

**PROGRESS®**

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# CREATE ENTERTAIN INDULGE

**DUAL VIEW  
AIR FRYER**

Recipe booklet



Any recipe images used in this booklet are intended for illustrative purposes only.



## Manual air fry chart

Air Fryer Cooking Chart				
Ingredient	Amount	Oil	Temperature	Cooking time
<b>Vegetables</b>				
Asparagus	200 g Whole, trimmed	2 tsp	200 °C	8–12 mins
Bell peppers	2 peppers Whole	None	200 °C	16 mins
Broccoli	1 head (400 g) Cut into 2.5 cm florets	1 tbsp	200 °C	9 mins
Butternut squash	500–750 g Cut into 2.5 cm pieces	1 tbsp	200 °C	20–25 mins
Carrots	500 g Peel and cut into 1.5 cm pieces	1 tbsp	200 °C	13–16 mins
Cauliflower	1 head (900 g) Cut into a 2.5 cm floret	2 tbsp	200 °C	15–20 mins
Corn on the cob	4 cobs Whole ears, remove husks	1 tbsp	200 °C	12–15 mins
Courgette	500 g Cut into quarters length ways, then cut into 2.5 cm pieces	1 tbsp	200 °C	15–18 mins
Green beans	200 g Trim stems	1 tbsp	200 °C	8 mins
Kale	100 g Tear in pieces, remove stems	None	150 °C	8 mins
Mushrooms	225 g Cut into quarters	1 tbsp	200 °C	7 mins

White potatoes	750 g Cut into 2.5 cm wedges	1 tbsp	200 °C	18–20 mins
	450 g Cut into thin fries	1–3 tbsp	200 °C	20–24 mins
	450 g Cut into thick chips	1–3 tbsp	200 °C	23–26 mins
	4 potatoes Whole, pierce with fork	None	200 °C	25 mins
Sweet potatoes	750 g Cut into 2.5 cm chunks	1 tbsp	200 °C	15–20 mins
	4 potatoes Whole, pierce with fork	None	200 °C	30–35 mins
<b>Chicken</b>				
Chicken breasts	2 boneless breasts	Brush with oil	200 °C	20–25 mins
	4 boneless breasts	Brush with oil	200 °C	30–35 mins
Chicken thighs	4 bone-in thighs	Brush with oil	200 °C	22–28 mins
	4 boneless thighs	Brush with oil	200 °C	18–22 mins
Chicken wings	1 kg bone-in wings	1 tbsp	200 °C	33 mins
<b>Beef</b>				
Burgers	4 quarter pounders 2.5 cm thick	None	190 °C	12 mins
Steaks	2 x 200 g sirloin 1.5 cm–2.5 cm thick	None	200 °C	Rare: 9–10 mins Medium rare: 10–12 mins Well done: 18–20 mins
<b>Pork</b>				
Bacon	4 strips Cut in half	None	180 °C	9 mins
Pork chops	2 bone-in chops	Brush with oi	200 °C	15–18 mins
	2 boneless chops	Brush with oil	200 °C	14–17 mins
Sausages	4 sausages	Brush with oil	200 °C	16 mins

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<b>Lamb</b>				
Lamb chops	4 chops (340 g)	Brush with oil	200 °C	12 mins
<b>Fish and seafood</b>				
Salmon fillets	2 fillets	Brush with oil	200 °C	10–13 mins
Prawns	16 large Whole and peeled	1 tbsp	200 °C	7–10 mins
<b>Frozen</b>				
Chicken nuggets	1 box (397 g)	None	200 °C	16 mins
Chicken goujons	11	None	190 °C	8 mins
Fish fillets	4 fillets (500 g)	None	200 °C	14–16 mins
Fish fillets in batter	4 fillets Turn halfway through cooking	None	180 °C	18 mins
Fish fingers	10	None	200 °C	15 mins
Prawn tempura	8 prawns (Total 140 g) Turn halfway through cooking	None	190 °C	8–9 mins
French fries	500 g	None	180 °C	20–22 mins
	1 kg	None	180 °C	42 mins
Chunky oven chips	500 g	None	180 °C	20 mins
Potato wedges	500 g	None	180 °C	20 mins
Roast potatoes	700 g	None	190 °C	20 mins
Hash browns	7	None	200 °C	15 mins
Sweet potato fries	450 g	None	190 °C	20–22 mins

Vegan burgers	4	None	180 °C	10 mins
Breaded mushrooms	300 g	None	190 °C	10–12 mins
Onion rings	300 g	None	190 °C	14 mins
Yorkshire pudding	8 (150 g)	None	180 °C	3–4 mins



## Honey glazed pork chops

### Ingredients

2 pork chops	3 tbsp soy sauce	1 tsp garlic, minced
85 g honey	1 tbsp lime juice	

### Method

Mix together all of the ingredients, except for the pork chops, in a large bowl. Dip the pork chops into the mixture, cover and refrigerate for 1–2 hours.

