce like curry, as it sings on its own – even more so served with a runny egg.

1. Coat the chicken in the dark soy sauce and fish sauce. Remove the trays from the air fryer and air-fry the chicken at 200°C for 8 minutes.

2. In a small bowl, mix the sesame oil, kecap manis or soy sauce, tomato purée or sriracha and brown sugar.

3. In a large bowl, mix all the other ingredients with the sauce and add to the chicken in the air fryer, mix, then air-fry at 200°C for 8–10 minutes.

4. Serve with fried eggs and any of your preferred side bits.

crispy onions
lime wedges



CHICKEN NASI GORENG

578 CALORIES

SLOW COOKER

PORK SATAY NOODLES

PROTEIN: 39g | **CARBS:** 36g | **FAT:** 30g

PREP: 15 mins / **COOK:** 3–4 hours (high) or 5–6 hours (low)

SERVES 4

DUMP BAG

500g pork fillet, cut into strips
1 onion, diced
100g beansprouts
4 garlic cloves, grated
3 tbsp smooth peanut butter
2 tbsp light soy sauce
juice of 1 lime
2 tbsp runny honey
2.5cm piece of fresh ginger, peeled and grated (I used 1 tsp frozen)
2 tbsp sesame oil
1 red chilli, sliced
250ml chicken stock
300g fresh egg noodles
400ml tin of reduced-fat coconut milk
5–6 leaves of pak choi (optional)

I love to get pork when it's marked down with a yellow label, then freeze it. So here is a lovely pork and peanut dish that's served with noodles and veg for a real treat.

1. Pop all the ingredients into the slow cooker, apart from the noodles, coconut milk and pak choi. Cook on high for 3–4 hours or low for 5–6 hours.

2. When the slow cooker has about 30 minutes left, cook your noodles in a pan of boiling water for a few minutes according to the packet instructions. When cooked, drain, then transfer to the slow cooker and give it a good stir. Add your coconut milk and pak choi, if using.

3. Cook for a further 10 minutes on high, then serve garnished with some chopped peanuts and spring onions.

TO SERVE

chopped salted
peanuts
sliced spring onions



PORK SATAY NOODLES

265 CALORIES

SLOW COOKER

THAI BASIL BEEF

PROTEIN: 31.5g | **CARBS:** 22g | **FAT:** 5g

PREP: 15 mins / **COOK:** 2–3 hours (high) or 5 hours (low)

SERVES 4

DUMP BAG

500g beef steaks, thinly sliced
5 garlic cloves, crushed
1 tsp chilli flakes
1 tsp ancho chilli flakes
1 tbsp dried basil or Thai basil paste
1 tbsp Thai fish sauce
1 tbsp granulated sugar
3 tbsp dark soy sauce
2 tbsp orange juice
1 heaped tbsp cornflour, mixed to a paste with 1 tbsp water
3 tbsp runny honey
1 red pepper, sliced
80g mushrooms, halved
250ml chicken stock
salt and pepper, to taste

TO SERVE

basmati rice
lime wedges

This is my favourite recipe in the book, it's my go-to fakeaway and instantly reminds me of a dish we had from my local Thai takeaway when I was younger.

1. Place all the ingredients, except the rice, in the slow cooker, stir and season to taste. Cook on high for 2–3 hours or low for 5 hours. If you would like the sauce to be thicker, stir in another teaspoon of cornflour mixed to a paste with a little water.

2. Serve with rice and some lime wedges.

TIP

If you can get fresh Thai basil, even better! Swap a handful for the dried basil.



THAI BASIL BEEF

236 CALORIES

SLOW COOKER

STICKY BEEF & BROCCOLI

PROTEIN: 29g | **CARBS:** 17g | **FAT:** 5g

PREP: 10 mins / **COOK:** 3 1/2 hours (high) or 6 1/2 hours (low)

SERVES 4

DUMP BAG

400g thin beef steaks, cut into chunks
1 onion, cut into chunks
5 tbsp dark soy sauce
2 tbsp hoisin sauce
1–2 tbsp sweet chilli sauce
1 tbsp ginger purée or paste
3 garlic cloves, sliced
350ml chicken stock (beef stock is too rich for this)
crack of black pepper
1 tsp rice wine vinegar
1 heaped tbsp cornflour mixed with 1 tbsp water
1 head of broccoli, broken into florets

TO SERVE

basmati rice
sliced red chilli
sliced spring onion

An absolutely sensational fakeaway. It's my go-to whenever there's leftover beef in the fridge, and honestly, it never disappoints. You're going to love it!

1. Add all the ingredients to the slow cooker, except the broccoli. Cook on high for 3 hours or low for 6 hours.
2. Add in the broccoli florets and stir, then cook for a further 30 minutes or so on high until tender.
3. When ready, serve with rice and garnish with the red chilli and spring onion.



STICKY BEEF & BROCCOLI

451 CALORIES

SLOW COOKER

HONEY CHILLI BEEF NOODLES

PROTEIN: 34g | **CARBS:** 65g | **FAT:** 5.5g

PREP: 15 mins / **COOK:** 2 hours 20 mins

SERVES 4

DUMP BAG

400g beef steaks, thinly sliced
4 tbsp dark soy sauce
5 tbsp light soy sauce
2 tsp rice vinegar
5 garlic cloves, crushed
2 tbsp hoisin sauce
3 tbsp orange juice
4 tbsp runny honey
2 tsp chilli flakes
1 tbsp cornflour, mixed to a paste with 1 tbsp water
1 red pepper, sliced
200g dried egg noodles
350ml chicken stock

TO SERVE

chopped spring onions
sesame seeds

This is one of my first ever viral recipes, which was instantly a huge hit with BOL followers. While some of you may have seen this recipe before, I couldn't have a fakeaway book and not include it.

1. Place all the ingredients, except the red pepper, egg noodles and stock, in the slow cooker and stir. Cook on high for 2 hours.
2. Add the red pepper, noodles and stock, then stir and cook on high for another 15–20 minutes, stirring again after 10 minutes.
3. Serve garnished with spring onions and sesame seeds.

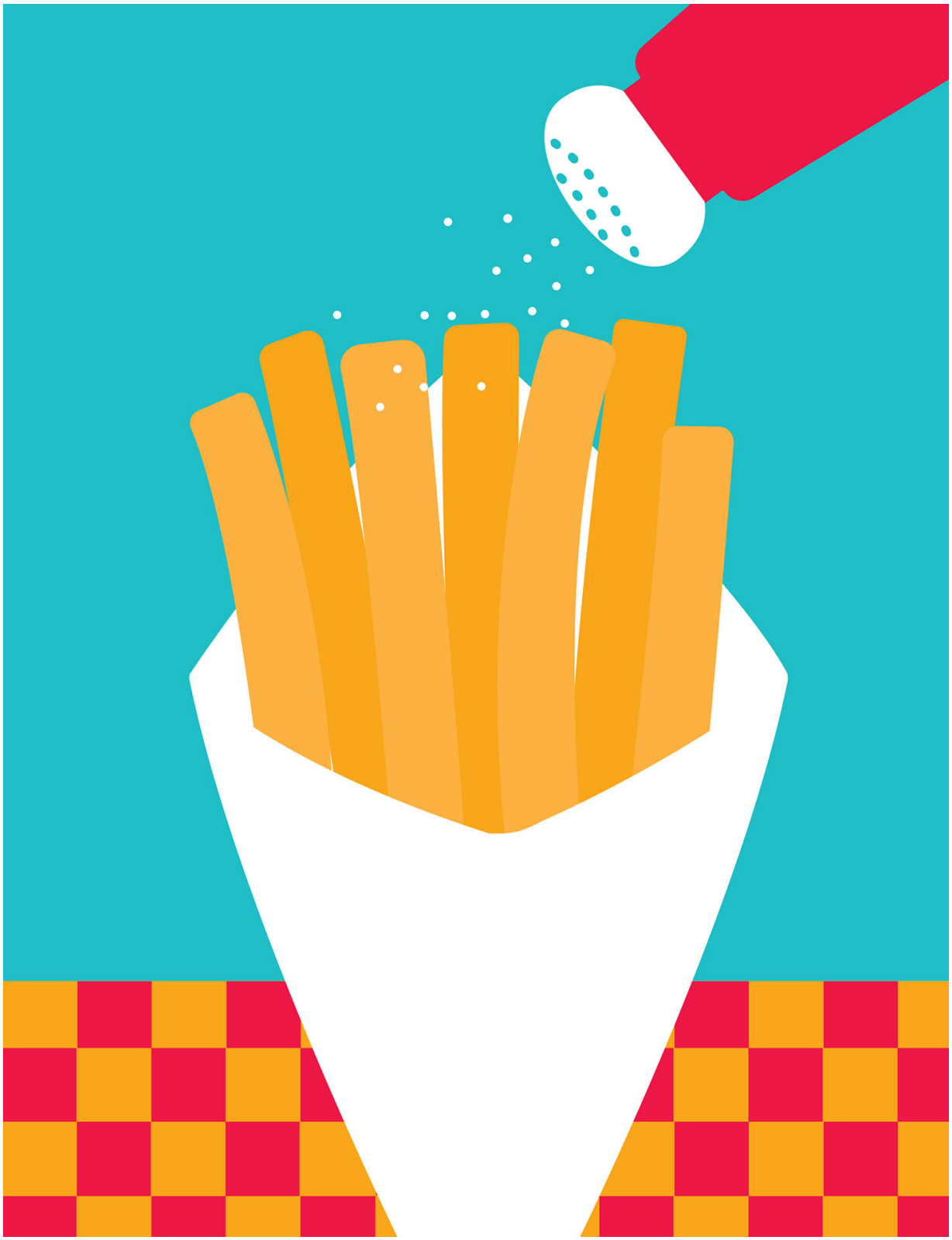


HONEY CHILLI BEEF NOODLES

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THE CHIPPY

3



RECIPE LIST

CHUNKY SALT & VINEGAR CHIPS

SMASH BURGERS & SWEET POTATO FRIES

SAUSAGE ROLLS

BREADED SCAMPI WITH TARTARE SAUCE

CORNISH PASTIES

FISH TWO WAYS

BEEF & GRAVY PIE WITH CHEESY MASH

CRUNCHY GARLIC BUTTER CUBED POTATOES

INDIVIDUAL FISH PIES

BUTTERMILK CHICKEN BURGERS

CHEESY CHIPS & GRAVY

200 CALORIES

AIR FRYER

CHUNKY SALT & VINEGAR CHIPS

PROTEIN: 4g | **CARBS:** 37.5g | **FAT:** 3g

PREP: 10 mins, plus 10 mins soaking time / **COOK:** 40 mins

SERVES 4

V

800g potatoes (I use Maris Piper)
4 tbsp malt vinegar, plus extra to serve
1 tbsp salt, plus extra to sprinkle
1 tbsp olive oil

One thing people always struggle to get right in the air fryer is chips. Sometimes they are cooked on the outside but hard on the inside. So let me show you my secret way to make the perfect chip without using your hob to parboil.

1. Peel and cut the potatoes into chunky chips and steep in cold water for 10 minutes (use a heatproof bowl so you can use it later without having extra bowls to clean).

2. Drain, then, using the same bowl, cover the chips with boiling water, the vinegar and salt, then microwave (yes microwave!) on high for 8–10 minutes to parboil the potato chips.

3. Drain, then dry the chips with a clean towel or kitchen paper so the chips can get nice and crispy in the air fryer. Transfer to the air fryer basket and toss with the olive oil, then cook at 200°C for 25–30 minutes, depending on how chunky you cut them, or until golden and crispy.

4. Season with salt and vinegar and enjoy.



CHUNKY SALT & VINEGAR CHIPS

692 CALORIES

AIR FRYER

SMASH BURGERS & SWEET POTATO FRIES

PROTEIN: 45g | **CARBS:** 59g | **FAT:** 29g

PREP: 15 mins, plus 20 mins soaking / **COOK:** 25 mins

SERVES 4

If you haven't tried a smash burger before, this is your sign to do so. It is simply a patty pressed down super thin, like a meat pancake, which is cooked until the point that it nearly burns so the meat is nice and crispy, and it tastes like heaven.

500g lean beef mince
1 tsp garlic powder
1 tsp mustard powder
1 white onion, finely cut into rings
8 slices of streaky or back bacon rashers
4 seeded brioche buns, cut in half
4 cheese slices
4 tsp burger sauce
handful of lettuce leaves
2 large tomatoes, sliced
salt and pepper, to taste

FRIES

400g sweet potatoes, cut into chunky chips
1 tbsp Cajun seasoning
1 tbsp cornflour
low-calorie oil spray

1 Season the mince with garlic powder, mustard powder, salt and pepper and roll into 4 balls. Place the sweet potato fries in a microwaveable bowl of salted cold water and leave to steep for 20 minutes. Meanwhile, sprinkle the onion rings with salt, then squeeze out any moisture.

2 Transfer the sweet potato fries to the microwave and cook on high for 3 minutes. Preheat the air fryer to 200°C. Drain the chips and pat dry with kitchen paper, then coat with the Cajun seasoning and cornflour and spray with oil. Add to the air fryer and cook at 200°C for 12 minutes.

3 If you have a dual-basket air fryer, air-fry the bacon at 180°C for a further 7 minutes, or, if you have room, add the bacon in with the chips and cook for the last 5–6 minutes.

4 While the bacon and chips are cooking, add your patties to a frying pan and flatten using baking paper and the bottom of a pan or pot. Add the onions on top of the raw side of the meat, cooking over a high heat for 4 minutes, then flip, press down again and cook for a further 3–4 minutes.

5 Once the patties are cooked, layer up your burgers in the brioche buns, adding the cooked bacon, the cheese slices, a dollop of burger sauce and the lettuce and tomato, then top with the onion rings. Wrap in tin foil and air-fry at 200°C for another 2 minutes. Enjoy!

TIP

You can make four burgers using this recipe, or double up on the patties to make a double cheeseburger!



SMASH BURGERS & SWEET POTATO FRIES

461 CALORIES

AIR FRYER

SAUSAGE ROLLS

PROTEIN: 21g | **CARBS:** 34g | **FAT:** 26g

PREP: 15 mins / **COOK:** 15 mins

SERVES 4

Now I love a high-street bakery as much as anyone else, but some chippies in Northern Ireland sell sausage rolls. It's like one of those things you see at a shop checkout and add it to your basket last-minute, then eat it in the car on the way home so nobody knows.

400g reduced-fat sausages, skins removed
1 tsp dried sage or mixed herbs
1 tbsp Dijon mustard (optional)
320g ready-rolled puff pastry sheet
1 egg, beaten
salt and pepper, to taste

TO SERVE

red sauce or brown sauce

1 In a bowl, mix the sausage meat with the dried herbs and season with salt and pepper. For extra flavour, add a spoonful of mustard to the mixture, if you like.

2 Remove the puff pastry sheet from the fridge and roll it out on a flat surface. Cut in half lengthways, then spread the sausage meat along one side of the pastry rectangles, leaving a little space at the edge.

3 Brush the edge of the unfilled pastry side with the beaten egg, then fold over the pastry to cover the sausage meat, pressing the edges well to seal. I then cut these into 2, to make 4 large sausage rolls. Brush the outside of the sausage rolls with

more of the beaten egg, then cut a few slashes into the top of each sausage roll with a sharp knife.

4 Air-fry at 200°C for 12–14 minutes until golden.

5 Then you just need to decide if you want to eat these with red sauce or brown sauce. I prefer brown – controversial, I know.



SAUSAGE ROLLS

274 CALORIES

AIR FRYER

BREADED SCAMPI WITH TARTARE SAUCE

PROTEIN: 20g | **CARBS:** 30g | **FAT:** 8g

PREP: 10 mins / **COOK:** 14 mins

SERVES 4

A classic takeaway dish served with some tartare sauce and lemon wedges. Now you can, of course, do a battered version mixing cider and flour, but this is a fakeaway and I've made it healthier and less of a faff.

300g raw, peeled prawns
3 tbsp plain flour
1 egg, beaten
100g panko breadcrumbs
low-calorie spray oil
salt, to taste

TARTARE SAUCE

5 tbsp light mayo
2 tbsp fat-free yogurt
handful of chopped fresh parsley
1 tbsp chopped capers
juice of 1/2 lemon
1 gherkin, finely chopped
½ tsp dried herbs (oregano or mixed herbs)

TO SERVE

lemon wedges

1. Pat the raw prawns dry with kitchen paper and sprinkle over some salt.

2. Put the flour, beaten egg and breadcrumbs into three separate bowls. Dip the prawns in the flour, then the egg and lastly the breadcrumbs until well coated.

3. Spray the prawns with the oil, then air-fry at 200°C for 12–14 minutes until nice and golden.

4. While the prawns are cooking, make your speedy tartare sauce. Add all the ingredients to a bowl, then stir it all together.

chunky chips (see page 60)

5 I like to serve the scampi with the tartare sauce, some lemon wedges for squeezing over, and some chunky chips. So good!



BREADED SCAMPI WITH TARTARE SAUCE

542 CALORIES

AIR FRYER

CORNISH PASTIES

PROTEIN: 18g | **CARBS:** 41g | **FAT:** 23g

PREP: 15 mins / **COOK:** 40 mins

MAKES 4

These need no introduction, and as they have so few ingredients they are surprisingly simple to make. The key to a great filling is to make sure you chop everything super finely. In my opinion you NEED a gravy dip on the side with Cornish pasties. Feel free to make your own gravy from scratch, but why bother? Some instant gravies are fantastic.

200g beef rump, cut into really tiny chunks
½ onion, finely diced
2 carrots, finely diced
1 potato, peeled and finely diced
1 tsp half-fat butter
1 tsp mustard powder
1 tsp Worcestershire sauce
1 tbsp gravy powder (mixed with 2 tbsp water)
320g ready-rolled shortcrust pastry sheet
1 egg, beaten
salt and pepper, to taste

TO SERVE
leftover or instant gravy

1 Add all the ingredients, except the pastry and egg, with some salt and pepper to a pan over a medium heat and let that cook for around 10 minutes so the vegetables start to soften. Drain off any excess liquid once cooked.

2 Unroll the pastry on a flat surface and cut into 4 equal pieces, then add some filling into the centre of each piece. Brush some beaten egg around the edge of the pastry, fold over the filling and seal the edges, crimping the pastry at the top with your fingers to make the traditional pattern. Alternatively, cut out four circles from the pastry,

place the filling on one half, then fold over and crimp to seal.

