

## ATS-25K SERIES



ATS-25K 23L AIR FRYER OVEN  
**RECIPE BOOK**

## INTRODUCTION

Congratulations on purchasing your Adexa ATS-25K 23 L Air Fryer Oven! Maximize flavor, minimize effort. Enjoy healthier versions of the foods you and your family love, from French fries, delicious sticky ribs and fried chicken, all with less fat and more flavor.

The easy to use ATS-25K 23 L Air Fryer Oven allows you to cook a variety of healthier meals in less time, with less trouble and less to clean. Try a variety of foods you know, and a few that will surprise you from our complimentary cookbook.

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## POULTRY RECIPES

### 1. SWEET CHILLI CHICKEN WINGS



#### Ingredients:

- 12 Chicken Wings
- ½ tbsp. Baking Powder
- 1 tsp. Ground Black Pepper
- ½ tsp. Sea Salt
- 1 tsp. Garlic Powder
- ¼ tsp. Onion Powder
- ¼ tsp. Paprika

#### Directions:

- |                  |                       |
|------------------|-----------------------|
| Preheat:         | 3 minutes / 200°C     |
| Set Temperature: | 200°C                 |
| Set Timer:       | 20 minutes            |
| Turn:            | Yes, after 10 minutes |

#### Chicken Wings:

- Dab chicken wings with a paper towel to ensure they are dry. Add the chicken wings to a zip-lock bag with baking powder and spices. Close the bag (making sure all the air has been squeezed out) and toss, ensuring the wings are completely coated.
- Arrange the chicken wings on the rack in a single layer using the middle rack setting. Close the Air Fryer, set the temperature to 200°C and cook for 20 minutes.
- While the chicken wings are cooking make the sweet chili sauce.
- After 10 minutes, open the window and turn the chicken wings with tongs to avoid them from sticking and to ensure even cooking. Close the window and allow them to cook for the remaining 10 minutes.
- Once the time has expired check the internal temperature to ensure they are cooked though. Allow the wings to rest for 5 minutes before tossing in the sweet chili sauce.
- For extra sticky wings, place the tossed chicken wings back into the Air Fryer in a single layer, using the middle rack setting. Set the temperature to 200°C, set the timer to 4 minutes and press the start button. Check the wings after 2 minutes – the sugars in the sauce can burn quickly!

### Thai Sweet Chili Sauce:

- 1 tbsp. Soy Sauce
  - ½ tbsp. Hoisin Sauce
  - 3½ tbsp. Sweet Chili Sauce
  - ½ tbsp. Rice wine vinegar
  - ½ tbsp. Sesame Oil
  - 2 Cloves Garlic, minced
  - ½ tsp. Ground Ginger
  - ¼ tsp. Sea Salt
  - ½ tbsp. Lime Juice
  - ¼ Cup Water
- Combine all ingredients into a small saucepan and heat over medium heat on the stove. Bring the sauce to a boil then reduce heat to a simmer stirring until the sauce has reduced and has slightly thickened. Keep sauce warm until chicken wings are finished.
- Toss or dip the cooked chicken wings in the sauce, making sure the wings are thoroughly coated.
- Place the sauced chicken wings in a single layer on a greased cookie sheet. Set the Air Fryer to 200°C and grill the chicken wings on the top rack for 2 - 4 minutes. Check the wings often, they can burn quickly! Once the sauce is sticky and the wings have some color remove them from the Air Fryer.



### Sriracha Ranch Dip:

- ½ Cup Mayonnaise
  - 1 tbsp. Sriracha Sauce
  - ¼ tsp. Cayenne Pepper
- Combine all ingredients in a small bowl and stir to combine. Serve with warm Sweet Chili Chicken Wings.

