

FEED YOUR FAMILY FOR £20 A WEEK



AIR FRYER MEAL PLAN

IN PARTNERSHIP WITH **TOWER**
over 100 YEARS of quality

AIR FRYER MEAL PLAN



**SUNDAY - ROTISSERIE CHICKEN, SWEET POTATO
FRIES, SALAD**

MONDAY - BAKED FETA PASTA

TUESDAY - CHICKEN KAFTA BURGERS, WEDGES

WEDNESDAY - TUNA FISHCAKES, MIXED VEG

THURSDAY - AIR FRIED CHICKEN FRIED RICE

FRIDAY - SAUSAGE KEBABS

SATURDAY - CHEESY LEEK AND POTATO PIE



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SHOPPING LIST



	ALDI	TESCO
2 X CHERRY TOMATOES	£1.00	£1.00
SPINACH	75P	£1.30
SPRING ONIONS	49P	49P
MIXED PEPPERS	£1.16	£1.16
LEEKs	£1.39	£1.39
SALAD BAG	70P	73P
ONIONS	55P	55P
POTATOES	95P	99P
SWEET POTATOES	99P	99P
FRESH PARSLEY	55P	42P
FRESH BASIL	52P	43P
WHOLE CHICKEN	£3.19	£3.08
YOGHURT	45P	45P
SALAD CHEESE	70P	70P
MILD CHEESE SLICES	£1.09	£1.09
HAM	79P	86P
PASTA	32P	32P
RICE	45P	45P
2 X TUNA CHUNKS	£1.38	£1.10
GOLDEN BREADCRUMBS	72P	85P
6 EGGS	69P	95P
FROZEN SAUSAGES	£1.79	£1.15
CORN ON THE COB	99P	69P
MIXED VEG	79P	73P
	£21.44	£21.93

OR £20.25 BETWEEN THE TWO SHOPS

IN PARTNERSHIP WITH **TOWER**

ROTTISSERIE CHICKEN

With perfectly seasoned crispy skin and tender juicy meat, this utterly delicious and mouth-watering roasted chicken will blow your mind.

METHOD

- 01 Pat the whole chicken with kitchen towel.
- 02 Mix all the ingredients, then brush or rub them all over, inside, in between the creases and slightly under the skin of the chicken, peeling the skin up from the breast or thigh area with your hands or gently with a knife.
- 03 Place in air fryer basket at 190c for 45 minutes. Flip the chicken every 15 minutes. Or if you have a rotisserie air fryer like I do, place the seasoned chicken onto the spit and leave on for 45 minutes as it rotates slowly.
- 04 Remove from the air fryer and allow to rest for 10-15 minutes while you make the sweet potato fries.

INGREDIENTS

- 1.5kg whole chicken
- 4 tablespoons yogurt
- 3 tablespoons oil
- 3 tablespoons lemon juice
- 1 teaspoon garlic powder
- 1 teaspoon paprika
- 1 teaspoon black pepper
- 1 teaspoon dried rosemary

Cook chicken wrapped in foil in the oven at 200c for 1 hour. Remove foil and cook for 20 minutes more.

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SWEET POTATO FRIES

This recipe is an irresistible version of your favourite comfort food. Enjoy a slight crisp on the outside with a tender bite on the inside!

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METHOD

INGREDIENTS

- 2 sweet potatoes medium
- 1½ tablespoon brown sugar
- 2 tablespoons oil
- ½ teaspoon salt

Or cook in the oven at 200c for 15 minutes then flip and cook for another 10 minutes

- 01 Peel then cut the sweet potato horizontally as thick or thin as you'd like your sweet potatoes fries to be.
- 02 In a large bowl, mix the olive oil, brown sugar and salt until everything is well combined.
- 03 Toss in the cut sweet potatoes and mix around using your hands or a spoon until all of the sweet potatoes are well coated.
- 04 Air fry at 450 °F for 10-12 minutes, or until they turn golden in colour.





