

Copyright Notice

Fish and Shellfish in the Air Fryer

Edition one

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Introduction

Cooking fish and shellfish in an is a quick and healthy way to prepare these types of seafood. Here are a few simple recipes for you to try:

Dive into a culinary adventure with "Fish and Shellfish in the Air Fryer," a tantalizing collection of 100 flavourful recipes that will revolutionize your cooking experience. From crispy coconut prawns to succulent lemon herb salmon, embark on a journey of taste and texture as you discover innovative ways to prepare your favorite aquatic delights using the magic of the air fryer. Whether you're a seafood enthusiast or a novice chef, this cookbook promises to elevate your meals with ease and creativity. Get ready to savor the delectable flavours of the ocean, now made effortlessly crispy and deliciously healthy in the air fryer.

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1. Garlic Butter Prawns

“Ingredients:”

- 1 pound of prawns, peeled and deveined
- 3 tablespoons butter, melted
- 3 cloves garlic, minced
- 1 teaspoon paprika
- Salt and pepper to taste
- Fresh parsley, chopped (for garnish)
- Lemon wedges (for serving)

“Instructions:”

1. “Preheat the Air Fryer:”

- Set your fryer to 400°F (200°C) and let it preheat while you prepare the prawns.

2. “Prepare the Prawns:”

- In a medium-sized bowl, combine 1 pound of peeled and deveined prawns with 3 tablespoons of melted butter, 3 cloves of minced garlic, 1 teaspoon of paprika, and salt and pepper to taste. Toss the prawns in the mixture until they are evenly coated.

3. “Arrange the Prawns in the Air Fryer:”

- Place the prawns in the basket in a single layer. Be sure not to overcrowd the basket to ensure even cooking. If necessary, cook the prawns in batches.

4. “Cook the Prawns:”

- Insert the basket into the and cook for 6-8 minutes. Shake the basket halfway through the cooking time to ensure the prawns cook evenly. The prawns are done when they turn pink and are cooked through.

5. “Garnish and Serve:”

- Once the prawns are cooked, carefully remove them from the and transfer to a serving dish.

- Garnish with freshly chopped parsley for a pop of color and added flavour.
- Serve immediately with lemon wedges on the side for an extra burst of freshness and acidity.

“Tips:”

- “Alternative Seasonings:” Feel free to experiment with other seasonings such as cayenne pepper for a spicier kick or Old Bay seasoning for a classic seafood flavour.
- “Butter Alternatives:” If you prefer, you can use olive oil or ghee instead of melted butter for a different flavour profile.
- “Cooking Time:” Keep an eye on the prawns as they cook, as models can vary in cooking time. The prawns should be opaque and pink when done.
- “Storage:” Leftover prawns can be stored in an airtight container in the refrigerator for up to 2 days. Reheat gently in the microwave.

“Serving Suggestions:”

- This garlic butter prawns pairs well with a side of steamed vegetables, rice, or a fresh salad. For a more indulgent meal, consider serving over pasta tossed in a garlic butter sauce.

2. Lemon Herb Salmon

“Ingredients:”

- 4 salmon fillets (about 6 ounces each)
- 2 tablespoons olive oil
- 1 tablespoon lemon juice
- 1 teaspoon dried herbs (like dill or thyme)
- Salt and pepper to taste
- Lemon slices (for topping)

“Instructions:”

1. “Preheat the Air Fryer:”

- Set your fryer to 400°F (200°C) and let it preheat while you prepare the salmon.

2. “Prepare the Salmon Fillets:”

- Pat the salmon fillets dry with paper towels to ensure a crispy texture.
- In a small bowl, mix 2 tablespoons of olive oil and 1 tablespoon of lemon juice.
- Rub each salmon fillet generously with the olive oil and lemon juice mixture, ensuring they are well coated.

3. “Season the Salmon:”

- Sprinkle the fillets with 1 teaspoon of dried herbs, such as dill or thyme. You can choose your preferred herbs or a combination for added flavour.
- Season the fillets with salt and pepper to taste.

4. “Arrange the Salmon in the Air Fryer:”

- Place the salmon fillets in the basket, skin-side down. Make sure they are arranged in a single layer without overlapping.
- Top each fillet with a slice of lemon for added flavour and a touch of acidity.

5. “Cook the Salmon:”

- Insert the basket into the and cook for 7-10 minutes. The exact cooking time will depend on the thickness of the fillets. Check for doneness at the 7-minute mark.

- The salmon is done when it flakes easily with a fork and reaches an internal temperature of 145°F (63°C).

6. "Serve:"

- Carefully remove the salmon fillets from the basket using a spatula.

- Transfer to a serving plate and let rest for a minute before serving.

"Tips:"

- "Marinating Option:" For a deeper infusion of flavours, you can marinate the salmon fillets in the olive oil, lemon juice, and herb mixture for 15-30 minutes before cooking.

- "Fresh Herbs:" If you have fresh herbs on hand, feel free to use them in place of dried herbs. Finely chop and sprinkle over the salmon before cooking.

- "Additional Flavour:" Add a sprinkle of garlic powder or onion powder to the seasoning mix for extra flavour.

- "Storage:" Leftover salmon can be stored in an airtight container in the refrigerator for up to 2 days. Reheat gently in the oven to maintain the texture.

"Serving Suggestions:"

- This lemon herb salmon pairs beautifully with a side of roasted vegetables, a fresh garden salad, or steamed rice. For a complete meal, consider serving it with quinoa or couscous and a drizzle of additional lemon juice or a light herb sauce.

3. Crispy Calamari

“Ingredients:”

- 1-pound calamari rings
- 1 cup all-purpose flour
- 2 teaspoons salt
- 1 teaspoon black pepper
- 1 teaspoon paprika
- 2 eggs, beaten
- 1 cup breadcrumbs
- Lemon wedges and marinara sauce for serving

“Instructions:”

1. “Preheat the Air Fryer:”

- Set your fryer to 400°F (200°C) and allow it to preheat while you prepare the calamari.

2. “Prepare the Seasoned Flour:”

- In a shallow bowl, combine 1 cup of all-purpose flour with 2 teaspoons of salt, 1 teaspoon of black pepper, and 1 teaspoon of paprika. Mix well to ensure the seasoning is evenly distributed.

3. “Dredge the Calamari:”

- Pat the calamari rings dry with paper towels to help the coating adhere better.
- Dredge each calamari ring in the seasoned flour, making sure to coat them evenly.
- Dip the floured calamari rings into the beaten eggs, allowing any excess egg to drip off.
- Finally, coat the calamari rings with breadcrumbs, pressing gently to ensure they stick.

4. “Arrange the Calamari in the Air Fryer:”

- Place the breaded calamari rings in a single layer in the basket. Be sure not to overcrowd the basket; you may need to cook in batches to ensure even cooking and crispiness.

5. “Cook the Calamari:”

- Insert the basket into the and cook for 4-6 minutes. Shake the basket halfway through the cooking time to ensure even browning.
- The calamari are done when they are golden brown and crispy. Cooking times may vary slightly depending on the thickness of the rings and the model of your air fryer.

6. “Serve:”

- Carefully remove the crispy calamari from the and transfer them to a serving plate.
- Serve immediately with lemon wedges for squeezing over the top and a side of marinara sauce for dipping.

“Tips:”

- “Uniform Coating:” For an even coating, use one hand for the dry ingredients (flour and breadcrumbs) and the other hand for the wet ingredients (eggs) to prevent clumping.
- “Breadcrumb Options:” For extra crunch, consider using panko breadcrumbs instead of regular breadcrumbs.
- “Flavour Variations:” Add a pinch of cayenne pepper or garlic powder to the seasoned flour for additional flavour.
- “Storage:” Leftover calamari can be stored in an airtight container in the refrigerator for up to 1 day. Reheat in the to maintain crispiness.

“Serving Suggestions:”

- Pair your crispy calamari with a light salad, roasted vegetables, or a simple pasta dish. For an extra touch, drizzle with a bit of olive oil and sprinkle with fresh parsley before serving.

4. Tilapia with Chilli Lime Seasoning

“Ingredients:”

- 4 tilapia fillets
- 2 tablespoons olive oil
- 1 teaspoon chilli powder
- 1/2 teaspoon garlic powder
- 1/2 teaspoon onion powder
- Zest of one lime
- Juice of one lime
- Salt and pepper to taste

“Instructions:”

1. “Preheat the Air Fryer:”

- Set your fryer to 400°F (200°C) and allow it to preheat while you prepare the tilapia fillets.

2. “Prepare the Seasoning Mix:”

- In a small bowl, combine 2 tablespoons of olive oil, 1 teaspoon of chilli powder, 1/2 teaspoon of garlic powder, 1/2 teaspoon of onion powder, the zest of one lime, and the juice of one lime. Mix well to create a flavourful seasoning blend.
- Season with salt and pepper to taste, adjusting to your preference.

3. “Season the Tilapia Fillets:”

- Pat the tilapia fillets dry with paper towels to ensure the seasoning adheres well.
- Using a basting brush, generously coat both sides of each fillet with the chilli lime seasoning mix. Make sure the fillets are evenly covered for maximum flavour.

4. “Arrange the Tilapia in the Air Fryer:”

- Place the seasoned tilapia fillets in the basket in a single layer. Avoid overlapping the fillets to ensure even cooking. If necessary, cook in batches to accommodate all the fillets.

5. “Cook the Tilapia:”

- Insert the basket into the and cook for 8-10 minutes. Check for doneness at the 8-minute mark. The fish is done when it flakes easily with a fork and has an internal temperature of 145°F (63°C).

6. “Serve:”

- Carefully remove the tilapia fillets from the basket using a spatula.
- Transfer to a serving plate and garnish with additional lime zest or wedges, if desired.

“Tips:”

- “Additional Garnishes:” Sprinkle fresh chopped Coriander or Spring Onions over the cooked tilapia for added color and flavour.
- “Spice Level:” Adjust the amount of chilli powder according to your preferred level of spiciness. For an extra kick, add a pinch of cayenne pepper to the seasoning mix.
- “Alternative Fish:” This seasoning mix works well with other types of white fish, such as cod or haddock.
- “Storage:” Leftover tilapia can be stored in an airtight container in the refrigerator for up to 2 days. Reheat gently in the oven to maintain texture.

“Serving Suggestions:”

- This chilli lime tilapia pairs wonderfully with a side of rice, quinoa, or a fresh green salad. For a complete meal, serve with roasted vegetables or a mango salsa to complement the flavours of the fish.

5. Scallops with Garlic Lemon Butter

“Ingredients:”

- 1-pound scallops
- 2 tablespoons butter, melted
- 2 cloves garlic, minced
- Juice of 1 lemon
- Salt and pepper to taste
- Fresh parsley, chopped (for garnish)

“Instructions:”

1. “Preheat the Air Fryer:”

- Set your fryer to 400°F (200°C) and let it preheat while you prepare the scallops.

2. “Prepare the Scallops:”

- Pat the scallops dry with paper towels to ensure they develop a nice sear.
- Season the scallops lightly with salt and pepper on both sides.

3. “Make the Garlic Lemon Butter Mixture:”

- In a small bowl, combine 2 tablespoons of melted butter, 2 cloves of minced garlic, and the juice of 1 lemon. Stir well to mix the flavours together.

4. “Toss the Scallops:”

- Add the seasoned scallops to the bowl with the garlic lemon butter mixture. Gently toss the scallops to coat them evenly with the mixture.

5. “Arrange the Scallops in the Air Fryer:”

- Place the coated scallops in the basket in a single layer. Make sure they are not touching to allow for even cooking and proper air circulation.

6. “Cook the Scallops:”

- Insert the basket into the and cook for 6-8 minutes. Check for doneness at the 6-minute mark. The scallops are done when they are opaque and slightly golden on the outside. Avoid overcooking to prevent them from becoming tough.

7. “Garnish and Serve:”

- Carefully remove the scallops from the basket using tongs.
- Transfer to a serving plate and garnish with freshly chopped parsley for a pop of color and added freshness.

“Tips:”

- “Dry Scallops:” Ensure the scallops are thoroughly dried before seasoning to achieve a better sear.
- “Butter Alternative:” For a different flavour profile, consider using olive oil instead of butter.
- “Additional Flavour:” Add a pinch of red pepper flakes to the butter mixture for a hint of heat or sprinkle some grated Parmesan cheese over the scallops before cooking.
- “Storage:” Leftover scallops can be stored in an airtight container in the refrigerator for up to 1 day. Reheat gently in the fry pan to maintain their texture.

“Serving Suggestions:”

- These garlic lemon butter scallops pair beautifully with a side of risotto, pasta, or a fresh salad. They also make an excellent appetizer or addition to a seafood platter. Serve with extra lemon wedges on the side for an extra burst of citrus flavour.

6. Cod with Parmesan Crust

“Ingredients:”

- 4 cod fillets (about 6 ounces each)
- 2 tablespoons olive oil
- 1/2 cup grated Parmesan cheese
- 1/4 cup breadcrumbs
- 1 teaspoon Italian seasoning
- Salt and pepper to taste
- Lemon wedges, for serving

“Instructions:”

1. “Preheat the Air Fryer:”

- Set your fryer to 400°F (200°C) and allow it to preheat while you prepare the cod fillets.

2. “Prepare the Cod Fillets:”

- Pat the cod fillets dry with paper towels to ensure the coating adheres well.
- Brush each fillet with olive oil, making sure to coat both sides lightly but evenly.

3. “Make the Parmesan Crust Mixture:”

- In a small bowl, combine 1/2 cup grated Parmesan cheese, 1/4 cup breadcrumbs, and 1 teaspoon Italian seasoning. Mix well to ensure the ingredients are evenly distributed.
- Season the mixture with salt and pepper to taste.

4. “Coat the Cod Fillets:”

- Press the Parmesan breadcrumb mixture onto the top of each cod fillet, ensuring an even and generous coating. Gently press down to make sure the crust adheres well to the fish.

5. “Arrange the Fillets in the Air Fryer:”

- Place the coated cod fillets in the basket in a single layer. Make sure they are not touching to allow for even cooking and proper air circulation.

6. "Cook the Cod:"

- Insert the basket into the and cook for 10-12 minutes. Check for doneness at the 10-minute mark. The cod is done when the crust is golden brown and the fish flakes easily with a fork. The internal temperature should reach 145°F (63°C).

7. "Serve:"

- Carefully remove the cod fillets from the basket using a spatula.
- Transfer to a serving plate and serve immediately with lemon wedges on the side for squeezing over the top.

"Tips:"

- "Uniform Coating:" To ensure an even coating, you can use a spoon to help press the Parmesan mixture onto the fillets.
- "Breadcrumb Alternatives:" Panko breadcrumbs can be used instead of regular breadcrumbs for a crunchier texture.
- "Additional Flavour:" Add a pinch of garlic powder or paprika to the Parmesan mixture for extra flavour.
- "Storage:" Leftover cod can be stored in an airtight container in the refrigerator for up to 2 days. Reheat gently in the oven to maintain the crust's crispiness.

"Serving Suggestions:"

- This Parmesan crusted cod pairs well with a side of roasted vegetables, a fresh green salad, or a light pasta dish. For a complete meal, consider serving with a creamy risotto or a side of garlic mashed potatoes.

7. Stuffed Crab Shells

“Ingredients:”

- 8 large crab shells or small ramekins
- 1 pound crab meat, picked over for shells
- 1/4 cup mayonnaise
- 1/4 cup breadcrumbs
- 1/4 cup finely chopped celery
- 2 tablespoons finely chopped Spring Onions
- 1 teaspoon Old Bay seasoning
- 1/4 teaspoon garlic powder
- Lemon slices for garnish

“Instructions:”

1. “Preheat the Air Fryer:”

- Set your fryer to 360°F (180°C) and let it preheat while you prepare the crab mixture.

2. “Prepare the Crab Mixture:”

- In a large mixing bowl, combine 1 pound of crab meat, 1/4 cup of mayonnaise, 1/4 cup of breadcrumbs, 1/4 cup of finely chopped celery, 2 tablespoons of finely chopped Spring Onions, 1 teaspoon of Old Bay seasoning, and 1/4 teaspoon of garlic powder.
- Gently mix the ingredients together until well combined. Be careful not to break up the crab meat too much to maintain its texture.

3. “Stuff the Shells or Ramekins:”

- Spoon the crab mixture evenly into the 8 large crab shells or small ramekins. Pack the mixture gently to ensure they are well filled but not overly compacted.

4. “Arrange in the Air Fryer:”

- Place the stuffed crab shells or ramekins in the basket. Ensure they are in a single layer and not touching to allow for even cooking.

5. “Cook the Crab Stuffed Shells:”

- Insert the basket into the and cook for about 8-10 minutes. The tops should be golden brown, and the filling should be heated through. Check at the 8-minute mark and add more time if necessary.

6. “Garnish and Serve:”

- Carefully remove the crab stuffed shells or ramekins from the air fryer.
- Garnish each with a lemon slice before serving to add a fresh citrus touch.

“Tips:”

- “Crab Meat:” Ensure the crab meat is well-picked over for shells and cartilage to avoid any unpleasant surprises.
- “Additional Flavours:” For a spicier version, add a pinch of cayenne pepper to the crab mixture. For more richness, mix in a bit of shredded cheddar or Parmesan cheese.
- “Breadcrumbs:” Panko breadcrumbs can be used for a crunchier topping.
- “Storage:” Leftovers can be stored in an airtight container in the refrigerator for up to 2 days. Reheat gently in the to maintain the texture.

“Serving Suggestions:”

- These crab stuffed shells make an excellent appetizer or main course. Pair them with a fresh green salad, a side of coleslaw, or steamed vegetables. For a more indulgent meal, consider serving with garlic butter toast or a light pasta dish.

8. Mussels in White Wine Sauce

“Ingredients:”

- 2 pounds mussels, cleaned and debearded
- 1/4 cup white wine
- 2 tablespoons olive oil
- 2 cloves garlic, minced
- 1 teaspoon red pepper flakes
- 1 tablespoon chopped parsley
- Lemon wedges, for serving

“Instructions:”

1. “Preheat the Air Fryer:”

- Set your fryer to 360°F (180°C) and allow it to preheat while you prepare the mussels.

2. “Prepare the White Wine Sauce:”

- In a large bowl, combine 1/4 cup of white wine, 2 tablespoons of olive oil, 2 cloves of minced garlic, and 1 teaspoon of red pepper flakes. Mix well to ensure the garlic and red pepper flakes are evenly distributed.

3. “Coat the Mussels:”

- Add the cleaned and debearded mussels to the bowl with the white wine sauce. Toss the mussels gently to coat them thoroughly with the mixture.

4. “Transfer to a Heatproof Dish:”

- Transfer the mussels and the sauce to a heatproof dish that fits in your basket. Ensure the mussels are spread out evenly in the dish to allow for even cooking.

5. “Cook the Mussels:”

- Insert the dish into the and cook for 6-8 minutes. Shake the basket halfway through the cooking time to ensure the mussels cook evenly.

- The mussels are done when they have opened up. If any mussels remain closed, discard them as they are not safe to eat.

6. "Serve:"

- Carefully remove the dish from the air fryer. Sprinkle the cooked mussels with 1 tablespoon of chopped parsley for a fresh, vibrant finish.
- Serve immediately with lemon wedges on the side for squeezing over the mussels.

"Tips:"

- "Cleaning Mussels:" Make sure to scrub the mussels under cold water and remove the beards (the fibrous strands sticking out) before cooking.
- "Wine Substitute:" If you prefer a non-alcoholic version, you can substitute the white wine with vegetable or chicken broth.
- "Extra Flavour:" For added depth of flavour, consider adding a splash of heavy cream or a pat of butter to the sauce before cooking.
- "Serving Suggestions:" These mussels pair well with crusty bread to soak up the delicious sauce, a side salad, or over a bed of pasta.

"Storage:"

- Leftover mussels can be stored in an airtight container in the refrigerator for up to 1 day. Reheat gently in a covered dish on the stovetop to maintain their texture and flavour.

"Serving Suggestions:"

- This dish is perfect as an appetizer or a main course. Serve it with crusty bread for dipping into the flavourful broth, or alongside a light salad for a complete meal. For a more substantial meal, consider serving the mussels over pasta or rice.

9. Coconut Prawns

“Ingredients:”

- 1-pound large prawns, peeled and deveined, tails on
- 1/2 cup all-purpose flour
- 1 teaspoon salt
- 1/2 teaspoon black pepper
- 2 eggs, beaten
- 1 cup shredded coconut
- 1 cup panko breadcrumbs
- Sweet chilli sauce, for dipping

“Instructions:”

1. “Preheat the Air Fryer:”

- Set your fryer to 400°F (200°C) and allow it to preheat while you prepare the prawns.

2. “Prepare the Coating Stations:”

- In a shallow bowl, combine 1/2 cup all-purpose flour with 1 teaspoon salt and 1/2 teaspoon black pepper. Mix well.
- In a second shallow bowl, beat 2 eggs until well combined.
- In a third shallow bowl, mix 1 cup shredded coconut with 1 cup panko breadcrumbs.

3. “Coat the Prawns:”

- Pat the prawns dry with paper towels to ensure the coating adheres well.
- Dredge each prawn in the seasoned flour, making sure to coat all sides. Shake off any excess flour.
- Dip the floured prawns into the beaten eggs, allowing any excess egg to drip off.
- Finally, coat the prawns with the coconut and panko breadcrumb mixture, pressing gently to ensure the coating sticks well.

4. “Arrange the Prawns in the Air Fryer:”

- Place the coated prawns in a single layer in the basket. Make sure they are not touching or overlapping to allow for even cooking. If necessary, cook the prawns in batches.

5. “Cook the Prawns:”

- Insert the basket into the and cook for 6-8 minutes, or until the prawns are golden brown and crispy. Check for doneness at the 6-minute mark and adjust the time if needed.

6. “Serve:”

- Carefully remove the coconut prawns from the basket using tongs or a spatula.
- Transfer to a serving plate and serve immediately with sweet chilli sauce for dipping.

“Tips:”

- “Extra Crunch:” For an extra crunchy coating, you can double-dip the prawns by repeating the egg and coconut breadcrumb steps.
- “Flavour Variations:” Add a pinch of cayenne pepper or paprika to the flour mixture for a bit of heat or mix some finely chopped Coriander into the coconut and panko mixture for added freshness.
- “Storage:” Leftover coconut prawns can be stored in an airtight container in the refrigerator for up to 2 days. Reheat in the to maintain crispiness.

“Serving Suggestions:”

- Coconut prawns are a versatile dish that pairs well with a variety of sides. Serve with a fresh green salad, a side of jasmine rice, or some tropical fruit salsa. For a more indulgent meal, consider pairing it with coconut rice or sweet potato fries.

10: Herb-Crusted Haddock

“Ingredients:”

- 4 haddock fillets
- 2 tablespoons olive oil
- 1 teaspoon dried basil
- 1 teaspoon dried oregano
- 1/2 teaspoon garlic powder
- Salt and pepper to taste
- Lemon wedges, for serving

“Instructions:”

1. “Preheat the Air Fryer:”

- Set your fryer to 360°F (180°C) and let it preheat while you prepare the haddock fillets.

2. “Prepare the Fillets:”

- Pat the haddock fillets dry with paper towels to ensure the seasoning adheres well.
- Brush each fillet with olive oil on both sides to help the herbs stick and to promote even browning.

3. “Make the Herb Mixture:”

- In a small bowl, combine 1 teaspoon of dried basil, 1 teaspoon of dried oregano, 1/2 teaspoon of garlic powder, and salt and pepper to taste. Mix well to ensure the herbs and spices are evenly distributed.

4. “Season the Fillets:”

- Sprinkle the herb mixture evenly over both sides of the haddock fillets, pressing gently to ensure it adheres well.

5. “Arrange the Fillets in the Air Fryer:”

- Place the seasoned haddock fillets in a single layer in the basket. Make sure they do not overlap to allow for even cooking. If necessary, cook in batches to avoid overcrowding.

6. “Cook the Haddock:”

- Insert the basket into the and cook for 10-12 minutes. Check for doneness at the 10-minute mark. The fish should be flaky and opaque when fully cooked. The internal temperature should reach 145°F (63°C).

7. “Serve:”

- Carefully remove the haddock fillets from the basket using a spatula.
- Transfer to a serving plate and serve immediately with lemon wedges on the side for squeezing over the fish.

“Tips:”

- “Even Coating:” For a more even coating, you can gently press the herb mixture onto the fillets after sprinkling.
- “Alternative Herbs:” Feel free to substitute with other dried herbs such as thyme, rosemary, or dill for a different flavour profile.
- “Butter Alternative:” For a richer flavour, you can use melted butter instead of olive oil to brush the fillets.
- “Storage:” Leftover haddock can be stored in an airtight container in the refrigerator for up to 2 days. Reheat gently in the oven to maintain texture.

“Serving Suggestions:”

- This herb-crusted haddock pairs wonderfully with a side of roasted vegetables, a fresh garden salad, or steamed rice. For a more complete meal, consider serving with garlic mashed potatoes or a light pasta dish tossed with olive oil and fresh herbs.

11. Cajun Catfish

“Ingredients:”

- 4 catfish fillets
- 1 tablespoon Cajun seasoning
- 1 teaspoon paprika
- 1/2 teaspoon garlic powder
- Salt to taste
- 2 tablespoons olive oil
- Lemon slices, for serving

“Instructions:”

1. “Preheat the Air Fryer:”

- Set your fryer to 390°F (200°C) and let it preheat while you prepare the catfish fillets.

2. “Prepare the Fillets:”

- Pat the catfish fillets dry with paper towels to ensure the seasoning adheres well.
- Rub each fillet with olive oil on both sides to help the spices stick and to promote even browning.

3. “Make the Spice Mix:”

- In a small bowl, combine 1 tablespoon of Cajun seasoning, 1 teaspoon of paprika, 1/2 teaspoon of garlic powder, and salt to taste. Mix well to ensure the spices are evenly distributed.

4. “Season the Fillets:”

- Sprinkle the spice mix evenly over both sides of the catfish fillets, pressing gently to ensure it adheres well.

5. “Arrange the Fillets in the Air Fryer:”

- Place the seasoned catfish fillets in a single layer in the basket. Make sure they do not overlap to allow for even cooking. If necessary, cook in batches to avoid overcrowding.

6. “Cook the Catfish:”

- Insert the basket into the and cook for 10-15 minutes. Check for doneness at the 10-minute mark. The fish should be opaque and flaky when fully cooked, and the edges should be slightly crispy. The internal temperature should reach 145°F (63°C).

7. “Serve:”

- Carefully remove the catfish fillets from the basket using a spatula.
- Transfer to a serving plate and serve immediately with lemon slices on the side for squeezing over the fish.

“Tips:”

- “Even Coating:” To ensure an even coating of the spice mix, you can gently press the mixture onto the fillets after sprinkling.
- “Spice Level:” Adjust the amount of Cajun seasoning according to your preferred level of spiciness. For extra heat, add a pinch of cayenne pepper to the spice mix.
- “Oil Alternatives:” You can use melted butter instead of olive oil for a richer flavour.
- “Storage:” Leftover catfish can be stored in an airtight container in the refrigerator for up to 2 days. Reheat gently in the oven to maintain texture.

