

Sunbeam

Halo+ Air Fryer

AF5000

Recipes



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General


Where necessary, this symbol  will show you how much oil to add using the supplied oil measure.

This symbol  indicates that the recipe is suitable for vegetarians.

Cooking methods used in these recipes.


Dual Heat mode with Fan

Recipes marked with the  icon use the dual heat mode feature of your Halo+ air fryer. Dual heat mode cooking uses an additional heating element placed below the bowl along with the top heating element and fan above the bowl to ensure efficient, even heat distribution.

1. Set the timer according to the recipe.
2. Set your Halo+ air fryer into the **TILTED** or **LEVEL** position according to the recipe. To tilt your Halo+ air fryer, pull the tilt mechanism lock outwards and tilt your Halo+ air fryer forwards. Release the tilt mechanism lock to hold your Halo+ air fryer in the fully tilted position. When in the tilted position, the **TILT** icon will show in the window of the tilt lock. Many recipes will use dual heat mode with your Halo+ air fryer in the level position. When in the level position, the **LEVEL** icon will show in the window of the tilt lock.
3. Press the dual heat mode () button to start cooking.
4. Once cooking has finished, if your Halo+ air fryer is in the tilted position, release the tilt mechanism lock and return the unit to the level position. Use the clip-on handle to remove the inner bowl.

Grill mode with Fan

Recipes marked with the  icon use the grill mode feature of your Halo+ air fryer. Grill mode cooking uses the top heating element and fan only.



1. Place the roasting rack into the inner bowl, if required.
2. Set the timer according to the recipe.
3. Make sure that your Halo+ air fryer is in the **LEVEL** position. When in the correct level position, the **LEVEL** icon will show in the window of the tilt lock.
4. Press the grill mode () button to start cooking.
5. Once cooking has finished, remove the inner bowl using the clip-on handle.

Side dishes and snacks


Perfect Homemade Chips (serves 4)

- 800g potatoes
 - 1  vegetable oil
 - Salt to serve
1. Peel the potatoes and cut them into approximately 2-3cm wide chips with a sharp knife.
 2. Rinse them twice to remove the starch and completely cover them with water until you are ready to cook them.
 3. When you are ready to cook them, drain the chips and pat them dry to remove the excess moisture.
 4. Place the chips into the inner bowl and drizzle with the vegetable oil.
 5. Set the timer for 25 to 30 minutes and cook on the dual heat mode setting with your Halo+ air fryer in the **TILT** position until they are golden and crisp.
 6. Sprinkle the chips with salt if required and serve hot.

Cajun-Style Wedges (serves 4)

- 800g small potatoes, skins left on but well washed
 - 1  olive oil
 - 1  Cajun spices
 - Salt and freshly ground black pepper
1. Cut the potatoes into halves, then into wedges using a sharp knife. Rinse them twice to remove the starch then completely cover with water until you are ready to cook them.
 2. When you are ready to cook them, drain and pat the potatoes dry with kitchen paper.
 3. Coat them with the oil and the Cajun spices.
 4. Set the timer for 35 to 40 minutes and cook on the dual heat mode setting with your Halo+ air fryer in the **TILT** position until they are golden and crisp.


Perfect Roast New Potatoes (serves 4)

- 800g new potatoes, halved but with the skins still on
 - 1  olive oil
 - Salt and pepper
1. Place the new potatoes into the inner bowl and drizzle over the oil. Season.
 2. Set the timer for 35 to 40 minutes and cook on the dual heat mode setting with your Halo+ air fryer in the **TILT** position until they are golden and crisp.

Side dishes and snacks

Golden Roast potatoes (serves 4)

These potatoes taste amazing when cooked in duck fat. However, if you prefer you can still use vegetable oil instead.

- 800g potatoes, peeled and cut to size
 - 1  vegetable oil or duck fat
1. Rinse the potatoes to remove the starch, drain and pat dry with kitchen paper.
 2. Place the potatoes into the inner bowl, drizzle with the oil or fat.
 3. Set the timer to 35 minutes and cook on the dual heat mode setting with your Halo+ air fryer in the **TILT** position until they are golden and crispy.

Season and serve immediately.

Cheesy Nachos with Spicy Tomato Salsa

- 1 large bag plain corn chips
 - 100g cheddar cheese, grated
 - ½ green chilli, deseeded and sliced, alternatively you can use jalapeños
 - Sour cream, salsa and guacamole to serve
1. Evenly scatter the corn chips over the bottom of the inner bowl.
 2. Sprinkle with the cheese and the green chilli.
 3. Set the timer for 5 to 10 minutes and cook on the dual heat mode setting with your Halo+ air fryer in the **LEVEL** position until the cheese has melted.

