



HOT AND HEALTHY AIR FRYER COOKBOOK

20 Crispy Recipes with a Healthy Twist

Lynda Leadbetter



WELCOME

Welcome to your **FREE BEEWEIGHED**
Air Fryer Cookbook

I'm Lynda, founder of BEEWEIGHED,
and I'm passionate about helping our
members lose weight in a way that's
simple, realistic, and enjoyable.

This cookbook has been created
especially for you — to show that
healthy eating doesn't have to be
boring or complicated. With your air
fryer, you can enjoy tasty, satisfying
meals that are lower in calories, quick
to prepare, and perfect for keeping
you on track.

Inside you'll find 20 easy, slimming-
friendly recipes — from filling
breakfasts, to hearty mains, to crisp
and delicious sides. Every recipe uses
everyday ingredients, so you can feel
good about what you're eating without
spending hours in the kitchen.

Healthy, delicious food made simple —
that's the BEEWEIGHED way.



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Lynda xx

Lynda Leadbetter, BEM
Founder

RECIPE LIBRARY



- Golden Egg Veggie Pizza
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- Herbed Veggie Pancakes
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GOLDEN EGG VEGGIE PIZZA



2 servings



Prep Time: 15 minutes



Cooking Time: 18 minutes

NUTRITION FACTS

PER SERVING

| | |
|----------------|----------|
| Calories | 303 kcal |
| Total Fats | 19g |
| Saturated Fats | 4.5g |
| Protein | 20g |
| Carbohydrates | 17g |
| Dietary fibre | 4.5g |
| Sugar | 8g |



INGREDIENTS

4 large eggs
½ cup (40g) shredded mozzarella cheese
½ cup (70g) chopped bell peppers
¼ cup (35g) sliced olives
1 tbsp grated parmesan
salt & pepper, to taste

INSTRUCTIONS

- 01.** Line your air fryer basket with parchment paper, shaping it into a shallow bowl to form the pizza base.
- 02.** In a bowl, beat the eggs with salt and pepper.
- 03.** Pour the egg mixture into the parchment-lined basket.
- 04.** Top evenly with mozzarella, bell peppers, olives, and parmesan (if using).
- 05.** Air fry at 180°C (350°F) for 8–10 minutes, or until set and lightly golden.
- 06.** Slice and serve!

TOP TIP: For extra flavour, sprinkle Italian herbs or chili flakes on top before air frying. You can also add a spoonful of cottage cheese or chopped spinach for more protein and fibre.

TUNA MELT TOAST



2 servings



Prep Time: 10 minutes



Cooking Time: 8 minutes

NUTRITION FACTS

PER SERVING

| | |
|----------------|----------|
| Calories | 328 kcal |
| Total Fats | 15g |
| Saturated Fats | 4.7g |
| Protein | 28g |
| Carbohydrates | 37g |
| Dietary fibre | 1.6g |
| Sugar | 3.1g |



INGREDIENTS

2 slices whole grain or
sourdough bread
1 can (120g drained) tuna in
water
2 tbsp Greek yogurt or light
mayo
¼ cup (30g) grated cheddar
cheese
¼ cup (30g) shredded
mozzarella
1 tbsp chopped parsley
(optional)
1 tbsp chopped red onion
(optional)
Salt & pepper, to taste

INSTRUCTIONS

- 01.** Preheat your air fryer to 180°C (350°F).
- 02.** In a bowl, mix the drained tuna with Greek yogurt or mayo, red onion, salt, and pepper.
- 03.** Spread the tuna mixture evenly over each slice of bread.
- 04.** Top with cheddar and mozzarella cheese.
- 05.** Place the toasts in the air fryer basket lined with parchment or foil.
- 06.** Air fry at 180°C (350°F) for 6–8 minutes, or until the cheese is bubbly and golden.
- 07.** Garnish with fresh parsley and serve immediately.

TOP TIP: For an extra crispy base, pre-toast the bread slices in the air fryer for 2–3 minutes at 180°C (350°F) before adding the tuna mixture and cheese. This helps prevent the bread from becoming soggy and gives you a perfect crunch underneath the melty topping.