AIR FRIED FETA PASTA

I've given this Tik Tok famous pasta a slight tweak by adding some spinach and adapting it for the air fryer, making this even more convenient but just as tasty!

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METHOD

01

Preheat the air fryer to 180c. In an 8-inch baking dish (or other oven-safe dish), toss the tomatoes with $\frac{3}{4}$ of the oil. Place the cheese in the middle, drizzle it with the remaining oil, and season with salt, pepper, and oregano. Place the baking dish in the basket of the air fryer or on the shelf if it is an oven type, and cook for about 30 minutes, stirring every 10 minutes, until the tomatoes have burst, and the cheese is browned.

02

Meanwhile, cook the pasta according to the package directions. Reserve 1 cup of the pasta water, then drain.

03

Remove the cheese and tomato mixture from the air fryer and stir in the garlic until everything combines into a creamy sauce.

04

Stir the sauce into the cooked pasta along with the spinach, basil, and some of the reserved pasta water to loosen, if needed. Season with additional salt and pepper, as desired. Stir and enjoy!



INGREDIENTS

- 2 packs cherry tomatoes
- 5 tablespoons oil
- 200g salad cheese
- 1 tsp dried oregano
- Salt and pepper, to taste
- 250g pasta
- 1 garlic clove, minced
- 1 handful fresh baby spinach
- 5g chopped fresh basil

Or cook in the oven at 180c for 40 - 45 minutes



CHICKEN KAFTA BURGERS

This is based on an easy, delicious Mediterranean recipe. It is originally made with ground chicken, fresh herbs, and spices but we are using leftover chicken for ours.

T



INGREDIENTS

- 400g cooked chicken
- 1 onion, quartered
- 30g fresh parsley
- 2 teaspoon allspice
- ½ teaspoon white pepper
- 50g golden breadcrumbs
- ½ tablespoon salt

Cook in the oven at 200c for 40 minutes turning half way through.

METHOD

- 01 In a food processor add chicken, breadcrumbs, onion, parsley, allspice, white pepper and salt.
- 02 Grind until all the ingredients are well incorporated.
- 03 Oil spray your hands then take about 2-3 tablespoons of the mixed chicken, form a round ball then press into a ½ inch patty.
- 04 Air fry at 180c for 25 minutes flipping once.



AIR FRIED POTATO WEDGES

Deliciously crispy air-fried potato wedges are perfectly seasoned and ready to serve in just over 15 minutes.

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INGREDIENTS

- 2 medium potatoes
- 1 ½ tablespoons oil
- ½ teaspoon ground paprika
- ½ teaspoon parsley flakes
- ½ teaspoon chili powder
- ½ teaspoon sea salt
- ⅛ teaspoon ground black pepper

Cook in the oven at 200c for 30 minutes turning half way through.

METHOD

- 01 Preheat the air fryer to 200c
- 02 Cut each potato in half lengthwise. Cut each half in half lengthwise, and then cut each quarter in half lengthwise. You will have 16 wedges.
- 03 Place potato wedges in a large bowl. Add oil, paprika, parsley, chilli, salt, and pepper; mix until well combined.
- 04 Place the potato wedges in the basket of the air fryer and cook for 10 minutes.
- 05 Flip wedges with tongs and cook for an additional 5 minutes.

TUNA FISHCAKES

These air fryer tuna patties can be on your table in about 20 minutes! Just prep and air fry for 8 minutes.

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METHOD

01

Gently fry your spring onions and garlic in butter for 2 minutes over a medium heat. Remove from the heat and place in a large bowl, leaving to cool slightly.

02

Once cool, add the rest of the fishcake ingredients. Mix well using your hands, then shape into patties.

03

Next, set up your 'fishcake prep line': three bowls, one with flour, the next with egg and cold water and the third with breadcrumbs.

04

Coat the fishcake in plain flour, then dip in the egg. Finally, coat in breadcrumbs. Repeat with the other fishcakes, then chill in the fridge until you're ready to cook.

