



magic **BULLET®** Air Fryer



Recipe Guide



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Intro

We can all agree that fried food is one of life's simple pleasures. The contrast of crispy and tender hits a distinct, craving-inducing note in our appetite, whether the morsel is meaty or carby, salty, or sweet. Unfortunately, as we know, all that delectability often comes with a price.

Our favorite fried treats can wreak havoc on our health if enjoyed more than moderately. Frying is also messy and time-consuming.

So, what's to be done?

Enter the Magic Bullet® Air Fryer. This compact air fryer quickly and neatly prepares food to crisp perfection, giving you all the texture and flavor of your favorite fried foods without excess oil and grease. Whip up wings and 'fries' light enough for a weeknight, add satisfying texture to nourishing veggies, and crisp up an endless array of snacks, apps, meals, sweets, and sides. With this unique little cooker in your kitchen, there's no limit to what you can 'fry' up.

We've assembled this guide full of fun, fast, and easy air fryer recipes to get you started. Follow along, riff on our suggestions, or experiment with your own creations. However you work it, we're confident you'll be frying high in no time.

Icons

You're busy and hungry. We get it. That's why we've created these icons to help you identify a recipe's dietary considerations right off the bat. Check them out below and get cooking.

RECIPE ICONS



GLUTEN-FREE: Recipes free of ingredients that contain gluten like wheat, wheat flour, barley, or rye.