3 Brush the pasties all over with the remaining beaten egg. Cook in the air fryer for 30 minutes at 170°C.

4 Serve with some leftover gravy or instant gravy and enjoy.

TIP

Make sure not to overfill as the pastry can rip. I'd recommend 2–3 tbsp of the mixture for each Cornish pasty.



CORNISH PASTIES

436 CALORIES (COD)

520 CALORIES (FISH FINGERS)

AIR FRYER

FISH TWO WAYS

COD

PROTEIN: 45g | **CARBS:** 39g | **FAT:** 15g

FISH FINGERS

PROTEIN: 57g | **CARBS:** 63g | **FAT:** 4g

PREP: 15 mins / **COOK:** 15 mins

SERVES 2



COD FILLETS

2 skinless cod fillets
1 tbsp plain flour (or more, depending on size of the fish)
1 egg, beaten
100g packet of salt and vinegar crisps, crushed into crumbs
salt and pepper, to taste

FISH FINGERS

500g skinless cod or white fish fillets, cut into fingers
2 tbsp plain flour
150g panko breadcrumbs
1 egg, beaten

This is a gorgeous little supper that goes perfectly with some air fryer chunky chips (see page 60). It's a clever hack to make your own fried fish with a classic salt and vinegar flavour, paired with some lovely cod fish fingers. Ideal for sharing, these are even better with a side of gravy, chip-shop curry sauce or just ketchup.

1 For the cod fillets, pat the fish dry with kitchen paper and salt generously to stop the fillets falling apart (this is weird science where the fish flesh thinks it's back in the sea, trust me).

2 Put the flour and pepper, beaten egg and crushed crisps into three separate bowls. Coat the cod fillets first in the flour, then in the beaten egg, then in the crushed crisps. Transfer to the air fryer and air-fry at 200°C for 12–14 minutes, or until cooked through and golden.

TO SERVE

chunky chips (see page 60)
smashed peas
red sauce

3 For the fish fingers, it's the same process. Pat dry the fish fillets, sprinkle over some salt, then coat in the flour, egg and finally the breadcrumbs and cook (at the same time as the fillets) in the other drawer of the air fryer at 180°C for 12–15 minutes, or until cooked through and golden.

4 Serve the cooked fish fillets and fingers with chips, smashed peas and red sauce.



FISH TWO WAYS

440 CALORIES

SLOW COOKER

BEEF & GRAVY PIE WITH CHEESY MASH

PROTEIN: 35g | **CARBS:** 34g | **FAT:** 16g

PREP: 20 mins / **COOK:** 6–8 hours (high) or 9–10 hours (low)

SERVES 6

DUMP BAG for the beef mixture

700g diced beef
1 onion, finely chopped
2 tbsp Worcestershire sauce
2 carrots, finely diced
300ml beef stock
100ml red wine
3–4 tbsp gravy powder or granules
1 tbsp cornflour (optional)
150g reduced-fat Cheddar cheese, grated
800g mashed potato
1 tbsp grated Parmesan cheese
salt and pepper, to taste

Now, it might just be my local chippy, but I can buy these chunky beef gravy pies with mash – and when I say it is a taste of pure home, it is like my childhood home. If it's raining outside, please make this, as it will instantly make you happier. Serve with peas for the perfect dinner.

1 Add all the ingredients, apart from the gravy powder/granules, cornflour, Cheddar, mash and Parmesan to the slow cooker, stir and season to taste. Cook on high for 6–8 hours or low for 9–10 hours.

2 Add the gravy powder/granules and, if required, blend the cornflour with a little water in a bowl and stir it into the pie mix to thicken the sauce.

3 Stir half of the Cheddar cheese through the mash and spread this over the beef filling in the slow cooker. If your slow cooker pot isn't ovenproof,

TO SERVE
garden peas

transfer the filling to an ovenproof dish(es) before topping with the mash.

4 Scatter over the remaining Cheddar and the Parmesan and pop under a hot grill until the top of the pie is super golden and starts to get really crispy. I like mine to start to form a cheesy crust.

5 Serve piping hot with some peas.



BEEF & GRAVY PIE WITH CHEESY MASH

295 CALORIES

AIR FRYER

CRUNCHY GARLIC BUTTER CUBED POTATOES

PROTEIN: 5g | **CARBS:** 39g | **FAT:** 12g

PREP: 15 mins / **COOK:** 20 mins

SERVES 4

I have posted so many variations of this recipe, and they are all, without doubt, BOL classics and real fan favourites. Instead of cooking the potatoes in oil, I use butter, and they become SO golden and crunchy, yet made moist by the garlic butter. There is a problem, though, as once you've tried these you will end up making them over and over again.

120g half-fat butter
1 tsp paprika
1 tsp dried parsley
1 tsp garlic granules
1kg baby potatoes, skin on, cut into small cubes
2 garlic cloves, grated

TO SERVE
finely chopped fresh parsley
shaved Parmesan cheese (vegetarian, if needed)

1. Add 100g of the butter to a microwaveable bowl and place in the microwave on high for 30 seconds to melt.

2. Mix the paprika, parsley and garlic granules into the melted butter, then toss the potatoes in the seasoned butter to coat.

3. Air-fry the potatoes at 200°C for 20 minutes, or until they are super golden and gorgeous.

4 Melt the remaining 20g of butter in the microwave on high for 10 seconds, then stir in the grated garlic. Pour this over the cooked spuds and sprinkle over some parsley and Parmesan to finish. Gorge.



CRUNCHY GARLIC BUTTER CUBED POTATOES

572 CALORIES

AIR FRYER

INDIVIDUAL FISH PIES

PROTEIN: 37g | **CARBS:** 61g | **FAT:** 18g

PREP: 20 mins / **COOK:** 30 mins

SERVES 4

800g Maris Piper potatoes, peeled and quartered
80g half-fat butter
dash of cream or semi-skimmed milk (optional)
3 spring onions, chopped
60g plain flour
400ml semi-skimmed milk
1 x 400g packet of fish mix, containing cod, salmon and haddock
200g frozen peas
1 tsp grated nutmeg
1 tbsp Dijon mustard
60g reduced-fat Cheddar cheese, grated
fresh chives, chopped
salt and pepper, to taste

This is a childhood classic for me and, truth be told, fish pie – along with quiche – was a dinner I dreaded when Mum made it, but over time I grew to love it. A gorgeously creamy sauce with fish falling apart in it and creamy mashed spuds on top, it's the stuff of dreams. You can also skip the mash and top with pastry, if you prefer.

1 Make your mash by cooking the potatoes in a pan of salted boiling water over a medium heat for 15 minutes. Drain, then mash and season with salt and pepper and add 20g of the butter. You can also add a dash of cream or milk, if you like.

2 Meanwhile, in a pan, melt the remaining 60g of butter and add the spring onions, stir through the flour gradually and then start to stir in the milk, a little at a time, until almost a béchamel sauce forms.

3 Stir in the fish mix, peas, nutmeg, mustard, half of the Cheddar and some chives and stir for 2–3 minutes.

4 Add the mixture to your pie dishes (you can do this as one large sharing pie, but I love these cooked in individual blue and white Falcon enamel tins).

5 Top with the mash, sprinkle over the remaining cheese, then air-fry at 180°C for around 15 minutes or until the cheese is golden.



INDIVIDUAL FISH PIES

541 CALORIES

AIR FRYER

BUTTERMILK CHICKEN BURGERS

PROTEIN: 32g | **CARBS:** 58g | **FAT:** 20g

PREP: 15 mins / **COOK:** 25 mins

SERVES 4

80g plain flour
1 tsp dried thyme
1 tsp dried basil
1 tsp dried oregano
2 tsp paprika
1 tsp mustard powder
1 tsp garlic granules
1 tsp ground ginger
a few dashes of hot sauce (I used Frank's)
200ml buttermilk
4 boneless and skinless chicken thighs
low-calorie oil spray
4 brioche burger buns, cut in half and toasted
handful of lettuce, shredded
2 tomatoes, sliced
handful of gherkins, sliced
4 tbsp light mayo
salt and pepper, to taste

It can't be a chippy chapter without a chicken burger. Personally, I love my chicken burgers with buffalo sauce, so here are two versions: one for those that like the classic chicken burger and one served with a spicy buffalo sauce. Both are divine.

1. Preheat the air fryer to 200°C.
2. Tip the flour onto a plate and add all the dried herbs and spices. Give it a good mix.
3. In a bowl, add a few dashes of hot sauce to the buttermilk. Dip a chicken thigh into the buttermilk mixture, shaking off any excess, then into the flour mixture to coat, and repeat until all four chicken thighs are covered in the flour mixture.
4. Spray the chicken all over with oil spray and pop into the air fryer, then cook at 200°C for 20–22 minutes. Make sure to flip the chicken over halfway through.

BUFFALO SAUCE

50g half-fat unsalted butter, melted

120ml hot sauce (I use Frank's)

2 tbsp runny honey

½ tsp garlic powder

½ tsp paprika

5 If you'd like buffalo sauce with your burgers, you can prepare this while the chicken is cooking. Add the butter to a bowl with the hot sauce, honey, garlic powder and paprika. Give it a good mix.

6 When the chicken is cooked, serve on the toasted brioche burger buns with some lettuce, tomato, gherkins and mayo. If also serving with buffalo sauce, coat the cooked chicken in the buffalo sauce before adding to the burger bun.



BUTTERMILK CHICKEN BURGERS

478 CALORIES

AIR FRYER

CHEESY CHIPS & GRAVY

PROTEIN: 6g | **CARBS:** 54g | **FAT:** 20g

PREP: 15 mins / **COOK:** 35 mins

SERVES 4

4–5 large potatoes (I use Maris Piper), peeled and sliced into 1cm-thick chips
4 tbsp vegetable oil, or low-calorie oil spray
200g reduced-fat mozzarella (or cheese curds, if you can find them)
salt and pepper, to taste

GRAVY

3 tbsp cornflour
2 tbsp half-fat salted butter, cut into small cubes
30g plain flour
300ml beef stock
300ml chicken stock

Who doesn't love a gravy chip? Especially a gravy chip with loads of melted cheese. Proper comfort food and so satisfying.

1 Add the chips to a microwaveable bowl with some boiling water and a pinch of salt. Pop into the microwave for 7–8 minutes on high.

2 Drain the chips and transfer to a plate lined with some kitchen paper, then pat dry so they can get nice and crispy in the air fryer. Add the chips to the air fryer with plenty of oil or oil spray, toss to coat and cook at 200°C for 20–25 minutes (if making chunkier chips, cook for 25–30 minutes) until golden and crispy.

3 While the chips are cooking, prepare your gravy. Mix the cornflour in a bowl with 2 tablespoons of water to make a paste and set aside. In a pan, melt the butter, stir in the flour and cook for 5 minutes, stirring to a smooth paste. Gradually whisk in the beef and chicken stocks, then stir in half of the cornflour mix to thicken. Simmer for

another minute, adding more of the cornflour mix and simmering for a further minute if you want a thicker gravy. Season with salt and pepper to taste.

4 When serving, add your chips to a plate, tear up your mozzarella (or cheese curds) and scatter over the chips so that it melts on the chips, then pour that gorgeous rich gravy on top and get stuck in.



CHEESY CHIPS & GRAVY

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FINGER FOOD & PICKY TEA

4



RECIPE LIST

PADRÓN PEPPERS

CHICKEN YAKITORI

STICKY HALLOUMI POPCORN

CRISPY FRIED CHICKEN

MOZZARELLA STICKS

SPIN THE WHEEL WINGS

HONEY FETA FILO STICKS

GARLIC MOZZARELLA DOUGHBALLS

CHICKEN NUGGETS

NASHVILLE CHICKEN TENDERS

PIZZA TWISTS

POPCORN CHICKEN BITES

45 CALORIES

AIR FRYER

PADRÓN PEPPERS

PROTEIN: 1g | **CARBS:** 1g | **FAT:** 3g

PREP: 2 mins / **COOK:** 5 mins

SERVES 4

V

400g Padrón peppers
1 tbsp olive oil
1 tsp flaky sea salt, plus extra to garnish
½ tsp garlic powder

These are the perfect snack if you are hosting, which will go very quickly. But they're also a lovely little dish for a date night or even just a midweek meal, to snack on alongside a drink or as a small plate.

1. Coat the Padrón peppers in the olive oil, then toss them in some salt and the garlic powder to lightly coat.

2. Add to a preheated air fryer and cook at 200°C for 5–6 minutes, or until they appear slightly blackened. Serve hot with a little extra salt for flavour.



PADRÓN PEPPERS

274 CALORIES

AIR FRYER

CHICKEN YAKITORI

PROTEIN: 27g | **CARBS:** 33g | **FAT:** 4g

PREP: 15 mins, plus 30 mins marinating / **COOK:** 15 mins

SERVES 4



500g boneless and skinless chicken thighs, cut into small chunks
6 tbsp dark soy sauce
80ml mirin
2 tsp rice wine
1 tsp garlic purée
4 tbsp runny honey
2 spring onions, chopped, to garnish

These sticky and charred skewers are a simple Japanese classic – yakitori literally meaning 'chicken grilled on skewers'. If you set out my versions of these at a picky tea they will be the first things to be snatched by the family, so if you want one yourself, take it as you set the plate down!

1. Add the chicken pieces to a bowl and add everything else but the spring onions, mix, then leave to marinate in the fridge for at least 30 minutes, or overnight if you want to rustle them up the next day.

2. Thread the chicken chunks onto metal skewers or wooden skewers (that have been soaked in water for 30 minutes so they don't burn). Air-fry at 190°C for 13–15 minutes.

3. Garnish with the spring onions and enjoy.



CHICKEN YAKITORI

480 CALORIES

AIR FRYER

STICKY HALLOUMI POPCORN

PROTEIN: 39g | **CARBS:** 22g | **FAT:** 26g

PREP: 15 mins / **COOK:** 15 mins

SERVES 4

V

550g reduced-fat halloumi cheese, cut into small chunks
1 egg, beaten
100g breadcrumbs (panko or fresh)
1 tsp paprika
low-calorie oil spray
4 tbsp sweet chilli sauce (optional)
pepper, to taste

Now, just a warning: these are addictive, and you may find yourself eating them like popcorn. But that is ok! The halloumi can be prepared in two ways – you can simply air-fry the chunks in oil then dip them into a sauce of your choice when they are nice and crispy, or you can coat them in some sweet chilli sauce towards the end of the cooking time, so they become a pinch of heaven.

1. Season the halloumi with pepper. Add the beaten egg and the breadcrumbs, mixed with the paprika, to separate plates, then toss the halloumi chunks first into the egg, then into the breadcrumbs to evenly coat.

2. Spray the coated halloumi really well with oil spray, then air-fry at 190°C for 12–14 minutes until golden and crispy.

3. If using sweet chilli sauce, add that for the last 2 minutes of the cooking time, tossing the halloumi chunks to coat. Tuck in and enjoy!



STICKY HALLOUMI POPCORN

327 CALORIES

AIR FRYER

CRISPY FRIED CHICKEN

PROTEIN: 6g | **CARBS:** 44g | **FAT:** 14g

PREP: 15 mins, plus 4 hours marinating / **COOK:** 12 mins

SERVES 4

10 boneless and skinless chicken thighs, each cut into 4
4 tbsp light soy sauce
1 tbsp sesame oil
3 tbsp mirin
4 tbsp ginger and garlic paste
50ml vegetable oil
150g cornflour

TO SERVE

Kewpie mayo
chilli sauce

This crunchy chicken is so good you won't even want to eat it with any sides, you'll happily scoff it on its own.

1 Combine the chicken thigh pieces with the soy sauce, sesame oil, mirin and ginger and garlic paste in a bowl and leave to marinate for at least 4 hours in the fridge, or ideally overnight if you have time.

2 Once you are ready to cook, remove the tray from the air fryer and add the vegetable oil to the base (you may need to work in batches, as you don't want to overcrowd the air fryer). Preheat the air fryer to 220°C for 2–3 minutes.

3 Put the cornflour into a large bowl and add the marinated chicken pieces. Toss well to coat completely.

4 Add the coated chicken pieces to the air fryer and cook for 10–12 minutes, or until golden

brown. The pieces will need turning halfway through cooking.

5 Drain on kitchen paper and, once cooled slightly, serve with some Kewpie mayo and chilli sauce.



CRISPY FRIED CHICKEN

345 CALORIES

AIR FRYER

MOZZARELLA STICKS

PROTEIN: 21g | **CARBS:** 16g | **FAT:** 21g

PREP: 20 mins, plus 1 hour freezing / **COOK:** 10 mins

SERVES 4

V

400g block of mozzarella
2 tbsp plain flour
1 tsp garlic powder
1 tsp dried Italian seasoning
1 large egg
50g breadcrumbs (panko or fresh)
low-calorie oil spray
salt and pepper, to taste

It can't be a fakeaway book without the most popular starter at a restaurant. Mozzarella sticks are a staple in a lot of Italian restaurants, and even in fast-food chains. These are super easy to make if you can find blocks of mozzarella at your local supermarket.

1 Cut the block of mozzarella into strips around 1.5cm wide and pat dry with some kitchen paper.

2 You'll need three bowls for this (it's not too messy, I promise!). In the first bowl, mix the flour with the garlic powder and Italian seasoning. In the second bowl, beat the egg with some salt and pepper, and in the third bowl, add the breadcrumbs.

3 Pop a mozzarella strip into the flour mix, then the egg, and repeat. Then coat it in the breadcrumbs, making sure the mozzarella stick is fully covered. Repeat for all the mozzarella sticks, then transfer to a freezerproof container, pop the lid on and freeze for an hour.

4 When ready to cook, add the mozzarella sticks to the air fryer basket, leaving some space between each one, and spray with oil spray. Air-fry at 200°C for 10 minutes, making sure to flip them halfway through so they become nice and crispy. Don't worry if the mozzarella melts and leaks, as that can happen. Serve immediately with your favourite dip or sauce and enjoy.

TIP

You can add crushed cornflakes or crisps to the breadcrumb mix for extra crunch.



