



EIGER

ARIA SERIES



3.5L MANUAL AIR FRYER
RECIPE BOOK

INTRODUCTION

Congratulations on purchasing your Eiger Aria 3.5L Manual Air Fryer. This convenient, compact appliance provides you with an easy way to cook all your favourite foods using little or no oil for deliciously healthy results. Easy to use thanks to its 30-minute timer, adjustable temperature settings and indicator lights, this Eiger air fryer circulates hot air around the chamber for a thorough, rapid cook.

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POULTRY RECIPES

1. SWEET CHILLI CHICKEN WINGS

Ingredients:

12	Chicken Wings
1/2 tbsp.	Baking Powder
1 tsp.	Ground Black Pepper
1/2tsp.	Sea Salt
1 tsp.	Garlic Powder
1/4 tsp.	Onion Powder
1/4 tsp.	Paprika

Thai Sweet Chili Sauce:

1 tbsp.	Soy Sauce
1/2 tbsp.	Hoisin Sauce
3 1/2 tbsp.	Sweet Chili Sauce
1/2 tbsp.	Rice Wine Vinegar
1/2 tbsp.	Sesame Oil
2	Cloves Garlic Minced
1/2 tsp.	Ground Ginger
1/4 tsp.	Sea Salt
1/2 tbsp.	Lime Juice
1/4 Cup	Water

Sriracha Ranch Dip:

1/3 Cup	Mayonnaise
1 tbsp.	Sriracha Sauce
1/4 tsp.	Cayenne Pepper

Optional Garnish:

Sesame Seeds
Lime Juice
Sliced Green Onion
Chopped Coriander

Directions:

<i>Preheat:</i>	<i>4 minutes / 200°C</i>
<i>Set Temperature:</i>	<i>200°C</i>
<i>Set Timer:</i>	<i>20 Minutes</i>
<i>Shake / Turn:</i>	<i>Yes, after 10 minutes</i>

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.
- Spray the cooking basket with cooking spray and arrange the chicken wings in a single layer. Close the Air Fryer outer pot, 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 outer pot and toss/flip the chicken wings with tongs to avoid them from sticking and to ensure even cooking. Close the pot 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 your Air Fryer's cooking basket in a single layer, 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!

Serve warm with optional garnishes and Sriracha Mayonnaise.

SWEET CHILI SAUCE:

- 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.
- Preheat your oven to 200°C Place the sauced chicken wings in a single layer on a greased cookie sheet. Grill the chicken wings on the top rack for 2-4 minutes. Stay close to the oven and check the wings often, they can burn quickly! Once the sauce is sticky and the wings have some color remove them from the oven.

SRIRACHA RANCH DIP:

- Combine all ingredients in a small bowl and stir to combine. Serve with warm Sweet Chili Chicken Wings.

2. HOMEMADE CHICKEN NUGGETS

Ingredients:

4	Medium Chicken Breasts cut into 3-4cm cubes
2/3 Cup	Olive Oil
3 Cups	Breadcrumbs (or crushed cornflakes for a decadent treat)
½ Cup	Finely grated Parmesan cheese
4 tbsp.	Sweet Paprika

Directions:

<i>Preheat:</i>	<i>4 minutes / 200°C</i>
<i>Set Temperature:</i>	<i>200°C</i>
<i>Set Timer:</i>	<i>8 Minutes</i>
<i>Shake / Turn:</i>	<i>Yes, after 4 minutes</i>

- Cut your chicken breasts in 3-4cm cubes and set aside.
- Pour the Olive Oil into one bowl
- Pour the breadcrumbs, parmesan and paprika into a second bowl and mix well
- Lightly oil the inside of the cooking basket to prevent sticking
- Dip a chicken cube into the olive oil, then place it in the coating. Ensure the nugget is well coated and place it into your air fryer. Repeat until the cooking basket is full, but do not overcrowd the cooking basket. 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 remove the outer pot and give the nuggets a good shake. Return the outer pot to the air fryer and cook 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:

