



Day after day,
TEFAL' s ActiFry 2 in 1
helps you to enjoy food
and a balanced diet:

- enhancing and preserving
the qualities of natural
ingredients that are essential
to your diet;
- limiting the use of fat;
- limiting time spent
on preparing meals.

Tefal

www.tefalactifry.co.uk



3

ActiFry 2in1



NUTRITIOUS & DELICIOUS®



REVOLUTIONISE THE WAY YOU COOK
WITH ACTIFRY 2 IN 1

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REVOLUTIONISE THE WAY YOU COOK

WITH ACTIFRY 2 IN 1





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NUTRITIOUS & DELICIOUS

Tefal®



Innovating for your health

Good nutrition means having a varied and balanced diet... but not only that, as nutrition goes far beyond the ingredients you use. How these ingredients are cooked makes a real difference to their nutritional and sensory values (taste, texture, etc.).

And because all appliances are not equal, TEFAL has developed a range of products dedicated to nutrition, for greater pleasure: ingenious appliance that preserve the nutritional integrity of food and fully bring out the flavour of the ingredients.



Bringing you unique solutions

Tefal has been investing in research to create appliances with unique nutritional benefits, validated by scientific studies.



Informing you

Tefal has always been with you in the kitchen, helping you to prepare meals that are quick, convenient and enjoyable.



EDITORIAL
INTRODUCING OUR
BALANCED MEAL PLAN

ACTIFRY 2 IN 1, USE IT EVERY DAY!



"Your ACTIFRY 2 in 1 is much more than a new kitchen appliance. And this book is much more than a simple recipe book: it is a gourmet guide for you to *create healthy food but without missing out on your favourite foods*.

Appliances in the **TEFAL Nutritious & Delicious** range preserve the nutritional values of ingredients, the flavours of the dishes and the pleasure of eating, all at the same time.

With ACTIFRY 2 in 1, vary your nutritional intake and your enjoyment without complicating your life: with the bowl and tray, you can cook the main dish and a side dish in one go.

With an array of recipes to tantalise your tastebuds and needs, you can enjoy a variety of foods that are healthy, fun, or downright indulgent without having to deprive yourself of all your favourite foods.

To guide you on a daily basis on how to use your ACTIFRY 2 in 1, TEFAL has devised a meal plan program: 2 weeks of complete and balanced menus, defined and validated by our nutrition experts based on an extensive range of recipes.

With ACTIFRY 2 in 1, you can choose from different recipe selections: from *Variety every single day*, to *Gourmet selection* and *Everyday cooking*, to steer you in the right direction. You can choose from one meal to the next and still eat a bit of everything without missing out on your favourite foods.

As a balanced diet is built over time, TEFAL has designed this new appliance so that nutrition becomes delicious in a very real sense, easy to follow and adopt, day after day."

Nathalie Hutter Lardeau - Nutritionist

THE EXPERTS TALK



RUSSIA

Doctor

MARIANA TRIFONOVA

Nutritionist

For a wholesome and tasty diet, we must act on two levers when it comes to cooking: increase quality and decrease time. The Nutritious & Delicious range is the ultimate reference in this respect. As an expert user, I can affirm that it meets the requirements of dieticians. This combination is perfectly in line with the main principles of dietetics, which is not only a science of nutrition, but also a way of life that we must adopt.



SLOVAK REPUBLIC

Doctor

PETER MINÁRIK

Gastroenterologist

One thing is clear: if we want to follow the rules for a healthy diet, it is not enough to focus only on choosing the right ingredients. How we prepare the meal is also of utmost importance. Thanks to ACTIFRY, our favourite dish can become healthy and delicious. This new appliance must be present in every modern kitchen and it will certainly delight all those who defend the cause of healthy eating. ACTIFRY is a new product, eagerly awaited in our gastronomic and culinary market.

GERMANY

Doctor

JOHANNES M. PEIL

Manager of the Bad Nauheim sport clinic and President of the Institute for sports nutrition

Vitamins, calories and fatty acids are all important factors in assessing the nutritional value of food. But they do not necessarily have a bearing on the pleasure of eating and the criteria we follow in our dietary choices everyday. The taste and how quickly and easily the



food can be prepared are crucial elements when we select the products that are going to end up on our tables.

ACTIFRY combines rapidity, health, taste and convenience. ACTIFRY transforms every kitchen into

a place where good food and good health meet for the benefit of the entire family. ACTIFRY makes it easier to follow the recommendations of doctors and nutritionists, namely, eating more nutrition-rich foods, with more vitamins and minerals per calorie. Without sacrificing the pleasure of eating. There is no need to give up our favourite dishes. Enjoyment with health, with taste as an added bonus.

FRANCE

Doctor

CHRISTIAN RECCHIA

Doctor of medicine, Nutritionist

Eating is, above all, an act of togetherness and sharing, a moment of ever-renewed delight, but also a precious instant of well-being and good health. Eating well is a good way to grow better and age better. Thanks to the technical features of ACTIFRY, it is possible to eat chips and potatoes with low fat content, which is a valuable tool



to fight obesity and cardiovascular diseases.

ACTIFRY can also be used to cook a number of other foods: vegetables, meat, fish, fruit.

This recipe book is an impressive collection of delectable and diverse

dishes cooked in a revolutionary appliance! The assortments have been chosen judiciously to give you maximum satisfaction in terms of both taste and nutrition. All the recipes have been meticulously created, taking into account the nutritional benefits of each ingredient, and their contribution to a balanced menu.

THE GOLDEN RULES OF NUTRITION

It is hard to follow the rules for a healthy diet on a daily basis. ACTIFRY 2 in 1 helps you choose a balanced menu with delicious and enjoyable food.

VARIETY OF NUTRIENTS

Our recipes incorporate a multitude of ingredients to create nutritionally balanced and complete meals in your 2 in 1. The first key to a balanced diet is variety, which means adding different nutrients to your diet: less fat, salt and sugar, more fresh vegetables, grains and starches and fruit.

RIGHT INGREDIENTS

People buy locally sourced foods that are fresh and in-season. This provides even more reason to preserve the right nutritional value in your food as you cook.

HEALTHY COOKING METHOD

ActiFry 2 in 1 provides moderate convection heat so you can cook in the ActiFry bowl and use the plancha-style tray. This winning combination preserves both nutrients and flavours whilst you cook.

RIGHT PORTION SIZE

Avoid filling up your plate too much. Sharing the food cooked in our ACTIFRY 2 in 1 evenly among your guests automatically adjusts the portion size, providing you keep to the quantities in the recipe book. A boost of proteins, on the tray or in the bowl, satisfies your appetite without the risk of overeating.

RIGHT ROUTINE

Sticking to a routine healthy eating plan is a delicate balancing act in everyday life. ActiFry 2 in 1 can help you get back on track!

PURE INDULGENCE

Enjoy a reasonable amount of what you like: the golden rule is a balanced diet that lasts.

THE RIGHT DAILY PORTION

Breakdown of total daily intakes

Carbohydrates: **50 to 75 %**

Fats: **15 to 30 %**

Proteins: **10 to 15 %**

Moderate without depriving yourself!

Calorie breakdown between a day's meals

1/4 at breakfast

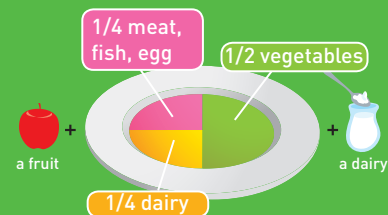
1/3 at lunch

1/3 at dinner

and the remaining at snack time

Dinner should be the lightest meal of the day!

Balance in practice



[Sources: PNNS Consumer guidelines - Diet, Nutrition and Prevention of Chronic Diseases, WHO Report, 2003]



THE 7 FOOD GROUPS

To permanently maintain a well-balanced diet, the 7 food groups should be on the menu **AT LEAST ONCE A DAY.**

Meat fish egg	Bread, cereals, starches, pulses	Fruit and vegetables	Dairy products	Fats	Drinks	Sweet treats
animal proteins for building and repairing muscles (but also fatty acids).	slow-digesting carbohydrates (but also vegetable proteins and fibres).	fibres for intestinal transit, vitamins, minerals and oligo-elements that regulate and protect.	calcium to grow and maintain your bone mass (but also proteins).	unsaturated fatty acids and saturated fatty acids for energy.	the essential drink.	to be consumed for enjoyment, but with moderation.

Eat a variety of foods to stay healthy!

ENJOY HEALTHY FOOD WITH VARIETY

IT'S HIGH TIME TO REMEMBER WE NEED TO THINK ABOUT WHAT WE EAT!

To function well and achieve metabolic balance, your body needs a wide variety of daily nutritional intake.

1-VARY THE INGREDIENTS!

Monotony is your worst enemy. If you eat the same type of food day in and day out, you will get fed up. And you will only succumb to the first temptation. The right formula: decrease quantity, enhance quality and increase the number of ingredients in every meal. Choose freely from the 7 food groups. No use getting bogged down in nutritional tables: the richer the mix of ingredients in your ACTIFRY 2 in 1 at every meal, the better your nutritional intakes will be!

2-VARY THE NUTRIENTS!

Our food provides us with nutrients. Each food has its special characteristics. Some, for instance, are very rich in a particular vitamin, a particular mineral, others in fibres, proteins, carbohydrates, etc. Only variety can guarantee us the necessary nutrients that our body combines together through metabolism.

3-VARY THE FLAVOURS!

Dare to put on your plate exotic flavours that will take you on a journey. But also flavours that bring back fond childhood memories. ACTIFRY 2 in 1 freely revisits traditional recipes and adapts those from around the globe for a world tour of delectable flavours. Your taste buds will never get bored and you will not succumb to quantity instead of appreciating quality!

4-VARY THE RECIPES!

Balance means change. Among the countless number of tasty treats you can make in ACTIFRY 2 in 1, we have selected three categories: *Variety every single day, Everyday cooking, Gourmet selection.*

5-VARY THE MENUS!

A full 2 week eating plan is provided with your ActiFry 2 in 1 to get you into a routine balanced diet. The plan includes a balanced breakfast to start your day, and lunch and dinner that each provide 1/3 of the daily nutritional requirements. The menus combine: easy-to-prepare everyday recipes and gourmet recipes for special occasions.