MOZZARELLA STICKS

365 CALORIES

AIR FRYER

SPIN THE WHEEL WINGS

PROTEIN: 19g | **CARBS:** 0g | **FAT:** 32g

PREP: 10 mins / **COOK:** 20 mins

SERVES 4

700g chicken wings
low-calorie oil spray
1 tsp paprika
1 tsp garlic powder
1/2 tsp baking powder
salt and pepper, to taste

TO SERVE

chopped spring onions
sesame seeds

I love chicken wings, especially nice, crispy ones. I can never decide what flavourings I want to use when making them, so here are a few of my favourite combos.

1. Start by gently patting your chicken wings dry with kitchen paper. Add the chicken to a bowl and spray with some low-calorie oil spray, then coat in the paprika, garlic powder, baking powder and salt and pepper.

2. Air-fry at 200°C for 20 minutes. The chicken wings should be nice and crispy so avoid overcrowding the air fryer and work in batches if necessary.

3. While the wings cook, make your preferred sauce by combining all the ingredients in a bowl. In another bowl, make the blue cheese dip by combining all the ingredients.

4. Once cooked, coat in your sauce of choice and garnish with some spring onions or sesame

seeds, if you like, before eating as is or dunking in the blue cheese dip.

CHOOSE YOUR SAUCE/DIP, BY MIXING TOGETHER THE FOLLOWING INGREDIENTS:

84 CALORIES

BUFFALO SAUCE

120ml hot sauce (I use Frank's)
50g half-fat unsalted butter, melted
2 tbsp runny honey
½ tsp garlic powder
½ tsp paprika

91 CALORIES

GARLIC & PARMESAN SAUCE

60g half-fat butter, melted
5 garlic cloves, minced
15g fresh parsley, finely chopped
30g Parmesan cheese, grated

242 CALORIES

BBQ SAUCE

300ml reduced-sugar tomato ketchup
4 tbsp white wine vinegar
5 tbsp dark brown soft sugar
2 tbsp black treacle
3 tbsp runny honey
2 tbsp vegetable oil
1 tbsp Worcestershire sauce
½ tsp mustard powder (or 1 tsp English mustard)
1½ tsp smoked paprika
½ tsp black pepper

152 CALORIES

BLUE CHEESE DIP

150g reduced-fat soured cream
75g light mayo
50g blue cheese, crumbled
1 tsp finely diced fresh chives
juice of 1/2 lemon
salt and pepper, to taste



SPIN THE WHEEL WINGS

165 CALORIES

AIR FRYER

HONEY FETA FILO STICKS

PROTEIN: 9g | **CARBS:** 14g | **FAT:** 8g

PREP: 15 mins / **COOK:** 10 mins

MAKES 6

This was one of those viral trends that I wasn't sure I could get on board with, but let me tell you, this is one to hop on to! Creamy feta cooked inside crunchy, buttery, wafer-thin pastry ... sublime.

3 sheets of filo pastry
2 tbsp half-fat butter
200g reduced-fat feta, cut into 6 x 1cm-thick sticks
1 tbsp white sesame seeds
1 tbsp runny honey (I like hot honey)

1 Unroll your filo sheets one at a time (keeping the other sheets covered with a damp cloth until you need them) and lay it down on a clean surface. Cut down the middle to make two even rectangles. Microwave the butter for 10 seconds on high or until just melted, then brush some over the filo sheet.

2 Add a stick of feta to one short end of the filo sheet, then roll the pastry around the cheese, tucking in the sides as you get to the end. Repeat with the remaining filo sheets and feta sticks.

3 Brush the wrapped filo sticks with melted butter, then roll them in the sesame seeds and air-fry at 200°C for 8–10 minutes. During the final 2 minutes of the cooking time, drizzle the honey

over the filo sticks and finish cooking. Serve hot with your favourite sauce or dip.



HONEY FETA FILO STICKS

67 CALORIES

AIR FRYER

GARLIC MOZZARELLA DOUGHBALLS

PROTEIN: 3.5g | **CARBS:** 8.5g | **FAT:** 2g

PREP: 20 mins / **COOK:** 10 mins

MAKES 15–16

A simple dough made with yogurt that is rolled into balls and stuffed with mozzarella cheese, then brushed with garlic butter. This is an easy hack to make your own dough, but you can, of course, use shop-bought pizza dough, if you prefer. I love to serve these with garlic mayo.

150g self-raising flour
150g fat-free yogurt
16 reduced-fat mini mozzarella balls
salt and pepper, to taste

GARLIC BUTTER

2 tbsp half-fat butter, softened
3 garlic cloves, grated
1 tbsp chopped fresh parsley, plus extra to garnish

1 First make the garlic butter by mashing together all the ingredients in a little bowl. Set aside.

2 Combine the flour and yogurt with some salt and pepper in a bowl and form the mixture into a dough. Divide into balls the size you like – I usually make about 15 or 16. Place a mozzarella ball in the centre of each piece of dough and wrap the dough around it to fully enclose it.

3 Melt the garlic butter in the microwave for about 1 minute on high. Brush the doughballs all over with some of the melted garlic butter, then air-fry at 190°C for 8–10 minutes.

4 Once cooked, brush them again with more of the melted garlic butter and scatter over some extra chopped parsley to garnish.



GARLIC MOZZARELLA DOUGHBALLS

356 CALORIES

AIR FRYER

CHICKEN NUGGETS

PROTEIN: 29g | **CARBS:** 48g | **FAT:** 5g

PREP: 15 mins / **COOK:** 15 mins

SERVES 4

If you live far away from a golden arch (which I find unlikely) or if you fancy a version of this takeaway classic at home, then this is it. Serve with your favourite dip – ketchup is mine!

400g chicken breasts, cut into mini fillets
100g rice pops cereal
1 tsp onion powder
1 tsp garlic powder
pinch each of of white and black pepper
½ tsp paprika
4 tbsp cornflour
1 egg, beaten
low-calorie oil spray

1. Lay the chicken between two sheets of cling film or baking paper, bash lightly with a rolling pin until slightly flattened, then cut into nuggets.

2. Blitz the rice pops cereal in a food processor to a superfine crumb and add to a bowl with the onion and garlic powders, peppers and paprika.

3. Add the cornflour and the beaten egg to two separate bowls, then roll the chicken nuggets into the cornflour first, followed by the egg, and lastly coat in the crispy spice mix.

4. Spray well with oil and air-fry at 200°C for 12 minutes until golden and crispy. Serve hot with your favourite sauce or dip.



CHICKEN NUGGETS

626 CALORIES

AIR FRYER

NASHVILLE CHICKEN TENDERS

PROTEIN: 40g | **CARBS:** 56g | **FAT:** 27g

PREP: 15 mins, plus overnight marinating (optional) / **COOK:** 15 mins

SERVES 4

500g chicken breasts, cut into mini fillets
200ml buttermilk
2 tbsp hot sauce (I use Frank's)
½ tsp garlic powder
½ tsp onion powder
350g panko breadcrumbs
low-calorie oil spray
salt and pepper, to taste

HOT SAUCE

120ml vegetable oil
2 tsp soft brown sugar
2 tsp cayenne pepper
1 tsp chilli flakes
1 tsp paprika
1 tsp garlic powder

TO SERVE

brioche rolls, cut in half
sliced pickles
reduced-fat coleslaw

When I went to America, I visited a famous chicken shop that is known for their Nashville chicken tenders, and I've craved them ever since. Here's my spin on their famous delicious chicken recipe.

1 Place your chicken mini fillets into a bowl, then add the buttermilk and hot sauce and toss to coat. Leave to marinate for 10–15 minutes in the fridge (or ideally overnight).

2 On a plate, add the garlic and onion powders to the panko breadcrumbs and mix, then dip in the chicken tenders to evenly coat. Spray with oil spray, then add to the air fryer and cook at 200°C for 12 minutes until golden and crispy. Flip them over halfway through the cooking time.

3 While the chicken is cooking, prepare the Nashville hot sauce by adding the vegetable oil, brown sugar, cayenne pepper, chilli flakes, paprika and garlic powder into a saucepan and mixing together over a medium heat until it makes

a nice sauce. Don't heat it for too long as the oil can start to smoke.

4 When the chicken is ready, brush over the Nashville sauce using a pastry brush and serve in brioche rolls with pickles and with coleslaw, if you like.



NASHVILLE CHICKEN TENDERS

259 CALORIES

AIR FRYER

PIZZA TWISTS

PROTEIN: 7.5g | **CARBS:** 19g | **FAT:** 17g

PREP: 20 mins / **COOK:** 10 mins

MAKES 12

2 x 320g ready-rolled puff pastry sheets
4–5 heaped tbsp pizza sauce, plus more for dipping
100g reduced-fat mozzarella or Cheddar cheese, grated
16 small slices or 8 large slices of pepperoni
1 egg, beaten
½ tsp dried oregano
½ tsp garlic powder

Picture chocolate twists but with a savoury edge – these pastry treats are filled with cheese, tomato and pepperoni. Such a handy snack, or great for the kids' lunchboxes.

1 Remove the pastry sheets from the fridge and unroll them on a flat surface.

2 Brush the pizza sauce over one of the pastry sheets. Add your cheese and pepperoni in an even layer, then cover with the other sheet of puff pastry.

3 Press down and cut the pastry sheet in half lengthways, then cut 6 strips from each half. You should have 12 strips in total. Loosely twist each strip along its length.

4 Brush the pastry twists with the beaten egg, then scatter over the oregano and garlic powder.

5 Line the air fryer with greaseproof paper and pop the pizza twists into the air fryer, leaving some

space between each to allow them to puff up. Air-fry at 180°C for 5 minutes, then flip them over and air-fry for another 5 minutes until cooked and crispy. Serve hot or cold with extra pizza sauce on the side for dipping.

TIP

You can use 1 sheet of puff pastry and reduce the quantity of the cheese/pepperoni – just fold the sheet in half rather than adding another on top.



PIZZA TWISTS

396 CALORIES

AIR FRYER

POPCORN CHICKEN BITES

PROTEIN: 46g | **CARBS:** 22g | **FAT:** 14g

PREP: 15 mins / **COOK:** 15 mins

SERVES 4

100g rice pops cereal
50g Parmesan cheese, grated
1 tsp dried oregano
1 tsp garlic powder
1 tsp black pepper
2 tbsp olive oil
2 eggs
1 tbsp semi-skimmed milk
4 chicken breasts, cut into bite-size chunks

TO SERVE

gravy
chips or veggies

A quick and easy snack for the kids (and big kids, let's be honest). Instead of paying ridiculous money for this at a fast-food chain, make your own using a secret ingredient – rice pops cereal!

1. Preheat the air fryer to 200°C. Line a baking tray that fits the air fryer with baking paper.

2. Blitz the rice pops cereal, Parmesan, oregano, garlic powder and black pepper in a food processor. Add the olive oil, blitz again, and then spread on a plate. Beat the eggs and milk together in a bowl.

3. Dip the chicken chunks into the egg mixture, then into the crispy mixture to coat, and place on the lined baking tray. Pop the baking tray into the air fryer and cook for 10–12 minutes until nice and golden.

4. Serve with gravy for a quick snack, or serve with some chips and veggies for a complete meal (perfect for kids!).

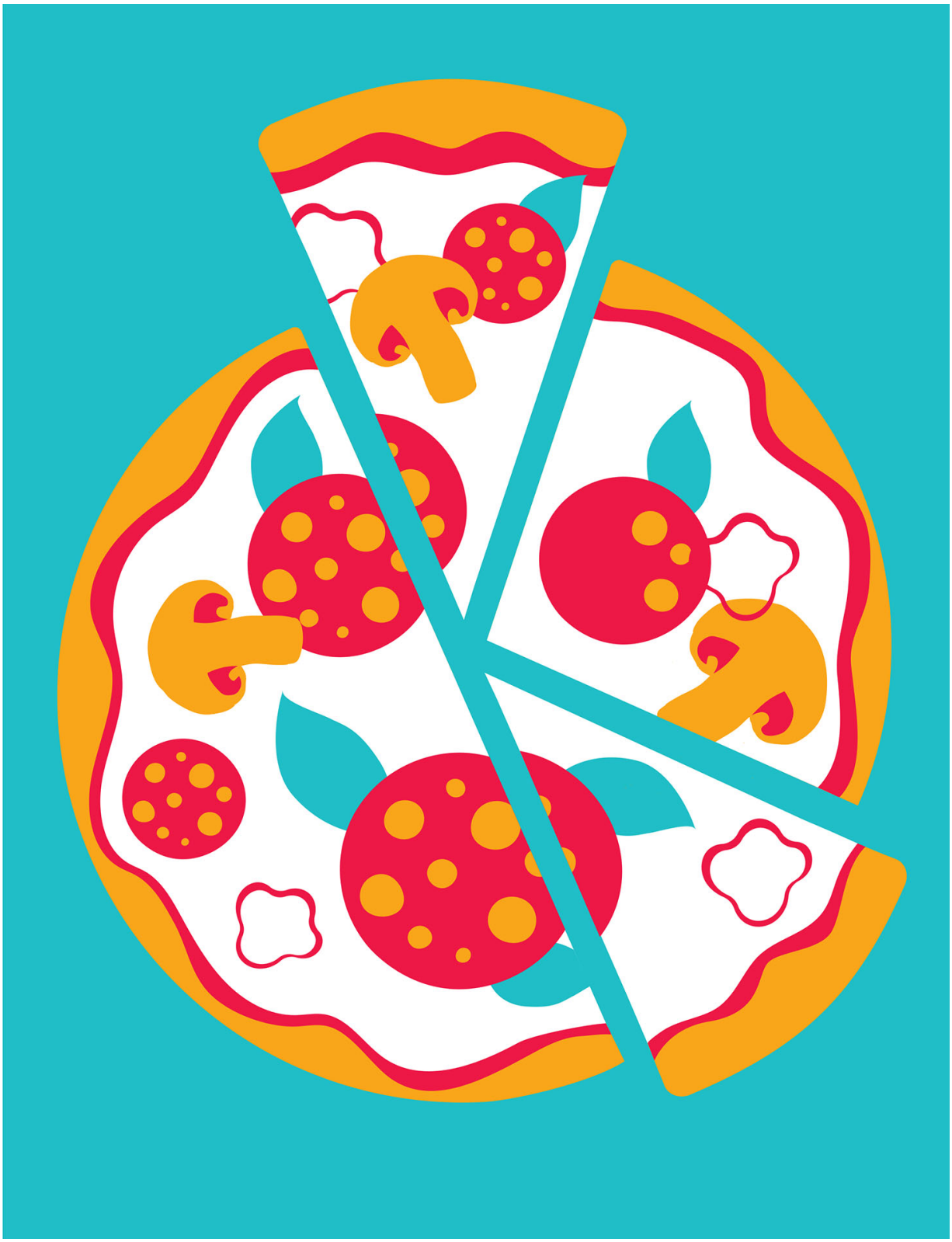


POPCORN CHICKEN BITES

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FRIDAY NIGHT FEASTS

5



RECIPE LIST

BIRRIA-INSPIRED TACOS

SWEET CHILLI CHICKEN PENNE

TEX MEX CHILLI BAKE

HOISIN PULLED PORK

HALLOUMI BURGERS

DUCK IN PLUM SAUCE

TANDOORI GARLIC BUTTER CHICKEN SLIDERS

STUFFED-CRUST MEAT FEAST PIZZA

STICKY DUCK PANCAKES

JAMMY DOUGHNUT BALLS

SPECULOOS CINNAMON ROLLS

EASY PORTUGUESE-STYLE TARTS

CHOCOLATE PIZZA WITH STRAWBERRIES & PISTACHIOS

PIZZA NIGHT CHOCOLATE CHIP COOKIES

251 CALORIES

AIR FRYER
SLOW COOKER

BIRRIA-INSPIRED TACOS

PROTEIN: 23g | **CARBS:** 20g | **FAT:** 8g

PREP: 20 mins / **COOK:** 7 hours 10 mins (high)

MAKES 8–10

DUMP BAG beef mixture only

BEEF

900g beef brisket (in one piece)
600ml beef stock
1 onion, chopped
1 tsp ground cumin
1 tsp paprika
5 garlic cloves
3 bay leaves
1 tsp black peppercorns
1 cinnamon stick
2 cloves
1 tbsp dried oregano
1 tsp chipotle paste
1 red chilli, chopped
400g tin of chopped tomatoes
salt and pepper, to taste

This was my first ever hybrid recipe using a slow cooker and air fryer together. Birria-inspired tacos, though ... magnificent and so easy to make. In a traditional recipe you'd use ancho or guajillo chilli, but a regular red chilli with some chipotle paste is grand. If you don't have an air fryer, just finish the tacos in the oven instead.

1 Brown the beef in a frying pan over a medium heat, if you like, then add the beef and the remaining sauce ingredients to the slow cooker. Stir and season to taste. Cook on high for 7 hours, then remove the beef and shred it using two forks.

2 Remove the whole spices (bay leaves, peppercorns, cinnamon stick, cloves) and blitz the sauce in the slow cooker using a hand blender, then dip the wraps into the blended sauce. Fill the wraps with the shredded beef, coriander and some diced onion, then fold in half.

TACOS

8–10 mini tortilla wraps
handful of fresh coriander, chopped
1 red onion, diced

TO SERVE

guacamole
reduced-fat soured cream
chopped fresh coriander

3 Add the tacos carefully to the air fryer and, using a brush, recoat them in the sauce from the slow cooker. Air-fry at 200°C for 5 minutes until heated through.

4 Serve with guacamole and soured cream, scattered with some chopped coriander.



BIRRIA-INSPIRED TACOS

628 CALORIES

SLOW COOKER

SWEET CHILLI CHICKEN PENNE

PROTEIN: 39g | **CARBS:** 66g | **FAT:** 22g

PREP: 20 mins / **COOK:** 3 hours (high) or 5 hours (low)

SERVES 4

DUMP BAG chicken mixture only

400g chicken breasts, cut into small chunks
100ml chicken stock
4 tbsp sriracha
4 tbsp sweet chilli sauce
250g dried penne pasta
100ml double cream
50g Parmesan cheese, grated, plus extra to serve
1 Maris Piper potato, peeled and cut into matchstick chips
1 tbsp olive oil, for frying
salt and pepper, to taste

TO SERVE
finely chopped fresh chives

This is a hidden gem inspired by a dish at Ramore in Portrush, a gorgeous little coastal town in Northern Ireland where I spent my final year of university. I usually cook this when working from home; just throw it on at lunchtime so it's ready for dinner, or if I forget to prep in advance, I'll make it in a pan on the hob. Sweet chilli sauce and double cream together are just heavenly.