CHEESY SPINACH EGG MUFFINS



2 servings



Prep Time: 10 minutes



Cooking Time: 18 minutes

NUTRITION FACTS

PER SERVING

| | |
|----------------|----------|
| Calories | 232 kcal |
| Total Fats | 15g |
| Saturated Fats | 6.2g |
| Protein | 19g |
| Carbohydrates | 4.4g |
| Dietary fibre | 0.8g |
| Sugar | 1.6g |



INGREDIENTS

- 4 large eggs
- ½ cup (40g) shredded mozzarella cheese
- ½ cup (15g) fresh spinach, chopped
- ¼ cup (60g) diced tomatoes
- 2 tbsp grated parmesan cheese
- Salt & pepper, to taste

INSTRUCTIONS

01. Lightly grease silicone muffin cups or ramekins with olive oil spray.
02. In a bowl, whisk the eggs and season with salt and pepper.
03. Stir in the chopped spinach, mozzarella, and tomatoes.
04. Pour the mixture evenly into the prepared cups.
05. Top with grated parmesan.
06. Place the cups in the air fryer basket.
07. Air fry at 160°C (320°F) for 16–18 minutes, or until the centers are set and the tops are golden.
08. Let them cool for 2 minutes, then remove and serve.

TOP TIP: To prevent sticking and ensure easy cleanup, use silicone muffin liners or lightly grease the ramekins before adding the egg mixture. For extra flavour, sauté the spinach with a little garlic or onion before mixing it into the eggs.

AVOCADO EGG BOATS



2 servings



Prep Time: 10 minutes



Cooking Time: 12 minutes

NUTRITION FACTS

PER SERVING

| | |
|----------------|----------|
| Calories | 240 kcal |
| Total Fats | 20g |
| Saturated Fats | 3.8g |
| Protein | 8.4g |
| Carbohydrates | 9.3g |
| Dietary fibre | 6.8g |
| Sugar | 0.9g |



INGREDIENTS

- 1 ripe avocado, halved and pitted
- 2 small eggs
- 2 tbsp (20g) diced turkey bacon or lean ham
- 1 tbsp chopped scallions or chives
- Salt & black pepper, to taste

INSTRUCTIONS

- 01.** Scoop out a bit of the flesh from the avocado half to make room for the eggs.
- 02.** Place the avocado halves in a foil “nest” or small ramekins to stabilize them in the air fryer.
- 03.** Crack an egg into each half. If the eggs are large, discard a bit of egg white to avoid overflow.
- 04.** Season with salt, pepper, and sprinkle with turkey bacon or ham.
- 05.** Air fry at 170°C (340°F) for 10–12 minutes, or until the whites are set and yolks reach your preferred doneness.
- 06.** Top with chopped scallions and serve warm.

TOP TIP: To help avocados stay upright and avoid tipping during cooking, mold a small foil ring underneath each half. For extra richness, sprinkle with grated parmesan or chili flakes before cooking.

HERBED VEGGIE PANCAKES



2 servings



Prep Time: 15 minutes



Cooking Time: 18 minutes

NUTRITION FACTS

PER SERVING

| | |
|----------------|----------|
| Calories | 186 kcal |
| Total Fats | 9g |
| Saturated Fats | 2.2g |
| Protein | 9.7g |
| Carbohydrates | 16g |
| Dietary fibre | 2.2g |
| Sugar | 2g |



INGREDIENTS

- 2 large eggs
- ⅓ cup (40g) oat flour or whole wheat flour
- ½ cup (50g) grated courgette (squeezed dry)
- ¼ cup (30g) grated carrot
- 2 tbsp (15g) finely chopped red bell pepper
- 1 tbsp chopped fresh herbs (parsley, dill, or chives)
- ¼ tsp baking powder
- Salt & pepper, to taste
- 1 tsp olive oil spray

INSTRUCTIONS

- 01.** In a bowl, whisk together eggs, flour, baking powder, salt, and pepper.
- 02.** Fold in courgette, carrot, bell pepper, and herbs until well combined.
- 03.** Line your air fryer basket with perforated parchment paper (or poke a few holes in regular parchment for airflow).
- 04.** Spray parchment lightly with olive oil.
- 05.** Spoon the batter into round pancake shapes (about 3–4 inches wide), flatten slightly.
- 06.** Air fry at 180°C (350°F) for 8–9 minutes, then carefully flip and cook for an additional 7–9 minutes, until golden brown and firm.
- 07.** Serve warm with a dollop of Greek yogurt or dipping sauce of your choice.

