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**Tefal®**  
*ActiFry*



## TEFAL: Nutritious and delicious

### Innovating for your health's sake

Good nutrition means not only having a varied and balanced diet...but also taking care to choose healthy food ingredients when cooking. How these are prepared and cooked makes a real difference to their nutritional and sensory values. And because all food preparation and cooking appliances are not equal, **Tefal** has developed a range of products that are dedicated to NUTRITION FOR GREATER PLEASURE: ingenious culinary appliances which preserve the nutritional integrity of food and allow the taste of the ingredients to be fully appreciated.

### Bringing you proof

At the forefront of nutritional developments, **Tefal** is investing in research and innovation to bring you unique solutions with nutritional advantages that are validated by scientific studies.

### Informing you

When it comes to nutrition, **Tefal** has always provided practical solutions in the kitchen, helping you to prepare your meals quickly and enjoyably. Every day, public health issues and our changing lifestyles strengthen **Tefal**'s desire to make the basics of nutritional good practice available to everyone on a daily basis.

Day after day, the **Tefal** Nutritious & Delicious range will help you to achieve dietary balance without sacrificing culinary pleasure.



**NUTRITIOUS  
& DELICIOUS**

### Making healthy eating a real pleasure

Above all, eating should be a pleasurable experience, involving the sharing of food, and friendship. Eating well, however, is also linked to health and well-being.

Healthy eating plays a key role in the prevention of major diseases such as heart disease, diabetes, some cancers and obesity, and in keeping you and your family in good health. Our reason for creating the recipes in this booklet was to help you and your family optimise your diet while in no way compromising the taste of food or the enjoyment of eating.

ActiFry's technical characteristics allow you to eat chips and cooked potatoes with a low fat content: a precious aid in the fight against obesity and heart disease. Accompanied by vegetables and salad, fruits, low fat dairy produce, lean meats, fish and pulses, chips cooked in this way fit perfectly into a balanced diet for the pleasure of young and old alike. ActiFry also allows you to cook other foods to perfection: vegetables, meats, fish and fruits.

This recipe booklet is a colourful collection of tasty and varied dishes cooked in a revolutionary appliance! The contents have been carefully chosen in order to bring you the maximum satisfaction in terms of taste as well as nutrition. All of the recipes have been carefully created in order to take account of the nutritional benefits of each ingredient and of its role as part of a balanced diet.

Our team of home economists, and nutritionist have done justice to this high technology appliance, and have paid particular attention to developing and testing all of the recipes and to providing the nutritional information in this recipe book.

*With ActiFry,  
learning how to prepare balanced meals could not be easier...  
enjoy tasty dishes with less fat to help keep you healthy.*



# Enjoying your food

Every day, we need to eat and drink to satisfy our daily energy requirements and obtain the essential nutrients our bodies need. A balanced diet should provide:

- Sufficient energy (calories), fluids and essential nutrients, such as protein, vitamins and minerals
- A good balance of food intake between the different meals
- An evenly distributed supply of energy and nutrients throughout the day

However, we live in an environment where healthy choices are not always the easiest choices, we rely heavily on processed foods and 'eat on the go' much of the time. No-one would suggest we eat as our ancestors did, but if we believe eating for health is important, then we need to adapt to today's lifestyles and optimise our nutritional health.

## Achieving a healthy balance

- 1 Eat lots of fruit and vegetables every day. Bursting with essential vitamins, minerals, antioxidant nutrients and fibre they're a vital part of your healthy eating plan.
- 2 Base meals on starchy carbohydrate foods for energy and fibre.
- 3 Eat less saturated fat – it's linked to heart disease, and is not essential in the diet.
- 4 Eat more fish: both white fish (low in fat and rich in nutrients) and oily fish. Aim for at least two servings of fish a week, including one serving of oily fish (salmon; mackerel; pilchards; sardines).
- 5 Watch portion sizes, especially of fatty, sugary foods and try to be a healthy weight.
- 6 Cut down on salt – read labels and keep your intake to below 6g per day.
- 7 Drink plenty of water and fluids – at least 6-8 glasses every day.
- 8 Start each day with breakfast.
- 9 Take time to enjoy your food: sit down at the table and savour every mouthful.

## Balance and variety: the food group approach

### Starchy foods: bread, other cereals and potatoes

For energy, B vitamins, minerals and fibre, these foods should make up about a third of the food you eat. Include at least one with each meal, including bread (especially wholemeal); breakfast cereals; pasta, rice, couscous, potatoes yam, and chapatti.

### Fruit and vegetables

Eat a variety every day – all types count towards your 5-a-day, including fresh, frozen, canned and dried. Fruit juice is high in sugar, so only counts once a day. One portion is approximately 80g (or 3 tablespoons) vegetables, a bowl of salad, a whole fruit (banana, apple or orange) or two small ones (plums, satsumas).

### Milk and dairy foods

Two to three servings each day will provide essential calcium for healthy bones and teeth, some B and fat soluble vitamins. Choose lower fat milk, cheese and yogurts for maximum calcium, but lower saturated fat intake.

### Meat, fish and alternatives

Two servings a day are needed to provide protein, iron and other minerals and vitamins. Choose from: lean red meat, poultry, fish, eggs, beans, lentils, dhal, nuts, tofu and seeds.

### Fatty and sugary foods

Cooking oils and some fat spreads contain essential fats and fat soluble vitamins (A,D and E) which we need in small amounts for good health. Use sparingly. Many foods in this group however, are high in saturated fats and sugar, such as cakes, biscuits, pastries and savoury snacks, so limit your intake and include occasionally in small amounts.

### Drinks

Keep well hydrated throughout the day with at least 6-8 cups fluid every day, including water, hot drinks (including some tea/coffee/fruit or herbal teas) and low sugar or sugar free cold drinks. If you drink alcohol, keep to the sensible daily limits of no more than 2-3 units of alcohol for women and 3-4 units for men.



## The potato: part of your healthy balance

**P**otatoes can be eaten by anyone of any age! Potatoes are a popular vegetable in the UK, often wrongly blamed for being fattening. In fact they are low in fat, filling and full of vitamin C and other antioxidant nutrients.

Virtually fat-free, an average jacket potato, eaten with the skin, contains 250 calories, 50g carbohydrate, and almost one quarter of daily fibre, vitamin C, folate and potassium, as well as over half your vitamin B6 daily needs.

**The fibre in potato skins is important.** Fibre improves digestive health, and helps prevent the build up of harmful toxins. Fibre may also reduce the risk of heart disease and some cancers, and can promote a feeling of fullness, so helping to reduce snacking between meals.

As well as providing many essential trace elements, the potato also contains a variety of phytochemicals (beneficial plant compounds) known to act as protective antioxidants in the body. These include:

- Carotenoids
- Flavonoids
- Vitamin C

Potatoes vary enormously in size, shape and taste according to the variety and climatic and growing conditions. Each variety has its particular earliness, yield, size, colour, keeping quality and culinary uses. A potato's characteristics when cooked may vary according to its origin and seasonality.



### Which variety of potato should I use?

As a general rule, we recommend that you use potatoes recommended for chipping in your ActiFry. In many supermarkets there is information on the packaging telling you which varieties are suitable for making chips. We recommend varieties such as King Edward and Maris Piper for good results.

At the beginning of the main crop season or when potatoes have been freshly harvested they may have a higher water content, so we advise you cook the chips for a few more minutes.

Remember that using different potato varieties does result in a different taste, texture and flavour.

ActiFry also allows you to prepare frozen chips. As these are pre-cooked in oil during processing, it is not necessary to add any more oil.

### Where should I store potatoes?

The best place to store potatoes is in a dark, cool airy cupboard (between 6 and 8°C), away from the light.

### How should I prepare potatoes for ActiFry?

To obtain the best results, you must ensure that the chips do not stick together. With this in mind, wash the whole potatoes and then cut them into chips using a sharp knife or chip cutter. The chips should be of equal size so that they all cook at the same time.

Wash the chipped potatoes in plenty of cold water until it runs clear in order to remove as much of the starch as possible.

Dry the chips thoroughly using a highly absorbent clean tea towel. The chips must be perfectly dry before putting them in the ActiFry otherwise they will not turn crispy. To check they are dry enough pat them with paper kitchen towel just before cooking. If there is any wetness on the paper dry them again.