1. Add the chicken, chicken stock, sriracha, sweet chilli sauce and some salt and pepper to your slow cooker and cook on high for 3 hours or low for 5 hours, but keep an eye on it so it doesn't dry out or burn.

2. When the slow cooker is almost finished, cook the pasta in a pan on the hob following the packet instructions, then drain.

3. Once the chicken is cooked, stir in your cream and Parmesan and stir through the cooked penne.

4 For the crispy potato topping, add the potato matchsticks to a bowl of water and microwave them for 4 minutes on high to soften. Pat dry, then add to a frying pan with the oil and fry over a high heat until super golden and crisp. They need to be quite thin so they cook fast.

5 Serve the chicken pasta with extra Parmesan and some finely chopped chives, with the matchstick chips scattered over the top.



SWEET CHILLI CHICKEN PENNE

440 CALORIES

SLOW COOKER

AIR FRYER

TEX MEX CHILLI BAKE

PROTEIN: 37g | **CARBS:** 38g | **FAT:** 15g

PREP: 20 mins / **COOK:** 4 hours (high) or 7–8 hours (low)

SERVES 6

CHILLI

400g lean beef mince
700g passata
1 tbsp tomato purée
3 garlic cloves, grated or chopped
handful of fresh coriander, chopped, plus extra to garnish
1 red chilli, sliced
1 onion, chopped
1 packet (40g) of chilli con carne spice mix (or you can make your own – see Tip)
1 red pepper, chopped
400g tin of kidney beans, drained and rinsed

LASAGNE

low-calorie oil spray, for greasing
4 large tortilla wraps
6 tbsp reduced-fat soured cream, plus extra to serve

If you're like me and love a good lasagne, but you like a little bit of heat too, you need to try this slow-cooked, Mexican-style, chilli bake, which is basically chilli con carne but made into a lasagne (of sorts). It's a game changer.

1 Brown the mince in a frying pan over a medium heat for 5 minutes, then drain off any excess fat (you can skip this process if you're in a rush). Throw all the remaining ingredients for the chilli, apart from the kidney beans, into the slow cooker with the beef mince, stir and cook on high for 4 hours or low for 7–8 hours. About 30 minutes before it is ready, stir in your kidney beans.

2 Grease a baking dish that fits into the air fryer with some low-calorie oil spray, then arrange 2 large tortilla wraps over the base in a single layer (overlapping slightly). Spread some of the chilli con carne mixture over the tortillas, then top with 2–3 tablespoons of the soured cream and a sprinkle of the cheese. Repeat the layers like you

250g reduced-fat Cheddar cheese, grated
guacamole, to serve

would with a lasagne. Finish with the remaining 2–3 tablespoons of soured cream on the top and the rest of the cheese, then bake in the air fryer at 200°C for 10 minutes until hot through and golden. Alternatively, you can bake this in a preheated oven at 200°C for 18–20 minutes.

3 Serve your lasagne with some more soured cream and some guacamole, garnish with some chopped coriander and enjoy!

TIP

To make your own chilli con carne mix, add 2 tbsp chilli powder, 2 tbsp ground cumin, 2 tsp paprika, 2 tsp dried oregano, 1 tsp garlic powder, 1 tsp onion powder and ½ tsp ground cinnamon.



TEX MEX CHILLI BAKE

665 CALORIES

SLOW COOKER

HOISIN PULLED PORK

PROTEIN: 61g | **CARBS:** 25g | **FAT:** 36g

PREP: 15 mins / **COOK:** 7 hours (high)

SERVES 8

DUMP BAG

2kg boneless pork shoulder (in one piece)
4 tbsp dark soy sauce
350ml chicken stock
1 tsp garlic purée
1 tsp ginger purée
2 onions, chopped chunky
½ tsp Chinese 5 spice
4 tbsp runny honey
1 star anise
200g hoisin sauce, plus (optional) extra to serve
1 tbsp cornflour mixed with water (optional)

TO SERVE

flatbreads of your choice
sliced cucumber
sliced spring onions
fresh coriander, chopped

This came about when one day I wanted duck pancakes and the supermarkets had no duck and, to be honest, I didn't fancy making pancakes from scratch, so I improvised and cheated. But isn't that the point of this book – fakeaways and cheat meal shortcuts? You'll love this one.

1 This recipe really is that simple. Set the pork in the slow cooker with all the other ingredients, but only using half the hoisin sauce, and cook on high for 7 hours.

2 Remove the pork from the slow cooker, discard the fat and shred it using two forks, then stir in the remaining hoisin sauce. If the sauce is too thin, mix in some cornflour paste.

3 Fill your flatbreads with the pork mixture and the cucumber and spring onions, then fold them over. Feel free to dip them into even more hoisin sauce if you love it that much. Enjoy!



HOISIN PULLED PORK

735 CALORIES

AIR FRYER

HALLOUMI BURGERS

PROTEIN: 40g | **CARBS:** 42g | **FAT:** 44g

PREP: 15 mins / **COOK:** 15 mins

SERVES 4

V

500g reduced-fat halloumi
1½ tbsp plain flour
1 tsp Cajun seasoning
low-calorie oil spray
4 brioche buns, cut in half and toasted
handful of rocket
sliced tomatoes
1 avocado, peeled, stoned and sliced
4 tbsp sweet chilli mayo (see Tip)
salt and pepper, to taste

I genuinely need to see a treatment team for my addiction to halloumi – I eat it morning, noon and night. I'm not a veggie but this is one of my go-to burger recipes, and halloumi is very high in protein, so, I'm in!

1. Cut the halloumi blocks in half lengthways, to form large, squareish burger patties.
2. Combine the flour and Cajun seasoning in a bowl, then coat the halloumi pieces in it. Spray well with oil and air-fry at 200°C for 12 minutes until golden.
3. Assemble your burgers by layering the halloumi in the toasted brioche buns with the rocket, tomatoes and avocado. Drizzle over the sweet chilli mayo and enjoy.

TIP

For the sweet chilli mayo, I just mix sweet chilli sauce with light mayo to taste, then add some more sweet chilli sauce, just because.



HALLOUMI BURGERS

444 CALORIES

AIR FRYER

SLOW COOKER

DUCK IN PLUM SAUCE

PROTEIN: 23g | **CARBS:** 41g | **FAT:** 20g

PREP: 15 mins / **COOK:** 3–4 hours (high) or 7 hours (low)

SERVES 4

DUMP BAG

4 duck breasts, skin on
3 plums, cut in half and stoned
3 tbsp berry jam
4 tbsp runny honey
5 tbsp dark soy sauce
1 cinnamon stick
1 star anise
3 tbsp red wine
50ml chicken stock
1 tbsp cornflour (optional)

TO SERVE

basmati rice
cucumber salad (see Tip)

This fruity, sticky, sweet duck recipe is something a bit different as we often gravitate to duck pancakes. I love serving this with rice and a cucumber salad. Now, you can buy plum sauce from the supermarket, but I prefer to do it this way.

1 Score the duck skin with a sharp knife and air-fry at 200°C for 10 minutes to help crisp the skin, or brown it in a frying pan over a medium heat, if you prefer.

2 Add the duck breasts to the slow cooker with all the other ingredients, except the cornflour, and cook on high for 3–4 hours or low for 7 hours. Remove the duck and either slice it or shred it into pieces using 2 forks.

3 If the sauce requires thickening, ladle it into a saucepan, place over a medium heat and cook to reduce and thicken. If you like, you can blend the cornflour with a little water to a paste in a small

bowl and stir into the sauce over the heat to help thicken it.

4 Toss the shredded duck into the plum sauce and stir to coat, then serve with rice and the cucumber salad, it's so good!

TIP

You can make your own cucumber salad by slicing ½ cucumber and adding the slices to a colander with a pinch of salt, then set aside for 10 minutes to allow them to release water. Drain, then toss with 2 minced garlic cloves, 1 sliced spring onion, 1 sliced plum, 1 tsp minced (peeled) fresh ginger, 2 tbsp light soy sauce, 1 tbsp rice vinegar, ½ tsp sesame oil and ½ tsp chilli flakes. Stir through 3 tbsp chilli crunch and serve with some sesame seeds scattered over.



DUCK IN PLUM SAUCE

400 CALORIES

AIR FRYER

TANDOORI GARLIC BUTTER CHICKEN SLIDERS

PROTEIN: 13g | **CARBS:** 36g | **FAT:** 34g

PREP: 15 mins / **COOK:** 20 mins

SERVES 6

DUMP BAG

4 chicken breasts, each cut into 3 strips
4 tbsp fat-free yogurt
juice of 1 lemon
1 tbsp good-quality red food colouring (so it's super red)
1 tbsp tomato purée
1 tsp chopped garlic
1 tsp tandoori curry powder
1 tsp ground cumin
1 tsp paprika
1 tsp garam masala
6 brioche buns, cut in half and toasted
6 slices of reduced-fat mozzarella
1 red onion, finely diced
1 tbsp garlic butter (see Tip), melted

Combining the roaring flavour of tandoori chicken with some garlic butter, brioche buns and cheese is, to me, heaven. These sliders are very moreish and the whole family will love them. It's a great recipe for a host who is lazy but wants to wow.

1 Combine the chicken strips in a bowl with the yogurt, lemon juice, food colouring, tomato purée and all the flavourings and spices. Transfer to the air fryer and cook at 200°C for 12 minutes.

2 Once cooked, pile the chicken into the toasted brioche buns and add one slice of mozzarella to each, followed by the onion. Then put on the lids and brush with the melted garlic butter. Air-fry at 180°C for 5 minutes, or until the cheese has melted.

3 Tuck in and enjoy!

salt and pepper, to taste

TIP

You can make a simple garlic butter using 50g half-fat butter, salt, pepper, 2 crushed garlic cloves and a pinch of fresh parsley.



TANDOORI GARLIC BUTTER CHICKEN SLIDERS

637 CALORIES

AIR FRYER

STUFFED-CRUST MEAT FEAST PIZZA

PROTEIN: 36g | **CARBS:** 89g | **FAT:** 14g

PREP: 20 mins / **COOK:** 25 mins

MAKES 2

DOUGH

200g self-raising flour, plus extra for dusting
200g fat-free Greek yogurt
pinch of salt

EVERYTHING ELSE

2 tbsp tomato purée
50g reduced-fat mini mozzarella balls or a cheese string
5–6 tbsp shop-bought marinara sauce or make your own pizza sauce (see Tip)
2 reduced-fat pork sausages (skins removed), cut into tiny meatball chunks
40g reduced-fat mozzarella, grated
1 tsp dried oregano
30g mini pepperoni, sliced

Let me tell you, I know my stuff when it comes to pizza. I've been on several pizza pilgrimages to Italy and New York – I think I've tried every slice in NYC. However, sometimes you need a healthier fix to pull you out of a pizza-craving hole, and this is it. I like to serve this with garlic mayo.

1 Combine all the dough ingredients in a mixing bowl and bring together into a dough. Tip out onto a floured surface and knead for a few minutes until smooth, then divide into two balls. Roll out with a rolling pin to circles around 15cm wide.

2 Spread a thin line of tomato purée around the edge of each pizza that will be the crust, add in your mini mozzarella along that edge, then roll over the dough all along the edge to seal it in and create the stuffed crust.

3 Line the base of the air fryer with baking paper, add your pizza bases and air-fry at 190°C for 5 minutes.

4 Add your marinara/pizza sauce, the sausage chunks, cheese and oregano to the middle of each pizza.

5 Remove the pizza bases from the air fryer and start to top your pizza. Return the pizzas to the air fryer and air-fry at 190°C for 10–12 minutes. Scatter over the pepperoni carefully, then air-fry at 190°C for another 5 minutes – this stops the pepperoni from burning. Serve hot.

TIP

You can make your own pizza sauce by mixing passata with dried herbs like oregano and basil.



STUFFED-CRUST MEAT FEAST PIZZA

573 CALORIES

SLOW COOKER

STICKY DUCK PANCAKES

PROTEIN: 54g | **CARBS:** 18.5g | **FAT:** 31g

PREP: 20 mins / **COOK:** 4 hours (high) or 7–8 hours (low)

SERVES 4



1 whole duck (around 1.2kg)
3 tbsp dark soy sauce
1 tsp garlic purée
1 tbsp hoisin sauce, plus extra to serve (optional)
1 tbsp runny honey
1½ tsp Chinese 5 spice
2 tsp ginger purée
2 tbsp white wine vinegar
1 bay leaf
1 star anise

TO ASSEMBLE

8–10 Chinese-style pancakes
½ cucumber, finely sliced
2–4 spring onions, finely sliced or shredded
handful of chopped fresh coriander

First thing, you will definitely have seen me make a hoisin duck before, but this recipe has a gorgeous twist AND you just throw it into the slow cooker and come home to a gorgeous sticky bird ready for tearing and sharing.

1 Rinse the duck, then pat dry with some kitchen paper.

2 Mix all the other ingredients, apart from the bay leaf and star anise, in a bowl, then massage the sauce all over the duck, and pop the bay leaf inside. Add the duck to the slow cooker with the star anise. Cook on high for 4 hours or low for 7–8 hours – the duck is cooked when you can shred it with a couple of forks.

3 To crisp the skin, when you shred the duck meat, keep the bits with skin on to one side. Place these into the oven for 6 minutes at 200°C or under a hot grill, or until crispy and golden.

4 Strain the contents of the slow cooker into a bowl and microwave in 2–3 bursts of 30 seconds on high so the sauce reduces and thickens. You could also do this in a saucepan.

5 Serve the duck with the thickened sauce and the pancakes, cucumber, spring onions and coriander. If you want more sauce, mix in a little extra hoisin sauce when serving. Divine.



STICKY DUCK PANCAKES

125 CALORIES

AIR FRYER

JAMMY DOUGHNUT BALLS

PROTEIN: 4g | **CARBS:** 22g | **FAT:** 2g

PREP: 25 mins / **COOK:** 15 mins

MAKES 12–15

V

1 tsp vanilla extract
220g fat-free Greek yogurt
200g self-raising flour
1 tsp granulated sweetener
1 tsp baking powder
1 egg, beaten
100g strawberry jam
40g half-fat butter
40g caster sugar

If you have all the other BOL books, you'll know I love doughnuts and have made them before. This, however, is my easy doughnut recipe, but just made so simple, filled with strawberry jam. Now you can, of course, make your own jam, but using shop-bought is perfect.

1 Mix together the vanilla extract, yogurt, flour, sweetener, baking powder and egg in a mixing bowl and knead until you have a lovely big dough. Divide and shape into 12–15 balls, depending on size preference. Air-fry at 200°C for about 12–15 minutes, spaced a little apart, flipping them over halfway through the cooking time. Remove from the air fryer and leave to cool briefly.

2 Once cool enough to handle, make a hole in each doughnut. Fill a piping bag with the jam and pipe some jam into each doughnut – you can also skip this step and just dip them into the jam instead.

3 Melt the butter in the microwave for 1 minute on high, then roll the balls first into the melted butter,

then into the caster sugar to coat. Enjoy!

TIP

If you prefer, you can fill the doughnuts with a chocolate hazelnut spread. Or simply leave them unfilled and just roll them in cinnamon sugar.



JAMMY DOUGHNUT BALLS

201 CALORIES

AIR FRYER

SPECULOOS CINNAMON ROLLS

PROTEIN: 5g | **CARBS:** 30g | **FAT:** 7g

PREP: 25 mins / **COOK:** 15 mins

MAKES 8

V

DOUGH

200g self-raising flour, plus extra for dusting
1 tsp ground cinnamon
1 tsp vanilla extract
100g fat-free Greek yogurt
½ tsp baking powder
1 egg, beaten

FILLING AND GLAZE

100g smooth speculoos spread (I use Biscoff)
1 tsp ground cinnamon
4 speculoos biscuits (I use Biscoff)

I can smell cinnamon rolls a mile off when walking around town. Once I know they are close by, I can't help myself and my intention of oats and fruit for breakfast is a distant memory. This is a twist on the classic, adding speculoos, and they slap! So good.

1 Combine all the ingredients for the dough in a mixing bowl and knead for 5 minutes until it forms a dough. Divide into 8, roll each piece into a long sausage, then lightly roll out onto a dusted surface and flatten each sausage.

2 Spread 60g of the speculoos spread over the flattened sausages, sprinkle with the cinnamon and roll up each one into a bun. Air-fry the buns at 180°C for 12 minutes, until risen and golden.

3 Melt the remaining speculoos spread in the microwave for around 50 seconds on high so it's nice and runny, drizzle it over the buns and crumble the biscuits over them.



SPECULOOS CINNAMON ROLLS

145 CALORIES

AIR FRYER

EASY PORTUGUESE-STYLE TARTS

PROTEIN: 2g | **CARBS:** 17g | **FAT:** 7g

PREP: 20 mins / **COOK:** 20 mins

MAKES 12

V

400g tin of custard
2 tbsp caster sugar
320g ready-rolled puff pastry sheet
1 tsp ground cinnamon (optional)

Sometimes, after my dinner, I get the urge for something sweet to finish me off for the day. These are made with four simple ingredients; now, you can make your own custard from scratch, but after working all day and then cooking dinner, I think you'll appreciate this lazy but rewarding (and very tasty!) shortcut.

1 Mix the custard and caster sugar together in a bowl. The sugar helps to caramelise the top of the tarts to give you that instantly recognisable look.

2 Unroll the pastry onto a flat surface, then cut into 12 circles using a cup or biscuit cutter. Add the pastry rounds to the holes of a cupcake tray (grease the tray or brush with a little oil beforehand) – you can use two 6-hole trays or one 12-hole tray depending on your air fryer. Silicone cupcake moulds also work well.

3 Spoon about 1 tablespoon custard into each pastry cup (fill it up by half), then finish with a tiny

sprinkle of cinnamon, if you like.

4 Bake in the air fryer for 18–20 minutes at 200°C, then allow to cool before removing them from the tray. This allows the bottom of the pastry to fully cook and the custard filling to set.