TOP TIP: Ax

CRISPY SWEET POTATO FRIES



2 servings



Prep Time: 10 minutes



Cooking Time: 18 minutes

NUTRITION FACTS

PER SERVING

| | |
|----------------|----------|
| Calories | 196 kcal |
| Total Fats | 7g |
| Saturated Fats | 1g |
| Protein | 3.1g |
| Carbohydrates | 31g |
| Dietary fibre | 5.1g |
| Sugar | 6.4g |



INGREDIENTS

1 large sweet potato (about 300g), peeled and cut into fries
1 tbsp olive oil
½ tsp smoked paprika
¼ tsp garlic powder
¼ tsp salt
Pinch of black pepper
Fresh herbs or sea salt, to garnish (optional)

INSTRUCTIONS

- 01.** Peel and cut the sweet potato into thin fries (about ½ inch thick).
- 02.** Soak the fries in cold water for 10 minutes, then drain and pat dry thoroughly with a towel.
- 03.** In a bowl, toss the fries with olive oil, paprika, garlic powder, salt, and pepper.
- 04.** Place the fries in the air fryer basket in a single layer (cook in batches if needed).
- 05.** Air fry at 200°C (400°F) for 16–18 minutes, shaking the basket halfway through, until golden and crispy.
- 06.** Garnish with fresh herbs or extra sea salt, if desired, and serve hot.

TOP TIP: Soaking the fries removes excess starch and helps achieve that perfect crispiness. Don't overcrowd the air fryer basket—this allows air to circulate and gives you evenly cooked, crunchy fries.

CRISPY COURGETTE PARMESAN FRIES



3 servings



Prep Time: 15 minutes



Cooking Time: 18 minutes

NUTRITION FACTS

PER SERVING

| | |
|----------------|----------|
| Calories | 210 kcal |
| Total Fats | 13g |
| Saturated Fats | 3.2g |
| Protein | 14g |
| Carbohydrates | 11g |
| Dietary fibre | 3.2g |
| Sugar | 5.3g |



INGREDIENTS

2 medium courgettes, cut into sticks

1 egg, beaten

1/3 cup (35g) grated

Parmesan cheese

1/3 cup (40g) almond flour

1/2 tsp garlic powder

Salt & pepper, to taste

Easy Ranch Dip:

(110g) Greek yogurt

1 tbsp light mayonnaise

1 tsp lemon juice

1/2 tsp dried dill

1/4 tsp garlic powder

1/4 tsp onion powder

Salt & pepper, to taste

INSTRUCTIONS

- 01.** In a bowl, mix almond flour, Parmesan, garlic powder, salt, and pepper.
- 02.** Dip each courgette stick into the beaten egg, then coat with the almond-Parmesan mixture.
- 03.** Place the coated courgette sticks in a single layer in the air fryer basket. Use parchment paper if needed to prevent sticking.
- 04.** Air fry at 190°C (375°F) for 16–18 minutes, flipping halfway, until golden and crisp.
- 05.** While the fries cook, combine all dip ingredients in a bowl and stir until smooth.
- 06.** Serve the hot courgette fries with the chilled ranch dip.

TOP TIP: For extra crispiness, press the coating gently onto the courgette before air frying. Let the coated sticks rest for 5 minutes before cooking to help the crust stick better. Reheat leftovers in the air fryer for 3–4 minutes.