6-VARY THE ENJOYMENT!

Stop depriving yourself of what you really love: you will only give in to your worst cravings! Vary your nutritional intakes and menus that are more or less quick, gourmet or light according to the time of the day or year and to your professional or family life. We do not eat the same way every day, but we can use ACTIFRY 2 in 1 everyday!



WHY VARY?

- for nutritional quality • to restore balance
- to feel satisfied • to express your creativity
- for the pleasure of taste

ACTIFRY 2 IN 1, TO MAKE A REAL DIFFERENCE

A SHORT HISTORY OF CHIPS AND POTATOES

FROM THE HUMBLE POTATO TO CHIPS EVERYONE LOVES!

When, in the eighteenth century, an explorer named Parmentier brought the potato back with him from his distant travels, he did not know that he just invented the chip! Since then, potatoes have taken the world by storm.

Potatoes are tubers that contain 80% water and 20% dry matter, composed primarily of starch.

What you need to know is that a chip dipped into a bath of hot oil loses part of the water it contains, which is replaced by fat. This explains the bad reputation chips have.

The ACTIFRY 2 in 1 solution. Thanks to its brilliant mixing and heating system, **1 spoon of oil is enough to make up to 1.5 kg** of crispy, light chips!

No more odours, no more oil bath. A minimum of fat in the bowl and in the chips. And a few simple instructions to follow.

Choose the right potato. The less water it contains and the drier it is, the crispier the chips will be.

The potato's colour is more or less yellow depending on the variety:

The golden colour of cooked chips depends on the potato's sugar content. New potatoes often contain little sugar. However, as they are stored, their starch transforms into sugar. Chips then have a sweeter taste and are a darker brown.

Size: In Europe, people prefer small and medium-sized potatoes. Elsewhere, people prefer large potatoes.

Store potatoes in a cool (6° to 8°C), dark place.

There are more than 400 varieties of potatoes in Europe, and more than 4,000 in South America, where they have been cultivated in the Andes for more than 8,000 years.

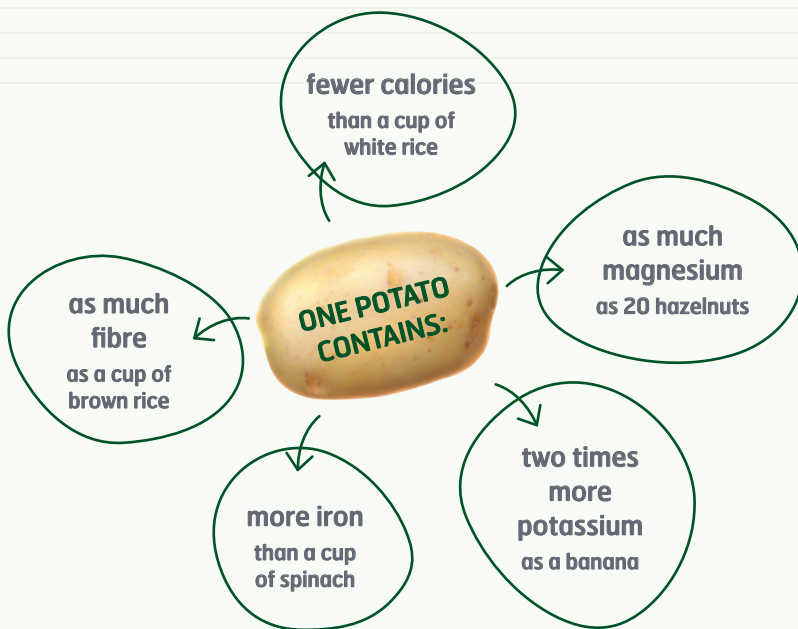
As a general rule, for the best ActiFry chips we recommend using a floury variety such as King Edward or Maris Piper.

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 minutes more.

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

There are also other smaller, firm potatoes that work well when cooked whole: Charlotte and Nicola.

Potatoes with low amounts of dry matter (waxy potatoes) make soft chips.



MAKING CHIPS WITH ACTIFRY 2 IN 1

Choose potato varieties recommended for making chips such as King Edward or Maris Piper.

If you are using new potatoes, add a few extra minutes to the recommended cooking time.

If you are using frozen chips, which are generally precooked, there is no need to add oil.

HOW TO PREPARE POTATOES FOR CHIPS IN THE ACTIFRY 2 IN 1

The potatoes should not stick to each other. How do you avoid this? After peeling the potatoes, wash them under cold running water before cutting them into chips. Wash them again after cutting to remove as much starch as possible.

Dry the chips thoroughly using a very absorbent clean, dry tea towel. Make sure your chips are very dry before putting them in the ACTIFRY 2 in 1.

HOW TO STORE POTATOES TO MAKE CHIPS IN THE ACTIFRY 2 IN 1

The best place to keep potatoes is in a cellar or a cool, dark cupboard (between 6° and 8°C), dark place.

HOW TO CUT POTATOES FOR CHIPS IN THE ACTIFRY 2 IN 1

Very important! Your chips will be more or less crisp or fluffy depending on how you cut them. The thinner you cut them, the crispier they will be. The thicker you cut them, the fluffier they will be inside.

Vary the cut according to your taste:

- thin: 8 x 8 mm
- standard: 10 x 10 mm
- thick: 13 x 13 mm

The maximum recommended thickness is 13 x 13 mm.

Do not add too much salt! Try using spices or herbs instead of salt.

POTATOES: THEY ARE ALL GOOD!

As long as chips are made with only a little bit of fat, there is no reason not to eat them. On the contrary, they are a little treat that makes it easier to negotiate with yourself and your children to eat less fat and sugar in the rest of your diet without feeling punished or on a diet.

VARY YOUR SEASONINGS!

**A MINIMUM OF
WELL-CHOSEN FATS,
A MAXIMUM OF SPICES
FROM AROUND THE
WORLD.
RECIPES FOR A LONG
LASTING BALANCED DIET.**



VARY THE FATS

Preferably use vegetable fats which are rich in monounsaturated and polyunsaturated fatty acids, rather than animal fats which have a high saturated fatty acid content. Whether oil or butter, the amount of fat per 100 g will be almost the same! Olive, sunflower, rapeseed, walnut, hazelnut, grape seed, almond, pistachio, pistachio, pecan - all give variety.

Using different oils will help you gain the essential fatty acids your body cannot produce by itself. The amount of oil used in ACTIFRY 2 in 1 is reduced to the minimum: one spoonful is sufficient to fry up to 1.5 kg of chips.

LESS SALT, LESS SUGAR!

To overcome your craving for salt and sugar, re-educate your palate. You can cleverly and artfully replace the excess salt and sugar in your diet with fresh herbs and condiments from around the world: Japanese mirin and nori algae, French herbes de Provence, mustards of all kinds, Indian curry powder: go ahead and travel all around the world to explore new culinary treasures.

CONTROL THE AMOUNT OF SALT!

All great chefs will confirm: adding salt is the surest way to go wrong. And all doctors know it: too much salt is bad for your health. The new ActiFry 2 in 1 measuring spoon will help guide you in how much salt you consume.



REDISCOVER SPICES!

Their appetite-stimulating, invigorating, antioxidant and often digestive properties as well as their wide spectrum of flavours delight the palate with exotic aromas... Their active principles are scientifically documented, particularly the presence of antioxidants.

TURMERIC, GINGER, SAFFRON...

Add flavour to all meats and fish, but also to vegetable sauces and stocks for cooking grains and pulses and starches.



Close-up on benefits: in small quantities, turmeric has significant antioxidant and anti-cancer properties. Ginger contains about forty antioxidant compounds. Cinnamon delivers the highest antioxidant potency per 100 g.

SEEDS: DILL, ANISEED, MUSTARD, FENUGREEK, CORIANDER, CUMIN, FENNEL...

Add flavour to soups and stocks, meat, fish...



Close-up on benefits: coriander and sage contain a significant quantity of antioxidants.

BAY LEAF, OREGANO, THYME, ROSEMARY, MARJORAM, BASIL, TARRAGON, SAGE, MINT, PARSLEY, CAPER...

Add flavour to bouquets garnis in sauces, but also risotto, pasta...



CARDAMOM, CARAWAY, FENUGREEK, NUTMEG, CLOVES, CURRY...

Add flavour to rice, grains, stocks, sautéed meat and fish...



Close-up on benefits: cloves have digestive and anti-inflammatory properties.

HARISSA, CHILLI, TABASCO SAUCE...

Add flavour to all dishes better than salt can.




Close-up on benefits: pepper contains polyphenols, a powerful antioxidant.

QUICK-START GUIDE TO **ACTIFRY 2 IN 1**



BOWL ALONE (chips, vegetables, etc.)



- Put the food in the bowl with the paddle.
- Add oil using the spoon. 
- Close the lid.



- Press the 0/I switch.



- Adjust the cooking time with  (for ex.: chips = 45 min).
- Press  to start the cooking process.
- When the cooking is over, the timer will beep.



TRAY ALONE (meat, fish, etc.)





- Put the tray in place with the paddle and the bowl underneath.
- Put the ingredients on the tray (e.g. steaks)
- Close the lid.



- Press the 0/I switch.




- Adjust the cooking time with  (for ex.: steaks = 8 min (medium-well done)).
- Press  to start the cooking process.
- When the cooking is over, the timer will beep.



BOWL & TRAY (steak/chips, salmon/vegetables, etc.)





Example of steaks/chips: total 45 min

- Put the chips in the bowl with the paddle and without the tray.
- Add oil using the spoon. 
- Close the lid.



- Press the 0/I switch.



- Adjust the total cooking time, i.e. 45 minutes, with .
- Press  and select the type of food:

 X 1 press



(e.g. for steak)

 X 2 press



 X 3 press





 X 4 press




(e.g. for desserts)



- Adjust the cooking time with  (8 min for medium-well done steak).
- Press  to start the cooking process.
- The timer will beep after 37 minutes.



- Open and add the tray with the steaks.
- Close and press .
- When the cooking is over, the timer will beep.

ACTIFRY 2 IN 1 TIPS



- To control the quantity of salt you add to your chips or other food, use the small salt measure on the back of the Actifry spoon. 1 measure = 0.5 g salt.