EASY PORTUGUESE-STYLE TARTS

168 CALORIES

AIR FRYER

CHOCOLATE PIZZA WITH STRAWBERRIES & PISTACHIOS

PROTEIN: 7g | **CARBS:** 23g | **FAT:** 5g

PREP: 15 mins / **COOK:** 15 mins

SERVES 8

V

DOUGH

200g self-raising flour, plus extra for dusting
1 tbsp granulated sweetener
200g fat-free Greek yogurt
pinch of salt

PIZZA TOPPINGS

2 heaped tbsp chocolate hazelnut spread (I like Nutella)
100g (6–7) strawberries, halved or sliced
60g chopped pistachios

Pizza with chocolate has definitely become a bit of a thing in recent years, and this is a stunning fakeaway that will satisfy that sweet craving. A crispy pizza dough with chocolate hazelnut spread all over it, topped with juicy strawberries and crunchy pistachios really should be a new wonder of the world. PS: I am addicted to pistachios.

1 Combine all the ingredients for the dough in a mixing bowl and knead for around 5 minutes until it forms a nice springy dough. Roll out on a floured surface into two small pizza bases that will fit in your air fryer basket (around 20cm wide).

2 Air-fry the pizza on a baking paper-lined baking tray at 190°C for 12 minutes.

3 Allow to cool for 5 minutes, then spread over the chocolate hazelnut spread, top with the strawberries and pistachios and get stuck in.



CHOCOLATE PIZZA WITH STRAWBERRIES & PISTACHIOS

331 CALORIES

AIR FRYER

PIZZA NIGHT CHOCOLATE CHIP COOKIES

PROTEIN: 5g | **CARBS:** 47g | **FAT:** 13g

PREP: 5 mins, plus 1–2 hours freezing / **COOK:** 20 mins

MAKES 12

I LOVE Domino's cookies and crave them some evenings when I'm watching TV, so I've made my own version here. I like to prepare a dough that makes two batches of cookies so I can freeze one. That way, all I need to do is pop them in the air fryer when I fancy a cookie.

- 200g light soft brown sugar
- 100g caster sugar
- 1 tsp vanilla extract
- 220g half-fat butter, softened
- 2 eggs
- 360g self-raising flour
- 1 tsp bicarbonate of soda
- pinch of salt
- 350g milk chocolate, chopped

1. Combine the brown sugar, caster sugar, vanilla extract and soft butter in a large bowl. Mix with an electric whisk for 5–10 minutes until nice and smooth. Beat in the eggs, one at a time, until fully combined.

2. Sift in the flour, bicarbonate of soda and salt, then gently stir this into the wet ingredients until combined. Fold in the chopped chocolate, being careful not to overmix.

3. Divide the dough into 12 and shape into 12 small balls, then place these on a baking paper-lined

tray without shaping or flattening. Freeze for 1–2 hours (the longer the better).

4. Line your air fryer with baking paper and cook 5–6 balls at a time at 180°C for 8–10 minutes. Remove from the air fryer and let them rest for 15 minutes so they harden on the outside, while keeping that nice gooey centre that these cookies are known for.

5. If you are not cooking them all at once, keep the remaining dough balls in a freezer bag for up to 3 months and cook from frozen, so you can have fresh cookies every time!



PIZZA NIGHT CHOCOLATE CHIP COOKIES

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ALL DAY DINER

6



RECIPE LIST

SAUSAGE & EGG MUFFIN

DEEP DISH LEMON & BUTTERMILK PANCAKE

CHEESY BEEF SUB WITH CHIPOTLE MAYO

CUBAN SANDWICH

BREAKFAST NAAN WITH BACON & CHILLI JAM

BRUNCH CHILAQUILES WITH EGG, FETA & A CORIANDER SALSA

CHEESE & BACON TURNOVERS

ZINGY CHILLI CRISP CRUNCH WRAPS

ALL-DAY FRY UP

CLASSIC CHICKEN GYROS

HAM HOCK CROQUE MADAME

ULTIMATE DONER KEBAB

405 CALORIES

AIR FRYER

SAUSAGE & EGG MUFFIN

PROTEIN: 29g | **CARBS:** 34g | **FAT:** 17g

PREP: 10 mins / **COOK:** 10 mins

SERVES 2

2 breakfast muffins
2 eggs
2 slices of reduced-fat Cheddar cheese
2 reduced-fat pork sausages, skins removed
salt and pepper, to taste

I may be biased, but I think this is much better than the takeaway version and they are so good you'll eat them before they make it to a serving plate. You can also add bacon to beef them up a bit, but they are so iconic just like this that you'll get office breakfast envy without the guilt.

1 Cut the muffins in half, ideally so that one half of each is slightly thicker. Remove most of the inside on the thicker halves to make large hollows.

2 Crack an egg into each of the hollows, top with the cheese slices and season with salt and pepper. Spread the other, thinner halves with the sausage meat and sandwich together.

3 Air-fry at 180°C for 8 minutes, or if you prefer a less-runny egg, 9 minutes at 180°C. Cut in half and serve immediately.



SAUSAGE & EGG MUFFIN

375 CALORIES

AIR FRYER

DEEP DISH LEMON & BUTTERMILK PANCAKE

PROTEIN: 23g | **CARBS:** 43g | **FAT:** 12g

PREP: 10 mins / **COOK:** 15 mins

SERVES 1

V

2 eggs
50g plain flour
70ml buttermilk
pinch of salt
grated zest of 1 lemon, plus extra to serve
½ tsp baking powder

TO SERVE

cream
maple syrup
fresh berries

This is a really thick pancake, almost like a cake. Now, you can change this up as you wish or add your own fruit or chocolate, but this here is a very simple, throw-it-in recipe. You can make the batter and keep it in the fridge for up to 2 days if you fancy getting ahead for a lazy breakfast.

1. In a bowl, mix together all the pancake ingredients until combined, then pour into a round, 22cm ovenproof deep dish that will fit into your air fryer.
2. Air-fry at 180°C for 10–12 minutes, or until a fork inserted in the middle comes out clean.
3. Serve with a dollop of cream and a little maple syrup poured over, with some fresh berries to accompany. Sprinkle with some lemon zest.



DEEP DISH LEMON & BUTTERMILK PANCAKE

670 CALORIES

AIR FRYER

CHEESY BEEF SUB WITH CHIPOTLE MAYO

PROTEIN: 54g | **CARBS:** 50g | **FAT:** 27g

PREP: 15 mins / **COOK:** 20 mins

SERVES 3

1 green pepper, chopped
1 white onion, chopped
4 garlic cloves, minced
400g lean beef mince
1–2 tbsp Cajun seasoning
1 tbsp Worcestershire sauce
15g reduced-sugar tomato ketchup
15g mustard
100g cheese, grated (I used a mix of reduced-fat mozzarella and red Leicester)
3 tbsp chipotle mayo (see below)
3 sub rolls (hoagies), sliced in half
handful of shredded iceberg lettuce
1 tomato, sliced

There's a sandwich shop in Belfast called Hero Subs that I am obsessed with and they make New York-style sandwiches. I dream about this sandwich, and here's my spin on it (without their iconic cheese sauce, as who has time to make that from scratch?).

1 Heat a pan over a medium heat, then add the pepper, onion and garlic and sauté for about 5 minutes, or until softened. Add the mince, breaking it up with a spoon, then add the Cajun seasoning, Worcestershire sauce and some salt and pepper. Cook for about 6 minutes, or until the mince is fully browned, stirring occasionally. Stir in the ketchup and mustard, then add the cheese and let it melt in the heat of the pan.

2 Make the chipotle mayo by mixing all the ingredients together in a bowl, then spread 1 tablespoon onto each sub roll. Layer with the lettuce, tomato slices, the cooked beef and the

salt and pepper, to taste

CHIPOTLE MAYO

240g light mayo
1–2 tbsp chipotle paste
juice of ½ lime
1 garlic clove, minced

TO SERVE

crispy onions

remaining cheese, then wrap the subs in tin foil and air-fry at 180°C for 8 minutes.

3 Open the subs and add some crispy onions for extra crunch. Slice in half and enjoy.

TIP

Keep the leftover chipotle mayo in the fridge for up to a week, stored in an airtight container.



CHEESY BEEF SUB WITH CHIPOTLE MAYO

677 CALORIES

AIR FRYER

CUBAN SANDWICH

PROTEIN: 46g | **CARBS:** 62g | **FAT:** 27g

PREP: 5 mins / **COOK:** 35 mins

SERVES 2

225g pork tenderloin
1 tbsp olive oil
2 tbsp soft brown sugar
1 tbsp smoked paprika
1 tsp American mustard
1 tsp onion powder
1 tsp garlic powder
salt and pepper, to taste

SANDWICH

4 slices of ciabatta or tiger bread
1 tbsp Dijon mustard
1 tbsp light mayo
2 slices of deli ham
2 slices of Swiss cheese (Emmental or Gruyère works well)
2–3 pickle slices

There is a Cuban sandwich shop located in Belfast that I used to be obsessed with. There's one sandwich on their menu that I really wanted to recreate at home, and I think I've perfected it here (if I do say so myself).

1 Preheat the air fryer to 200°C for 5 minutes.

2 Trim the tenderloin of any excess fat, then coat it all over with the olive oil.

3 Combine the sugar, paprika, mustard, onion and garlic powders and some salt and pepper in a small bowl, then rub this mixture all over the pork.

4 Place the pork into the air fryer and cook for 20 minutes. Remove from the air fryer and let it rest for 5 minutes before slicing.

5 Assemble your sandwiches by grabbing your bread of choice, then spread the mustard on two slices of bread and the mayo on the remaining slices. Layer the ham, cooked pork, Swiss

cheese and pickles on the mustard-spread bread slices, then top with the mayo-spread slices.

6. Air-fry the sandwiches at 180°C for 5 minutes, or until the bread is nice and crispy and the cheese has started to melt. Cut in half to serve.



CUBAN SANDWICH

779 CALORIES

AIR FRYER

BREAKFAST NAAN WITH BACON & CHILLI JAM

PROTEIN: 29g | **CARBS:** 107g | **FAT:** 25g

PREP: 15 mins, plus 1 hour proving / **COOK:** 15 mins

SERVES 4

500g plain flour, plus extra for dusting
½ tsp dried active yeast
½ tsp salt
½ tsp baking powder
½ tsp nigella seeds
1 tsp caster sugar
2 tbsp warm semi-skimmed milk
250ml warm water
2 tbsp olive oil
2 tbsp fat-free Greek yogurt
2 tsp half-fat garlic butter, melted, for brushing
8 rashers of streaky bacon
4 eggs
handful of chopped fresh coriander
4 tbsp shop-bought chilli jam

This is, of course, again inspired by the iconic Dishoom and their divine breakfast naan. For the best results, I do recommend cooking the naans in a pan for 1–2 minutes on each side, but I have included an air fryer option below.

1 Add the flour, yeast, salt, baking powder, nigella seeds and sugar to a large mixing bowl and give everything a good stir. Add the warm milk, 100ml of the warm water, the oil and yogurt and stir well to combine.

2 Once combined, gradually add the remaining 150ml of warm water – start with 100ml, mix, then add the last 50ml, so the dough isn't too soft. Knead for 2 minutes, then cover the bowl in cling film and leave to prove for 1 hour, until it doubles in size.

3 Once ready, preheat the air fryer to 200°C for 5 minutes.

4 Remove the dough from the bowl and set it on a floured surface. Divide into four and roll each piece into an oval shape. Pierce the tops of the naans with a fork multiple times.

5 Transfer the naans to the preheated air fryer and cook for 6 minutes, turning halfway through. When cooked, brush with the melted garlic butter. Set aside to cool slightly while you cook the rest of the breakfast.

6 Cook your bacon in the air fryer at 180°C for 8 minutes, and while that cooks, fry your eggs in a pan.

7 To serve, put the bacon and eggs on plates with the naan breads, sprinkle with coriander and serve with the chilli jam.



BREAKFAST NAAN WITH BACON & CHILLI JAM

558 CALORIES

AIR FRYER

BRUNCH CHILAQUILES WITH EGG, FETA & A CORIANDER SALSA

PROTEIN: 27g | **CARBS:** 50g | **FAT:** 26g

PREP: 10 mins / **COOK:** 15 mins

SERVES 1

V

1 tbsp olive oil
½ tsp paprika
1 tortilla wrap
1 red chilli, chopped
400g tin of chopped tomatoes
1 garlic clove, grated
25g reduced-fat feta cheese, crumbled
25g reduced-fat mozzarella, grated
1 egg
salt and pepper, to taste

SALSA

8 cherry tomatoes, chopped
pinch or two of chopped fresh coriander

I am lucky to have spent some time in Mexico, where chilaquiles are such a gorgeous little start to the day. This is a playful, simplified take with crisp tortilla pieces, a punchy tomato-chilli sauce, and that irresistible runny egg on top. This recipe can easily be scaled up and is perfect if you are hosting breakfast or brunch and have a few delicate heads from the night before.

1. Mix the olive oil with the paprika and some salt and pepper, then spread this over the tortilla wrap. Cut the tortilla into triangles and air-fry at 200°C for 7 minutes.

2. Mix the chilli, tinned tomatoes and garlic together with some salt and pepper.

3. Add the cooked tortilla triangles to a bowl that will fit into your air fryer, add in the chilli-tomato mix and top with the feta and mozzarella. Air-fry at 180°C for 2 minutes, then crack in the egg

and air-fry for another 5–6 minutes. I like mine runny, but if you prefer a less-runny egg, cook for another minute, or until it is cooked to your liking.

4 Combine the chopped cherry tomatoes and coriander to make a salsa, season with salt and pepper, and serve with the chilaquiles. Gorgeous!



BRUNCH CHILAQUILES WITH EGG, FETA & A CORIANDER SALSA

460 CALORIES

AIR FRYER

CHEESE & BACON TURNOVERS

PROTEIN: 16g | **CARBS:** 29g | **FAT:** 31g

PREP: 10 mins / **COOK:** 15 mins

MAKES 4–6

320g ready-rolled puff pastry sheet
4 rashers of streaky bacon
80g reduced-fat Cheddar cheese, grated
1 egg, beaten

Jambons (what we call them in Northern Ireland!) are what I wasted my school break money on, but I'd buy them on the way in in the morning, arriving with puff pastry in my blazer. Oh the memories! Anyway, here is a really simple version cooked in the air fryer that's perfect for an after-school snack. You can also cook these in advance and freeze, then defrost to serve.

1. Unroll, then cut your puff pastry sheet into 4 equal pieces, or into 6 if you want it to stretch further.

2. Divide the bacon and most of the Cheddar among the pastry pieces, then take over two of the opposite pastry edges diagonally to meet in the middle, keeping the bacon exposed at the top and bottom.

3. Brush the pastry with the beaten egg, top with the remaining cheese and air-fry at 180°C for 12 minutes until risen and golden, cooking in

batches if needed. Serve the turnovers hot or cold.



CHEESE & BACON TURNOVERS

593 CALORIES

AIR FRYER

ZINGY CHILLI CRISP CRUNCH WRAPS

PROTEIN: 29g | **CARBS:** 48g | **FAT:** 30g

PREP: 15 mins / **COOK:** 25 mins

SERVES 2

1 tsp Cajun seasoning
1 egg, beaten
40g corn chips (I like to use Doritos) or cornflakes, crushed
1 chicken breast, whole
2 tortilla wraps
50g lettuce, shredded
50g reduced-fat Cheddar cheese, grated

MAYO

2 tbsp light mayo
2 tbsp sweet chilli sauce
1 tsp paprika

Do you know if there is a crisp-crunch-wrap-addiction helpline? If so, I need it. This is incredible and so filling, I love using Doritos chilli heatwaves or cornflakes to coat the chicken. Welcome to crisp-crunch anonymous!

1. Place the Cajun seasoning, beaten egg and crushed corn chips or cornflakes into three separate bowls.

2. Dunk the chicken breast first into the Cajun seasoning, then into the egg and then in the crushed corn chips or cornflakes to evenly coat. Air-fry at 190°C for 18 minutes, then cut into chunks.

3. While the chicken is cooking, make the mayo by combining all the ingredients in a small bowl. Set aside.

4 Take one tortilla wrap and make one slice at 6 o'clock up to the middle, then fill three-quarters of the wrap with the mayo, half the chicken, lettuce and cheese, then fold over the quarters to enclose the filling, finishing with the empty quarter. Repeat with the other tortilla wrap and the remaining fillings.

5 Heat a dry frying pan over a medium heat, then add the filled wraps to the hot pan and cook for 2 minutes on each side so the wraps get nice and charred in places on the outside. Devour.



ZINGY CHILLI CRISP CRUNCH WRAPS

387 CALORIES

AIR FRYER

ALL-DAY FRY UP

PROTEIN: 25g | **CARBS:** 36g | **FAT:** 14g

PREP: 10 mins / **COOK:** 15 mins

SERVES 4

100g button mushrooms
1 tbsp half-fat butter
4 reduced-fat pork sausages
4 back rashers or medallions of bacon
1 vine of cherry tomatoes
low-calorie oil spray
400g tin of baked beans
4 slices of bread, lightly buttered and cut in half
salt and pepper, to taste

TO SERVE
poached eggs

I love a fry-up, like everyone else, but one thing I don't like is the entire house smelling of it afterwards, as it makes the guilt hover for longer! This air-fryer version is a bit of a throw-and-go – end to end the whole thing will feed 4 people in 25 minutes. I also find the air fryer doesn't smell as much as cooking it on the hob, because very little oil is used.

1. Take a square of tin foil and add the mushrooms with the butter and some salt and pepper, then wrap up completely so they are fully enclosed.

2. Add the mushroom package and the sausages to the air fryer and cook at 190°C for 15 minutes.

3. When 8 minutes of the cooking time remains, add your bacon rashers/medallions, turn the sausages, then place the tomatoes on top of the mushroom parcel (this saves some room), giving them a light spray with oil and a sprinkling of salt and pepper. Tip the beans into

an ovenproof bowl, cover with tin foil and add to the air fryer. Continue to cook everything for 8 minutes.

4 When 5 minutes of the cooking time remains, add your slices of buttered bread and allow them to toast. Plate up and serve with poached eggs.

TIP

Got extra space in your air fryer? Try poaching your eggs! Simply fill a ramekin halfway with water, crack in your egg, and air-fry at 180°C for 7–8 minutes.