CHEESY VEGGIE-STUFFED MUSHROOMS



2 servings



Prep Time: 15 minutes



Cooking Time: 12 minutes

NUTRITION FACTS

PER SERVING

| | |
|----------------|----------|
| Calories | 208 kcal |
| Total Fats | 14g |
| Saturated Fats | 4.8g |
| Protein | 11g |
| Carbohydrates | 12g |
| Dietary fibre | 3.9g |
| Sugar | 5.2g |



INGREDIENTS

6 large mushroom caps (e.g., cremini or baby portobello)
½ cup (60g) finely chopped bell pepper (red or green)
2 tbsp (20g) finely chopped onion
⅓ cup (30g) shredded mozzarella cheese
2 tbsp (10g) grated Parmesan
1 tbsp cream cheese
1 clove garlic, minced
Salt & pepper, to taste
Olive oil spray

INSTRUCTIONS

- 01.** Gently clean the mushrooms and remove stems. Lightly scoop out a bit more from the inside to make room for filling.
- 02.** In a bowl, mix chopped pepper, onion, garlic, mozzarella, Parmesan, cream cheese, salt, and pepper.
- 03.** Spoon the filling generously into each mushroom cap.
- 04.** Lightly spray the air fryer basket with olive oil and place the stuffed mushrooms inside in a single layer.
- 05.** Air fry at 180°C (350°F) for 10–12 minutes, or until mushrooms are tender and tops are golden.
- 06.** Let cool slightly before serving. Optional: garnish with chopped parsley or chili flakes.

TOP TIP: To prevent sogginess, briefly air fry the empty mushroom caps for 3 minutes before stuffing. This helps release excess moisture for a firmer bite.

BACON-WRAPPED AVOCADO



2 servings



Prep Time: 15 minutes



Cooking Time: 12 minutes

NUTRITION FACTS

PER SERVING

| | |
|----------------|----------|
| Calories | 248 kcal |
| Total Fats | 3.9g |
| Saturated Fats | 4.5g |
| Protein | 82g |
| Carbohydrates | 9.3g |
| Dietary fibre | 6.8g |
| Sugar | 0.2g |



INGREDIENTS

- 1 large ripe avocado
- 6 slices of turkey bacon
- Pinch of smoked paprika or chili powder (optional)

INSTRUCTIONS

- 01.** Cut the avocado in half, remove the pit, and slice each half into 3 wedges (6 total).
- 02.** Lightly sprinkle wedges with paprika or chili powder if desired.
- 03.** Wrap each avocado wedge with a slice of bacon, starting from one end and tucking the edge underneath.
- 04.** Place the wrapped wedges seam-side down in the air fryer basket (use parchment paper if needed).
- 05.** Air fry at 200°C (400°F) for 10–12 minutes, or until bacon is crispy and browned.
- 06.** Let cool slightly and serve with raw veggies and your favorite dip.

TOP TIP: For extra crispiness, use thinner bacon and avoid overlapping the slices too much. If needed, secure each roll with a toothpick during cooking—just remember to remove it before serving!

GOLDEN BAKED POTATOES



2 servings



Prep Time: 15 minutes



Cooking Time: 35 minutes

NUTRITION FACTS

PER SERVING

| | |
|----------------|----------|
| Calories | 305 kcal |
| Total Fats | 15g |
| Saturated Fats | 3.9g |
| Protein | 11g |
| Carbohydrates | 33g |
| Dietary fibre | 3.9g |
| Sugar | 2.1g |



INGREDIENTS

2 medium potatoes (about 180g each), scrubbed
4 strips turkey bacon
2 tbsp shredded cheddar cheese
2 tbsp full-fat Greek yogurt
1 tbsp chopped green onions
Olive oil spray
Salt & pepper, to taste

INSTRUCTIONS

- 01.** Preheat air fryer to 200°C (400°F).
- 02.** Pierce each potato a few times with a fork, spray lightly with olive oil, and season with salt.
- 03.** Place in the air fryer basket and cook for 30–35 minutes, flipping halfway through, until fork-tender and skins are crispy.
- 04.** Cook turkey bacon in a skillet air fry it until crispy, then crumble.
- 05.** Once the potatoes are done, slice the tops and fluff the insides with a fork.
- 06.** Sprinkle with shredded cheddar and return to the air fryer for 2–3 minutes until melted.
- 07.** Top each potato with Greek yogurt, crumbled turkey bacon, and chopped green onions. Serve warm.