### Optional Garnish:

- Sesame Seeds
- Lime Juice
- Sliced Green Onion
- Chopped Coriander



## 2. HOMEMADE CHICKEN NUGGETS



### Ingredients:

- 4 Medium Chicken Breasts cut into 3 - 4 cm Cubes
- 5 Cup Olive Oil
- 3 Cups Breadcrumbs (or crushed cornflakes for a decadent treat)
- ½ Cup Finely Grated Parmesan cheese
- 4 tbsp. Sweet Paprika

### Directions:

- Preheat: 3 minutes / 200°C  
Set Temperature: 200°C  
Set Timer: 8 minutes  
Turn: Yes, after 4 minutes

- Cut your chicken breasts in 3 - 4 cm cubes and set aside.
- Pour the Olive Oil into one bowl.
- Pour the breadcrumbs, parmesan and paprika into a second bowl and mix well.
- Dip a chicken cube into the olive oil, then place it in the coating. Ensure the nugget is well coated and place it onto the rack or basket, depending on your nugget size, using the middle rack setting. Repeat until the cooking rack is full, but do not overcrowd. Rather cook in batches if needed.
- Set your Air Fryer temperature to 200°C and the timer to 8 minutes.
- Cook the nuggets for 4 minutes, then open the window and turn the nuggets using tongs. Close the window and resume cooking until done.

Serve with your choice of dip.

### 3. SESAME CHICKEN THIGHS



#### Ingredients:

- 6 Boneless, Skinless Chicken Thighs (thawed)
- ½ Cup Cornstarch
- Olive Oil Spray

#### Thai Sweet Chili Sauce:

- ¼ Cup Soy Sauce or Gluten-Free Soy Sauce
- 2 tbsp. Brown Sugar
- 2 tbsp. Orange Juice
- 5 tsp. Hoisin Sauce
- ½ tsp. Ground Ginger
- 1 Garlic clove, crushed
- 1 tbsp. Cold Water
- 1 tbsp. Cornstarch
- 2 tsp. Sesame Seeds
- 2 Green Onions (optional)

#### Directions:

- Preheat: 2½ minutes / 180°C  
Set Temperature: 180°C  
Set Timer: 24 minutes  
Turn: Yes, after 12 minutes

- Cut the chicken into cubed chunks, then toss in a bowl with Cornstarch. Use enough to coat the chicken evenly.
- Place the thighs in a single layer onto the rack using the middle rack setting. Spray an even coat of olive oil on the top of the chicken thighs. Set the temperature to 180°C and cook for 24 minutes. After 12 minutes, open the window and turn the chicken thighs with non-metal tongs to ensure even cooking on both sides, spray an even coat of olive oil on the top side of the chicken thighs, then continue cooking for the remaining 12 minutes.
- While the chicken is cooking, in a small saucepan, start making the sauce.
- Add the soy sauce, brown sugar, orange juice, hoisin sauce, ground ginger, and garlic to the sauce pan on medium-high heat. Mix using a whisk until well combined.
- Once the sugar has fully dissolved and a low boil is reached, whisk in the water and cornstarch.
- Mix in the sesame seeds. (The sauce should only take about 5 minutes or less to make on the stove and then an additional 5 minutes to thicken up.)
- Remove the sauce from the heat and set aside for 5 minutes to thicken.
- Once the chicken is done, remove from the Air Fryer and place in a bowl, and then coat with the sauce. Garnish with chopped green onions (optional).

Best served over a steaming bowl of rice.

## FISH RECIPES

### 4. CRISPY “FRIED” HAKE FILLETS



#### Ingredients:

- 8 (800 g) Hake Fillets
- 1 tbsp. Olive Oil
- 1 Cup (50 g) Dried Breadcrumbs.  
If following Gluten-free diet,  
use gluten-free breadcrumbs.
- ½ tsp. Paprika
- ¼ tsp. Chili Powder
- ¼ tsp. Ground Black Pepper
- ¼ tsp. Garlic Powder
- ¼ tsp. Onion Powder
- ½ tsp. Salt

#### For Serving:

- Tartar Sauce
- Lemon Wedges

- If using frozen fish fillets, defrost them. Drizzle with olive oil, and make sure that the fish is well coated with oil.
- In a shallow dish, mix the breadcrumbs with paprika, chili powder, black pepper, garlic powder, onion powder and salt.
- Coat each fish fillet in breadcrumbs, then lay the coated hake fillets in a single layer on the rack, using the middle rack setting.
- Set the temperature to 200°C and cook for 14 minutes. After 7 minutes, open the window and flip the hake fillets with non-metal tongs to ensure even cooking on both sides, then continue cooking for the remaining 7 minutes.