Remember the cooking time of the chips will vary according to the weight of chips and the batch of potatoes used.

### How should I cut the potatoes?

The size of a chip influences how crunchy or soft it is. The thinner your chips, the more crunchy they will be and conversely, thicker chips will be softer inside.

You can cut your chips to the following thickness according to your taste:

**American style:** 8 x 8mm

**Thin:** 10 x 10mm

**Standard:** 13 x 13mm (maximum recommended thickness)





## A guide to vegetable oils and fats

**V**egetable oils consist of variable proportions of fatty acids. These fatty acids may be saturated, monounsaturated or polyunsaturated. The fatty acid composition of an oil determines its appearance, reaction to hot and cold temperatures, nutritional value and effects on the body.

### Saturated fats:

The more saturated the fat, the more likely it is to be solid at room temperature. For example, coconut oil, palm oil, ghee and animal fats (butter, lard, dripping) have high saturated fatty acid contents. Eating a diet rich in saturated fat has been shown to raise "bad" cholesterol in the blood (Low Density Lipoprotein or LDL cholesterol), which can increase risk of heart disease. Saturated fat is not essential in the diet.

### Monounsaturated fats:

These are oils with a high oleic acid content. Monounsaturated fatty acids are particularly prevalent in olive oil, rapeseed oil, and nut oils such as peanut oil. Monounsaturates help to lower LDL cholesterol, so helping to maintain a healthy heart. Replace some saturated fat with monounsaturated fats and oils for good health.



### Polyunsaturated fats:

A small amount of polyunsaturated fat is essential for good health, as they provide essential fatty acids, which can't be made by the body. There are two main types: Omega-6 and Omega-3, and the dietary balance between the two is important.

#### • Omega-6

These fatty acids are known to lower LDL cholesterol, so offer protection against heart disease. However, at high levels, they can also lower the "good" cholesterol (High Density Lipoprotein or HDL cholesterol). Omega-6 fats, such as Linoleic acid, are found mainly in sunflower, corn, safflower and soya oil.

#### • Omega-3 family

These fats form part of nerve cells and are essential for healthy vision and brain development in infants. They also help maintain a healthy heart and may help to prevent strokes and heart disease in adults. Omega-3 fats have an anti-inflammatory role in the body, and are often used to manage rheumatoid and other inflammatory forms of arthritis.

They are mainly found in oily fish, but some vegetable oils contain the 'parent' fatty acid, Alpha Linolenic acid, such as: linseed, soya, walnut, and rapeseed oil.

### Summary of fatty acid content of some oils:

**Saturated fats:** palm, coconut oils

**Monounsaturated fats:** olive and rapeseed and oils

**Omega 6 fats:** sunflower, safflower, corn and soya oils

**Omega 3 fats:** rapeseed, canola, walnut, soya, linseed oils



## Gourmet cuisine with Actifry

### Make real gourmet chips just as you like them!

ActiFry chips are crunchy and soft inside thanks to our patented technologies: the stirring paddle which gently distributes the oil and the hot forced air. Choose your ingredients, oil, spices, herbs and seasonings...and let ActiFry take care of the rest.

*Treat yourself and your children too!*

### Only 3% fat\*

#### 1 spoonful (14ml) of oil is enough

One spoonful of the oil of your choice allows you to make real chips from 1 kg of potatoes. You can be sure of using exactly the right amount, thanks to the graduated spoon that is supplied with the appliance.

*\*According to your tastes and wishes, you may add an extra spoonful of oil for an even tastier result.*

#### Try a variety of different oils for good health

You can use any oils, even the rarest and most expensive. They add taste and some will also provide the essential fatty acids needed for good health. Try a new oil every time you cook!

#### Cook frozen foods too

Frozen foods are a good alternative to fresh produce. They are practical and the freezing process acts as a natural preservative, locking in nutrients and taste.

\* 1 kg potatoes cut into chips to a thickness 13x13mm cooked until -55% weight loss with 14ml of oil.

## ActiFry cooking hints and tips

- Do not add salt to chips while the chips are in the pan. Only add salt once the chips are removed from the appliance at the end of cooking.
- When adding dried herbs and spices to ActiFry, mix them with some oil or liquid. If you try sprinkling them directly into the pan they will just get blown around by the hot air system.
- For best results, use finely chopped garlic instead of crushed garlic to avoid it adhering to the central paddle.
- Please note that strong coloured spices may slightly stain the paddle and parts of the appliance. This is normal.
- If using onions in ActiFry recipes, they are best thinly sliced instead of chopped as they cook better. Separate the onion rings before adding them to the pan and give them a quick stir so that they are evenly distributed.
- With meat and poultry dishes, stop the appliance and stir the pan once or twice during cooking so that the food on top does not dry out and the dish thickens evenly.
- Prepare vegetables in small pieces or stir fry size to ensure they cook through.

## Balanced menus for the week

**Dietary balance is not achieved in one meal; with careful planning, it happens over the whole week!**

It is important, therefore, to choose a variety of different foods every day. This is why our recipe booklet offers you numerous original recipes spread out over two weeks, as part of nutritionally balanced menus. The meals are practical and simple to produce thanks to ActiFry.

More than any other meal, breakfast plays an essential role in a healthy eating plan. A well-planned first meal of the day not only restocks our body with energy and nutrients after a long night of fasting, it also sets us up for an efficient morning's work, reducing the likelihood of snacking and hunger pangs later in the morning.

As part of a balanced menu, the perfectly balanced breakfast is structured around four essential elements: one drink, one dairy product, one cereal product and one fruit, whole, juiced or stewed. Whatever your preference, try to include these as the basis of your breakfast. For our part, we strive to select all of our products with care based on their nutritional qualities and taste in order to make this essential meal the first tasty moment of your day!

Lunch and dinner should each contribute approximately 1/3 of the day's dietary requirements. Aim to include, a main course (meat or fish accompanied by starchy carbohydrate foods and vegetables), a cheese or dairy product and a fruit. Keep to the tips on page 6 to achieve a healthy balance.



# Menus

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
<b>Breakfast</b>	Wholegrain cereal with milk and/or toast and jam/marmalade Fresh, dried or stewed fruit Tea/coffee	Wholegrain cereal with milk and/or toast and jam/marmalade Fresh, dried or stewed fruit Tea/coffee	Wholegrain cereal with milk and/or toast and jam/marmalade Fresh, dried or stewed fruit Tea/coffee	Wholegrain cereal with milk and /or toast with jam/marmalade Fresh, dried or stewed fruit Tea/coffee	Wholegrain cereal with milk and /or toast with jam/marmalade Fresh, dried or stewed fruit Tea/coffee	Fresh, dried or stewed fruit Grilled bacon, mushrooms and tomatoes Granary or wholemeal bread Tea/coffee	Fruit Smoothie Scrambled egg on toasted bagel Grilled tomatoes Tea/coffee
<b>Lunch</b>	Cheese salad baguette Bowl of fresh strawberries and half fat crème fraiche	Mozzarella tomatoes drizzled with rapeseed oil Crusty bread roll Oven-baked apple with raisins	<u>Chips with creamy garlic and chive dip</u> Green salad and sliced tomatoes Fresh fruit Low fat fruit yogurt	<u>Baked jacket potato with tasty tuna sauce</u> Cherry tomatoes Fresh fruit	<u>Pasta with Tomato and basil sauce</u> Natural yoghurt with chopped fresh fruit	<u>Potato wedges with herbs and spices served with Red pepper dip</u> Salad Fresh fruit	Roast chicken, served with green vegetables and sweet potatoes with sesame seeds Fruit crumble and custard
<b>Dinner</b>	Fillet of sea bream with lemon juice Green salad <u>Potato wedges with herbs and spices</u> Natural yoghurt, sliced pears and chocolate chips	Vegetable soup <u>Sausage and bean cassoulet with mashed potato</u> Small piece of cheese and grapes	Grilled lamb chop with mixed herbs New potatoes oven-baked tomatoes <u>Roasted pineapple with fresh figs and acacia honey</u>	<u>Thai-spiced chicken and courgettes</u> With noodles or brown rice Fruit crumble with natural yoghurt, fromage fraise or custard	<u>Madagascan beef with spiced root vegetable medley</u> Small piece of cheese and grapes	<u>Crunchy green vegetable stir-fry with prawns</u> , served with noodles or brown rice Apple wedges with cinnamon sugar	Melon and Parma ham Egg salad with new potatoes Low fat fruit yoghurt