TOP TIP: For an even creamier center, mix a spoonful of Greek yogurt into the fluffed potato before adding toppings. Use parchment paper under the potatoes for easy cleanup.

GARLIC PARMESAN CHICKEN WINGS



2 servings



Prep Time: 15 minutes



Cooking Time: 25 minutes

NUTRITION FACTS

PER SERVING

| | |
|----------------|----------|
| Calories | 433 kcal |
| Total Fats | 30g |
| Saturated Fats | 10g |
| Protein | 26g |
| Carbohydrates | 16g |
| Dietary fibre | 0.8g |
| Sugar | 2.3g |



INGREDIENTS

- 8 chicken wings
- 1 tsp olive oil
- 2 tbsp grated Parmesan cheese
- 1 tbsp fresh parsley, chopped
- 2 garlic cloves, minced
- ½ tsp onion powder
- Salt & pepper, to taste

Garlic Parmesan Dip

- ½ cup (110g) Greek yogurt
- 1 tbsp light mayonnaise
- 1 garlic clove, grated or minced
- 1 tsp lemon juice
- Salt & pepper, to taste

INSTRUCTIONS

- 01.** Pat the chicken wings dry and place them in a bowl.
- 02.** Toss with olive oil, garlic, onion powder, salt, and pepper.
- 03.** Preheat the air fryer to 200°C (400°F).
- 04.** Place wings in a single layer in the air fryer basket. Cook for 22–25 minutes, shaking the basket halfway through, until golden and cooked through.
- 05.** While cooking, mix all dip ingredients in a small bowl and refrigerate.
- 06.** Once wings are done, toss immediately with Parmesan and chopped parsley.
- 07.** Serve hot with the dip on the side.

TOP TIP: For extra crispy wings, air fry for an additional 2 minutes at the end and let them rest 5 minutes before tossing with Parmesan. You can also broil briefly if desired for a golden finish.

BACON-WRAPPED CHICKEN TENDERS



2 servings



Prep Time: 15 minutes



Cooking Time: 18 minutes

NUTRITION FACTS

PER SERVING

| | |
|----------------|----------|
| Calories | 210 kcal |
| Total Fats | 9.2g |
| Saturated Fats | 2.3g |
| Protein | 29g |
| Carbohydrates | 1.4g |
| Dietary fibre | 0.3g |
| Sugar | 0.1g |



INGREDIENTS

- 6 chicken tenders
- 6 slices of turkey bacon
- ½ tsp smoked paprika
- ¼ tsp garlic powder
- Salt & pepper, to taste

INSTRUCTIONS

- 01.** Season chicken tenders with paprika, garlic powder, salt, and pepper.
- 02.** Wrap each tender with a slice of bacon, overlapping slightly and tucking in the ends.
- 03.** Preheat the air fryer to 200°C (400°F).
- 04.** Place tenders in a single layer and air fry for 16–18 minutes, flipping once halfway, until the chicken is cooked through and the bacon is crispy.
- 05.** Let rest 2 minutes before serving.

TOP TIP: For extra flavour, marinate the tenders in a bit of lemon juice and herbs before wrapping. If using thick bacon, partially pre-cook it first to ensure it crisps up evenly by the time the chicken is done.

JUICY TURKEY MEATBALLS



2 servings



Prep Time: 15 minutes



Cooking Time: 15 minutes

NUTRITION FACTS

PER SERVING

| | |
|----------------|----------|
| Calories | 371 kcal |
| Total Fats | 24g |
| Saturated Fats | 5.6g |
| Protein | 36g |
| Carbohydrates | 4.9g |
| Dietary fibre | 1.8g |
| Sugar | 1.3g |



INGREDIENTS

- 300g turkey mince (lean)
- 60g grated courgette, moisture squeezed out
- 1 egg
- 20g almond flour or oat flour
- 2 tbsp grated Parmesan cheese
- 1 garlic clove, minced
- ½ tsp dried oregano
- ½ tsp salt
- ¼ tsp black pepper
- 1 tsp olive oil spray

INSTRUCTIONS

- 01.** In a bowl, mix all ingredients until just combined—do not overmix.
- 02.** Scoop and roll into 1-inch meatballs (about 18 total).
- 03.** Preheat air fryer to 190°C (375°F).
- 04.** Spray the basket with olive oil and place meatballs in a single layer.
- 05.** Air fry for 12–15 minutes, shaking halfway through, until golden brown and cooked through (internal temp 74°C / 165°F).
- 06.** Serve with marinara sauce, yogurt dip, or over a salad.