#### Directions:

- |                  |                      |
|------------------|----------------------|
| Preheat:         | 3 minutes / 200°C    |
| Set Temperature: | 200°C                |
| Set Timer:       | 14 minutes           |
| Turn:            | Yes, after 7 minutes |

## 5. HONEY GLAZED SALMON



### Ingredients:

- 4 Salmon Fillets, Skin On
- Salt
- Black Pepper
- 2 tsp. Soy Sauce
- 1 tbsp. Honey
- 1 tsp. Sesame Seeds (white or black)

### Directions:

- |                  |                           |
|------------------|---------------------------|
| Preheat:         | 3 minutes / 190°C         |
| Set Temperature: | 190°C                     |
| Set Timer:       | 8 minutes                 |
| Turn:            | No, glaze after 6 minutes |

- Season each Salmon fillet with salt & pepper to taste. Brush the Soy sauce onto the Salmon fillets, taking care to ensure that they are evenly coated.
- Place the Salmon fillets onto the rack using the middle rack setting, skin side down. Cook at 190°C for about 8 minutes or until ready.
- After 6 minutes, open the window and glaze each fillet with honey using a brush and garnish with sesame seeds. Close the window and cook for another 2 minutes.

Delicious when served with a healthy garden salad.



## 6. FISH TACOS WITH MANGO SALSA AND CHIPOTLE MAYO



### Ingredients:

680 g Fresh Hake Fillets  
1 tbsp. Cajun Seasoning

### Soft Tortillas:

- 1 Large Avocado, peeled and chopped
- 1 Ripe Mango, chopped
- 1/3 Cup Red Onion, chopped
- 4 Limes, Juiced
- 2 tbsp. Olive Oil
- 1 Jalapeno Chili, deseeded
- 1/2 Cup Diced Coriander
- 1/2 Cup Purple Cabbage, shredded
- 1 Red Pepper, chopped
- 1/4 Cup Mayonnaise
- 1/4 Cup Chipotle Sauce

### For the Mango Salsa:

- Mix mango, red onion, 2 tablespoons of lime juice, olive oil, chili, cabbage, red pepper in a bowl and store in the fridge.

### For the Chipotle Mayonnaise:

- Stir together the mayonnaise, Chipotle sauce, 1 teaspoon of lime juice and a half teaspoon of salt. set aside.

### Directions:

Preheat: 3 minutes / 200°C  
Set Temperature: 200°C  
Set Timer: 12 minutes  
Turn: No

### For the Fish:

- Evenly sprinkle the fish with the Cajun seasoning.
- Preheat the Air Fryer to 200°C.
- Arrange the fish in a single layer on the rack or basket, depending on the size of your fish portions, using the middle rack setting.
- Cook for 12 minutes, or until the internal temperature of the fish reaches 63°C. It is not necessary to flip the fish halfway through cooking.

Serve the fish with warmed soft tortillas, salsa and chipotle mayonnaise. Add some chopped avocados and fold into tacos for a light, delicious and healthy meal.

## RED MEAT RECIPES

### 7. AIR FRYER MEATBALLS



#### Ingredients:

- 500 g Minced Beef
- ½ Cup Dried Bread Crumbs
- ½ Cup Finely Grated Parmesan Cheese
- ¼ Cup Milk
- 2 Cloves of Garlic, minced
- ½ tsp. Italian Herbs (dried)
- ¾ tsp. Salt
- ¼ tsp. Black Pepper

#### Directions:

- |                  |                       |
|------------------|-----------------------|
| Preheat:         | 3 minutes / 190°C     |
| Set Temperature: | 190°C                 |
| Set Timer:       | 15 minutes            |
| Turn:            | Yes, after 7½ minutes |

- Combine all the ingredients into a bowl, then roll into 3 - 4 cm balls.
- Place the meatballs onto the basket in a single layer, using the middle rack setting and taking care to leave space around each meatball.
- Set the temperature of your Air Fryer to 190°C and cook for 15 minutes.
- At around 7½ minutes, open the window and turn the meatballs using tongs. Close the window and cook for the remaining 7½ minutes.