“Serving Suggestions:”

- This Cajun catfish pairs wonderfully with a side of coleslaw, steamed vegetables, or a fresh garden salad. For a more complete meal, consider serving with garlic mashed potatoes, cornbread, or a simple rice pilaf.

12: Crispy Panko Cod

“Ingredients:”

- 4 cod fillets (about 6 ounces each)
- 1 cup panko breadcrumbs
- 1/2 teaspoon smoked paprika
- 1/2 teaspoon garlic powder
- Salt and pepper to taste
- 2 tablespoons olive oil
- 1 egg, beaten
- Lemon wedges, for serving

“Instructions:”

1. “Preheat the Air Fryer:”

- Set your fryer to 400°F (200°C) and let it preheat while you prepare the cod fillets.

2. “Prepare the Panko Coating:”

- In a medium bowl, combine 1 cup of panko breadcrumbs, 1/2 teaspoon of smoked paprika, 1/2 teaspoon of garlic powder, salt, and pepper to taste. Mix well to ensure the spices are evenly distributed throughout the breadcrumbs.

3. “Prepare the Cod Fillets:”

- Pat the cod fillets dry with paper towels to help the coating adhere better.
- Brush each fillet lightly with olive oil on both sides to help the breadcrumbs stick and to promote even browning.
- Dip each cod fillet into the beaten egg, ensuring it is fully coated.

4. “Coat the Fillets:”

- Press each cod fillet into the seasoned panko mixture, coating all sides evenly. Press gently to ensure the breadcrumbs adhere well to the fish.

5. “Arrange the Fillets in the Air Fryer:”

- Place the coated cod fillets in a single layer in the basket. Make sure they are not touching or overlapping to allow for even cooking. If necessary, cook in batches.

6. "Cook the Cod:"

- Insert the basket into the and cook for 10-12 minutes, or until the coating is golden brown and crispy and the fish flakes easily with a fork. The internal temperature should reach 145°F (63°C).

7. "Serve:"

- Carefully remove the crispy panko cod fillets from the basket using a spatula.
- Transfer to a serving plate and serve immediately with lemon wedges on the side for squeezing over the fish.

"Tips:"

- "Even Coating:" To ensure an even coating of breadcrumbs, press the panko mixture firmly onto the fillets.
- "Extra Crispiness:" For added crunch, you can double coat the fillets by repeating the egg and panko steps.
- "Flavour Variations:" Add a pinch of cayenne pepper to the panko mixture for a bit of heat or mix in some grated Parmesan cheese for extra flavour.
- "Storage:" Leftover cod can be stored in an airtight container in the refrigerator for up to 2 days. Reheat gently in the oven to maintain crispiness.

"Serving Suggestions:"

- This crispy panko cod pairs beautifully with a side of roasted vegetables, a fresh garden salad, or coleslaw. For a more complete meal, consider serving with garlic mashed potatoes, rice pilaf, or a light pasta dish.

13. Garlic-Parmesan Oysters

“Ingredients:”

- 12 oysters, shucked, on the half shell
- 1/4 cup grated Parmesan cheese
- 2 tablespoons melted butter
- 1 clove garlic, minced
- 1 tablespoon chopped parsley
- Lemon slices, for serving

“Instructions:”

1. “Preheat the Air Fryer:”

- Set your fryer to 370°F (190°C) and allow it to preheat while you prepare the oysters.

2. “Prepare the Garlic Butter:”

- In a small bowl, combine the 2 tablespoons of melted butter with 1 clove of minced garlic. Stir well to ensure the garlic is evenly distributed throughout the butter.

3. “Arrange the Oysters:”

- Place the shucked oysters on the half shell in a single layer in the basket. Make sure they are stable and do not tip over.

4. “Add the Toppings:”

- Spoon a small amount of the garlic butter mixture over each oyster. Ensure each oyster receives an equal amount of butter and garlic.
- Sprinkle grated Parmesan cheese over the top of each oyster, covering them evenly.

5. “Cook the Oysters:”

- Insert the basket into the and cook for 6-8 minutes. Check for doneness at the 6-minute mark. The oysters are done when the edges curl slightly and the cheese is golden brown.

6. “Garnish and Serve:”

- Carefully remove the oysters from the basket using tongs or a spatula.
- Transfer to a serving plate and garnish with freshly chopped parsley.
- Serve immediately with lemon slices on the side for squeezing over the oysters.

“Tips:”

- “Stability:” To keep the oysters stable in the basket, you can use a layer of rock salt or crumpled aluminum foil to create a stable base.
- “Extra Flavour:” For an added kick, sprinkle a pinch of red pepper flakes over the oysters before cooking.
- “Cheese Variations:” For a different flavour profile, try using grated Romano or Asiago cheese instead of Parmesan.

“Serving Suggestions:”

- These garlic Parmesan oysters make a great appetizer or a main course. Serve them with crusty bread to soak up the delicious juices, a fresh green salad, or alongside a light pasta dish. They also pair well with a crisp white wine or champagne.

14. Lemon-Pepper Scallops

“Ingredients:”

- 1-pound scallops
- 2 tablespoons olive oil
- 1 teaspoon lemon pepper seasoning
- Salt to taste
- Fresh lemon zest, for garnish
- Lemon slices, for serving

“Instructions:”

1. “Preheat the Air Fryer:”

- Set your fryer to 400°F (200°C). Allow it to preheat while you prepare the scallops. This ensures that the scallops will start cooking immediately on high heat, searing the outside quickly.

2. “Prepare the Scallops:”

- Pat the scallops dry with paper towels. Removing excess moisture helps achieve a better sear and prevents steaming when air frying.
- In a mixing bowl, toss the scallops with 2 tablespoons of olive oil, 1 teaspoon of lemon pepper seasoning, and a pinch of salt. Ensure each scallop is evenly coated with the oil and seasoning for consistent flavour.

3. “Arrange the Scallops in the Air Fryer:”

- Place the scallops in a single layer in the basket. Spacing them apart allows the hot air to circulate freely around each scallop, leading to even cooking and a golden exterior.

4. “Cook the Scallops:”

- Cook for 8-10 minutes, turning the scallops halfway through the cooking time. This helps them cook evenly on all sides. They are done when they turn opaque and are slightly golden on the outside.

5. “Garnish and Serve:”

- Once cooked, sprinkle the scallops with fresh lemon zest. This adds a vibrant, citrusy aroma and flavour that enhances the lemon pepper seasoning.

- Serve immediately with lemon slices on the side, allowing guests to add extra lemony tang to their dish as desired.

“Tips:”

- “Lemon Pepper Seasoning:” You can adjust the amount of lemon pepper seasoning based on your taste preference. If you like a stronger lemon flavour, consider adding a bit more.

- “Serving Suggestion:” Lemon-pepper scallops’ pair beautifully with light sides such as a fresh green salad, steamed asparagus, or garlic sautéed spinach.

- “Alternative Cooking Times:” Depending on the size and thickness of your scallops, cooking times may vary slightly. Larger scallops may require an additional minute or two.

“Extra Touch:”

- For an extra touch of flavour, consider adding a drizzle of melted butter mixed with minced garlic over the scallops just before serving. This complements the lemon pepper seasoning and adds a rich finish to the dish.

15. Chilli Lime Salmon Skewers

“Ingredients:”

- 1 pound salmon, cut into 1-inch cubes
- 2 tablespoons olive oil
- Juice and zest of 1 lime
- 1 teaspoon chilli powder
- 1/2 teaspoon cumin
- Salt and pepper to taste
- Wooden skewers, soaked in water

“Instructions:”

1. Preheat the to 400°F (200°C).
2. In a bowl, mix olive oil, lime juice, lime zest, chilli powder, cumin, salt, and pepper.
3. Toss salmon cubes in the marinade and let sit for 10 minutes.
4. Thread the marinated salmon cubes onto soaked skewers.
5. Place skewers in the basket, making sure they don't touch.
6. Cook for 8-10 minutes, turning once, until salmon is cooked through and slightly charred.
7. Serve immediately.

15. Chilli Lime Salmon Skewers

“Ingredients:”

- 1 pound salmon, cut into 1-inch cubes
- 2 tablespoons olive oil
- Juice and zest of 1 lime
- 1 teaspoon chilli powder
- 1/2 teaspoon cumin
- Salt and pepper to taste
- Wooden skewers, soaked in water

“Instructions:”

1. “Preheat the Air Fryer:”

- Set your fryer to 400°F (200°C) and let it preheat while you prepare the salmon skewers.

2. “Prepare the Marinade:”

- In a mixing bowl, combine 2 tablespoons of olive oil, the juice and zest of 1 lime, 1 teaspoon of chilli powder, 1/2 teaspoon of cumin, and salt and pepper to taste. Mix well to create the marinade.

3. “Marinate the Salmon:”

- Add the salmon cubes to the bowl with the marinade. Toss to coat the salmon evenly. Let the salmon sit in the marinade for about 10 minutes to absorb the flavours.

4. “Thread the Salmon onto Skewers:”

- Thread the marinated salmon cubes onto the soaked wooden skewers. Ensure the salmon pieces are spaced slightly apart to allow for even cooking.

5. “Arrange the Skewers in the Air Fryer:”

- Place the skewers in the basket, making sure they do not touch each other. This allows for proper air circulation and even cooking.

6. “Cook the Salmon Skewers:”

- Insert the basket into the and cook for 8-10 minutes. Turn the skewers halfway through the cooking time to ensure even browning. The salmon is done when it is cooked through and slightly charred on the edges.

7. “Serve:”

- Carefully remove the salmon skewers from the basket using tongs. Serve immediately while hot.

“Tips:”

- “Skewer Preparation:” Soak the wooden skewers in water for at least 30 minutes before threading the salmon to prevent them from burning during cooking.

- “Extra Flavour:” For added depth of flavour, you can include a pinch of smoked paprika or cayenne pepper in the marinade.

- “Vegetable Addition:” Add pieces of bell pepper or red onion between the salmon cubes on the skewers for a colourful and tasty addition.
- “Storage:” Leftover salmon skewers can be stored in an airtight container in the refrigerator for up to 2 days. Reheat gently in the oven.

“Serving Suggestions:”

- These chilli lime salmon skewers pair wonderfully with a side of Coriander lime rice, a fresh green salad, or grilled vegetables. For a more substantial meal, serve with quinoa or a light pasta dish. Garnish with additional lime wedges for an extra burst of citrus flavour.

12. Panko-Crusted Cod

“Ingredients:”

- 4 cod fillets (about 6 ounces each)
- 1 cup panko breadcrumbs
- 1/2 teaspoon smoked paprika
- 1/2 teaspoon garlic powder
- Salt and pepper to taste
- 2 tablespoons olive oil
- 1 egg, beaten
- Lemon wedges, for serving

“Instructions:”

1. “Preheat the Air Fryer:”

- Set your fryer to 400°F (200°C) and allow it to preheat while you prepare the cod fillets.

2. “Prepare the Panko Coating:”

- In a medium bowl, combine 1 cup of panko breadcrumbs, 1/2 teaspoon of smoked paprika, 1/2 teaspoon of garlic powder, salt, and pepper to taste. Mix well to ensure the spices are evenly distributed throughout the breadcrumbs.

3. “Prepare the Cod Fillets:”

- Pat the cod fillets dry with paper towels to help the coating adhere better.
- Brush each fillet lightly with olive oil on both sides to help the breadcrumbs stick and to promote even browning.

4. “Coat the Fillets:”

- Dip each cod fillet into the beaten egg, ensuring it is fully coated.
- Press each cod fillet into the seasoned panko mixture, coating all sides evenly. Press gently to ensure the breadcrumbs adhere well to the fish.

5. “Arrange the Fillets in the Air Fryer:”

- Place the coated cod fillets in a single layer in the basket. Make sure they are not touching or overlapping to allow for even cooking. If necessary, cook in batches.

6. “Cook the Cod:”

- Insert the basket into the and cook for 10-12 minutes, or until the coating is golden brown and crispy and the fish flakes easily with a fork. The internal temperature should reach 145°F (63°C).

7. “Serve:”

- Carefully remove the crispy panko cod fillets from the basket using a spatula.
- Transfer to a serving plate and serve immediately with lemon wedges on the side for squeezing over the fish.

“Tips:”

- “Even Coating:” To ensure an even coating of breadcrumbs, press the panko mixture firmly onto the fillets.
- “Extra Crispiness:” For added crunch, you can double coat the fillets by repeating the egg and panko steps.
- “Flavour Variations:” Add a pinch of cayenne pepper to the panko mixture for a bit of heat or mix in some grated Parmesan cheese for extra flavour.
- “Storage:” Leftover cod can be stored in an airtight container in the refrigerator for up to 2 days. Reheat gently in the oven to maintain crispiness.

“Serving Suggestions:”

- This crispy panko cod pairs beautifully with a side of roasted vegetables, a fresh garden salad, or coleslaw. For a more complete meal, consider serving it with garlic mashed potatoes, rice pilaf, or a light pasta dish. Add a simple tartar sauce or a squeeze of fresh lemon juice to enhance the flavours.

13. Garlic-Parmesan Oysters”

Ingredients:”

- 12 oysters, shucked, on the half shell
- 1/4 cup grated Parmesan cheese
- 2 tablespoons melted butter
- 1 clove garlic, minced
- 1 tablespoon chopped parsley
- Lemon slices, for serving

“Instructions:”

1. “Preheat the Air Fryer:”

- Set your fryer to 370°F (190°C) and allow it to preheat while you prepare the oysters.

2. “Prepare the Garlic Butter:”

- In a small bowl, combine the 2 tablespoons of melted butter with 1 clove of minced garlic. Stir well to ensure the garlic is evenly distributed throughout the butter.

3. “Arrange the Oysters:”

- Place the shucked oysters on the half shell in a single layer in the basket. Make sure they are stable and do not tip over.

4. “Add the Toppings:”

- Spoon a small amount of the garlic butter mixture over each oyster, ensuring each one gets an equal amount of butter and garlic.
- Sprinkle grated Parmesan cheese evenly over the top of each oyster.

5. “Cook the Oysters:”

- Insert the basket into the and cook for 6-8 minutes. Check for doneness at the 6-minute mark. The oysters are done when the edges curl slightly and the cheese is golden brown.

6. “Garnish and Serve:”

- Carefully remove the oysters from the basket using tongs or a spatula.
- Transfer to a serving plate and garnish with freshly chopped parsley.
- Serve immediately with lemon slices on the side for squeezing over the oysters.

“Tips:”

- “Stability:” To keep the oysters stable in the basket, you can use a layer of rock salt or crumpled aluminum foil to create a stable base.
- “Extra Flavour:” For an added kick, sprinkle a pinch of red pepper flakes over the oysters before cooking.
- “Cheese Variations:” For a different flavour profile, try using grated Romano or Asiago cheese instead of Parmesan.

“Serving Suggestions:”

- These garlic Parmesan oysters make a great appetizer or a main course. Serve them with crusty bread to soak up the delicious juices, a fresh green salad, or alongside a light pasta dish. They also pair well with a crisp white wine or champagne.

14. Lemon-Pepper Scallops

“Ingredients:”

- 1-pound scallops
- 2 tablespoons olive oil
- 1 teaspoon lemon pepper seasoning
- Salt to taste
- Fresh lemon zest
- Lemon slices, for serving

“Instructions:”

1. “Preheat the Air Fryer:”

- Set your fryer to 400°F (200°C) and let it preheat while you prepare the scallops. This ensures that the scallops will cook evenly and develop a nice golden color.

2. “Prepare the Scallops:”

- Pat the scallops dry with paper towels. Removing excess moisture helps achieve a better sear and prevents steaming when air frying.
- In a mixing bowl, toss the scallops with 2 tablespoons of olive oil, 1 teaspoon of lemon pepper seasoning, and a pinch of salt. Ensure that all scallops are evenly coated with the seasoning.

3. “Arrange the Scallops in the Air Fryer:”

- Place the seasoned scallops in a single layer in the basket. Make sure they are not touching each other to allow for proper air circulation and even cooking.

4. “Cook the Scallops:”

- Insert the basket into the and cook for 8-10 minutes. Turn the scallops halfway through the cooking time to ensure even browning. The scallops are done when they are opaque and slightly golden on the outside.

5. “Serve:”

- Carefully remove the scallops from the basket using tongs or a spatula.
- Transfer to a serving plate and sprinkle with fresh lemon zest for a burst of citrus flavour.
- Serve immediately with lemon slices on the side for squeezing over the scallops.

“Tips:”

- “Dry Scallops:” Ensure the scallops are thoroughly dried before seasoning to achieve a better sear.
- “Avoid Overcrowding:” Cook the scallops in batches if necessary to avoid overcrowding the basket, which can result in uneven cooking.
- “Additional Seasonings:” Add a pinch of garlic powder or smoked paprika to the seasoning mix for extra flavour.
- “Storage:” Leftover scallops can be stored in an airtight container in the refrigerator for up to 1 day. Reheat gently in the fry pan to maintain their texture.

“Serving Suggestions:”

- These lemon-pepper scallops pair wonderfully with a variety of sides. Serve them over a bed of mixed greens, alongside roasted vegetables, or with a light pasta dish. They also make an excellent appetizer or addition to a seafood platter. Enjoy with a glass of crisp white wine or sparkling water with a splash of lemon.

15. Chilli Lime Salmon Skewers

“Ingredients:”

- 1 pound salmon, cut into 1-inch cubes
- 2 tablespoons olive oil
- Juice and zest of 1 lime
- 1 teaspoon chilli powder
- 1/2 teaspoon cumin
- Salt and pepper to taste
- Wooden skewers, soaked in water

“Instructions:”

1. “Preheat the Air Fryer:”

- Set your fryer to 400°F (200°C) and let it preheat while you prepare the salmon skewers.

2. “Prepare the Marinade:”

- In a mixing bowl, combine 2 tablespoons of olive oil, the juice and zest of 1 lime, 1 teaspoon of chilli powder, 1/2 teaspoon of cumin, and salt and pepper to taste. Mix well to create a flavourful marinade.

3. “Marinate the Salmon:”

- Add the salmon cubes to the bowl with the marinade. Toss to coat the salmon evenly. Allow the salmon to marinate for about 10 minutes to absorb the flavours.

4. “Thread the Salmon onto Skewers:”

- Thread the marinated salmon cubes onto the soaked wooden skewers. Ensure the salmon pieces are spaced slightly apart to allow for even cooking. Depending on the size of your air fryer, you may need to cut the skewers to fit.

5. “Arrange the Skewers in the Air Fryer:”

- Place the skewers in the basket, making sure they do not touch each other. This allows for proper air circulation and even cooking.

6. “Cook the Salmon Skewers:”

- Insert the basket into the and cook for 8-10 minutes, turning the skewers halfway through the cooking time to ensure even browning. The salmon is done when it is cooked through and slightly charred on the edges.

7. “Serve:”

- Carefully remove the salmon skewers from the basket using tongs. Transfer to a serving plate and serve immediately.

“Tips:”

- “Skewer Preparation:” Soak the wooden skewers in water for at least 30 minutes before threading the salmon to prevent them from burning during cooking.

- “Additional Flavours:” For extra depth of flavour, you can add a pinch of smoked paprika or cayenne pepper to the marinade.

- “Vegetable Addition:” Add pieces of bell pepper, red onion, or cherry tomatoes between the salmon cubes on the skewers for a colourful and tasty addition.

- “Storage:” Leftover salmon skewers can be stored in an airtight container in the refrigerator for up to 2 days. Reheat gently in the oven.

“Serving Suggestions:”

- These chilli lime salmon skewers pair wonderfully with a side of Coriander lime rice, a fresh green salad, or grilled vegetables. For a more substantial meal, consider serving it with quinoa or a light pasta dish. Garnish with additional lime wedges and fresh Coriander for an extra burst of citrus flavour. Enjoy with a refreshing glass of iced tea or a light, crisp white wine.

16. Fish Tacos with Chilli Lime Seasoning

“Ingredients:”

- 4 white fish fillets (such as tilapia or cod)
- 1 tablespoon olive oil
- 1 teaspoon chilli powder
- 1 teaspoon cumin
- 1/2 teaspoon garlic powder
- Salt and pepper to taste
- Corn tortillas, for serving
- Cabbage slaw, for topping
- Avocado slices, for topping
- Lime wedges, for serving

“Instructions:”

1. “Preheat the Air Fryer:”

- Set your fryer to 400°F (200°C) and let it preheat while you prepare the fish.

2. “Season the Fish Fillets:”

- Pat the fish fillets dry with paper towels to ensure the seasoning sticks well.
- Rub the fish fillets with 1 tablespoon of olive oil, making sure to coat both sides evenly.
- In a small bowl, combine 1 teaspoon of chilli powder, 1 teaspoon of cumin, 1/2 teaspoon of garlic powder, and salt and pepper to taste.
- Sprinkle the spice mixture evenly over both sides of the fish fillets, pressing gently to ensure the spices adhere.

3. “Cook the Fish:”

- Place the seasoned fish fillets in a single layer in the basket. Make sure they do not overlap to allow for even cooking. If necessary, cook in batches.

- Insert the basket into the and cook for 10-12 minutes, or until the fish is flaky and cooked through. The internal temperature should reach 145°F (63°C).

4. "Prepare the Tacos:"

- While the fish is cooking, warm the corn tortillas in a fry pan over medium heat or in the microwave.
- Once the fish is cooked, use a fork to break it into chunks.

5. "Assemble the Tacos:"

- Place the fish chunks onto the warm corn tortillas.
- Top with cabbage slaw and avocado slices.
- Squeeze lime wedges over the tacos for a burst of fresh citrus flavour.

6. "Serve:"

- Serve the tacos immediately while the fish is still warm.

"Tips:"

- "Cabbage Slaw:" For a quick slaw, mix shredded cabbage with a squeeze of lime juice, a pinch of salt, and a bit of chopped Coriander.
- "Spice Level:" Adjust the amount of chilli powder to suit your preferred spice level. Add a pinch of cayenne pepper for extra heat.
- "Fish Alternatives:" Other white fish such as haddock or snapper can also be used for this recipe.
- "Storage:" Leftover fish can be stored in an airtight container in the refrigerator for up to 2 days. Reheat gently in the oven to maintain texture.

"Serving Suggestions:"

- These fish tacos pair wonderfully with a side of black beans, Mexican rice, or a fresh mango salsa. For a refreshing drink, serve with a chilled glass of horchata or a light Mexican lager.

17. Spicy Popcorn Prawns

“Ingredients:”

- 1-pound small prawns, peeled and deveined
- 1/2 cup flour
- 1 teaspoon paprika
- 1 teaspoon garlic powder
- 1/2 teaspoon cayenne pepper
- 1 egg, beaten
- 1 cup panko breadcrumbs
- Salt and pepper to taste
- Lemon wedges, for serving
- Fresh parsley, chopped (for garnish)
- Favorite dipping sauce (e.g., cocktail sauce, aioli, or spicy mayo)

“Instructions:”

1. “Preheat the Air Fryer:”

- Set your fryer to 390°F (200°C) and allow it to preheat while you prepare the prawns.

2. “Prepare the Seasoned Flour:”

- In a shallow bowl, combine 1/2 cup of flour with 1 teaspoon of paprika, 1 teaspoon of garlic powder, 1/2 teaspoon of cayenne pepper, salt, and pepper to taste. Mix well to ensure the spices are evenly distributed.

3. “Set Up the Breading Stations:”

- Place the beaten egg in a second shallow bowl.
- Place the panko breadcrumbs in a third shallow bowl.

4. “Bread the Prawns:”

- Pat the prawns dry with paper towels to ensure the coating adheres well.
- Dredge each prawn in the seasoned flour, shaking off any excess.

- Dip the floured prawns into the beaten egg, allowing any excess egg to drip off.
- Finally, coat the prawns with panko breadcrumbs, pressing gently to ensure the breadcrumbs stick.

5. “Arrange the Prawns in the Air Fryer:”

- Place the breaded prawns in a single layer in the basket. Make sure they are not touching to allow for even cooking. If necessary, cook the prawns in batches to avoid overcrowding.

6. “Cook the Prawns:”

- Insert the basket into the and cook for 8-10 minutes, or until the prawns are golden brown and crispy. Shake the basket halfway through the cooking time to ensure even browning.

7. “Serve:”

- Carefully remove the prawns from the basket using tongs or a spatula.
- Transfer to a serving plate and garnish with fresh chopped parsley and lemon wedges.
- Serve immediately with your favorite dipping sauce.

“Tips:”

- “Even Coating:” To ensure an even coating, use one hand for the dry ingredients (flour and panko) and the other hand for the wet ingredient (egg) to prevent clumping.
- “Extra Crunch:” For a crunchier texture, you can double coat the prawns by repeating the egg and panko steps.
- “Flavour Variations:” Add a pinch of smoked paprika or Old Bay seasoning to the flour mixture for additional flavour.
- “Storage:” Leftover prawns can be stored in an airtight container in the refrigerator for up to 2 days. Reheat gently in the to maintain crispiness.

“Serving Suggestions:”

- These spicy popcorn prawns make a great appetizer or main course. Serve them with a side of coleslaw, fries, or a fresh salad. For a more substantial meal, pair them with rice or pasta. Enjoy with a refreshing drink such as iced tea or a cold beer.

18. Lemon Garlic Butter Scallops

“Ingredients:”

- 1-pound scallops
- 2 tablespoons butter, melted
- 2 cloves garlic, minced
- Juice of 1 lemon
- Zest of 1 lemon (optional)
- Salt and pepper to taste
- Fresh parsley, chopped (for garnish)
- Lemon wedges, for serving

“Instructions:”

1. “Preheat the Air Fryer:”

- Set your fryer to 400°F (200°C) and let it preheat while you prepare the scallops.

2. “Prepare the Scallops:”

- Pat the scallops dry with paper towels to remove any excess moisture. This helps them sear properly.
- Season the scallops with salt and pepper to taste.

3. “Make the Garlic Lemon Butter:”

- In a small bowl, mix the melted butter, minced garlic, lemon juice, and lemon zest (if using). Stir well to combine.

4. “Toss the Scallops:”

- Add the scallops to the bowl with the garlic lemon butter. Toss to coat the scallops evenly in the mixture.

5. “Arrange the Scallops in the Air Fryer:”

- Place the coated scallops in a single layer in the basket. Make sure they are not touching to allow for even cooking.

6. “Cook the Scallops:”

- Insert the basket into the and cook for 5-7 minutes, or until the scallops are opaque and cooked through. The exact cooking time may vary depending on the size of the scallops. They should be slightly firm to the touch.

7. "Serve:"

- Carefully remove the scallops from the basket using tongs or a spatula.
- Transfer to a serving plate and garnish with freshly chopped parsley.
- Serve immediately with lemon wedges on the side for squeezing over the scallops.

"Tips:"

- "Dry Scallops:" Make sure the scallops are thoroughly dried before seasoning to achieve a better sear.
- "Butter Alternative:" For a different flavour profile, you can use olive oil instead of butter.
- "Extra Flavour:" Add a pinch of red pepper flakes to the garlic lemon butter for a bit of heat.
- "Storage:" Leftover scallops can be stored in an airtight container in the refrigerator for up to 1 day. Reheat gently in the fry pan to maintain their texture.