VARIETY EVERY SINGLE DAY

EATING WELL MEANS EATING A VARIETY OF FOODS!

You can vary everything: ideas, recipes, ingredients, nutrients.

With ACTIFRY 2 in 1, TEFAL has invented a product truly designed for diversity.

This appliance, as convenient as it is appealing, is designed to reconcile lovers of chips and traditional delicacies with balanced nutrition. It cooks, simmers and browns to perfection with minimum fat.

Cook a complete meal in one go. Make the most of the infinite variety of seasonal products you can cook in the bowl to accompany meats or fish cooked on the tray, it's a breeze.

ACTIFRY 2 in 1.

The right intentions, the right appliance... for the right nutrition for all, at each meal.





STEAK AND POTATO WEDGES

SERVES 4

PREPARATION: 15 MIN

TOTAL COOKING: 45 MIN

INGREDIENTS

BOWL

1 kg Maris Piper or King
Edward potatoes (about 7 cm
in length)

1  sunflower or olive oil

TRAY

4 rump steaks
(about 150 g each, 2 cm thick)
Salt and pepper

PREPARATION

Cut potatoes into thick wedges leaving the skin on. Wash potato wedges thoroughly under cold running water. Drain potatoes and dry them very well with a clean tea towel.

Trim any excess fat from steak and season with pepper. Place steak on tray with fat rind nearest to the centre spindle.

COOKING

Bowl



Put the potato wedges in the bowl. Drizzle over the oil. Close the lid.

Set the total cooking time to **45 MIN**.

2 in 1

Press **2 in 1** once. The  icon will display.

For well done steak, select the cooking time to **10 MIN**.

For medium-well done, select the cooking time to **8 MIN**.

Press  to start cooking.

Tray



When the timer beeps, add the tray with the seasoned steaks.

Press **2 in 1** once. Leave to cook for the remaining **10 minutes**.

For crispier wedges, cook for another 3 to 4 minutes after removing the tray.

FOR MORE VARIETY

The thickness of the steak will alter the cooking time. If the steak is thinner reduce the cooking time slightly.

443 kcal

NUTRITION INFORMATION PER SERVING

Proteins: 47.3 g
Fat: 11 g
Carbohydrates: 41.7 g
Sodium: 0.11 g



✦ NUTRITION

Create this bistro classic in one go and enjoy it without feeling guilty thanks to these low-fat wedges.

BREAKFAST BRUNCH

SERVES 2

PREPARATION: 8 MIN

COOKING: 20 MIN

INGREDIENTS

BOWL

4 low fat pork sausages

½  sunflower oil

TRAY

2 rashers lean back bacon,
rind removed

2 eggs

1 tomato, halved

Sunflower oil, for greasing

2 ovenproof ramekin dishes

Cooking foil

PREPARATION

Trim any excess fat off the bacon using kitchen scissors and snip the edge to stop it curling during cooking. Generously brush the ramekins with oil, crack an egg into each and cover with foil. Place the bacon, tomatoes and ramekins on the tray.

COOKING



Add sausages and oil to the bowl. Close the lid.

Set the total cooking time to **20 MIN**.



Press **2 in 1** once. The  icon will display.

Select the cooking time to **8 MIN**.

Press  to start cooking.



When the timer beeps, add the tray and close the lid. Press **2 in 1** once. Leave to cook for the remaining **8 minutes** and turn the bacon halfway through cooking. To serve the eggs, run a knife around the edge of the ramekins to loosen and turn out.

311 kcal

NUTRITION INFORMATION
PER SERVING

Proteins: 27.3 g

Fat: 15.9 g

Carbohydrates: 14.8 g

Sodium: 1.35 g

**FOR MORE
VARIETY**

Substitute vegetarian sausages for pork sausages. If using full fat pork sausages it is not necessary to add oil to the bowl.



✦ NUTRITION


Special for late-risers - a two-in-one meal, to kick off a lazy day without going to the effort of cooking.

PORK LOIN STEAKS AND APPLE WEDGES WITH POTATO WEDGES

SERVES 4
PREPARATION: 10 MIN
COOKING: 45 MIN

INGREDIENTS

BOWL

1 kg Maris Piper
or King Edward potatoes
(about 7 cm in length)
1  sunflower or olive oil

TRAY

1 large Braeburn apple
2 tblsp Demerara sugar
4 x 2 cm thick pork loin steaks,
about 120 g–140 g each

PREPARATION

Cut the unpeeled potatoes into thick wedges. Wash them thoroughly under cold running water; drain and dry very well with a clean tea towel. Core the apple and cut into twelve wedges. Toss the apples wedges in sugar. Place the loin steaks on the tray, with the fat rind nearest to the centre spindle. Place three apple wedges on each loin steak.

COOKING



Put the potato pieces in the bowl and drizzle over the oil. Close the lid.

Select the total cooking time **45 MIN**.



Press **2 in 1** once. The  icon will display.

Select the cooking time to **10 MIN**.

Press  to start cooking.



When the timer beeps, add the tray and close the lid. Press **2 in 1** once. Leave to cook for the remaining **10 minutes**.

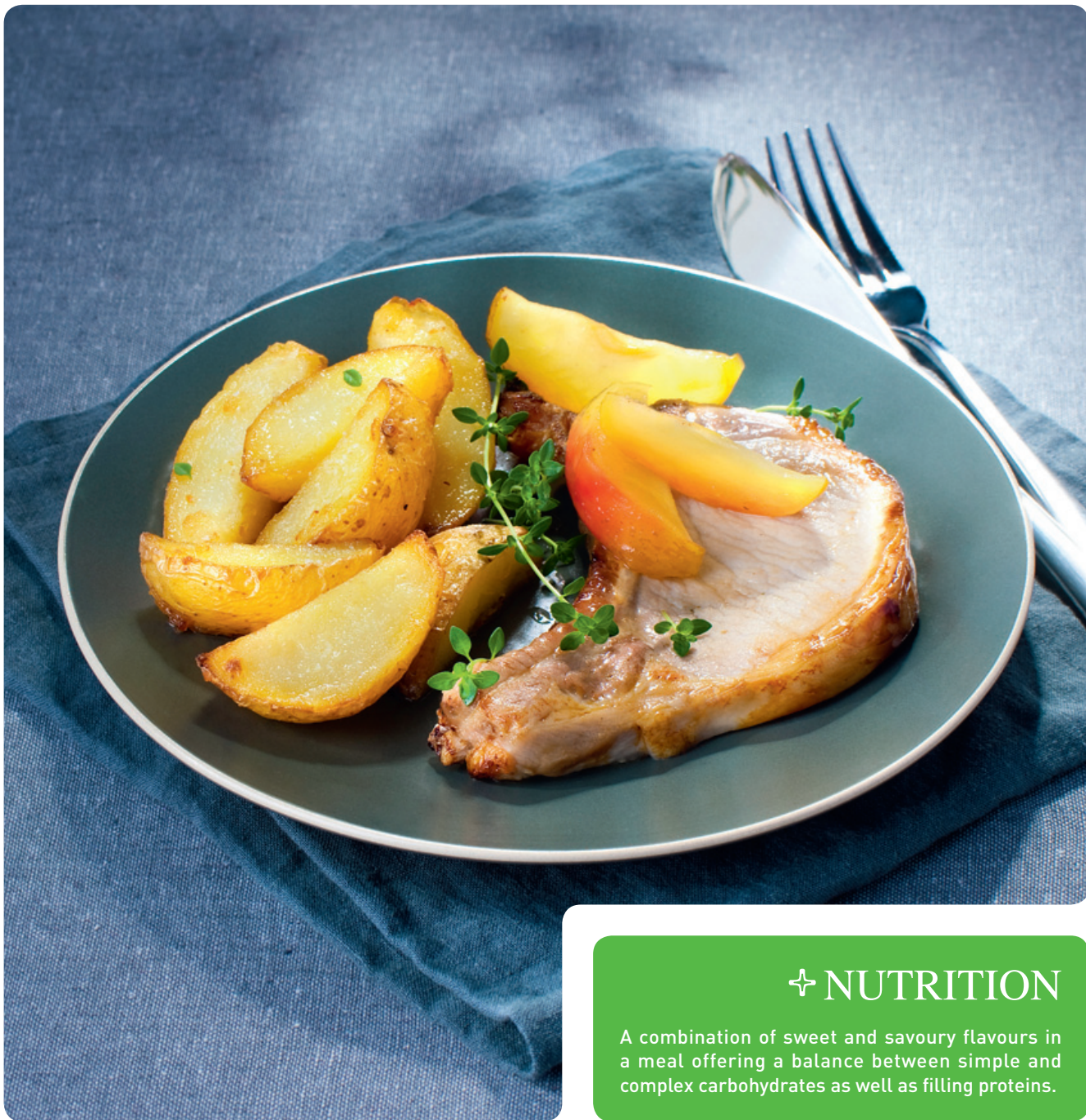
371  kcal

NUTRITION INFORMATION PER SERVING

Proteins: 18.2 g
Fat: 10.9 g
Carbohydrates: 52.9 g
Sodium: 0.07 g

**FOR MORE
VARIETY**

Use 2 cm thick pork chops instead
of loin steaks as shown in photograph.



✦ NUTRITION

A combination of sweet and savoury flavours in a meal offering a balance between simple and complex carbohydrates as well as filling proteins.

MUSTARD GLAZED TURKEY STEAKS WITH SPICED ROOT VEGETABLE MEDLEY

SERVES 4

PREPARATION: 15 MIN

COOKING: 40 MIN

INGREDIENTS

BOWL

1 kg mixed root vegetables
(250 g each sweet potatoes,
parsnips, swede and King
Edward or Maris Piper
potatoes)

1 tsp mild chilli powder

1 tsp ground cumin

2  sunflower oil

2 tblsp chopped fresh
coriander

TRAY

4 x 125 g thin cut turkey breast
steaks (1 cm thick)

4 tblsp wholegrain mustard

PREPARATION

Peel the vegetables and potatoes. Cut into 1 cm cubes. Wash them thoroughly under cold running water; drain and dry very well with a clean tea towel; set aside. Spread the wholegrain mustard over one side of the turkey steaks. Place on the tray mustard side uppermost.