ALL-DAY FRY UP

408 CALORIES

AIR FRYER

CLASSIC CHICKEN GYROS

PROTEIN: 39g | **CARBS:** 36g | **FAT:** 10g

PREP: 15 mins / **COOK:** 15 mins

SERVES 4

1 tbsp olive oil
1 tbsp mixed dried herbs (or simply use dried oregano)
juice of 1 lemon
2 garlic cloves, minced
4–6 boneless and skinless chicken thighs
4 supermarket gyros or flatbreads
handful of rocket
handful of cherry tomatoes, halved
1 red onion, sliced
salt and pepper, to taste

YOGURT DRESSING

5 heaped tbsp fat-free Greek yogurt
juice of 1 lemon
½ cucumber, grated
2 garlic cloves, crushed

You will definitely have seen me make gyros across the BOL pages, and in so many different flavours. This is a fast and flavourful take on the Greek classic, so while it skips the rotisserie, it brings the fresh, zesty flavours right into your kitchen with no fuss. Feel free to add some chilli or heat to it, if you like.

1 Preheat the air fryer for 2–3 minutes so that the drawer gets nice and hot, which will allow the chicken to get a bit of char.

2 Add the olive oil, dried herbs, lemon juice, garlic and some salt and pepper to a bowl and coat the chicken in this mix. Air-fry the chicken at 200°C for 12 minutes.

3 While the chicken is cooking, combine the Greek yogurt with the lemon juice, grated cucumber, garlic and some salt and pepper in a small bowl.

4 Slice the cooked chicken and heat the gyros or flatbreads, then assemble by stuffing them with

the chicken, rocket, tomatoes and red onion. Drizzle over some of that gorgeous yogurt dressing and serve straight away.



CLASSIC CHICKEN GYROS

529 CALORIES

AIR FRYER

HAM HOCK CROQUE MADAME

PROTEIN: 42g | **CARBS:** 40g | **FAT:** 22g

PREP: 5 mins / **COOK:** 8 mins

SERVES 1

Now this is a quick lunch, brunch or breakfast that I'll never get tired of. So easy and so tasty.

2 tbsp béchamel sauce
2 slices of white bread (I used a tiger loaf)
30g reduced-fat mozzarella, grated
30g reduced-fat Cheddar cheese, grated
50g shredded ham hock
1 tsp Dijon mustard

TO SERVE

fried egg
chopped fresh chives

1. Add 1 tablespoon of the béchamel sauce to a slice of bread, top with some of the grated mozzarella and Cheddar. Add the ham hock, then spread the Dijon mustard over your second slice of bread. Close, then top the toastie with the remaining tablespoon of béchamel sauce and the remaining cheese.
2. Air-fry at 180°C for 8 minutes, keeping a close eye on it so it doesn't burn.
3. Serve immediately with a fried egg on top, garnished with a sprinkling of chopped chives.

TIP

To make your own béchamel sauce, see the recipe on page 176.



HAM HOCK CROQUE MADAME

579 CALORIES

SLOW COOKER

ULTIMATE DONER KEBAB

PROTEIN: 37g | **CARBS:** 52g | **FAT:** 23g

PREP: 15 mins / **COOK:** 6 hours (low) or 1 hour in oven

SERVES 4

500g lean lamb mince
2 garlic cloves, grated
1 egg
1 tsp ground cumin
½ tsp dried oregano
1 tsp paprika
1 tsp chilli powder
1 tsp onion granules
4 flatbreads, sliced open to make pockets
½ lettuce, finely chopped
100g cherry tomatoes, sliced
½ red onion, sliced
4 tbsp garlic mayo
salt and pepper, to taste

TO SERVE
chips

You won't find anyone this side of the Mississippi that loves doner kebabs as much as me; on a night out I'll have one, hungover I'll have one. However, they come in as high as 1,800–2,000 calories! So this is a less-calorific, slow-cooker fakeaway version, which can also be cooked in the oven.

1 Add your lamb mince to a large bowl with the garlic, egg, all of the flavourings and some salt and pepper. Give it a good mix so it is well combined (I prefer to use my hands here – messy, but it works best!).

2 Spread the lamb mince evenly over a sheet of tin foil and wrap it securely (like a burrito) to ensure it is fully covered. Use a fork to pierce the tin foil, this will allow the fat to drain out during cooking. To help this, elevate the wrapped lamb by placing it on a few crumpled balls of tin foil scattered over the base of the slow cooker (or over a baking tray if cooking in the oven), ensuring that any excess fat can drip away from the meat. Add the kebab to the slow cooker and cook on low for 6 hours, or

cook in a preheated oven at 200°C/180°C fan for 1 hour.

3 Once cooked, slice the meat and stuff it into the flatbreads with the lettuce, tomatoes, red onion and garlic mayo. I also like to add air-fryer chips on the side to make it totally filthy.



ULTIMATE DONER KEBAB

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FAMILY FAVES

7



RECIPE LIST

CRISPY CHILLI GARLIC BUTTER CHICKEN LEGS

GARLIC BUTTER STEAK & BABY POTATOES

LOADED HOISIN HOT DOGS

CRISPY PEPPERED CHICKEN STACK

STICKY MARMALADE GAMMON, EGG & CHIPS

HIDDEN VEG & BEEF CHEESY PASTA BAKE

SPICY CHIPOTLE RIBS

RICH PORK RAGÙ

SALT & PEPPER CHIPS

PIZZA LOADED FRIES

CRUNCH WRAPS

VEGETABLE SPRING ROLLS

328 CALORIES

AIR FRYER

CRISPY CHILLI GARLIC BUTTER CHICKEN LEGS

PROTEIN: 29g | **CARBS:** 7g | **FAT:** 21g

PREP: 10 mins / **COOK:** 30 mins

SERVES 4

Let me introduce you to a new family favourite. This crispy chicken meat falls off the bone, with a slight crust brushed in a garlic butter that has some heat. Chicken legs are relatively cheap and not a lot of people would usually snap them up in their weekly shop, but this recipe will have you adding them to your list.

2 tbsp cornflour
1 tsp paprika
1 tsp onion granules
1 tsp garlic granules
4 chicken legs, scored with a knife
low-calorie oil spray or vegetable oil
salt and pepper, to taste

GARLIC BUTTER

3 tbsp half-fat butter
1 red chilli, finely diced
3 garlic cloves, crushed
small handful of super-finely chopped parsley

TO SERVE

chips
reduced-fat coleslaw or salad

1 Combine the cornflour, paprika and onion and garlic granules in a bowl, adding some salt and pepper to taste.

2 Coat the chicken in the seasoning mix, then spray really well with the oil spray or brush with vegetable oil. Air-fry at 200°C for 25–30 minutes, flipping the chicken after 20 minutes.

3 For the garlic butter, combine the butter, chilli, garlic and parsley in a bowl. Once the chicken is cooked, melt the garlic butter in the microwave for 1 minute on high, then brush it all over the

chicken. I love serving this with some chips and coleslaw or a salad. Divine.



CRISPY CHILLI GARLIC BUTTER CHICKEN LEGS

612 CALORIES

AIR FRYER

GARLIC BUTTER STEAK & BABY POTATOES

PROTEIN: 48g | **CARBS:** 27g | **FAT:** 34g

PREP: 15 mins / **COOK:** 15 mins

SERVES 4

700g baby potatoes, skin on
1 tbsp oil or low-calorie oil spray
1 tsp paprika
2 tbsp olive oil
750g sirloin steak, cut into cubes
3 sprigs of fresh rosemary, whole or leaves picked and chopped
1 tsp dried oregano
salt and pepper, to taste

GARLIC BUTTER

2 tbsp half-fat butter
2 garlic cloves, grated
small handful of fresh chopped parsley

TO SERVE

chopped fresh parsley or oregano

Who has time to peel and chop potatoes? These go in whole. Call them mini baked potatoes loaded with garlic butter with some lovely steak bites, but whatever you call them they're unreal. All you need is your air fryer and microwave.

1 Make your garlic butter by combining all the ingredients in a bowl and seasoning with salt and pepper, then putting in the microwave for 1 minute to melt. Set aside.

2 Coat or spray the baby potatoes with oil, then season with salt, pepper and the paprika.

3 Line your air fryer with some baking paper so the juices stay on the food. Add the whole baby potatoes to the air fryer and cook at 200°C for 15 minutes until golden and crispy.

4 While the potatoes are cooking, oil and season your steak cubes and coat them in the rosemary

and oregano. After the potatoes have cooked for 15 minutes, place the steak on top of the potatoes and air-fry all together at 200°C for 5 minutes, then add in the garlic butter and cook for a further 2 minutes. Remove the baking paper, then give everything a shake so the potatoes and steak are all coated in the herbs and garlic butter.

5 Garnish with the fresh parsley or oregano and serve.



GARLIC BUTTER STEAK & BABY POTATOES

373 CALORIES

AIR FRYER

LOADED HOISIN HOT DOGS

PROTEIN: 15g | **CARBS:** 46g | **FAT:** 14g

PREP: 10 mins / **COOK:** 15 mins

SERVES 4

If you love hoisin sauce, these air-fryer loaded hoisin hot dogs are a fun and easy twist on classic duck pancakes.

- 4 reduced-fat pork sausages
- 2 tbsp hoisin sauce
- 1 tsp sriracha
- 1 tbsp light mayo
- 4 brioche hot dog buns
- ½ cucumber, thinly sliced into ribbons
- handful of crispy onions
- red cabbage, sliced (optional)
- spring onion, sliced (optional)

1. Brush your sausages with the hoisin sauce and cook in the air fryer at 180°C for 10–15 minutes.
2. In a small bowl, mix together the sriracha and mayonnaise. Open up the hot dog buns and fill with the cooked sausages, some cucumber slices and a drizzle of that sriracha mayo. Top with crispy onions, red cabbage and spring onions, if using, and serve.



LOADED HOISIN HOT DOGS

520 CALORIES

AIR FRYER

CRISPY PEPPERED CHICKEN STACK

PROTEIN: 47g | **CARBS:** 55g | **FAT:** 12g

PREP: 15 mins / **COOK:** 12 mins

SERVES 2

100g cornflakes
1 tbsp dried oregano
1 tbsp dried sage or thyme
1 egg, beaten
300g chicken breasts, cut into strips
low-calorie oil spray
salt and pepper, to taste

SAUCE

1 tbsp black peppercorns
1 tbsp half-fat butter
200ml semi-skimmed milk
2–3 tbsp gravy powder
1 tsp Worcestershire sauce

TO SERVE

mashed potato
fresh thyme leaves
crispy onions

This is a simple classic for me and perfect for a midweek meal. Creamy mash with chicken stacked on top, with a creamy peppered sauce poured over and scattered with crispy onions. Delicious.

1 Crush the cornflakes to crumbs, then mix in your herbs and season with salt and pepper.

2 Put the egg and the cornflake crumb into two separate bowls. Dunk the chicken strips in the egg, then coat it in the crumb. Spray with oil and air-fry at 190°C for 12 minutes until golden and crispy.

3 Meanwhile, in a saucepan, combine all the ingredients for the sauce, along with a very generous crack of black pepper and cook on a medium–high heat until the sauce thickens.

4 Serve the crispy chicken with creamy mash, the peppered sauce and a sprinkle of thyme and crispy onions. Divine.



CRISPY PEPPERED CHICKEN STACK

912 CALORIES

SLOW COOKER
AIR FRYER

STICKY MARMALADE GAMMON, EGG & CHIPS

PROTEIN: 75g | **CARBS:** 55g | **FAT:** 43g

PREP: 20 mins, plus overnight soaking / **COOK:** 6 hours (high) and 20 mins

SERVES 6



Instantly looking at a plate of this transports me to being 10 years old; we loved egg and chips in our house and, of course, it goes so well with gammon (or ham). I know I say marmalade in the title, but I don't actually use it, I just use the flavours of it, but you can, of course, just use marmalade.

1.6kg gammon joint, smoked or unsmoked
1 carrot, roughly chopped into chunks
1 onion, roughly chopped into chunks
2 celery sticks, roughly chopped into chunks
2 sprigs of fresh parsley
1 sprig of fresh rosemary
750g frozen chips (or follow my air fryer chip recipe on page 60)
6 eggs
low-calorie oil spray
pepper, to taste

1. Soak the gammon in a pot of cold water overnight (to remove the salt).

2. The next day, drain, then add the gammon to the slow cooker with the carrot, onion and celery chunks. Tie the parsley and rosemary sprigs together with a bit of string and add to the slow cooker, then cook it all on high for 6 hours.

3. Combine all the ingredients for the sauce in a bowl.

SAUCE

juice of 1 large orange
4 tbsp runny honey
1 tbsp soft brown sugar
1 tbsp Dijon mustard

4 Allow the gammon to cool for 30 minutes, discard the veg, then trim and score the fat. Transfer to the air fryer basket, cover with the sauce, then air-fry at 160°C for 15 minutes until the fat is crispy and golden.

5 While the gammon is air frying, add the frozen chips to the second drawer of the air fryer and cook at 200°C for 12 minutes. Fry your eggs in a frying pan with some pepper and oil spray.

6 Slice the gammon and serve with the chips and fried eggs.



STICKY MARMALADE GAMMON, EGG & CHIPS

548 CALORIES

AIR FRYER

HIDDEN VEG & BEEF CHEESY PASTA BAKE

PROTEIN: 40g | **CARBS:** 57g | **FAT:** 16g

PREP: 15 mins / **COOK:** 25 mins

SERVES 4



500g lean beef mince
1 onion, finely chopped
2 tbsp olive oil
2 x 400g tins of chopped tomatoes
150ml beef stock
1 tbsp Worcestershire sauce
1 tbsp red pesto
4 garlic cloves, crushed
1 tsp dried oregano
1 tsp dried rosemary
1 carrot, grated
1 celery stick, finely chopped
200g dried macaroni pasta
50g fresh breadcrumbs (optional)
salt and pepper, to taste

Filth – that is the only way I can describe this. It has all the flavours of a lasagne with garlic and mac and cheese. My air fryer is pretty big, I can fit medium oven trays in it, BUT if you have a small air fryer, you can make this in two silicone liners in each air fryer basket. You could also make this directly in the air fryer and give the baskets a good rinse after.

1 Grab an oven tray that fits in your air fryer, or use silicone liners. Add the mince and onion to your oven tray/liner with some salt and pepper and the olive oil and cook at 180°C for 8–10 minutes. Add in all the remaining ingredients, except the pasta and breadcrumbs, and cook for a further 4 minutes.

2 Meanwhile, cook the pasta in a pan of boiling water according to the packet instructions. Drain.

BÉCHAMEL

30g half-fat butter

20g plain flour

275ml semi-skimmed milk

20g reduced-fat mozzarella, grated (or just use 40g Cheddar and no mozzarella)

20g reduced-fat Cheddar cheese, grated

1 tsp grated nutmeg (optional)

1 heaped tsp Dijon mustard

TO SERVE

salad

garlic bread

3 Make the béchamel. In a pan, melt the butter, then add the flour to make a roux. Start to stir in the milk, a little at a time, until a sauce forms. Leave to cook for a few minutes to thicken up and then add both cheeses, the nutmeg (if using) and mustard.

4 Stir the cooked macaroni into the mince, top with the béchamel and the breadcrumbs (if using), then cook in the air fryer at 200°C for 10 minutes, or until the cheese has turned golden brown. I only ever serve this strictly with a salad and garlic bread.



HIDDEN VEG & BEEF CHEESY PASTA BAKE

270 CALORIES

AIR FRYER

SPICY CHIPOTLE RIBS

PROTEIN: 21g | **CARBS:** 11g | **FAT:** 16g

PREP: 10 mins, plus overnight marinating / **COOK:** 30 mins

SERVES 4

DUMP BAG

1kg pork ribs
juice of 1 lime
3 tbsp runny honey
1 tbsp chipotle paste
100ml chicken stock
low-calorie oil spray

RUB

1 tsp salt
1 tsp black pepper
1 tbsp ground coriander
1 tbsp ground cumin
1 tbsp paprika

TO SERVE

chopped fresh coriander
tomato salsa
BBQ sauce
lime wedges
mashed avocado

Whether you're hosting a weekend feast or craving a fakeaway-style dinner with a kick, this easy recipe delivers all the flavour without the fuss – and there's no need to fire up the BBQ!

1. Make the rub mix by combining everything in a bowl.
2. Coat the ribs in the rub and drizzle with the lime juice, honey and chipotle paste, then pop into a freezer bag or cover and marinate overnight in the fridge.
3. The next day, lay the ribs on a large piece of tin foil, pour over the stock and fold up the sides of the foil to make an open parcel.
4. Coat the ribs in oil spray, cover well with some tin foil so they don't burn and air-fry at 190°C for 30 minutes.
5. Serve the ribs sprinkled with coriander alongside the tomato salsa with the BBQ sauce, lime

wedges and mashed avocado.



SPICY CHIPOTLE RIBS

551 CALORIES

SLOW COOKER

RICH PORK RAGÙ

PROTEIN: 52g | **CARBS:** 11g | **FAT:** 31g

PREP: 15 mins / **COOK:** 6–8 hours (high)

SERVES 8



1.4kg pork shoulder, fat removed (in one piece)
1 onion, finely chopped
2 carrots, finely chopped
2 celery sticks, very finely chopped
5 garlic cloves, crushed
100ml red wine
2 x 400g tins of chopped tomatoes
200ml rich beef stock
2 tbsp tomato purée
2 bay leaves
handful of chopped fresh sage or 1 tbsp dried sage
4 sprigs of fresh thyme
1 tbsp finely chopped fresh rosemary leaves
1 tbsp cornflour or gravy powder/granules (optional)

This is definitely a crowd pleaser when hosting, whether that be a Sunday lunch or a fancier gathering. I will also use this as meal prep, so one night I will serve it with pasta such as pappardelle, but the remaining half I'll keep and turn into a pie or make a ragù lasagne. So you can save yourself both time and money with this one.

1. Add all the ingredients to the slow cooker, except the cornflour or gravy powder/granules and pasta, season with salt and pepper and cook on high for 6–8 hours.

2. If the sauce needs thickening, blend the cornflour or gravy powder/granules to a paste with 1 tablespoon of water and stir into the sauce.