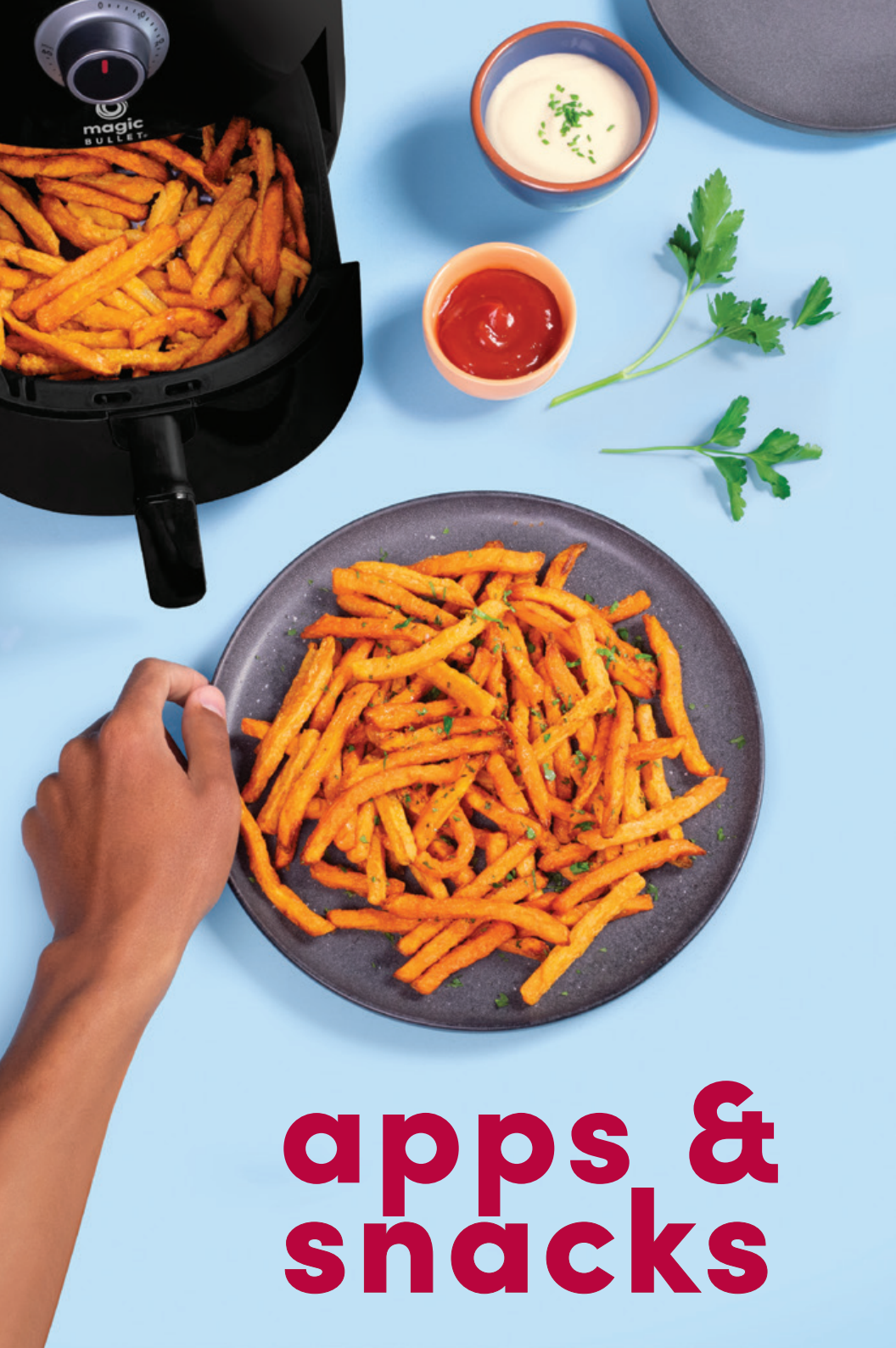


VEGETARIAN: Recipes free of meat. May contain dairy, eggs, or honey.



VEGAN: Recipes free of meat, dairy, eggs, or other animal products.





**apps &
snacks**

sweet potato fries

Salty and sweet, crispy and creamy — whatever you're craving, these easy and nutritious 'fries' are sure to hit the spot.

SERVINGS: 2

2 sweet potatoes, medium
(cut into batons)

1 tbsp oil

½ tsp garlic powder

¼ tsp salt

¼ tsp pepper



- 1** Preheat air fryer at 400°F for 4 minutes.
- 2** Cut sweet potatoes to strips and pat dry.
- 3** In a bowl, toss all ingredients together until potatoes are coated.
- 4** Air fry in two batches. First, add half the sweet potatoes into the fry pot and air fry for 5 minutes. Then, flip the potatoes, and air fry for another 5 minutes.
- 5** Repeat for the second batch.

TIP:

Serve with aioli, ketchup, or eat as is! Soak batons in cold water for 30 minutes and pat dry before placing in air fryer for extra crispiness.

potato wedges

For those who like things on the savory side, these thick, flavorful wedges serve up major satisfaction.

SERVINGS: 2

2 yukon potatoes

¼ tsp salt

¼ tsp pepper

1 tsp italian seasoning



- 1** Preheat air fryer at 400°F for 4 minutes.
- 2** Cut potatoes into wedges and pat dry.
- 3** Toss all ingredients into a bowl and coat wedges with seasonings.
- 4** Cook at 400°F for 10 minutes and then remove the fry pot and flip potato wedges. Continue cooking for 3 more minutes.

cauliflower bites

With their lightly spiced, crispy coating and creamy, mellow interior, these bites add excitement (and a solid dose of veggie goodness) to any party spread.

SERVINGS: 2

1 head of cauliflower

2 tbsp vegetable oil

3 egg whites

½ tsp garlic powder

¼ tsp kosher salt

¼ black pepper

1 tsp smoked paprika

3 tbsp almond meal

3 tbsp of cornstarch



- 1** Preheat air fryer at 375°F for 4 minutes.
- 2** Cut cauliflower into florets.
- 3** In a mixing bowl, whisk together oil and egg whites.
- 4** Add florets to the bowl and coat evenly.
- 5** Add garlic powder, salt, pepper, paprika, almond meal, and cornstarch and toss together to coat florets.
- 6** Add all ingredients to the fry pot in a single layer (may need to do in two batches).
- 7** Air fry for 10 minutes, turning halfway through cooking.
- 8** Serve with your favorite dip.

NOTE:

Do not double stack or overcrowd the fry pot for optimal crispiness.

crispy chicken wings

Unlike their deep-fried counterparts, these equally delicious wings won't weigh you down. Enjoy as-is, or dip into your favorite buffalo sauce for an instant game-time classic.