Serve the nachos topped with the spicy tomato salsa, sour cream and guacamole.

Side dishes and snacks

Stuffed Jacket Potatoes with Sweetcorn and Capsicums (serves 4)

- 2 medium jacket potatoes, cleaned with the skins still on
 - 15g butter or low-fat spread
 - ½ cup corn
 - ½ cup red capsicum, diced
 - ½ cup cheddar cheese, grated
 - Salt and pepper
 - Small handful fresh herbs, such as basil or thyme.
1. Prick the potatoes all over and rub them with a little oil to coat.
 2. Set the timer for 55 to 60 minutes and cook on the dual heat mode setting with your Halo+ air fryer in the **LEVEL** position until the potatoes are soft when they are squeezed.
 3. Carefully slice the cooked potatoes in half lengthways. Wear oven gloves and be careful not to tear the skin.
 4. Remove the potato from the skins using a spoon and add to a large mixing bowl. Set the potato skins to one side.
 5. Add the butter, corn, capsicums, herbs and ¾ of the cheese to the mixing bowl. Use a fork to combine the mixture then season.
 6. Spoon the mixture back into the potato skins and sprinkle with the remaining cheese.
 7. Gently place the potatoes back into the bowl and cook for a further 15 minutes on the dual heat mode setting with your Halo+ air fryer in the **LEVEL** position until the cheese turns crispy and golden.

Delicious served with a fresh, crispy salad and coleslaw.



Side dishes and snacks

Stuffed Jacket Potatoes with Antipasto and Pancetta (serves 4)

- 2 medium jacket potatoes, cleaned with the skins still on
 - 60g soft cheese flavoured with garlic and herbs
 - 10g grated Parmesan cheese
 - 1 chargrilled capsicum finely sliced (these can be bought ready cooked in jars)
 - 3 pancetta rashers, cooked until crisp, crumbled
 - Salt and pepper
 - Pesto (optional)
1. Prick the potatoes all over and rub them with a little oil to coat.
 2. Set the timer for 55 to 60 minutes and cook on the dual heat mode setting with your Halo+ air fryer in the **LEVEL** position until the potatoes are soft when they are squeezed.
 3. Carefully slice the cooked potatoes in half lengthways. Wear oven gloves and be careful not to tear the skin.
 4. Remove the potato from the skins using a spoon and add to a large mixing bowl. Set the potato skins to one side.
 5. Using a fork break down the potato adding the soft cheese, chargrilled capsicum, pancetta and seasoning.
 6. Spoon the mixture back into the potato skins and sprinkle with the Parmesan cheese.
 7. Cook for a further 10 to 15 minutes on the dual heat mode setting with your Halo+ air fryer in the **LEVEL** position until golden and piping hot.

Serve drizzled with pesto (optional).

Roasted Mediterranean Vegetables (serves 4)


- 1 small aubergine, diced
 - 2 zucchinis, thickly sliced or diced
 - 1 medium carrot, diced
 - 1 large red onions, cut into chunks
 - 1 red capsicum, diced
 - 100g button mushrooms, wiped
 - 1 tsp dried mixed herbs
 - 1 large clove garlic, finely chopped
 - ½  honey
 - 1  olive oil
 - Salt and pepper
1. Place the vegetables into the inner bowl along with the garlic and herbs. Drizzle over the oil and honey.
 2. Set the timer for 25 to 30 minutes and cook on the dual heat mode setting with your Halo+ air fryer in the **TILT** position.

Delicious served with some oven baked fish or our Parmesan Crusted Salmon.




Side dishes and snacks

Roasted Root Vegetables (serves 4)

Perfect as an accompaniment to your Sunday roast. The vegetables should be cut to a similar size. For those vegetables where only half is required, why not use up the extra half in a tasty homemade soup.

- 2 medium carrots, peeled, halved lengthways and cut into chunks
 - 2 parsnips, peeled, halved lengthways and cut into chunks
 - ½ small butternut pumpkin, de-seeded, peeled and cut to a similar size as above
 - 2 potatoes, peeled and cut as above
 - 1 tsp cumin seeds, ground
 - 1 tsp ground coriander
 - 1  vegetable oil
 - Salt and pepper
1. Place the vegetables into the inner bowl and drizzle with the oil. Add the spices, salt and pepper and stir well to combine.
 2. Set the timer for 30 to 35 minutes and cook on the dual heat mode setting with your Halo+ air fryer in the **TILT** position.
- Serve with your favourite roast meat or grilled chicken for an alternative to your usual vegetables.
- For an extra spicy twist, drizzle with a little runny honey and a scattering of dried crushed chilli.