3. When the pork is ready, pull it apart using two forks, remove the bay leaves and sprigs of thyme, then combine it with the sauce. Serve the ragù with the cooked pappardelle pasta and a grating of Parmesan cheese.

salt and pepper, to taste

TO SERVE

pappardelle pasta

grated Parmesan cheese



RICH PORK RAGÙ

177 CALORIES

AIR FRYER

SALT & PEPPER CHIPS

PROTEIN: 4g | **CARBS:** 35g | **FAT:** 1g

PREP: 15 mins, plus steeping time / **COOK:** 25 mins

SERVES 4

700g Maris Piper potatoes, peeled and cut into chips
low-calorie oil spray
1 green pepper, sliced
1 red pepper, sliced
3 spring onions, sliced
2 red chillies, deseeded and sliced

SPICE MIX

1 tsp Chinese 5 spice
1 heaped tsp salt
1 tsp black pepper
¼ tsp chilli flakes
½ tsp garlic powder
1 tbsp granulated sweetener

These are so good you could have them on their own, as part of a picky tea night or as a side for your favourite curry or takeaway. Simply incredible.

1. Put the potatoes in a microwaveable bowl with some cold water and leave to steep for 15 minutes.
2. Combine all the ingredients for the spice mix in a bowl.
3. Drain the chips, leaving only 2 tablespoons of water in the bowl, then microwave for 5 minutes on high. Drain again, then pat the chips dry with kitchen paper.
4. Spray the chips with oil spray and coat in the spice mix, then air-fry at 200°C for 10 minutes.
5. Add in the peppers, spring onions and chillies and cook for a further 5–7 minutes at 200°C.



SALT & PEPPER CHIPS

277 CALORIES

AIR FRYER

PIZZA LOADED FRIES

PROTEIN: 11g | **CARBS:** 35g | **FAT:** 10g

PREP: 5 mins / **COOK:** 15 mins

SERVES 4

400g frozen chips of choice
80g pizza sauce
1 tsp dried oregano
80g reduced-fat mozzarella, plus (optional) extra to serve
50g pepperoni (around 12 slices)

Loaded fries are soooo easy to make, and these pizza fries use minimal ingredients yet taste great. A quick and easy dinner idea.

1. Pop your frozen chips into the bottom of a lined air fryer basket, then top with the pizza sauce, oregano, mozzarella and pepperoni. Cook at 200°C for 14 minutes.
2. Serve with more cheese, if you like, and get stuck in.



PIZZA LOADED FRIES

612 CALORIES

AIR FRYER

CRUNCH WRAPS

PROTEIN: 24g | **CARBS:** 63g | **FAT:** 28g

PREP: 25 mins / **COOK:** 20 mins

MAKES 6

500g lean beef mince
2 tbsp taco seasoning
6 large tortilla wraps
180g nacho cheese or cheese slices
packet of shop-bought tostadas or corn chips (I like chilli heatwave Doritos)
100g reduced-fat soured cream
100g guacamole (optional)
100g reduced-fat Cheddar cheese, grated
150g tomatoes, diced
6 small tortilla wraps
low-calorie oil spray
80g iceberg lettuce, chopped

This is an iconic recipe, loved by the Americans, and recently us too in the UK and Ireland. A super-easy fakeaway that tastes better than the real thing, in my opinion.

1 Remove the air fryer basket and preheat the air fryer to 200°C for 2–3 minutes. Place the beef mince at the bottom of the air fryer and cook for 5 minutes. Break up the mince and stir in the taco seasoning, then cook for another 3 minutes. Once fully cooked, drain off any excess grease.

2 Place a large tortilla wrap on a clean surface and spread 2 tablespoons of nacho cheese on the centre, then add some lettuce and 3–4 tablespoons of the beef on top.

3 Place a tostada shell or 5–6 corn chips on top of the beef mixture, then add some of the soured cream, guacamole (if using), Cheddar cheese and diced tomatoes and place a small tortilla wrap on top. Tightly fold the edges of the large wrap over the sides of the small wrap. Carefully

flip it immediately to keep it secure. Repeat with all the other tortillas and ingredients to make 6 wraps.

4 Spray the wraps with some oil spray, then place them seam-side down in the air fryer basket and cook at 200°C for 3–4 minutes. Flip and cook for another 3–4 minutes until nice and golden. Depending on the size of your air fryer basket, you might need to do this in batches. Cut in half and serve.



CRUNCH WRAPS

110 CALORIES

AIR FRYER

VEGETABLE SPRING ROLLS

PROTEIN: 3g | **CARBS:** 17g | **FAT:** 3g

PREP: 20 mins / **COOK:** 15 mins

MAKES 12

V

1 tbsp cornflour
1 tbsp dark soy sauce
1 tbsp runny honey
1 tsp sesame oil
1 tbsp vegetable oil
1 pepper, finely chopped
½ cabbage, finely chopped
2–3 carrots, finely chopped
150g beansprouts
2 garlic cloves, crushed
½ tsp chilli flakes
270g packet of filo pastry sheets (or less, depending on how big you want the rolls)
low-calorie oil spray
salt and pepper, to taste

TO SERVE

sliced spring onions
sweet chilli sauce

I am obsessed with vegetable spring rolls, especially when dunked into some sweet chilli sauce. This is a great party snack or side when you're serving up a fakeaway.

1 Blend the cornflour to a paste with the dark soy sauce in a bowl, then add the honey and sesame oil. Set aside.

2 Heat the vegetable oil in a pan (or wok) over a high heat and stir-fry all the vegetables for a minute or so before adding the soy and honey sauce. Season with the garlic, chilli flakes, some salt and pepper and cook until the vegetables have slightly wilted but still have some crunch. Transfer the mixture to a bowl and cool for 5–10 minutes.

3 Cut 3 sheets of filo pastry into 4 squares, then, taking one square at a time, place a spoonful of the veg mixture in the middle. Fold 2 of the corners of the pastry square in over the filling, so they cross in the centre, then fold over another

sesame seeds

corner to make an open envelope and roll up as if you are making a wrap for lunch, so that the filling is fully enclosed. Keep the other squares of filo covered with a damp cloth to stop them drying out. Repeat to make 12 vegetable rolls in total.

4 When all the rolls are prepared, spray them with oil, coating them really well, and then cook in the air fryer at 190°C for 8 minutes until deep golden and crisp. Turn them halfway through the cooking time and spray with more oil if required.

5 Garnish with the spring onions, if liked, and let them cool for a few minutes before eating as the filling will be hot. Serve with sweet chilli sauce for dipping.

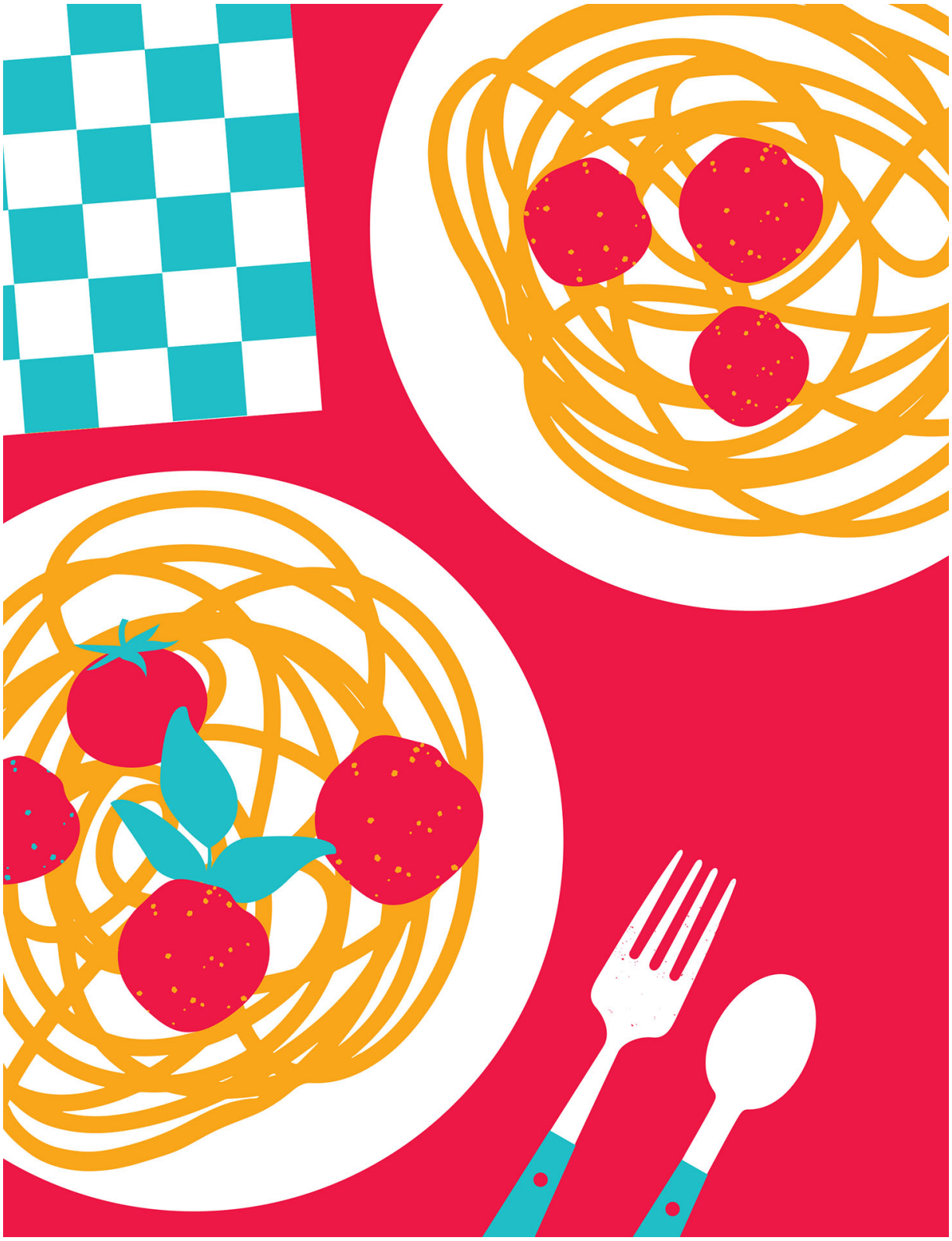


VEGETABLE SPRING ROLLS

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DINING OUT IN

8



RECIPE LIST

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VIRAL CHICKEN TENDERS WITH SPICY MARIE ROSE

CHIPOTLE CHICKEN WITH A PINEAPPLE SALSA

BEEF CHEEKS WITH CREAMY MASH

735 CALORIES

AIR FRYER
SLOW COOKER

NYC SPAGHETTI & MEATBALLS

PROTEIN: 50g | **CARBS:** 82g | **FAT:** 21g

PREP: 20 mins / **COOK:** 4 hours (high) or 7 hours (low)

SERVES 6

500g lean beef mince
500g lean pork mince or reduced-fat sausage meat
100g fresh breadcrumbs
1 tsp onion powder
2 garlic cloves, finely grated
20g Parmesan cheese, grated, plus extra to serve
large handful of fresh parsley, finely chopped (reserve a pinch for the sauce)
2 sprigs of fresh rosemary, leaves picked and finely chopped (reserve a pinch for the sauce)
low-calorie oil spray
500g dried spaghetti
salt and pepper, to taste

This is a simple favourite – meatballs and spaghetti – but I'm taking you to America. I remember the first time I ordered meatballs in the US and the shock on my face when they came to the table. A lovely Canadian lady beside me said, 'Aren't the portions here INSANE?' Yes, they are, and I love it. These huge meatballs soaked in a tomato sauce might even remind you of Lady and the Tramp, a Disney classic.

1 Make your meatballs by combining all of the ingredients, except the oil spray and spaghetti, in a mixing bowl and season with salt and pepper. Now, I like to say 3 huge balls per person, but you can, of course, make them smaller to make the mixture stretch further.

2 Spray the meatballs with oil and seal in the air fryer at 200°C for 5 minutes. Ensure they are packed very tight so they don't fall apart.

TOMATO SAUCE

3 x 400g tins of chopped tomatoes
2 tbsp tomato purée or red pesto
3 garlic cloves, grated
1 tbsp dried oregano
1 onion, finely chopped
pinch of chopped fresh rosemary (reserved from above)
pinch of chopped fresh parsley (reserved from above)

3 Add the meatballs to the slow cooker with all the tomato sauce ingredients, stir gently to mix and then cook on high for 4 hours or low for 7 hours.

4 Remove the meatballs from the sauce with a slotted spoon to a plate and keep hot, then blitz the sauce in the slow cooker with a hand blender so it becomes very smooth.

5 Meanwhile, when the meatballs are nearly ready, cook the spaghetti in a pan of boiling water until al dente, according to the packet instructions. Drain.

6 Toss the cooked spaghetti through the sauce, then top with the meatballs and garnish with extra Parmesan and pepper.



NYC SPAGHETTI & MEATBALLS

574 CALORIES

AIR FRYER

BBQ PORK 'RIB' BURGER

PROTEIN: 43g | **CARBS:** 42g | **FAT:** 25g

PREP: 10 mins / **COOK:** 15 mins

SERVES 2

400g lean pork mince
1 tsp onion granules
1 tsp garlic powder
2 tbsp BBQ seasoning
8 tbsp BBQ sauce, plus extra to serve
2 white mini sub rolls, cut in half and toasted
½ white onion, chopped
sliced pickles (or gherkins)
salt and pepper, to taste

It won't be too hard to guess where this nostalgic favourite comes from; after being off the menu for years, here is a version you can make at home.

1. Pop your pork mince into a bowl and add the onion granules, garlic powder, BBQ seasoning and some salt and pepper. Mix well, then divide the mixture in half and shape into two rectangular patties. To replicate the famous McRib burger, make four indents within the meat.

2. Place the pork patties into your air fryer and cook at 200°C for 14 minutes. Halfway through the cooking time, brush with the BBQ sauce.

3. Layer the patties on toasted mini sub rolls with extra BBQ sauce, the chopped onion and sliced pickles or gherkins.



BBQ PORK ‘RIB’ BURGER

903 CALORIES

AIR FRYER

STICKY PORK BELLY WITH GARLIC RICE

PROTEIN: 44g | **CARBS:** 76g | **FAT:** 47g

PREP: 10 mins, plus 30 mins marinating / **COOK:** 20 mins

SERVES 4

I love pork belly as a starter from a restaurant, and serving it with this garlicky fried rice takes it to the next level.

750g pork belly, cut into bite-sized pieces

MARINADE

80ml hoisin sauce
80ml dark soy sauce
2 tbsp sesame oil
2 tbsp rice vinegar
2 tsp minced (peeled) fresh ginger
2 garlic cloves, minced
2 tbsp runny honey
1 tbsp soft brown sugar

RICE

2 garlic cloves, minced
1 tsp grated ginger
2 spring onions, sliced
1 tbsp sesame oil
250g jasmine rice, rinsed
1 tbsp light soy sauce
300ml chicken stock

1 Prepare your marinade by mixing together all the ingredients in a large glass bowl.

2 Add the pork pieces to the marinade and give it a good mix, then cover and set it in the fridge for 30 minutes (or overnight).

3 Air-fry the marinated pork at 200°C for 18–20 minutes, flipping it halfway through cooking. Be sure to toss any excess marinade over the pork belly so it gets nice and sticky.

4 While the pork cooks, prepare your rice. In a pan over a medium heat, sauté the garlic, ginger and spring onions in the sesame oil for 2–3 minutes. Stir in the rice, soy sauce and chicken stock and simmer for 15 minutes. Fluff the rice when it is ready.

TO SERVE

finely diced red chilli
sesame seeds

5 Serve by adding some of the rice to each bowl with some pork belly pieces and garnish with some red chilli and sesame seeds.



STICKY PORK BELLY WITH GARLIC RICE

390 CALORIES

AIR FRYER

PERI PERI CHICKEN BURGER

PROTEIN: 43g | **CARBS:** 34g | **FAT:** 10g

PREP: 10 mins / **COOK:** 20 mins

SERVES 4

DUMP BAG

No need to go on Deliveroo or stand in a queue, you can make this simple classic at home for all the family. Add extra chilli for a bit of heat!

4 chicken breasts
4 ciabatta rolls, sliced in half
2 tomatoes, sliced
handful of lettuce, chopped (I use baby gem)

PERI PERI MARINADE

2 tbsp olive oil
2 tsp chilli flakes
2 tsp smoked paprika
2 tsp dried oregano
1 tsp onion powder
1 tsp garlic powder
juice of 1 lemon
juice of 1/2 lime
salt and pepper, to taste

PERINAISE

3 tbsp peri peri marinade (from above)
2 tbsp light mayo
1 garlic clove, grated

1 Put all the ingredients for the peri peri marinade into a small bowl and mix until well combined. Remove 3 tablespoons of the marinade and set aside for your perinaise, then pour the rest of the mixture over the chicken so it is nice and coated. Add the chicken to the air fryer and cook at 200°C for 18–20 minutes.

2 While that is cooking, prepare your perinaise by mixing together the reserved 3 tablespoons of marinade with the mayo, garlic and Greek yogurt.

3 Toast your ciabatta rolls, then assemble the burgers by adding the chicken, tomatoes and lettuce to each roll, then drizzling over the perinaise sauce. Get stuck in!

2 tbsp fat-free Greek yogurt



PERI PERI CHICKEN BURGER

222 CALORIES

SLOW COOKER

CHICKEN & RICE SOUP

PROTEIN: 21g | **CARBS:** 26g | **FAT:** 4g

PREP: 15 mins / **COOK:** 4 hours (high) or 7 hours (low)

SERVES 6

1 onion, chopped
3 garlic cloves, chopped
1.3 litres chicken stock
600g bone-in, skinless chicken thighs
4 tbsp light soy sauce
1 tbsp sesame oil
2 tbsp Chinese cooking wine (optional)
180g basmati or long-grain rice
salt and pepper, to taste

TO SERVE

chopped/shredded spring onions and coriander
chilli oil

I am one of those people that always asks what the soup of the day is, I can't help it. If this makes an appearance, I'll definitely order it. Usually you'll find it in a Chinese restaurant or as street food; it's flavoursome, with a gorgeous broth, and instead of barley you have rice to really fill you up.

1. Add all the ingredients to the slow cooker apart from the rice and the spring onions and crispy onions, season with salt and pepper and cook on high for 3 hours or low for 7 hours.

2. Remove the chicken and take the meat off the bones, then return the pieces of meat to the slow cooker with the rice and cook on high for a further 50 minutes.

3. Keep an eye on it, depending on your slow cooker, the rice might take 50 minutes or up to 1 hour 10 minutes – if you need more liquid, add some extra stock, but there is enough broth so you shouldn't need extra.