<i>Preheat:</i>	<i>3 minutes / 180°C</i>
<i>Set Temperature:</i>	<i>180°C</i>
<i>Set Timer:</i>	<i>24 Minutes</i>
<i>Shake / Turn:</i>	<i>Yes, after 12 minutes</i>

- Cut the chicken into cubed chunks, then toss in a bowl with Cornstarch. Use enough to coat the chicken evenly.
- Place in the cooking basket in a single layer. 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 outer pot and flip 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 cooking basket 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

Directions:

Preheat: 4 minutes/200°C
Set Temperature: 200°C
Set Timer: 14 Minutes
Shake/Turn: Yes, after 7 minutes

- 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 in the cooking basket.
- Set the temperature to 200°C and cook for 14 minutes. After 7 minutes, open the outer pot and flip the hake fillets with non-metal tongs to ensure even cooking on both sides, then continue cooking for the remaining 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:

<i>Preheat:</i>	<i>4 minutes / 190°C</i>
<i>Set Temperature:</i>	<i>190°C</i>
<i>Set Timer:</i>	<i>8 Minutes</i>
<i>Shake / Turn:</i>	<i>No, glaze after 6 minutes</i>

- 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 into the cooking basket, skin side down. Cook at 190°C for about 8 minutes or until ready.
- When the shake reminder sounds at 4 minutes, do not turn!
- At around 6 minutes, open the outer basket and glaze each fillet with honey using a brush and garnish with sesame seeds. Close the cooking basket 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 Avodaco, 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 Ciced coriander
1/2 Cup Purple cabbage, shredded
1 Red pepper, chopped
1/4 Cup Mayonnaise
1/4 Cup Chipotle sauce

Directions:

Preheat: 4 minutes / 200°C
Set Temperature: 200°C
Set Timer: 12 Minutes
Shake / Turn: No

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

FOR THE FISH:

- Evenly sprinkle the fish with the Cajun seasoning.
- Brush the cooking basket lightly with vegetable oil to prevent sticking.
- Arrange the fish in a single layer in the basket.
- Preheat the air fryer to 200°C
- 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 tortilla`s, salsa and chipotle mayonnaise. Add some chopped avocado`s and fold into taco`s 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:

<i>Preheat:</i>	<i>4 minutes / 190°C</i>
<i>Set Temperature:</i>	<i>190°C</i>
<i>Set Timer:</i>	<i>15 Minutes</i>
<i>Shake / Turn:</i>	<i>Yes, after 7½ minutes</i>

- Combine all the ingredients into a bowl, then roll into 3-4cm balls
- Place the meatballs into the cooking basket in a single layer, 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 7 and a half minutes, remove the outer pot from the air fryer and give the meatballs a good shake. Return the outer pot 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
1/3 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:

<i>Preheat:</i>	<i>4 minutes / 190°C</i>
<i>Set Temperature:</i>	<i>190°C</i>
<i>Set Timer:</i>	<i>14 Minutes</i>
<i>Shake / Turn:</i>	<i>Yes, after 7 minutes</i>

- 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 raisins, ketchup, cinnamon, ½ teaspoon salt, and ¼ teaspoon pepper.
- Using a 6.5cm 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, 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.

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
	Kosher salt
	Freshly ground black pepper

Directions:

<i>Preheat:</i>	<i>4 minutes / 200°C</i>
<i>Set Temperature:</i>	<i>200°C</i>
<i>Set Timer:</i>	<i>8 Minutes</i>
<i>Shake / Turn:</i>	<i>Yes, after 4 minutes</i>

FOR THE HERB BUTTER:

- 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 in the cooking basket and set the timer for 8 minutes.
- Cook for 4 minutes then remove the outer pot, 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:

500g	Baby potatoes
High	Heat cooking spray
2 tsp.	Garlic, minced or ½ tsp. Garlic salt
	Salt & Pepper to taste
	Fresh Parsley, chopped