Roasted Cauliflower (serves 4)

- 1 large cauliflower (about 800-900g), cut into small florets
 - 2  olive oil
 - Salt and pepper
 - 1 handful parsley, chopped
 - 1 lemon, zest and juice
 - 50g Parmesan cheese, grated (optional)
1. Place the cauliflower florets into the inner bowl, drizzle over 1  of olive oil and season with salt and pepper.
 2. Set the bowl of your Halo+ air fryer in the **TILT** position and cook on the dual heat mode setting for 35 minutes.
 3. Mix the juice of the lemon, along with the parsley and 1  of olive oil.
 4. Remove the cauliflower from the inner bowl and place into a warmed bowl. Drizzle over the lemony dressing, scatter with the Parmesan cheese and lemon zest.

Delicious served as an accompaniment to your Sunday roast.

Fish and seafood dishes

Basa Goujons with Lemon Mayonnaise (serves 3-4)

- 3 boned basa fillets, skins removed
 - 200g white breadcrumbs
 - 75g plain flour
 - Salt and freshly ground pepper
 - 2 eggs, beaten
 - 2 tbsp fresh chopped parsley
 - 1  sunflower oil
 - 300ml mayonnaise
 - 3 tsp lemon juice
 - 2 tsp finely grated lemon zest
 - 1 clove garlic, crushed
1. Using a sharp knife, carefully slice the basa fillets into 2cm wide strips.
 2. Place the bread crumbs, eggs and flour separately into individual dishes, season the flour and sprinkle the breadcrumbs with the parsley.
 3. Place the basa goujons into the flour dish and toss until coated, shake off the excess flour and then dip them into the beaten egg. Next, toss the goujons in the breadcrumbs until completely coated.
 4. Flatten the goujons carefully on a flat surface using the palm of your hand.
 5. Place the goujons into the bowl and drizzle over the oil. Cook on the dual heat mode setting for 15 to 20 minutes with your Halo+ air fryer in the **LEVEL** position. Turn the goujons halfway through cooking.
 6. To make the lemon mayonnaise, mix the mayonnaise with the lemon juice, lemon zest and garlic. Spoon into a suitable serving dish.
- Serve the goujons with the mayonnaise dip and a salad of your choice.

Fish and seafood dishes


Baked Salmon with a Parmesan Crust (serves 2)

- Olive oil
 - 2 salmon fillets, boned
 - 2 slices bread, 1 or 2 day-old is the best
 - 1 clove garlic
 - 50g Parmesan cheese
 - 20g margarine
 - 1 tbsp fresh basil
 - 1 tbsp fresh parsley
 - Salt and freshly ground black pepper
1. Insert the roasting rack into your Halo+ air fryer. Lightly oil the rack with olive oil.
 2. Place the bread, garlic, Parmesan cheese and herbs into a food processor or mini chopper and process into a fine breadcrumb consistency. Rub or pulse in the margarine, season.
 3. Place the salmon fillets onto the grill rack, skin side down, and lightly brush with olive oil.
 4. Set the timer for 10 to 15 minutes (depending on the thickness of the fillets) and cook on the dual heat mode setting with your Halo+ air fryer in the **LEVEL** position.
 5. Open the lid and cover the top of each salmon fillet with the breadcrumb mixture.
 6. Set the timer for 5 to 10 minutes and cook on the dual heat mode setting with your Halo+ air fryer in the **LEVEL** position until the topping is golden.

Delicious served with our Roasted Mediterranean Vegetable recipe.

Fish and seafood dishes

Honey and Lemon Sea Bass (serves 2)

- 2 small whole sea bass (these need to fit on the grill rack)
 - 1 tbsp honey
 - 1 small clove garlic, chopped
 - 1  soy sauce
 - 1 lemon, cut into slices
 - 1 tbsp olive oil (optional)
1. Score the body of the sea bass all over, this will allow the marinade to soak into your fish.
 2. Prepare the marinade by mixing the honey, garlic and soy sauce together. The olive oil isn't essential but will aid the cooking process.
 3. Place the slices of lemon into the cavity of the fish.
 4. Brush the fish with the marinade, making sure you brush into the scored areas.
 5. Lightly oil the grill rack – use a light cooking spray if you like.
 6. Place the grill rack into the inner bowl and position the fish onto the rack, one on either side.
 7. Set the timer for 15 minutes and cook on the dual heat mode setting with your Halo+ air fryer in the **LEVEL** position.
 8. Carefully remove the sea bass and serve with some mixed salad leaves. Why not try making some couscous with Roasted Mediterranean Vegetables, delicious served with fish.

Tip: Check the fish after 10 minutes. Depending on the size of your sea bass, you may need to increase or decrease the recommended cooking time.

