

60 delicious recipes for dinners, snacks & school lunches

AIR FRYER *EXPRESS*



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POCKET ROCKETS

Makes 12

These pastries are so easy and fun to whip up that they are one of the few recipes I let my girls make themselves. We always have the ingredients in the kitchen ready to go, which means they are great for unexpected guests or when the out-laws (I mean the in-laws) show up.

Pocket rockets are an excellent addition to school lunchboxes and they also make awesome party food. The filling is super flexible, so add any ingredients you want and leave out any you don't. These ones are Italian inspired, but you could use peas, finely chopped carrot and a little curry powder to take them in an Indian direction. Or see More Things below for paella pockets!

GO GRAB THIS STUFF

1 sheet of frozen puff pastry, just thawed

3 tablespoons tomato paste

75 g (½ cup) grated mozzarella

1 egg, lightly beaten

sesame seeds, for sprinkling

WHAT'S NEXT?

Find a cookie cutter or even a wine glass (some of you are probably more familiar with the latter anyway). Now grab your puff pastry sheet and cut out twelve circles of pastry. (You can roll the leftover pastry into a ball, cover with plastic wrap and return to the freezer to use another day.)

Place a pastry circle in your palm and add 1 teaspoon of tomato paste and 1 teaspoon of mozzarella. Now all you need to do is fold the pastry over the filling and pinch the edge with your fingers or with a fork to secure. It should look like a dumpling. Repeat with the remaining pastry circles and filling.

Brush the beaten egg over the pastry pockets and sprinkle a few sesame seeds on top. Line the base of your air fryer with baking paper and pop the pockets in. Cook on 175°C for 8 minutes. They should be golden and ready to eat.

MORE THINGS

Turning these into paella pockets could be a game changer. Just add 1 tablespoon of cooked rice, a pinch of smoked paprika, a couple of chopped olives and a slice of chorizo to each pastry circle to create a genius finger-food delight.



DID SOMEONE SAY NACHOS?

Serves 2–4

The secret to these awesome nachos is the salsa and the ever-so-slightly burnt cheese on the corn chips. Oh yes, my mouth is watering already just writing this; in fact, hang on, I'm going to see if I have the ingredients here now so I can make them...

Okay, I'm back. As I was saying, this is seriously good, so let's do it!

GRAB THE FOLLOWING

400 g corn chips

250 g (2 cups) grated cheddar

1 teaspoon smoked paprika

1 largish avocado, mashed

salt flakes and freshly ground black pepper

chopped coriander leaves, to serve

BEST EVER SALSA

2 juicy tomatoes, diced

½ red onion, finely chopped

1 bird's eye chilli, finely chopped

1 teaspoon salt flakes

juice of 1 small lime, plus lime wedges to serve

WHAT'S NEXT?

Grab an ovenproof plate that will perfectly fit in your air fryer and line it with baking paper. Place a single layer of corn chips on the plate and scatter a layer of cheddar over the top. Sprinkle over a pinch of the smoked paprika. Now, add a second layer of corn chips, another layer of cheese and another sprinkle of paprika. Repeat this process until you have six or seven layers. That's right, I don't muck around when it comes to nachos!

Pop the corn chips in the air fryer and cook on 180°C for 5 minutes. This will give you time to make the best ever salsa.

Place the tomato, onion and chilli in a bowl and mix well. Add the salt and lime juice and stir it up, baby. Transfer to a fancy looking serving bowl.

Place the mashed avo in a small bowl and season to taste with salt and pepper.

When the cheese has melted and the corn chips have started to darken, remove from the air fryer and slide onto a wooden board, baking paper and all. Sprinkle with some chopped coriander and serve with the avo, salsa and some lime wedges for squeezing over.



You can add some sliced grilled chicken to these nachos, but the real hero is the salsa. Enjoy!



PIZZA TO DIE FOR

Makes 2 mini pizzas

A good mate of mine owns the best pizzeria I've ever been to, and I am so fortunate that he gave me a pizza lesson to treasure. A huge shout-out to my friend Adamo from Pizzeria Adamo in my hometown Geelong, who was super kind in sharing his love for authentic Italian cooking.

