

Quick and Easy Air Fryer Recipes

Easy Sticky Orange Chicken

This sticky orange chicken is easy to make and takes a bit of preparation, but it's well worth it because it tastes just like takeout, so you don't have any excuse not to make it home anymore!

Serves 4 | Prep. time 20 minutes | Cooking time 20 minutes

Ingredients

Sauce

- ¼ cup water
- 1 tablespoon cornstarch
- ½ tablespoon orange zest, grated
- 2 tablespoons rice vinegar
- 1 teaspoon sesame oil
- 1 cup fresh orange juice
- ¼ cup honey
- 2 tablespoons soy sauce

Chicken

- 2 eggs
- Salt and black pepper, to taste
- 1 cup all-purpose flour
- ½ cup cornstarch
- 1 pound chicken thigh fillets, cubed
- Cooked rice for serving
- Sliced green onions for serving

Directions

1. Whisk the water and starch in a small bowl. Put it aside.
2. Mix the remaining ingredients in a large saucepan. Cook over low heat for 10-12 minutes, stirring a few times.
3. While the sauce is cooking, whisk the eggs, salt, and pepper in a shallow bowl. Mix the flour and ½ cup starch in another bowl.
4. Line the air fryer basket with parchment paper or liner. Preheat the air fryer to 400°F (204°C) for 4 minutes.
5. Dip the chicken pieces in eggs, then coat them with starch and flour mix.
6. Air fry them in batches for 6 minutes and flip them halfway through. Do not overload the basket.
7. Add the water and starch mixture to the sauce. Whisk the sauce while cooking for 1-2 minutes over medium-low heat.
8. Add the chicken to the sauce and stir it until well-coated. Garnish chicken with sliced green onions if desired. Serve it warm with cooked rice.

Nutrition per serving

Calories 454, fat 8 g, carbs 63 g, sugar 22 g, Protein 29 g, sodium 780 mg

Air-fried Meatballs with Mustard Gravy

Once you serve this tasty meal, it will become an instant family favorite! The meatballs are very flavorful thanks to the allspice powder and other aromatic ingredients, and the mustard gravy tastes like something you would eat in a fancy restaurant.

Serves 2 | Prep. time 20 minutes | Cooking time 24 minutes

Ingredients

Meatballs

- ¼ cup milk
- ½ cup breadcrumbs
- 1 egg
- ⅓ cup onion, finely chopped
- ¼ cup fresh parsley, finely chopped
- 1 teaspoon garlic powder
- ¼ teaspoon ground allspice powder
- 1 pound ground beef
- Salt, to taste
- Black pepper, to taste

Gravy

- 2 tablespoons olive oil
- ¼ cup butter
- 3 tablespoons all-purpose flour
- 2 cups beef broth
- 1 cup heavy cream
- 1 teaspoon Dijon mustard
- 1 teaspoon Worcestershire sauce
- Salt, to taste
- Black pepper, to taste

Directions

1. To prepare the meatballs, stir the milk and breadcrumbs in a bowl. Let them sit for 10 minutes.
2. Add the rest of the ingredients and combine them well. Shape it into 15 meatballs.
3. Grease the air fryer basket with cooking spray.
4. Preheat the air fryer to 375°F (191°C).
5. Cook the meatballs for 14 to 16 minutes until brown. Turn them over after 7 minutes.
6. While the meatballs are frying, prepare the gravy by melting the butter in a saucepan over medium-low heat. Add the oil and stir to combine.
7. Mix in the flour and cook for 3 to 4 minutes until it absorbs the oil and butter.
8. Add the remaining ingredients and cook for 10 minutes while stirring until the sauce thickens.
9. Stir in the meatballs. Cook them for 1 to 2 minutes until heated. Serve it warm and enjoy.

Nutrition per serving per meatball

Calories 522, fat 34 g, carbs 19 g, sugar 5 g,
Protein 32 g, sodium 1592 mg

4-Ingredient Baby Back Ribs

Ribs usually require a lot of ingredients, especially spices, and a long time to cook, but if you have an air fryer, you can enjoy delicious, fall-of-the-bone ribs in 30 minutes and with only 4 ingredients!

Serves 4 | Prep. time 10 minutes | Cooking time 10 minutes

Ingredients

- 2 racks baby back pork ribs, about 1- 1 ½ pounds each
- Olive oil as needed
- Salt and black pepper, to taste
- ¾ cup mesquite BBQ sauce

Directions

1. Grease the air fryer basket with cooking spray. Preheat the oven to 400°F (204°C) for 5 minutes.
2. Remove the shiny membrane from the back of the ribs and trim them by removing extra fat. Cut the ribs into 2 or 3 rib pieces.
3. Brush the ribs with olive oil and season the ribs generously with salt and black pepper.
4. Transfer the prepared ribs to the air fryer basket, bone side down.
5. Cook them for 24 minutes while flipping them over after 12 minutes.
6. Coat the ribs with BBQ sauce, and cook them for another 6 minutes, bone side down.
7. Let them rest for a few minutes before serving.