Chicken dishes

Prosciutto Wrapped Chicken (serves 2)

- 2 chicken fillets, skin removed
- Zest one lemon
- 4-6 slices prosciutto
- 1tsp fresh thyme
- ½ garlic clove, finely chopped
- Olive oil

1. Insert the roasting rack into your Halo+ air fryer. Lightly oil the rack.
2. Place each chicken fillet between cling film and use a rolling pin to gently beat the fillet until it is evenly flattened to about 2cm thick.
3. Remove the flattened chicken fillet from cling film and drizzle with a little olive oil. Sprinkle with the garlic, lemon zest and a pinch of the fresh thyme.
4. Wrap the prosciutto carefully around the chicken so that the join is underneath and the whole fillet is wrapped in the ham.
5. Lightly oil the chicken and carefully place it onto the rack with the join of the ham on the underside.
6. Set the timer for 20 to 25 minutes and cook on the dual heat mode setting with your Halo+ air fryer in the **LEVEL** position. Carefully turn the chicken over halfway through the cooking cycle.

Delicious served sliced on the diagonal with some freshly cooked pasta drizzled with pesto. Garnish with torn basil leaves and ground black pepper.

Chicken dishes

Thai Green Chicken Curry (serves 4)

- 1 small onion, thinly sliced
- 1 stalk lemon grass
- 3-4 tsp Green Thai curry paste
- 3 boneless and skinless chicken fillets, cut into bite-size pieces
- 1 tbsp fish sauce
- 1 tsp brown sugar
- 4 freeze-dried kaffir lime leaves (optional)*
- 400ml can coconut milk
- Small sprig fresh coriander
- ½  vegetable oil

*Kaffir lime leaves are now widely available in most good supermarkets.

1. Very finely slice the lemon grass, starting at the thinner end and stopping towards the base when it gets tough (often described as 'woody' and white in the centre).
2. Place the sliced onion and chopped lemon grass in the inner bowl. Drizzle with the vegetable oil. Set the timer for 5 minutes and cook on the dual heat mode setting with your Halo+ air fryer in the **TILT** position until the onions begin to soften. Add the chicken pieces and the Thai paste and cook for a further 5 to 6 minutes.
3. Place your Halo+ air fryer into the **LEVEL** position. Add the fish sauce, sugar, kaffir lime leaves and coconut milk and carry on cooking for a further 15 minutes until the chicken is cooked through. Open the lid and stir occasionally.
4. While the chicken is cooking, roughly chop the coriander. Taste the curry and adjust the seasoning. Stir half the coriander into the curry and sprinkle the rest over the top.
Delicious served with Thai, jasmine or basmati rice.

Chicken dishes


Chicken and Chorizo Paella (serves 4)

- 1 large red onion, diced
- 100g Spanish chorizo, peeled and diced
- 1 tbsp smoked paprika
- 1 tbsp turmeric
- 1 tsp hot chilli powder
- 500g chicken fillets, cut into strips
- 300g paella or risotto rice
- ½ yellow capsicum, deseeded and cut into strips
- ½ red capsicum, deseeded and cut into strips
- 1 litre hot chicken stock
- 1 handful blanched green beans
- 1 handful cherry tomatoes, quartered
- Chopped parsley

1. Place the onion and diced chorizo into the inner bowl.
2. Set the timer for 5 minutes and cook on the dual heat mode setting with your Halo+ air fryer in the **TILT** position.
3. Add the spices and cook for a further 1 minute on the dual heat mode setting in the **TILT** position.
4. Stir in the diced chicken, coating the strips in the spicy onion mixture.
5. Set the timer for 6 minutes and cook on the dual heat mode setting with your Halo+ air fryer in the **TILT** position. Stir the contents halfway through to separate the chicken.
6. Add the rice and capsicums, stir and cook for a further 2 minutes on the dual heat mode setting in the **TILT** position.
7. Add the hot stock and stir to combine. Set the timer for 20 minutes and cook on the dual heat mode setting with your Halo+ air fryer in the **LEVEL** position.
8. Stir the paella halfway through.
9. When the timer beeps to indicate the end of the cycle, add the beans and tomatoes, stir and cook a for further 1 to 2 minutes until piping hot. Adjust the seasoning if required.
Serve sprinkled with parsley.

Chicken dishes

Sizzling Chicken Fajitas (serves 4)

- 500g boneless, skinless chicken fillets
- 2 tsp ground cumin
- 2 tsp ground coriander
- 1 tsp chilli powder
- ¼ tsp cayenne pepper
- ½  oil
- 1 red onion, thinly sliced
- 1 green capsicum, seeds removed and cut into strips
- 1 red or yellow capsicum, seeds removed and cut into strips
- 4-6 soft flour tortillas

To serve: Lime wedges, salsa, guacamole, natural yoghurt and corn chips.