TOP TIP: After grating the courgette, place it in a clean towel and squeeze out all excess liquid to prevent soggy meatballs. For extra flavour, add a bit of fresh chopped parsley or onion powder to the mix.

JUICY CHICKEN BREAST



2 servings



Prep Time: 5 minutes



Cooking Time: 18 minutes

NUTRITION FACTS

PER SERVING

| | |
|----------------|----------|
| Calories | 265 kcal |
| Total Fats | 11g |
| Saturated Fats | 1.8g |
| Protein | 35g |
| Carbohydrates | 6.7g |
| Dietary fibre | 1.9g |
| Sugar | 0.8g |



INGREDIENTS

- 2 boneless, skinless chicken breasts (about 150g each)
- 1 tbsp olive oil
- 1 tbsp lemon juice
- 2 garlic cloves, minced
- 1 tsp Dijon mustard
- 1 tsp paprika
- ½ tsp onion powder
- Salt & pepper, to taste
- Fresh rosemary or lemon slices (optional, for garnish)

INSTRUCTIONS

- 01.** In a bowl or zip bag, mix olive oil, lemon juice, mustard, garlic, and seasonings.
- 02.** Add chicken breasts and coat well. Marinate for at least 10–15 minutes (or up to 8 hours refrigerated).
- 03.** Preheat air fryer to 190°C (375°F).
- 04.** Place chicken breasts in the basket, smooth side down.
- 05.** Air fry for 8–9 minutes, then flip and cook another 8–9 minutes, until internal temperature reaches 74°C (165°F).
- 06.** Rest for 5 minutes before slicing. Serve with lemon slices and fresh herbs if desired.

TOP TIP: Pound chicken to even thickness for faster, more uniform cooking. Don't skip the rest time—it seals in moisture and keeps the chicken ultra juicy.

GOLDEN CHICKEN THIGHS



4 servings



Prep Time: 15 minutes



Cooking Time: 20 minutes

NUTRITION FACTS

PER SERVING

| | |
|----------------|----------|
| Calories | 282 kcal |
| Total Fats | 22g |
| Saturated Fats | 5.5g |
| Protein | 21g |
| Carbohydrates | 1.2g |
| Dietary fibre | 0.5g |
| Sugar | 0.1g |



INGREDIENTS

4 bone-in, skin-on chicken thighs (about 450–500g total)
1 tbsp olive oil
1 tsp smoked paprika
½ tsp turmeric (for golden colour)
½ tsp garlic powder
½ tsp onion powder
¼ tsp chili powder or cayenne (optional, for heat)
Salt & pepper, to taste

INSTRUCTIONS

- 01.** Pat chicken thighs dry with paper towels.
- 02.** In a small bowl, mix olive oil with all spices.
- 03.** Rub the seasoning blend all over the chicken thighs, making sure to get under the skin if possible.
- 04.** Preheat the air fryer to 190°C (375°F).
- 05.** Place the thighs skin-side down in the air fryer basket.
- 06.** Cook for 10 minutes, then flip and cook another 8–10 minutes, or until the internal temperature reaches 74°C (165°F) and the skin is golden and crispy.
- 07.** Rest 5 minutes before serving.

TOP TIP: For extra crispy skin, pat the chicken as dry as possible before seasoning. Adding turmeric gives a beautiful golden hue without affecting flavour too much—great for visual appeal!