Nutrition per serving

Calories 315, fat 18 g, carbs 15 g, sugar 11 g,
Protein 17 g, sodium 1716 mg

Air-Fried Honey Salmon

If you love fish, then this recipe will become your favorite. The combination of the salty and sweet flavors creates a tasty meal. Serve it with a fresh salad or roasted veggies, and enjoy.

Serves 4 | Prep. time 10 minutes | Cooking time 9-11 minutes

Ingredients

- ¼ cup honey
- ¼ cup Dijon mustard
- 4 (6 ounces) salmon fillets
- 1 tablespoon olive oil
- Salt, to taste
- Black pepper, to taste

Directions

1. Whisk the honey and mustard in a bowl. Put it aside.
2. Brush the salmon fillets with olive oil and season with salt and pepper to taste.
3. Arrange them in the basket of an air fryer. Brush them with the honey mixture.
4. Air fry them for 9 to 11 minutes at a temperature of 375°F (191°C) until the salmon becomes opaque and flakes easily.
5. Serve it warm.

Nutrition per serving

Calories 314, fat 9 g, carbs 20 g, sugar 17 g,
Protein 33 g, sodium 1321 mg

Crispy Tofu

Preparing and cooking this delicious crispy tofu is one of the easiest things you can do, and then enjoy over rice or noodles and a side salad. Once you try it, it will quickly make its way to your weekly menu and become a family favorite.

Serves 4 | Prep. time 10 minutes | Cooking time 25 minutes

Ingredients

- 2 tablespoons cornstarch
- 2 pounds tofu, pressed and cubed
- 1 tablespoon soy sauce
- ½ tablespoon olive oil
- 1 teaspoon sesame oil
- Salt, to taste
- Cooked rice, noodles, or salad for serving

Directions

1. Toss the starch and tofu in a bowl until coated. Stir in the remaining ingredients.
2. Heat the air fryer to 400°F (204°C) for 2 minutes.
3. Cook for 20 to 22 minutes to your liking. After 10 minutes, turn over the tofu with a spatula.
4. Serve the tofu warm over cooked rice or noodles and a side salad, if desired.

Nutrition per serving

Calories 157, fat 6 g, carbs 9 g, sugar 2 g,
Protein 17 g, sodium 173 mg

Pasta Chips with Dipping Sauce

Chips for dinner? Why not! You'll love these crunchy, salty, and delicious pasta chips. It's a simple recipe, best enjoyed with a bowl of tasty tomato dipping sauce and a side salad.

Serves 4 | Prep. time 10 minutes | Cooking time 40 minutes

Ingredients

Pasta chips

- 2 cups dry bowtie pasta
- 1 tablespoon olive oil
- ½ cup Pecorino Romano, grated
- 1 teaspoon garlic powder
- ½ teaspoon oregano
- ½ teaspoon basil
- 1 teaspoon lemon zest
- ½ teaspoon salt

Tomato dipping sauce

- 1 ½ tablespoons olive oil
 - 1 medium yellow onion, finely chopped
 - 1 garlic clove, finely minced
 - 1 (28-ounce) can crushed tomatoes with their juices
 - 1 ½ tablespoons tomato paste
 - ½ teaspoon dried oregano
 - ½ teaspoon dried basil
 - Pinch of crushed red pepper flakes
 - Salt and pepper, to taste
-
- Side salad for serving

Directions

1. Cook the pasta according to the package instructions. Let it cool for 2 minutes.
2. Preheat the air fryer to 400°F (204°C) for 4 minutes.
3. In a bowl, add the cooked pasta and olive oil. Mix in the rest of the pasta chip ingredients until well combined.
4. In the air fryer basket, arrange about ¼ of the pasta in a single layer.
5. Cook for 5 minutes. Flip the pasta pieces and let it cook for another 2-3 minutes.
6. Transfer to a plate and repeat until all pasta is cooked.
7. To make the dipping sauce, heat the oil over medium heat in a medium saucepan.
8. Add the onion and cook, stirring regularly, until softened and translucent, about 6-7 minutes.
9. Add the garlic and cook, stirring frequently, until fragrant, about 1 minute.
10. Add the oregano, basil, tomatoes, tomato paste, and crushed red pepper flakes. Season with salt and pepper to taste. Stir to combine.
11. Turn down the heat to low and simmer for about 15-20 minutes, stirring in between, until thickened. Taste and season with more salt and pepper if needed.
12. Serve warm with the cooked pasta chips. Complete your meal with a side salad.

Nutrition per serving

Calories 72, fat 3 g, carbs 7 g, sugar 0 g,
Protein 3 g, sodium 222 mg

****These recipes and more are found in Louise Davidson's *Quick and Easy Air Fryer Dinner Recipes*. To get your own copy, click on the cover below or click [here](#).**