1. Cut the chicken into strips. Place the cumin, coriander, chilli powder and cayenne pepper into a mixing bowl. Add the chicken and stir well to evenly coat with the spices. Cover and place into a refrigerator to marinate.
2. Pour the oil into the inner bowl, close the lid and set the timer for 2 minutes. Cook on the dual heat mode setting with your Halo+ air fryer in the **LEVEL** position. This will allow the oil to heat.
3. Once heated, add the onions and capsicum and cook for 6 to 7 minutes in the **TILT** position.
4. Add the chicken strips and stir into the vegetables. Cook for a further 12 to 15 minutes, in the **TILT** position.
5. Warm the tortillas, either wrap in foil and place in a hot oven for 5 minutes, or heat in a microwave for about 35 seconds.

To serve: Divide the chicken mixture between the 4 wraps, adding in any of the suggested accompaniments, or alternatively serve these as side dishes.


Why not get creative and replace the flour tortillas with some iceberg lettuce leaves? Leave the leaves whole and wrap the chicken mixture inside. Use smaller leaves for serving as finger food at a party, and secure with a cocktail stick.

Why not make some spicy wedges in your Halo+ air fryer to serve alongside? Make the chicken fajita filling as above and place this into a suitable oven proof container. Cover with foil and allow to sit in a warm oven, while the wedges are cooking.

Look out for readymade Fajita spice mix, this is readily available in most large supermarkets.

Meat dishes

Meatballs in Tomato Sauce (serves 4)

- Vegetable oil
- 1 medium onion, grated
- 1 tsp dried mixed herbs or oregano
- Pinch ground cumin
- 1 clove garlic, finely chopped
- 500g pork mince
- 1 egg yolk
- ½  plain flour
- Salt and freshly ground black pepper

For the tomato sauce:






- 1 clove garlic, finely chopped
- 500g passata or chopped tomatoes
- Salt and pepper to taste

1. Place the onion, herbs, cumin, garlic, pork, egg yolk and seasoning into a bowl. Mix all the ingredients together using your hands.
2. Sprinkle over the flour and continue mixing with your hands gathering all the mixture together into the centre of the bowl.
3. Break off small walnut-sized amounts of the mixture and roll into balls between floured hands. Place the meatballs onto a clean plate. Repeat until you have used all the mixture.
4. Place the meatballs into the inner bowl and drizzle over the oil.
5. Set the timer for 15 minutes and cook on the dual heat mode setting with your Halo+ air fryer in the **LEVEL** position. Carefully turn the meatballs over half way through the cooking cycle.
6. When the meatballs are cooked, add the tomato sauce ingredients to the inner bowl and cook for a further 10 to 15 minutes cook on the dual heat mode setting in the **LEVEL** position until cooked through and bubbling. Stir occasionally.

Delicious served with freshly cooked fettucini.

Meat dishes

Beef Stroganoff (serves 4)

- 1  olive oil
- 500g lean beef steak, thinly cut into strips
- 1 onion, finely diced
- 1 clove garlic, finely chopped
- 100g button mushrooms, finely sliced
- 1  brandy
- ½  Worcestershire sauce
- 150ml hot beef stock
- ½  Dijon mustard
- ½  freshly chopped parsley
- 30g plain flour
- 110ml sour cream

1. Set the timer for 35 minutes.
2. Place the steak strips into the inner bowl, drizzle with the oil and cook on the dual heat mode setting for 10 minutes with your Halo+ air fryer in the **TILT** position.
3. Add the onions, garlic and mushrooms, stir and cook for a further 10 minutes.
4. Add the brandy, stir and allow to cook for a further few minutes until bubbling away.
5. Place your Halo+ air fryer into the **LEVEL** position. Sprinkle the flour over the mixture then add the mustard, Worcestershire sauce and stock and stir to combine.
6. Allow to cook for the remainder of the cooking time (about 10 minutes).
7. Season if required, then stir in the cream.

Serve with freshly cooked pasta or creamy mashed potato.

Meat dishes

🍷 Beef and Caramelized Red Onion Burgers (makes 4)

- 400g good quality minced beef
- 1 small red onion, finely chopped
- ½ 🍷 olive oil
- 1 tsp brown sugar
- 1 tsp dried mixed herbs
- 1 egg, beaten
- Handful coriander leaves, chopped

To serve: Bread rolls, cheese slices, sliced tomatoes, lettuce and tomato sauce.