"Serving Suggestions:"

- These lemon garlic butter scallops pair wonderfully with a variety of sides. Serve them over a bed of mixed greens, alongside roasted vegetables, or with a light pasta dish tossed in a simple garlic and olive oil sauce. They also make an excellent appetizer or addition to a seafood platter. Enjoy with a crisp white wine or sparkling water with a splash of lemon.

19. Baked Lobster Tails

“Ingredients:”

- 2 lobster tails
- 2 tablespoons melted butter
- 1 clove garlic, minced
- 1 teaspoon paprika
- Lemon slices, for serving
- Fresh parsley, chopped (for garnish)

“Instructions:”

1. “Preheat the Air Fryer:”

- Set your fryer to 380°F (190°C) and let it preheat while you prepare the lobster tails.

2. “Prepare the Lobster Tails:”

- Using a sharp knife or kitchen shears, carefully split the lobster tails down the middle. Be cautious to avoid cutting all the way through the shell. Pry the shells open slightly to expose the flesh.

3. “Make the Butter Mixture:”

- In a small bowl, combine the melted butter, minced garlic, and paprika. Mix well to create a flavourful butter sauce.

4. “Season the Lobster Tails:”

- Brush the exposed flesh of the lobster tails generously with the butter mixture. Ensure the butter mixture coats the meat evenly for maximum flavour.

5. “Arrange the Lobster Tails in the Air Fryer:”

- Place the lobster tails in the basket with the flesh side up. Ensure they are positioned in a single layer without overlapping to allow for even cooking.

6. “Cook the Lobster Tails:”

- Insert the basket into the and cook for 8-10 minutes, depending on the size of the tails. The lobster meat is done when it is firm, opaque, and reaches an internal temperature of 140°F to 145°F (60°C to 63°C).

7. "Serve:"

- Carefully remove the lobster tails from the basket using tongs.
- Transfer to a serving plate and garnish with freshly chopped parsley.
- Serve immediately with lemon slices on the side for squeezing over the lobster meat.

"Tips:"

- "Avoid Overcooking:" Keep a close eye on the lobster tails to avoid overcooking, which can result in tough meat.
- "Additional Flavours:" For extra richness, you can add a splash of white wine or a squeeze of lemon juice to the butter mixture.
- "Storage:" Leftover lobster can be stored in an airtight container in the refrigerator for up to 1 day. Reheat gently in the oven to maintain texture.

"Serving Suggestions:"

- These baked lobster tails make a luxurious main course. Pair them with garlic butter, steamed vegetables, or a fresh green salad. For a more decadent meal, serve alongside a creamy risotto, mashed potatoes, or a crusty baguette to soak up the delicious butter sauce. Enjoy with a chilled glass of white wine or champagne.

20. Szechuan Pepper Squid

“Ingredients:”

- 1 pound squid, cleaned and cut into rings
- 1 tablespoon Szechuan peppercorns, crushed
- 1 teaspoon Chinese five-spice powder
- 1/2 teaspoon salt
- 1/4 cup cornstarch
- 1 tablespoon sesame oil
- Fresh Coriander, chopped for garnish
- Lime wedges, for serving

“Instructions:”

1. “Preheat the Air Fryer:”

- Set your fryer to 400°F (200°C) and let it preheat while you prepare the squid.

2. “Prepare the Seasoning Mix:”

- In a bowl, combine the crushed Szechuan peppercorns, 1 teaspoon of Chinese five-spice powder, 1/2 teaspoon of salt, and 1/4 cup of cornstarch. Mix well to ensure the seasoning is evenly distributed.

3. “Coat the Squid:”

- Pat the squid rings dry with paper towels to ensure the coating adheres well.
- Toss the squid rings in the seasoning mix until they are well coated with the cornstarch mixture.

4. “Add Sesame Oil:”

- Drizzle 1 tablespoon of sesame oil over the seasoned squid rings.
- Toss the squid again to ensure the oil is evenly distributed, which will help the squid become crispy in the air fryer.

5. “Arrange in the Air Fryer:”

- Place the coated squid rings in a single layer in the basket. Avoid overcrowding to ensure even cooking. If necessary, cook in batches.

6. "Cook the Squid:"

- Insert the basket into the and cook for 6-8 minutes, or until the squid is crispy and golden. Shake the basket halfway through the cooking time to ensure even browning.

7. "Serve:"

- Carefully remove the squid rings from the basket using tongs or a spatula.
- Transfer to a serving plate and garnish with freshly chopped Coriander.
- Serve immediately with lime wedges on the side to squeeze over the squid.

"Tips:"

- "Even Coating:" To ensure an even coating of the seasoning, you can use a plastic bag to shake the squid and seasoning together.
- "Extra Crispiness:" For a crunchier texture, you can double coat the squid by repeating the cornstarch and oil steps.
- "Flavour Variations:" Add a pinch of chilli powder or red pepper flakes to the seasoning mix for extra heat.
- "Storage:" Leftover squid can be stored in an airtight container in the refrigerator for up to 1 day. Reheat gently in the to maintain crispiness.

"Serving Suggestions:"

- This Szechuan pepper squid makes a flavourful appetizer or main course. Pair it with a side of steamed rice, a fresh Asian-inspired salad, or stir-fried vegetables. For a more substantial meal, serve alongside noodles or as part of a larger seafood platter. Enjoy with a cold beer or a refreshing iced tea.

21. Garlic Parmesan Crusted Halibut

“Ingredients:”

- 4 halibut fillets (about 6 ounces each)
- 1/2 cup breadcrumbs
- 1/4 cup grated Parmesan cheese
- 2 cloves garlic, minced
- 2 tablespoons parsley, chopped
- Salt and pepper to taste
- 2 tablespoons olive oil
- Lemon slices, for serving

“Instructions:”

1. “Preheat the Air Fryer:”

- Set your fryer to 380°F (190°C) and let it preheat while you prepare the halibut fillets.

2. “Prepare the Crust Mixture:”

- In a bowl, combine 1/2 cup of breadcrumbs, 1/4 cup of grated Parmesan cheese, 2 minced cloves of garlic, 2 tablespoons of chopped parsley, and salt and pepper to taste. Mix well to ensure the ingredients are evenly distributed.

3. “Season the Halibut Fillets:”

- Pat the halibut fillets dry with paper towels to ensure the crust adheres well.
- Brush each fillet lightly with olive oil on both sides to help the breadcrumb mixture stick and to promote even browning.

4. “Crust the Halibut Fillets:”

- Press the breadcrumb mixture onto the surface of each halibut fillet, ensuring an even and generous coating. Press gently to make sure the crust adheres well to the fish.

5. “Arrange the Fillets in the Air Fryer:”

- Place the crusted halibut fillets in a single layer in the basket. Make sure they do not overlap to allow for even cooking.

6. “Cook the Halibut:”

- Insert the basket into the and cook for 10-12 minutes, or until the crust is golden brown and the fish is cooked through. The internal temperature should reach 145°F (63°C). Check for doneness at the 10-minute mark.

7. “Serve:”

- Carefully remove the halibut fillets from the basket using a spatula.
- Transfer to a serving plate and serve immediately with lemon slices on the side for squeezing over the fish.

“Tips:”

- “Even Coating:” To ensure an even coating, press the breadcrumb mixture firmly onto the fillets.
- “Breadcrumb Variations:” For a different flavour profile, use panko breadcrumbs for extra crunch or mix in some Italian seasoning.
- “Butter Alternative:” For a richer flavour, you can use melted butter instead of olive oil to brush the fillets.
- “Storage:” Leftover halibut can be stored in an airtight container in the refrigerator for up to 2 days. Reheat gently in the oven to maintain crispiness.

“Serving Suggestions:”

- This garlic Parmesan crusted halibut pairs beautifully with a side of roasted vegetables, a fresh garden salad, or steamed asparagus. For a more complete meal, consider serving garlic mashed potatoes, quinoa, or a light pasta dish. Enjoy with a crisp white wine or sparkling water with a splash of lemon.

22. Blackened Catfish

“Ingredients:”

- 4 catfish fillets
- 2 tablespoons blackening seasoning
- 1 tablespoon olive oil
- Lemon wedges, for serving
- Fresh parsley, chopped (for garnish, optional)

“Instructions:”

1. “Preheat the Air Fryer:”

- Set your fryer to 390°F (200°C) and let it preheat while you prepare the catfish fillets.

2. “Prepare the Catfish Fillets:”

- Pat the catfish fillets dry with paper towels to ensure the seasoning adheres well.
- Rub each fillet with 1 tablespoon of olive oil on both sides to help the seasoning stick and to promote even browning.

3. “Season the Fillets:”

- Generously coat each fillet with 2 tablespoons of blackening seasoning, pressing gently to ensure the seasoning adheres well.

4. “Arrange the Fillets in the Air Fryer:”

- Place the seasoned catfish fillets in a single layer in the basket. Make sure they do not overlap to allow for even cooking.

5. “Cook the Catfish:”

- Insert the basket into the and cook for 10-15 minutes, depending on the thickness of the fillets. The fish is done when it is flaky and cooked through, with an internal temperature of 145°F (63°C).

6. “Serve:”

- Carefully remove the catfish fillets from the basket using a spatula.

- Transfer to a serving plate and garnish with freshly chopped parsley, if desired.
- Serve immediately with lemon wedges on the side for squeezing over the fish.

“Tips:”

- “Even Coating:” To ensure an even coating of seasoning, press the blackening seasoning firmly onto the fillets.
- “Blackening Seasoning:” You can use store-bought blackening seasoning or make your own by mixing paprika, cayenne pepper, garlic powder, onion powder, thyme, oregano, salt, and black pepper.
- “Oil Alternatives:” For a different flavour, you can use melted butter instead of olive oil to brush the fillets.
- “Storage:” Leftover catfish can be stored in an airtight container in the refrigerator for up to 2 days. Reheat gently in the oven to maintain texture.

“Serving Suggestions:”

- This blackened catfish pairs wonderfully with a side of coleslaw, steamed vegetables, or a fresh green salad. For a more complete meal, consider serving it with rice pilaf, garlic mashed potatoes, or cornbread. Enjoy with a refreshing iced tea or a cold beer.

23. Clams Casino

“Ingredients:”

- 24 littleneck clams, cleaned and shucked
- 1/4 cup breadcrumbs
- 1/4 cup grated Parmesan cheese
- 4 slices bacon, cooked and crumbled
- 1 small onion, finely chopped
- 1 clove garlic, minced
- 1/4 cup bell pepper, finely chopped
- 2 tablespoons parsley, chopped
- 2 tablespoons olive oil
- Lemon wedges, for serving

“Instructions:”

1. “Preheat the Air Fryer:”

- Set your fryer to 370°F (190°C) and let it preheat while you prepare the clams.

2. “Prepare the Stuffing Mixture:”

- In a bowl, combine 1/4 cup of breadcrumbs, 1/4 cup of grated Parmesan cheese, 4 slices of cooked and crumbled bacon, 1 small finely chopped onion, 1 minced garlic clove, 1/4 cup of finely chopped bell pepper, and 2 tablespoons of chopped parsley. Mix well to ensure all ingredients are evenly distributed.

3. “Stuff the Clams:”

- Open each shucked clam and place a spoonful of the stuffing mixture on top of the clam meat. Press gently to ensure the mixture stays in place.
- Drizzle a small amount of olive oil over each stuffed clam to help the topping crisp up during cooking.

4. “Arrange the Clams in the Air Fryer:”

- Place the stuffed clams in a single layer in the basket. Make sure they do not overlap to allow for even cooking.

5. “Cook the Clams:”

- Insert the basket into the and cook for 6-8 minutes, or until the topping is golden and crispy. Check for doneness at the 6-minute mark and adjust the time if necessary.

6. “Serve:”

- Carefully remove the clams from the basket using tongs or a spatula.
- Transfer to a serving plate and serve immediately with lemon wedges on the side for squeezing over the clams.

“Tips:”

- “Cleaning Clams:” Ensure the clams are thoroughly cleaned and shucked before using. Discard any clams that do not open during the cleaning process.
- “Stuffing Variations:” For a different flavour profile, you can add a pinch of red pepper flakes to the stuffing mixture for a bit of heat or use different types of cheese such as Asiago or Romano.
- “Storage:” Leftover clams can be stored in an airtight container in the refrigerator for up to 1 day. Reheat gently in the to maintain texture.

“Serving Suggestions:”

- These Clams Casino make an elegant appetizer or a delightful addition to a seafood platter. Pair them with a fresh green salad, garlic bread, or a side of steamed vegetables. Enjoy with a crisp white wine or a refreshing sparkling water with a splash of lemon.

24. Spiced Salmon Croquettes

“Ingredients:”

- 1-pound cooked salmon, flaked
- 1 cup mashed potatoes
- 1 egg, beaten
- 2 tablespoons chopped Spring Onions
- 1 teaspoon Dijon mustard
- 1/2 teaspoon smoked paprika
- Salt and pepper to taste
- 1/2 cup breadcrumbs
- Olive oil spray
- Fresh lemon wedges, for serving
- Tartar sauce, for serving

“Instructions:”

1. “Preheat the Air Fryer:”

- Set your fryer to 390°F (200°C) and let it preheat while you prepare the salmon croquettes.

2. “Prepare the Croquette Mixture:”

- In a large bowl, combine the flaked salmon, mashed potatoes, beaten egg, chopped Spring Onions, Dijon mustard, smoked paprika, salt, and pepper. Mix well until all ingredients are thoroughly incorporated.

3. “Form the Croquettes:”

- Using your hands, form the mixture into small patties, about 2-3 inches in diameter and about 1 inch thick.
- Place the breadcrumbs in a shallow bowl. Coat each patty with breadcrumbs, pressing gently to ensure the crumbs adhere well.

4. “Prepare the Basket:”

- Spray the basket lightly with olive oil spray to prevent sticking.
- Place the salmon croquettes in the basket in a single layer, ensuring they are not touching. Spray the tops of the croquettes lightly with more olive oil spray.

5. "Cook the Croquettes:"

- Insert the basket into the and cook for 10-12 minutes, flipping halfway through the cooking time, until the croquettes are golden and crispy on the outside and heated through.

6. "Serve:"

- Carefully remove the salmon croquettes from the basket using a spatula.

- Transfer to a serving plate and serve immediately with fresh lemon wedges and tartar sauce on the side.

"Tips:"

- "Consistency:" If the mixture feels too wet to form patties, add a little more mashed potatoes or breadcrumbs to help bind it.

- "Flavour Variations:" Add a teaspoon of capers or a tablespoon of finely chopped dill to the mixture for additional flavour.

- "Storage:" Leftover croquettes can be stored in an airtight container in the refrigerator for up to 2 days. Reheat gently in the to maintain crispiness.

"Serving Suggestions:"

- These spiced salmon croquettes make a delicious appetizer or main course. Serve them with a fresh green salad, steamed vegetables, or a side of rice. For a more indulgent meal, pair with creamy mashed potatoes or a pasta salad. Enjoy with a refreshing glass of white wine or iced tea.

25. Thai Chilli Fish

“Ingredients:”

- 4 white fish fillets (such as tilapia)
- 1 tablespoon soy sauce
- 1 tablespoon fish sauce
- 1 tablespoon sweet chilli sauce
- 1 tablespoon lime juice
- 1 teaspoon grated ginger
- 1 clove garlic, minced
- Fresh Coriander, for garnish
- Lime slices, for serving
- 1 tablespoon olive oil (optional, for brushing the basket)

“Instructions:”

1. “Preheat the Air Fryer:”

- Set your fryer to 400°F (200°C) and let it preheat while you prepare the fish fillets.

2. “Prepare the Sauce:”

- In a small bowl, combine 1 tablespoon of soy sauce, 1 tablespoon of fish sauce, 1 tablespoon of sweet chilli sauce, 1 tablespoon of lime juice, 1 teaspoon of grated ginger, and 1 minced clove of garlic. Mix well to ensure all the ingredients are evenly combined.

3. “Season the Fish Fillets:”

- Brush the sauce mixture generously over both sides of the fish fillets, ensuring they are well coated. Allow the fish to marinate for a few minutes while the finishes preheating.

4. “Prepare the Basket:”

- If desired, lightly brush the basket with olive oil to prevent the fish from sticking.

5. “Cook the Fish:”

- Place the seasoned fish fillets in the basket in a single layer, making sure they do not overlap.
- Insert the basket into the and cook for 8-10 minutes, or until the fish is cooked through and flakes easily with a fork. The cooking time may vary slightly depending on the thickness of the fillets.

6. “Serve:”

- Carefully remove the fish fillets from the basket using a spatula.
- Transfer to a serving plate and garnish with fresh Coriander.
- Serve immediately with lime slices on the side for squeezing over the fish.

“Tips:”

- “Even Cooking:” Ensure the fillets are of similar thickness for even cooking. If some fillets are thicker, you can slice them to match the thinner pieces.
- “Marinating:” For deeper flavour, marinate the fish fillets in the sauce mixture for 15-30 minutes before cooking.
- “Storage:” Leftover fish can be stored in an airtight container in the refrigerator for up to 2 days. Reheat gently in the oven to maintain texture.

“Serving Suggestions:”

- This Thai chilli fish pairs wonderfully with jasmine rice, quinoa, or a fresh green salad. For a complete meal, serve alongside steamed vegetables or a Thai-inspired cucumber salad. Enjoy with a refreshing glass of iced tea or a light, citrus-infused sparkling water.

26. Crab Stuffed Mushrooms

“Ingredients:”

- 16 large mushrooms, stems removed
- 1 cup crab meat, drained and flaked
- 1/4 cup cream cheese, softened
- 1/4 cup grated Parmesan cheese
- 1/4 cup breadcrumbs
- 1 Spring Onion, finely chopped
- 1 clove garlic, minced
- Salt and pepper to taste
- Olive oil spray
- Fresh parsley, chopped (for garnish, optional)
- Lemon wedges, for serving (optional)

“Instructions:”

1. “Preheat the Air Fryer:”

- Set your fryer to 360°F (180°C) and let it preheat while you prepare the mushrooms.

2. “Prepare the Crab Filling:”

- In a medium bowl, combine 1 cup of drained and flaked crab meat, 1/4 cup of softened cream cheese, 1/4 cup of grated Parmesan cheese, 1/4 cup of breadcrumbs, 1 finely chopped Spring Onion, and 1 minced clove of garlic. Mix well until all ingredients are evenly combined.
- Season the mixture with salt and pepper to taste.

3. “Stuff the Mushrooms:”

- Fill each mushroom cap generously with the crab mixture, pressing slightly to ensure the filling stays in place.

4. “Prepare the Basket:”

- Lightly spray the basket with olive oil spray to prevent sticking.

- Place the stuffed mushrooms in the basket in a single layer. Lightly spray the tops of the mushrooms with olive oil spray to help them brown.

5. “Cook the Mushrooms:”

- Insert the basket into the and cook for 8-10 minutes, or until the mushrooms are tender and the filling is golden brown.

6. “Serve:”

- Carefully remove the mushrooms from the basket using tongs or a spatula.

- Transfer to a serving plate and garnish with freshly chopped parsley, if desired.

- Serve immediately with lemon wedges on the side for squeezing over the mushrooms.

“Tips:”

- “Mushroom Preparation:” Ensure the mushrooms are clean and dry before stuffing to prevent excess moisture.

- “Even Cooking:” Choose mushrooms of similar size to ensure even cooking. If some mushrooms are larger, you may need to adjust the cooking time.

- “Cheese Variation:” For a different flavour, try using shredded mozzarella or cheddar cheese instead of Parmesan.

- “Storage:” Leftover stuffed mushrooms can be stored in an airtight container in the refrigerator for up to 2 days. Reheat gently in the oven to maintain texture.

“Serving Suggestions:”

- These crab stuffed mushrooms make a delicious appetizer or side dish. Pair them with a fresh green salad, garlic bread, or alongside a seafood main course. For an elegant touch, serve with a glass of chilled white wine or a light sparkling water with a splash of lemon.

27. Lemon Dill Prawns

“Ingredients:”

- 1-pound large prawns, peeled and deveined
- 2 tablespoons olive oil
- 1 tablespoon lemon juice
- 2 teaspoons fresh dill, chopped
- 1 clove garlic, minced
- Salt and pepper to taste
- Lemon slices, for serving
- Fresh dill sprigs, for garnish (optional)

“Instructions:”

1. “Preheat the Air Fryer:”

- Set your fryer to 400°F (200°C) and let it preheat while you prepare the prawns.

2. “Prepare the Marinade:”

- In a medium bowl, combine 2 tablespoons of olive oil, 1 tablespoon of lemon juice, 2 teaspoons of chopped fresh dill, and 1 minced clove of garlic. Mix well.
- Season the mixture with salt and pepper to taste.

3. “Marinate the Prawns:”

- Add the peeled and deveined prawns to the bowl with the marinade. Toss to coat the prawns evenly with the mixture. Let it sit for a few minutes to absorb the flavours.

4. “Arrange the Prawns in the Air Fryer:”

- Place the marinated prawns in a single layer in the basket. Make sure they are not overlapping to ensure even cooking.

5. “Cook the Prawns:”

- Insert the basket into the and cook for 6-8 minutes, turning the prawns halfway through the cooking time. The prawns are done when they turn pink and are cooked through.

6. "Serve:"

- Carefully remove the prawns from the basket using tongs or a spatula.
- Transfer to a serving plate and serve immediately with additional lemon slices for squeezing over the prawns.
- Garnish with fresh dill sprigs, if desired.

"Tips:"

- "Marinade Time:" For deeper flavour, you can marinate the prawns for 15-20 minutes before cooking.
- "Even Cooking:" Make sure the prawns are in a single layer without overlapping to ensure they cook evenly.
- "Avoid Overcooking:" Keep a close eye on the prawns to avoid overcooking, as they can become tough.

"Serving Suggestions:"

- These lemon dill prawns make a delightful appetizer or main course. Serve them over a bed of mixed greens, with a side of steamed vegetables, or alongside a light pasta dish. They also pair well with rice pilaf or quinoa. Enjoy with a crisp white wine or a refreshing sparkling water with a splash of lemon.

28. Orange Glazed Salmon

“Ingredients:”

- 4 salmon fillets (about 6 ounces each)
- Salt and pepper to taste
- 1/4 cup orange marmalade
- 1 tablespoon soy sauce
- 1 tablespoon olive oil
- 1 teaspoon ginger, grated
- 1 clove garlic, minced
- Fresh parsley, chopped (for garnish, optional)
- Orange slices (for serving, optional)

“Instructions:”

1. “Preheat the Air Fryer:”

- Set your fryer to 400°F (200°C) and let it preheat while you prepare the salmon fillets.

2. “Season the Salmon:”

- Pat the salmon fillets dry with paper towels. Season both sides with salt and pepper to taste.

3. “Prepare the Orange Glaze:”

- In a small bowl, combine 1/4 cup of orange marmalade, 1 tablespoon of soy sauce, 1 tablespoon of olive oil, 1 teaspoon of grated ginger, and 1 minced clove of garlic. Mix well until the ingredients are thoroughly combined.

4. “Glaze the Salmon:”

- Brush the orange glaze generously over the top and sides of each salmon fillet, ensuring they are well coated.

5. “Arrange the Salmon in the Air Fryer:”

- Place the glazed salmon fillets in a single layer in the basket. Make sure they do not overlap to allow for even cooking.

6. "Cook the Salmon:"

- Insert the basket into the and cook for 10-12 minutes, or until the salmon is cooked through and the glaze is caramelized. The internal temperature of the salmon should reach 145°F (63°C).

7. "Serve:"

- Carefully remove the salmon fillets from the basket using a spatula.
- Transfer to a serving plate and garnish with freshly chopped parsley and orange slices, if desired.
- Serve immediately with steamed rice or vegetables.

"Tips:"

- "Even Cooking:" Ensure the salmon fillets are of similar thickness for even cooking. If some fillets are thicker, you can slice them to match the thinner pieces.
- "Marinade Time:" For a more intense flavour, you can marinate the salmon in the glaze mixture for 15-30 minutes before cooking.
- "Avoid Overcooking:" Keep a close eye on the salmon to avoid overcooking, as it can become dry.

"Serving Suggestions:"

- This orange glazed salmon pairs beautifully with a side of steamed rice, quinoa, or couscous. Complement with steamed or roasted vegetables such as broccoli, asparagus, or green beans. For an extra burst of flavour, serve with a fresh citrus salad. Enjoy with a glass of chilled white wine or a refreshing iced tea.

29. Cajun Prawns and Sausage Skewers

“Ingredients:”

- 1-pound large prawns, peeled and deveined
- 1/2-pound andouille sausage, sliced into 1/2-inch pieces
- 1 tablespoon Cajun seasoning
- 1 tablespoon olive oil
- Lemon wedges, for serving
- Fresh parsley, chopped (for garnish, optional)

“Instructions:”

1. “Preheat the Air Fryer:”

- Set your fryer to 400°F (200°C) and let it preheat while you prepare the skewers.

2. “Season the Prawns and Sausage:”

- In a large bowl, combine the peeled and deveined prawns and sliced andouille sausage.
- Drizzle with 1 tablespoon of olive oil and sprinkle with 1 tablespoon of Cajun seasoning.
- Toss everything together until the prawns and sausage are evenly coated with the seasoning.

3. “Thread the Skewers:”

- Thread the prawns and sausage alternately onto skewers. If using wooden skewers, be sure to soak them in water for at least 30 minutes beforehand to prevent burning.

4. “Arrange in the Air Fryer:”

- Place the skewers in a single layer in the basket. Make sure they do not overlap to allow for even cooking.

5. “Cook the Skewers:”

- Insert the basket into the and cook for 8-10 minutes, turning the skewers halfway through the cooking time. The prawns should be pink and cooked through, and the sausage should be heated and slightly crispy.

6. "Serve:"

- Carefully remove the skewers from the basket using tongs.
- Transfer to a serving plate and garnish with fresh chopped parsley, if desired.
- Serve immediately with lemon wedges on the side for squeezing over the skewers.

"Tips:"

- "Even Cooking:" Ensure the prawns and sausage pieces are of similar size for even cooking.
- "Spice Level:" Adjust the amount of Cajun seasoning to suit your preferred spice level. For extra heat, add a pinch of cayenne pepper.
- "Skewer Alternatives:" You can also add pieces of bell pepper, red onion, or cherry tomatoes to the skewers for added flavour and color.

"Serving Suggestions:"

- These Cajun prawns and sausage skewers make a great appetizer or main dish. Serve them with a side of rice, quinoa, or a fresh green salad. For a complete meal, pair with cornbread or roasted vegetables. Enjoy with a cold beer or a refreshing iced tea.

30. Garlic and Herb Flounder

“Ingredients:”

- 4 flounder fillets
- 2 tablespoons olive oil
- 2 cloves garlic, minced
- 1 teaspoon dried herbs (such as thyme, rosemary, or basil)
- Salt and pepper to taste
- Lemon slices, for garnish
- Fresh parsley, chopped (for garnish, optional)

“Instructions:”

1. “Preheat the Air Fryer:”

- Set your fryer to 380°F (195°C) and let it preheat while you prepare the flounder fillets.