Plug in and switch on the air fryer at the mains power supply.

Set the temperature to 200 °C and the time to 15–20 mins and carefully place the pork chops into the relevant cooking compartment.

Check that the pork chops are cooked through before serving.

Serve immediately with a variety of sides.

## Lime and parsley crispy chicken thighs

### Ingredients

4 chicken thighs	30 g fresh parsley, chopped	Cooking spray
4 garlic cloves, minced	160 ml buttermilk	Salt and pepper, to taste
2 limes, juiced	2 tsp brown sugar	
120 g breadcrumbs	$\frac{3}{4}$ tsp ground cumin	
64 g plain flour	$\frac{1}{2}$ tsp chilli flakes	

### Method

Mix together the buttermilk, chilli flakes, garlic, sugar, cumin, parsley and lime juice in a large bowl.

Dip the chicken thighs into the buttermilk mixture and then roll in the breadcrumbs until fully coated. Spray the chicken thighs on all sides with cooking spray.

Plug in and switch on the air fryer at the mains power supply. Set the temperature to 200 °C and the time to 22–28 mins and carefully place the chicken thighs into the relevant cooking compartment.

Check that the chicken is cooked through before serving.

Serve immediately with a variety of sides.

## Fried Cajun salmon

### Ingredients

910 g salmon fillets	2 tbsp salt
380 g cornflour	2 tsp black pepper
3 eggs	½–1 tbsp Tabasco sauce
125 ml milk	½–1 tsp cayenne pepper (or to taste)
125 ml lager	
3 tbsp mustard	Cooking spray

### Method

Whisk together the eggs, milk, lager, mustard, Tabasco sauce, cayenne pepper, and half of the salt and pepper in a large bowl. Cut the fish fillets into bite-sized pieces and dip into the egg mixture until fully coated. Cover and refrigerate for approx. 1 hour. Mix together the cornflour and the remaining salt and pepper in a shallow wide bowl or plate. Remove the fish pieces from the egg mixture and dip into the cornflour, coating evenly. Spray the fish pieces on all sides with cooking spray.

Plug in and switch on the air fryer at the mains power supply. Set the temperature to 200 °C and the time to approx. 15 mins and carefully place the fish pieces into the relevant cooking compartment.

Check that the fish is cooked through before serving.

Serve immediately with a variety of sides.

## Stir fry vegetables with soy sauce

### Ingredients

8 baby corn, sliced length ways	1 red pepper, sliced	2 tbsp olive oil
3 large chestnut mushrooms, quartered	1 green pepper, sliced	2 tbsp soy sauce
2 white onions, quartered	1 yellow pepper, sliced	1 tsp mixed herbs
1 butternut squash, skin removed and diced	1 orange pepper, sliced	Salt and pepper, to taste
	1 courgette, sliced at an angle	

### Method

Evenly coat the vegetables in olive oil and season with salt, pepper and mixed herbs to taste.

Plug in and switch on the air fryer at the mains power supply. Set the temperature to 200 °C and the time to approx. 15 mins and carefully place the potatoes into the relevant cooking compartment.

Check that the vegetables are cooked through before serving.

Serve drizzled with soy sauce.





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## Sweet potato wedges

### Ingredients

2 sweet potatoes, cut into wedges      Salt and pepper, to taste  
1 tsp chilli flakes                              Cooking spray

### Method

Spray the wedges on all sides with cooking spray and season with chilli flakes, salt and pepper. Toss to combine. Plug in and switch on the air fryer at the mains power supply. Select '**CHIP**'. Carefully place the wedges into the relevant cooking compartment. Check that the wedges are crispy before serving. Serve immediately with a dipping sauce.



3 YEAR GUARANTEE\*

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CD221122/MD261124/V4