Serve with pasta and tomato sauce for a classic Italian dish, or with your favourite dipping sauce for a delicious snack.

To make these meatballs low-carb, add more Parmesan cheese instead of bread crumbs.

## 8. SPICED BEEF EMPANADAS WITH LIME SOUR CREAM



### Ingredients:

- 1 tbsp. Olive Oil
- 1 Small Onion, chopped
- 250 g Lean Beef Mince
- ½ Cup Sultanas
- 2 tbsp. Tomato Sauce
- ¼ tsp. Ground Cinnamon
- Sea Salt & Black Pepper
- 2 400 g Frozen Short Crust Pastry
- 1 Large Egg, beaten
- ½ Cup Sour Cream
- ¼ tsp. Lime Zest

### Directions:

- |                  |                      |
|------------------|----------------------|
| Preheat:         | 3 minutes / 190°C    |
| Set Temperature: | 190°C                |
| Set Timer:       | 14 minutes           |
| Turn:            | Yes, after 7 minutes |

- Preheat your Air Fryer to 190°C. Heat the oil in a large heavy frying pan over medium heat. Add the onion and cook, stirring occasionally, until soft, 5 to 6 minutes. Add the beef and cook, breaking it up with a spoon, until no longer pink, 3 to 4 minutes. Stir in the sultanas, ketchup, cinnamon, ½ teaspoon salt, and ¼ teaspoon pepper.
- Using a 6.5 cm round cookie cutter, cut out circles from the short crusts. Divide the beef mixture among the circles, brush the edges with water, fold in half, and press with a fork to seal. Transfer to a baking sheet and brush with the egg.
- Set the timer for 14 minutes, and arrange the empanadas on the rack, using the middle rack setting. Remember to turn the empanadas with non-metallic tongs after 7 minutes. Continue cooking for another 7 minutes or until the outsides are golden brown and crisp.

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## 9. RIBEYE STEAK WITH HERB BUTTER



### Ingredients:

- 2 x 2.5 cm thick, 340 g Ribeye Steaks
- 4 tbsp. Butter, softened
- 2 Cloves Garlic, Minced
- 2 tsp. Freshly Chopped Parsley
- 1 tsp. Freshly Chopped Chives
- 1 tsp. Freshly Chopped Thyme
- 1 tsp. Freshly Chopped Rosemary
- 1 tsp. Kosher Salt
- Freshly Ground Black Pepper

### Directions:

- |                  |                      |
|------------------|----------------------|
| Preheat:         | 3 minutes / 200°C    |
| Set Temperature: | 200°C                |
| Set Timer:       | 8 minutes            |
| Turn:            | Yes, after 4 minutes |

- In a small bowl, combine butter and herbs. Place in center of a piece of plastic cling wrap and roll into a log. Twist ends together to keep tight and refrigerate until hardened, 20 minutes.

### FOR THE STEAK:

- Remove your steaks from the refrigerator 15 minutes before cooking, to allow them to come to room temperature.
- Season steak on both sides with salt and pepper.
- Preheat your Air Fryer to 200°C. Place steaks on the rack using the middle rack setting, and set the timer for 8 minutes.
- Cook for 4 minutes then open the window, turn the steaks over and cook for the remaining 4 minutes.
- Let the steaks sit for 1 minute for rare, 2 minutes for medium rare and 3 minutes for medium.

Top steak with a slice of herb butter to serve.