2. “Prepare the Fillets:”

- Pat the flounder fillets dry with paper towels to ensure the seasoning adheres well.
- Brush both sides of each flounder fillet with olive oil, making sure they are evenly coated.

3. “Season the Fillets:”

- Sprinkle the minced garlic, dried herbs, salt, and pepper evenly over the fillets. Press gently to help the seasoning stick to the fish.

4. “Arrange in the Air Fryer:”

- Place the seasoned flounder fillets in a single layer in the basket. Make sure they do not overlap to allow for even cooking.

5. “Cook the Flounder:”

- Insert the basket into the and cook for 8-10 minutes, or until the fish is flaky and cooked through. The internal temperature should reach 145°F (63°C).

6. “Serve:”

- Carefully remove the flounder fillets from the basket using a spatula.
- Transfer to a serving plate and garnish with lemon slices and freshly chopped parsley, if desired.
- Serve immediately while the fish is still hot.

“Tips:”

- “Even Coating:” Ensure that the olive oil and seasonings are evenly distributed over the fillets for consistent flavour.
- “Avoid Overcooking:” Keep a close eye on the fish to avoid overcooking, which can make it dry.
- “Herb Variations:” Experiment with different dried herbs such as dill, oregano, or a combination of your favorites for varied flavours.

“Serving Suggestions:”

- This garlic and herb flounder pairs wonderfully with a side of steamed vegetables, a fresh garden salad, or roasted potatoes. For a more complete meal, serve with rice pilaf or quinoa. Enjoy with a light white wine or a refreshing sparkling water with a splash of lemon.

31. Honey Mustard Scallops

“Ingredients:”

- 1-pound scallops
- 2 tablespoons honey
- 2 tablespoons Dijon mustard
- 1 tablespoon olive oil
- Salt and pepper to taste
- Fresh parsley, chopped for garnish
- Lemon wedges, for serving (optional)

“Instructions:”

1. “Preheat the Air Fryer:”

- Set your fryer to 400°F (200°C) and let it preheat while you prepare the scallops.

2. “Prepare the Honey Mustard Sauce:”

- In a bowl, combine 2 tablespoons of honey, 2 tablespoons of Dijon mustard, and 1 tablespoon of olive oil. Mix well until the ingredients are fully incorporated.
- Season the mixture with salt and pepper to taste.

3. “Coat the Scallops:”

- Pat the scallops dry with paper towels to remove any excess moisture. This helps the sauce adhere better and ensures a nice sear.
- Toss the scallops in the honey mustard mixture, making sure each scallop is evenly coated.

4. “Arrange in the Air Fryer:”

- Place the coated scallops in a single layer in the basket. Make sure they are not touching to allow for even cooking.

5. “Cook the Scallops:”

- Insert the basket into the and cook for 5-7 minutes, or until the scallops are opaque and cooked through. The exact cooking time may vary depending on the size of the scallops. They should be slightly firm to the touch and have a nice golden glaze from the honey mustard mixture.

6. "Serve:"

- Carefully remove the scallops from the basket using tongs or a spatula.
- Transfer to a serving plate and garnish with freshly chopped parsley.
- Serve immediately, optionally with lemon wedges on the side for an added burst of freshness.

"Tips:"

- "Dry Scallops:" Ensure the scallops are thoroughly dried before coating to achieve a better sear.
- "Avoid Overcrowding:" Cook the scallops in batches if necessary to avoid overcrowding the basket.
- "Watch the Cooking Time:" Keep a close eye on the scallops to avoid overcooking, which can make them tough and rubbery.

"Serving Suggestions:"

- These honey mustard scallops make a delightful appetizer or main course. Serve them over a bed of mixed greens, alongside steamed vegetables, or with a light pasta dish. They also pair well with rice pilaf or quinoa. Enjoy with a chilled glass of white wine or sparkling water with a splash of lemon.

32. Maple Glazed Salmon

“Ingredients:”

- 4 salmon fillets (about 6 ounces each)
- 2 tablespoons maple syrup
- 1 tablespoon soy sauce
- 1 garlic clove, minced
- 1 teaspoon Dijon mustard
- Salt and pepper to taste
- Fresh dill for garnish
- Lemon wedges, for serving (optional)

“Instructions:”

1. “Preheat the Air Fryer:”

- Set your fryer to 400°F (200°C) and let it preheat while you prepare the salmon fillets.

2. “Prepare the Maple Glaze:”

- In a small bowl, whisk together 2 tablespoons of maple syrup, 1 tablespoon of soy sauce, 1 minced garlic clove, and 1 teaspoon of Dijon mustard until well combined.

3. “Season the Salmon:”

- Pat the salmon fillets dry with paper towels to remove any excess moisture. Season both sides with salt and pepper to taste.

4. “Apply the Glaze:”

- Brush the maple glaze generously over the top and sides of each salmon fillet, ensuring they are well coated.

5. “Arrange in the Air Fryer:”

- Place the glazed salmon fillets in a single layer in the basket, skin side down. Make sure they do not overlap to allow for even cooking.

6. “Cook the Salmon:”

- Insert the basket into the and cook for 10-12 minutes, or until the salmon is cooked through and the glaze has caramelized. The internal temperature should reach 145°F (63°C).

7. “Serve:”

- Carefully remove the salmon fillets from the basket using a spatula.
- Transfer to a serving plate and garnish with fresh dill.
- Serve immediately with optional lemon wedges on the side for squeezing over the salmon.

“Tips:”

- “Even Cooking:” Ensure the salmon fillets are of similar thickness for even cooking. If some fillets are thicker, you can slice them to match the thinner pieces.
- “Glaze Variations:” For extra flavour, add a pinch of red pepper flakes or a dash of hot sauce to the maple glaze.
- “Avoid Overcooking:” Keep a close eye on the salmon to avoid overcooking, as it can become dry.

“Serving Suggestions:”

- This maple glazed salmon pairs beautifully with a side of steamed vegetables, roasted potatoes, or a fresh garden salad. For a more complete meal, serve it with rice pilaf, quinoa, or a light pasta dish. Enjoy with crisp white wine or a refreshing sparkling water with a splash of lemon.

33. Coconut Curry Prawns

“Ingredients:”

- 1-pound large prawns, peeled and deveined
- 1 tablespoon curry powder
- 1 teaspoon turmeric
- 1/2 teaspoon cayenne pepper (optional for heat)
- 1/2 cup coconut milk
- Salt to taste
- Fresh Coriander for garnish
- Lime wedges for serving (optional)

“Instructions:”

1. “Preheat the Air Fryer:”

- Set your fryer to 380°F (195°C) and let it preheat while you prepare the prawns.

2. “Prepare the Curry Marinade:”

- In a bowl, combine 1 tablespoon of curry powder, 1 teaspoon of turmeric, 1/2 teaspoon of cayenne pepper (if using), and 1/2 cup of coconut milk. Mix well until the spices are fully incorporated into the coconut milk.
- Season with salt to taste.

3. “Marinate the Prawns:”

- Add the peeled and deveined prawns to the bowl with the curry mixture. Toss to coat the prawns evenly with the marinade.
- Let the prawns marinate for 10 minutes to absorb the flavours.

4. “Arrange in the Air Fryer:”

- Place the marinated prawns in a single layer in the basket. Make sure they do not overlap to allow for even cooking.

5. “Cook the Prawns:”

- Insert the basket into the and cook for 8-10 minutes, or until the prawns are pink and cooked through. Shake the basket halfway through the cooking time for even cooking.

6. “Serve:”

- Carefully remove the prawns from the basket using tongs.
- Transfer to a serving plate and garnish with fresh Coriander.
- Serve immediately with lime wedges on the side to squeeze over the prawns.

“Tips:”

- “Marinade Time:” For a more intense flavour, you can marinate the prawns for up to 30 minutes in the refrigerator.
- “Even Cooking:” Ensure the prawns are in a single layer without overlapping to cook evenly.
- “Adjusting Heat:” Adjust the amount of cayenne pepper to suit your preferred spice level.

“Serving Suggestions:”

- These coconut curry prawns pair wonderfully with jasmine rice, basmati rice, or naan bread. For a complete meal, serve with a side of steamed vegetables or a fresh cucumber salad. Enjoy with a refreshing glass of iced tea or a chilled beer.

34. Lemon Butter Scampi

“Ingredients:”

- 1-pound large prawns, peeled and deveined
- 2 tablespoons butter, melted
- Juice of 1 lemon
- 3 cloves garlic, minced
- 1 teaspoon Italian seasoning
- Salt and pepper to taste
- Fresh parsley, chopped for garnish
- Lemon slices for serving

“Instructions:”

1. “Preheat the Air Fryer:”

- Set your fryer to 370°F (188°C) and let it preheat while you prepare the prawns.

2. “Prepare the Lemon Butter Mixture:”

- In a bowl, combine 2 tablespoons of melted butter, the juice of 1 lemon, 3 minced cloves of garlic, and 1 teaspoon of Italian seasoning. Season with salt and pepper to taste. Mix well until all ingredients are thoroughly combined.

3. “Coat the Prawns:”

- Add the peeled and deveined prawns to the bowl with the lemon butter mixture. Toss to coat the prawns evenly with the mixture.

4. “Arrange in the Air Fryer:”

- Place the coated prawns in a single layer in the basket. Make sure they do not overlap to allow for even cooking.

5. “Cook the Prawns:”

- Insert the basket into the and cook for 6-8 minutes, or until the prawns are pink and cooked through. Shake the basket halfway through the cooking time to ensure even cooking.

6. "Serve:"

- Carefully remove the prawns from the basket using tongs.
- Transfer to a serving plate and garnish with freshly chopped parsley.
- Serve immediately with lemon slices on the side for squeezing over the prawns.

"Tips:"

- "Even Cooking:" Ensure the prawns are in a single layer without overlapping to ensure they cook evenly.
- "Avoid Overcooking:" Keep a close eye on the prawns to avoid overcooking, as they can become tough.
- "Butter Alternatives:" For a different flavour profile, you can use ghee or olive oil instead of melted butter.

"Serving Suggestions:"

- This lemon butter scampi pairs wonderfully with a side of pasta, rice, or a fresh green salad. For a complete meal, serve with garlic bread or roasted vegetables. Enjoy with a chilled glass of white wine or sparkling water with a splash of lemon.

35. Sesame Ginger Salmon

“Ingredients:”

- 4 salmon fillets (about 6 ounces each)
- 2 tablespoons soy sauce
- 1 tablespoon sesame oil
- 1 tablespoon honey
- 1 teaspoon fresh ginger, grated
- 1 garlic clove, minced
- 1 tablespoon sesame seeds
- Spring Onions, sliced for garnish
- Lemon wedges, for serving (optional)

“Instructions:”

1. “Preheat the Air Fryer:”

- Set your fryer to 400°F (200°C) and let it preheat while you prepare the salmon fillets.

2. “Prepare the Marinade:”

- In a bowl, whisk together 2 tablespoons of soy sauce, 1 tablespoon of sesame oil, 1 tablespoon of honey, 1 teaspoon of grated fresh ginger, and 1 minced garlic clove until well combined.

3. “Marinate the Salmon:”

- Brush the soy sauce mixture generously over the top and sides of each salmon fillet. Ensure they are well coated.
- Sprinkle 1 tablespoon of sesame seeds evenly over the salmon fillets.

4. “Arrange in the Air Fryer:”

- Place the marinated salmon fillets in a single layer in the basket. Make sure they do not overlap to allow for even cooking.

5. “Cook the Salmon:”

- Insert the basket into the and cook for 10-12 minutes, or until the salmon is cooked through and the edges begin to crisp. The internal temperature should reach 145°F (63°C).

6. "Serve:"

- Carefully remove the salmon fillets from the basket using a spatula.
- Transfer to a serving plate and garnish with sliced Spring Onions.
- Serve immediately, optionally with lemon wedges on the side for squeezing over the salmon.

"Tips:"

- "Even Coating:" Ensure the marinade and sesame seeds are evenly distributed over the salmon for consistent flavour.
- "Avoid Overcooking:" Keep a close eye on the salmon to avoid overcooking, which can make it dry.
- "Extra Flavour:" For added depth of flavour, you can marinate the salmon in the soy sauce mixture for 15-30 minutes before cooking.

"Serving Suggestions:"

- This sesame ginger salmon pairs beautifully with a side of steamed rice, quinoa, or stir-fried vegetables. For a complete meal, serve with a fresh Asian-inspired salad or roasted broccoli. Enjoy with a chilled glass of white wine or a refreshing green tea.

36. Old Bay Prawns

“Ingredients:”

- 1-pound prawns, peeled and deveined
- 1 tablespoon olive oil
- 1 tablespoon Old Bay seasoning
- Lemon wedges, for serving
- Fresh parsley, chopped for garnish (optional)

“Instructions:”

1. “Preheat the Air Fryer:”

- Set your fryer to 400°F (200°C) and let it preheat while you prepare the prawns.

2. “Season the Prawns:”

- In a large bowl, toss the prawns with 1 tablespoon of olive oil and 1 tablespoon of Old Bay seasoning until well coated.

3. “Arrange in the Air Fryer:”

- Place the seasoned prawns in a single layer in the basket. Make sure they are not overlapping to ensure even cooking.

4. “Cook the Prawns:”

- Insert the basket into the and cook for 6-8 minutes, or until the prawns are pink and cooked through. Shake the basket halfway through the cooking time for even cooking.

5. “Serve:”

- Carefully remove the prawns from the basket using tongs.
- Transfer to a serving plate and garnish with freshly chopped parsley, if desired.
- Serve immediately with lemon wedges on the side for squeezing over the prawns.

“Tips:”

- “Even Coating:” Make sure the prawns are evenly coated with the olive oil and Old Bay seasoning for the best flavour.

- “Avoid Overcrowding:” Cook the prawns in batches if necessary to avoid overcrowding the basket.
- “Storage:” Leftover prawns can be stored in an airtight container in the refrigerator for up to 2 days. Reheat gently in the frying pan.

“Serving Suggestions:”

- These Old Bay prawns make a delicious appetizer or main course. Serve them with a side of coleslaw, corn on the cob, or a fresh green salad. For a more substantial meal, pair with garlic bread, roasted potatoes, or rice pilaf. Enjoy with a cold beer or a refreshing iced tea.

37. Parmesan Crusted Tilapia

“Ingredients:”

- 4 tilapia fillets
- 1/2 cup grated Parmesan cheese
- 1/4 cup breadcrumbs
- 1 teaspoon paprika
- Salt and pepper to taste
- Olive oil spray
- Fresh lemon wedges, for serving (optional)
- Fresh parsley, chopped for garnish (optional)

“Instructions:”

1. “Preheat the Air Fryer:”

- Set your fryer to 380°F (195°C) and let it preheat while you prepare the tilapia fillets.

2. “Prepare the Parmesan Crust Mixture:”

- In a shallow dish, combine 1/2 cup of grated Parmesan cheese, 1/4 cup of breadcrumbs, 1 teaspoon of paprika, and salt and pepper to taste. Mix well to ensure the ingredients are evenly distributed.

3. “Prepare the Tilapia Fillets:”

- Pat the tilapia fillets dry with paper towels to ensure the crust adheres well.
- Spray each fillet lightly with olive oil on both sides.

4. “Coat the Fillets:”

- Dredge each tilapia fillet in the Parmesan mixture, pressing gently to ensure an even and generous coating.

5. “Arrange in the Air Fryer:”

- Place the coated fillets in a single layer in the basket. Make sure they do not overlap to allow for even cooking.

6. "Cook the Tilapia:"

- Insert the basket into the and cook for 10-12 minutes, or until the crust is golden and the fish is flaky. Check for doneness at the 10-minute mark.

7. "Serve:"

- Carefully remove the tilapia fillets from the basket using a spatula.
- Transfer to a serving plate and garnish with freshly chopped parsley and lemon wedges, if desired.
- Serve hot with a side of steamed vegetables.

"Tips:"

- "Even Coating:" Ensure the fillets are evenly coated with the Parmesan mixture for the best flavour and texture.
- "Avoid Overcrowding:" Cook the fillets in batches if necessary to avoid overcrowding the basket.
- "Flavour Variations:" Add a pinch of garlic powder or Italian seasoning to the Parmesan mixture for additional flavour.
- "Storage:" Leftover tilapia can be stored in an airtight container in the refrigerator for up to 2 days. Reheat gently in the to maintain crispiness.

"Serving Suggestions:"

- This Parmesan crusted tilapia pairs wonderfully with a side of steamed or roasted vegetables, a fresh garden salad, or garlic mashed potatoes. For a more complete meal, serve it with rice pilaf, quinoa, or a light pasta dish. Enjoy with a chilled glass of white wine or a refreshing sparkling water with a splash of lemon.

38. Spicy Tuna Patties

“Ingredients:”

- 2 cans (5 oz each) tuna, drained
- 1 egg, beaten
- 1/4 cup breadcrumbs
- 1/4 cup finely chopped onion
- 1 jalapeño, finely chopped (optional for extra spice)
- 1 tablespoon mayonnaise
- 1 teaspoon hot sauce (adjust to taste)
- Salt and pepper to taste
- Lemon wedges, for serving

“Instructions:”

1. “Preheat the Air Fryer:”

- Set your fryer to 375°F (190°C) and let it preheat while you prepare the patties.

2. “Prepare the Tuna Mixture:”

- In a large mixing bowl, combine the drained tuna, beaten egg, breadcrumbs, finely chopped onion, jalapeño (if using), mayonnaise, hot sauce, salt, and pepper. Mix thoroughly until all ingredients are well incorporated.

3. “Form the Patties:”

- Using your hands, shape the tuna mixture into small, evenly sized patties. This recipe should yield about 6-8 patties, depending on the size.

4. “Cook the Patties:”

- Place the patties in a single layer in the basket. Ensure they do not overlap to allow even cooking.
- Cook the patties for 10 minutes, flipping them halfway through the cooking time to ensure both sides are golden and firm.

5. “Serve:”

- Once cooked, remove the patties from the and serve immediately with lemon wedges on the side for a fresh, zesty flavour.

“Tips:”

- For a healthier option, use whole wheat breadcrumbs.
- Adjust the level of hot sauce and jalapeño based on your spice preference.
- These patties can be served with a side salad, in a sandwich, or as a protein-packed snack on their own.

Enjoy your delicious and spicy tuna patties, perfect for a quick and healthy meal!

39. Stuffed Clams

“Ingredients:”

- 12 large clam shells, cleaned
- 1 cup cooked chopped clams (canned or fresh)
- 1/2 cup breadcrumbs (preferably panko for extra crunch)
- 1/4 cup grated Parmesan cheese
- 1/4 cup chopped fresh parsley
- 2 cloves garlic, minced
- 2 tablespoons olive oil
- 1 teaspoon lemon juice (optional, for extra flavour)
- Salt and pepper to taste
- Lemon slices, for serving

“Instructions:”

1. “Preheat the Air Fryer:”

- Set your fryer to 370°F (190°C) and let it preheat while you prepare the stuffing.

2. “Prepare the Stuffing:”

- In a medium mixing bowl, combine the cooked chopped clams, breadcrumbs, grated Parmesan cheese, chopped parsley, minced garlic, and olive oil. Add the lemon juice, salt, and pepper to taste. Mix thoroughly until all ingredients are well incorporated.

3. “Stuff the Clam Shells:”

- Spoon the clam mixture into the cleaned clam shells, packing it in tightly and mounding slightly on top.

4. “Cook the Stuffed Clams:”

- Arrange the stuffed clam shells in a single layer in the basket. Make sure they do not overlap to allow for even cooking.
- Cook the clams for 6-8 minutes, or until the topping is golden brown and crispy.

5. “Serve:”

- Once cooked, carefully remove the stuffed clams from the air fryer. Serve them hot with lemon slices on the side for a fresh burst of citrus flavour.

“Tips:”

- For a more intense flavour, add a pinch of red pepper flakes to the stuffing mixture.
- If using canned clams, ensure they are well-drained before mixing.
- These stuffed clams can be a delightful appetizer or a fancy addition to any seafood platter.

40. Buffalo Prawns

“Ingredients:”

- 1-pound prawns, peeled and deveined
- 1/2 cup all-purpose flour
- 1/2 teaspoon garlic powder
- 1/2 teaspoon paprika (optional, for extra flavour)
- Salt and pepper to taste
- 1/2 cup buffalo sauce
- Blue cheese or ranch dressing, for serving
- Celery sticks, for serving (optional)
- Carrot sticks, for serving (optional)
- Non-stick cooking spray

“Instructions:”

1. “Preheat the Air Fryer:”

- Set your fryer to 400°F (200°C) and let it preheat while you prepare the prawns.

2. “Prepare the Coating:”

- In a shallow dish, combine the flour, garlic powder, paprika (if using), salt, and pepper. Mix well.
- Toss the peeled and deveined prawns in the seasoned flour until evenly coated.

3. “First Cooking Step:”

- Spray the basket with non-stick cooking spray to prevent sticking.
- Place the flour-coated prawns in a single layer in the basket. Ensure they are not overlapping.
- Cook the prawns for 4 minutes.

4. “Coat with Buffalo Sauce:”

- While the prawns are cooking, warm the buffalo sauce in a small saucepan or microwave.
- After the initial 4 minutes of cooking, remove the prawns from the pan and toss them in the warm buffalo sauce until fully coated.

5. "Second Cooking Step:"

- Return the sauced prawns to the basket and cook for an additional 4-6 minutes, or until the prawns are crispy and cooked through.

6. "Serve:"

- Once cooked, remove the prawns from the basket and serve immediately with your choice of blue cheese or ranch dressing.

- For a complete buffalo prawns experience, serve with celery and carrot sticks on the side.

"Tips:"

- For extra crispy prawns, you can lightly spray them with cooking spray before the second cooking step.

- Adjust the level of heat by choosing a milder or hotter buffalo sauce based on your preference.

- For a gluten-free version, use a gluten-free flour blend.

41. Lemon Caper Halibut

“Ingredients:”

- 4 halibut fillets (about 6 ounces each)
- 2 tablespoons olive oil
- 1 tablespoon lemon juice
- 2 teaspoons capers, rinsed and drained
- 1 garlic clove, minced
- Salt and pepper to taste
- Fresh dill, chopped for garnish
- Lemon slices, for serving
- Non-stick cooking spray

“Instructions:”

1. “Preheat the Air Fryer:”

- Set your fryer to 380°F (195°C) and let it preheat while you prepare the halibut fillets.

2. “Prepare the Lemon Oil Mixture:”

- In a small bowl, whisk together the olive oil, lemon juice, minced garlic, and a pinch of salt and pepper. This mixture will infuse the halibut with a zesty and aromatic flavour.

3. “Season the Halibut Fillets:”

- Brush both sides of the halibut fillets generously with the lemon oil mixture, ensuring they are well-coated.

4. “Add Capers:”

- Evenly sprinkle the rinsed and drained capers over the top of each fillet. The capers will add a burst of tangy flavour to the dish.

5. “Prepare the Basket:”

- Lightly spray the basket with non-stick cooking spray to prevent the fish from sticking.

6. “Cook the Halibut:”

- Place the seasoned halibut fillets in a single layer in the basket. Make sure they do not overlap.
- Cook for 10-12 minutes or until the fish flakes easily with a fork. The cooking time may vary slightly depending on the thickness of the fillets.

7. “Garnish and Serve:”

- Once cooked, carefully remove the halibut fillets from the air fryer.
- Garnish with freshly chopped dill and serve with lemon slices on the side for an added burst of freshness.

“Tips:”

- For an extra layer of flavour, add a pinch of lemon zest to the lemon oil mixture.
- Pair this dish with a side of steamed vegetables or a fresh salad for a well-rounded meal.
- Ensure the fish is thoroughly dried with paper towels before brushing with the lemon oil mixture to help the seasoning adhere better.

42. Miso Glazed Cod

“Ingredients:”

- 4 cod fillets (about 6 ounces each)
- 2 tablespoons miso paste (white or yellow miso)
- 2 tablespoons mirin (sweet rice wine)
- 2 tablespoons soy sauce (low sodium if preferred)
- 1 tablespoon sugar (or honey for a healthier option)
- 1 teaspoon sesame oil
- Spring Onions, sliced for garnish
- Sesame seeds, for garnish (optional)
- Non-stick cooking spray

“Instructions:”

1. “Preheat the Air Fryer:”

- Set your fryer to 400°F (200°C) and let it preheat while you prepare the cod fillets.

2. “Prepare the Miso Glaze:”

- In a small bowl, mix the miso paste, mirin, soy sauce, sugar (or honey), and sesame oil until smooth and well combined. This will create a rich and flavourful glaze for the cod.

3. “Season the Cod Fillets:”

- Pat the cod fillets dry with paper towels to remove any excess moisture. This will help the glaze adhere better.
- Brush the miso glaze generously over both sides of each cod fillet, ensuring they are well-coated.

4. “Prepare the Basket:”

- Lightly spray the basket with non-stick cooking spray to prevent the fish from sticking.

5. “Cook the Cod:”

- Place the glazed cod fillets in a single layer in the basket. Make sure they do not overlap to allow for even cooking.

- Cook for 10-12 minutes, or until the fish is cooked through and the glaze has caramelized. The internal temperature of the fish should reach 145°F (63°C) and it should flake easily with a fork.

6. “Garnish and Serve:”

- Once cooked, carefully remove the cod fillets from the air fryer.
- Garnish with sliced Spring Onions and a sprinkle of sesame seeds (if using) before serving.

“Tips:”

- For an extra burst of flavour, add a teaspoon of grated ginger to the miso glaze.
- Serve miso glazed cod with steamed rice and sautéed vegetables for a complete meal.
- If using frozen cod fillets, make sure they are fully thawed and patted dry before applying the glaze.

43. Crab Cakes

“Ingredients:”

- 1 pound lump crab meat, picked over for shells
- 1/2 cup breadcrumbs (preferably panko for extra crunch)
- 1/4 cup mayonnaise
- 1 egg, beaten
- 1 tablespoon Dijon mustard
- 1 tablespoon Worcestershire sauce
- 1 teaspoon Old Bay seasoning
- 2 tablespoons fresh parsley, chopped
- 1/4 cup finely chopped red bell pepper (optional for extra flavour and color)
- 1/4 cup finely chopped Spring Onions (optional for extra flavour)
- Lemon wedges, for serving
- Non-stick cooking spray

“Instructions:”

1. “Preheat the Air Fryer:”

- Set your fryer to 375°F (190°C) and let it preheat while you prepare the crab cake mixture.

2. “Prepare the Crab Cake Mixture:”

- In a large mixing bowl, gently combine the lump crab meat, breadcrumbs, mayonnaise, beaten egg, Dijon mustard, Worcestershire sauce, Old Bay seasoning, chopped parsley, red bell pepper, and Spring Onions. Mix until just combined, being careful not to break up the crab meat too much.

3. “Form the Crab Cakes:”

- Using your hands, form the mixture into patties, about 2-3 inches in diameter. You should get approximately 6-8 crab cakes, depending on the size.

4. “Prepare the Basket:”

- Lightly spray the basket with non-stick cooking spray to prevent the crab cakes from sticking.

