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*Air Fried Korean Chicken Wings*



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# Air Fried Korean Chicken Wings

 Prep: 30 minutes / Cook: 30 minutes

 Serves: 4-6



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## Ingredients

### Wings

750g chicken wing drumettes

1 tbsp. baking powder

½ tsp. table salt

### Korean Chili Sauce

1 cup gochujang (Korean fermented red chilli paste)

2 cloves garlic, finely crushed

1 tbsp. minced fresh ginger

1 tsp. sesame oil

3 tbsp. rice vinegar

2 tbsp. soy sauce

¼ cup honey

### To serve

2 tbsp. toasted sesame seeds

## Method

### Wings

1. Place the wings into a large bowl. Combine the baking powder and salt in a small bowl. Sprinkle over the wings and toss to coat evenly.
2. Place the baking tray into the bottom slot (this is to catch any drips). Select the AIR FRY function. Adjust the temperature to 220°C. Adjust the time to 30 minutes. Press START/CANCEL to begin pre-heating.
3. Lightly spray the air fry basket with baking spray. Space the chicken wings evenly on the air fry basket. Once the pre-heat is complete, place the basket with the chicken wings on it, into the middle slot of the oven. Turn the chicken wings halfway during cooking.

### Korean Chili Sauce

4. Prepare the Korean chili sauce whilst the wings cook. Combine sauce ingredients in a small bowl and whisk well. Gently warm the sauce before pouring over the wings.
5. Immediately after cooking, transfer the wings to a large bowl, drizzle with some Korean chili sauce and toss to coat evenly.
6. Garnish with sesame seeds.
7. Serve with the remaining sauce on the side for dipping.





*Banana Bread*



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# Banana Bread



Prep: 20 minutes / Cook: 50 minutes



Serves: 8



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## Ingredients

**4 medium bananas, mashed**

**½ tsp. vanilla paste**

**1 egg, lightly beaten**

**¼ cup milk**

**1 cup gluten free plain flour**

**½ cup almond meal**

**2 tsp. baking powder**

**½ tsp. bi-carbonate soda**

**¼ tsp. salt**

**½ tsp. cinnamon**

**¼ cup caster sugar**

**¼ cup brown sugar**

**½ cup melted butter**

**1 banana, sliced in half lengthways**

## Method

1. Pre-heat the oven to 170°C on the **BAKE** function and line 25cm loaf tin with baking paper.
2. Place the mashed banana, vanilla, egg and milk into a bowl and mix to combine.
3. In a separate bowl, sift the flour, almond meal, baking powder, bi-carb, salt, cinnamon, caster sugar and brown sugar.
4. Add the sifted dry ingredients to the wet ingredients and stir to combine well.
5. Add the melted butter and stir until combined.
6. Pour the mixture into the prepared loaf tin. Place the banana slices on the top.
7. Place the loaf tin in the oven on the lowest shelf and bake for 50 minutes or until a skewer comes out clean when inserted into the centre.
8. Allow to cool slightly before removing from the loaf tin and then cool on a wire rack.
9. Serve warm or cool.





*Air Fried Zucchini Fries with Herbed Yoghurt*



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# Air Fried Zucchini Fries with Herbed Yoghurt

 Prep: 35 mins / Cook: 15 mins

 Serves: 2-4



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## Ingredients

### For the zucchini fries

2 medium zucchinis

2 tsp. salt

1 cup panko breadcrumbs

1 cup finely grated parmesan cheese

1 tsp. dried mixed herbs

Pinch of cayenne pepper

¼ cup plain flour

2 egg whites

### For the herbed yoghurt

1 cup Greek yoghurt

1 clove garlic, minced

1 tbsp. finely chopped chives

1 tbsp. flatleaf parsley

1 tsp. lemon juice

½ tsp. salt

¼ tsp. ground white pepper

## Method

### Zucchini Fries

1. Cut the zucchinis into thick batons. Toss the zucchini with 1 ½ tsp of salt and place into a strainer set over a bowl. Let the zucchini drain for 30 minutes. Rinse well under cold running water to remove any excess salt. Dry the zucchini well with paper towel.
2. Combine the panko breadcrumbs, parmesan cheese, mixed herbs, cayenne pepper and remaining ½ tsp of salt in a small bowl and mix well to combine. Transfer to a shallow bowl.
3. Place the flour into a shallow bowl. Place the egg whites into a separate shallow bowl.
4. Toss the zucchini in the flour, coat well and shake off any excess flour. Dip the floured zucchini into the egg whites and agitate gently to coat and allow the excess to drip off before placing into the panko mixture, ensuring all sides are well crusted with panko crumbs.
5. Arrange the zucchini in a single layer on the air fry basket, leaving space between each piece.
6. Select the AIR FRY function. Adjust the temperature to 220°C. Adjust the time to 15 minutes. Press START/CANCEL to begin pre-heating.
7. Once pre-heat is complete, place the air fry basket in to the top slot position and close the door. Allow to cook for 15 minutes, with herbed yoghurt.