05

Brush with half the oil and airfry on 180c for 4 minutes. Carefully turn patties and brush with oil. Return to air fryer for 4 minutes more.

06

Serve with frozen mixed veg

INGREDIENTS

- 4 spring onions, sliced
- 1 garlic clove, crushed
- 20g butter
- 800g cooked potato, mashed
- 100g frozen mixed veg, thawed
- 1 teaspoon parsley
- 2 x 110g tins of tuna, drained
- Salt and pepper, to season
- 2 tablespoon plain flour
- 1 egg, beaten
- 2 tablespoon cold water
- 100g breadcrumbs
- 2 tablespoon oil

Heat the oil in a large frying pan and shallow-fry the fishcakes for 4-5 minutes per side, until golden brown.

Feed your family



CHICKEN FRIED RICE

This comforting air fryer fried rice is a perfect quick dish you can make with whatever proteins and veggies you have around the house!

METHOD

- 01 Place cold, cooked rice into a large mixing bowl.
- 02 Add your frozen vegetables to the rice.
- 03 Add scrambled egg and chicken to the rice.
- 04 Next, add the soy sauce and oil to your bowl. Mix until well combined.
- 05 Transfer rice mixture to an oven-safe container.
- 06 Place that container into air fryer basket or air fryer shelves.
- 07 Cook for about 15 minutes at 160c. Stir three times during cook time.

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INGREDIENTS

- 500g rice cooked and cold
- 200g mixed frozen vegetables
- 80ml soy sauce
- 1 tablespoon oil
- 2 eggs, scrambled

Cook in a large wok over a medium heat for 10 minutes or until the ingredients are piping hot



SAUSAGE KEBABS

If you have a rotisserie function on your air fryer or have an air fryer oven you can make these as kebabs. Otherwise just cook them without the skewers as a traybake.

Either way this is made with simple ingredients and ready in no time.

METHOD

- 01 Heat air fryer to 180c.
- 02 Cut each sausage into four.
- 03 Thread the sausages onto skewers with the onions, pepper and sweet potato.
- 04 Brush with half the oil.
- 05 Place into the air fryer and cook for 4 minutes each side or 8 minutes if you have the rotisserie function.
- 06 Mix together the remaining oil, vinegar and honey to make a glaze and brush over the kebabs.
- 07 Put back in for another 2-3 mins until golden and charred in places.

INGREDIENTS

- 8 sausages
- 4 onions, cut into chunks
- 4 peppers, cubed
- 2 sweet potatoes, cut into chunks
- 1 tablespoon oil
- 1 tablespoon balsamic vinegar
- 2 teaspoon runny honey

Place onto a grill pan and cook under a grill for 10-15 minutes , turning frequently.

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CHEESY LEEK & POTATO PIE

This is such a simple and relatively cheap dish that is super tasty! And I have now adapted for the air fryer!