SERVINGS: 4

1 lb cut wings

½ tsp garlic

¼ tsp kosher salt

¼ black pepper

1 tsp smoked paprika

3 tbsp of cornstarch



- 1** Preheat air fryer at 400°F for 3 minutes.
- 2** Pat dry wings completely.
- 3** In a bowl, mix together remaining ingredients.
- 4** Toss wings in mixture.
- 5** In two batches, air fry half the wings for 10 minutes. Flip to the other side and air fry for another 8 minutes. Repeat with second batch.

NOTE:

Do not double stack or overcrowd the fry pot for optimal crispiness.



veggie spring rolls

This lighter spin on the takeout classic keeps oil to a minimum, leaving you feeling as fresh as the season they're named for.

SERVINGS: 2

1 tsp olive oil
1 tbsp ginger, grated
1 tbsp soy sauce
1 tsp sesame oil
1 cup cabbage, shredded
½ cup purple cabbage, shredded
½ cup carrots, shredded
½ cup mushrooms, shitake, sliced
2 scallions, roughly chopped
egg roll wrappers
cooking spray

- 1** Preheat air fryer at 375°F for 4 minutes.
- 2** Add all ingredients except wrappers to pan and saute for 2-3 minutes until slightly softened.
- 3** Follow instructions on egg roll wrapper for how to wrap.
- 4** Spray with cooking spray and air fry each side for 5 minutes.
- 5** Serve with your favorite dip.



veggie chips

Yes, we all know colorful vegetables are healthy, but virtue aside, these flavorful crunchers add interest and fun to the standard 'chips and dip' spread.

SERVINGS: 2-4

cooking spray

1 beet

1 sweet potato

1 yellow potato

3-4 stems of kale

salt and pepper



- 1** Thinly slice beet, sweet potato, and yellow potato on a mandoline, about $\frac{1}{16}$ inch thick. Pat dry.
- 2** Prepare kale by removing the ribs from the kale and cut into 2-inch pieces. Pat dry.
- 3** Preheat air fryer at 375°F for 4 minutes.
- 4** Spray fry pot with cooking spray. Place potatoes in a single layer at the bottom of the fry pot then spray more cooking spray on the potatoes. Air fry for 4 minutes. Turn potato slices and air fry for 2 minutes on the other side.
- 5** Repeat for sweet potato and beet.
- 6** Add kale pieces to the fry pot and air fry for 2 minutes.
- 7** Sprinkle chips with salt and pepper.



**sides &
veggies**

crispy brussels sprouts

The days of bland, boiled brussels are over, especially when it's this easy to crisp them to restaurant-quality heights.

SERVINGS: 2-4

2 cups brussels sprouts,
halved

2 tbsp oil

$\frac{1}{8}$ tsp salt

$\frac{1}{4}$ tsp pepper

2 tbsp aged balsamic
vinegar

2 tbsp maple syrup

1 Preheat air fryer to 350°F.

2 In a bowl, toss brussels sprouts with remaining ingredients.

3 Air fry for 8 minutes. Remove the fry pot and shake brussels sprouts. Air fry for another 8 minutes.

TIP:

Serve with garlic aioli, or sprinkle with smoked paprika, bacon bits, or dried cranberries.





potato puffs

Golden brown and savory with just a touch of crunch, these pillowy-soft potato puffs are heaven in a bite.

YIELDS: 12
SERVINGS: 6

STUFFING

1 carrot
3 cloves garlic
½ small onion
¼ cup parsley
½ lb of beef
(substitute beans,
tofu, turkey, or chicken)
4 oz can diced
green chiles
salt and pepper

POTATO BALLS AND STUFFING

- 1** In the Magic Bullet Kitchen Express™ or in a food processor, mix together potato, garlic, pepper, salt, and egg and set aside.
- 2** For the stuffing, in the food processor, mince carrot, garlic, onion, and parsley together and set aside.
- 3** In a pan, brown beef for about 5 minutes and add in veggie mixture (in step 2), green chiles, salt, and pepper for another 5 minutes.

EGG WASH AND COATING

1 egg
2 tbsp milk
1 cup breadcrumbs
(substitute panko
breadcrumbs)

MAKE EGG WASH

- 1** Mix together egg and milk.