8. Remove from the oven and serve hot with herbed yoghurt.

### Herbed yoghurt

9. Combine all the ingredients in a small bowl and stir until well combined. Cover and chill until ready to use.



*Dehydrated Beef Jerky*



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# Dehydrated Beef Jerky

 Prep: 20 minutes + 8 hours marinating / Dehydrate: 4-5 hours

 Serves: 6



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## Ingredients

500g lean beef such as top or bottom round,  
sirloin, flank steak

### Spice Mix

4 tsp salt

$\frac{1}{2}$  tsp. freshly ground black pepper

2 tsp. chilli powder

1 tsp. ground cumin

1 tsp. garlic powder

1 tsp. onion powder

$\frac{1}{4}$  cup brown sugar

## Method

1. Trim the meat of any visible fat, then freeze for 1-2 hours until firm but not frozen solid. Using a very sharp knife, slice meat across the grain into 3mm slices.
2. Combine the spice mix ingredients in a small bowl. Place meat in a medium bowl and rub the spice mix into the grain of the meat. Cover with plastic wrap and refrigerate for at least 8 hours or overnight. Meat can also be marinated in a large zip lock bag.
3. Arrange meat slices in a single layer on the air fry basket. Place the air fry basket with the meat on it, into the middle slot position in the oven.
4. Select the DEHYDRATE function. Adjust the temperature to 70°C. Adjust the time to 4 hours. Press START/CANCEL to begin dehydrating. Dehydrate for 4-5 hours or until jerky shows no sign of redness and bends but does not snap. Allow the jerky to cool completely before placing into an airtight container.
5. Store the jerky in an airtight container for up to 3 weeks at room temperature or 4 months in the refrigerator.

## Note

You may need to dehydrate in batches for this recipe. Keep the second batch refrigerated until ready to dehydrate the second batch.

## Tips

Thin slices will allow the heat to reach the centre of the meat. Cut meat against the grain for a more tender, less chewy jerky and with the grain for a chewier jerky. The salt and/or vinegar in marinades and spice rubs add flavor and help to destroy pathogens on the surface of the meat. Keep the meat properly refrigerated before dehydrating.

Jerky can be made from different types of meat such as beef, pork, lamb, poultry and game. Leaner meat is better for jerky as fat does not dry and causes jerky to spoil faster.





*Dehydrated Gluten Free Flaxseed Crackers*



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# Dehydrated Gluten Free Flaxseed Crackers

 Prep 20 minutes / Dehydrate: 7-8 hours

 Makes: 4 trays



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## Ingredients

1 cup sunflower seeds  
½ cup flaxseeds  
½ cup pumpkin seeds  
½ cup buckwheat  
¼ cup sesame seeds + 2 tbsp extra to sprinkle  
2 tbsp. chia seeds  
1 ½ cups quinoa flakes  
3 tbsp. psyllium husk powder  
2 ½ tsp. table salt

¾ tsp. ground black pepper  
2 tsp. ground turmeric  
3 tbsp. melted coconut oil  
2 cups water  
2 large carrots, grated  
2 tbsp. extra sesame seeds to sprinkle

## Method

1. In a large bowl, combine sunflower seeds, flaxseeds, pumpkin seeds, buckwheat, sesame seeds, chia seeds, quinoa flakes, psyllium husk, salt, pepper and turmeric.
2. Add the melted coconut oil and water to the dry ingredients, mix well and let rest for 10 minutes to thicken. Add the grated carrot and stir to thoroughly combine. Divide the dough into 4 batches and set 3 batches aside in the refrigerator.
3. Shape the first dough into a disk and place it between two sheets of greaseproof paper. Use a rolling pin to roll the dough out to form a thin sheet, no bigger than the air fry basket. Remove the top sheet of greaseproof paper and use the tip of a knife to cut the crackers into a uniform shape (10cm x 5cm). Sprinkle with a little of the extra sesame seeds.
4. Place the greaseproof paper with rolled cracker dough on it, into the air fry basket. Place the air fry basket into the oven in the middle slot position.
5. Select the DEHYDRATE function. Adjust the temperature to 80°C. Adjust the time to 7 hours. Press START/CANCEL to begin dehydrating.
6. Dehydrate the crackers until they are completely dry.
7. Repeat from step 3 with the remaining dough.

## TIP

Turn the crackers over halfway during the drying time. Keep the raw dough in the refrigerator for up to 4 days. Reduce the recipe to make only one batch of crackers at a time.