## VEGETABLE BASED RECIPES

### 10. BABY HASSELBACK POTATOES



#### Ingredients:

- 500 g Baby Potatoes
- 2 tsp. Garlic, Minced or ½ tsp. Garlic Salt.
- Salt & Pepper to taste
- Fresh Parsley, chopped
- High Heat Cooking Spray

#### Directions:

- |                  |                           |
|------------------|---------------------------|
| Preheat:         | 3 minutes / 190°C         |
| Set Temperature: | 190°C                     |
| Set Timer:       | 8 minutes                 |
| Turn:            | No, glaze after 6 minutes |

- Cut each baby potato, hasselback-style (thin slices that stop ¾ of the way through the potato).
- Spray with cooking spray (including between the slices) and toss with fresh garlic or garlic salt.
- Pre-heat your Air Fryer to 190°C, then place the potatoes in drip tray in a single layer, and place the drip tray in the lower rack setting. Work in batches if needed. Cook for 18 - 20 minutes, until crisp on the outside and tender in the middle.
- Top with salt, pepper and chopped parsley.

Delicious when served with a healthy garden salad.

## 11. DELICIOUS VEGGIE CHIPS



### Ingredients:

- ½ Medium Zucchini
- ½ Medium Sweet Potato (orange flesh works best)
- 1 Small Beetroot
- 1 tsp. Olive Oil
- ¼ tsp. Salt
- Freshly Ground Black Pepper

### Directions:

- |                  |                       |
|------------------|-----------------------|
| Preheat:         | 2½ minutes / 180°C    |
| Set Temperature: | 180°C                 |
| Set Timer:       | 15 minutes            |
| Turn:            | Yes, after 7½ minutes |

- Using a knife or mandoline, thinly slice the zucchini, sweet potato and beet into 0.5 cm thick round slices.
- Place the veggie slices in a medium bowl and drizzle with olive oil, season with salt and pepper and toss to coat.
- Place the veggie slices onto the basket in a single layer, using the middle rack setting.
- Set the temperature of your Air Fryer to 180°C and the timer to 15 minutes. Cook for 7½ minutes, then open the window and turn the chips over using tongs. Close the window and cook for the remaining 7½ minutes.
- Transfer to a bowl when the cooking is complete, sprinkle with some ranch seasoning and serve.

Store in an airtight container to preserve crispness.

## 12. AIR FRYER FALAFEL



### Ingredients:

- 1 400 g Can of Chickpeas
- ¼ Medium White Onion, roughly chopped
- 2 tbsp. Fresh Chopped Parsley
- 1½ tbsp. All-purpose Flour
- 2½ tsp. Lemon Juice
- ½ tsp. Garlic Powder
- ½ tsp. Ground Cumin
- ¼ tsp. Paprika
- 1 tsp. Kosher Salt
- High-heat Cooking Spray

### Directions:

- Preheat: 2½ minutes / 180°C  
Set Temperature: 180°C  
Set Timer: 10 minutes  
Turn: Yes, after 5 minutes

- Combine chickpeas, onion, parsley, flour, lemon juice, garlic powder, cumin, paprika, and salt in a food processor. Pulse about 15 times to create a rough mixture that sticks together when pinched between two fingers.
- Use a scoop or two spoons to create rounds, then roll between hands and flatten slightly to make discs. Don't overwork the mixture with your hands, or the falafels will become too dense.
- Set the temperature of the Air Fryer to 180°C and set the timer for 10 minutes.
- Spray the falafel balls with cooking spray and place them on the basket in a single layer, using the middle rack setting. Work in batches if needed. Open the window to turn the falafel balls over after 5 minutes, using tongs. Close the window and cook for the remaining 5 minutes, until golden brown.

Store in an airtight container to preserve crispness.