1. In a frying pan gently sauté the chopped red onion on a low/medium heat with the olive oil and brown sugar for 5 minutes. Remove from the heat and set aside to cool.
2. Work the mince together in a bowl with the caramelised onions and the beaten egg. You want to combine the mixture so that all the ingredients are mixed but don't make it too mushy and soft.
3. Stir in the chopped coriander and the dried herbs. Season to taste.
4. Take a handful of the mixture and form it into a burger shape. The mixture should make about 4 burgers. The thicker they are, the longer they will take to cook through.
5. Lay each burger on a board that has been covered in cling film and then cover them.
6. Put them in the fridge to chill for approximately 1 hour. This will help them to maintain their shape while cooking.
7. When you are ready to cook the burgers, place them onto the lightly oiled roasting rack.
8. Cook for 15 to 20 minutes on the grill mode setting with your Halo+ air fryer in the **LEVEL** position, carefully turning them over half way through the cooking cycle.

Serve the burgers on the bread rolls with cheese, tomato, lettuce and tomato sauce.

Meat dishes

🍷 Spicy Lamb Burgers (makes 4)

- 400g lean lamb mince
- ½ red onion, finely chopped
- 1 egg, beaten
- 1 tbsp mango chutney
- Handful fresh coriander leaves, chopped
- ½ red chilli, deseeded and chopped
- 1 garlic clove, crushed
- ½ tsp cumin
- ½ tsp ground coriander

To serve:

- 4 mini ciabattas
- Chopped mint
- Thick Greek yogurt
- 1 cucumber, finely chopped

1. Combine all ingredients into a bowl.
2. Work the mixture together using your hands then pat the mixture into burger shapes.
3. Place them on a cling film lined tray and cover. Chill them in the fridge for about 1 hour.
4. Lightly oil the roasting rack. Place the burgers onto the rack and brush with olive oil.
5. Cook for 15 to 20 minutes on the grill mode setting with your Halo+ air fryer in the **LEVEL** position, carefully turning them over halfway through the cooking cycle. Check that the burgers are thoroughly cooked through.
6. In a separate bowl, mix together the Greek yogurt, chopped cucumber and the mint.
7. Place the ciabatta under a grill for 1 to 2 minutes until it is lightly toasted. Serve the lamb burgers on the ciabatta topped with the lettuce and yogurt dressing.

Meat dishes

Lamb Koftas (serves 4)

- 400g pack minced lamb
- Handful thyme, leaves only
- Zest 1 lemon
- 2 cloves garlic, chopped
- 1 tsp turmeric
- 1 tbsp cumin
- 1 tsp ground coriander
- ½ fresh chilli, finely chopped (or ½ tsp dried chilli flakes)
- Salt and pepper
- Flour tortillas
- Tzatziki

1. Place the lamb mince, chopped thyme leaves, chopped garlic, lemon, spices and chilli into a bowl and mix thoroughly. Season with salt and pepper.
2. Shape the mixture into six individual balls. Then roll each one between your hands to create a sausage shaped kofta.
3. Spray the Halo+ rack with a small amount of light cooking spray, place the rack into the inner bowl and then into the unit.
4. Place the koftas onto the rack, spacing evenly apart.
5. Set the timer for 12 minutes and cook on the grill mode with your Halo+ air fryer in the **LEVEL** position, turning the koftas halfway through the cooking time.

Serve on the warmed tortillas with some freshly shredded lettuce and creamy tzatziki dip.

Vegetable dishes

Vegetable Burgers (makes 4)

- 400g canned chickpeas, drained and rinsed
- 1 medium onion, grated
- 1 medium carrot, grated
- 1 red chilli, finely chopped
- 5cm piece fresh ginger, grated
- Bunch fresh coriander, roughly chopped
- 1 medium egg, beaten
- 2 tbsp fresh breadcrumbs
- Vegetable oil
- 4 burger buns


To serve: Tomato sauce, mustard and coleslaw.

1. In a large bowl, mash the chickpeas with a fork until smooth (or process using a hand blender). Add the onion, carrot, chilli, ginger and chopped coriander and mix together well until combined. If you are using a hand blender, a few pulses combines this mixture perfectly.
2. Add the beaten egg and breadcrumbs and mix together well. Season with a little salt and pepper to taste.
3. Divide the mixture equally into four portions. Roll each portion into balls about the size of a tennis ball. Flatten slightly into patties about 2cm thick using the palms of your hands. Make sure all the burgers are the same thickness.
4. Transfer the burgers to a plate, cover with cling film and chill in the fridge for 30-60 minutes.
5. Lightly brush the roasting rack with vegetable oil or cover with foil. Carefully place the burgers on top. Brush the burgers with a little vegetable oil then cook on the grill mode setting with your Halo+ air fryer in the **LEVEL** position for about 15 minutes, carefully turning half way through cooking.

To serve, slice the buns in half and place one burger inside each. Top with your choice of accompaniment.