COOKING

Bowl



Put the vegetables in the bowl. Mix the chilli powder, cumin and sunflower oil together. Drizzle the oil mixture over the vegetables and stir with a wooden spoon. Close the lid. Select total cooking time **40 MIN**.

2 in 1

Press **2 in 1** once. The  icon will display.

Select the cooking time to **6 MIN**.

Press  to start cooking.

Tray



When the timer beeps, add the tray with the turkey steaks. Close the lid. Press **2 in 1** once. Leave to cook for the remaining **6 minutes**.

430 kcal

NUTRITION INFORMATION PER SERVING

Proteins:	36.4 g
Fat:	13.1 g
Carbohydrates:	44 g
Sodium:	0.13 g

**FOR MORE
VARIETY**

Use turkey escalopes instead of turkey steaks.



+ NUTRITION

This spicy dish offers a modern take on root vegetables which are too often overlooked.

TERIYAKI CHICKEN

WITH SPRING ONION RICE

SERVES 4



PREPARATION: 10 MIN

MARINATE: 30 MIN +

COOKING: 13 MIN

INGREDIENTS

BOWL

1 bunch spring onions
1  sunflower oil
1 kg cooked white rice (made using 400 g raw basmati rice)
75 g frozen peas, defrosted
1  light soy sauce (optional)

TRAY

4 skinless chicken breasts, about 135 g each
3 tblsp teriyaki marinade
1 tblsp sesame oil or sunflower oil

PREPARATION

Cut two or three slits on the skinned side of the chicken. In a bowl combine the teriyaki marinade and 1 tablespoon oil. Add the chicken, cover and marinate in the fridge for at least 30 minutes or longer if possible. Thinly slice the spring onions; set aside.

COOKING



Bowl

Place the oil in the bowl. Close the lid. Select cooking time **3 MIN** to heat the oil. Add the cooked rice, spring onions and defrosted peas to the bowl. Mix with a wooden spoon. Close the lid.

Set the total cooking time to **10 MIN**.



2 in 1

Press **2 in 1** twice. The  icon will display.

Select the cooking time to **10 MIN**. Place the chicken on the tray and fit tray in Actifyr.

Press  to start cooking.



Tray

Leave to cook for **10 minutes**. When the timer beeps, remove the tray. If desired, stir soy sauce into the rice. Serve the marinated chicken on top of the rice.

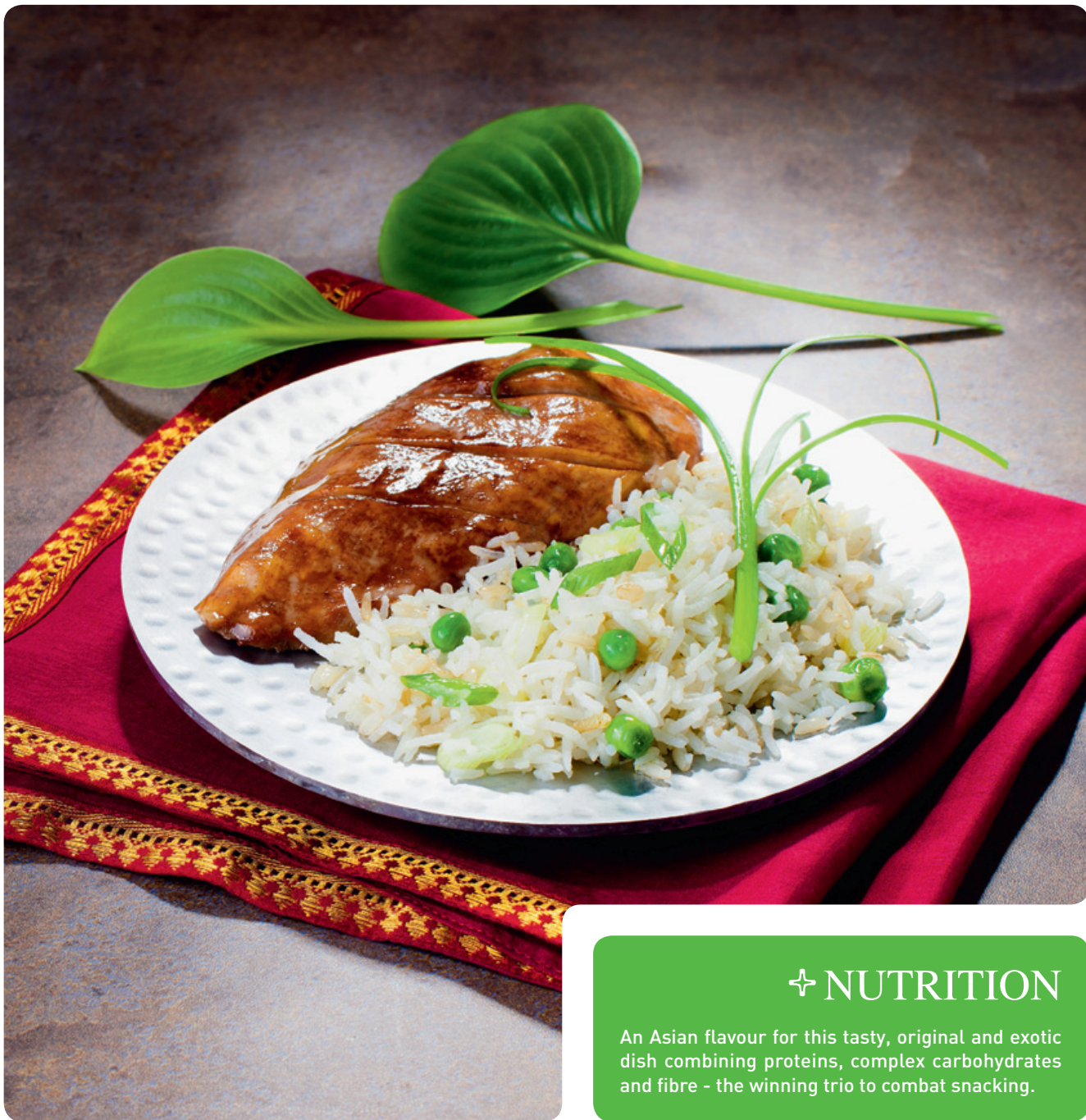
618 kcal

NUTRITION INFORMATION PER SERVING

Proteins: 41.2 g
Fat: 9.04 g
Carbohydrates: 88.5 g
Sodium: 0.78 g

**FOR MORE
VARIETY**

Add 50 g diced bottled red pepper in oil, sold in a jar, together with the spring onions.



✦ NUTRITION

An Asian flavour for this tasty, original and exotic dish combining proteins, complex carbohydrates and fibre - the winning trio to combat snacking.

SUMMER MIXED VEGETABLES WITH ITALIAN HAM AND MOZZARELLA ROLLS



SERVES 4

PREPARATION: 10 MIN

COOKING: 31 MIN

INGREDIENTS

BOWL

2 courgettes, cut in 8 mm thick slices
1 red pepper, cut in 1.5 cm strips
1 yellow pepper, cut in 1.5 cm strips
1 red onion, cut into quarters
1 can (390 g) artichoke hearts, drained
1  olive oil
½  balsamic vinegar
Salt and pepper

TRAY

6 slices of Italian prosciutto crudo
½ ball buffalo mozzarella, sliced and cut in half
3 strawberries, cut into sticks
1 handful of rocket leaves
Basil leaves

PREPARATION

Spread out the prosciutto crudo slices on the worktop. At one end of each slice, place the mozzarella and strawberry sticks and then the rocket, basil leaves and roll each ham slice to form rolls.

COOKING



Put the vegetables in the bowl. Add the oil and vinegar. Season with salt and pepper. Close the lid. Set the total cooking time to **31 MIN**.



Press **2 in 1** once. The  icon will display. Select the cooking time to **3 MIN**. Press  to start cooking.



When the timer beeps, add the tray with the prosciutto rolls. Press **2 in 1** once to re-start cooking. Leave to cook for the remaining **3 minutes** or until the cheese has just melted. Cook longer if necessary.

353  kcal

NUTRITION INFORMATION PER SERVING

Proteins: 25.9 g
Fat: 17 g
Carbohydrates: 27.2 g
Sodium: 1.45 g

**FOR MORE
VARIETY**

Replace the strawberries with canned apricots.
Use buffalo mozzarella, as it is better.



+ NUTRITION

Stun your guests with this gourmet recipe packed with vitamins and minerals.

CINNAMON PLUM COMPÔTE

WITH TOASTED BRIOCHE

SERVES 4

PREPARATION: 5 MIN

COOKING: 15 MIN

INGREDIENTS

BOWL

500 g firm, ripe plums
(small size)
200 ml fresh apple juice
2–3 tblsp agave syrup
(sold in health food shops)
1 cinnamon stick

TRAY

4 slices plain brioche,
about 1.5 cm thick
15 g flaked almonds, toasted
Icing sugar, for dusting

PREPARATION

Halve the plums and remove the stones.

COOKING



Put the prepared plums, apple juice, agave syrup and cinnamon stick in the bowl. Close the lid.

Set the total cooking time to **15 MIN**.



Press **2 in 1** 4 times. The  icon will display.

Select the cooking time to **3 MIN**.

Press  to start cooking.




When the timer beeps, add the tray with the brioche. Press **2 in 1** once. Toast the brioche for **1–2 minutes** on one side until golden brown (stand by the Actifry and watch the toasting process ready to open the lid). Turn over the brioche slices and toast the other side for **about 1 minute** or until golden brown. Cut the brioche into fingers and dust with icing sugar. Serve the plum compôte sprinkled with the toasted almonds and accompanied by the brioche.

260 kcal

NUTRITION INFORMATION PER SERVING

Proteins: 3.9 g
Fat: 7.8 g
Carbohydrates: 47.1 g
Sodium: 0.13 g

FOR MORE VARIETY

Replace the apple juice with cranberry juice for a sharper tasting compôte. The 4 brioche slices can be substituted with 2 halved toasting waffles. To toast the flaked almonds in the Actifry, place in the tray; press **2 in 1** 4 times. The  is displayed. Select **2 MIN** cooking time. Open the lid after 1 minute and shake the tray. Continue toasting the almonds until golden brown.



