



# AIRFRYER



RECIPE  
BOOK

## Congratulations on the purchase of your new Glen Air Fryer.

We welcome you to the Glen family. A family that cares for your health and respects your taste. At Glen we bring you the most innovative and advanced products and features to make your cooking convenient and enjoyable.

To bring out the best of your new Glen Air Fryer an array of exciting recipes are provided in this book. Each entry has been created especially for the Glen Air Fryer. We hope you enjoy cooking these recipes as much as we enjoyed bringing them to you.

**Great tasting fries,  
now go healthy, oil free !**

upto 80% less fat\*  
\*compared to conventional fryers

Now give your favorite fried foods a make over.

Instead of using fat to make fries, the revolutionary Glen Air Fryer uses superheated air. It fries to a crispy golden-brown finish – and cuts the calories – in everything from fries, snacks, chicken, burgers, meat and more.

That same mouth-watering taste “crispy on the outside, moist on the inside” - without the oil.

**Genuinely home made and extremely tasty.**

## Paneer Pizza



A fusion of Indian and Italian cuisine! Paneer Pizza is a great buttery-cheesy snack that's a favourite with kids.

### Ingredients

- 200 gm Paneer cut into thin slices makes 5 slices
- ½ a carrot grated
- ¼ of an onion chopped
- 2" piece of capsicum chopped
- ¼ of a tomato deseeded and chopped
- 1 teaspoon corn flour
- Salt to taste
- 1 cube of cheese grated

### Method

- Wash the paneer and pat dry on a kitchen towel.
- Mix dry corn flour and salt, without water, and sprinkle on the paneer slices.
- Make a mixture of onion, tomato, carrots and capsicum and a pinch of salt.
- Preheat Glen Air Fryer for 4 minutes at 180 degrees and put the paneer slices, on which corn flour has been sprinkled, the flour side up and fry for 2 minutes.
- Take out the slices, put the mixture on the other side and top it with grated cheese.
- Place these again in the fryer for 5 minutes.
- Take out once done.
- Serve hot with mint chutney.

## Cheese Straws



A wonderful cheesy crisp snack or appetizer which can also be served with soup, these straws look professional and taste even better.

### Ingredients

- ¾ cup flour
- ⅓ cup butter
- 1 small egg
- ¼ teaspoon salt
- ⅓ cup processed cheese
- Pinch of red chilli powder

### Method

- Sieve the flour and salt.
- Rub in the butter and add the grated cheese.
- Mix a beaten egg into this and knead to form a dough.
- Roll into an oblong and cut, twisting each piece to give the straw shape.
- Preheat the air fryer for 3 min at 190 degrees.
- Fry for 5-6 min turning, in between.

Note: The straws may take more time if they are very thick.

## Vegetable Cutlets



Vegetable cutlet is a very popular snack; it is very easy to make and can be had as an appetizer or light afternoon snack or evening snack with tea. It is also great for small parties and get-togethers.

### Ingredients

- 200 gm Potatoes
- ½ a carrot grated
- 50 gm capsicum (finely chopped)
- 50 gm cabbage (finely chopped)
- Salt to taste
- A slice of bread
- Bread crumbs
- 1 teaspoon corn flour mixed in a little water

### Method

- Boil and mash potatoes add carrot, cabbage and capsicum.
- Dip the slice of bread in water, squeeze the water out and add to the mixture. Add salt and mix well.
- Divide into 6 round balls and flatten them.
- Coat both sides with the corn flour mixture and then roll them over the bread crumbs.
- Brush them with a little oil and fry in the preheated Glen fryer for 15 min at 180 degrees, turning them after 8 min.
- Remove and serve hot with chutney or sauce.

## Air Roast Chicken with Tomatoes



This is a delicious combination of flavours and colours; serve it over fresh baby spinach or with other veggies, or pasta. A tasty, light meal the whole family will savour.

### Ingredients

- 2 small chicken thighs with skin, deboned and excess fat removed
- 1 tablespoon cooking oil
- 2 tomatoes

#### Marinade

- 1 teaspoon dried thyme
- 1 teaspoon light soy sauce
- 2 cloves of garlic peeled and grated

### Method

- Marinate the chicken for an hour.
- Preheat the air-fryer for 2 min at 180 degrees.
- Brush cooking oil on chicken skin.
- Roast in the air fryer for 15 min with skin facing down.
- Remove the chicken from the air fryer, collect the chicken oil and drizzle it over the tomatoes.
- Roast tomatoes for 6 min at 160 degrees.
- Note: for larger chicken thighs, cook longer till done.

## Potato Wedges



Here is something that goes well with just about anything, and they are super on their own too. They are easy to make in the Glen Air Fryer which turns out perfect Potato Wedges each time!

### Ingredients

- 250 gm Potatoes
- 1 tablespoon Cooking Oil
- Dash of Paprika

### Method

- Scrub the Potatoes clean and cut into wedges.
- Soak the wedges in water for about 30 minutes.
- Drain and pat dry on a clean kitchen towel.
- Coat them with oil in a bowl and sprinkle some paprika powder.
- Cook in a preheated Glen Air Fryer for 20 min at 180 degrees.

## Fried Arbi



Arbi is generally served as dry side dish with dal and rice or chappatis. Made this way, it can also be served as an appetizer or cocktail snack.

### Ingredients

- 250 gm Arbi, boiled
- 1 teaspoon Corn flour
- ½ teaspoon salt
- 1 teaspoon oil

### Method

- Peel the arbi and cut into bite-size pieces.
- Put on the kitchen towel to dry.
- Sprinkle some corn flour mixed with salt.
- Brush with oil and put in the pre heated Glen fryer for 10-12 min at 180 degrees.
- Stick toothpicks on each piece and serve immediately.