METHOD

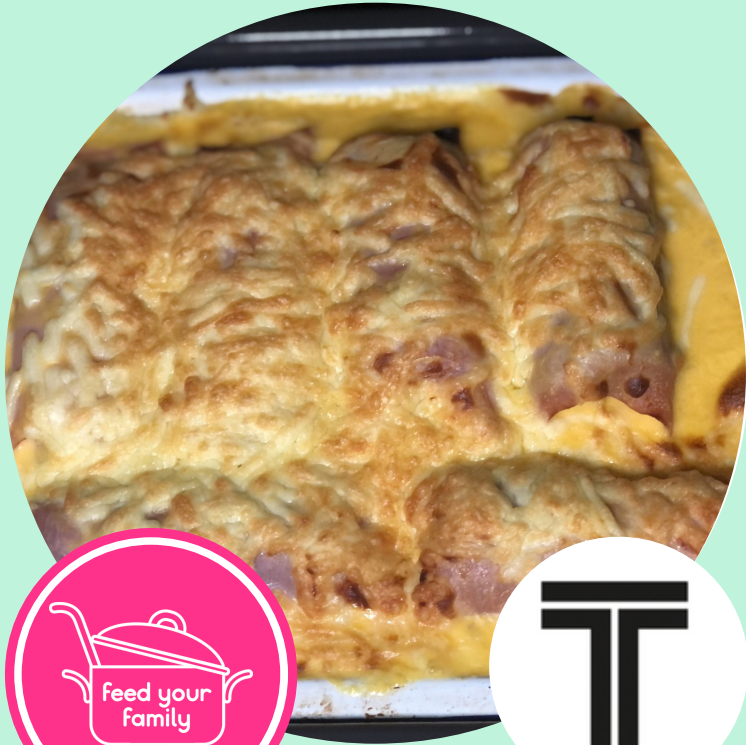
- 01 Peel the potatoes and put them on to boil for 20 minutes.
- 02 Trim the leeks and then cut each one in half. Put on to boil for 15 minutes.
- 03 When the potatoes are cooked through drain them, add the butter and mash them.
- 04 Line the bottom of a baking tray with the potatoes.
- 05 Drain the leeks and wrap each piece in a slice of ham.
- 06 Lay them on top of the mash.
- 07 Pour over the cheese sauce (use our white sauce recipe and just add some cheese when simmering).
- 08 Top with some cubed cheese and cook in the air fryer at 160c for 8 minutes until lightly browned on top.

INGREDIENTS

- 4 leeks
- 1 kg potatoes
- 250 ml cheese sauce
- 8 slices of cooked ham
- 1 tablespoon butter
- 100g cheese, cubed

Cook in the oven at 200c for 15 - 20 minutes until golden brown.

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WHITE SAUCE

This is the basic white sauce recipe you need for lasagne etc Add cheese, parsley, peppercorns etc for different sauces

METHOD

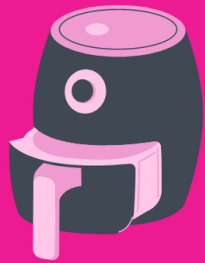
- 01 In a saucepan or microwave gently heat the milk (put the bay leaf to infuse in the milk).
- 02 Put the butter into another saucepan and melt over a gentle heat.
- 03 Add in the flour and stir, allow the mix to cook out until it has gone a straw like colour.
- 04 Gradually add in the warm milk, whisking between each addition.
- 05 Add the salt and pepper.
- 06 Keep stirring until the mixture has thickened.
- 07 This may seem that it will never happen but just keep stirring until thick and smooth.

INGREDIENTS

- 25g butter
- 25g plain flour
- 500ml milk
- Bay leaf
- Salt and pepper

T





AIR FRYER CONVERSION CHART



OVEN TIME

10 MINUTES
15 MINUTES
20 MINUTES
25 MINUTES
30 MINUTES
35 MINUTES
40 MINUTES
45 MINUTES
50 MINUTES
55 MINUTES
1 HOUR

AIR FRYER

8 MINUTES
12 MINUTES
16 MINUTES
20 MINUTES
24 MINUTES
28 MINUTES
32 MINUTES
36 MINUTES
40 MINUTES
44 MINUTES
48 MINUTES

OVEN

190c
200c
210c
220c
230c

OVEN (FAN)

170c
180c
190c
200c
210c

AIR FRYER

150c
160c
170c
180c
190c



REMEMBER THAT ALL AIR FRYERS ARE DIFFERENT AND YOUR AIR FRYER MAY NEED A BIT LESS OR A BIT MORE TIME THAN INDICATED. ALWAYS START WITH LESS TIME THAN YOU THINK YOU NEED AS IT IS EASY TO ADD A FEW EXTRA MINUTES IF YOU HAVE TO. HOPEFULLY THE CHART ABOVE WILL HELP YOU TO CONVERT YOUR FAVOURITE RECIPES!

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I'D LOVE TO HEAR FROM YOU!

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JOIN OUR COMMUNITY



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FIND MY BOOKS