Note: Detailed recipes for the underlined dishes are included in this booklet



# Menus

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
<b>Breakfast</b>	Wholegrain cereal with milk and /or toast with jam/marmalade  Fresh, dried or stewed fruit  Tea/coffee	Wholegrain cereal with milk and /or toast with jam/marmalade  Fresh, dried or stewed fruit  Tea/coffee	Wholegrain cereal with milk and /or toast with jam/marmalade  Fresh, dried or stewed fruit  Tea/coffee	Wholegrain cereal with milk and /or toast with jam/marmalade  Fresh, dried or stewed fruit  Tea/coffee	Wholegrain cereal with milk and /or toast with jam/marmalade  Fresh, dried or stewed fruit  Tea/coffee	Fruit Smoothie  Poached eggs on toast  Grilled tomatoes  Tea/coffee	Fresh, dried or stewed fruit  Grilled sausages  Baked beans  Tea/coffee
<b>Lunch</b>	Tomato salad drizzled with olive oil  Slice of quiche  Bread roll  Fresh fruit	Ham salad sandwich on granary bread  Fresh fruit  Low fat yougurt	Baked jacket potato with baked beans and green salad  Fruit mousse	Soup  Granary roll  With cheese  Oven-baked apple with raisins	<u>Smoked salmon sandwich with salad</u>  Low fat fruit yogurt  Fresh fruit	Pizza  Served with tomato and onion salad  Ice cream	<u>Omelette served with mixed salad and peanut and potato chips</u>  Fruit cake
<b>Dinner</b>	Vegetable soup  <u>Chilli con Carne with chips</u>  Mixed salad  Stewed fruit with ice cream	Large slice of melon  <u>Baby new potatoes with garlic, tomatoes and prawns</u>  Fruit crumble and custard or low fat yougurt	<u>Chicken with pineapple</u>  Green beans  Brown rice  Small piece of cheese and grapes	<u>Grilled steak with Paprika chips and avocado dip</u>  <u>Mixed salad</u>  Apple, hazelnut and potato medley	Melon  <u>Sweet and Sour Pork fillet</u> served with brown rice or noodles  Chocolate mousse	Baked fillet of salmon  New potatoes and <u>Jardinière of mixed baby vegetables</u>  Seasonal fruits	<u>Turkey with three peppers served with rice</u>  Fruit crumble with custard

Note: Detailed recipes for the underlined dishes are included in this booklet




## Chips and Potato Wedges




## Real chips

### Ingredients

#### For fresh chips:

- 800 g (1 3/4 lb) potatoes such as King Edwards or Maris Piper
- 1  sunflower oil
- Salt, to taste

#### For frozen chips:

- 750 g (1 lb 10 oz) frozen chips
- 1  sunflower oil
- Salt, to taste

- Serves: 4
- Preparation - 15 min
- Cooking - 30-35 min according to thickness

For frozen chips: appr. 40 min (depending on the type and thickness of frozen chips)

1

Peel the potatoes, then cut them into chips according to your preference: either 8 mm x 8 mm (3/8 in x 3/8 in), 1 cm x 1 cm (1/2 in x 1/2 in) or 13 mm x 13 mm (4/8 in x 4/8 in). Rinse the chipped potatoes thoroughly, drain, then dry them well on a clean tea towel.

2

Place the chips in the ActiFry pan. Drizzle the oil evenly over the chips. Cook for 30-35 minutes (up to about 40 minutes, according to the thickness of the chips), or until the chips are cooked.

3

Serve immediately, sprinkled with salt to taste.

### Cook's tip

The variety of potato used will affect the cooking time and colour of the chips. It is also important to dry the chips very well after rinsing them to ensure they become crisp on the outside.

### Nutrition information per serving

(made using 1  of oil)

143 kcal / 602 kJ

- Protein: 3 g
- Fat: 3 g
- Saturated fat: 0,3 g
- Carbohydrate: 27 g
- Fibre: 2 g
- Salt: trace





# Curried chips

## Ingredients

- 800 g (13/4 lb) potatoes
- 1 light olive oil
- 1 sesame oil
- 1/2 curry powder, or to taste (choose mild, medium or hot curry powder to suit your taste)
- Salt, to taste (optional)

- Serves: 4
- Preparation - 15min
- Cooking - 30-40min

1

Peel the potatoes and cut them into 1 cm x 1 cm (1/2 in x 1/2 in) chips. Rinse the chipped potatoes thoroughly, drain, then dry them well on a clean tea towel.

2

Mix the olive oil, sesame oil and curry powder in a ramekin or small dish.

3

Place the chips in the ActiFry pan. Drizzle the oil and curry mixture evenly over the chips. Cook for 30-40 minutes, or until the chips are cooked.

4

Serve immediately, sprinkled with salt to taste, if desired.

## Nutrition information per serving

172 kcal / 721 kJ

- Protein: 3 g
- Fat: 6 g
- Saturated fat: 1 g
- Carbohydrate: 28 g
- Fibre: 2 g
- Salt: trace







# Paprika chips

## Ingredients

- 800 g (13/4 lb) potatoes
- 1 light olive oil
- 1 groundnut oil
- 1/2 paprika, or to taste
- Salt, to taste (optional)

- Serves: 4
- Preparation - 15min
- Cooking - 30-40min

1

Peel the potatoes and cut them into 1 cm x 1 cm (1/2 in x 1/2 in) chips. Rinse the chipped potatoes thoroughly, drain, then dry them well on a clean tea towel.

2

Mix the olive oil, groundnut oil and paprika in a ramekin or small dish.

3

Place the chips in the ActiFry pan. Drizzle the oil and paprika mixture evenly over the chips. Cook for 30-40 minutes, or until the chips are cooked.

## Nutrition information per serving




172 kcal / 721 kJ

- Protein: 4 g
- Saturated fat: 1 g
- Fibre: 2 g
- Fat: 6 g
- Carbohydrate: 28 g
- Salt: trace



# Almond chips

## Ingredients

- 800 g (13/4 lb) potatoes
- 1  light olive oil
- 1  groundnut oil
- 2  ground almonds
- Salt, to taste (optional)

• Serves: 4

• Preparation - 15min

• Cooking - 30-35min

1

Peel the potatoes and cut them into 1 cm x 1 cm (1/2 in x 1/2 in) chips. Rinse the chipped potatoes thoroughly, drain, then dry them well on a clean tea towel.

2

Mix the olive oil, groundnut oil and ground almonds in a ramekin or small dish.

3

Place the chips in the ActiFry pan. Drizzle the oil and ground almond mixture evenly over the chips. Cook for 30-35 minutes, or until the chips are cooked.

4

Serve immediately, sprinkled with salt to taste, if desired.

## Variation

Use ground hazelnuts instead of ground almonds.

## Nutrition information per serving


195 kcal / 819 kJ

- Protein: 4 g
- Fat: 8 g
- Saturated fat: 1 g
- Carbohydrate: 28 g
- Fibre: 2 g
- Salt: trace



# Peanut and bacon chips

## Ingredients

- 800 g (13/4 lb) potatoes
- 1  groundnut oil
- 40 g (1 1/2 oz) salted peanuts
- 40 g (1 1/2 oz) smokey bacon crisps

• Serves: 4

• Preparation - 15min

• Cooking - 35min

1

Peel the potatoes and cut them into 1 cm x 1 cm (1/2 in x 1/2 in) chips. Rinse the chipped potatoes thoroughly, drain, then dry them well on a clean tea towel.

2

Place the chips in the ActiFry pan. Drizzle the oil evenly over the chips. Cook for 30 minutes.

3

Meanwhile, place the peanuts and crisps in a blender or food processor and blend until combined and finely crushed (to the consistency of coarse breadcrumbs).

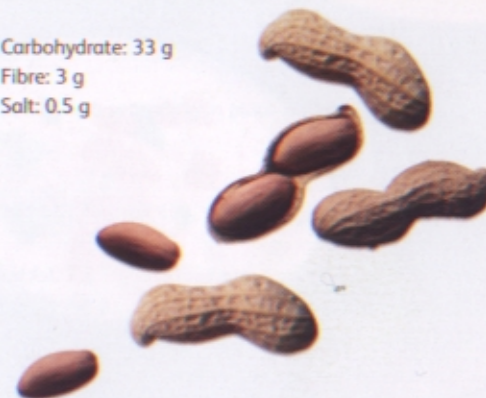
4

Sprinkle the peanut mixture evenly over the chips in the ActiFry. Cook for a further 5 minutes, or until the chips are cooked. Serve immediately.