## Note

- \*Crackers can be dehydrated in multiple batches
- \*Crackers are gluten-free

## Storage

Once completely dried, store the crackers in vacuum sealed containers for best results. The crackers will keep for 1-2 weeks but are best eaten within 3 days.



*Pineapple Chunks*



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# Pineapple Chunks

 Prep: 5 minutes / Dehydrate: 6 hours

 Serves: 2-4



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## Ingredients

**1 large ripened pineapple**

## Method

1. Peel the pineapple. Cut into 4 lengthway pieces and remove the core. Discard the core and skin.
2. Lightly spray the air fry basket with baking spray. Cut the flesh into 5mm thick slices and lay in a single layer on the air fry baskets. Place the baskets into the top and the lowest slot positions and close the door.
3. Select the DEHYDRATE function. Adjust the temperature to 70°C. Adjust the time to 6 hours. Press START/CANCEL to begin dehydrating.
4. Allow to cool completely before storing in an airtight container.

## Note

*Check the pineapple throughout the drying process and adjust the timing as required. The pineapple may need additional drying time to reach the optimum dryness, please ensure the pineapple is dry and has no fresh texture prior to removing from the oven.*



*Ham and Cheese Croissant*



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# Ham and Cheese Croissants

 *Prep: 2 minutes / Cook: 6 minutes*

 *Makes: 4*



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## Ingredients

**4 x croissants**

**120g fresh leg ham, sliced**

**4 slices Swiss or tasty cheese**

## Method

1. *Cut the croissant in half, separating the top from the bottom and lay the open croissant on the baking tray.*
2. *Place 30g of ham onto the open faces of the cut croissants and then place the cheese on the top of the ham.*
3. *Place the baking tray onto the baking rack in the top slot position in the oven.*
4. *Select the GRILL function. Adjust the temperature to LO. Adjust the time to 6 minutes. Press START/CANCEL to begin cooking. After 5 minutes of cooking, close the croissants and return to further cook for the remaining 1 minute cooking time.*
5. *Serve warm.*







*Ham and Mushroom Pizza*



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# Ham and Mushroom Pizza

 Prep: 45 minutes / Proof: 4 hours / Cook: 14 minutes per pizza  
 Serves: 5 pizzas



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## Ingredients

### Dough

570g bread flour  
1 tsp. dried yeast  
2 tsp. salt  
370ml warm water

### Flour and Semolina Mix for Shaping the Dough

50g Extra Flour  
50g Semolina

### Sauce

1 can crushed tomatoes  
1 tsp. salt

### Topping

250g fresh mozzarella  
350g fresh ham  
250g button mushrooms, thinly slice

## Method

### Dough

1. Place the flour, yeast and salt into the bowl of a bench mixer and stir to combine. Add the water and using a dough hook attachment, knead on a low speed until the dough is smooth and elastic, about 6-8 minutes. Cover the bowl with a damp clean tea towel and put the bowl in a warm, draught free place to allow the dough to double in volume about 1 hour. Divide the dough into 5 x 200g pieces and shape into balls.  
Lightly spray 2 trays with baking spray and place the dough balls on the trays, leaving 10cm between the balls. Drizzle a little olive oil on the top of each ball and wrap each tray well with cling wrap. Proof for 4 hours at room temperature or overnight (up to 3 days) in the refrigerator. Mix the extra flour and semolina and lightly dust the bench.
2. If you proofed in the refrigerator - remove the dough from the refrigerator and rest at room temperature for 1 hour.
3. Mix together the crushed tomatoes and salt to be well combined.
4. Select the PIZZA function. Adjust the temperature to 220°C. Adjust the time to 14 minutes. Press START/CANCEL to begin preheating. Place the baking rack into the lowest slot position.
5. Sprinkle a generous amount of the semolina mixture onto the bench and using a lifter, remove a dough ball carefully from the tray and place on the semolina dusted bench. Dust both the top and bottom of the dough ball with the semolina mixture then place the ball onto a lightly sprayed 25cm pizza tray.
6. Gently press out the dough from the centre into a 15-20cm circle, leaving a 2cm border around the edge.
7. Spread 2 tbsp. of the sauce evenly over the pizza base, leaving a 2cm border around the edges. Scatter 50g of mozzarella over the sauce and evenly distribute 70g of ham and 50g of sliced mushrooms over the pizza.
8. Once the pre-heat is complete, place the pizza tray into the oven and cook for 14 minutes on 220°C. Remove from the oven and transfer the pizza to a cutting board, slice and serve immediately. Repeat with the remaining ingredients.