5. “Cook the Crab Cakes:”

- Place the crab cakes in a single layer in the basket. Ensure they do not overlap to allow for even cooking.
- Cook for 10 minutes, flipping halfway through the cooking time to ensure both sides are golden and crispy. The internal temperature should reach 165°F (74°C).

6. “Serve:”

- Once cooked, carefully remove the crab cakes from the air fryer.
- Serve immediately with lemon wedges on the side for a fresh, zesty flavour.

“Tips:”

- For a gluten-free option, substitute breadcrumbs with gluten-free breadcrumbs or crushed gluten-free crackers.
- For added flavour, you can include a teaspoon of hot sauce or a pinch of cayenne pepper in the mixture.
- These crab cakes pair well with a side of remoulade sauce or tartar sauce for dipping.

44. Garlic Butter Lobster Tails

“Ingredients:”

- 2 lobster tails
- 4 tablespoons butter, melted
- 2 cloves garlic, minced
- 1 teaspoon paprika
- 1 teaspoon lemon juice (optional, for extra flavour)
- Fresh parsley, chopped for garnish
- Lemon slices, for serving
- Salt and pepper to taste
- Non-stick cooking spray

“Instructions:”

1. “Preheat the Air Fryer:”

- Set your fryer to 380°F (195°C) and let it preheat while you prepare the lobster tails.

2. “Prepare the Lobster Tails:”

- Using kitchen shears, cut down the middle of the top shell of each lobster tail to expose the meat. Be careful not to cut through the bottom shell. Gently pull apart the shell slightly and lift the meat to sit on top of the shell, still attached at the end.

3. “Make the Garlic Butter Mixture:”

- In a small bowl, combine the melted butter, minced garlic, paprika, lemon juice (if using), salt, and pepper. Mix well to create a flavourful garlic butter sauce.

4. “Season the Lobster Tails:”

- Brush the garlic butter mixture generously over the exposed lobster meat, ensuring it is well-coated.

5. “Prepare the Basket:”

- Lightly spray the basket with non-stick cooking spray to prevent sticking.

6. "Cook the Lobster Tails:"

- Place the lobster tails in the basket, shell side down.
- Cook for 8-10 minutes, or until the lobster meat is opaque and cooked through. The internal temperature should reach 145°F (63°C).

7. "Garnish and Serve:"

- Once cooked, carefully remove the lobster tails from the air fryer.
- Garnish with freshly chopped parsley and serve immediately with lemon slices for an added burst of freshness.

"Tips:"

- For a richer flavour, you can add a sprinkle of grated Parmesan cheese on top of the lobster meat before cooking.
- Serve the lobster tails with a side of drawn butter for dipping.
- Pair this dish with a side of steamed vegetables or a fresh salad for a complete meal.

45. Scallops Wrapped in Bacon

“Ingredients:”

- 12 large sea scallops
- 12 slices of bacon
- Salt and pepper to taste
- Maple syrup, for drizzling (optional)
- Lemon wedges, for serving (optional)
- Fresh parsley, chopped for garnish (optional)
- Non-stick cooking spray

“Instructions:”

1. “Preheat the Air Fryer:”

- Set your fryer to 400°F (200°C) and let it preheat while you prepare the scallops.

2. “Prepare the Scallops:”

- Pat the scallops dry with paper towels to remove any excess moisture. This helps the bacon crisp up better.
- Season the scallops lightly with salt and pepper.

3. “Wrap the Scallops with Bacon:”

- Wrap each scallop with a slice of bacon, securing it with a toothpick. If the bacon slices are too long, you can cut them in half before wrapping.

4. “Optional Sweet Glaze:”

- If you prefer a sweet touch, drizzle a small amount of maple syrup over each bacon-wrapped scallop. This adds a delicious, caramelized glaze.

5. “Prepare the Basket:”

- Lightly spray the basket with non-stick cooking spray to prevent sticking.

6. “Cook the Scallops:”

- Place the bacon-wrapped scallops in a single layer in the basket, making sure they do not overlap.
- Cook for 10-12 minutes, or until the bacon is crispy and the scallops are cooked through. You may need to flip them halfway through the cooking time to ensure even cooking.

7. "Serve:"

- Once cooked, carefully remove the scallops from the basket and discard the toothpicks.
- Garnish with freshly chopped parsley and serve immediately with lemon wedges for an added burst of freshness.

"Tips:"

- For an extra layer of flavour, you can brush the scallops with a mixture of olive oil and minced garlic before wrapping them with bacon.
- If your basket is small, you may need to cook the scallops in batches to ensure they cook evenly.
- Serve these bacon-wrapped scallops as an elegant appetizer or pair them with a side of vegetables or salad for a delightful main course.

46. Salt and Pepper Squid

“Ingredients:”

- 1 pound squid, cleaned and cut into rings
- 1 tablespoon olive oil
- 1 teaspoon sea salt
- 1 teaspoon cracked black pepper
- 1/2 teaspoon chilli flakes (optional, for extra heat)
- 1/4 cup cornstarch
- Lemon wedges, for serving
- Fresh Coriander or parsley, chopped for garnish (optional)
- Non-stick cooking spray

“Instructions:”

1. “Preheat the Air Fryer:”

- Set your fryer to 400°F (200°C) and let it preheat while you prepare the squid.

2. “Prepare the Squid:”

- Ensure the squid is thoroughly cleaned and cut into uniform rings. Pat dry with paper towels to remove any excess moisture, which helps the coating adhere better and ensures crispiness.

3. “Season the Squid:”

- In a large mixing bowl, combine the squid rings, olive oil, sea salt, cracked black pepper, and chilli flakes (if using). Toss until the squid is evenly coated with the seasoning.
- Sprinkle the cornstarch over the seasoned squid and toss again to ensure an even coating.

4. “Prepare the Basket:”

- Lightly spray the basket with non-stick cooking spray to prevent sticking.

5. “Cook the Squid:”

- Arrange the coated squid rings in a single layer in the basket. Avoid overcrowding to ensure even cooking. You may need to work in batches if necessary.

- Cook for 8-10 minutes, shaking the basket halfway through the cooking time to promote even browning and crispiness. The squid should be golden and crispy when done.

6. "Serve:"

- Once cooked, remove the squid from the basket and serve immediately.

- Garnish with freshly chopped Coriander or parsley (if using) and serve with lemon wedges on the side for a burst of fresh flavour.

"Tips:"

- For an extra crunch, you can double coat the squid by dipping it in a beaten egg before tossing in the cornstarch mixture.

- Serve the salt and pepper squid with a dipping sauce such as aioli, sweet chilli sauce, or a simple soy sauce and rice vinegar blend for added flavour.

- If you prefer, you can add a touch of smoked paprika to the seasoning mix for a smoky flavour.

47. Greek Style Prawns

“Ingredients:”

- 1-pound large prawns, peeled and deveined
- 2 tablespoons olive oil
- 1 teaspoon dried oregano
- 1/2 teaspoon garlic powder
- 1/4 teaspoon paprika (optional, for added flavour)
- 1/4 cup feta cheese, crumbled
- 1/4 cup cherry tomatoes, halved
- Salt and pepper to taste
- Fresh parsley, chopped for garnish
- Lemon slices, for serving
- Kalamata olives, sliced (optional, for extra Greek flavour)
- Non-stick cooking spray

“Instructions:”

1. “Preheat the Air Fryer:”

- Set your fryer to 380°F (195°C) and let it preheat while you prepare the prawns.

2. “Season the Prawns:”

- In a large mixing bowl, combine the prawns, olive oil, dried oregano, garlic powder, paprika (if using), salt, and pepper. Toss until the prawns are evenly coated with the seasoning.
- Add the halved cherry tomatoes to the bowl and gently toss to combine.

3. “Prepare the Basket:”

- Lightly spray the basket with non-stick cooking spray to prevent sticking.

4. “Cook the Prawns and Tomatoes:”

- Place the seasoned prawns and cherry tomatoes in a single layer in the basket. Avoid overcrowding to ensure even cooking.

- Cook for 6-8 minutes, shaking the basket halfway through the cooking time to ensure even cooking. The prawns should be pink and cooked through.

5. “Add the Feta Cheese:”

- In the last minute of cooking, sprinkle the crumbled feta cheese over the prawns and tomatoes. Allow it to warm and slightly melt.

6. “Serve:”

- Once cooked, carefully remove the prawns and tomatoes from the air fryer.

- Garnish with freshly chopped parsley and add sliced Kalamata olives if desired.

- Serve immediately with lemon slices on the side for a burst of fresh citrus flavour.

“Tips:”

- For a heartier meal, serve the Greek-style prawns over a bed of couscous or quinoa.

- You can also add other vegetables like sliced bell peppers or red onions for added flavour and color.

- If you prefer a spicier dish, add a pinch of red pepper flakes to the seasoning mixture.

48. Pesto Stuffed Scallops

“Ingredients:”

- 12 large sea scallops
- 1/4 cup pesto sauce
- 2 tablespoons breadcrumbs (preferably panko for extra crunch)
- 1 tablespoon grated Parmesan cheese
- Olive oil spray
- Lemon wedges, for serving (optional)
- Fresh basil leaves, for garnish (optional)

“Instructions:”

1. “Preheat the Air Fryer:”

- Set your fryer to 370°F (188°C) and let it preheat while you prepare the scallops.

2. “Prepare the Scallops:”

- Pat the scallops dry with paper towels to remove any excess moisture. This helps achieve a better texture and allows the topping to adhere properly.

3. “Top with Pesto:”

- Place the scallops on a clean surface or plate. Top each scallop with about a teaspoon of pesto sauce, spreading it evenly over the surface.

4. “Prepare the Topping:”

- In a small bowl, mix the breadcrumbs and grated Parmesan cheese. Sprinkle this mixture evenly over the pesto-topped scallops, ensuring each scallop gets a good coating.

5. “Prepare the Basket:”

- Lightly spray the basket with olive oil spray to prevent sticking.

6. “Cook the Scallops:”

- Carefully place the scallops in a single layer in the basket. Ensure they do not overlap even when cooking.

- Cook for 7-9 minutes, or until the scallops are cooked through and the topping is golden and crispy. The scallops should be opaque and firm to the touch.

7. “Serve:”

- Once cooked, remove the scallops from the pan and serve immediately.

- Garnish with fresh basil leaves and lemon wedges, if desired, for an extra burst of flavour and freshness.

“Tips:”

- For an extra burst of flavour, you can add a pinch of red pepper flakes to the breadcrumb mixture.

- Serve these pesto-stuffed scallops as an elegant appetizer or pair them with a side salad for a light and delicious main course.

- If using frozen scallops, make sure they are fully thawed and patted dry before preparing.

49. Chilli Lime Cod

“Ingredients:”

- 4 cod fillets (about 6 ounces each)
- 2 tablespoons olive oil
- Juice and zest of 1 lime
- 1 teaspoon chilli powder
- 1/2 teaspoon cumin
- 1/4 teaspoon garlic powder (optional)
- 1/4 teaspoon smoked paprika (optional for extra flavour)
- Salt and pepper to taste
- Fresh Coriander, chopped for garnish (optional)
- Lime slices, for serving

“Instructions:”

1. “Preheat the Air Fryer:”

- Set your fryer to 400°F (200°C) and let it preheat while you prepare the cod fillets.

2. “Prepare the Chilli Lime Mixture:”

- In a small bowl, mix the olive oil, lime juice, lime zest, chilli powder, cumin, garlic powder (if using), smoked paprika (if using), salt, and pepper. Stir well to combine into a flavourful marinade.

3. “Season the Cod Fillets:”

- Pat the cod fillets dry with paper towels to remove any excess moisture. This helps the seasoning adhere better.
- Brush the chilli lime mixture generously over both sides of the cod fillets, ensuring they are well-coated.

4. “Prepare the Basket:”

- Lightly spray the basket with non-stick cooking spray to prevent sticking.

5. “Cook the Cod Fillets:”

- Place the seasoned cod fillets in a single layer in the basket. Ensure they do not overlap to allow for even cooking.
- Cook for 10-12 minutes, or until the fish flakes easily with a fork. The internal temperature should reach 145°F (63°C).

6. “Serve:”

- Once cooked, carefully remove the cod fillets from the air fryer.
- Garnish with freshly chopped Coriander (if using) and serve immediately with additional lime slices on the side for an extra burst of citrus flavour.

“Tips:”

- For a spicier kick, add a pinch of cayenne pepper to the chilli lime mixture.
- Pair this dish with a side of steamed vegetables, rice, or a fresh salad for a well-rounded meal.
- If using frozen cod fillets, make sure they are fully thawed and patted dry before applying the marinade.

50. Spicy Cajun Catfish

“Ingredients:”

- 4 catfish fillets
- 1 tablespoon Cajun seasoning
- 1 teaspoon garlic powder
- 1 teaspoon onion powder
- Salt to taste
- 2 tablespoons olive oil
- Lemon wedges for garnish (optional)

“Instructions:”

1. “Preheat the Air Fryer:”

- Set your fryer to 390°F (200°C) and allow it to preheat while you prepare the catfish.

2. “Prepare the Seasoning Mix:”

- In a small bowl, combine 1 tablespoon of Cajun seasoning, 1 teaspoon of garlic powder, 1 teaspoon of onion powder, and salt to taste. Mix thoroughly to ensure an even distribution of spices.

3. “Season the Catfish Fillets:”

- Pat the catfish fillets dry with paper towels to help the seasoning adhere better.
- Brush each fillet lightly with olive oil on both sides. This helps to create a crispy exterior during cooking.
- Generously rub the seasoning mix all over the catfish fillets, ensuring they are well coated on all sides.

4. “Arrange the Fillets in the Air Fryer:”

- Place the seasoned catfish fillets in the basket in a single layer. Avoid overlapping the fillets to ensure even cooking. If necessary, cook in batches.

5. “Cook the Catfish:”

- Insert the basket into the and cook for 10-15 minutes. Check for doneness at the 10-minute mark. The catfish should be crispy on the outside and flaky inside when done. Cooking times may vary based on the thickness of the fillets and the model of your air fryer.

6. "Serve:"

- Carefully remove the catfish fillets from the basket using a spatula.
- Transfer to a serving plate and garnish with lemon wedges for an added burst of freshness and acidity, if desired.
- Serve hot with your choice of sides, such as coleslaw, steamed vegetables, or a simple green salad.

"Tips:"

- "Adjusting Spice Level:" If you prefer a milder or spicier dish, adjust the amount of Cajun seasoning accordingly.
- "Alternative Oils:" You can substitute olive oil with other oils such as avocado oil or melted butter for different flavour profiles.
- "Storage:" Leftover catfish can be stored in an airtight container in the refrigerator for up to 2 days. Reheat in the oven to maintain crispiness.

51. Teriyaki Salmon

“Ingredients:”

- 4 salmon fillets (about 6 ounces each)
- 1/4 cup teriyaki sauce
- 1 teaspoon garlic, minced
- 1 teaspoon ginger, minced
- Sesame seeds for garnish
- Sliced Spring Onions for garnish

“Instructions:”

1. “Preheat the Air Fryer:”

- Set your fryer to 400°F (200°C) and allow it to preheat while you prepare the salmon.

2. “Prepare the Teriyaki Mixture:”

- In a small bowl, combine 1/4 cup of teriyaki sauce, 1 teaspoon of minced garlic, and 1 teaspoon of minced ginger. Mix well to ensure the garlic and ginger are evenly distributed throughout the sauce.

3. “Brush the Salmon Fillets:”

- Pat the salmon fillets dry with paper towels to ensure the sauce adheres well.
- Using a basting brush, generously coat each salmon fillet with the teriyaki mixture. Make sure to cover both the top and the sides for maximum flavour.

4. “Arrange the Fillets in the Air Fryer:”

- Place the salmon fillets in the basket, ensuring they are skin-side down. Avoid overcrowding the basket; if necessary, cook in batches to allow for even air circulation.

5. “Cook the Salmon:”

- Insert the basket into the and cook for 10-12 minutes. Cooking times may vary depending on the thickness of the fillets and the model of your air fryer. The salmon is done when it flakes easily with a fork and has reached an internal temperature of 145°F (63°C).

6. “Garnish and Serve:”

- Once cooked, carefully remove the salmon fillets from the basket using a spatula.
- Transfer to a serving plate and garnish with sesame seeds and sliced Spring Onions.
- Serve immediately with your choice of sides, such as steamed rice, vegetables, or a fresh salad.

“Tips:”

- “Marinating Option:” For deeper flavour, you can marinate the salmon fillets in the teriyaki mixture for 15-30 minutes before cooking.
- “Variation:” Add a splash of lemon juice or a drizzle of honey to the teriyaki mixture for a different flavour profile.
- “Storage:” Leftover salmon can be stored in an airtight container in the refrigerator for up to 2 days. Reheat gently in the microwave.

52. Stuffed Sole

“Ingredients:”

- 4 sole fillets
- 1/2 cup crabmeat, drained and flaked
- 1/4 cup cream cheese, softened
- 1 tablespoon chives, chopped
- 1 clove garlic, minced
- 1 tablespoon lemon juice (optional, for added flavour)
- 1/4 teaspoon paprika (optional, for a hint of color)
- Salt and pepper to taste
- Lemon wedges for serving
- Fresh parsley, chopped for garnish (optional)
- Olive oil spray

“Instructions:”

1. “Preheat the Air Fryer:”

- Set your fryer to 360°F (182°C) and let it preheat while you prepare the stuffed sole fillets.

2. “Prepare the Crab Filling:”

- In a medium bowl, mix the crabmeat, cream cheese, chopped chives, minced garlic, lemon juice (if using), paprika (if using), salt, and pepper. Ensure the mixture is well combined and smooth.

3. “Stuff the Sole Fillets:”

- Lay out the sole fillets on a clean surface. Evenly spread the crab mixture over each fillet.
- Carefully roll up each fillet from the narrow end to the wide end, securing with toothpicks to hold the shape.

4. “Prepare the Basket:”

- Lightly spray the basket with olive oil spray to prevent sticking.

5. “Cook the Stuffed Sole:”

- Place the stuffed sole fillets in a single layer in the basket, ensuring they do not overlap.

- Cook for 12-15 minutes, or until the fish is cooked through and the filling is hot. The fish should be opaque and flake easily with a fork.

6. "Serve:"

- Once cooked, carefully remove the stuffed sole fillets from the pan and remove the toothpicks.
- Serve immediately with lemon wedges on the side for an added burst of citrus flavour.
- Garnish with freshly chopped parsley (if using) for a touch of color and freshness.

"Tips:"

- For an extra touch of flavour, you can add a teaspoon of Dijon mustard to the crab filling mixture.
- Pair this dish with a side of roasted vegetables or a light salad for a complete meal.
- If you prefer a richer filling, substitute the cream cheese with mascarpone cheese.

53. Mediterranean Prawns

“Ingredients:”

- 1-pound large prawns, peeled and deveined
- 2 tablespoons olive oil
- 1 teaspoon dried oregano
- 1/2 teaspoon red pepper flakes
- 1/4 cup kalamata olives, pitted and halved
- 1/4 cup sun-dried tomatoes, chopped (oil-packed for extra flavour, drained if necessary)
- 1 clove garlic, minced (optional, for added flavour)
- Zest of 1 lemon (optional, for added brightness)
- Feta cheese, crumbled, for garnish
- Fresh parsley, chopped, for garnish
- Lemon wedges, for serving (optional)
- Non-stick cooking spray

“Instructions:”

1. “Preheat the Air Fryer:”

- Set your fryer to 380°F (193°C) and let it preheat while you prepare the prawns.

2. “Prepare the Prawns Mixture:”

- In a large bowl, combine the prawns, olive oil, dried oregano, red pepper flakes, minced garlic (if using), and lemon zest (if using). Toss until the prawns are evenly coated with the seasonings.
- Add the halved kalamata olives and chopped sun-dried tomatoes to the bowl and mix well to combine.

3. “Prepare the Basket:”

- Lightly spray the basket with non-stick cooking spray to prevent sticking.

4. “Cook the Prawns:”

- Place the prawn mixture in a single layer in the basket. Avoid overcrowding to ensure even cooking.

- Cook for 8-10 minutes, shaking the basket halfway through the cooking time to ensure even cooking. The prawns should be pink and cooked through.

5. “Garnish and Serve:”

- Once cooked, carefully remove the prawn mixture from the air fryer.

- Transfer to a serving dish and garnish with crumbled feta cheese and freshly chopped parsley.

- Serve immediately with lemon wedges on the side for an added burst of citrus flavour.

“Tips:”

- For an extra touch of flavour, drizzle a bit of the oil from the sun-dried tomatoes over the prawn mixture before cooking.

- Pair this dish with a side of orzo, quinoa, or a fresh Greek salad for a complete Mediterranean-inspired meal.

- If you prefer a milder dish, reduce the amount of red pepper flakes, or omit them entirely.

54. Clam Fritters

“Ingredients:”

- 1 cup chopped clams, drained
- 1 cup all-purpose flour
- 1 teaspoon baking powder
- 1/2 teaspoon salt
- 1/4 teaspoon black pepper
- 1 egg, beaten
- 1/4 cup milk
- 2 tablespoons Spring Onions, chopped
- 1/4 cup corn kernels (optional, for added texture and flavour)
- 1/2 teaspoon Old Bay seasoning (optional, for extra flavour)
- Vegetable oil for spraying
- Lemon wedges, for serving
- Tartar sauce or aioli, for dipping (optional)

“Instructions:”

1. “Preheat the Air Fryer:”

- Set your fryer to 370°F (187°C) and let it preheat while you prepare the clam fritter mixture.

2. “Prepare the Dry Ingredients:”

- In a large mixing bowl, combine the all-purpose flour, baking powder, salt, black pepper, and Old Bay seasoning (if using). Mix well.

3. “Combine the Wet Ingredients:”

- In a separate bowl, whisk together the beaten egg and milk until well combined.

4. “Mix the Batter:”

- Pour the wet ingredients into the dry ingredients and stir until smooth.
- Fold in the chopped clams, Spring Onions, and corn kernels (if using), mixing until evenly distributed.

5. "Form the Fritters:"

- Using your hands or a spoon, form the mixture into small patties or balls, about 2 inches in diameter.

6. "Prepare the Basket:"

- Lightly spray the basket with vegetable oil to prevent sticking.

7. "Cook the Fritters:"

- Place the clam fritters in a single layer in the basket, ensuring they do not touch or overlap.

- Cook for 10-12 minutes, flipping halfway through the cooking time, until the fritters are golden brown and crispy.

8. "Serve:"

- Once cooked, carefully remove the fritters from the basket and serve immediately.

- Serve hot with lemon wedges on the side for a fresh burst of citrus.

- Optional: Serve with tartar sauce or aioli for dipping.

"Tips:"

- For extra flavour, add a pinch of cayenne pepper to the batter if you like a bit of heat.

- These fritters pair well with a crisp green salad or coleslaw for a complete meal.

- If you prefer a thicker batter, add an additional tablespoon of flour.

55. Lemon Herb Mussels

“Ingredients:”

- 2 pounds mussels, cleaned and debearded
- 1/4 cup white wine
- 2 tablespoons olive oil
- 1 lemon, zested and juiced
- 1 teaspoon dried herbs (such as thyme or oregano)
- 2 cloves garlic, minced (optional, for added flavour)
- Fresh parsley, chopped, for garnish
- Crusty bread, for serving (optional)

“Instructions:”

1. “Preheat the Air Fryer:”

- Set your fryer to 360°F (182°C) and let it preheat while you prepare the mussels.

2. “Prepare the Mussels:”

- In a large mixing bowl, combine the cleaned and debearded mussels with white wine, olive oil, lemon zest, lemon juice, dried herbs, and minced garlic (if using). Toss until the mussels are well-coated with the mixture.

3. “Arrange the Mussels:”

- Place the mussels in the basket in a single layer. If necessary, cook them in batches to avoid overcrowding and ensure even cooking.

4. “Cook the Mussels:”

- Cook the mussels for 6-8 minutes, shaking the basket halfway through the cooking time to ensure even cooking. The mussels are done when they have opened. Discard any mussels that do not open during cooking.

5. “Serve:”

- Once cooked, carefully remove the mussels from the basket and transfer them to a serving dish.
- Garnish with freshly chopped parsley and serve immediately.
- Optional: Serve with crusty bread to soak up the flavourful juices.

“Tips:”

- For an extra burst of flavour, you can add a splash of fish broth or chicken broth to the mussel mixture before cooking.
- Ensure all mussels are closed before cooking; discard any that remain open when tapped.
- These mussels pair well with a side of pasta or a fresh green salad for a complete meal.

56. Honey Garlic Prawns

“Ingredients:”

- 1-pound large prawns, peeled and deveined
- 2 tablespoons honey
- 2 tablespoons soy sauce (low sodium if preferred)
- 1 clove garlic, minced
- 1 teaspoon fresh ginger, grated
- 1 tablespoon olive oil (optional, for added richness)
- 1 teaspoon sesame oil (optional, for added flavour)
- Sesame seeds for garnish
- Sliced Spring Onions for garnish
- Lemon wedges for serving (optional)

“Instructions:”

1. “Preheat the Air Fryer:”

- Set your fryer to 400°F (200°C) and let it preheat while you prepare the prawns.

2. “Prepare the Honey Garlic Marinade:”

- In a medium bowl, whisk together the honey, soy sauce, minced garlic, grated ginger, olive oil (if using), and sesame oil (if using). This will create a sweet and savory marinade for the prawns.

3. “Marinate the Prawns:”

- Add the peeled and deveined prawns to the bowl with the marinade. Toss until the prawns are well-coated with the mixture. Allow the prawns to marinate for at least 10 minutes to absorb the flavours.

4. “Prepare the Basket:”

- Lightly spray the basket with non-stick cooking spray to prevent sticking.

5. “Cook the Prawns:”

- Place the marinated prawns in a single layer in the basket. Avoid overcrowding to ensure even cooking.

- Cook for 5-7 minutes, shaking the basket halfway through the cooking time to ensure the prawns cook evenly. The prawns are done when they are pink and opaque.

6. “Garnish and Serve:”

- Once cooked, carefully remove the prawns from the air fryer.
- Garnish with sesame seeds and sliced Spring Onions for added flavour and texture.
- Serve immediately with lemon wedges on the side for a fresh burst of citrus (if desired).

“Tips:”

- For an extra kick, add a pinch of red pepper flakes to the marinade.
- Serve the honey garlic prawns over a bed of rice or quinoa, or with a side of steamed vegetables for a complete meal.
- If using frozen prawns, make sure they are fully thawed and patted dry before marinating.

57. Scallops with Lemon Butter

“Ingredients:”

- 1-pound scallops
- 2 tablespoons butter, melted
- 1 lemon, zested and juiced
- Salt and pepper to taste
- Fresh parsley, chopped for garnish
- 1 clove garlic, minced (optional, for added flavour)
- Olive oil spray (optional)

“Instructions:”

1. “Preheat the Air Fryer:”

- Set your fryer to 400°F (200°C) and let it preheat while you prepare the scallops.

2. “Prepare the Scallops:”

- Pat the scallops dry with paper towels to remove any excess moisture. This helps achieve a better sear and texture.
- Season the scallops with salt and pepper on both sides.

3. “Prepare the Lemon Butter Mixture:”

- In a small bowl, combine the melted butter, lemon zest, lemon juice, and minced garlic (if using). Mix well to create a flavourful lemon butter sauce.