✦ NUTRITION

A variation on the classic compote, this fruity, tangy dessert helps top up your protective antioxidants.

EVERYDAY COOKING

EATING WELL MEANS BEING MODERATE!

The key is to stay in control.

Anticipate or correct overindulgence.

Control portion sizes. Reduce fat, sugar and salt.

Diversify your nutrient intakes and flavours. Preserve the nutrients when cooking. It is much easier to apply the golden rules of nutrition when the appliance does a part of the job for you!

With ACTIFRY 2 in 1, TEFAL has designed a genuinely innovative product.

This appliance, as compact as it is innovative, is designed to meet most of your needs. Our team of dieticians have selected, measured and validated balanced recipes to get you back on track. A series of 2-week menus, concocted and calibrated, will help you stay in control of your diet and your intakes, while enjoying your food.

ACTIFRY 2 in 1.

.....
The right intentions, the right appliance... for the right nutrition, at each meal.






PANINI PIZZA SQUARES

SERVES 1-2
PREPARATION: 5 MIN
COOKING: 8 MIN

INGREDIENTS

BOWL

3 mushrooms (cup type),
quartered
1  olive oil

TRAY

1 Panini
4 tsp tomato purée
4 square slices Cheddar
cheese
2 small tomatoes, halved
Fresh basil leaves, shredded

391 kcal

NUTRITION INFORMATION PER SERVING

Proteins: 15.5 g
Fat: 14.3 g
Carbohydrates: 52 g
Sodium: 0.58 g

PREPARATION

Cut the panini in half widthways to make two squares, then split in half. Spread the cut side of each piece with 1 teaspoon of tomato purée. Top with a cheese slice. Put the four pizzas on the tray and place the halved tomatoes in the gaps.

COOKING



Add the quartered mushrooms to the bowl and drizzle over the oil. Close the lid.

Select total cooking time **8 MIN**.

2 in 1

Press **2 in 1** 4 times. The  icon will display.

Select the cooking time to **3 MIN**.

Press  to start cooking.



When the timer beeps, add the tray with the panini. Press **2 in 1** once to start cooking. Leave to cook for **2-3 minutes** or until the cheese has melted. Sprinkle pizzas with the shredded basil leaves and top with cooked mushrooms and tomato halves. Serve hot.

**FOR MORE
VARIETY**

Substitute Emmental cheese for Cheddar.



✦ NUTRITION

Popular and healthy too, this lunch on the go will please everyone, kids and adults alike, and make them happy to eat vegetables without even realising!

CHEESY SCRAMBLED EGGS AND BACON

SERVES 4

PREPARATION: 5 MIN

COOKING: 8 MIN

INGREDIENTS

BOWL

8 eggs
3 tblsp cold water
Salt and pepper, to taste
15 g butter
25 g finely grated gruyere
cheese

TRAY

4 slices back bacon

PREPARATION

In a bowl beat eggs, water, salt and pepper together until well combined; set aside. Remove the bacon rind with kitchen scissors and snip the edge to stop it curling during cooking. Place the bacon on the tray overlapping slightly.

COOKING



Bowl

Add the butter to the Actifry bowl. Close the lid. Select **2 MIN** bowl only cooking. When the appliance beeps pour in the egg mixture and fit the tray with the bacon. Close the lid. Set the total cooking time **4 MIN**.



2 in 1

Press **2 in 1** once. The  icon will display.

Select the cooking time to **4 MIN**.

Press  to start cooking.

When the timer beeps, remove the tray and turn over the bacon. Add the grated cheese to the egg mixture and stir with a wooden spoon. Replace the tray.



Tray

Select **4 MIN** total cooking time for the bowl, press **2 in 1** once. The  icon illuminates and set **4 MIN** cooking. Leave to cook for **4 minutes**. Remove the tray and serve the bacon. Stir the partially cooked egg mixture with a wooden spoon using the residual heat in the bowl to cook it.

FOR MORE VARIETY

Add finely chopped fresh chives to the scrambled eggs. Omit the gruyere cheese, if preferred.

256 kcal

NUTRITION INFORMATION PER SERVING

Proteins: 20.6 g
Fat: 18.9 g
Carbohydrates: 7.6 g
Sodium: 0.51 g



✦ NUTRITION


This brunch and give you a boost of good quality proteins for a satisfying meal.

CHICKEN DRUMSTICKS WITH CHIPS

SERVES 4
PREPARATION: 15 MIN
COOKING: 50 MIN

INGREDIENTS

BOWL

1.2 kg Maris Piper or King
Edward potatoes, peeled and
cut into 13 mm x 13 mm chips
1  olive oil

TRAY

8 chickens drumsticks
Salt and pepper

PREPARATION

Wash cut potatoes thoroughly under cold running water. Drain and dry very well with a clean tea towel.



Season the chicken drumsticks with salt and pepper.

COOKING



Put the chips in the bowl. Add oil. Close the lid.
Set the total cooking time to **50 MIN**.



Press **2 in 1** 2 times. The  icon will display.
Select the cooking time to **25 MIN**.
Press  to start cooking.



When the timer beeps, add the tray with the seasoned chicken drumsticks. Press **2 in 1** once. Leave to cook for the remaining **25 minutes**. Turn chicken drumsticks after **15 minutes** so they brown on both sides.

For crispier chips, cook for another 3 to 4 minutes after removing the tray.

FOR MORE VARIETY

Marinate the chicken drumsticks before cooking. Sunflower or vegetable oil can be substituted for olive oil, if preferred.

548 kcal

NUTRITION INFORMATION PER SERVING

Proteins: 31.6 g
Fat: 25.6 g
Carbohydrates: 49.8 g
Sodium: 0.12 g



✦ NUTRITION


Do away with knives and forks to get maximum enjoyment from this recipe, the perfect accompaniment to a green salad for a well-balanced meal.

CHEESEBURGER AND CHIPS

SERVES 4
PREPARATION: 10 MIN
COOKING: 45 MIN

INGREDIENTS

BOWL

1.2 kg Maris Piper
or King Edward potatoes
1  sunflower oil
Salt and pepper

TRAY

4 quarter pounder chilled
(about 110 g each with
minimum 90% beef), chilled
not frozen
4 slices reduced fat Cheddar
cheese
4 burger buns, toasted
1 large tomato, sliced
Rocket leaves (optional)

577  kcal

NUTRITION INFORMATION PER SERVING

Proteins: 40.5 g
Fat: 13 g
Carbohydrates: 75.9 g
Sodium: 0.74 g

PREPARATION

Peel potatoes and wash in cold water. Cut into 13 mm thick chips. Wash chips under cold running water. Drain and dry them very well with a clean tea towel. Pat dry with paper towels to remove any remaining dampness. Place beefburgers on tray.

COOKING



Place chips in the bowl and drizzle over oil. Close the lid.
Select total cooking time **45 MIN**.



Press **2 in 1** once. The  icon will display.
Set the cooking time to **10 MIN** for the burgers.
Press  to start cooking.



When the timer beeps, add the tray with the burgers. Press **2 in 1** to continue cooking. 1 minute before the end of the cooking time open the lid and place a cheese slice on top of each burger. Continue cooking. Place burgers in halved buns; top with a slice of tomato and a few rocket leaves.

For crispier chips, cook for another 3 to 4 minutes after removing the tray.

**FOR MORE
VARIETY**

Replace the Cheddar with Stilton cheese.



✦ NUTRITION

Treat the young and the not-so-young alike with this cheeseburger rich in proteins and complex carbohydrates, served with stunningly crisp chips for fibres, vitamins and minerals.

SALMON

WITH STIR-FRY STYLE BASIL COURGETTES

SERVES 4
PREPARATION: 15 MIN
COOKING: 30 MIN

INGREDIENTS

BOWL

- 1 kg courgettes
- 1  olive oil
- 1  green pesto

TRAY

- 4 salmon fillets, skinned (about 130 g each)
- Salt and pepper

PREPARATION

Cut the courgettes into 5 mm thick slices. Mix oil and pesto until well combined.

COOKING



Place the courgettes in the bowl and pour over the oil and pesto mixture. Stir with a wooden spoon to coat them evenly. Close the lid.

Select total cooking time **30 MIN**.

2 in 1

Press **2 in 1** 3 times. The  icon will display.

Select the cooking time to **8 MIN**.

Press  to start cooking.



When the timer beeps, add the tray with the salmon. Season with salt and pepper. Close the lid. Press **2 in 1** once and continue cooking. Leave to cook for the remaining **8 minutes**. Serve on warmed plates garnished with some sprigs of fresh basil.

FOR MORE VARIETY

For Salmon and Chips, peel and cut 1.2 kg Maris Piper or King Edward potatoes into 13 mm thick chips. Drizzle over 1 Actifry spoonful oil and set total cooking time for 45 minutes. Cook the salmon on the tray for 8 minutes.

256 kcal

NUTRITION INFORMATION PER SERVING

Proteins:	28.9 g
Fat:	12.2 g
Carbohydrates:	8 g
Sodium:	0.17 g



+ NUTRITION

This colourful duo of Mediterranean flavours, ideal for a light meal, also provides a significant quantity of omega 3.

CHICKEN KEBABS

MARINATED IN ORANGE AND GARLIC

SERVES 4

PREPARATION: 20 MIN

MARINATE: 1 HR +

COOKING: 30 MIN

INGREDIENTS

BOWL

800 g leeks, cut in 5 mm slices

1  sunflower oil

500 ml hot vegetable bouillon or vegetable stock

TRAY

3 small skinless boneless chicken breast fillets (150 g each)

3 garlic cloves, crushed

1 orange, grated zest and juice

3 spring onions, roughly chopped

2.5 cm pieces fresh root ginger, peeled and roughly chopped

2 tbsp clear honey

1 tbsp light soy sauce

1 small courgette

4 mushrooms (cup type)

8 cherry tomatoes

Salt and pepper

4 wooden kebab skewers (18 cm long)

PREPARATION

Cut the chicken into 3 cm pieces. Mix together the crushed garlic, orange zest and juice, spring onion, ginger, honey and soy sauce. Pour the mixture over the chicken and marinate for at least 1 hour or preferably overnight. Cut the courgette into 1 cm thick slices. Thread the chicken, courgette, tomatoes and mushrooms onto the wooden skewers, starting and finishing with a courgette slice. Brush the kebabs with the marinade before cooking.