Directions:

<i>Preheat:</i>	<i>4 minutes / 190°C</i>
<i>Set Temperature:</i>	<i>190°C</i>
<i>Set Timer:</i>	<i>20 Minutes</i>
<i>Shake / Turn:</i>	<i>No</i>

- 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 the cooking basket in a single layer, working 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 AIR FRYER 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:

<i>Preheat:</i>	<i>3 minutes / 180°C</i>
<i>Set Temperature:</i>	<i>180°C</i>
<i>Set Timer:</i>	<i>15 Minutes</i>
<i>Shake / Turn:</i>	<i>Yes, after 7½ minutes</i>

- Using a knife or mandoline, thinly slice the zucchini, sweet potato and beet into 0.5cm 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 into the cooking basket in a single layer.
- Set the temperature of your air fryer to 180°C and the timer to 15 minutes. Cook for 7½ minutes, then remove the outer pot and turn the chips over. Slide the outer pot back into the air fryer 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
1 ½ tbsp.	All-purpose flour
2 ½ tsp.	Lemon juice
½ tsp.	Garlic powder
½ tsp.	Ground cumin
¼ tsp.	Paprika
1 tsp.	Kosher salt
	High-heat cooking spray

Directions:

<i>Preheat:</i>	<i>3 minutes / 180°C</i>
<i>Set Temperature:</i>	<i>180°C</i>
<i>Set Timer:</i>	<i>10 Minutes</i>
<i>Shake / Turn:</i>	<i>Yes, after 5 minutes</i>

- 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 in the cooking basket in a single layer, working in batches if needed. Remove the outer pot to turn the falafel balls over after 5 minutes. Return to the air fryer 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:

<i>Preheat:</i>	<i>4 minutes / 190°C</i>
<i>Set Temperature:</i>	<i>190°C</i>
<i>Set Timer:</i>	<i>8 Minutes</i>
<i>Shake / Turn:</i>	<i>Yes, after 4 minutes</i>

- 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 in the cooking basket, working in batches as necessary to not overcrowd basket. Preheat your air fryer to 190°C and set the timer to 8 minutes. After four minutes, remove the outer pot and turn the French toast to ensure even cooking on both sides. Cook for the remaining 4 minutes.

Serve toast warm, drizzled with maple syrup.

14. AIR FRYER CHOCOLATE MOLTEN LAVA CAKES

Ingredients:

1 ½ tbsp.	Self-Raising Flour
3 ½ tbsp.	Caster Sugar
100g	Unsalted Butter
100g	Dark Chocolate (Pieces or Chopped)
2	Eggs

Directions:

<i>Preheat:</i>	<i>4 minutes / 190°C</i>
<i>Set Temperature:</i>	<i>190°C</i>
<i>Set Timer:</i>	<i>10 Minutes</i>
<i>Shake / Turn:</i>	<i>No</i>

- 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 3/4 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/goosey.

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

15. AIR FRYER APPLE FRITTERS:

Ingredients:

1 ½ Cups	All-purpose flour
¼ Cup	Sugar
2 tsp.	Baking powder
1 ½ tsp.	Ground cinnamon
½ tsp.	Salt
2/3 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
1 ½ tsp.	Vanilla extract, divided
	Cooking Spray

Directions:

<i>Preheat:</i>	<i>4 minutes / 200°C</i>
<i>Set Temperature:</i>	<i>200°C</i>
<i>Set Timer:</i>	<i>8 Minutes</i>
<i>Shake / Turn:</i>	<i>Yes, after 6 minutes</i>

- Line air-fryer basket with parchment or wax paper (cut to fit); spritz with cooking spray. Preheat health-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 4cm apart onto health-fryer basket. Spritz with cooking spray. Cook until golden brown, 5-6 minutes. Remove outer pot, turn fritters 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 1/2 teaspoon vanilla extract to browned butter; whisk until smooth. Drizzle over fritters before serving.