MUSTARD HONEY GLAZED SALMON



3 servings



Prep Time: 5 minutes



Cooking Time: 12 minutes

NUTRITION FACTS

PER SERVING

| | |
|----------------|----------|
| Calories | 286 kcal |
| Total Fats | 19g |
| Saturated Fats | 3.9g |
| Protein | 23g |
| Carbohydrates | 5.3g |
| Dietary fibre | 0.4g |
| Sugar | 4.4g |



INGREDIENTS

- 3 salmon fillets (about 150g each)
- 1 tbsp olive oil
- 1½ tbsp Dijon mustard
- 1 tbsp honey
- 1 tsp lemon juice
- 1 garlic clove, minced
- ½ tsp black pepper
- Pinch of salt
- Optional garnish: dill or parsley

INSTRUCTIONS

- 01.** In a small bowl, whisk together olive oil, Dijon mustard, honey, lemon juice, garlic, salt, and pepper.
- 02.** Pat the salmon dry and place it in a shallow dish or on parchment.
- 03.** Spoon the glaze evenly over each fillet.
- 04.** Preheat air fryer to 190°C (375°F).
- 05.** Line the basket with parchment paper and place the salmon fillets skin-side down.
- 06.** Air fry for 10–12 minutes, or until the salmon flakes easily with a fork and the glaze is caramelized.
- 07.** Garnish with fresh dill or parsley and serve immediately.

TOP TIP: To prevent sticking, always use parchment paper under glazed salmon in the air fryer. For a deeper golden top, air fry the last 2 minutes at 200°C (400°F).

CREAMY STUFFED CHICKEN BREAST



2 servings



Prep Time: 10 minutes



Cooking Time: 20 minutes

NUTRITION FACTS

PER SERVING

| | |
|----------------|----------|
| Calories | 387 kcal |
| Total Fats | 20g |
| Saturated Fats | 9g |
| Protein | 45g |
| Carbohydrates | 4.7g |
| Dietary fibre | 0.6g |
| Sugar | 2.4g |



INGREDIENTS

- 2 medium chicken breasts
- 75g cream cheese, softened
- 40t chopped mushrooms
- 25g finely diced red onion
- ½ tsp garlic powder
- Salt & pepper, to taste
- Olive oil spray or 1 tsp olive oil
- Optional garnish: chopped parsley or chives

INSTRUCTIONS

- 01.** Preheat air fryer to 190°C (375°F).
- 02.** In a pan, sauté mushrooms and red onion for 3–4 minutes until softened. Let cool slightly.
- 03.** In a bowl, mix cream cheese with garlic powder, salt, pepper, and the cooked mushroom-onion mixture.
- 04.** Slice a pocket into the side of each chicken breast and stuff evenly with the mixture.
- 05.** Secure with toothpicks if needed. Lightly brush or spray with olive oil and season the outside with salt and pepper.
- 06.** Place in the air fryer basket and cook for 18–20 minutes, flipping halfway, or until internal temp reaches 74°C (165°F).

TOP TIP: To avoid overcooking, use a meat thermometer and pull the chicken out as soon as it hits 74°C (165°F). Chilling the filling slightly before stuffing helps it stay in place during cooking.

MOZZARELLA-TOPPED AUBERGINE BITES



2 servings



Prep Time: 15 minutes



Cooking Time: 8 minutes

NUTRITION FACTS

PER SERVING

| | |
|----------------|----------|
| Calories | 144 kcal |
| Total Fats | 10g |
| Saturated Fats | 2.7g |
| Protein | 5.1g |
| Carbohydrates | 10g |
| Dietary fibre | 4.7g |
| Sugar | 5.8g |



INGREDIENTS

- 1 medium aubergine, sliced into ½-inch thick rounds
- 80g diced tomatoes (drained well)
- 30g shredded mozzarella
- 1 tbsp olive oil
- ½ tsp dried Italian herbs or oregano
- Salt & pepper, to taste
- Fresh basil, for garnish

INSTRUCTIONS

- 01.** Lightly salt the aubergine rounds and let them sit 10 minutes, then pat dry with a paper towel.
- 02.** Brush both sides of each slice with olive oil and season with salt, pepper, and herbs.
- 03.** Preheat air fryer to 190°C (375°F).
- 04.** Place the aubergine rounds in the basket and air fry for 8 minutes, flipping them halfway through.
- 05.** Top each with diced tomatoes and mozzarella.
- 06.** Return to the air fryer and cook 4–6 minutes, until cheese is bubbly and golden.
- 07.** Garnish with fresh basil and serve immediately.