POTATO BALLS

4 russet potatoes
(peeled, cooked,
cooled, and mashed)

¼ tsp garlic powder

salt and pepper

1 egg

TO FORM BALLS

- 1 Cover 1 tbsp of stuffing with 2 tbsp of the potato mixture, forming a ball so that stuffing is in the center.
- 2 Roll ball in egg wash, then roll into breadcrumbs until covered.
- 3 Preheat air fryer at 400°F for 5 minutes.
- 4 Add 6 balls to the fryer in a single layer.
- 5 Air fry for 15 minutes, turning balls over at the halfway mark.
- 6 And repeat for the remaining 6.

turkey meatballs

This meatball recipe swaps pan frying for air frying, cutting down on fuss, mess, and oil without sacrificing flavor.

SERVINGS: 4

½ lb ground turkey

½ lb turkey sausage

⅓ cup shredded
mozzarella

¼ breadcrumbs

1 tsp italian seasoning

2 tbsp maple syrup

1 tsp garlic powder

- 1 Preheat air fryer at 375°F for 3 minutes.
- 2 Add all ingredients to a bowl and mix together to form 8 meatballs, roughly 2 ounces each.
- 3 Air fry at 375°F for 10 minutes. Flip and air fry for another 8 minutes.

roasted vegetables

A quick, easy, and less-mess way to get your veg on. Use our suggestions, or swap them out for whatever produce you have in the fridge.

SERVINGS: 6

1 carrot

1 zucchini

2 spears of asparagus

½ cup broccoli florets

¼ head of cabbage

1 tbsp oil

1 tsp parsley

⅛ tsp salt and pepper

- 1** Preheat air fryer at 390°F for 4 minutes.
- 2** Cut carrot and zucchini lengthwise.
- 3** Add all ingredients to a bowl and toss together.
- 4** Add seasoned vegetables to the fry pot and air fry for 10 minutes.



mains/meals



veggie quesadilla

A decadently cheesy quesadilla, minus the greasy fingers. We suggest blending mozzarella and pepper jack for optimal ooze.

SERVINGS: 2

⅛ green bell pepper,
julienned

⅛ yellow bell pepper,
julienned

2 mushrooms, sliced

1 mini/baby zucchini,
sliced

½ cup baby spinach

1 large flour tortilla

4 oz cheese blend
(mozzarella and pepper jack)

½ tbsp olive oil

¼ tsp garlic salt

¼ tsp black pepper

½ tsp parsley flakes

1 In a bowl, toss all cut veggies and add ½ tbsp olive oil, ¼ tsp garlic salt, black pepper, and parsley flakes.

2 Preheat air fryer to 350°F.

3 Load seasoned veggies into the fry pot, evenly spread. Cook for 4 minutes and remove.

4 Spread ½ of the cheese blend over 1 side of a single flour tortilla. Top cheese with veggie mixture. Spread remaining cheese over top. Fold and press together. Cut the quesadilla in half for easy loading into the fryer. Spray olive oil on top of quesadilla halves.

5 Air fry until the cheese is melted and tortillas are crisp, about 5 minutes.

6 Plate, garnish, and enjoy!



empanadas

Luscious, hearty empanadas make the perfect pocket-sized meal.

We suggest loading them up with ground turkey, tofu, or beans, but feel free to experiment with your favorite fillings.

SERVINGS: 4

1 lb ground turkey
and crumble
(substitute - use tofu or beans)

½ tsp salt and pepper

¼ onion, diced

½ green pepper, diced

½ red pepper, diced

1 tomato, diced

5 mint leaves, minced

pre-made empanada
disc

- 1** Preheat air fryer at 350°F for 4 minutes.
- 2** In a pan, saute all ingredients (except empanada discs) together on medium heat.
- 3** Using pre-made empanada discs, add 2 tbsp of filling and fold in half, press ends, and seal the ends.
- 4** Add three to fry pot and bake at 350°F for 6 minutes. Turn for 3 minutes and repeat for remaining empanadas.
- 5** Serve with favorite salsa.

TIP:

Spray with oil to crisp.

baked egg bites

Enjoy on their own, or add these bites to breakfast sandwiches, avocado toast, benedicts, and other brunch-time favorites.