## Cabbage Canapes



Canape is a decorative finger food, usually eaten in one bite. A canapé generally consists of a base of either crackers, bread, toast or puff pastry, followed by the application of some cream or butter paste topped with a canope of chopped vegetables, meat, fish, cheese, relish etc. That's a small definition of what a canapé is. It can be uses as appetizers.

### Ingredients

- 1 small cabbage
- ¼ of an onion (chopped fine)
- ¼ piece of capsicum (chopped fine)
- ½ of a medium carrot grated
- 1 cube of Amul cheese grated

### Method

- Mix the onion, capsicum and carrot with ¼ of cheese.
- Cut the cabbage from the top in such a way that you can take out round pieces from it which forms the boat.
- In this put the onion cheese mixture and top it with remaining grated cheese.
- Make four such small boats.
- Preheat the Glen fryer for 3 min at 180 degrees.
- Put these in the fryer for 2 min.

## Hara Kabab



A Crispy preparation made of healthy green vegetables mashed with boiled potatoes. A terrific any time snack, serves well with Dhania-Pudina chutney.

### Ingredients

- 100g Potato boiled and mashed
- 50g Peas boiled and mashed
- 50g Spinach blanched and chopped
- 50g Finely chopped cabbage
- 5g Chaat masala
- 2 tsp Oil
- 1 chopped Green chilli
- Salt to taste

### Method

- Boil and mash peas, potatoes, spinach & cabbage. Boil and finely chop the spinach.
- Add salt and mix all the ingredients.
- Divide into 6 equal parts and form into the shape of a tikki.
- Pre heat the Airfryer for 2 minutes at 200°C.
- Apply oil to the Tikkis and air fry at 180°C for 10 minutes or till slightly golden brown on the outside.
- Serve with sliced onions and chutney.

## Masala Papad



That perennial favourite, papad, gets perfectly crisp cooked in the Glen Air Fryer.

### Ingredients

- 2 Papads
- 1/2 salad tomato chopped into very small pieces (seeds removed)
- 1 small onion
- 1 green chilli

### Method

- Cut each papad into two.
- Preheat the fryer for 3 min at 180 degrees.
- Add the papads.
- After 1 min turn and give one more minute.
- Remove and top it with chopped tomato, onion and green chilli.
- Serve hot.

## Roasted Peanuts



Put a plate of these and it's hard to resist cleaning up every single piece! Now, using a Glen Air Fryer, it's easy to make them at home, in minimum and good quality oil.

### Ingredients

- 200 gm Peanuts
- 2 tablespoons gram flour
- ½ teaspoon salt
- ½ teaspoon Amchur
- 1 tablespoon oil
- 1 tablespoon water

### Method

- Preheat the Air Fryer for 3 min at 180 degrees.
- Mix all the ingredients together in a bowl.
- Put them in to the air fryer and fry for 13-15 min till crisp.
- Turn them twice while they cook to get a uniform colour and texture.

## Chicken Tikka



A universal and international favourite, the Chicken Tikka is surprisingly easy to make. Make a double portion and use the leftovers to put into a sandwich with some mint chutney and you'll have England's favourite sandwich in hand!

### Ingredients

- 750 gm boneless chicken cut into 2" cubes
- 1 teaspoon Red chilli powder
- 1 tablespoon Lemon juice
- Salt as per taste

#### For the marinade

- 4 tablespoons hung curd
- 2 tablespoons Ginger garlic paste
- 1 tablespoon Lemon juice
- 2 tablespoons Oil
- Salt + 2 tablespoons roasted gram flour

### Method

- Make incisions with a sharp knife on the chicken pieces and apply salt, lemon juice and chilli powder.
- Mix curd, ginger garlic paste, salt, lemon juice, oil and gram flour together.
- Put this mixture on the chicken pieces for 4 hrs.
- Pre heat the Airfryer at 180°C. Apply butter to the chicken with a brush and air fry for about 8-10 minutes.
- Serve with pudina chutney and onion rings.

## Seekh Kabab



A terrific snack, appetizer or side dish, these kababs are easy to make thanks to the addition of potato which binds the mixture well besides adding to the taste. Serve with Dhania-Pudina Chutney.

### Ingredients

- 450 gm keema
- 1 small potato
- 1" ginger
- 1 tablespoon finely chopped onions
- 1 egg
- 1 teaspoon cumin seeds
- ½ teaspoon chilli powder
- 1 teaspoon salt
- Pinch of nutmeg

### Method

- Wash, scrape and cut ginger very finely.
- In a mixing bowl, peel and grate the potato.
- Mix the grated potato with keema, onions, egg, cumin, chilli powder, salt, nutmeg and ginger.
- Blend well. Divide the mixture into 8 equal parts and roll them like a seekh (the skewers will not go in the fryer)
- Preheat the Airfryer for 5 minutes at 2000C. Air fry at 1800C for about 5 minutes.
- Apply butter to the kababs. Roast again for 2-4 minutes.
- Serve with onion and mint chutney.

## Air fried Fish fillet



Air fried fish fillet is cooked to perfection with minimum oil, making it a very healthy item in your menu planning. Air frying makes the fish crisp on the outside and soft inside.

### Ingredients

- 2 slices of fish
- 1egg
- 50 gms bread flour
- Salt
- Pepper
- Tartar sauce

### Method

- Clean the fish fillet and drain excess water.
- Rub salt and pepper on the fish.
- Coat the fillets with egg and then with bread flour.
- Preheat the air fryer for 3 min.
- Put the fillets in the Glen Air Fryer at 200 degrees for 15 min turning once in-between.
- Serve with tartar sauce.





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