TOP TIP: Drain the diced tomatoes well or use cherry tomatoes for less moisture—this keeps the aubergine from getting soggy. You can also sprinkle a bit of grated Parmesan before serving for a flavour boost.

TORTILLA PIZZA ROLLS



3 servings



Prep Time: 15 minutes



Cooking Time: 10 minutes

NUTRITION FACTS

PER SERVING

| | |
|----------------|----------|
| Calories | 373 kcal |
| Total Fats | 13g |
| Saturated Fats | 4.6g |
| Protein | 20g |
| Carbohydrates | 44g |
| Dietary fibre | 3g |
| Sugar | 2g |



INGREDIENTS

- 3 whole grain tortilla wraps
- 3 tbsp tomato sauce or crushed tomatoes
- 90g (3 oz) lean ham, sliced or chopped
- 75g shredded mozzarella cheese
- 50g diced bell pepper (any colour)
- 1 tsp dried oregano or Italian seasoning
- 1 tsp olive oil spray

INSTRUCTIONS

- 01.** Lay out the tortillas and spread a thin layer of tomato sauce over each.
- 02.** Add a layer of lean ham, followed by diced bell pepper and shredded cheese.
- 03.** Sprinkle with oregano or Italian seasoning.
- 04.** Roll each tortilla tightly into a log, then slice into 4–5 pieces per roll.
- 05.** Place the slices seam-side down in the air fryer basket lined with parchment.
- 06.** Lightly spray the tops with olive oil.
- 07.** Air fry at 190°C (375°F) for 8–10 minutes, or until golden and crispy.
- 08.** Let cool for 1–2 minutes and serve warm.

TOP TIP: Make sure the rolls are sealed tightly before slicing to prevent unrolling. For a crispier finish, add a sprinkle of cheese on top of each piece before air frying. These work great as meal-prep snacks or party bites!

CRISPY TOFU CRUNCH BITES



2 servings



Prep Time: 15 minutes



Cooking Time: 16 minutes

NUTRITION FACTS

PER SERVING

| | |
|----------------|----------|
| Calories | 242 kcal |
| Total Fats | 17g |
| Saturated Fats | 2.8g |
| Protein | 21g |
| Carbohydrates | 5.4g |
| Dietary fibre | 2.5g |
| Sugar | 1.8g |



INGREDIENTS

- 1 block (400g) extra-firm tofu
- 1 tbsp soy sauce or tamari
- 1 tbsp olive oil or sesame oil
- 1 tsp cornstarch or arrowroot powder
- ½ tsp garlic powder
- ¼ tsp black pepper
- Optional: parsley or green onion, for garnish

INSTRUCTIONS

- 01.** Wrap tofu in a clean towel and press under a weight for 10–15 minutes to remove moisture.
- 02.** Cut the tofu into 1-inch cubes.
- 03.** In a bowl, mix oil, soy sauce, garlic powder, pepper, and cornstarch.
- 04.** Gently toss the tofu cubes in the mixture until evenly coated.
- 05.** Preheat air fryer to 190°C (375°F).
- 06.** Place tofu cubes in the basket in a single layer (use parchment if desired).
- 07.** Air fry for 14–16 minutes, shaking halfway, until golden and crispy.
- 08.** Garnish with fresh herbs and serve warm.

TOP TIP: For ultra-crispy tofu, don't skip pressing and make sure the cubes aren't overcrowded—air circulation is key. You can also marinate them for extra flavour before air frying.

THANK YOU

Thank you for downloading the BEEWEIGHED Air Fryer Cookbook. I hope you enjoy making each recipe and discovering just how easy and delicious healthy eating can be.

Remember, it's the little changes that make a big difference — and every meal is a step towards feeling your best.

Happy cooking, and here's to enjoying every bite along the way!

Let's connect!



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