YIELDS: **2-4 EGG BITES**

2 eggs
3 tbsp unsweetened
almond milk
salt and pepper
cooking spray



- 1** Preheat air fryer at 375°F for 4 minutes
- 2** Spray ramekins with cooking spray and pour in egg mixture. Split evenly into four 4 oz ramekins.
- 3** Option: add in vegetables, cheese, and other ingredients to the ramekin before pouring in egg mixture.
- 4** Air fry at 375°F for 4 minutes.

honey garlic ginger salmon

Elegant enough for company and easy enough for busy weeknights, this flavorful marinated salmon is sure to become a household staple.

SERVINGS: 2

2 – 4 oz salmon
boneless fillets
2 garlic cloves, minced
1 inch ginger
peeled and grated
2 tbsp scallions, minced
1 tbsp olive oil
2 tbsp soy sauce
1 tbsp honey

- 1** To create marinade, blend or mix together all ingredients except salmon.
- 2** Add salmon to reusable container or bag and pour in marinade. Marinade for at least 30 minutes.
- 3** Preheat air fryer at 350°F for 4 minutes.
- 4** Spray bottom of fry pot with cooking spray and air fry salmon for 8 minutes.

flatbread pizza

Make pizza, save dough. When the craving hits, skip the delivery and whip up a fun, fast, and easy flatbread version instead.

SERVINGS: 1-2 OZ PIZZA

2 oz flatbread or
pita bread

1 tbsp marinara sauce

½ tbsp minced garlic

¼ cup cheese of choice

¼ cup zucchini, sliced

2 cherry tomatoes, sliced

¼ cup kale, shredded

sprinkle salt, pepper,
garlic powder, chili flakes

- 1** Preheat air fryer to 400°F.
- 2** Spread marinara, sprinkle garlic, and spread cheese on bread.
- 3** Add zucchini, tomatoes, and sprinkle salt, pepper, garlic, and chili flakes.
- 4** Air fry for 6 minutes. Add shredded kale and air fry for an additional 2 minutes.

TIP:

Top with nutritional yeast for extra cheesiness and mix and match with your favorite toppings.



stuffed french toast rolls

This breakfast treat feels advanced, but is actually super easy to whip up, making it a 'weekend indulgence' you can enjoy any day.

YIELDS: 2 ROLLS

2 slices of bread

2 tbsp cream cheese

2 strawberries, sliced

2 tbsp greek yogurt

1 egg

1 tbsp maple syrup



- 1** Preheat air fryer at 350°F for 4 minutes.
- 2** Spread one tablespoon of cream cheese on each slice, layer strawberries, and roll up tightly.
- 3** In a bowl, mix together yogurt, egg, maple syrup, and fully coat each roll.
- 4** Air fry at 350°F for 8 minutes.
- 5** Serve with sprinkled cinnamon and maple syrup.

TIP:

Save the ends, dip into mixture, and fry for french toast sticks.

chicken parmesan

We simplified the traditional layered dish, cutting down on quantity, mess, and extra grease without sacrificing its distinctive chicken parm'-ness. Enjoy on its own, in a sub, or atop your favorite pasta for a taste of la dolce vita.

YIELDS: 12

SERVINGS: 6

2 - 6 oz chicken breasts

1 cup almond flour

½ cup parmesan cheese

¼ tsp garlic powder

¼ tsp onion powder

¼ tsp salt and pepper

1 tbsp parsley, minced

2 tbsp milk

1 large egg

cooking spray

½ cup marinara

½ cup mozzarella cheese

basil or parsley to garnish

1 In a mixing bowl, add almond flour, parmesan cheese, garlic powder, salt and pepper, onion powder, and minced parsley. Mix to combine.

2 In a separate bowl, whisk the egg.

3 Preheat air fryer at 350°F for 4 minutes.

4 Dip a chicken breast into the egg wash, and then dip into breading mixture. Evenly coat both sides.

5 Spray chicken with cooking spray and add to fry pot.

6 Air fry at 350°F for about 10 minutes.

7 Flip and add marinara sauce and cheese. Air fry for another 5-6 minutes or until it reaches an internal temperature of 165°F.