When I was in Italy last year, I discovered that when it comes to pizza, Italians are all about a few quality toppings rather than a 'burger with the lot' approach, so I've kept it simple here. The dough makes eight bases, so freeze the leftovers and take them out the night before your next pizza session.

WHAT YOU'LL NEED

2 x 7 g sachets dried yeast

1 teaspoon sugar

620 ml warm water

1 kg bread flour, plus extra for dusting

1 teaspoon salt flakes

2 tablespoons tomato pizza sauce or passata

1 ball of buffalo mozzarella, roughly torn

15 slices of good-quality Italian salami

1 basil sprig, leaves picked

1 teaspoon extra-virgin olive oil

THIS IS HOW WE DO IT

Grab a jug and add the yeast, sugar and warm water. Let it sit for about 30 minutes – the sugar and heat will activate the yeast and it will look like a cappuccino with the froth on top.

Place the flour and salt in a stand mixer with the dough hook attached and briefly combine. Turn the mixer to low and add half the yeast mixture, keeping an eye on it so it picks up your positive vibes (okay, not true, but make sure the flour doesn't stick to the base of the bowl). Gradually add the rest of the yeast mixture. The dough may seem a little wet but, trust me, the Italians swear by a wetter dough. Mix for about 8 minutes or until smooth, then tip onto a lightly floured work surface and knead for another minute or so. Place the dough in a lightly oiled bowl, cover with plastic wrap and leave to rise at room temperature for 2 hours or until doubled in size.

Line a baking tray that will fit in your air fryer with baking paper.

Once the dough has risen, divide it into eight even-sized portions. Dust your bench with flour, add a ball of dough and start stretching it out by hand. Using your fingers, push out the dough until it's the size of the prepared tray. Lift the dough onto the tray, then add 1 tablespoon of pizza sauce or passata and spread it evenly over the dough. Dot half the mozzarella over top, then scatter over half the salami.

Pop the pizza straight into the air fryer for 4 minutes on maximum heat. Meanwhile, make a second pizza with the remaining ingredients and pop the leftover dough portions into separate zip-lock bags and put them in the freezer.

Once the cheese is melted and the base is cooked, remove the pizza and pop it on a board. Top with half the basil and drizzle over half the olive oil. Repeat with the second pizza.

BONUS AWESOMENESS

The pizza base is non-negotiable, the only thing I'm willing to negotiate on here are the toppings. This easy and fun recipe is designed to get your little humans involved in cooking.



SUPER SPEEDY HONEY JOYS

Makes 12

I love using flat-bottom ice cream cones. They save on patty-pan cases, which are just thrown out anyway, so think of this recipe as doing your bit for the environment by eating. How cool is that? I don't know anyone who didn't eat honey joys as a kid. This simple recipe is a party favourite with a twist.

GO GRAB THIS STUFF

2½ tablespoons butter

55 g (¼ cup) caster sugar

1 tablespoon maple syrup or honey

60 g (2 cups) cornflakes

12 flat-bottom ice cream cones

1 tablespoon icing sugar, sifted

THIS IS HOW WE DO IT

Place the butter, sugar and maple syrup or honey in a small saucepan over medium heat. Stir the mixture until it starts to froth and bubble, then remove from the heat. Add the cornflakes and stir until they are completely coated in the sugary, buttery mixture.

Using a spoon, fill the ice cream cones with the cornflake mixture until they're overly full – the higher the better (remember, they need to look awesome). Once you've done this, and secretly eaten a few tablespoons of the mixture, sit them upright in the air fryer and cook on 150°C for 6 minutes. The smell of the butter and maple syrup or honey will be truly amazing.

Remove from the air fryer, lightly dust with icing sugar and serve. Don't worry about storage instructions as they'll be gone before you know it.

OTHER
COOL
STUFF

You can leave out the icing sugar, but it does make the honey joys look even more spectacular. You can use healthier cereal options, but I figure if you are going to make honey joys you might as well eat them as nature intended; however, do eat them in moderation (said no one ever).