## DESSERTS AND BAKING RECIPES

### 13. AIR FRYER FRENCH TOAST STICKS



#### Ingredients:

- 2 Large Eggs
- 1/3 Cup Heavy Cream
- 1/3 Cup Whole Milk
- 3 tbsp. Granulated Sugar
- 1/4 tsp. Ground Cinnamon
- 1/2 tsp. Pure Vanilla Extract
- 6 Thick slices Pullman or other white loaf or brioche, each slice cut into thirds
- Kosher Salt
- Maple Syrup, for serving

#### Directions:

- Preheat: 3½ minutes / 190°C  
Set Temperature: 190°C  
Set Timer: 8 minutes  
Turn: Yes, after 4 minutes

- Beat eggs, cream, milk, sugar, cinnamon, vanilla, and a pinch of salt in a large shallow baking dish. Add bread, turn to coat a few times.
- Arrange the French toast on the basket in a single layer, using the middle rack setting. Work in batches if necessary. Preheat your Air Fryer to 190°C and set the timer to 8 minutes. After four minutes, open the window and turn the French toast with tongs to ensure even cooking on both sides. Close the window and cook for the remaining 4 minutes.

Serve toast warm, drizzled with maple syrup.



## 14. AIR FRYER CHOCOLATE MOLTEN LAVA



### Ingredients:

- 1½ tbsp. Self-Raising Flour
- 3½ tbsp. Castor Sugar
- 100 g Unsalted Butter
- 100 g Dark Chocolate (pieces or chopped)
- 2 Eggs

### Directions:

- |                  |                    |
|------------------|--------------------|
| Preheat:         | 3½ minutes / 190°C |
| Set Temperature: | 190°C              |
| Set Timer:       | 10 minutes         |
| Turn:            | No                 |

- Preheat your Air Fryer to 190°C.
- Grease and flour 4 standard oven safe ramekins.
- Melt dark chocolate and butter on the stove. Use a glass bowl over a pot of barely simmering water, stirring throughout until even consistency.
- Whisk/Beat the eggs and sugar until pale and frothy.
- Pour melted chocolate mixture into egg mixture. Stir in flour. Use a spatula to combine everything evenly.
- Fill the ramekins with cake mixture to about ¾ full and bake in the preheated Air Fryer for 8 - 10 minutes. (No turning needed).
- Remove from the Air Fryer and allow to cool in ramekin for 2 minutes. Carefully turn ramekins upside down onto serving plate, tapping the bottom with a butter knife to loosen the edges. Your cake should release from the ramekin with little effort and center should appear dark/goeey.

Enjoy warm à-la-mode or with a raspberry drizzle.

## 15. AIR FRYER APPLE FRITTERS



### Ingredients:

- 1½ Cups All-purpose Flour
- ¼ Cup Sugar
- 2 tsp. Baking Powder
- 1½ tsp. Ground Cinnamon
- ½ tsp. Salt
- ¾ Cup 2% Milk
- 2 Large Eggs, room temperature
- 1 tbsp. Lemon juice
- 2 Medium Apples (Cripps or Pink Lady), peeled and chopped
- ¼ Cup Butter
- 1 Cup Icing Sugar
- 1½ tsp. Vanilla Extract, divided
- Cooking Spray

### Directions:

- Preheat: 3 minutes / 200°C
- Set Temperature: 200°C
- Set Timer: 8 minutes
- Turn: Yes, after 6 minutes

- Cover air-fryer rack with parchment or wax paper (cut to fit); spritz with cooking spray. Preheat the air-fryer to 200°C.
- In a large bowl, combine flour, sugar, baking powder, cinnamon and salt. Add milk, eggs, lemon juice and remaining 1 teaspoon vanilla extract; stir just until moistened. Fold in apples.
- In batches, drop dough by ¼ cupfuls 4 cm apart onto the covered rack. Spritz with cooking spray. Cook until golden brown, 5 - 6 minutes. Open the window, turn fritters using a spatula and continue to air-fry until golden brown, 1 - 2 minutes.
- Melt butter in small saucepan over medium-high heat. Carefully cook until butter starts to brown and foam, 5 minutes. Remove from heat; cool slightly. Add icing sugar, milk and ½ teaspoon vanilla extract to browned butter; whisk until smooth. Drizzle over fritters before serving.