## Nutrition information per serving

236 kcal / 991 kJ

- Protein: 6 g
- Fat: 10 g
- Saturated fat: 2 g
- Carbohydrate: 33 g
- Fibre: 3 g
- Salt: 0.5 g







# Potato wedges with herbs and spices

## Ingredients

- 800 g (13/4 lb) small potatoes, left unpeeled
- 1/2 dried mixed herbs
- 1/2 paprika
- 3 light olive oil
- 2 plain flour
- Salt and freshly ground black pepper, to taste (optional)

- Serves: 4
- Preparation - 20min
- Cooking - 35-40min

1

Cut each potato (leave the skins on) into 4 or 6 even wedges, depending on their size. Rinse the potato wedges thoroughly, drain, then dry them well on a clean tea towel.

2

Place the potato wedges in a large bowl. Add the dried herbs, paprika and 2 ActiFry spoonfuls of oil and toss to mix until the potatoes are well coated. Add the flour and toss to coat well.

3

Place the potato wedges in the ActiFry pan, then drizzle the remaining oil evenly over the wedges. Cook for 35-40 minutes, or until the potato wedges are cooked.

4

Add seasoning to taste, if desired. Serve the potato wedges with a selection of dips.

## Variation

Use dried herbes de Provence or dried Italian herb seasoning in place of dried mixed herbs.

## Nutrition information per serving




286 kcal / 1207 kJ

- Protein: 6 g
- Fat: 9 g
- Saturated fat: 1 g
- Carbohydrate: 48 g
- Fibre: 4 g
- Salt: trace



# Cajun-spiced potato wedges

## Ingredients

- 800 g (13/4 lb) small potatoes, left unpeeled
- 1  Cajun seasoning
- 3  light olive oil
- 2  plain flour
- Salt and freshly ground black pepper, to taste
- Chopped fresh flat-leaf parsley, to garnish (optional)

• Serves: 4

• Preparation - 20min

• Cooking - 35min

1

Cut each potato (leave the skins on) into 4 or 6 even wedges, depending on their size. Rinse the potato wedges thoroughly, drain, then dry them well on a clean tea towel.

2

Place the potato wedges in a large bowl. Add the Cajun seasoning and 2 ActiFry spoonfuls of oil and toss to mix until the potatoes are well coated. Add the flour and toss to coat well.

3

Place the potato wedges in the ActiFry pan, then drizzle the remaining oil evenly over the wedges. Cook for about 35 minutes or until the potato wedges are cooked.

4

Add seasoning to taste and garnish with a sprinkling of chopped parsley, if desired. Serve the potato wedges with a selection of dips.

## Variation

Use other herb or spice mixes such as Garlic & Herb, Barbecue or Jamaican Jerk in place of the Cajun seasoning.






## Nutrition information per serving

286 kcal / 1207kJ

- |                |                      |               |
|----------------|----------------------|---------------|
| • Protein: 6 g | • Saturated fat: 1 g | • Fibre: 4 g  |
| • Fat: 9 g     | • Carbohydrate: 48 g | • Salt: trace |

# Sweet potatoes with sesame seeds

## Ingredients

- 800 g (13/4 lb) sweet potatoes
- 2  light olive oil
- 2  plain flour
- 1  toasted sesame oil
- 2  sesame seeds
- Salt and freshly ground black pepper, to taste
- 2  snipped fresh chives (optional)

• Serves: 4-6

• Preparation - 20min

• Cooking - 30-35min

1

Peel the potatoes. Cut each potato crossways into slices about 1 cm (1/2 in) thick. Rinse the potato slices thoroughly, drain, then dry them well on a clean tea towel.

2

Place the potato slices in a large bowl. Add the olive oil and toss to mix until the potatoes are well coated. Add the flour and toss to coat well.

3

Place the potato slices in the ActiFry pan, then drizzle the sesame oil evenly over the slices. Cook for 25 minutes.

4

Sprinkle the sesame seeds evenly over the potatoes in the ActiFry and cook for a further 5-10 minutes, or until the potato slices are cooked. Add seasoning to taste. Sprinkle over the snipped chives, if desired, and serve the potato slices with a selection of dips.

## Variation

Try sunflower or pumpkin seeds in place of sesame seeds.

## Nutrition information per serving

213 kcal / 898kJ

- |                |                      |               |
|----------------|----------------------|---------------|
| • Protein: 3 g | • Saturated fat: 1 g | • Fibre: 2 g  |
| • Fat: 8 g     | • Carbohydrate: 34 g | • Salt: trace |





## Sauces and Dips

### Cocktail dip

Serves: 4-6 • Preparation: 5 minutes

#### Ingredients

- 200 ml (7 fl oz) reduced-calorie mayonnaise
- 1/2 teaspoon Worcestershire sauce (optional)
- 4  crème fraîche
- Few drops of Tabasco sauce (optional)
- 2  tomato ketchup, plus a little extra to garnish
- Salt and freshly ground black pepper, to taste
- 1 teaspoon lemon juice

- 1 Place the mayonnaise and crème fraîche in a bowl and mix well.
- 2 Add the tomato ketchup, lemon juice and Worcestershire sauce and Tabasco, if using. Stir to mix well.
- 3 Season to taste with salt and pepper. Spoon the mixture into a small serving bowl, garnish with a small swirl of tomato ketchup, if desired, and serve with cooked potato wedges or chips.

#### Nutrition information per serving (serving 6)

120 kcal / 494kJ

- Protein: 1 g
- Saturated fat: 3 g
- Fibre: trace
- Fat: 11 g
- Carbohydrate: 4 g
- Salt: 1 g

### Creamy garlic & chive dip

Serves: 4-6 • Preparation: 10 minutes

#### Ingredients

- 150 ml (1/4 pint) thick soured cream or crème fraîche
- 1-2 spring onions, finely chopped
- 150 ml (1/4 pint) plain fromage frais
- 2-3 tablespoons snipped fresh chives, plus extra to garnish
- 2 cloves garlic, crushed
- Salt and freshly ground black pepper, to taste

- 1 Place the soured cream or crème fraîche and fromage frais in a bowl and mix together until well blended.
- 2 Stir in the garlic, spring onions, snipped chives and seasoning, mixing well. Spoon the mixture into a small serving bowl and garnish with a sprinkling of extra snipped chives. Serve with cooked potato wedges or chips.

#### Variations

- Use 1-2 small shallots in place of spring onions.
- Use reduced-calorie mayonnaise in place of soured cream or fromage frais.
- Use chopped fresh mixed herbs in place of chives.

#### Nutrition information per serving (serving 6)


125 kcal / 517kJ

- Protein: 2 g
- Saturated fat: 8 g
- Fibre: 0.1 g
- Fat: 12 g
- Carbohydrate: 2 g
- Salt: trace

### Avocado dip

Serves: 4-6 • Preparation: 10 minutes

#### Ingredients

- 2 ripe avocados
- 2 spring onions, finely chopped
- 2 teaspoons lemon juice, or to taste
- 1 tablespoon snipped fresh chives
- 4  reduced-calorie mayonnaise
- Salt and freshly ground black pepper, to taste
- 1 clove garlic, crushed (optional)

- 1 Halve, stone and peel the avocados. Place the flesh in a bowl with the lemon juice and mash until smooth and combined.
- 2 Stir in the mayonnaise, garlic, if using, spring onions and snipped chives and mix well. Season to taste with salt and pepper. Spoon into a small serving bowl and serve with cooked potato wedges or chips.

#### Variations

- For a slightly creamier dip, add a little extra mayonnaise, to suit your taste.
- Use crème fraîche in place of mayonnaise, if desired.

