

# LAKELAND

RECIPES BOOKLET

## **TOUCHSCREEN AIR FRYER**



Model: 31796

## RECIPES

Please note that all spoon measurements are standard metric, so 1 tsp is 5ml and 1 tbsp is 15ml. We recommend using a set of measuring spoons for accurate results.

### SALT AND SICHUAN PEPPER SALMON WITH WASABI MAYONNAISE – Serves 2

Ingredients	Quantity
Sea salt	½ tsp
Sichuan pepper	1 tsp
Vegetable oil	1 tbsp
Salmon fillets (skin on)	2 x 200g
Mayonnaise	75g
Wasabi paste	1 tsp
Fresh coriander	1 tsp, finely chopped
Lime juice	1 tsp

### WHAT YOU DO

Using pepper grinder or pestle and mortar, grind the salt and pepper until fine. Combine pepper mixture, oil and fish in medium bowl, cover and stand for 5 minutes.

Set the Air Fryer timer to 15 minutes and the temperature to 180°C.

Place the fish in the Air Fryer. Cook fish, skin side down, for approximately 15 minutes (depending on thickness of fillet). No need to turn.

Meanwhile, combine the mayonnaise, wasabi, coriander and lime juice in a small bowl.

Serve fish with wasabi mayonnaise, together with watercress and a slice of lime, if desired.

## **CROQUE-MONSIEUR - Serves 2**

Ingredients	Quantity
Butter	10g
Cheddar cheese	40g, coarsely grated
Plain flour	2 tsp
Milk	5 tbsps
Fresh flat-leaf parsley	2 tsp, finely chopped
Wholemeal bread	4 slices
Thinly sliced ham	90g

### **WHAT YOU DO**

To make the cheese sauce, melt butter in small saucepan, add flour, cook, stirring until mixture bubbles and thickens. Gradually add milk, stirring until sauce boils and thickens. Remove from heat, stir in cheese and parsley.

Spread the sauce on all four pieces of bread (otherwise the bread will curl up), top two slices with ham then top with remaining bread.

Set the Air Fryer timer to 10 minutes and the temperature to 180°C.

Place one round of sandwich in the Air Fryer. Cook for approximately 10 minutes, turn halfway (5 minutes either side), or cook until browned both sides.

Repeat with the other sandwich.

## HONEY-MUSTARD PORK CUTLETS WITH PEAR SALAD - Serves 4

Ingredients	Quantity
Pork cutlets	4 (940g)
Groundnut oil	2 tbsp
Honey	2 tbsp
Dijonnaise	2 tbsp
Pear	1, large unpeeled
Mixed salad leaves	60g
Lemon wedges	to serve

**TIP:** If you have time, marinate the cutlets, cover them and put them in the refrigerator for 2 hours or overnight. Dijonnaise is available from delis and most supermarkets. If you can't find it, use 1½ tablespoons mayonnaise mixed with ½ tablespoon Dijon mustard.

### WHAT YOU DO

Combine pork, oil, honey and Dijonnaise in a large bowl and season.

Set the Air Fryer timer to 25 minutes and the temperature to 180°C.

Cook pork for 25 minutes, turn halfway through cooking time.

Cover and stand for 5 minutes.

Cut unpeeled pear into long thin strips. Place pear and salad leaves in a medium bowl and toss gently to combine.

Serve the cutlets with pear salad and lemon wedges.

## FAVOURITE FISHCAKES - Makes 8

Ingredients	Quantity
Skinless firm white fish fillets	400g
Floury potatoes	600g, chopped coarsely
Spring onions	2, sliced thinly
Egg	1, beaten lightly
Panko breadcrumbs	110g
Lemon wedges	to serve
Salt and pepper	to season

**TIP:** Panko are Japanese-style breadcrumbs that give an extra-crispy texture. They are available at large supermarkets and delis. Use ordinary breadcrumbs if you can't find them.

For improved flavour, add either 400g of cheese or 2 tbsp mayonnaise to the fishcake mix.

### WHAT YOU DO

Place the fish on an oiled, lined baking tray and season. Place under a pre-heated grill for 12 minutes or until just cooked through and allow to cool.

Boil, steam or microwave potatoes until tender then drain. Mash the potatoes until smooth.

Flake the cooled fish into the mashed potato and mash until fish breaks into smaller pieces. Add the spring onion, egg and half the breadcrumbs, stir to combine. Season to taste.

With damp hands, shape mixture into 8 patties. Place on a baking tray and refrigerate for 1 hour.

Coat the patties in the remaining breadcrumbs.

Set the Air Fryer timer to 17 minutes and the temperature to 180°C.

Place the fishcakes in the Air Fryer and cook for 17 minutes (turn over halfway through) until golden in colour.

Serve with lemon wedges.

## PROSCIUTTO-WRAPPED HALLOUMI - Makes 24 bite-size pieces

Ingredients	Quantity
Halloumi cheese	250g
Prosciutto	6 slices, 90g
Lemon juice	1 tbsp
Garlic clove	1, crushed
Baby gherkins	227g, drained
Fresh mint leaves	1 tbsp, to garnish

### WHAT YOU DO

Cut halloumi into 24 bite-size pieces and cut prosciutto slices into 4 pieces. Wrap halloumi with prosciutto to make a parcel.

Set the Air Fryer timer to 4 minutes and the temperature to 180°C.

Cook halloumi for 4 minutes until prosciutto starts to crisp.

Combine the lemon juice and garlic and drizzle over the parcels - the lemon helps to dispel the saltiness of the prosciutto. Season to taste.

Garnish with mint leaves and serve with gherkins.

Best served hot, but can be eaten cold.



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