COOKING

Bowl



Add the leeks to the pan and pour over the oil. Close the lid and cook for **5 MIN**. Add the hot vegetable bouillon or stock. Close the lid. Select the total cooking time **25 MIN**.

Press **2 in 1** 2 times. The  icon will display.

Select the cooking time to **12 MIN**.

Press  to start cooking.

2 in 1

Tray



When the timer beeps, add the tray with the kebabs. Press **2 in 1** once. Leave to cook for **12 minutes**. Check that the skewers do not obstruct the tray from rotating. Baste with the marinade during cooking. Season the cooked kebabs and serve on a bed of cooked leeks.

FOR MORE VARIETY

Use turkey instead of chicken and yellow cherry tomatoes instead of red ones.

367 kcal

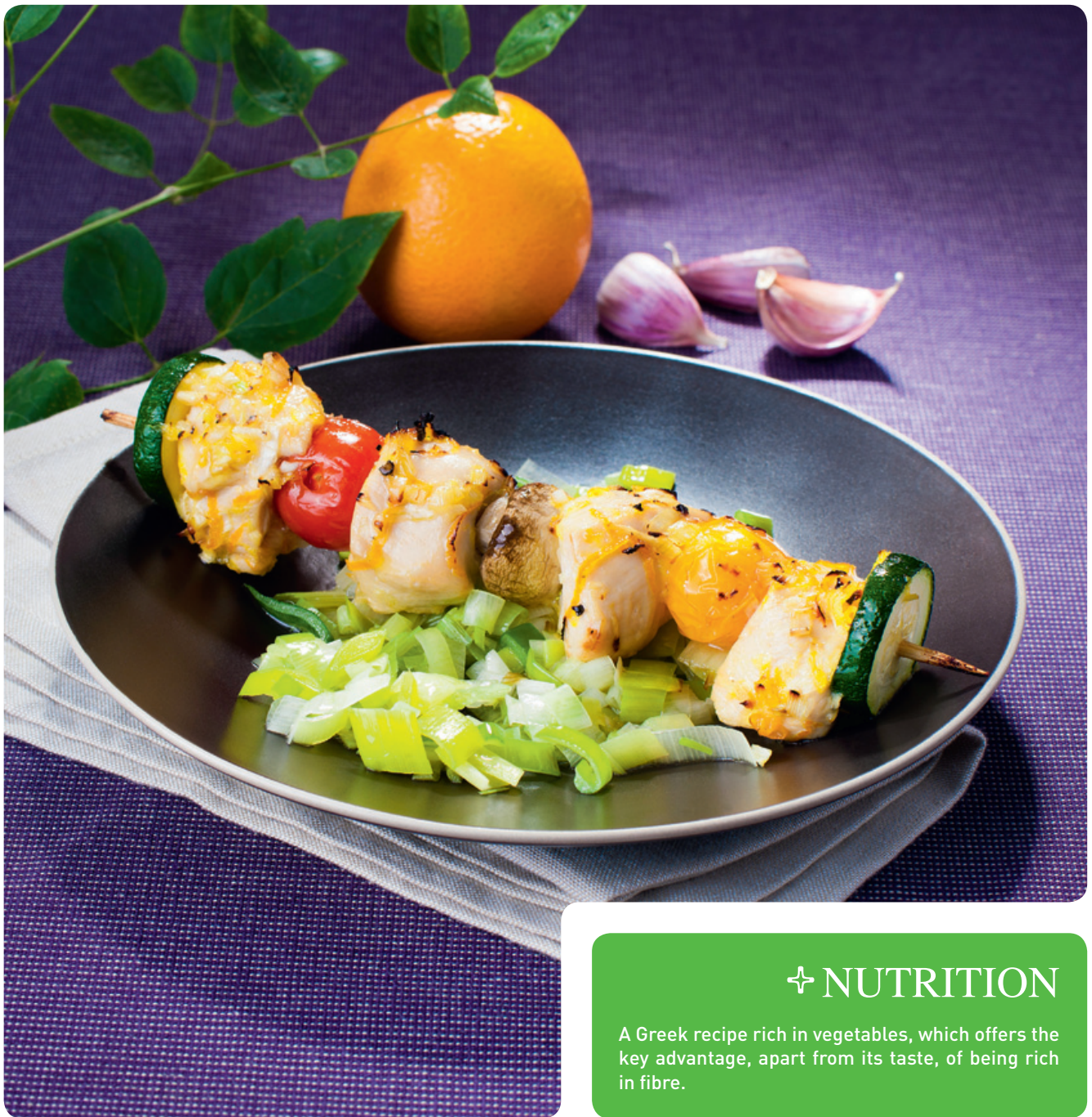
NUTRITION INFORMATION
PER SERVING

Proteins: 32.2 g

Fat: 6.6 g

Carbohydrates: 47.6 g

Sodium: 0.74 g



+ NUTRITION

A Greek recipe rich in vegetables, which offers the key advantage, apart from its taste, of being rich in fibre.

HOT PEARS WEDGES WITH CHOCOLATE FILO PASTRIES

SERVES 4

PREPARATION: 20 MIN


COOKING: 15 MIN

INGREDIENTS

BOWL

7 ripe Conference pears,
peeled and quartered
100 ml apple juice
1  golden syrup

TRAY

4 sheets (each about 25 x 35 cm)
chilled fresh filo pastry
About 3  sunflower oil,
for brushing
8 squares good quality plain
chocolate
15 g flaked almonds
1 egg yolk
1½ tsp water

432 kcal

NUTRITION INFORMATION PER SERVING

Proteins: 4.4 g
Fat: 16.7 g
Carbohydrates: 72.3 g
Sodium: 0.01 g

PREPARATION

Cut each sheet of filo pastry in half widthways. Take one sheet of pastry and lightly brush the top with oil. Place one square of chocolate in the centre near the shortest edge. Fold over the long sides of the pastry to cover the chocolate and roll up to form a parcel. Repeat with the remaining filo sheets; place them seam side down. Beat the egg yolk and water together; brush the top of the pastries, then sprinkle over the flaked almonds. Place on the tray.

COOKING



Place quartered pears, apple juice and syrup in the bowl. Close the lid.

Select total cooking time **15 MIN**.

Press **2 in 1** 4 times. The  icon will display.

Select the cooking time to **4 MIN**.

Press  to start cooking.



When the timer beeps, insert the tray and close the lid. Press **2 in 1** once and cook until pastry is crisp and golden brown. Turn pastries once during cooking to ensure even browning. Leave the pastries to cool **5 minutes** before serving. If the pears are too firm cook for another **5 minutes**. Serve the pastries with the warm pears.

**FOR MORE
VARIETY**

The pastries can be made with white or milk chocolate instead of plain.



+ NUTRITION

An indulgent note for this crunchily disguised fruit with a soft centre - an interesting and fibre-rich variation of Poire Belle-Hélène.

GOURMET SELECTION

EATING HEALTHY FOOD CAN STILL MEAN DELICIOUS FOOD!

When there is no pleasure in eating, having a good appetite means nothing and we no longer know whether we've had too much or not enough. Treating yourself, without feeling guilty, to a gourmet recipe, a festive menu, a lovely meal with family or friends, is the secret to lasting balance.

With ACTIFRY 2 in 1, you can create gourmet meals that are nutritious and balanced.

This appliance, as efficient as it is well designed, makes for a perfect combination of flavoursome and nutritious food... sheer delicious goodness. A tray to brown and cook to food.

A paddle and convection heat to cook existing recipes in a healthy way, to concoct new ones and amaze your guests with exotic or contemporary creations.

ACTIFRY 2 in 1.

The right intentions, the right appliance... to delight everyone, at each meal.





PORK PICCATA

WITH VICHY CARROTS

SERVES 4

PREPARATION: 10 MIN

COOKING: 22 MIN

INGREDIENTS

BOWL

800 g carrots, 5 mm thick slices


Zest and juice of an orange

½ teaspoon ground cumin

150 ml water

TRAY

4 pork leg escalopes (about 75 g each)

2  fromage frais (not low fat type)

4 canned apricots, drained and cut into strips

4 fresh sage leaves chopped

Salt and pepper

PREPARATION

Spread out the pork escalopes on the worktop and then top them with fromage frais. Cover with apricot strips and chopped sage.

Roll each escalope tightly and secure with wooden cocktail sticks. Cut each escalope into pieces about 2 cm in width and secure with more wooden cocktail sticks, if necessary.

COOKING



Put the carrots, orange juice and zest, cumin and water in the bowl. Close the lid. Set the total cooking time to **22 MIN**.



Press **2 in 1** once. The  icon will display.

Select the cooking time to **7 MIN**.

Press  to start cooking.



When the timer beeps, add the tray with the pork. Press **2 in 1** once. Leave to cook for the remaining **7 minutes**. Add salt and pepper.

218 kcal

NUTRITION INFORMATION
PER SERVING

Proteins: 18 g
Fat: 5.69 g
Carbohydrates: 24.8 g
Sodium: 0.20 g

**FOR MORE
VARIETY**

In this recipe the carrots stay crisp in texture and full of flavour. Replace the pork with chicken and fromage frais with feta cheese.



+ NUTRITION

Sweet and savoury flavours blend harmoniously in this dish rich in beta carotene, a powerful antioxidant.

SESAME SALMON

AND BEETROOT CHUTNEY

SERVES 4

PREPARATION: 5 MIN

COOKING: 22 MIN

INGREDIENTS

BOWL

200 g cooked fresh beetroot,

diced into 1.5 cm pieces

1 red onion finely chopped

75 g ready to eat prunes,
chopped

½  red wine vinegar

½  yellow mustard seeds

½  clear honey

½  olive oil

3  orange juice (from a
carton)

TRAY

500 g skinned salmon fillets cut
into fingers about 2 cm thick

2  sesame seeds

PREPARATION

Roll the salmon fingers in sesame seeds and refrigerate until required.

COOKING



Place the mustard seeds with olive oil in the bowl and roast for **2 MIN**. Add the rest of the beetroot chutney ingredients.