8 Garnish with basil or parsley.





desserts



mini churros

Want to make homemade churros? This version skips the vat full of scalding hot oil, while still delivering the doughy, cinnamon, sugary deliciousness you crave. No risk. All reward.

SERVINGS: 2

1 cup water

1/3 cup unsalted butter,
cut into cubes

2 tbsp granulated sugar

1/4 tsp salt

1 cup all-purpose flour

2 eggs

1 tsp vanilla extract

oil spray



- 1** In a medium saucepan, add water, butter, sugar, and salt. Bring to a boil over medium-high heat.
- 2** Reduce heat to low and add flour to the saucepan in small increments. Stir constantly with a rubber spatula and cook until the dough comes together and is smooth.
- 3** Remove from heat and cool for about 5 minutes. Transfer the dough to a food processor.
- 4** Add eggs and vanilla extract to the work bowl and mix until dough comes together and mixture is a gluey-like texture. Transfer dough to a large piping bag fitted with a large star-shaped tip.
- 5** Pipe churros onto a greased baking mat into 4-inch lengths and cut end with scissors.
- 6** Refrigerate piped churros on the baking sheet for 1 hour.

CINNAMON-SUGAR COATING

2 tbsp granulated sugar

½ tsp ground cinnamon

- 7** Preheat air fryer at 350°F for 4 minutes.
- 8** Carefully transfer churros with a spatula to the fry pot, leaving about ½-inch space between churros, and spray with oil.
- 9** Air fry churros in batches at 350°F for 8 minutes. Turn and continue air fry for 6 minutes or until golden brown.
- 10** In a small bowl, mix together cinnamon-sugar coating. Immediately transfer air fried churros into the sugar mixture and toss to coat. Work in batches.
- 11** Serve warm with caramel, hazelnut spread, or chocolate dipping sauce.

roasted pineapple

This simple preparation brings out the full expression of pineapple's succulent sweetness. Serve on its own, with cake, or on top of ice cream for a luscious summertime treat.

SERVINGS: 2

4 pineapple spears

4 tbsp melted butter

¼ cup brown sugar

2 tsp cinnamon

1 tsp vanilla



- 1** Preheat air fryer at 375°F for 4 minutes.
- 2** Clean and cut pineapple into 4 spears.
- 3** In a bowl, mix together butter, brown sugar, 1 tsp cinnamon, and vanilla and coat spears.
- 4** Layer in fry pot, 2 at a time.
- 5** Air fry at 375°F for 8 minutes, then 4 minutes on other side. Repeat for second batch.
- 6** Sprinkle remaining cinnamon on top.

TIP:

Serve with vanilla ice cream

spiced apple stuffed biscuits

Perfect as a special breakfast or a comforting dessert, these cozy cinnamon-apple treats taste like home, any time of day.

SERVINGS: 4

1 cup granny smith apple,
peeled and diced

(1 medium apple)

¼ tsp ground cinnamon

1 tbsp granulated sugar

1 can (16.3 oz) pre-made
refrigerated biscuit

dough (8 biscuits)

(note: using 4 only)

2 tbsp butter,
melted

GLAZE INGREDIENTS:

4 tbsp powdered sugar

2 tbsp butter, melted

⅛ cup milk, warm



- 1 Mix apple, cinnamon, and sugar.
- 2 Separate 4 biscuits from the can of dough and place remaining biscuits back in the fridge.
- 3 Using a serrated knife, create a pocket horizontally, leaving ½ inch from edge to form a pocket.
- 4 Spoon 2 tablespoons of apple mixture in the center of each biscuit. Pinch biscuit edges to seal.
- 5 Shape each biscuit into 2 ½ x 3 ½-inch oval. Brush biscuits on all sides with 2 tablespoons of the melted butter.
- 6 Preheat for 2 minutes at 350° F.
- 7 Line the fry pot of your air fryer with a piece of parchment paper (cut it to fit) and brush or spray lightly with oil.
- 8 Load 2 to 3 biscuits into fry pot. Cook for 5 minutes then turn fritters and cook for 4 minutes.
- 9 While the biscuits cook, make the glaze. In a medium sized bowl, combine glaze ingredients, stirring until smooth.
- 10 Remove biscuits, drizzle with glaze and powdered sugar. Allow to cool and enjoy!





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