#### Nutrition information per serving (serving 6)

124 kcal / 511kJ

- Protein: 1 g
- Saturated fat: 3 g
- Fibre: 1.7 g
- Fat: 13 g
- Carbohydrate: 2 g
- Salt: 0.2 g

### Red pepper dip

Serves: 4-6 • Preparation: 10 minutes

#### Ingredients

- 150 g (5 1/2 oz) crème fraîche
- 1 teaspoon lemon juice
- 1/2 clove garlic, crushed
- Salt and freshly ground black pepper, to taste
- 1 small shallot, finely chopped
- Paprika, to taste (optional)
- 1/2 small red pepper, seeded and diced
- Extra finely chopped red and green pepper, to garnish
- 1/2 small green pepper, seeded and diced

- 1 Place the crème fraîche, garlic, shallot, red and green peppers and lemon juice in a blender or food processor. Blend until relatively smooth and well combined.
- 2 Add salt and pepper to taste, together with a little paprika, if using, and blend to mix.
- 3 Spoon the mixture into a small serving bowl, garnish with extra finely chopped red and green peppers and serve with cooked potato wedges or chips.

#### Nutrition information per serving (serving 6)

97 kcal / 399kJ

- Protein: 1 g
- Saturated fat: 7 g
- Fibre: 0.2 g
- Fat: 10 g
- Carbohydrate: 1 g
- Salt: trace










## Gourmet meat recipes



# Chicken with pineapple

## Ingredients

- 600 g (1 lb 5 oz) skinless boneless chicken breasts, cut into thin strips (about 1 cm x 3 cm/1/2 x 1 1/4 in)
- 1  cornflour, plus extra to coat the chicken strips
- Salt and freshly ground black pepper, to taste
- 2  sunflower oil
- 1/2  ground ginger
- 1/2  mild curry powder (or choose medium, if you prefer)
- 250 g (9 oz) canned pineapple pieces (drained weight) in natural juice, drained (reserve the juice)
- 2  light soy sauce
- 250 ml (9 fl oz) cold water
- 1/2-1  light soft brown sugar, or to taste
- 2  reserved pineapple juice

- Serves: 4
- Preparation - 15min
- Cooking - 15min
- Marinating - 5min

1

In a large bowl, lightly coat the strips of chicken with a mixture of cornflour, salt and pepper. Place the chicken in the ActiFry pan, then drizzle the oil evenly over the chicken. Cook for 5 minutes.

2

Mix the ground ginger, curry powder and pineapple pieces with the soy sauce in a bowl, then pour this mixture evenly into the ActiFry and leave to marinate for 5 minutes. Add the water and sugar. Mix 1 ActiFry spoonful of cornflour with the pineapple juice in a small bowl, until smooth. Add this to the ActiFry.

3

Cook for a further 10 minutes, or until the chicken is cooked and tender. Serve with cooked, seasoned basmati rice.

## Nutrition notes

Rich in protein.

## Nutrition information per serving

473 kcal / 1994 kJ

- Protein: 50 g
- Saturated fat: 2 g
- Fibre: 0.5 g
- Fat: 16 g
- Carbohydrate: 35 g
- Salt: 2.2 g



# Thai-spiced chicken with courgettes

## Ingredients

- 500 g (1 lb 2 oz) skinless boneless chicken breasts, cut into strips
- 1 clove garlic, finely chopped
- 2.5 cm (1 in) piece fresh root ginger, peeled and finely chopped
- 1 small fresh red chilli, seeded and finely chopped
- 2 light olive oil
- 1 small red pepper and 1 small green pepper, seeded and diced
- 1 courgette, thinly sliced
- 2 teaspoons cornflour
- 3 unsweetened apple juice
- 2 dry sherry
- 2 light soy sauce
- 1 Thai 7-spice seasoning
- Salt and freshly ground black pepper, to taste
- 225 g (8 oz) can bamboo shoots, drained
- 2 chopped fresh coriander

• Serves: 4

• Preparation - 15min

• Cooking - 17-18min

1 Place the chicken, garlic, ginger and chilli in the ActiFry pan, then drizzle the oil evenly over the top. Cook for 5 minutes.

2 Add the peppers and courgette to the ActiFry and cook for 5 minutes.

3 Meanwhile, in a small bowl, blend the cornflour with the apple juice, then stir in the sherry, soy sauce, 7-spice seasoning and salt and pepper.

4 Add the cornflour mixture and bamboo shoots to the ActiFry. Stir gently to mix. Cook for 7-8 minutes or until the chicken is cooked and tender. Stir in the chopped coriander and serve with cooked rice or egg noodles.

## Variations

- Use turkey breast steak in place of chicken.
- Use Chinese 5-spice seasoning in place of Thai 7-spice seasoning.

## Nutrition notes

Good source of fibre.

## Nutrition information per serving

314 kcal / 1319 kJ

- Protein: 37 g
- Saturated fat: 2 g
- Fibre: 4 g
- Fat: 10 g
- Carbohydrate: 18 g
- Salt: 2.2 g

# Turkey with three peppers

## Ingredients

- 3 peppers (1 red, 1 green and 1 yellow), seeded and cut into strips or diced
- 2 light olive oil
- 1 red onion, thinly sliced
- 2 cloves garlic, finely chopped
- 600 g (1 lb 5 oz) turkey breast steak, cut into thin strips (about 1 cm x 3 cm/1/2 in x 1 1/4 in)
- 1 teaspoon cornflour
- 4 ruby port
- 1/2 cider vinegar
- Salt and freshly ground black pepper, to taste

• Serves: 4

• Preparation - 15min

• Cooking - 20-25min

1 Place the peppers in the ActiFry pan. Drizzle the oil evenly over the peppers. Cook for 5 minutes.

2 Add the onion and garlic to the ActiFry and cook for 5 minutes.

3 Add the turkey strips to the ActiFry. In a small bowl, blend the cornflour with the port and vinegar. Add this mixture to the ActiFry together with some seasoning. Cook for a further 10-15 minutes, or until the turkey is tinged brown and cooked. Stop the ActiFry once or twice during cooking and stir the mixture using a wooden spoon or spatula.

4 Serve with boiled rice or noodles, or baked potatoes and green vegetables.

## Variations

- Use chicken or lean pork in place of turkey.
- Use 1 standard (white) onion or 2-3 shallots in place of red onion.

## Nutrition notes

Low in saturated fat.

## Nutrition information per serving

260 kcal / 1092 kJ

- Protein: 34 g
- Saturated fat: 1 g
- Fibre: 2 g
- Fat: 8 g
- Carbohydrate: 10 g
- Salt: 0.2 g





# Madagascan beef

## Ingredients

- 600 g (1 lb 5 oz) beef steak (such as topside, rump or fillet), cut into bite-sized pieces
- 1 onion, thinly sliced
- 2-3 cloves garlic, finely chopped
- 1 (peeled) fresh root ginger, finely chopped or cut into thin strips (about 10 g/1/4 oz)
- 4 tomatoes, chopped
- Salt and freshly ground black pepper, to taste
- 2 light olive oil
- 500 ml (18 fl oz) cold water
- 400 g (14 oz) small salad potatoes, such as charlotte, juliette or asperge (peeled, if desired), cut in half lengthways
- 1 cornflour
- 1 tomato purée
- 25-55 g (1-2 oz) wild rocket (optional)

- Serves: 4
- Preparation - 20min
- Cooking - 45-50min

1

Place the beef in the ActiFry pan with the onion, garlic, fresh ginger, tomatoes and seasoning. Drizzle the oil evenly over the top. Cook for 5 minutes.

2

Add the cold water to the ActiFry and cook for 15 minutes.

3

Add the potatoes to the ActiFry and cook for a further 20 minutes. Stop the ActiFry once or twice during cooking and stir the mixture using a wooden spoon or spatula.

4

Blend the cornflour with a little cold water in a small bowl. Stir in the tomato puree. Pour the cornflour mixture evenly into the ActiFry and stir in. Cook for 5-10 minutes, or until the sauce is thickened.

5

Stir in the rocket, if using. Serve with cooked fresh vegetables such as broccoli florets and baby carrots.

## Nutrition notes

A source of iron.

## Nutrition information per serving







511 kcal / 2148 kJ

- Protein: 54 g
- Saturated fat: 6 g
- Fibre: 2 g
- Fat: 19 g
- Carbohydrate: 32 g
- Salt: 0.6 g



# Sweet and sour pork fillet

## Ingredients

- 1  cornflour, plus extra to coat the pork strips
- 4  red wine
- 300 ml (1/2 pint) passata
- 150 ml (1/4 pint) unsweetened apple juice
- 2  red wine vinegar
- 2  light soft brown sugar
- 1  tomato puree
- Salt and freshly ground black pepper, to taste
- 600 g (1 lb 5 oz) pork fillet or pork tenderloin, cut into strips
- 2 onions, thinly sliced
- 2  light olive oil
- 2 cloves garlic, finely chopped (optional)

- Serves: 4
- Preparation - 15min
- Cooking - 20min

1

In a jug or bowl, blend the cornflour with the red wine until smooth, then stir in the passata, apple juice, vinegar, sugar, tomato puree and seasoning, mixing well. Set aside. In a large bowl, lightly coat the strips of pork with additional cornflour. Set aside.