4. “Toss the Scallops:”

- Add the scallops to the bowl with the lemon butter mixture. Toss to coat the scallops evenly with the sauce.

5. “Prepare the Basket:”

- Lightly spray the basket with olive oil spray to prevent sticking.

6. “Cook the Scallops:”

- Place the scallops in a single layer in the basket, ensuring they do not overlap even when cooking.

- Cook for 5-8 minutes, shaking the basket halfway through the cooking time to ensure even browning. The scallops are done when they are opaque and lightly browned on the outside.

7. "Serve:"

- Once cooked, carefully remove the scallops from the air fryer.
- Transfer to a serving dish and garnish with freshly chopped parsley for a touch of color and freshness.
- Serve immediately with additional lemon wedges on the side for an extra burst of citrus flavour.

"Tips:"

- For an extra rich flavour, drizzle a bit more melted butter over the scallops just before serving.
- Serve these scallops over a bed of pasta, rice, or alongside a fresh green salad for a complete meal.
- If you prefer a slightly charred finish, cook the scallops for an additional 1-2 minutes, but be careful not to overcook them.

58. Spiced Crab Legs

“Ingredients:”

- 2 pounds crab legs, split
- 2 tablespoons olive oil
- 1 teaspoon paprika
- 1 teaspoon garlic powder
- 1/2 teaspoon cayenne pepper (optional, for added heat)
- 1/2 teaspoon Old Bay seasoning (optional, for extra flavour)
- Lemon wedges for serving
- Fresh parsley, chopped for garnish (optional)
- Melted butter for dipping (optional)

“Instructions:”

1. “Preheat the Air Fryer:”

- Set your fryer to 380°F (193°C) and let it preheat while you prepare the crab legs.

2. “Prepare the Crab Legs:”

- Brush the crab legs generously with olive oil to help the spices adhere and promote crispiness.

3. “Mix the Spices:”

- In a small bowl, combine the paprika, garlic powder, cayenne pepper, and Old Bay seasoning (if using). Mix well to create a spice blend.

4. “Season the Crab Legs:”

- Sprinkle the spice blend evenly over the crab legs, ensuring they are well-coated with the seasoning.

5. “Prepare the Basket:”

- Lightly spray the basket with non-stick cooking spray to prevent sticking.

6. “Cook the Crab Legs:”

- Arrange the seasoned crab legs in a single layer in the basket. Depending on the size of your air fryer, you may need to cook them in batches.

- Cook for 8-10 minutes, or until the crab legs are heated through and slightly crispy. Shake the basket halfway through the cooking time to ensure even cooking.

7. "Serve:"

- Once cooked, carefully remove the crab legs from the basket and transfer to a serving platter.

- Garnish with freshly chopped parsley (if using) and serve immediately with lemon wedges for an added burst of citrus.

- Optional: Serve with a side of melted butter for dipping to enhance the flavour.

"Tips:"

- For a more intense flavour, allow the seasoned crab legs to sit for 10-15 minutes before cooking.

- Pair these spiced crab legs with a side of coleslaw, corn on the cob, or a fresh green salad for a complete seafood feast.

- If using frozen crab legs, make sure they are fully thawed before brushing with oil and seasoning.

59. Cod Fish Tacos

“Ingredients:”

- 4 cod fillets (about 6 ounces each)
- 1 tablespoon taco seasoning
- 1 cup cabbage slaw (can be store-bought or homemade)
- 8 small corn tortillas
- 1 avocado, sliced
- Lime wedges for serving
- Fresh Coriander for garnish
- 1/4 cup sour cream (optional, for serving)
- 1/4 cup salsa or pico de gallo (optional, for serving)
- Olive oil spray
- Salt and pepper to taste

“Instructions:”

1. “Preheat the Air Fryer:”

- Set your fryer to 390°F (200°C) and let it preheat while you prepare the cod fillets.

2. “Season the Cod Fillets:”

- Pat the cod fillets dry with paper towels to remove any excess moisture. This helps the seasoning adhere better.
- Season both sides of the cod fillets with taco seasoning, adding a bit of salt and pepper if desired.

3. “Prepare the Basket:”

- Lightly spray the basket with olive oil spray to prevent sticking.

4. “Cook the Cod Fillets:”

- Place the seasoned cod fillets in a single layer in the basket. Depending on the size of your air fryer, you may need to cook them in batches.
- Cook for 10-12 minutes, or until the fish is flaky and cooked through. The internal temperature should reach 145°F (63°C). Flip the fillets halfway through the cooking time for even browning.

5. "Prepare the Tortillas:"

- While the fish is cooking, warm the corn tortillas. You can heat them in a dry fry pan over medium heat for about 30 seconds on each side or wrap them in a damp paper towel and microwave for about 30 seconds.

6. "Assemble the Tacos:"

- Once the cod fillets are cooked, remove them from the basket and break them into bite-sized pieces.

- Place a portion of the cabbage slaw on each tortilla, followed by the cod pieces and avocado slices.

7. "Garnish and Serve:"

- Garnish each taco with fresh Coriander.

- Serve the tacos immediately with lime wedges on the side to squeeze over the top.

- Optional: Add a dollop of sour cream and a spoonful of salsa or pico de gallo to each taco for extra flavour.

"Tips:"

- For an extra burst of flavour, you can add a drizzle of lime crema made by mixing sour cream with lime juice and zest.

- Pair these fish tacos with a side of black beans or Mexican rice for a complete meal.

- If you prefer a spicier taco, add some sliced jalapeños or a drizzle of hot sauce.

60. Garlic Parmesan Lobster Tails

“Ingredients:”

- 2 lobster tails, split
- 4 tablespoons butter, melted
- 2 cloves garlic, minced
- 1/4 cup grated Parmesan cheese
- Fresh parsley, chopped for garnish
- Lemon slices for serving
- 1 teaspoon lemon zest (optional, for added flavour)
- 1/2 teaspoon paprika (optional, for color and flavour)
- Salt and pepper to taste

“Instructions:”

1. “Preheat the Air Fryer:”

- Set your fryer to 370°F (188°C) and let it preheat while you prepare the lobster tails.

2. “Prepare the Garlic Parmesan Butter:”

- In a small bowl, combine the melted butter, minced garlic, grated Parmesan cheese, lemon zest (if using), paprika (if using), salt, and pepper. Mix well to create a flavourful butter mixture.

3. “Prepare the Lobster Tails:”

- Using kitchen shears, cut down the middle of the top shell of each lobster tail to expose the meat. Be careful not to cut through the bottom shell.
- Gently lift the meat to sit on top of the shell, still attached at the end. This makes it easier to brush with the butter mixture and ensures even cooking.

4. “Season the Lobster Tails:”

- Brush the garlic Parmesan butter mixture generously over the exposed lobster meat, ensuring it is well-coated.

5. “Prepare the Basket:”

- Lightly spray the basket with non-stick cooking spray to prevent sticking.

6. “Cook the Lobster Tails:”

- Place the lobster tails in the basket, flesh side up.
- Cook for 8-10 minutes, or until the lobster meat is opaque and cooked through. The internal temperature should reach 140°F (60°C).

7. “Garnish and Serve:”

- Once cooked, carefully remove the lobster tails from the air fryer.
- Garnish with freshly chopped parsley and serve immediately with lemon slices for an added burst of citrus.

“Tips:”

- For a richer flavour, you can drizzle additional melted butter over the lobster tails just before serving.
- Serve these garlic Parmesan lobster tails with a side of steamed vegetables, mashed potatoes, or a fresh salad for a complete meal.
- If using frozen lobster tails, make sure they are fully thawed before preparing.

61. Lemon Tarragon Salmon

“Ingredients:”

- 4 salmon fillets (about 6 ounces each)
- 2 tablespoons olive oil
- 1 tablespoon fresh tarragon, chopped
- Zest and juice of 1 lemon
- Salt and pepper to taste
- Lemon slices for garnish
- 1 clove garlic, minced (optional, for added flavour)
- Fresh tarragon sprigs for garnish (optional)

“Instructions:”

1. “Preheat the Air Fryer:”

- Set your fryer to 400°F (200°C) and let it preheat while you prepare the salmon fillets.

2. “Prepare the Lemon Tarragon Mixture:”

- In a small bowl, combine the olive oil, lemon zest, lemon juice, chopped tarragon, minced garlic (if using), salt, and pepper. Mix well to create a flavourful marinade.

3. “Season the Salmon Fillets:”

- Pat the salmon fillets dry with paper towels to remove any excess moisture.
- Brush the lemon tarragon mixture generously over the salmon fillets, ensuring they are well-coated on all sides.

4. “Prepare the Basket:”

- Lightly spray the basket with non-stick cooking spray to prevent sticking.

5. “Cook the Salmon Fillets:”

- Place the salmon fillets in the basket, skin-side down, ensuring they do not overlap.

- Cook for 10-12 minutes, or until the salmon is cooked through and flakes easily with a fork. The internal temperature should reach 145°F (63°C).

6. “Garnish and Serve:”

- Once cooked, carefully remove the salmon fillets from the air fryer.
- Garnish with fresh lemon slices and, if desired, additional fresh tarragon sprigs.
- Serve immediately with your favorite side dishes.

“Tips:”

- For a crispier skin, you can cook the salmon fillets skin-side up for the last 2-3 minutes.
- Serve the lemon tarragon salmon with a side of roasted vegetables, quinoa, or a fresh green salad for a balanced meal.
- If using frozen salmon fillets, make sure they are fully thawed and patted dry before marinating and cooking.

62. Cajun Butter Prawns

“Ingredients:”

- 1-pound large prawns, peeled and deveined
- 2 tablespoons butter, melted
- 1 tablespoon Cajun seasoning
- 1 teaspoon garlic powder
- Lemon wedges for serving
- Fresh parsley, chopped for garnish (optional)
- 1 teaspoon smoked paprika (optional, for added flavour)
- Olive oil spray

“Instructions:”

1. “Preheat the Air Fryer:”

- Set your fryer to 380°F (193°C) and let it preheat while you prepare the prawns.

2. “Prepare the Cajun Butter Mixture:”

- In a medium bowl, combine the melted butter, Cajun seasoning, garlic powder, and smoked paprika (if using). Mix well to create a flavourful butter mixture.

3. "Coat the Prawns:"

- Add the peeled and deveined prawns to the bowl with the butter mixture. Toss until the prawns are evenly coated.

4. "Prepare the Basket:"

- Lightly spray the basket with olive oil spray to prevent sticking.

5. "Cook the Prawns:"

- Place the coated prawns in a single layer in the basket, ensuring they do not overlap.

- Cook for 6-8 minutes, shaking the basket halfway through the cooking time to ensure even cooking. The prawns should be pink and cooked through when done.

6. "Serve:"

- Once cooked, carefully remove the prawns from the air fryer.
- Transfer to a serving dish and garnish with freshly chopped parsley (if using).
- Serve immediately with lemon wedges on the side for an added burst of citrus.

"Tips:"

- For an extra kick, you can add a pinch of cayenne pepper to the Cajun butter mixture.
- Serve the Cajun butter prawns over a bed of rice, quinoa, or alongside a fresh green salad for a complete meal.
- If using frozen prawns, make sure they are fully thawed and patted dry before coating in the butter mixture.

63. Soy Glazed Scallops

“Ingredients:”

- 1-pound scallops
- 2 tablespoons soy sauce (low sodium if preferred)
- 1 tablespoon honey
- 1 tablespoon rice vinegar
- 1 teaspoon sesame oil
- 1 teaspoon minced garlic
- 1 teaspoon grated ginger (optional, for added flavour)
- Sesame seeds for garnish
- Fresh Spring Onions, sliced for garnish (optional)
- Lemon or lime wedges for serving (optional)

“Instructions:”

1. “Preheat the Air Fryer:”

- Set your fryer to 400°F (200°C) and let it preheat while you prepare the scallops.

2. “Prepare the Soy Glaze Marinade:”

- In a medium bowl, mix the soy sauce, honey, rice vinegar, sesame oil, minced garlic, and grated ginger (if using). Stir until well combined to create a flavourful marinade.

3. “Marinate the Scallops:”

- Add the scallops to the bowl with the marinade. Toss gently to coat the scallops evenly. Allow the scallops to marinate for at least 10 minutes to absorb the flavours.

4. “Prepare the Basket:”

- Lightly spray the basket with non-stick cooking spray to prevent sticking.

5. “Cook the Scallops:”

- Arrange the marinated scallops in a single layer in the basket, ensuring they do not overlap.

- Cook for 6-8 minutes, shaking the basket halfway through the cooking time to ensure even cooking. The scallops are done when they are opaque and slightly golden.

6. “Serve:”

- Once cooked, carefully remove the scallops from the air fryer.
- Transfer to a serving dish and garnish with sesame seeds and sliced Spring Onions (if using).
- Serve immediately with lemon or lime wedges on the side for an added burst of citrus.

“Tips:”

- For a more intense flavour, you can marinate the scallops for up to 30 minutes in the refrigerator.
- Serve these soy glazed scallops over a bed of steamed rice or alongside a fresh vegetable stir-fry for a complete meal.
- If using frozen scallops, make sure they are fully thawed and patted dry before marinating.

64. Dijon Mustard Cod

“Ingredients:”

- 4 cod fillets (about 6 ounces each)
- 2 tablespoons Dijon mustard
- 2 tablespoons olive oil
- 1 teaspoon dried thyme
- Salt and pepper to taste
- Lemon wedges for serving
- 1 teaspoon honey (optional, for a touch of sweetness)
- Fresh parsley, chopped for garnish (optional)
- Non-stick cooking spray

“Instructions:”

1. “Preheat the Air Fryer:”

- Set your fryer to 390°F (200°C) and let it preheat while you prepare the cod fillets.

2. “Prepare the Mustard Mixture:”

- In a small bowl, combine the Dijon mustard, olive oil, dried thyme, salt, and pepper. If desired, add a teaspoon of honey for a touch of sweetness. Mix well until the ingredients are fully combined.

3. “Season the Cod Fillets:”

- Pat the cod fillets dry with paper towels to remove any excess moisture. This helps the seasoning adhere better.
- Brush the mustard mixture generously over both sides of the cod fillets, ensuring they are well-coated.

4. “Prepare the Basket:”

- Lightly spray the basket with non-stick cooking spray to prevent sticking.

5. “Cook the Cod Fillets:”

- Place the seasoned cod fillets in a single layer in the basket. Ensure they do not overlap to allow for even cooking.

- Cook for 10-12 minutes, or until the fish flakes easily with a fork. The internal temperature should reach 145°F (63°C).

6. “Serve:”

- Once cooked, carefully remove the cod fillets from the air fryer.
- Transfer to a serving dish and garnish with freshly chopped parsley (if using).
- Serve immediately with lemon wedges on the side for an added burst of citrus.

“Tips:”

- For extra flavour, you can add a sprinkle of paprika or cayenne pepper to the mustard mixture.
- Serve the Dijon mustard cod with a side of roasted vegetables, mashed potatoes, or a fresh salad for a complete meal.
- If using frozen cod fillets, make sure they are fully thawed and patted dry before applying the mustard mixture.

65. Garlic and Herb Lobster Tails

“Ingredients:”

- 2 lobster tails
- 2 tablespoons melted butter
- 2 cloves garlic, minced
- 1 teaspoon mixed dried herbs (such as parsley, chives, and tarragon)
- Salt and pepper to taste
- Lemon wedges for serving
- Fresh parsley, chopped for garnish (optional)
- 1 teaspoon lemon zest (optional, for added flavour)
- Olive oil spray

“Instructions:”

1. “Preheat the Air Fryer:”

- Set your fryer to 380°F (193°C) and let it preheat while you prepare the lobster tails.

2. “Prepare the Lobster Tails:”

- Using kitchen shears, carefully cut down the middle of the top shell of each lobster tail to expose the meat. Be careful not to cut through the bottom shell.
- Gently pull apart the shell slightly and lift the meat to sit on top of the shell, still attached at the end.

3. “Prepare the Garlic Herb Butter:”

- In a small bowl, combine the melted butter, minced garlic, mixed dried herbs, lemon zest (if using), salt, and pepper. Mix well to create a flavourful garlic herb butter.

4. “Season the Lobster Tails:”

- Brush the garlic herb butter generously over the exposed lobster meat, ensuring it is well-coated.

5. “Prepare the Basket:”

- Lightly spray the basket with olive oil spray to prevent sticking.

6. “Cook the Lobster Tails:”

- Place the seasoned lobster tails in the basket, shell side down.
- Cook for 8-10 minutes, or until the lobster meat is opaque and cooked through. The internal temperature should reach 140°F (60°C).

7. “Serve:”

- Once cooked, carefully remove the lobster tails from the air fryer.
- Transfer to a serving dish and garnish with freshly chopped parsley (if using).
- Serve immediately with lemon wedges on the side for an added burst of citrus.

“Tips:”

- For a richer flavour, you can drizzle additional melted butter over the lobster tails just before serving.
- Serve these garlic and herb lobster tails with a side of steamed vegetables, mashed potatoes, or a fresh salad for a complete meal.
- If using frozen lobster tails, make sure they are fully thawed before preparing.

66. Blackened Tilapia

“Ingredients:”

- 4 tilapia fillets
- 1 tablespoon olive oil
- 1 tablespoon blackening spice mix
- Lemon wedges, for serving
- Fresh parsley, chopped for garnish (optional)
- 1 teaspoon smoked paprika (optional, for extra flavour)
- Non-stick cooking spray

“Instructions:”

1. “Preheat the Air Fryer:”

- Set your fryer to 400°F (200°C) and let it preheat while you prepare the tilapia fillets.

2. “Prepare the Tilapia Fillets:”

- Pat the tilapia fillets dry with paper towels to remove any excess moisture. This helps the seasoning adhere better.
- Rub each fillet with olive oil, ensuring they are evenly coated.

3. “Season the Tilapia Fillets:”

- In a small bowl, mix the blackening spice mix with the smoked paprika (if using) for an extra layer of flavour.
- Coat each tilapia fillet evenly with the spice mixture, pressing gently to ensure the spices adhere well.

4. “Prepare the Basket:”

- Lightly spray the basket with non-stick cooking spray to prevent sticking.

5. “Cook the Tilapia Fillets:”

- Place the seasoned tilapia fillets in a single layer in the basket, ensuring they do not overlap.
- Cook for 8-10 minutes, or until the fish is flaky and cooked through. The internal temperature should reach 145°F (63°C).

6. "Serve:"

- Once cooked, carefully remove the tilapia fillets from the air fryer.
- Transfer to a serving dish and garnish with freshly chopped parsley (if using).
- Serve immediately with lemon wedges on the side for an added burst of citrus.

"Tips:"

- For a spicier kick, you can add a pinch of cayenne pepper to the blackening spice mix.
- Pair this blackened tilapia with a side of coleslaw, rice, or roasted vegetables for a complete meal.
- If using frozen tilapia fillets, make sure they are fully thawed and patted dry before applying the seasoning.

67. Coconut Prawns with Mango Dip

“Ingredients:”

- 1-pound large prawns, peeled and deveined
- 1/2 cup all-purpose flour
- 1 teaspoon salt
- 1/2 teaspoon black pepper
- 2 eggs, beaten
- 1 cup shredded coconut
- 1 cup panko breadcrumbs
- Mango dip (store-bought or homemade mango salsa)
- 1/2 teaspoon paprika (optional, for added flavour)
- 1/2 teaspoon garlic powder (optional, for added flavour)
- Fresh Coriander, chopped for garnish (optional)
- Lime wedges for serving (optional)
- Non-stick cooking spray

“Instructions:”

1. “Preheat the Air Fryer:”

- Set your fryer to 400°F (200°C) and let it preheat while you prepare the prawns.

2. “Prepare the Coating Station:”

- Set up three bowls for coating the prawns:
 - In the first bowl, combine the flour, salt, pepper, paprika, and garlic powder (if using).
 - In the second bowl, beat the eggs.
 - In the third bowl, mix the shredded coconut and panko breadcrumbs.

3. “Coat the Prawns:”

- Dip each prawn into the flour mixture, shaking off any excess.
- Next, dip the prawns into the beaten eggs, ensuring they are fully coated.

- Finally, roll the prawns in the coconut and panko mixture, pressing gently to ensure an even coating.

4. "Prepare the Basket:"

- Lightly spray the basket with non-stick cooking spray to prevent sticking.

5. "Cook the Prawns:"

- Arrange the coated prawns in a single layer in the basket. Avoid overcrowding; cook in batches if necessary.

- Cook for 8-10 minutes, shaking the basket halfway through the cooking time to ensure even browning. The prawns should be golden brown and crispy.

6. "Serve:"

- Once cooked, carefully remove the prawns from the air fryer.
- Transfer to a serving platter and garnish with freshly chopped Coriander (if using).
- Serve immediately with mango dip for a sweet and tangy flavour contrast, and lime wedges on the side for an added burst of citrus.

"Tips:"

- For extra crunch, you can double coat the prawns by repeating the egg and coconut-panko steps.
- Serve the coconut prawns over a bed of mixed greens or alongside a tropical fruit salad for a refreshing meal.
- If using frozen prawns, make sure they are fully thawed and patted dry before coating.

68. Spicy Octopus

“Ingredients:”

- 1 pound octopus, cleaned and cut into bite-sized pieces
- 2 tablespoons olive oil
- 1 teaspoon smoked paprika
- 1/2 teaspoon cayenne pepper
- 1/2 teaspoon garlic powder
- Salt and pepper to taste
- Lemon wedges, for serving
- Fresh parsley, chopped for garnish (optional)
- 1 teaspoon lemon zest (optional, for added flavour)

“Instructions:”

1. “Preheat the Air Fryer:”

- Set your fryer to 380°F (193°C) and let it preheat while you prepare the octopus.

2. “Prepare the Octopus:”

- Ensure the octopus is cleaned thoroughly and cut into bite-sized pieces.
- In a large bowl, toss the octopus pieces with olive oil, smoked paprika, cayenne pepper, garlic powder, salt, pepper, and lemon zest (if using). Mix well to ensure the octopus is evenly coated with the spices.

3. “Prepare the Basket:”

- Lightly spray the basket with non-stick cooking spray to prevent sticking.

4. “Cook the Octopus:”

- Arrange the seasoned octopi’s pieces in a single layer in the basket. Avoid overcrowding to ensure even cooking.
- Cook for 10-12 minutes, shaking the basket halfway through the cooking time to ensure even browning. The octopus should be tender with crispy edges when done.

5. "Serve:"

- Once cooked, carefully remove the octopus from the air fryer.
- Transfer to a serving platter and garnish with freshly chopped parsley (if using).
- Serve immediately with lemon wedges on the side for an added burst of zest.

"Tips:"

- For extra tenderness, you can pre-boil the octopi's pieces for 30-40 minutes before air frying. Allow them to cool and dry completely before seasoning and cooking in the air fryer.
- Serve the spicy octopus with a side of aioli or spicy mayo for dipping.
- Pair this dish with a fresh salad, roasted vegetables, or a side of rice for a complete meal.

69. Lemon Pepper Scallops

“Ingredients:”

- 1-pound scallops
- 2 tablespoons olive oil
- 2 teaspoons lemon pepper seasoning
- Fresh parsley, chopped for garnish
- Lemon slices, for serving
- 1 teaspoon garlic powder (optional, for added flavour)
- 1 teaspoon lemon zest (optional, for added brightness)
- Non-stick cooking spray

“Instructions:”

1. “Preheat the Air Fryer:”

- Set your fryer to 400°F (200°C) and let it preheat while you prepare the scallops.

2. “Prepare the Scallops:”

- Pat the scallops dry with paper towels to remove any excess moisture. This helps achieve a better sear and texture.
- In a large bowl, toss the scallops with olive oil, lemon pepper seasoning, garlic powder (if using), and lemon zest (if using) until they are evenly coated.

3. “Prepare the Basket:”

- Lightly spray the basket with non-stick cooking spray to prevent sticking.

4. “Cook the Scallops:”

- Arrange the seasoned scallops in a single layer in the basket. Make sure they do not overlap to ensure even cooking.
- Cook for 6-8 minutes, shaking the basket halfway through the cooking time to ensure even browning. The scallops should be opaque and slightly golden on the edges when done.

5. “Serve:”

- Once cooked, carefully remove the scallops from the air fryer.

- Transfer to a serving dish and garnish with freshly chopped parsley.
- Serve immediately with lemon slices on the side for an added burst of citrus.

“Tips:”

- For extra flavour, you can drizzle a bit of melted butter over the scallops just before serving.
- Serve these lemon pepper scallops over a bed of pasta, rice, or alongside a fresh salad for a complete meal.
- If using frozen scallops, make sure they are fully thawed and patted dry before seasoning and cooking.

70. Garlic Lemon Cod

“Ingredients:”

- 4 cod fillets
- 2 tablespoons butter, melted
- 2 cloves garlic, minced
- Juice of 1 lemon
- Zest of 1 lemon (optional, for added flavour)
- Salt and pepper to taste
- Fresh dill, chopped for garnish
- Lemon wedges for serving
- Non-stick cooking spray

“Instructions:”

1. “Preheat the Air Fryer:”

- Set your fryer to 380°F (193°C) and let it preheat while you prepare the cod fillets.

2. “Prepare the Garlic Lemon Butter:”

- In a small bowl, combine the melted butter, minced garlic, lemon juice, lemon zest (if using), salt, and pepper. Mix well to create a flavourful butter sauce.

3. “Season the Cod Fillets:”

- Pat the cod fillets dry with paper towels to remove any excess moisture. This helps the seasoning adhere better.
- Brush the garlic lemon butter mixture generously over both sides of the cod fillets, ensuring they are well-coated.

4. “Prepare the Basket:”

- Lightly spray the basket with non-stick cooking spray to prevent sticking.

5. “Cook the Cod Fillets:”

- Place the seasoned cod fillets in a single layer in the basket. Ensure they do not overlap to allow for even cooking.

- Cook for 10-12 minutes, or until the fish flakes easily with a fork and reaches an internal temperature of 145°F (63°C).

6. “Serve:”

- Once cooked, carefully remove the cod fillets from the air fryer.
- Transfer to a serving dish and garnish with freshly chopped dill.
- Serve immediately with lemon wedges on the side for an added burst of citrus.

“Tips:”

- For an extra touch of flavour, you can sprinkle a bit of paprika or cayenne pepper on the fillets before cooking.
- Serve the garlic lemon cod with a side of steamed vegetables, mashed potatoes, or a fresh salad for a balanced meal.
- If using frozen cod fillets, make sure they are fully thawed and patted dry before applying the butter mixture.

71. Herb Crusted Flounder

“Ingredients:”

- 4 flounder fillets
- 2 tablespoons olive oil
- 1/2 cup panko breadcrumbs
- 1/4 cup grated Parmesan cheese
- 1 tablespoon fresh parsley, finely chopped
- 1 teaspoon dried thyme
- 1 teaspoon dried oregano (optional, for added flavour)
- 1/2 teaspoon garlic powder (optional, for added flavour)
- Salt and pepper to taste
- Lemon wedges for serving
- Non-stick cooking spray

“Instructions:”

1. “Preheat the Air Fryer:”

- Set your fryer to 400°F (200°C) and let it preheat while you prepare the flounder fillets.