4 Serve in bowls with the spring onions and coriander scattered over and drizzle with chilli oil.

TIP

If you're reheating the soup, add a little more stock to loosen it.



CHICKEN & RICE SOUP

704 CALORIES

AIR FRYER

CHICKEN TIKKA CHEESY TACO NAANS

PROTEIN: 47g | **CARBS:** 110g | **FAT:** 7g

PREP: 25 mins / **COOK:** 25 mins

MAKES 4

DUMP BAG chicken only

Have you ever had naan tacos before? Well, now you need to. Charred chicken tikka, served inside a cheesy three-ingredient naan. Unbelievable.

450g boneless and skinless chicken thighs
1 tbsp tikka seasoning
1 tbsp lemon juice
50g fat-free Greek yogurt
1 tsp garlic purée
1 tsp ginger purée
50g half-fat butter (optional)
1 tsp chopped garlic (optional)
handful of fresh coriander, chopped
½ baby gem lettuce, chopped
4 tbsp pickled red onion slices
4 tbsp mango chutney
lime wedges (optional)

1 In a bowl, combine the chicken with the tikka seasoning, lemon juice, Greek yogurt, garlic and ginger purées and mix well. Air-fry at 200°C for 14–16 minutes, shaking the basket halfway through, until the chicken is golden and slightly charred. Slice or chop before serving.

2 While that is cooking, make the naans. Mix the flour and yogurt in a mixing bowl and knead into a ball. Pop the dough onto a floured surface, then divide it into four. Add some cheese to the middle of each ball. Fold the dough over the cheese, then roll out again so it forms a naan shape.

3 Spray the naans with a little oil and air-fry at 200°C for 5–6 minutes, flipping halfway through the cooking time, until nice and golden.

NAANS

280g self-raising flour, plus extra for dusting
250g fat-free Greek yogurt
50g reduced-fat Cheddar or mozzarella cheese, grated
low-calorie oil spray

4 This step is optional, but if you'd like to add some melted garlic butter to your naan breads, simply melt the butter with the garlic in the microwave on high. Stir in a pinch of the coriander, then brush this over the cooked naan breads before serving.

5 Assemble by adding your charred chicken tikka pieces to the cheesy naan breads with some lettuce, pickled red onion, mango chutney and the remaining fresh coriander. Squeeze over some lime juice, then tuck in and enjoy!



CHICKEN TIKKA CHEESY TACO NAANS

900 CALORIES

AIR FRYER

CREAMY PEPPERCORN STEAK WITH TRUFFLE MASH

PROTEIN: 49g | **CARBS:** 37g | **FAT:** 61g

PREP: 20 mins / **COOK:** 25 mins

SERVES 4

TRUFFLE MASH

700g Maris Piper potatoes, peeled and quartered
1 tbsp half-fat butter
dash of semi-skimmed milk
1 tsp truffle dust or fresh truffle, grated (optional)

STEAK

1 tsp garlic granules
½ tsp Cajun seasoning
1 tsp onion granules
1 tbsp dried parsley
1 tbsp olive oil
2 x 400g sirloin steaks, cut into thick chunks
salt and pepper, to taste

SAUCE

50g half-fat butter
1 onion, cut into rings
100g button mushrooms, slikced

You have all heard of Marry Me Chicken, but I actually think someone would marry you quicker if you made them this. I serve this with a gorgeous truffle mash to make it feel like I'm eating at a restaurant. Sometimes, you just have to treat yourself and this is that time.

1 Bring a large pan of water to the boil over a medium heat, then add the potatoes and boil for about 15 minutes, or until cooked through and soft enough to mash. Drain, then prepare the mash according to your preference with the butter and milk – I add some grated truffle to mine. Keep warm.

2 Meanwhile, for the steak, combine all the seasonings in a bowl with the olive oil, season with salt and pepper, then toss in the steak chunks to coat well, and set aside. Preheat the air fryer for 5 minutes at 200°C so the steak hits a

2 tbsp reduced-fat crème fraîche
100ml rich beef stock
1 tbsp Worcestershire sauce
generous crack of black pepper

TO SERVE
finely chopped fresh parsley

hot griddle. Add the steak chunks and cook for 6–8 minutes.

3 While the steak chunks cook, make your sauce. Add the butter, onion and mushrooms to a pan and cook over a medium–high heat until softened, then add everything else and cook until reduced and thickened.

4 Add the mash to serving plates and top with the steak bites, then pour over the sauce and garnish with some really finely chopped parsley and a grinding of black pepper.



CREAMY PEPPERCORN STEAK WITH TRUFFLE MASH

700 CALORIES

AIR FRYER

PROSCIUTTO-WRAPPED CHEESY CHICKEN MUSHROOM PASTA

PROTEIN: 59g | **CARBS:** 78g | **FAT:** 15g

PREP: 20 mins / **COOK:** 20 mins

SERVES 4

100g cheese – use a blend of grated reduced-fat mozzarella and reduced-fat Cheddar cheese
handful of chopped fresh parsley
4 chicken breasts, whole
8 slices of prosciutto
400g pasta of your choice (I like tagliatelle)
salt and pepper, to taste

SAUCE

50g half-fat butter
100g button mushrooms, left whole
1 onion, sliced
2 garlic cloves, grated
250ml chicken stock
1 tbsp Dijon mustard
3 tbsp half-fat crème fraîche

This is a stunning little dish that's perfect with pasta. Chicken with oozy cheese, wrapped in salty prosciutto slices and served with a creamy mushroom sauce. This is restaurant dining at home, at a fraction of the cost.

1 In a bowl, combine the cheese, parsley and some pepper.

2 Score the chicken breasts down the middle and stuff them with the cheesy herb mix. Wrap the stuffed chicken breasts with the prosciutto slices, then air-fry at 190°C for 17–18 minutes. Once cooked, cover with tin foil and keep warm in the air fryer basket.

3 While the chicken cooks, make the sauce. Add the butter, mushrooms and onion to a saucepan and cook for 5 minutes until the onions are soft, then add the garlic, stock, mustard and crème fraîche, season with salt and pepper and cook

1 tbsp cornflour

over a medium–high heat, stirring, until it forms a nice creamy sauce.

4 In the meantime, cook your pasta as per the packet instructions and drain, then stir the pasta into the sauce. Slice the chicken breasts and serve with the pasta.



PROSCIUTTO-WRAPPED CHEESY CHICKEN MUSHROOM PASTA

422 CALORIES

SLOW COOKER

CREAMY PARMESAN & MUSTARD PORK CHOPS

PROTEIN: 36g | **CARBS:** 8g | **FAT:** 27g

PREP: 15 mins / **COOK:** 4 hours (high) or 7–8 hours (low)

SERVES 4

DUMP BAG

50g half-fat butter
4 pork chops
2 tbsp Dijon mustard
½ tsp ground turmeric
200ml chicken stock
2 shallots, finely chopped
2 tbsp cornflour
2 garlic cloves, grated
2 tbsp reduced-fat crème fraîche
salt and pepper, to taste

TO SERVE

chopped fresh parsley
grated Parmesan cheese
Tenderstem broccoli
mashed potatoes

Mustard, cream and pork chops go so well together; you can, of course, use chicken here, but if you are feeling like a date night or treating yourself, this is a gorgeous dish. Pork chops have a reputation for being tough, but when cooked low and slow they give an excellent result.

1 Melt the butter in a frying pan over a medium heat, and when hot, seal the pork chops for 1–2 minutes on each side, so you get a gorgeous brown char.

2 Add the pork chops, melted butter and all the other ingredients to the slow cooker, except the crème fraîche. Season with salt and pepper and stir to mix. Cook on high for 4 hours or low for 7–8 hours.

3 Stir through the crème fraîche, then garnish with some parsley and Parmesan. This is perfect

served with some Tenderstem broccoli and mash.

TIP

You can remove the fat from the chops before serving, if you prefer. I like to give mine to my dog, Oscar!



CREAMY PARMESAN & MUSTARD PORK CHOPS

482 CALORIES

AIR FRYER

CHICKEN & VEG KEBABS

PROTEIN: 42g | **CARBS:** 653 | **FAT:** 6g

PREP: 20 mins / **COOK:** 20 mins

SERVES 4

One of my guilty go-to takeaways, perfect with a homemade flatbread and a yogurt dip. It's so moreish and a lot cheaper than ordering in.

3 chicken breasts, cut into bite-size pieces
1 red pepper, cut into chunks
1 yellow pepper, cut into chunks
1 red onion, cut into chunks
1 tbsp olive oil
1 tbsp ground cumin
1 tsp curry powder
1 tsp garlic granules
½ tsp chilli flakes
1 tsp ground coriander
½ tsp ground allspice
salt and pepper, to taste

FLATBREADS

250g fat-free Greek yogurt
280g self-raising flour, plus extra for dusting

YOGURT DIP

100g fat-free yogurt
juice of 1 lime

1 Coat the chicken and all the veg in the olive oil, then add all the other ingredients, season with salt and pepper and mix. Thread onto metal skewers and cook in the air fryer at 190°C for around 15 minutes.

2 While the kebabs are cooking, make your flatbreads. Simply mix the yogurt and flour together in a bowl and roll into a ball, then knead for 5 minutes. Divide the dough into 4, then roll or press out each one to form a round about 10cm in diameter. Add to a hot dry pan, one at a time, and cook over a medium–high heat for 2–3 minutes on each side, or until puffed up and sturning golden.

3 Combine all the ingredients for the yogurt dip in a small bowl.

1 garlic clove, grated
1 tbsp chopped fresh mint

4 Serve the kebabs alongside the flatbreads and the yogurt dip.

TIP
If you like, brush the cooked flatbreads with a little melted garlic butter before serving.



CHICKEN & VEG KEBABS

633 CALORIES

SLOW COOKER

STICKY BEEF BAO BUNS

PROTEIN: 50g | **CARBS:** 60g | **FAT:** 21g

PREP: 25 mins, plus 2 1/2 hours marinating and resting time / **COOK:** 4 hours (high) or 6 hours (low)

SERVES 6

DUMP BAG beef only

Bao buns are one of my guilty pleasures ... soft, pillowy and perfect for soaking up rich, slow-cooked meat. Fill them with Korean pulled beef, or switch up with pork or chicken. You could add a crunchy kimchi slaw for an extra burst of flavour.

- 3 tbsp gochujang paste
- 4 garlic cloves, minced
- 1 tbsp ginger purée
- 5 tbsp light soy sauce
- 2 tbsp rice wine vinegar
- 2 tbsp sesame oil
- 2 tbsp runny honey
- 1.2kg beef brisket (in one piece)
- pinch of chilli flakes (optional)
- 1 onion, sliced
- pinch of black pepper
- 600ml beef stock
- 1½ tbsp cornflour, mixed to a paste with 2 tbsp water
- 12 ready-made bao buns (or make your own - see above)
- Kewpie or sriracha mayo

1. In a bowl, combine the gochujang paste, garlic, ginger, soy sauce, rice wine vinegar, sesame oil and honey. Place the beef brisket in a separate bowl, pour the sauce over it, and toss to coat evenly. Cover and leave to marinate in the fridge for at least 2 hours. For extra heat, add the chilli flakes, if you like.

2. Once the beef has marinated, add it to the slow cooker with the marinade, then add the onion, black pepper, beef stock and cornflour into the slow cooker and mix. Cook on high for 4 hours or low for 6 hours.

3. If making your own bao buns, simply combine all the ingredients, except the sesame oil, in a mixing

1 red chilli, sliced
handful of fresh coriander leaves, chopped
1 spring onion, finely sliced

BAO BUNS (OPTIONAL)

350g plain flour
180ml water
2 tbsp dried active yeast
2 tsp baking powder
1 tsp salt
1 tsp granulated sugar
2 tbsp olive oil
1 tsp sesame oil, for brushing
1 pickled red onion, sliced

bowl. Stir together well, then knead until nice and smooth. Roll the dough into a rope, divide into 12 pieces, then shape each into a ball and flatten into ovals. Brush the sesame oil over half of each oval and fold over the other half to cover the oil.

4 Let the bao buns rest for 30 minutes at room temperature until slightly puffy. If you have a steamer, place them inside and steam over a pan of boiling water for 12 minutes until glossy and fully risen. If you don't have a steamer, use a colander or sieve set over a pot of simmering water, covered with a lid to trap the steam.

5 When the beef is ready, pull it apart using two forks, mixing it with the cooking juices/sauce, then add it to your bao buns with some Kewpie or sriracha mayo, red chilli, coriander and spring onion, plus some pickled red onion, if liked.



STICKY BEEF BAO BUNS

726 CALORIES

AIR FRYER

VIRAL CHICKEN TENDERS WITH SPICY MARIE ROSE

PROTEIN: 43g | **CARBS:** 53g | **FAT:** 37g

PREP: 20 mins / **COOK:** 15 mins

SERVES 4

Everywhere I look I'm seeing chicken dipped into giant cups of sauce. I've put my own spin on the viral 'raising canes' sauce and crunchy fried chicken. If you're not worried about the calories, make the Texas toast too.

1 tbsp garlic powder
1 tbsp Cajun seasoning or paprika
1 egg, beaten
150g cornflakes, crushed
4 chicken breasts, cut into long strips
low-calorie oil spray
salt and pepper, to taste

SAUCE

150g light mayo
90g reduced-sugar tomato ketchup
1½ tbsp Worcestershire sauce
3 garlic cloves, grated, or 1–2 tsp garlic powder
1 tsp coarsely ground black pepper
½ tsp Cajun seasoning

1 Combine the garlic powder and Cajun seasoning or paprika in a bowl with some salt and pepper, then add the beaten egg and your crushed cornflakes to two separate bowls.

2 Coat the chicken strips in the spices, then in the egg, then roll in the crushed cornflakes to coat. Spray with some oil and air-fry at 190°C for 12–14 minutes until golden and crispy. I decided to add some frozen crinkle-cut fries to the air fryer, too.

3 While that's cooking, prepare your 'raising canes' sauce by mixing together all the ingredients for the sauce in a bowl or tall cup.

TEXAS TOAST (OPTIONAL)

1 loaf of brioche bread

115g half-fat unsalted butter

1 teaspoon salt

TO SERVE

frozen crinkle-cut fries

4 Serve the crispy chicken and the fries with the sauce alongside for dipping. Serve with the Texas toast, too, if you like.

TIP

If you want to make the Texas toast, cut the brioche loaf into slices and fry them in the melted butter and the salt until crisp and golden all over.



VIRAL CHICKEN TENDERS WITH SPICY MARIE ROSE

386 CALORIES

AIR FRYER

CHIPOTLE CHICKEN WITH A PINEAPPLE SALSA

PROTEIN: 37g | **CARBS:** 32g | **FAT:** 11g

PREP: 10 mins / **COOK:** 15 mins

SERVES 4

DUMP BAG chicken only

This is such a gorgeous recipe that wows on flavour but is so simple to make. The salsa gives it some zing and makes it feel really fresh. I love serving this with some air-fried potato wedges and a sweet chilli mayo.

1 tbsp olive oil
1 tbsp runny honey
3 tbsp chipotle paste
½ tsp ground cumin
4 chicken breasts, whole
salt and pepper, to taste

PINEAPPLE SALSA

juice of 2 limes
handful of fresh coriander, finely chopped
1 red onion, very finely chopped
1 medium-size pineapple, peeled, cored and finely chopped
handful of jarred jalapeños, finely

1. Combine the olive oil, honey, chipotle paste, cumin and some salt and pepper in a mixing bowl. Toss in the chicken breasts to coat, then air-fry at 190°C for 12–14 minutes. They will be quite dark and look charred, but that's what we want.

2. While the chicken is cooking, prepare your salsa by mixing all the ingredients together in a bowl, and then combine the mayo and sweet chilli sauce in another bowl.

3. For your sides, I won't boss you around, so slice and serve the chicken with the salsa and mayo and whatever else you like.

chopped

SWEET CHILLI MAYO

6 tbsp light mayo
2 tbsp sweet chilli sauce

TO SERVE

air-fried potato wedges



CHIPOTLE CHICKEN WITH A PINEAPPLE SALSA

657 CALORIES

SLOW COOKER

BEEF CHEEKS WITH CREAMY MASH

PROTEIN: 69g | **CARBS:** 40g | **FAT:** 21g

PREP: 20 mins / **COOK:** 8 hours (low) and 30 mins (high)

SERVES 6

DUMP BAG beef only

I had this dish at a local restaurant in Belfast called EDŌ and now I have to order it every time I go there. It's unbelievable. I've made my own version here and it's a gorgeous dish to make for a date night.

4 large beef cheeks (1.6kg)
2 tbsp olive oil
2 onions, diced
4 garlic cloves, minced
1 tbsp tomato purée
½ tsp ground cumin
3 sprigs of fresh thyme
1 sprig of fresh rosemary
175ml red wine
750ml beef stock
1 tbsp cornflour
200g kale
low-calorie oil spray
salt and pepper, to taste

MASH

1kg Maris Piper potatoes, peeled

1. Pat dry the beef cheeks, toss them in the olive oil, then add to the slow cooker with all the other ingredients, except the cornflour. Season to taste with salt and pepper. Cook on low for 8 hours.

2. When the slow cooker has an hour left, prepare your mash by cooking the potatoes in a pan of boiling water over a medium heat until tender. Drain, then mash. Stir in the butter, Parmesan, soured cream, mustard, garlic powder, parsley and some salt and pepper. Gradually stir in the milk until the mash is smooth and creamy. Keep warm.

2 tbsp half-fat butter
40g Parmesan cheese, grated
1 tbsp reduced-fat soured cream
1 tbsp Dijon mustard
1/2 tsp garlic powder
handful of fresh parsley, finely chopped
250ml semi-skimmed milk

TO SERVE
crispy onions

3 When the beef has 30 minutes left, mix the cornflour in a small bowl with 1 tablespoon of water to form a paste. Stir it into the slow cooker juices and cook on high for the remaing 30 minutes to thicken.

4 Prepare the crispy kale by adding it to the air fryer with plenty of oil spray, toss to coat, then cook at 180°C for 1 minute.

5 Serve your beef cheeks with the creamy mustard mash, crispy kale and some of the leftover juices from the slow cooker. Finish with some crispy onions, if you like.



BEEF CHEEKS WITH CREAMY MASH

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