2

Place the onions in the ActiFry pan, then drizzle the oil evenly over the onions. Cook for 5 minutes. Add the prepared pork and garlic, if using, to the ActiFry and cook for 5 minutes.

3

Stir the pork to separate the pieces, then stir in the prepared sweet and sour sauce. Cook for a further 10 minutes, or until the pork is cooked and tender and the sauce is thickened. Stop the ActiFry once during cooking and stir the mixture using a wooden spoon or spatula.

4

Adjust the seasoning to taste and serve with cooked rice or mashed potatoes and stir-fried spring greens or cabbage.

## Variations

- Use lean beef, lamb or chicken breast in place of pork.

## Nutrition notes

Rich in protein.



## Nutrition information per serving

465 kcal / 1954 kJ

- Protein: 51 g
- Fat: 17 g
- Saturated fat: 5 g
- Carbohydrate: 25 g
- Fibre: 1 g
- Salt: 1.1 g

# Chilli con carne

## Ingredients

- 1 onion, thinly sliced
- 1 small red pepper, seeded and finely diced
- 1-2 fresh red chillies (depending on taste), seeded and finely chopped
- 1  light olive oil
- 500 g (1 lb 2 oz) lean minced beef, broken up with a fork
- 1 teaspoon EACH ground cumin and ground coriander
- 1/2-1 teaspoon hot chilli powder, or to taste
- Salt and freshly ground black pepper, to taste
- 2  tomato puree
- About 350 ml (12 fl oz) hot beef stock
- 400 g (14 oz) can chopped tomatoes
- 400 g (14 oz) can red kidney beans, rinsed and drained

- Serves: 4-6
- Preparation - 15min
- Cooking - 40min

1

Place the onion, red pepper and chillies in the ActiFry pan, then drizzle the oil evenly over the top. Cook for 5 minutes. Add the minced beef to the ActiFry, breaking up the beef with a fork. Cook for 5 minutes or until the meat is coloured/sealed all over.

2

Mix the ground spices and seasoning with the tomato puree, then stir this mixture into 200 ml (7 fl oz) of the beef stock. Add the stock mixture and canned tomatoes to the ActiFry. Cook for 25 minutes. Stop the ActiFry once or twice during cooking and stir the mixture using a wooden spoon or spatula.

3

Add the canned beans and the remaining 150 ml (1/4 pint) hot beef stock and cook for a further 5-10 minutes, stirring once during cooking and adding a little extra hot stock, if desired. Serve with boiled rice and sprinkle with a little grated hard cheese, if desired.

## Nutrition notes

Good source of fibre.

## Nutrition information per serving

302 kcal / 1269 kJ




- Protein: 31 g
- Fat: 12 g
- Saturated fat: 4 g
- Carbohydrate: 20 g
- Fibre: 6 g
- Salt: 1 g





# Sausage and bean cassoulet

## Ingredients

- 450 g (1 lb) pork sausages
- 1 large onion, thinly sliced
- 1  sunflower oil (if required)
- 410 g (14 oz) can haricot or cannellini beans, rinsed and drained
- 400 g (14 oz) can chopped tomatoes
- 150 ml (1/4 pint) dry cider
- 1  caster sugar
- 1  dried mixed herbs
- Salt and freshly ground black pepper, to taste
- Chopped fresh parsley, to garnish (optional)

- Serves: 4
- Preparation - 5min
- Cooking - 25min

- 1 Place the sausages in the ActiFry pan. Cook for 10 minutes.
- 2 Add the onion and cook in the fat from the sausages. If there is insufficient fat in the pan, pour in 1 ActiFry spoonful of oil. Cook for 5 minutes.
- 3 Add the beans, tomatoes, cider, sugar, dried herbs and seasoning. Cook for 10 minutes, or until the sausages are cooked. Garnish with chopped parsley, if desired, and serve with crusty bread or mashed potatoes.

## Variations

- Use apple juice instead of cider.
- If the sauce is too thin for your taste, blend 1 ActiFry spoonful of cornflour with a little cold water, then stir this into the sausage mixture in the ActiFry. Cook for about 5 minutes, or until the sauce is thickened.

## Nutrition notes

A source of iron.

## Nutrition information per serving

534 kcal / 2234 kJ

- |                 |                       |              |
|-----------------|-----------------------|--------------|
| • Protein: 23 g | • Saturated fat: 11 g | • Fibre: 9 g |
| • Fat: 31 g     | • Carbohydrate: 41 g  | • Salt: 4 g  |





## Gourmet fish recipes



# Crunchy green vegetable stir-fry with prawns

## Ingredients

- 1 onion, thinly sliced
- 1 fresh red chilli, seeded and thinly sliced (optional)
- 1 clove garlic, finely chopped
- 2  sunflower oil
- 2 courgettes, cut diagonally into 3 mm (1/8 in) slices
- 100 g (3 1/2 oz) mangetout, trimmed
- 75 ml (2 1/2 fl oz) cold water
- 85 g (3 oz) cooked, peeled King or tiger prawns
- 3 spring onions, thinly sliced or chopped
- 1  chopped fresh coriander, plus extra to garnish
- 4 tablespoons black bean sauce

- Serves: 2
- Preparation - 5min
- Cooking - 13min

- 1 Place the onion, chilli, if using, and garlic in the ActiFry pan, then drizzle the oil over the top. Cook for 5 minutes.
- 2 Add the courgettes, mangetout and water to the ActiFry. Cook for a further 5 minutes.
- 3 Add the prawns, spring onions, chopped coriander and black bean sauce. Cook for 3 minutes. Serve with steamed rice or cooked egg noodles. Sprinkle with a little extra chopped coriander, if desired.

## Variations

- Use beansprouts in place of mangetout.

## Nutrition notes

Source of fibre.

## Nutrition information per serving

217 kcal / 904 kJ

- Protein: 12 g
- Fat: 15 g
- Saturated fat: 2 g
- Carbohydrate: 9 g
- Fibre: 3 g
- Salt: 2 g



# Baby new potatoes with garlic, tomatoes and prawns

## Ingredients

- 800 g (13/4 lb) baby new potatoes (such as Charlotte variety), unpeeled
- 2 heads (bulbs) of garlic (each about 40-55 g/11/2-2 oz in weight)
- 11/2 ActiFry spoonfuls light olive oil
- 4 tomatoes, skinned, seeded and chopped
- 12 raw, peeled prawns
- Salt and freshly ground black pepper, to taste
- 1-2 ActiFry spoonfuls chopped fresh flat-leaf parsley or chopped fresh mixed herbs

- Serves: 4
- Preparation - 20min
- Cooking - 35min

1

Rinse the potatoes (leave the skins on) thoroughly, then drain and dry them well on a clean tea towel. Place the potatoes in the ActiFry pan. Separate the cloves of garlic without removing the skins, then rinse, drain and dry them. Add the garlic cloves to the ActiFry. Drizzle the oil evenly over the potatoes and garlic. Cook for 20 minutes.

2

Add the tomatoes to the ActiFry and cook for 10 minutes. Add the prawns and seasoning to the ActiFry and cook for a further 5 minutes or until the prawns are cooked.

3

Stir in the chopped herbs. Serve with a mixed dark leaf salad.

## Nutrition notes

Low in saturated fat.

