

# AIR FRYER RECIPE BOOK





# Healthy Cooking with KENT Air Fryers

Discover the KENT range of Air Fryers, an ideal choice for preparing healthier and more flavourful meals. Using up to 80% less oil, they enable the preparation of a wide variety of dishes, from crisp appetisers to wholesome main courses. Whether crafting light snacks or elaborate gourmet creations, the KENT Air Fryer range offers endless culinary possibilities.



8 LITRES

12 LITRES

4 LITRES



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# VEGETARIAN





# SABUDANA VADA

ACTIVE: 15 MIN | TOTAL: 30 MIN | SERVES: 4

By: @cooking\_day\_diaries 

## INGREDIENTS

Drained Sabudana, ¼ Cup Crushed Peanuts, 2 Boiled potatoes, 1 Green Chilli, Grated Ginger, Salt (Sendha Namak) – to taste, Pinch of Black Pepper, Chopped Coriander.

## RECIPE

1. Soak 2 cups Sabudana for 2-3 hrs. Add drained Sabudana to a bowl and mix the ingredients mentioned above in order. Use the mix to make Tikkis with round edges.
2. Place them in your KENT Airfryer for 15 mins at 185°C. Garnish with Greek yogurt, peanuts, and coriander leaves. Enjoy the crisp outside and softness inside.





# STUFFED GARLIC MUSHROOMS

ACTIVE: 10 MIN | TOTAL: 20 MIN | SERVES: 4

## INGREDIENTS

12 Button Mushrooms

### FOR THE STUFFING

1 slice of white bread, 1 garlic clove crushed, 1 tablespoon flat-leafed parsley, finely chopped Ground black pepper to taste, 1 tablespoon olive oil

## RECIPE

1. Preheat the KENT Airfryer to 200°C. In a food processor, grind the slices of bread into fine crumbs and mix in the garlic, parsley and pepper to taste. When fully mixed, stir in the olive oil.
2. Cut off the mushroom stalks and fill the caps with the breadcrumbs. Pat crumbs into caps to ensure loose crumbs do not get pulled up into fan. Place the mushroom caps in the cooking basket and slide it into the KENT Airfryer. Cook the mushrooms for 10 minutes or until they are golden and crispy.





# PANEER TIKKA

ACTIVE: 15 MIN | TOTAL: 30 MIN | SERVES: 4

## INGREDIENTS

Paneer – 200 g (cubed), Capsicum – 1 (diced), Onion – 1 (cut into petals),  
Curd – ½ cup, Red chilli powder – 1 tsp, Garam masala – ½ tsp,  
Salt – to taste, Oil – 1 tsp

## RECIPE

1. In a bowl, mix curd, red chilli powder, garam masala, salt, and oil to make a marinade. Add paneer cubes, onion petals, and capsicum pieces. Mix gently so everything is well coated. Rest for 15 minutes if possible.
2. Preheat the air fryer at 180°C for 5 minutes. Place the marinated paneer and veggies in the basket (or on skewers). Air fry for 10–12 minutes, flipping once halfway, until they turn golden with light char marks. Serve hot with green chutney or lemon wedges.





# SAMOSA

ACTIVE: 20 MIN | TOTAL: 50 MIN | SERVES: 6

## INGREDIENTS

1 Cup All-purpose flour (Maida), 3 tablespoon Ghee, 1 tablespoon Sooji, 2 teaspoon Ajwain, 2 teaspoon Salt.

### FOR THE STUFFING

4 Potatoes, Salt – to taste, 2 teaspoon red Chilli powder, 2 green Chillis, half cup green Peas. 1 teaspoon of Mustard, Coriander, Cumin, and Fennel seeds. 1 teaspoon of Lemon juice and Turmeric. 1 tablespoon chopped Garlic.

## RECIPE

1. Use Flour, Ghee, Sooji, Ajwain, and Salt to kneed a stiff dough by gradually adding water. Cover the dough for 20 mins. For the stuffing, boil and cool the potatoes. Roast and grind the Cumin, Coriander, Fennel, and Mustard seeds. Mix and mash all the stuffing ingredients.
2. Divide the dough into 6 pieces, flatten them and fill them with the stuffing. Preheat your KENT Airfryer at 190°C for 5 mins then place the samosas in for 15 mins, flip them a couple of times and enjoy.





# MOONGDAL FRITTERS

ACTIVE: 15 MIN | TOTAL: 30 MIN | SERVES: 4

## INGREDIENTS

1 cup yellow Moong dal, soaked overnight. 2 chopped green Chillies, 1 teaspoon grated ginger, 1 chopped onion, ½ teaspoon cumin seeds. Salt to-taste.