2. “Prepare the Fillets:”

- Brush each flounder fillet with olive oil on both sides. This helps the breadcrumb mixture adhere and promotes a crispy crust.

3. “Prepare the Herb Crust Mixture:”

- In a medium bowl, mix the panko breadcrumbs, grated Parmesan cheese, chopped parsley, dried thyme, dried oregano (if using), garlic powder (if using), salt, and pepper. Mix well until all ingredients are evenly combined.

4. “Coat the Fillets:”

- Press the breadcrumb mixture onto each flounder fillet, ensuring they are well-coated on both sides. Press firmly so the crust adheres well.

5. “Prepare the Basket:”

- Lightly spray the basket with non-stick cooking spray to prevent sticking.

6. "Cook the Fillets:"

- Arrange the coated flounder fillets in a single layer in the basket. Make sure they do not overlap to allow for even cooking.

- Cook for 8-10 minutes, or until the crust is golden and the fish is cooked through. The internal temperature of the fish should reach 145°F (63°C) and it should flake easily with a fork.

7. "Serve:"

- Once cooked, carefully remove the flounder fillets from the air fryer.

- Transfer to a serving dish and serve immediately with lemon wedges for an added burst of citrus.

"Tips:"

- For a crispier crust, you can lightly spray the coated fillets with olive oil spray before cooking.

- Serve the herb-crusted flounder with a side of roasted vegetables, a fresh green salad, or over a bed of rice or quinoa for a complete meal.

- If using frozen flounder fillets, make sure they are fully thawed and patted dry before coating with the breadcrumb mixture.

72. Spicy Garlic Prawns

“Ingredients:”

- 1-pound large prawns, peeled and deveined
- 2 tablespoons olive oil
- 3 cloves garlic, minced
- 1 teaspoon red chilli flakes
- 1 teaspoon smoked paprika
- 1/2 teaspoon ground cumin (optional, for added flavour)
- Salt and pepper to taste
- Fresh parsley, chopped for garnish
- Lemon wedges for serving (optional)
- Non-stick cooking spray

“Instructions:”

1. “Preheat the Air Fryer:”

- Set your fryer to 380°F (193°C) and let it preheat while you prepare the prawns.

2. “Prepare the Spicy Garlic Marinade:”

- In a large bowl, combine the olive oil, minced garlic, red chilli flakes, smoked paprika, ground cumin (if using), salt, and pepper. Mix well to create a flavourful marinade.

3. “Marinate the Prawns:”

- Add the peeled and deveined prawns to the bowl with the marinade. Toss until the prawns are evenly coated with the mixture. Allow the prawns to marinate for at least 10 minutes to absorb the flavours.

4. “Prepare the Basket:”

- Lightly spray the basket with non-stick cooking spray to prevent sticking.

5. “Cook the Prawns:”

- Arrange the marinated prawns in a single layer in the basket. Make sure they do not overlap to ensure even cooking.

- Cook for 6-8 minutes, shaking the basket halfway through the cooking time to ensure even cooking. The prawns are done when they are pink and slightly crispy.

6. “Serve:”

- Once cooked, carefully remove the prawns from the air fryer.
- Transfer to a serving dish and garnish with freshly chopped parsley.
- Serve immediately with lemon wedges on the side for an added burst of citrus.

“Tips:”

- For an extra kick, you can add a pinch of cayenne pepper to the marinade.
- Serve the spicy garlic prawns over a bed of rice, quinoa, or alongside a fresh salad for a complete meal.
- If using frozen prawns, make sure they are fully thawed and patted dry before marinating.

73. Balsamic Glazed Salmon

“Ingredients:”

- 4 salmon fillets
- Salt and pepper to taste
- 1/4 cup balsamic vinegar
- 1 tablespoon honey
- 1 clove garlic, minced
- 1 teaspoon Dijon mustard (optional, for added depth of flavour)
- Fresh basil, finely chopped for garnish
- Lemon wedges for serving (optional)
- Non-stick cooking spray

“Instructions:”

1. “Preheat the Air Fryer:”

- Set your fryer to 400°F (200°C) and let it preheat while you prepare the salmon fillets.

2. “Season the Salmon Fillets:”

- Pat the salmon fillets dry with paper towels. Season both sides with salt and pepper to taste.

3. “Prepare the Balsamic Glaze:”

- In a small saucepan over medium heat, add the balsamic vinegar and bring to a simmer. Reduce the balsamic vinegar by half, stirring occasionally.
- Stir in the honey, minced garlic, and Dijon mustard (if using). Continue to simmer until the glaze has thickened, about 3-5 minutes. Remove from heat and let it cool slightly.

4. “Glaze the Salmon:”

- Brush the balsamic glaze generously over the salmon fillets, coating them well.

5. “Prepare the Basket:”

- Lightly spray the basket with non-stick cooking spray to prevent sticking.

6. “Cook the Salmon:”

- Place the glazed salmon fillets in a single layer in the basket, skin-side down.
- Cook for 10-12 minutes, or until the salmon is cooked through and the glaze is caramelized. The internal temperature of the salmon should reach 145°F (63°C).

7. “Serve:”

- Once cooked, carefully remove the salmon fillets from the air fryer.
- Transfer to a serving dish and garnish with freshly chopped basil.
- Serve immediately with lemon wedges on the side for an added burst of citrus.

“Tips:”

- For an extra layer of flavour, you can sprinkle some crushed red pepper flakes into the balsamic glaze.
- Serve the balsamic glazed salmon with a side of roasted vegetables, mashed potatoes, or a fresh green salad for a balanced meal.
- If using frozen salmon fillets, make sure they are fully thawed and patted dry before applying the glaze.

74. Lemon Dill Prawns Skewers

“Ingredients:”

- 1-pound prawns, peeled and deveined
- 2 tablespoons olive oil
- Juice and zest of 1 lemon
- 2 teaspoons dried dill or 2 tablespoons fresh dill, chopped
- Salt and pepper to taste
- Wooden skewers, soaked in water for at least 30 minutes
- Lemon wedges for serving (optional)
- Fresh parsley, chopped for garnish (optional)

“Instructions:”

1. “Preheat the Air Fryer:”

- Set your fryer to 400°F (200°C) and let it preheat while you prepare the prawns skewers.

2. “Prepare the Lemon Dill Marinade:”

- In a large bowl, combine the olive oil, lemon juice, lemon zest, dill, salt, and pepper. Mix well to create a flavourful marinade.

3. “Marinate the Prawns:”

- Add the peeled and deveined prawns to the bowl with the marinade. Toss until the prawns are evenly coated with the mixture. Allow the prawns to marinate for at least 10 minutes to absorb the flavours.

4. “Thread the Prawns:”

- Thread the marinated prawns onto the soaked wooden skewers, piercing each prawn through the tail and the head to secure them. Leave a small space between each prawn to ensure even cooking.

5. “Prepare the Basket:”

- Lightly spray the basket with non-stick cooking spray to prevent sticking.

6. “Cook the Prawns Skewers:”

- Arrange the prawn skewers in a single layer in the basket, making sure they do not overlap. Depending on the size of your air fryer, you may need to cook them in batches.

- Cook for 6-8 minutes, turning the skewers halfway through the cooking time to ensure even cooking. The prawns should be pink and slightly golden when done.

7. "Serve:"

- Once cooked, carefully remove the prawn skewers from the air fryer.

- Transfer to a serving platter and garnish with freshly chopped parsley (if using).

- Serve immediately with lemon wedges on the side for an added burst of citrus.

"Tips:"

- For an extra layer of flavour, you can add a teaspoon of minced garlic to the marinade.

- Serve the lemon dill prawns skewers with a side of rice, quinoa, or a fresh green salad for a complete meal.

- If using frozen prawns, make sure they are fully thawed and patted dry before marinating.

75. Miso Honey Sea Bass

“Ingredients:”

- 4 sea bass fillets
- 2 tablespoons miso paste (white or yellow miso)
- 2 tablespoons honey
- 1 tablespoon soy sauce (low sodium if preferred)
- 1 tablespoon rice vinegar
- 1 teaspoon sesame oil
- Sesame seeds for garnish
- Spring Onions, sliced for garnish
- Lemon wedges for serving (optional)
- Fresh Coriander, chopped for garnish (optional)
- Non-stick cooking spray

“Instructions:”

1. “Preheat the Air Fryer:”

- Set your fryer to 400°F (200°C) and let it preheat while you prepare the sea bass fillets.

2. “Prepare the Miso Honey Glaze:”

- In a medium bowl, whisk together the miso paste, honey, soy sauce, rice vinegar, and sesame oil until smooth and well combined.

3. “Marinate the Sea Bass:”

- Pat the sea bass fillets dry with paper towels to remove any excess moisture.
- Brush the miso honey glaze generously over both sides of the sea bass fillets, ensuring they are well-coated.

4. “Prepare the Basket:”

- Lightly spray the basket with non-stick cooking spray to prevent sticking.

5. “Cook the Sea Bass Fillets:”

- Place the glazed sea bass fillets in a single layer in the basket, ensuring they do not overlap.
- Cook for 10-12 minutes, or until the fish is flaky and the glaze is slightly caramelized. The internal temperature should reach 145°F (63°C).

6. “Garnish and Serve:”

- Once cooked, carefully remove the sea bass fillets from the air fryer.
- Transfer to a serving dish and garnish with sesame seeds and sliced Spring Onions.
- Optional: Garnish with freshly chopped Coriander and serve with lemon wedges for an added burst of citrus.

“Tips:”

- For a deeper flavour, allow the sea bass fillets to marinate in the miso honey glaze for 15-20 minutes before cooking.
- Serve the miso honey sea bass with a side of steamed rice, quinoa, or a fresh vegetable stir-fry for a balanced meal.
- If using frozen sea bass fillets, make sure they are fully thawed and patted dry before applying the glaze.

76. Honey Sriracha Salmon

“Ingredients:”

- 4 salmon fillets (about 6 ounces each)
- 2 tablespoons honey
- 1 tablespoon Sriracha sauce
- 1 tablespoon soy sauce (low sodium if preferred)
- 1 teaspoon garlic, minced
- 1 teaspoon grated ginger (optional, for added flavour)
- Lime wedges, for serving
- Fresh Coriander, chopped for garnish (optional)
- Sesame seeds for garnish (optional)
- Non-stick cooking spray

“Instructions:”

1. “Preheat the Air Fryer:”

- Set your fryer to 400°F (200°C) and let it preheat while you prepare the salmon fillets.

2. “Prepare the Honey Sriracha Glaze:”

- In a small bowl, combine the honey, Sriracha sauce, soy sauce, minced garlic, and grated ginger (if using). Mix well to create a flavourful glaze.

3. “Season the Salmon Fillets:”

- Pat the salmon fillets dry with paper towels to remove any excess moisture. This helps the glaze adhere better.
- Brush the honey Sriracha glaze generously over the salmon fillets, ensuring they are well-coated.

4. “Prepare the Basket:”

- Lightly spray the basket with non-stick cooking spray to prevent sticking.

5. “Cook the Salmon Fillets:”

- Place the glazed salmon fillets in a single layer in the basket, skin-side down.

- Cook for 10-12 minutes, or until the salmon is cooked through and the glaze has caramelized. The internal temperature should reach 145°F (63°C).

6. “Serve:”

- Once cooked, carefully remove the salmon fillets from the air fryer.
- Transfer to a serving dish and garnish with freshly chopped Coriander and sesame seeds (if using).
- Serve immediately with lime wedges on the side for an added burst of zest.

“Tips:”

- For a spicier kick, you can increase the amount of Sriracha sauce to 1.5 or 2 tablespoons.
- Serve the honey Sriracha salmon with a side of steamed rice, quinoa, or a fresh vegetable stir-fry for a balanced meal.
- If using frozen salmon fillets, make sure they are fully thawed and patted dry before applying the glaze.

77. Stuffed Squid

“Ingredients:”

- 1-pound small squid, bodies cleaned, and tentacles chopped
- 1/2 cup breadcrumbs (preferably panko for extra crunch)
- 1/4 cup Parmesan cheese, grated
- 2 cloves garlic, minced
- 2 tablespoons fresh parsley, chopped
- 1 egg, beaten
- Salt and pepper to taste
- 1/2 teaspoon lemon zest (optional, for added flavour)
- Olive oil spray
- Tomato sauce, for serving
- Fresh basil, chopped for garnish (optional)
- Lemon wedges for serving (optional)

“Instructions:”

1. “Preheat the Air Fryer:”

- Set your fryer to 380°F (193°C) and let it preheat while you prepare the stuffed squid.

2. “Prepare the Stuffing Mixture:”

- In a medium bowl, combine the breadcrumbs, grated Parmesan cheese, minced garlic, chopped parsley, chopped tentacles, beaten egg, salt, pepper, and lemon zest (if using). Mix well until the ingredients are fully incorporated.

3. “Stuff the Squid:”

- Carefully stuff each squid body with the breadcrumb mixture, using a small spoon or your fingers. Fill each squid about three-quarters full to allow room for the filling to expand.
- Secure the openings of the stuffed squid with toothpicks to prevent the filling from spilling out during cooking.

4. “Prepare the Basket:”

- Lightly spray the basket with olive oil spray to prevent sticking.

5. "Cook the Stuffed Squid:"

- Place the stuffed squid in a single layer in the basket, ensuring they do not overlap.
- Cook for 10-12 minutes, or until the squid is tender and the filling is golden brown. Shake the basket halfway through the cooking time to ensure even cooking.

6. "Serve:"

- Once cooked, carefully remove the stuffed squid from the air fryer.
- Transfer to a serving dish and garnish with fresh basil (if using).
- Serve immediately with tomato sauce and lemon wedges on the side for an added burst of flavour.

"Tips:"

- For extra flavour, you can add a teaspoon of chopped capers or olives to the stuffing mixture.
- Serve the stuffed squid with a side of pasta or a fresh green salad for a complete meal.
- If using frozen squid, make sure they are fully thawed and patted dry before stuffing and cooking.

78. Garlic Lime White Fish

“Ingredients:”

- 4 white fish fillets (such as cod or tilapia)
- 2 tablespoons olive oil
- Juice and zest of 1 lime
- 3 cloves garlic, minced
- 1 teaspoon paprika
- 1/2 teaspoon cumin (optional, for added flavour)
- Salt and pepper to taste
- Fresh Coriander, chopped for garnish
- Lime wedges for serving (optional)

“Instructions:”

1. “Preheat the Air Fryer:”

- Set your fryer to 400°F (200°C) and let it preheat while you prepare the fish fillets.

2. “Prepare the Marinade:”

- In a small bowl, combine the olive oil, lime juice, lime zest, minced garlic, paprika, cumin (if using), salt, and pepper. Mix well to create a flavourful marinade.

3. “Marinate the Fish Fillets:”

- Pat the fish fillets dry with paper towels to remove any excess moisture. This helps the seasoning adhere better.
- Brush the garlic lime marinade generously over both sides of the fish fillets, ensuring they are well-coated.

4. “Prepare the Basket:”

- Lightly spray the basket with non-stick cooking spray to prevent sticking.

5. “Cook the Fish Fillets:”

- Place the marinated fish fillets in a single layer in the basket, ensuring they do not overlap.

- Cook for 8-10 minutes, or until the fish is cooked through and flakes easily with a fork. The internal temperature should reach 145°F (63°C).

6. “Serve:”

- Once cooked, carefully remove the fish fillets from the air fryer.
- Transfer to a serving dish and garnish with freshly chopped Coriander.
- Serve immediately with lime wedges on the side for an added burst of citrus.

“Tips:”

- For an extra layer of flavour, you can add a pinch of red pepper flakes to the marinade for a bit of heat.
- Serve the garlic lime white fish with a side of steamed rice, quinoa, or a fresh green salad for a balanced meal.
- If using frozen fish fillets, make sure they are fully thawed and patted dry before applying the marinade.

79. Peppered Prawns

“Ingredients:”

- 1-pound large prawns, peeled and deveined
- 2 tablespoons olive oil
- 1 tablespoon freshly ground black pepper
- 1 teaspoon sea salt
- 1 teaspoon lemon zest
- 2 cloves garlic, minced (optional, for added flavour)
- Fresh parsley, chopped for garnish (optional)
- Lemon slices, for serving

“Instructions:”

1. “Preheat the Air Fryer:”

- Set your fryer to 390°F (200°C) and let it preheat while you prepare the prawns.

2. “Prepare the Prawns:”

- In a large bowl, combine the prawns, olive oil, freshly ground black pepper, sea salt, lemon zest, and minced garlic (if using). Toss until the prawns are evenly coated with the seasoning.

3. “Prepare the Basket:”

- Lightly spray the basket with non-stick cooking spray to prevent sticking.

4. “Cook the Prawns:”

- Arrange the seasoned prawns in a single layer in the basket, ensuring they do not overlap.
- Cook for 6-8 minutes, shaking the basket halfway through the cooking time to ensure even cooking. The prawns should be pink and cooked through when done.

5. “Serve:”

- Once cooked, carefully remove the prawns from the air fryer.
- Transfer to a serving dish and garnish with freshly chopped parsley (if using).

- Serve immediately with lemon slices on the side for an extra kick of citrus.

“Tips:”

- For an extra burst of flavour, you can add a pinch of cayenne pepper or red pepper flakes to the seasoning mixture.
- Serve the peppered prawns over a bed of pasta, rice, or alongside a fresh green salad for a complete meal.
- If using frozen prawns, make sure they are fully thawed and patted dry before seasoning and cooking.

80. Clam Bake

“Ingredients:”

- 1-pound clams, scrubbed clean
- 1/2-pound small potatoes, halved
- 1/2-pound sausage, sliced into rounds (use kielbasa, chorizo, or your favorite sausage)
- 1 ear of corn, cut into quarters
- 1/4 cup butter, melted
- 1 teaspoon Old Bay seasoning
- 2 cloves garlic, minced (optional, for added flavour)
- Fresh parsley, chopped for garnish
- Lemon wedges for serving

“Instructions:”

1. “Preheat the Air Fryer:”

- Set your fryer to 400°F (200°C) and let it preheat while you prepare the ingredients.

2. “Prepare the Ingredients:”

- In a large bowl, combine the clams, halved potatoes, sausage rounds, and corn quarters.
- In a small bowl, mix the melted butter with Old Bay seasoning and minced garlic (if using).
- Pour the seasoned butter over the clam mixture and toss to coat everything evenly.

3. “Prepare the Basket:”

- Lightly spray the basket with non-stick cooking spray to prevent sticking.

4. “Cook the Clam Bake:”

- Place the mixture in the basket, arranging it in an even layer.
- Cook for 15-20 minutes, shaking the basket halfway through the cooking time to ensure even cooking. The clams should be open, the potatoes tender, and the sausage cooked through.

5. “Check for Doneness:”

- Discard any clams that do not open during cooking.

6. “Serve:”

- Transfer the cooked clam bake to a serving platter.
- Garnish with freshly chopped parsley and serve immediately with lemon wedges on the side for an added burst of citrus.

“Tips:”

- For a more robust flavour, add a splash of white wine to the butter mixture before tossing with the ingredients.
- You can add other seafood like prawns or mussels to the mix for a more varied clam bake.
- Serve with crusty bread to soak up the delicious juices and butter from the clam bake.

81. Sesame Crusted Tuna Steaks

“Ingredients:”

- 4 tuna steaks (about 6 ounces each)
- 2 tablespoons soy sauce (low sodium if preferred)
- 1 tablespoon sesame oil
- 1 garlic clove, minced
- 1 teaspoon ginger, grated
- 1/4 cup sesame seeds (use a mix of white and black sesame seeds for a more vibrant presentation)
- Salt and pepper to taste
- Lemon wedges for serving (optional)
- Fresh Spring Onions, sliced for garnish (optional)

“Instructions:”

1. “Preheat the Air Fryer:”

- Set your fryer to 400°F (200°C) and let it preheat while you prepare the tuna steaks.

2. “Prepare the Marinade:”

- In a small bowl, mix the soy sauce, sesame oil, minced garlic, and grated ginger. Stir until well combined.

3. “Marinate the Tuna Steaks:”

- Pat the tuna steaks dry with paper towels to remove any excess moisture.
- Brush the soy sauce mixture evenly over the tuna steaks, ensuring they are well-coated on all sides.
- Season the tuna steaks with salt and pepper to taste.

4. “Coat the Tuna Steaks:”

- Place the sesame seeds in a shallow dish or plate.
- Press each side of the marinated tuna steaks into the sesame seeds, ensuring they are fully coated.

5. “Prepare the Basket:”

- Lightly spray the basket with non-stick cooking spray to prevent sticking.

6. "Cook the Tuna Steaks:"

- Arrange the sesame-crusting tuna steaks in a single layer in the basket.
- Cook for 6-8 minutes for medium-rare or adjust the cooking time to your preferred level of doneness. For rare, cook for about 4-5 minutes, and for well-done, cook for 10-12 minutes.

7. "Serve:"

- Once cooked, carefully remove the tuna steaks from the air fryer.
- Transfer to a serving plate and garnish with sliced Spring Onions (if using).
- Serve immediately with lemon wedges on the side for an added burst of citrus.
- Pair the sesame-crusting tuna steaks with a side of steamed vegetables, a fresh salad, or over a bed of rice for a complete meal.

"Tips:"

- For an extra touch of flavour, drizzle a bit of additional sesame oil over the tuna steaks just before serving.
- To ensure an even sesame crust, press the sesame seeds firmly onto the tuna steaks.
- If using frozen tuna steaks, make sure they are fully thawed and patted dry before marinating and coating with sesame seeds.

82. Citrus Scallops with Fennel

“Ingredients:”

- 1-pound scallops
- 2 tablespoons olive oil
- Juice of 1 orange
- Zest of 1 orange (optional, for added flavour)
- 1 small fennel bulb, thinly sliced
- Salt and pepper to taste
- Fresh parsley, chopped for garnish
- Lemon wedges for serving (optional)

“Instructions:”

1. “Preheat the Air Fryer:”

- Set your fryer to 380°F (193°C) and let it preheat while you prepare the scallops and fennel.

2. “Prepare the Scallops and Fennel:”

- Pat the scallops dry with paper towels to remove any excess moisture. This helps them to sear better.
- In a large bowl, toss the scallops with olive oil, orange juice, orange zest (if using), salt, and pepper.
- Add the thinly sliced fennel to the bowl and toss to coat with the same mixture.

3. “Prepare the Basket:”

- Lightly spray the basket with non-stick cooking spray to prevent sticking.

4. “Cook the Scallops and Fennel:”

- Arrange the scallops and fennel in a single layer in the basket, ensuring they do not overlap for even cooking.
- Cook for 8-10 minutes, shaking the basket halfway through the cooking time to ensure even cooking. The scallops should be opaque and the fennel tender when done.

5. “Serve:”

- Once cooked, carefully remove the scallops and fennel from the air fryer.
- Transfer to a serving dish and garnish with freshly chopped parsley.
- Serve immediately with lemon wedges on the side for an added burst of citrus.

“Tips:”

- For a more intense citrus flavour, you can add a splash of lemon juice along with the orange juice.
- Serve the citrus scallops with fennel over a bed of mixed greens, quinoa, or rice for a complete meal.
- If using frozen scallops, make sure they are fully thawed and patted dry before seasoning and cooking.

83. Lemon Butter Crab Legs

“Ingredients:”

- 2 pounds crab legs, thawed if frozen
- 4 tablespoons butter, melted
- Juice of 1 lemon
- Zest of 1 lemon (optional, for added flavour)
- 1 teaspoon garlic powder
- Fresh parsley, chopped for garnish
- Lemon slices, for serving
- 1 teaspoon Old Bay seasoning (optional, for extra flavour)
- Non-stick cooking spray

“Instructions:”

1. “Preheat the Air Fryer:”

- Set your fryer to 375°F (190°C) and let it preheat while you prepare the crab legs.

2. “Prepare the Crab Legs:”

- If necessary, cut the crab legs into smaller sections to fit comfortably in the basket.

3. “Prepare the Lemon Butter Mixture:”

- In a small bowl, combine the melted butter, lemon juice, lemon zest (if using), garlic powder, and Old Bay seasoning (if using). Mix well to create a flavourful butter mixture.

4. “Coat the Crab Legs:”

- Brush the lemon butter mixture generously over the crab legs, ensuring they are thoroughly coated.

5. “Prepare the Basket:”

- Lightly spray the basket with non-stick cooking spray to prevent sticking.

6. “Cook the Crab Legs:”

- Place the coated crab legs in a single layer in the basket.

- Cook for 7-9 minutes, or until the crab legs are heated through and slightly crispy. Shake the basket halfway through the cooking time to ensure even cooking.

7. "Serve:"

- Once cooked, carefully remove the crab legs from the air fryer.
- Transfer to a serving dish and garnish with freshly chopped parsley.
- Serve immediately with extra lemon slices on the side for an added burst of citrus.

"Tips:"

- For an extra touch of flavour, you can drizzle any remaining lemon butter mixture over the crab legs just before serving.
- Serve the lemon butter crab legs with a side of melted butter for dipping, along with crusty bread or a fresh green salad for a complete meal.
- If using frozen crab legs, make sure they are fully thawed and patted dry before applying the butter mixture.

84. Spicy Lime Prawns Skewers

“Ingredients:”

- 1-pound large prawns, peeled and deveined
- 2 tablespoons olive oil
- 2 teaspoons chilli powder
- 1 teaspoon smoked paprika (optional, for added flavour)
- Juice and zest of 1 lime
- 1 clove garlic, minced (optional, for added flavour)
- Salt and pepper to taste
- Fresh Coriander, chopped for garnish
- Lime wedges, for serving
- Wooden skewers, soaked in water for at least 30 minutes

“Instructions:”

1. “Preheat the Air Fryer:”

- Set your fryer to 400°F (200°C) and let it preheat while you prepare the prawns skewers.

2. “Prepare the Marinade:”

- In a large bowl, combine the olive oil, chilli powder, smoked paprika (if using), lime juice, lime zest, minced garlic (if using), salt, and pepper. Mix well to create a flavourful marinade.

3. “Marinate the Prawns:”

- Add the peeled and deveined prawns to the bowl with the marinade. Toss until the prawns are evenly coated with the mixture. Allow the prawns to marinate for at least 10 minutes to absorb the flavours.

4. “Thread the Prawns:”

- Thread the marinated prawns onto the soaked wooden skewers, piercing each prawn through the tail and the head to secure them. Leave a small space between each prawn to ensure even cooking.

5. “Prepare the Basket:”

- Lightly spray the basket with non-stick cooking spray to prevent sticking.

6. "Cook the Prawns Skewers:"

- Arrange the prawn skewers in a single layer in the basket, making sure they do not overlap. Depending on the size of your air fryer, you may need to cook them in batches.
- Cook for 6-8 minutes, turning the skewers halfway through the cooking time to ensure even cooking. The prawns should be pink and cooked through when done.

7. "Serve:"

- Once cooked, carefully remove the prawns skewers from the air fryer.
- Transfer to a serving platter and garnish with freshly chopped Coriander.
- Serve immediately with lime wedges on the side for an added burst of citrus.