## Nutrition information per serving

202 kcal / 856kJ

- Protein: 6 g
- Saturated fat: 1 g
- Salt: 0.5 g
- Fat: 6 g
- Fibre: 4 g

# Tasty tuna sauce

## Ingredients

- 1 red onion, thinly sliced
- 1 leek, washed and thinly sliced
- 1 small red pepper, seeded and finely diced
- 1 clove garlic, finely chopped
- 1 light olive oil
- 700 g (1 lb 9 oz) fresh ripe tomatoes, skinned, seeded and chopped
- 115 g (4 oz) mushrooms, sliced
- 200 ml (7 fl oz) hot vegetable stock
- 1 tomato puree
- 1 teaspoon caster sugar
- Salt and freshly ground black pepper, to taste
- 1 teaspoon cornflour
- 400 g (14 oz) can tuna in spring water, brine or oil, drained and flaked
- 2 chopped fresh parsley

- Serves: 4
- Preparation - 20min
- Cooking - 30min

1

Place the onion, leek, red pepper and garlic in the ActiFry pan. Drizzle the oil evenly over the vegetables and cook for 5 minutes.

2

Add the tomatoes, mushrooms, stock, tomato puree, sugar and seasoning. Cook for a further 20 minutes. Stop the ActiFry once or twice during cooking and stir the mixture using a wooden spoon or spatula.

3

In a small bowl, blend the cornflour with a little cold water, then stir this into the tomato mixture in the ActiFry. Add the flaked tuna and cook for 5 minutes, or until the sauce is cooked and the tuna is hot, stirring once halfway through.

4

Stir in the chopped parsley. Serve with baked potatoes, crusty bread or with freshly cooked pasta such as fusilli or penne.

## Variations

- To add extra flavour and a slight kick to the sauce, add a pinch or two of cayenne pepper with the stock or a dash or two of Tabasco sauce, or to taste.
- Use canned (drained and flaked) red or pink salmon in place of tuna.
- Use white wine in place of some of the stock, if desired.

## Nutrition notes

Source of iron.

## Nutrition information per serving

325kcal / 1364kJ

- Protein: 33 g
- Saturated fat: 3 g
- Fibre: 4 g
- Fat: 15 g
- Carbohydrate: 14 g
- Salt: 1 g



## Gourmet vegetable recipes



# Jardinière of mixed vegetables

## Ingredients

- 1 red pepper, seeded and cut into short strips
- 1 small red onion, thinly sliced
- 2 light olive oil
- About 225 ml (8 fl oz) hot vegetable stock
- 200 g (7 oz) new, baby or small carrots, cut into thin slices crossways, or cut into thin short sticks
- 410 g can baby sweetcorn, drained and left whole or chopped
- 100 g (3 1/2 oz) chestnut mushrooms, sliced
- 225 g can bamboo shoots, drained
- 2-3 cloves garlic, finely chopped
- 4-6 cardamom pods, seeds removed and lightly crushed, or to taste
- 1 light soy sauce
- A few drops of Tabasco sauce (optional)
- 1/2 cornflour
- Chopped fresh parsley or finely chopped spring onions, to garnish (optional)

- Serves: 4
- Preparation - 15min
- Cooking - 25min

1

Place the pepper and onion in the ActiFry pan. Drizzle the oil over the vegetables and cook for 5 minutes.

2

Add 150 ml (1/4 pint) of the stock, then add all the remaining ingredients except the cornflour and garnish. Cook for 15 minutes. Stop the ActiFry once or twice during cooking and stir the mixture using a wooden spoon or spatula.

3

In a small bowl, blend the cornflour with a little cold water, then stir this mixture into the vegetables in the ActiFry. Add the remaining hot stock, if desired. Cook for 5 minutes or until the sauce is thickened slightly.

4

Garnish with chopped parsley or spring onions and serve with fresh crusty bread or cooked rice or noodles.

## Variations

- Use a small handful of dried mushrooms (rehydrated) in place of the fresh mushrooms.

## Nutrition notes

Low in saturated fat.

## Nutrition information per serving




259 kcal / 1090 kJ

- Protein: 7 g
- Fat: 9 g
- Saturated fat: 1 g
- Carbohydrate: 41 g
- Fibre: 5 g
- Salt: 1.8 g



# Spiced root vegetable medley

## Ingredients

- 1 kg (21/4 lb) mixed root vegetables (such as potatoes, sweet potatoes, parsnips and swede)
- 2 cloves garlic, finely chopped
- 1 teaspoon hot chilli powder
- 1 teaspoon ground cumin
- 1 teaspoon ground coriander
- 3  light olive oil
- 3  sunflower or pumpkin seeds (optional)
- Salt and freshly ground black pepper, to taste
- 1-2  chopped fresh coriander

• Serves: 4

• Preparation - 20min

• Cooking - 25-30min

1

Peel the vegetables, then cut them into 1 cm (1/2 in) cubes. Rinse the diced vegetables thoroughly, drain, then dry them well on a clean tea towel.

2

Place the vegetables in a large bowl. Add the garlic and ground spices and toss together to mix well, then add 2 ActiFry spoonfuls of the oil and toss together until the vegetables are coated all over.

3

Place the vegetables in the ActiFry pan. Drizzle the remaining oil over the vegetables. Cook for 20 minutes.

4

Add the sunflower or pumpkin seeds, if using, and cook for a further 5-10 minutes, or until the vegetables are tender. Season to taste with salt and pepper, then stir in the chopped coriander. Serve with grilled lean red meat, chicken or fish and cooked vegetables such as broccoli florets or green beans.

## Variations

- Use sesame seeds in place of sunflower or pumpkin seeds.
- Use chopped fresh flat-leaf parsley instead of fresh coriander.

## Nutrition notes

Good source of fibre.




## Nutrition information per serving

281 kcal / 1181 kJ

- |                |                      |               |
|----------------|----------------------|---------------|
| • Protein: 4 g | • Saturated fat: 2 g | • Fibre: 7 g  |
| • Fat: 12 g    | • Carbohydrate: 42 g | • Salt: 0.1 g |

# Tomato and basil pasta sauce

## Ingredients

- 1 red onion, thinly sliced
- 2 cloves garlic, finely chopped
- 1  light olive oil
- Two 400 g (14 oz) cans cherry tomatoes
- 150 ml (1/4 pint) red wine
- 2  tomato puree
- 1 teaspoon caster sugar, or to taste
- Salt and freshly ground black pepper, to taste
- 2-3  shredded fresh basil leaves

• Serves: 2-4 (makes about 600 ml/1 pint)

• Preparation - 10min

• Cooking - 30min

1

Place the onion and garlic in the ActiFry pan, then drizzle the oil evenly over the vegetables. Cook for 5 minutes.

2

Add the canned tomatoes, red wine, tomato puree, sugar and seasoning. Cook for about 25 minutes, or until the sauce is thick and pulpy. Stop the ActiFry once or twice during cooking and stir the mixture using a wooden spoon or spatula.

3

Stir in the shredded basil and adjust the seasoning to taste. Serve with freshly cooked pasta such as spaghetti, fusilli or tortelloni.

## Variations

- Use two 400 g (14 oz) cans of chopped tomatoes in place of cherry tomatoes.
- To create a spicy tomato sauce, simply add 1 teaspoon EACH ground cumin, ground coriander and hot chilli powder, or to taste, with the canned tomatoes.
- For a spicy addition, add 175 g (6 oz) cured (cooked) chorizo, thinly sliced, with the canned tomatoes.
- Use sun-dried tomato puree in place of standard tomato puree, if desired.

## Nutrition notes

Low in fat and saturated fat.

## Nutrition information per serving

26 kcal / 108 kJ

- |                |                        |                |
|----------------|------------------------|----------------|
| • Protein: 1 g | • Saturated fat: 0.1 g | • Fibre: 0.5 g |
| • Fat: 1 g     | • Carbohydrate: 2 g    | • Salt: 0.5 g  |




## Gourmet sweet recipes



# Apple, hazelnut and potato medley

## Ingredients

- 300 g (10 1/2 oz) potatoes
- 2 Golden Delicious eating apples
- 3-4  caramel toffee sauce
- 40 g (1 1/2 oz) whole, shelled hazelnuts
- 20 g (3/4 oz) popcorn (see Cook's Tip)

- Serves: 4
- Preparation - 20min
- Cooking - 25min

1

Peel the potatoes, then cut them into 1 cm (1/2 in) cubes. Rinse the diced potatoes thoroughly, drain, then dry them well on a clean tea towel. Set aside. Peel the apples, then cut them into quarters and remove and discard the cores and pips. Chop the apple quarters into 1 cm (1/2 in) cubes.

2

Place the diced potatoes and apples in the ActiFry pan. Drizzle 2 ActiFry spoonfuls of the caramel toffee sauce evenly over the potatoes and apples. Cook for 20 minutes.