*Margherita Pizza*



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# Margherita Pizza

 Prep: 45 minutes / Proof: 4 hours / Cook: 14 minutes per pizza

 Serves: 5 pizzas



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## Ingredients

### Dough

570g bread flour

1 tsp. dried yeast

2 tsp. salt

370ml warm water

### Flour and semolina mix for shaping the dough

50g Extra Flour

50g Semolina

### Sauce

1 can crushed tomatoes

1 tsp. salt

$\frac{1}{4}$  tsp. dried oregano leaves

### Topping

250g fresh mozzarella

20 cherry tomatoes, sliced

$\frac{1}{4}$  cup fresh basil leaves

Sea salt

## Method

### Dough

1. Place the flour, yeast and salt into the bowl of a bench mixer and stir to combine. Add the water and knead on a low speed until the dough is smooth and elastic, 6-8 minutes. Cover the bowl with a damp clean tea towel and put the bowl in a warm, draught free place to allow the dough to double in volume, 1 hour. Divide the dough into 5 x 200g pieces and shape into balls. Lightly spray 2 trays with baking spray and place the dough balls on the trays, leaving enough 10cm between the balls. Drizzle a little olive oil on the top of each ball and wrap each tray well with cling wrap. Proof for 4 hours at room temperature or overnight (up to 3 days) in the refrigerator. Mix together the extra flour and semolina and lightly dust the bench.

### Pizza Assembly

2. If you proofed in the refrigerator - remove the dough from the refrigerator and rest at room temperature for 1 hour.
3. Mix together the crushed tomatoes, salt and oregano to be well combined.
4. Select the PIZZA function. Adjust the temperature to 220°C. Adjust the time to 14 minutes. Press START/CANCEL to begin preheating. Place the baking rack into the lowest slot position.
5. Sprinkle a generous amount of the semolina mixture onto the bench and using a lifter, remove a dough ball carefully from the tray and place on the semolina dusted bench. Dust both the top and bottom of the dough ball with the semolina mixture. Place the ball onto a lightly sprayed 25cm pizza tray.
6. Gently press out the dough from the centre into a 20cm circle, leaving a 2cm border around the edge.
7. Spread 2 tbsp. of the sauce evenly over the pizza base, leaving a 2cm border around the edges. Evenly distribute 50g of mozzarella over the sauce and place 8 slices of tomato on the pizza.
8. Place the pizza tray into the oven and cook for 14 minutes on 220°C. Remove from the oven and garnish with 6 basil leaves. Transfer the pizza to a cutting board. Slice and serve immediately. Repeat with the remaining ingredients.



*Roast Chicken*



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# Roast Chicken

 Prep: 10 minutes / Cook: 1 hour

 Serves: 4-6



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## Ingredients

**1 x 1.4kg whole chicken**

**1 tbsp. vegetable oil**

**1 tbsp. vegeta seasoning**

## Method

1. Pre-heat the oven on the ROAST function. Place the baking rack into the middle slot position.
2. Pat dry the chicken and place onto a large plate. Rub the oil over the chicken and sprinkle evenly with the vegeta seasoning.
3. Place the chicken, breast side down onto a baking tray and then into the oven. Close the oven door.
4. After 20 minutes of cooking, turn the chicken over to be breast side up for the remainder of the cooking time.
5. Remove the chicken from the oven and ensure that the temperature of the chicken in the thickest part of the breast is 74°C or above - if not return the chicken to the oven for an additional 10 minutes or until it is properly cooked with the internal temperature being above 74°C in the thickest part of the chicken.
6. Serve on a large platter.





*Lamb Shanks*



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# Lamb Shanks

 Prep: 30 minutes / Cook: 5 hours

 Serves: 4



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## Ingredients

4 lamb shanks  
30g gluten free plain flour  
2 tbsp. olive oil  
4 cloves garlic, whole  
2 medium onions, 2cm dice  
200g bacon, 2cm dice  
400ml passata  
600ml beef stock  
2 medium carrots, peeled and cut into chunks

1 small sweet potato, peeled and cut into large chunks  
½ bunch thyme, leaves picked, and stems discarded  
2 tsp. chopped rosemary  
1 tsp. chilli flakes  
2 tbsp. buckwheat

## Method

1. Lightly coat the lamb shanks in the flour and discard the remaining flour.
2. On your stovetop, place a large cast iron Dutch oven on a medium to high heat and add the olive oil. Add the lamb shanks and cook for 8-10 minutes on each side or until browned evenly all over. Remove the lamb shanks from the pot and set aside.
3. Add the onion, garlic, bacon and cook for 3 minutes or until they start to brown. Add the lamb shanks back into the pot. Pour in the passata, beef stock, carrots and sweet potato then bring to the boil.
4. Add the thyme, rosemary, chilli flakes and buckwheat. Cover with the lid or wrap with foil and ensure a tight seal.
5. Select the SLOW COOK function. Adjust the temperature to HIGH. Adjust the time to 5 hours. Press START/CANCEL to begin preheating. Once the oven is pre-heated, place the Dutch oven into the oven. Cook for 4-5 hours or until the lamb shanks are soft and tender.
6. Serve