Vegetable dishes

Goats Cheese Stuffed Mushrooms (serves 4)

- 4 large flat mushrooms, stalks removed
 - 1½  olive oil
 - ½ red onion, finely chopped
 - 6 tbsp white breadcrumbs
 - 1 clove garlic, crushed
 - 75g goat cheese, crumbled
 - 1 tbsp toasted pine nuts
 - 1 tbsp freshly chopped parsley
 - Freshly ground black pepper
1. In a bowl, mix together half of the oil with the onions, breadcrumbs, parsley, garlic, pine nuts, crumbled goat cheese and some freshly ground pepper.
 2. Place the mushrooms upside down onto the lightly oiled roasting rack and spoon the goats cheese mixture into them. Drizzle with the remaining oil and cook for about 15 to 20 minutes on the dual heat mode setting with your Halo+ air fryer in the **LEVEL** position.

Roasted Vine Tomatoes On Ciabatta Bread (serves 4)

- Light cooking spray
 - 6 large vine tomatoes, halved
 - Balsamic vinegar
 - Dried mixed herbs
 - 1 clove garlic, finely chopped
 - Salt and pepper
- To serve:
- 4 slices ciabatta bread
 - 2 cloves garlic, halved
 - Pesto
 - Soft cream cheese
 - Basil/thyme leaves
 - Extra virgin olive oil
1. Prepare the ciabatta by rubbing each slice with a halved garlic clove.
 2. Place on the Halo+ air fryer rack, setting the timer for 5 minutes.
 3. Toast on the grill setting in the **LEVEL** position, turning halfway through the cooking time. Remove and allow to cool.
 4. Spray the inner bowl of the Halo+ air fryer with the light cooking spray.
 5. Arrange the halved tomatoes, cut-side upwards into the bowl. Nestle them in side by side so that there is no room for movement.
 6. Spray with a few pumps of the cooking spray. Add some seasoning, garlic, pinch of mixed herbs and a drizzle of balsamic.
 7. Place the inner bowl into your Halo+ air fryer, set the timer for 12 minutes and cook on the dual heat mode setting in the **LEVEL** position.
 8. To assemble the bruschetta, spread a small amount of the soft cream cheese onto the crispy ciabatta, and top with some pesto.
- Spoon over the roasted tomatoes, garnish with a drizzle of olive oil and some torn basil or thyme.

Desserts

Individual Cupcakes (makes 8 cooked in 2 batches)

- 100g softened butter or margarine
 - 100g caster sugar
 - 2 eggs
 - Few drops vanilla essence
 - 100g self raising flour
 - ½ tsp baking powder
1. Place all the ingredients into a bowl and use a hand mixer to whisk all the ingredients together until a light creamy mixture is achieved.
 2. Fill 6 to 8 silicone cupcake moulds half full with the cake mixture.
 3. Place the cakes inside the inner bowl and close the lid. Set the timer for 11 minutes and cook on the dual heat mode setting with your Halo+ air fryer in the **LEVEL** position.
 4. Once cooked, carefully remove the inner bowl and place it onto a roasting rack to cool.
 5. After 5 minutes remove the cakes from the inner bowl and cool them for a further 15 minutes on the roasting rack before decorating.

Tip: To stop your cakes from sliding around the inner bowl, cut out a piece of foil roughly the same size as the bowl. Make a slit in the centre and slide the foil over the inner bowl's central shaft. Sit your cakes on top of the foil and this will stop them sliding about.

Desserts

Baked Peaches with Amaretti Biscuits (serves 2)

if you have a food processor, why not use this to chop up your biscuits and nuts?

- 40g toasted hazelnuts, roughly chopped
 - 40g amaretti biscuits, crushed
 - 25g unsalted butter, room temperature (soft spread can also be used as a substitute)
 - 15g caster sugar
 - 1 free-range egg yolk
 - ½ lemon, juice only
 - 2 ripe peaches or nectarines
 - 1 tsp lemon zest
 - 2 tbsp thickened cream
 - 2 sprigs fresh mint (optional)
 - Icing sugar (optional)
 - Raspberries (optional)
1. Mix the hazelnuts, biscuits, butter, sugar, and egg yolk in a bowl until the ingredients hold together as a rough paste.
 2. Cut each peach in half, remove the stone and pack a rounded spoonful of the filling onto each half. This should fill the cavity in the peach and cover most of the exposed half of the fruit.
 3. Place the halves onto the lightly oiled roasting rack. Cook for about 10 to 15 minutes on the dual heat mode setting with your Halo+ air fryer in the **LEVEL** position until cooked (the cooking time will depend on the ripeness of the fruit).
 4. To serve, place the baked peaches on to serving plates, and place a large dollop of the thick cream alongside it. Optionally, garnish with mint and a handful of fresh raspberries and dust with icing sugar.