3

Add the hazelnuts and popcorn to the ActiFry. Drizzle over the remaining 1-2 ActiFry spoonfuls of caramel toffee sauce. Cook for a further 5 minutes. Serve warm with a scoop of vanilla ice cream.

## Cook's Tip

- Ideally, use butter popcorn (the type you pop yourself at home) for this recipe. Otherwise, use standard toffee popcorn.

## Variation

- Use whole blanched almonds in place of hazelnuts.

## Nutrition notes

Low in salt.

## Nutrition information per serving



192 kcal / 803kJ

- Protein: 3 g
- Saturated fat: 2 g
- Fibre: 2 g
- Fat: 10 g
- Carbohydrate: 24 g
- Salt: 0.1 g



# Roasted pineapple with fresh figs and acacia honey

## Ingredients

- 1 fresh, ripe large pineapple
- 3  acacia honey
- 4 fresh figs
- 1  lemon juice
- 1/2 teaspoon ground cinnamon, or to taste

- Serves: 4
- Preparation - 15min
- Cooking - 15min

1

Cut off the top and base of the pineapple. Holding the pineapple upright, cut off the peel in strips lengthways and remove any stray 'eyes'. Cut the pineapple into quarters, then remove the central core. Cut each quarter of pineapple into slices crossways (each slice about 1 cm/1/2 in thick).

2

Place the pineapple slices in the ActiFry pan. Drizzle 2 ActiFry spoonfuls of honey evenly over the pineapple. Cook for 10 minutes.

3

Meanwhile, rinse and dry the figs and cut each one into quarters. Add the figs, lemon juice and cinnamon to the ActiFry. Drizzle the remaining honey over the top. Cook for a further 5 minutes.

4

Serve with a scoop or two of vanilla ice cream, or a dollop of Greek yogurt.

## Nutrition notes

Good source of fibre.



## Nutrition information per serving

241 kcal / 1028 kJ

- Protein: 3 g
- Saturated fat: 0 g
- Fibre: 7 g
- Fat: 1 g
- Carbohydrate: 58 g
- Salt: 0.1 g

# Apple wedges with cinnamon sugar

## Ingredients

- 4 Golden Delicious eating apples
- 2  sunflower oil
- 85 g (3 oz) ready-to-eat dried apricots, finely chopped
- 1-2  caster sugar
- 1/2 teaspoon ground cinnamon, or to taste

- Serves: 4-6
- Preparation - 15min
- Cooking - 15-18min

1

Peel the apples, then cut each one into quarters and remove and discard the cores and pips. Cut each apple quarter in half to make 2 even wedges (each whole apple is cut into 8 even wedges).

2

Place the apple wedges in a large bowl, add the oil and toss to mix until the apples are coated all over. Place the apple wedges in the ActiFry pan and cook for 12-15 minutes. Add the apricots and cook for a further 3 minutes, or until the apples are tender.

3

Meanwhile, in a small bowl, mix together the sugar and cinnamon. Serve the hot cooked apple wedges with a sprinkling of cinnamon sugar. Serve with vanilla ice cream, crème fraîche or Greek yogurt.

## Variations

- Use ground mixed spice in place of cinnamon.
- Use sultanas, raisins or dried sweetened cranberries in place of apricots.

## Nutrition notes

Low in salt.

## Nutrition information per serving

83 kcal / 352 kJ

- Protein: 0.8 g
- Saturated fat: 0.3 g
- Fibre: 2 g
- Fat: 2 g
- Carbohydrate: 15 g
- Salt: 0.1 g



## Cooking times

The cooking times are approximate and may vary depending on the seasonality of the food, the size of the pieces, the amount of food, individual preferences, and the mains voltage.

The oil quantity indicated can be increased according to your taste and your needs.

### Potatoes

- The cooking times below are only a guide and may vary according to the variety and batch of potatoes used.
- We recommend using varieties such as King Edward and Maris Piper for chips and potato recipes.

	TYPE	QUANTITY	OIL	COOKING TIME
Chips standard size 13mm x 13mm	Fresh	1000 g *	1 spoonful oil	40-45 minutes
	Fresh	750 g *	1/2 spoonful oil	35-37 minutes
	Fresh	500 g *	1/2 spoonful oil	28-30 minutes
	Fresh	250 g *	1/2 spoonful oil	24-26 minutes
Potatoes (quartered)	Fresh	1000 g *	1 spoonful oil	40-42 minutes
Diced potato	Fresh	1000 g *	1 spoonful oil	40-42 minutes
Chips	Frozen - suitable for deep frying only	750 g Standard 13mm x 13mm	None	35-40 minutes
	Frozen - 2 way or 3 way cook suitable for oven and grill (and deep frying)	750 g Thin 10mm x 10mm	None	30-32 minutes
		500 g American style 8mm x 8mm	None	25-27 minutes

\* Weight of unpeeled potatoes.

### Other vegetables

	TYPE	QUANTITY	OIL	COOKING TIME
Courgettes	Fresh, in slices	750 g	1 spoonful oil + 150 ml cold water	25 - 35 minutes
Sweet peppers	Fresh, in slices	650 g	1 spoonful oil + 150 ml cold water	20 - 25 minutes
Mushrooms	Fresh, in quarters	650 g	1 spoonful oil	12 - 15 minutes
Tomatoes	Fresh, in quarters	650 g	1 spoonful oil + 150 ml cold water	10 - 15 minutes
Onions	Fresh, in rings	500 g	1 spoonful oil	15 - 25 minutes

## Meat - Poultry

To add flavour to meat and poultry, mix some spices (such as paprika, curry, mixed herbs, thyme.....) with the oil.

	TYPE	QUANTITY	OIL	COOKING TIME
Chicken nuggets	Fresh	750 g	None	18 - 20 minutes
	Frozen	750 g	None	18 - 20 minutes
	Frozen	12 pieces (160 g)	None	12 - 15 minutes
Chicken drumsticks	Fresh	4 to 6	None	30 minutes
Chicken legs	Fresh	2	None	30 - 35 minutes
Chicken breasts (boneless)	Fresh	about 750 g cut into thin strips	None	10 - 15 minutes
Chinese Spring Rolls	Fresh	4 to 8 small	1 spoonful oil	10 - 12 minutes
Lamb chops	Fresh (2.5 cm to 3 cm thick)	2 to 6	None	20 - 25 minutes *
Pork chops	Fresh (2.5 cm to 3 cm thick)	2 to 3	None	18 - 23 minutes*
Pork fillet	Fresh	2 to 6 thin slices or strips	1 spoonful oil	12 - 15 minutes
Sausages	Fresh	4 to 8 (pricked)	None	10 - 12 minutes
Chilli Con Carne	Fresh (made from minced beef)	500 g	1 spoonful oil	30 - 40 minutes
Beef steak	Fresh (rump or sirloin cut into 1 cm thick strips)	600 g	None	8 - 10 minutes
Meatballs	Fresh	12 pieces	1 spoonful oil	18 - 20 minutes

\* Turn halfway through cooking.

### Fish - Shellfish

	TYPE	QUANTITY	OIL	COOKING TIME
Breaded scampi	Frozen	18 pieces (280 g)	None	10 minutes
Monkfish	Fresh cut in pieces	500 g	1 spoonful oil	20-22 minutes
Prawns	Cooked	400 g	None	10-12 minutes
Jumbo King prawns	Frozen and thawed	300 g (16 pieces)	None	12-14 minutes

### Desserts

	TYPE	QUANTITY	OIL	COOKING TIME
Bananas	Cut in slices	500 g (5 bananas)	1 spoonful oil + 1 spoonful brown sugar	4 - 6 minutes
	Wrapped in tinfoil	2 bananas	None	20 - 25 minutes
Cherries	Whole	Up to 1000 g	1 spoonful oil + 1 to 2 spoonful sugar	12 - 15 minutes
Strawberries	Cut in quarters if large or halves if small	Up to 1000 g	1 to 2 spoonful sugar	5 - 7 minutes
Apples	Cut in wedges	3	1 spoonful oil + 2 spoonful sugar	15 - 18 minutes
Pears	Cut in pieces	Up to 1000 g	1 to 2 spoonful sugar	8 - 12 minutes
Pineapple	Cut in pieces	1	1 to 2 spoonful sugar	8 - 12 minutes



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**Tefal**  
*ActiFry*