## RECIPE

1. Blend soaked moong dal into a coarse paste. Mix with onion, ginger, green Chilli, cumin, and salt. Shape into small flat fritters with wet hands.
2. Arrange on parchment in the air fryer, spray with oil, and cook at 200°C for 12–14 minutes, flipping halfway, until crisp outside but soft inside.





# MASALA CORN ON THE COB

ACTIVE: 15 MIN | TOTAL: 30 MIN | SERVES: 2

## INGREDIENTS

2 Corn cobs, 1 tablespoon melted butter, ½ teaspoon red pepper, ½ teaspoon chaat masala. Salt to-taste.

## RECIPE

1. Clean and pat dry the corn cobs. Brush them generously with melted butter mixed with salt, red Chilli powder, and a pinch of chaat masala. Let the corn rest for 5 minutes to allow the flavors to soak in.
2. Preheat your KENT Airfryer to 200°C, place the cobs in the basket, and cook for 10–12 minutes, turning once halfway through. The corn should get lightly charred while remaining juicy. Sprinkle extra chaat masala and a squeeze of lemon juice before serving hot.





# KARELA CHIPS

ACTIVE: 17 MIN | TOTAL: 35 MIN | SERVES: 2

## INGREDIENTS

2 thinly sliced Bitter Gourds (karela), 1 tablespoon gram flour (besan), 1 teaspoon rice flour, ½ teaspoon Turmeric, ½ teaspoon red Chilli powder, Salt to-taste.

## RECIPE

1. Toss karela slices with salt and Turmeric, then set aside for 15 minutes to draw out some bitterness. Pat dry with a kitchen towel, then coat evenly with gram flour, rice flour, and Chilli powder to create a light crust.
2. Preheat the air fryer to 180°C, spread slices in a single layer, and spray with oil. Cook for 10–12 minutes, shaking the basket halfway, until crisp and crunchy. Sprinkle a little chaat masala on top before serving for extra flavor.





# NON-VEGETARIAN





# KOREAN BBQ SATAY

ACTIVE: 15 MIN | TOTAL: 30 MIN | SERVES: 4

## INGREDIENTS

1 pound boneless skinless chicken tenders, ½ cup low sodium soy sauce, ½ cup pineapple juice, ¼ cup sesame oil, 4 garlic cloves chopped, 4 scallions chopped, 1 tablespoon fresh ginger grated, 2 teaspoons sesame seeds toasted, 1 pinch black pepper

## RECIPE

1. Skewer each chicken tender, trimming excess meat or fat. Combine all other ingredients in a large mixing bowl. Add the skewered chicken to the bowl, mix well and refrigerate, covered, for 2 hours up to 24 hours.
2. Preheat the KENT Airfryer to 200°C. Pat chicken completely dry with a paper towel. Add half of the skewers to the cooking basket and cook each batch for 5-7 minutes.





# TANDOORI CHICKEN WINGS

ACTIVE: 20 MIN | TOTAL: 40 MIN | SERVES: 4

## INGREDIENTS

10 to 12 half-cut Chicken wings, ½ Lemon, 3 teaspoon red Chilli powder and Salt, 2 teaspoon Turmeric, Garam masala and Kasoori Methi. 2 tablespoon Ginger Garlic paste. 1 Cup Curd.

## RECIPE

1. Trim the fat and skin off the wings. Add yogurt, ginger-garlic paste, Kashmiri red chili powder, fenugreek leaves, homemade garam masala, turmeric, lemon juice, and salt over the chicken wings. Mix it well and refrigerate for at least an hour.
2. Preheat your KENT Airfryer to 200°C for 5 mins. Lower the temperature to 190°C and place the wings inside for 15 mins, then increase the temperature back to 200°C and cook for 5 more mins. Enjoy your crispy tandoori Chicken wings.





# FRIED FISH STICKS

ACTIVE: 10 MIN | TOTAL: 30 MIN | SERVES: 4

## INGREDIENTS

450g firm white fish fillets (Surmai, Rohu, Basa, or Pomfret), ½ cup all-purpose flour (maida), 2 large eggs (beaten), 1 cup breadcrumbs, ½ teaspoon red Chilli powder, black Pepper, and Salt.

## RECIPE

1. Cut the fillets into 4x1 Inch sticks. Coat the fish – Season the fish with salt, pepper, and chilli powder. Dredge in flour, dip in beaten eggs, then coat with breadcrumbs.
2. Place the sticks in your KENT Airfryer, spray lightly with oil, and cook at 200°C for 8–10 minutes, flipping halfway, until golden and crispy.