Season with salt and pepper.

Set the total cooking time to **22 MIN**.



Press **2 in 1** 3 times. The  icon will display.

Select the cooking time to **2 MIN**.

Press  to start cooking.



When the timer beeps, add the tray with the coated salmon fingers. Press **2 in 1** once. Leave to cook for the remaining **5 minutes**.

360 kcal

NUTRITION INFORMATION PER SERVING

Proteins: 27.4 g

Fat: 18.4 g

Carbohydrates: 21.3 g

Sodium: 0.12 g

**FOR MORE
VARIETY**

Replace the sesame seeds with poppy seeds and mustard seeds with chopped fresh ginger.



+ NUTRITION

The original taste of beetroot chutney to dress up a perfectly cooked salmon makes this recipe rich in omega-3 a feast for your taste buds.

SEAFOOD SKEWERS

WITH CAULIFLOWER AND LEEKS



SERVES 4

PREPARATION: 10 MIN

COOKING: 32 MIN

INGREDIENTS

BOWL

200 g leeks thinly sliced
600 g cauliflower
50 ml white wine
250 ml hot vegetable stock
½  turmeric
½  chopped lemon grass

TRAY

8 fresh scallops (without roes)
200 g thick cod fillet,
cut into pieces
12 shelled cooked mussels
4 shell on cooked prawns
8 seedless green grapes
Salt and pepper
4 wooden kebab skewers
(18 cm length)

PREPARATION

Make skewers by alternating scallops, cods, mussels, prawns and grapes.
Season with salt and pepper.


COOKING



Bowl

Place the leeks with the white wine, vegetable stock, turmeric and lemon grass in the bowl and cook for **5 MIN**.
Add the cauliflower. Close the lid.
Set the total cooking time to **25 MIN**.



Press **2 in 1** 3 times. The  icon will display.
Select the cooking time to **7 MIN**.
Press  to start cooking.



Tray

When the timer beeps, add the tray with the seasoned skewers.
The skewers must fit inside the tray and not over hang the edge.
Press **2 in 1** once. Leave to cook for the remaining **7 minutes**.
Check that the skewers do not obstruct the tray from rotating.

148 kcal

NUTRITION INFORMATION
PER SERVING

Proteins: 20 g
Fat: 1.54 g
Carbohydrates: 13.2 g
Sodium: 0.30 g

**FOR MORE
VARIETY**

Replace the cauliflower with broccoli.



✦ NUTRITION

Enjoy the ambience of a meal by the seaside with these low-calorie brochettes, rich in iodine and proteins.

HALIBUT PUTTANESCA

SERVES 4

PREPARATION: 15 MIN

COOKING: 10 MIN

INGREDIENTS

BOWL

450 g vine ripened tomatoes
185 g can stoned black olives
in brine, drained
2 tblsp capers, rinsed and
drained
Juice and finely grated zest
of 1 lemon
1 tblsp chopped flat-leaf parsley

TRAY

4 halibut steaks
(about 2.5 cm thick)
Extra virgin olive oil,
for brushing
Sea and freshly ground
black pepper

218 kcal

NUTRITION INFORMATION PER SERVING

Proteins: 26.3 g
Fat: 9.8 g
Carbohydrates: 4.5 g
Sodium: 0.71 g

PREPARATION

Deseed and roughly chop the tomatoes in large pieces with the skins on. Halve the olives. Brush the halibut steaks with olive oil and season with salt and freshly ground black pepper to taste. Place them on the tray.

COOKING




Add the chopped tomatoes, halved olives, capers, lemon juice and zest to Actifry bowl. Close the lid.
Select total cooking time **10 MIN**.



Press **2 in 1** 3 times. The  icon will display.
Select the cooking time to **10 MIN**.



Fit the tray. Press  to start cooking. Leave to cook for **10 minutes**. Place the fish on a warmed plates accompanied by the puttanesca sauce and garnish with the chopped parsley.

FOR MORE VARIETY

Replace the halibut steaks with cod loin pieces, about 1.5 cm thick, and reduce the tray cooking time to 8 minutes. Instead of grating the lemon add it in thick strips.



+ NUTRITION

A Mediterranean flavour for this distinctive fish dish which will provide you with your quota of protein while tantalising your taste buds.

PEPPERED FILLET STEAK

WITH SWEET POTATO WEDGES

SERVES 4

PREPARATION: 15 MIN

COOKING: 30 MIN

INGREDIENTS

BOWL

1 kg sweet potatoes, peeled
(choose medium size oval
shape potatoes)

2  sunflower oil or
olive oil

2  plain flour

TRAY

4 pieces fillet steak (about
100 g each, 2 cm thick)

Sunflower or olive oil,
for brushing

2 tbsp black peppercorns,
coarsely crushed

PREPARATION

Cut each potato lengthways into wedges about 1.5 cm thick. Place in a large bowl. Add 1 Actifry spoonful oil and mix well. Add the flour and mix well to coat evenly. Trim off any excess fat from the steak; lightly brush one side with oil then coat with the peppercorns and press firmly so that they adhere to the meat. Place the steak on the tray, peppered side uppermost, with the fat rind nearest to the centre spindle.

COOKING



Place the wedges in the Actifry bowl and drizzle over the remaining 1 Actifry spoonful oil. Close the lid.

Select total cooking time **30 MIN**.



Press **2 in 1** once. The  icon will display.

For a well done steak select **10 MIN** cooking time.

For a medium-well done steak select **8 MIN** cooking time.

Press  to start cooking.



When the timer beeps, fit the tray and close the lid. Press **2 in 1** once to re-start cooking.

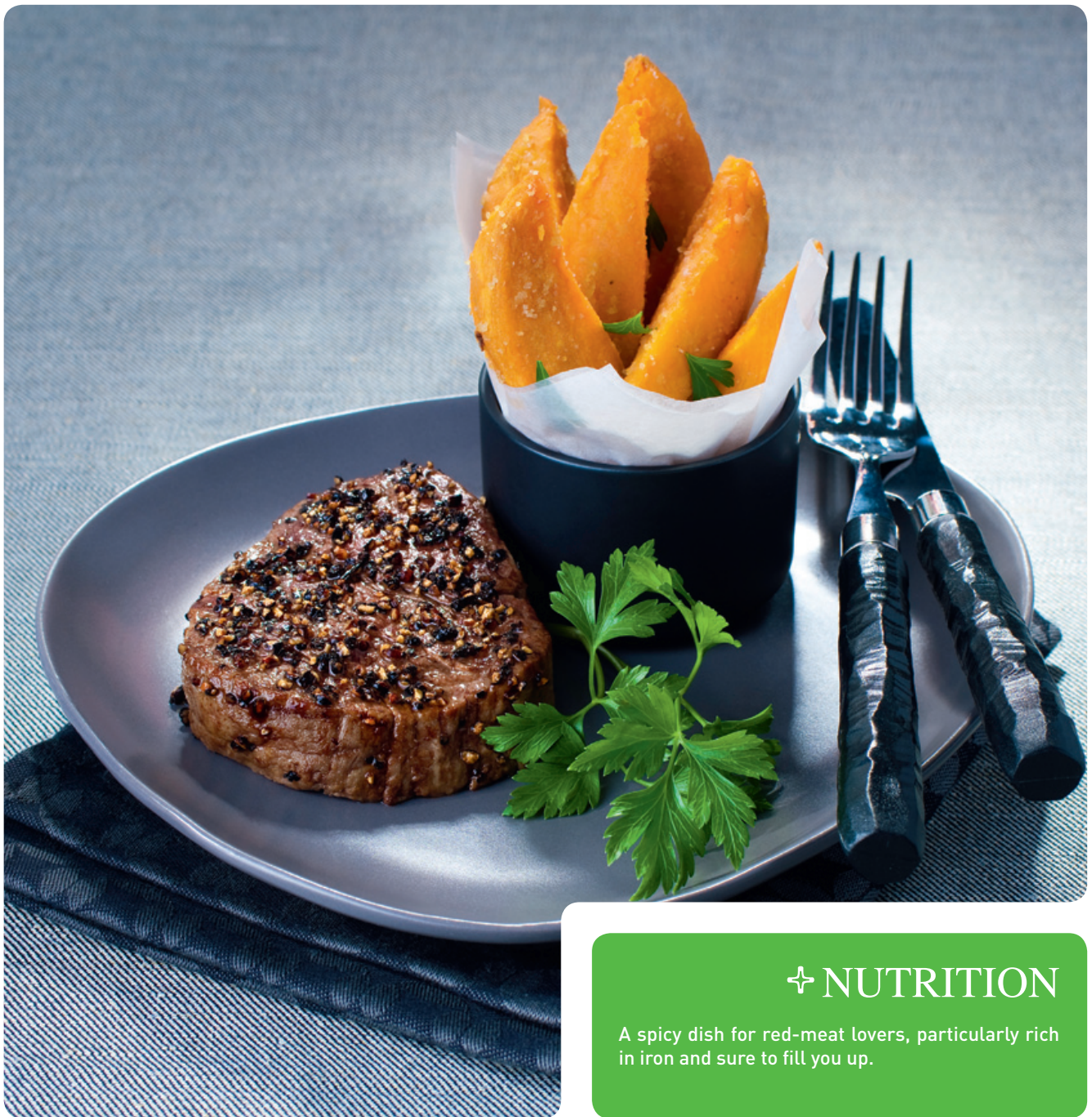
426  kcal

NUTRITION INFORMATION PER SERVING

Proteins:	34.5 g
Fat:	11 g
Carbohydrates:	50.7 g
Sodium:	0.02 g

**FOR MORE
VARIETY**

Use potatoes instead of sweet potatoes and cook for 45 minutes. Depending on how you like your steak cooked you can adjust the cooking time accordingly. The thickness of the steak will affect the cooking time. If the steak is thinner reduce the cooking time slightly.



+ NUTRITION

A spicy dish for red-meat lovers, particularly rich in iron and sure to fill you up.