Desserts






Bread and Butter Pudding

- 400g sliced fruit loaf
 - 50g butter, softened
 - Cooking spray
 - 100g dried fruit (apricots are great and full of fibre)
 - 600ml milk
 - 2 medium eggs, beaten
 - 1 tbsp caster sugar
 - 1 tsp vanilla extract
 - ½ tsp ground cinnamon
 - Honey
1. Butter all of the fruit loaf, and cut each slice in half diagonally to create 2 triangles.
 2. Spray the inner bowl with the cooking spray. Arrange the triangles in the base of the bowl. Overlapping is fine and a snug fit is good.
 3. Scatter the dried fruit over the bread.
 4. Warm the milk in a microwave or in a small pan – warm milk will soak into the bread easier.
 5. In a separate bowl whisk the eggs, sugar, vanilla and cinnamon. Add the warm milk and whisk again.
 6. Pour the warmed milk mixture over the bread and press down gently with the back of a spoon to make sure all the bread is soaked in the mixture.
 7. Set aside to allow further soaking for ½ hour.
 8. The Halo+ air fryer cooks food at a high temperature, so it is important that you follow this step: cut out a circle of foil, this needs to fit over the top of your pudding like a lid. Cut a small incision in the centre to allow the foil to fit over the middle axis.
 9. Sit the foil circle on top of your pudding, lying a clean teaspoon on either side (once the fan begins to work on your Halo+ air fryer it won't lift the foil up!).
 10. Set your timer for 15 minutes and cook in the dual heat mode setting in the **LEVEL** position.
 11. After the 15 minutes has passed, remove the teaspoons using a heatproof cloth. We recommend that you place these straight into the sink as these will be hot.
 12. Remove the foil and drizzle the top of the pudding with honey.
 13. Cook for a further 5 to 7 minutes in the mode above, until well risen and golden.
 14. Allow to cool for 5 minutes before serving.

Although delicious hot, the bread and butter pudding also works chilled, served alongside our Fresh Berry Compote.

Breakfasts


Breakfast Granola

- 1  olive oil or coconut oil
 - 130ml maple syrup
 - 1  honey
 - 1 tsp vanilla extract
 - 320g rolled oats
 - 2  sunflower seeds
 - 2  sesame seeds
 - 2  pumpkin seeds
 - 100g flaked almonds
 - 150g dried berries (cranberries, raisins, cherries etc.)
 - 20g desiccated coconut (optional)
1. Place the oil, maple syrup, honey and vanilla extract into a large bowl and mix to combine.
 2. Add the oats, seeds and nuts and stir until coated in the syrup mixture.
 3. Tip the contents of the bowl into your Halo+ air fryer inner bowl and set the timer for 10 minutes. Cook on the dual heat mode setting with your Halo+ air fryer in the **TILT** position.
 4. Return your Halo+ air fryer to the **LEVEL** position and add the dried berries and coconut. Stir to continue.
 5. Set the timer for 5 minutes. Cook on the dual heat mode setting in the **TILT** position.

When your granola is ready, you can make the Fresh Berry Compote using your Halo+ air fryer too! Allow the granola to fully cool before serving, and store it for up to 1 month in an airtight container.

Breakfasts

Fresh Berry Compote

- 400g blackberries
- 200g blueberries
- 300g raspberries
- 1 vanilla pod, seeds scraped (optional)
- 1  honey

The fresh berries in this recipe can be replaced with frozen. Follow the same method, adding frozen raspberries last.

1. Place the blackberries and blueberries into your Halo+ air fryer inner bowl. Add the vanilla seeds and pod, and drizzle over the honey.
2. Set the timer for 7 minutes. Cook on the dual heat mode setting with your Halo+ air fryer in the **TILT** position.
3. Return your Halo+ air fryer to the **LEVEL** position and add the raspberries. Do not stir the ingredients as this will break down the fruit.
4. Set the timer for a further 5 minutes. Cook on the dual heat mode setting with your Halo+ air fryer in the **TILT** position.
5. Return your Halo+ air fryer to the **LEVEL** position. Pour the compote into a heatproof bowl and allow to cool. Stir gently when cool and remove the vanilla pod.

Store refrigerated in an airtight container.

Our Breakfast Granola with Fresh Berry Compote is ideal served chilled in a glass sundae dish, topped with some low-fat Greek style yoghurt.

Need help with your appliance?

Contact our customer service team or visit our website for information and tips on getting the most from your appliance.

Australia	visit	www.sunbeam.com.au
	phone	1300 881 861
	mail	Units 5 & 6, 13 Lord Street, Botany NSW 2019 Australia.

New Zealand	visit	www.sunbeam.co.nz
	phone	0800 786 232
	mail	Level 6, Building 5, Central Park, 660-670 Great South Road, Greenlane, Auckland.

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