# EGGPLANT AND MINCE CUTLETS

ACTIVE: 15 MIN | TOTAL: 30 MIN | SERVES: 3

## INGREDIENTS

250 g minced chicken/mutton, 1 medium eggplant roasted & mashed, 1 chopped onion, 1 teaspoon garam masala, 1 teaspoon ginger-garlic paste, Breadcrumbs, Salt, Oil spray.

## RECIPE

1. Roast the eggplant directly on an open flame or in the oven until the skin is charred and the flesh turns soft. Scoop out the pulp, mash it, and mix with minced meat, onion, ginger-garlic paste, garam masala, breadcrumbs, and salt. Combine well until it forms a firm mixture that holds shape.
2. Place the cutlets inside your KENT Airfryer at 200°C for 12–14 minutes, turning once, until crisp outside and moist inside.





# TANDOORI PRAWNS

ACTIVE: 15 MIN | TOTAL: 40 MIN | SERVES: 3

## INGREDIENTS

300 g prawns, cleaned & deveined. ½ cup thick yogurt, 1 teaspoon Ginger-Garlic paste, 1 teaspoon red Chilli powder, ½ teaspoon turmeric, 1 teaspoon garam masala, 1 teaspoon lemon juice. Salt to-taste.

## RECIPE

1. In a bowl, whisk yogurt with ginger-garlic paste, red chilli powder, turmeric, garam masala, lemon juice, and salt. Add the prawns, coat them well, and marinate for at least 30 mins. Make sure the marinade clings to the prawns in a thick layer.
2. Preheat your KENT Airfryer to 200°C. Arrange the prawns in it and cook for 8–10 minutes, flipping once halfway. The prawns should curl, turn opaque, and get light char marks while staying juicy inside.





# KEEMA STUFFED CAPSICUM

ACTIVE: 20 MIN | TOTAL: 40 MIN | SERVES: 4

## INGREDIENTS

250 g minced Mutton or Chicken. 2 Capsicums, halved & deseeded. 1 chopped onion, 1 teaspoon garam masala, ½ teaspoon Turmeric. Salt to-taste.

## RECIPE

1. Sauté onion with the mince, turmeric, garam masala, and salt until the keema is cooked and moisture evaporates. Let the mixture cool slightly, then stuff generously into the capsicum halves, pressing down so the filling holds.
2. Preheat your KENT Airfryer to 190°C, arrange capsicum halves in the basket, spray lightly with oil, and cook for 12–15 minutes until the capsicum softens and the keema top turns slightly browned. Garnish with fresh coriander before serving.





# LIVER FRY BITES

ACTIVE: 10 MIN | TOTAL: 40 MIN | SERVES: 4

## INGREDIENTS

250 g Mutton liver, cut into bite-sized pieces. 1 tablespoon Ginger-Garlic paste, 1 teaspoon Cumin powder, 1 teaspoon red Chilli powder, 1 teaspoon Coriander powder. Salt to-taste.

## RECIPE

1. Mix liver pieces with Ginger-Garlic paste, Cumin, Chilli powder, Coriander, and Salt, then marinate for 30 minutes. This helps tenderize the liver while infusing it with bold flavor.
2. Preheat your KENT Airfryer to 200°C, spread liver evenly in the basket, and spray lightly with oil. Cook for 8–10 minutes, shaking once midway, until browned on the outside but still tender. Avoid overcooking and garnish with lemon juice before serving.





# DESSERT





# MODAK

ACTIVE: 15 MIN | TOTAL: 40 MIN | SERVES: 4

By: @foodmagicbyankita 

## INGREDIENTS

1 tablespoon Ghee, Chopped Dry fruits, 1 teaspoon poppy seeds, 1 Cup desiccated Coconut, ½ Cup Jaggery, 300g All-purpose Flour (with 1 tablespoon ghee)

## RECIPE

1. To get your filling ready, in low-heat pan, mix Ghee, Dry fruits, poppy seeds, desiccated Coconut, and Jaggery till it gets a sticky texture and turns dark brown. Knead a tight dough of All-purpose Flour using a teaspoon of ghee and water when required.
2. Flatten the dough and cut round shapes large enough to make dumplings. Place the filling in the center of the dough cutouts and wrap it up like a dumpling. Place the Modak in your KENT Airfryer, lightly brush them with oil, and let them cook at 200°C for 15 mins.