PEACHES IN SYRUP AND COCONUT CLUSTERS

SERVES 4
PREPARATION: 10 MIN
COOKING: 18 MIN

INGREDIENTS

BOWL

6 fresh ripe peaches, skinned
and cut into quarters
300 ml water
1 tblsp agave nectar (available
from health food shops)
1 star anise
1 stick of cinnamon
1 vanilla pod

TRAY

2 eggs white
½  agave nectar
60 g dessicated coconut

199 kcal

NUTRITION INFORMATION PER SERVING

Proteins: 3.95 g
Fat: 9.84 g
Carbohydrates: 27.3 g
Sodium: 0.04 g

PREPARATION

Blanch the peaches to remove the skins. Beat the egg whites until frothy and add the coconut and agave nectar. Mix well; set aside. Line the tray with baking parchment.

COOKING



Add the water with the agave nectar, and the spices to the bowl. Set the cooking time to **10 MIN**. Add the peaches to the bowl and set the total cooking time to **8 MIN**.



Press **2 in 1** 4 times. The  icon will display. Select the cooking time to **3 MIN**. Press  to start cooking.



When the timer beeps, add the peaches in the bowl. Press **2 in 1** once to re-start cooking. Put the baking parchment on the tray and place small heaps of mixture on it. Leave to cook for the remaining **3 minutes**.

Leave coconut clusters to cool completely before removing from parchment.

FOR MORE VARIETY

Replace the peaches with oranges and agave nectar with honey. Agave nectar, also called agave syrup, is sweeter than honey and is often used by Vegans as it is extracted from a plants.



EXAMPLES OF BALANCED MENUS

WEEK
-1-

MONDAY

LUNCH

Onion soup

Salmon with stir-fry courgettes

30 g spread cheese

40 g bread

Fruit salad

DINNER

100 g beetroot

Steak and potato wedges

1 flavoured yogurt

1 fruit



TUESDAY

LUNCH

Chicken kebabs marinated in orange and garlic

30 g Brie cheese

40 g bread

1 fruit

DINNER

60 g rocket

Tagliatelle (60 g uncooked)
with steak and bolognaise sauce

1 tbsp oil

1 flavoured yogurt

Peaches in syrup



WEDNESDAY

LUNCH

100 g endive salad with blue cheese

Lamb steak

Parsnip puree

40 g bread

1 fruit

DINNER

Summer mixed vegetables
with Italian ham and mozzarella rolls

Green salad with nuts

1 slice of watermelon

BREAKFAST

2 options to choose from

- 1 250 ml semi-skimmed milk
40 g cereals
30 g dry fruits (raisins, apricots...)
Hot drink without sugar
- 2 1 yogurt
3 slices of brown bread
10 g of marmelade
1 fruit
Hot drink without sugar



THURSDAY

LUNCH

100 g tabbouleh
1 tbsp oil
250 g vegetable flan
Fresh pineapple and coconut

DINNER

Seafood skewers with cauliflower and leeks

30 g Cheddar cheese
40 g bread
1 yoghurt pot
1 fruit

FRIDAY

LUNCH

100 g raw vegetable salad
**Pork loin and apple wedges
with Potato wedges**

1 yogurt
1 stewed fruit

DINNER

100 g cabbage salad
Halibut puttanesca
30 g Swiss Gruyere
40 g bread
1 fruit

NUTRITION TIP
VITAMIN C: WHAT IS
IMPORTANT IS THE
AMOUNT!



SATURDAY

LUNCH

Breakfast brunch
Grilled vegetables
60 g wholemeal bread
30 g Emmental cheese
1 fruit

DINNER

Beetroot soup
Braised ham and flageolet
1 tbsp oil
Strawberry cheesecake



SUNDAY

LUNCH

100 g lamb's lettuce
with tomatoes and mozzarella
Teriyaki chicken with spring onion rice
Sliced fruits with chocolate sauce (20 g)

DINNER

Vegetable soup
30 g Cheddar cheese
40 g wholemeal bread
**Cinamon plum compôte
with toasted brioche**



EXAMPLES OF BALANCED MENUS

WEEK
- 2 -

MONDAY

LUNCH

100 g endive salad
Cheeseburger and chips
1 cooked apple

DINNER

100 g mixed green salad
Ratatouille and ham
1 tbsp oil
40 g bread
30 g blue cheese
Fruit salad



TUESDAY

LUNCH

100 g coleslaw salad
Mustard glazed turkey steaks with
spiced root vegetable medley
1 yoghurt pot
1 stewed fruit without added sugar

DINNER

2 slices of smoked trout
200 g courgettes with parsley
1 tbsp oil
40 g bread
Peaches in syrup
and coconut clusters



WEDNESDAY

LUNCH

Risotto with prawns and green beans
20 g of Parmesan cheese
1 fruit

DINNER

100 g cucumber salad
Sesame salmon and beetroot chutney
1 semolina pudding

BREAKFAST

2 options to choose from

1 250 ml semi-skimmed milk
45 g cereals
1 stewed fruit without added sugar
Hot drink without sugar

2 1 pastry (croissant, brioche)
100 g cottage cheese
1 stewed fruit
Hot drink without sugar

THURSDAY

LUNCH

Pork piccata with vichy carrots

60 g whole-wheat semolina (uncooked)

1 flavoured yogurt

1 fruit

DINNER

100 g rice salad with vegetables and cheese

1 egg

200 g spinach

1 tbsp oil

Stewed pears



FRIDAY

LUNCH

Shredded turkey

200 g white button mushrooms with parsley

1 tbsp oil

40 g bread

30 g spread cheese reduced fat

1 fruit

DINNER

Lamb's lettuce with walnuts

Panini pizza squares

Fruit salad

SATURDAY

LUNCH

100 g lentils salad

Cod fillet

Carrots and mashed potatoes

Hot pears wedges
with chocolate filo pastries

DINNER

100 g rocket salad

Duck breast

Quinoa and courgettes

1 tbsp oil

30 g emmental cheese

1 fruit

SUNDAY

LUNCH

100 g grated carrots and Emmental cheese

Peppered filet steak
with sweet potato wedges

Fruit salad

DINNER

Cheesy scrambled eggs and bacon

150 g aubergine

40 g bread

1 fruit





COOKING IN BOWL ALONE

POTATOES

	TYPE	QUANTITY	INGREDIENTS TO ADD	COOKING TIME
Chips standard size 10 mm x 10 mm*	Fresh	1.500 g**	1 spoonful oil	41-43 minutes
		1.250 g**	1 spoonful oil	38-40 minutes
		1.000 g**	¾ spoonful oil	35-37 minutes
		750 g**	¾ spoonful oil	30-32 minutes
		500 g**	½ spoonful oil	24-26 minutes
Straight cut frozen chips 10 mm x 10 mm***	Frozen	250 g**	½ spoonful oil	20-22 minutes
		1.200 g	none	36-38 minutes
		750 g	none	24-26 minutes

* For UK style thicker chips cut 13 mm x 13 mm increase the cooking time slightly.

** Weight of unpeeled potatoes.

*** For American Style Thin Cut Frozen Chips (8 mm x 8 mm) cook for the same time as 10 mm x 10 mm frozen chips.

VEGETABLES

	TYPE	QUANTITY	INGREDIENTS TO ADD	COOKING TIME
Courgettes	Fresh, in slices	1.200 g	1 spoonful oil + 150 ml water	30 minutes
Pepper	Fresh, in slices	1.000 g	1 spoonful oil + 250ml water	25 minutes
Mushrooms	Fresh, in quarters	1.000 g	1 spoonful oil	20 minutes
Tomatoes	Fresh, in quarters	1.000 g	1 spoonful oil	20 minutes
Onions	Fresh, in rings	750 g	1 spoonful oil	30 minutes

MEAT - POULTRY

	TYPE	QUANTITY	INGREDIENTS TO ADD	COOKING TIME
Chicken nuggets	Fresh	1,200 g	none	18-20 minutes
	Frozen	1,200 g	none	18-20 minutes
Chicken drumsticks	Fresh	9	none	25-30 minutes
Chicken breasts	Fresh	9 pieces (about 1,200 g)	none	22-25 minutes
Pork chops	Fresh	6	1 spoonful oil	18-20 minutes
Minced meat	Fresh	900 g	1 spoonful oil	13-15 minutes
	Frozen	600 g	1 spoonful oil	13-15 minutes
Meatballs	Frozen	1,200 g	1 spoonful oil	18-20 minutes
Sausages (pork)	Fresh	8 - 10 (pricked)	none	10-12 minutes

FISH - SHELLFISH





	TYPE	QUANTITY	INGREDIENTS TO ADD	COOKING TIME
Battered calamari	Frozen	500 g	none	12-14 minutes
Prawns	Cooked	600 g	none	8-10 minutes
Jumbo king prawns	Frozen	450 g	none	9-11 minutes

DESSERTS

	TYPE	QUANTITY	INGREDIENTS TO ADD	COOKING TIME
Bananas	Cut in slices	700 g [7 bananas]	1 s.ful oil + 1 s.ful brown sugar	4-6 minutes
	Wrapped in foil	3 bananas	none	15-17 minutes
Apples	Cut into halves	5	1 s.ful oil + 2 s.fuls sugar	10-12 minutes
Pears	Cut into pieces	1.500 g	2 spoonfuls sugar	10-12 minutes
Pineapple	Cut into pieces	2	2 spoonfuls sugar	15-17 minutes

COOKING IN BOWL + TRAY

COOKING TIMES

FOOD IN BOWL	QUANTITY IN BOWL	TOTAL TIME	FOOD IN TRAY + SETTING	QUANTITY IN TRAY	TRAY TIME
Fresh potato chips 10 mm x 10 mm	1.250 g	45 minutes		4	10 minutes
	1.000 g	35 minutes		4	10 minutes
	750 g	30 minutes		3	6 minutes
	250 g	25 minutes		1	5 minutes
Courgettes in slices	1.000 g	30 minutes		4	8 minutes
	750 g	25 minutes		3	8 minutes
	500 g	20 minutes		2	8 minutes
	250 g	18 minutes		1	7 minutes
Frozen chips	1.250 g	50 minutes		5	18 minutes
	1.000 g	45 minutes		4	16 minutes
	750 g	40 minutes		3	16 minutes
	250 g	33 minutes		1	15 minutes
Figs cut in pieces	10	20 minutes	Filo chocolate parcels 	4	4 minutes



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