# CHURMA LADDU

ACTIVE: 12 MIN | TOTAL: 40 MIN | SERVES: 6

By: @foodmagicbyankita 

## INGREDIENTS

2 cup wheat flour, Half cup Suji, 2 spoon Besan, 3-4 Ghee.

### FOR LADDU

Crushed roasted Fox nuts (Makhana), Crushed roasted Almonds, Crushed roasted Cashews (Kaju), 1 teaspoon crushed Cardamom (Ilaichi), 2 tbsp heated Ghee, 1 cup heated Jaggery.

## RECIPE

1. Use Wheat flour, Suji, Besan, and Ghee to kneed a tight mix of dough. Roll the dough into small fistfuls and place them in your KENT Airfryer for 12 mins at 180°C after gently brushing them with oil.
2. Take out the dough balls and grind them in a KENT Mixer Grinder. Add crushed Fox nuts, Almonds, Cashews, Cardamom, Ghee, and Jaggery to the mix. Roll the mix into Laddus.





# BALUSHAH

ACTIVE: 25 MIN | TOTAL: 40 MIN | SERVES: 3

By: @bi\_bi\_foods 

## INGREDIENTS

250g Maida, 2 tablespoon Ghee, 1 teaspoon Baking Powder, ½ teaspoon Baking Soda, 1 teaspoon Salt, 1 cup Sugar, 1 cup Water, and a pinch of Saffron.

## RECIPE

1. Knead a soft dough with Maida, ghee, baking soda, baking powder, salt, and water. Preheat your KENT Airfryer at 185°C for 10 mins. Shape the dough into small doughnuts. Place them inside the Airfryer on a butter paper and lightly brush them with oil. Cook them at 180°C for 10 mins.
2. Remove them and brush them with oil again & cook for 4 mins for a golden color. Prepare sugar syrup with equal parts sugar & water, sprinkle in some Saffron. Enjoy!





# CANNOLI CUPS

ACTIVE: 10 MIN | TOTAL: 20 MIN | SERVES: 4

## INGREDIENTS

1 cup Flour, 1 tablespoon Sugar, 1 tablespoon Butter, ½ cup Ricotta, 2 tablespoon Sugar (for filling), 1 tablespoon Chocolate chips, Oil spray, powdered Sugar or chopped Pistachios (for garnish).

## RECIPE

1. Knead flour, sugar, and butter into dough. Flatten the dough, cut into discs, and press into muffin liners to form cups.
2. Place them in your KENT Airfryer at 180°C for 6–8 minutes until crisp, then fill with sweet ricotta and chocolate chips, finishing with powdered sugar or pistachios.





# OATMEAL CHOCOCHIP COOKIES

ACTIVE: 10 MIN | TOTAL: 20 MIN | SERVES: 2

## INGREDIENTS

½ cup rolled Oats, ½ cup Flour, ¼ cup butter, ¼ cup brown sugar, 1 tablespoon honey, ¼ teaspoon baking soda, 2 tablespoon chocolate chips.

## RECIPE

1. Place cream butter, sugar, and honey in a bowl, then mix in oats, flour, baking soda, and chocolate chips to form a dough. Shape the dough into small discs.
2. Place them on butter paper inside your KENT Airfryer at 170°C for 6–7 minutes until edges turn crisp, but center remains chewy. Cool slightly before eating.





# APPLE DANISH

ACTIVE: 10 MIN | TOTAL: 25 MIN | SERVES: 4

## INGREDIENTS

1 sheet puff pastry (store-bought or homemade), 1 thinly sliced apple, 1 tablespoon sugar, ½ teaspoon cinnamon powder, 1 tablespoon butter (melted), Honey or glaze (optional).

## RECIPE

1. Cut puff pastry into squares, place apple slices in the center, sprinkle with sugar and cinnamon, then fold corners slightly inward.
2. Brush with butter, place them in your KENT Airfryer at 180°C for 8–10 minutes until puffed and golden, and drizzle with honey or glaze if desired.





# CUPCAKES

ACTIVE: 12 MIN | TOTAL: 30 MIN | SERVES: 4

## INGREDIENTS

1 cup flour, ½ cup sugar, ½ cup milk, 2 tablespoon butter, ½ teaspoon baking powder, ½ teaspoon vanilla essence, Frosting (optional).

## RECIPE

1. Mix flour, sugar, baking powder, butter, milk, and vanilla to form a smooth batter. Pour the batter into silicone cupcake molds.
2. Place them in your KENT Airfryer at 160°C for 10–12 minutes until a toothpick comes out clean. Cool and frost as desired.







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