"Tips:"

- For an extra layer of flavour, you can add a teaspoon of honey to the marinade for a sweet and spicy combination.
- Serve the spicy lime prawn skewers over a bed of rice, quinoa, or alongside a fresh green salad for a complete meal.
- If using frozen prawns, make sure they are fully thawed and patted dry before marinating.

85. Garlic Parmesan Oysters

“Ingredients:”

- 12 oysters, shucked and on the half shell
- 1/4 cup Parmesan cheese, grated
- 2 tablespoons butter, softened
- 1 clove garlic, minced
- 1 teaspoon lemon zest (optional, for added flavour)
- Fresh parsley, chopped for garnish
- Lemon wedges, for serving
- 1/4 teaspoon black pepper (optional, for added flavour)
- Non-stick cooking spray

“Instructions:”

1. “Preheat the Air Fryer:”

- Set your fryer to 370°F (188°C) and let it preheat while you prepare the oysters.

2. “Prepare the Garlic Parmesan Mixture:”

- In a small bowl, combine the softened butter, minced garlic, grated Parmesan cheese, lemon zest (if using), and black pepper (if using). Mix well until the ingredients are fully incorporated.

3. “Prepare the Oysters:”

- Spoon a small amount of the garlic Parmesan mixture onto each shucked oyster, spreading it evenly over the surface.

4. “Prepare the Basket:”

- Lightly spray the basket with non-stick cooking spray to prevent sticking.

5. “Cook the Oysters:”

- Carefully place the oysters in the basket, ensuring they are in a single layer and not overlapping.
- Cook for 4-6 minutes, or until the edges of the oyster curl slightly and the topping is golden brown.

6. "Serve:"

- Once cooked, carefully remove the oysters from the air fryer.
- Transfer to a serving platter and garnish with freshly chopped parsley.
- Serve immediately with lemon wedges on the side for an added burst of citrus.

"Tips:"

- For a crispier topping, you can add a tablespoon of panko breadcrumbs to the garlic Parmesan mixture.
- Serve these garlic Parmesan oysters as an elegant appetizer or pair them with a side salad for a light meal.
- If you have large oysters, you may need to cook them in batches to ensure even cooking.

86. Spiced Salmon Patties

“Ingredients:”

- 1-pound canned salmon, drained and flaked
- 1/2 cup breadcrumbs (panko for extra crunch)
- 1/4 cup finely chopped onion
- 1/4 cup chopped fresh parsley
- 2 eggs, beaten
- 1 teaspoon Dijon mustard
- 1 teaspoon Old Bay seasoning
- 1/2 teaspoon garlic powder (optional, for added flavour)
- 1/2 teaspoon paprika (optional, for added color)
- Salt and pepper to taste
- Non-stick cooking spray
- Lemon wedges, for serving
- Tartar sauce or aioli, for serving (optional)

“Instructions:”

1. “Preheat the Air Fryer:”

- Set your fryer to 400°F (200°C) and let it preheat while you prepare the salmon patties.

2. “Prepare the Salmon Mixture:”

- In a large bowl, combine the flaked salmon, breadcrumbs, finely chopped onion, chopped parsley, beaten eggs, Dijon mustard, Old Bay seasoning, garlic powder (if using), paprika (if using), salt, and pepper. Mix well until the ingredients are fully incorporated and the mixture holds together.

3. “Form the Patties:”

- Shape the mixture into patties, about 3 inches in diameter and 1/2 inch thick. This should yield approximately 6-8 patties, depending on size.

4. “Prepare the Basket:”

- Lightly spray the basket with non-stick cooking spray to prevent sticking.

5. "Cook the Patties:"

- Place the salmon patties in the basket in a single layer, ensuring they do not overlap. Depending on the size of your air fryer, you may need to cook them in batches.
- Cook for 10-12 minutes, flipping halfway through the cooking time, until the patties are golden brown and cooked through.

6. "Serve:"

- Once cooked, carefully remove the salmon patties from the air fryer.
- Transfer to a serving plate and serve immediately with lemon wedges on the side.
- Optional: Serve with tartar sauce or aioli for dipping.

"Tips:"

- For a tangy twist, you can add a teaspoon of lemon zest to the salmon mixture.
- These salmon patties are perfect for making salmon burgers; just serve them on a bun with lettuce, tomato, and your favorite condiments.
- If the mixture seems too dry, add a little mayonnaise or an extra egg to help bind the ingredients.

87. Garlic and Rosemary Prawns

“Ingredients:”

- 1-pound large prawns, peeled and deveined
- 2 tablespoons olive oil
- 3 cloves garlic, minced
- 1 tablespoon fresh rosemary, finely chopped
- Salt and pepper to taste
- Lemon slices, for serving
- 1 teaspoon lemon zest (optional, for added flavour)
- Fresh parsley, chopped for garnish (optional)

“Instructions:”

1. “Preheat the Air Fryer:”

- Set your fryer to 380°F (193°C) and let it preheat while you prepare the prawns.

2. “Prepare the Prawns:”

- In a large bowl, combine the peeled and deveined prawns with olive oil, minced garlic, finely chopped rosemary, lemon zest (if using), salt, and pepper. Toss until the prawns are evenly coated with the mixture.

3. “Arrange in the Air Fryer:”

- Lightly spray the basket with non-stick cooking spray to prevent sticking.
- Arrange the prawns in a single layer in the basket, ensuring they do not overlap.

4. “Cook the Prawns:”

- Cook for 6-8 minutes, shaking the basket halfway through the cooking time to ensure even cooking. The prawns should be pink and cooked through when done.

5. “Serve:”

- Once cooked, carefully remove the prawns from the air fryer.

- Transfer to a serving dish and garnish with freshly chopped parsley (if using).
- Serve immediately with lemon slices on the side for an added burst of citrus.

“Tips:”

- For an extra kick, you can add a pinch of red pepper flakes to the prawn mixture before cooking.
- Serve the garlic and rosemary prawns over a bed of pasta, rice, or alongside a fresh green salad for a complete meal.
- If using frozen prawns, make sure they are fully thawed and patted dry before seasoning and cooking.

88. Herb Crusted Haddock

“Ingredients:”

- 4 haddock fillets
- 1/2 cup panko breadcrumbs
- 1/4 cup grated Parmesan cheese
- 2 tablespoons fresh herbs (such as parsley, dill, or chives), finely chopped
- 1 garlic clove, minced
- 2 tablespoons olive oil
- Salt and pepper to taste
- Lemon wedges, for serving
- 1 teaspoon lemon zest (optional, for added flavour)
- Non-stick cooking spray

“Instructions:”

1. “Preheat the Air Fryer:”

- Set your fryer to 400°F (200°C) and let it preheat while you prepare the haddock fillets.

2. “Prepare the Herb Crust Mixture:”

- In a medium bowl, combine the panko breadcrumbs, grated Parmesan cheese, finely chopped fresh herbs, minced garlic, and lemon zest (if using). Drizzle with one tablespoon of olive oil and season with salt and pepper. Mix well until the ingredients are evenly combined.

3. “Prepare the Haddock Fillets:”

- Pat the haddock fillets dry with paper towels to remove any excess moisture. This helps the crust adhere better.
- Brush each haddock fillet with the remaining tablespoon of olive oil on both sides.

4. “Crust the Haddock Fillets:”

- Press the breadcrumb mixture onto the top of each haddock fillet, pressing firmly to ensure it adheres well and forms a crust.

5. "Prepare the Basket:"

- Lightly spray the basket with non-stick cooking spray to prevent sticking.

6. "Cook the Haddock Fillets:"

- Place the crusted haddock fillets in a single layer in the basket, ensuring they do not overlap.

- Cook for 10-12 minutes, or until the crust is golden and the fish flakes easily with a fork. The internal temperature should reach 145°F (63°C).

7. "Serve:"

- Once cooked, carefully remove the haddock fillets from the air fryer.

- Transfer to a serving plate and serve immediately with lemon wedges on the side for an added burst of citrus.

"Tips:"

- For extra flavour, you can add a pinch of red pepper flakes to the breadcrumb mixture.

- Serve the herb-crusted haddock with a side of roasted vegetables, mashed potatoes, or a fresh salad for a complete meal.

- If using frozen haddock fillets, make sure they are fully thawed and patted dry before applying the breadcrumb mixture.

89. Thai Chilli Squid

“Ingredients:”

- 1 pound squid, cleaned and cut into rings
- 1 tablespoon olive oil
- 2 tablespoons Thai sweet chilli sauce
- 1 teaspoon soy sauce (low sodium if preferred)
- 1/2 teaspoon garlic powder
- 1/2 teaspoon ginger powder (optional, for added flavour)
- Fresh Coriander, chopped for garnish
- Lime wedges, for serving
- 1 teaspoon sesame seeds (optional, for garnish)

“Instructions:”

1. “Preheat the Air Fryer:”

- Set your fryer to 390°F (199°C) and let it preheat while you prepare the squid.

2. “Prepare the Marinade:”

- In a large bowl, combine the olive oil, Thai sweet chilli sauce, soy sauce, garlic powder, and ginger powder (if using). Mix well.

3. “Marinate the Squid:”

- Add the cleaned and cut squid rings to the bowl with the marinade. Toss until the squid is evenly coated with the mixture.

4. “Arrange in the Basket:”

- Lightly spray the basket with non-stick cooking spray to prevent sticking.
- Arrange the marinated squid rings in a single layer in the basket, ensuring they do not overlap for even cooking.

5. “Cook the Squid:”

- Cook for 8-10 minutes, shaking the basket halfway through the cooking time to ensure even cooking. The squid should be crispy and golden when done.

6. "Serve:"

- Once cooked, carefully remove the squid rings from the air fryer.
- Transfer to a serving plate and garnish with freshly chopped Coriander and sesame seeds (if using).
- Serve immediately with lime wedges on the side for an added burst of citrus.

"Tips:"

- For an extra kick, you can add a pinch of red pepper flakes to the marinade.
- Serve the Thai chilli squid as an appetizer or pair it with a side of steamed rice or a fresh salad for a complete meal.
- If using frozen squid, make sure they are fully thawed and patted dry before marinating and cooking.

90. Butter Lemon Scallops

“Ingredients:”

- 1-pound scallops
- 2 tablespoons butter, melted
- 1 tablespoon lemon juice
- 1 teaspoon lemon zest (optional, for added flavour)
- 1 teaspoon garlic powder
- Salt and pepper to taste
- Fresh parsley, chopped for garnish
- Lemon wedges, for serving (optional)

“Instructions:”

1. “Preheat the Air Fryer:”

- Set your fryer to 400°F (200°C) and let it preheat while you prepare the scallops.

2. “Prepare the Scallops:”

- Pat the scallops dry with paper towels to remove any excess moisture. This helps achieve a better sear and texture.

3. “Make the Butter Lemon Mixture:”

- In a small bowl, combine the melted butter, lemon juice, lemon zest (if using), garlic powder, salt, and pepper. Mix well to create a flavourful coating for the scallops.

4. “Coat the Scallops:”

- Toss the scallops in the butter lemon mixture until they are well coated.

5. “Arrange in the Basket:”

- Lightly spray the basket with non-stick cooking spray to prevent sticking.
- Arrange the coated scallops in a single layer in the basket, ensuring they do not overlap.

6. “Cook the Scallops:”

- Cook for 8-10 minutes, shaking the basket halfway through the cooking time to ensure even cooking. The scallops should be opaque and slightly golden on the edges when done.

7. “Serve:”

- Once cooked, carefully remove the scallops from the air fryer.
- Transfer to a serving plate and garnish with freshly chopped parsley.
- Serve immediately with lemon wedges on the side for an added burst of citrus.

“Tips:”

- For an extra touch of flavour, you can add a pinch of smoked paprika or red pepper flakes to the butter mixture.
- Serve the butter lemon scallops over a bed of pasta, rice, or alongside a fresh green salad for a complete meal.
- If using frozen scallops, make sure they are fully thawed and patted dry before coating and cooking.

91. Pecan-Crusted Trout

“Ingredients:”

- 4 trout fillets
- 1/2 cup ground pecans
- 1/4 cup breadcrumbs (panko for extra crunch)
- 1 teaspoon smoked paprika
- 1/2 teaspoon garlic powder (optional, for added flavour)
- Salt and pepper to taste
- 2 tablespoons melted butter
- Lemon wedges for serving
- Fresh parsley, chopped for garnish (optional)
- Non-stick cooking spray

“Instructions:”

1. “Preheat the Air Fryer:”

- Set your fryer to 400°F (200°C) and let it preheat while you prepare the trout fillets.

2. “Prepare the Pecan Crust Mixture:”

- In a medium bowl, combine the ground pecans, breadcrumbs, smoked paprika, garlic powder (if using), salt, and pepper. Mix well until the ingredients are evenly distributed.

3. “Prepare the Trout Fillets:”

- Pat the trout fillets dry with paper towels to remove any excess moisture. This helps the coating adhere better.
- Brush each trout fillet with melted butter on both sides.

4. “Coat the Trout Fillets:”

- Dredge each trout fillet in the pecan mixture, pressing the coating onto the fish to ensure it adheres well and covers the fillet evenly.

5. “Prepare the Basket:”

- Lightly spray the basket with non-stick cooking spray to prevent sticking.

6. "Cook the Trout Fillets:"

- Place the coated trout fillets in a single layer in the basket, ensuring they do not overlap.
- Cook for 10-12 minutes, or until the coating is golden and crispy, and the fish flakes easily with a fork. The internal temperature should reach 145°F (63°C).

7. "Serve:"

- Once cooked, carefully remove the trout fillets from the air fryer.
- Transfer to a serving plate and garnish with freshly chopped parsley (if using).
- Serve immediately with lemon wedges on the side for an added burst of citrus.

"Tips:"

- For an extra layer of flavour, you can add a teaspoon of Dijon mustard to the melted butter before brushing it on the fillets.
- Serve the pecan-crusted trout with a side of roasted vegetables, mashed potatoes, or a fresh salad for a complete meal.
- If using frozen trout fillets, make sure they are fully thawed and patted dry before coating with the pecan mixture.

92. Spicy Calamari

“Ingredients:”

- 1-pound calamari, cleaned and cut into rings
- 1 tablespoon olive oil
- 1 teaspoon chilli powder
- 1/2 teaspoon garlic powder
- 1/2 teaspoon smoked paprika (optional, for added flavour)
- 1/4 teaspoon cayenne pepper (optional, for extra heat)
- Salt to taste
- Fresh parsley, chopped for garnish (optional)
- Lemon slices for garnish
- Non-stick cooking spray

“Instructions:”

1. “Preheat the Air Fryer:”

- Set your fryer to 390°F (200°C) and let it preheat while you prepare the calamari.

2. “Prepare the Calamari:”

- In a large bowl, combine the cleaned and cut calamari rings with olive oil, chilli powder, garlic powder, smoked paprika (if using), cayenne pepper (if using), and salt. Toss until the calamari is evenly coated with the seasoning.

3. “Arrange in the Basket:”

- Lightly spray the basket with non-stick cooking spray to prevent sticking.
- Arrange the seasoned calamari rings in a single layer in the basket, ensuring they do not overlap even when cooking.

4. “Cook the Calamari:”

- Cook for 8-10 minutes, shaking the basket halfway through the cooking time to ensure even cooking. The calamari should be crispy and golden when done.

5. “Serve:”

- Once cooked, carefully remove the calamari from the air fryer.
- Transfer to a serving plate and garnish with freshly chopped parsley (if using).
- Serve immediately with lemon slices on the side for an added burst of citrus.

“Tips:”

- For extra crunch, you can coat the calamari in a mixture of panko breadcrumbs and the seasoning before cooking.
- Serve the spicy calamari with a dipping sauce, such as aioli or marinara, for added flavour.
- If using frozen calamari, make sure they are fully thawed and patted dry before seasoning and cooking.

93. Ginger Soy Glazed Cod

“Ingredients:”

- 4 cod fillets
- 2 tablespoons soy sauce (low sodium if preferred)
- 1 tablespoon honey
- 1 tablespoon fresh ginger, grated
- 2 garlic cloves, minced
- 1 tablespoon sesame oil
- 1 teaspoon rice vinegar (optional, for added tang)
- 1 teaspoon chilli flakes (optional, for a hint of heat)
- Sesame seeds for garnish
- Fresh Spring Onions, sliced for garnish (optional)
- Lemon or lime wedges for serving (optional)

“Instructions:”

1. “Preheat the Air Fryer:”

- Set your fryer to 380°F (193°C) and let it preheat while you prepare the cod fillets.

2. “Prepare the Glaze:”

- In a small bowl, whisk together the soy sauce, honey, grated ginger, minced garlic, sesame oil, rice vinegar (if using), and chilli flakes (if using). Mix well until the ingredients are fully combined.

3. “Marinate the Cod Fillets:”

- Pat the cod fillets dry with paper towels to remove any excess moisture. This helps the glaze adhere better.
- Brush each cod fillet generously with the ginger soy glaze, ensuring they are well-coated on all sides.

4. “Prepare the Basket:”

- Lightly spray the basket with non-stick cooking spray to prevent sticking.

5. “Cook the Cod Fillets:”

- Place the glazed cod fillets in a single layer in the basket, ensuring they do not overlap.
- Cook for 10-12 minutes, or until the fish is cooked through and the glaze has caramelized. The internal temperature should reach 145°F (63°C).

6. “Serve:”

- Once cooked, carefully remove the cod fillets from the air fryer.
- Transfer to a serving plate and garnish with sesame seeds and freshly sliced Spring Onions (if using).
- Serve immediately with lemon or lime wedges on the side for an added burst of citrus.

“Tips:”

- For an extra layer of flavour, you can marinate the cod fillets in the ginger soy glaze for 15-20 minutes before cooking.
- Serve the ginger soy glazed cod with a side of steamed rice, quinoa, or stir-fried vegetables for a complete meal.
- If using frozen cod fillets, make sure they are fully thawed and patted dry before applying the glaze.

94. Lemon Caper Cod

“Ingredients:”

- 4 cod fillets
- 2 tablespoons olive oil
- 2 tablespoons lemon juice
- 1 tablespoon capers, rinsed and chopped
- 1 teaspoon lemon zest
- 1 teaspoon garlic powder (optional, for added flavour)
- 1/2 teaspoon dried thyme or oregano (optional, for added flavour)
- Salt and pepper to taste
- Fresh parsley, chopped for garnish
- Lemon wedges, for serving (optional)

“Instructions:”

1. “Preheat the Air Fryer:”

- Set your fryer to 400°F (200°C) and let it preheat while you prepare the cod fillets.

2. “Prepare the Lemon Caper Mixture:”

- In a small bowl, combine the olive oil, lemon juice, chopped capers, lemon zest, garlic powder (if using), and dried thyme or oregano (if using). Season with salt and pepper to taste. Mix well until the ingredients are fully combined.

3. “Brush the Cod Fillets:”

- Pat the cod fillets dry with paper towels to remove any excess moisture. This helps the seasoning adhere better.
- Brush the lemon caper mixture generously over both sides of the cod fillets, ensuring they are well-coated.

4. “Prepare the Basket:”

- Lightly spray the basket with non-stick cooking spray to prevent sticking.

5. “Cook the Cod Fillets:”

- Place the seasoned cod fillets in a single layer in the basket, ensuring they do not overlap.
- Cook for 10-12 minutes, or until the fish flakes easily with a fork and reaches an internal temperature of 145°F (63°C).

6. "Serve:"

- Once cooked, carefully remove the cod fillets from the air fryer.
- Transfer to a serving plate and garnish with freshly chopped parsley.
- Serve immediately with lemon wedges on the side for an added burst of citrus.

"Tips:"

- For an extra layer of flavour, you can marinate the cod fillets in the lemon caper mixture for 15-20 minutes before cooking.
- Serve the lemon caper cod with a side of steamed vegetables, mashed potatoes, or a fresh salad for a complete meal.
- If using frozen cod fillets, make sure they are fully thawed and patted dry before applying the lemon caper mixture.

95. Garlic Prawns with Asparagus

“Ingredients:”

- 1-pound large prawns, peeled and deveined
- 1 pound asparagus, trimmed and cut into 2-inch pieces
- 2 tablespoons olive oil
- 3 cloves garlic, minced
- 1 teaspoon lemon zest (optional, for added flavour)
- 1/2 teaspoon red pepper flakes (optional, for a bit of heat)
- Salt and pepper to taste
- Fresh parsley, chopped for garnish (optional)
- Lemon wedges for serving

“Instructions:”

1. “Preheat the Air Fryer:”

- Set your fryer to 400°F (200°C) and let it preheat while you prepare the prawns and asparagus.

2. “Prepare the Ingredients:”

- In a large bowl, combine the prawns and asparagus pieces.
- Add the olive oil, minced garlic, lemon zest (if using), red pepper flakes (if using), salt, and pepper. Toss until the prawns and asparagus are evenly coated with the seasoning.

3. “Arrange in the Basket:”

- Lightly spray the basket with non-stick cooking spray to prevent sticking.
- Arrange the seasoned prawns and asparagus in a single layer in the basket, ensuring they do not overlap for even cooking.

4. “Cook the Prawns and Asparagus:”

- Cook for 8-10 minutes, shaking the basket halfway through the cooking time to ensure even cooking. The prawns should be pink and cooked through, and the asparagus should be tender.

5. “Serve:”

- Once cooked, carefully remove the prawns and asparagus from the air fryer.
- Transfer to a serving plate and garnish with freshly chopped parsley (if using).
- Serve immediately with lemon wedges on the side for an added burst of citrus.

“Tips:”

- For extra flavour, you can marinate the prawns and asparagus in the olive oil mixture for 15-20 minutes before cooking.
- Serve the garlic prawns with asparagus over a bed of rice, quinoa, or alongside a fresh salad for a complete meal.
- If using frozen prawns, make sure they are fully thawed and patted dry before seasoning and cooking.

96. BBQ Salmon

“Ingredients:”

- 4 salmon fillets (about 6 ounces each)
- 1/4 cup BBQ sauce (use your favorite brand or homemade)
- Salt and pepper to taste
- Fresh Spring Onions, chopped for garnish
- Lemon wedges for serving (optional)
- 1 teaspoon smoked paprika (optional, for added flavour)
- 1 tablespoon olive oil (optional, for extra moisture and flavour)

“Instructions:”

1. “Preheat the Air Fryer:”

- Set your fryer to 400°F (200°C) and let it preheat while you prepare the salmon fillets.

2. “Prepare the Salmon Fillets:”

- Pat the salmon fillets dry with paper towels to remove any excess moisture.
- Season each fillet with salt, pepper, and smoked paprika (if using).
- Brush each fillet with a thin layer of olive oil (if using) for extra moisture and flavour.

3. “Brush with BBQ Sauce:”

- Generously brush each salmon fillet with BBQ sauce, ensuring they are well-coated.

4. “Arrange in the Basket:”

- Place the salmon fillets in the basket, skin-side down, in a single layer. Ensure they do not overlap even when cooking.

5. “Cook the Salmon:”

- Cook for 10-12 minutes, or until the salmon is cooked through and the BBQ sauce has caramelized. The internal temperature of the salmon should reach 145°F (63°C).

6. "Serve:"

- Once cooked, carefully remove the salmon fillets from the air fryer.
- Transfer to a serving plate and garnish with freshly chopped Spring Onions.
- Serve immediately with lemon wedges on the side for an added burst of citrus.

"Tips:"

- For an extra layer of flavour, you can marinate the salmon fillets in the BBQ sauce for 15-20 minutes before cooking.
- Serve the BBQ salmon with a side of grilled vegetables, a fresh salad, or over a bed of rice for a complete meal.
- If using frozen salmon fillets, make sure they are fully thawed and patted dry before seasoning and applying the BBQ sauce.

97. Crab Stuffed Mushrooms

“Ingredients:”

- 16 large mushrooms, stems removed
- 1 cup crab meat, finely chopped
- 1/4 cup cream cheese, softened
- 1/4 cup breadcrumbs (panko for extra crunch)
- 2 tablespoons Spring Onions, finely chopped
- 1 garlic clove, minced
- 1 tablespoon fresh parsley, chopped (optional, for added flavour)
- 1 teaspoon lemon juice (optional, for added freshness)
- Salt and pepper to taste
- Grated Parmesan cheese for sprinkling
- Non-stick cooking spray

“Instructions:”

1. “Preheat the Air Fryer:”

- Set your fryer to 370°F (188°C) and let it preheat while you prepare the stuffed mushrooms.

2. “Prepare the Crab Filling:”

- In a medium bowl, combine the crab meat, softened cream cheese, breadcrumbs, finely chopped Spring Onions, minced garlic, chopped parsley (if using), lemon juice (if using), salt, and pepper. Mix well until the ingredients are fully incorporated.

3. “Stuff the Mushrooms:”

- Using a spoon, stuff each mushroom cap with the crab mixture, pressing it firmly into the cap. Sprinkle the tops with grated Parmesan cheese.

4. “Prepare the Basket:”

- Lightly spray the basket with non-stick cooking spray to prevent sticking.

5. “Cook the Stuffed Mushrooms:”

- Place the stuffed mushrooms in a single layer in the basket, ensuring they do not overlap.
- Cook for 8-10 minutes, or until the mushrooms are tender and the filling is golden brown.

6. "Serve:"

- Once cooked, carefully remove the stuffed mushrooms from the air fryer.
- Transfer to a serving plate and serve immediately.

"Tips:"

- For an extra burst of flavour, you can add a pinch of red pepper flakes to the crab filling mixture.
- Serve the crab stuffed mushrooms as an appetizer or pair them with a side salad for a light meal.
- If you have any leftover filling, you can use it to stuff other vegetables like bell peppers or Courgette.

98. Lemon Herb Flounder

“Ingredients:”

- 4 flounder fillets
- 2 tablespoons olive oil
- 1 tablespoon mixed herbs (such as dill, parsley, and thyme), finely chopped
- Juice and zest of 1 lemon
- 1 teaspoon garlic powder (optional, for added flavour)
- Salt and pepper to taste
- Lemon wedges for serving (optional)
- Fresh parsley, chopped for garnish (optional)

“Instructions:”

1. “Preheat the Air Fryer:”

- Set your fryer to 380°F (193°C) and let it preheat while you prepare the flounder fillets.

2. “Prepare the Herb and Lemon Mixture:”

- In a small bowl, combine the olive oil, lemon juice, lemon zest, finely chopped herbs, and garlic powder (if using). Mix well until the ingredients are fully combined.

3. “Season the Flounder Fillets:”

- Pat the flounder fillets dry with paper towels to remove any excess moisture. This helps the seasoning adhere better.
- Season both sides of the flounder fillets with salt and pepper.

4. “Brush with the Herb and Lemon Mixture:”

- Brush the herb and lemon mixture generously over both sides of the flounder fillets, ensuring they are well-coated.

5. “Prepare the Basket:”

- Lightly spray the basket with non-stick cooking spray to prevent sticking.

6. “Cook the Flounder Fillets:”

- Place the seasoned flounder fillets in a single layer in the basket, ensuring they do not overlap.
- Cook for 8-10 minutes, or until the fish is flaky and cooked through. The internal temperature should reach 145°F (63°C).

7. "Serve:"

- Once cooked, carefully remove the flounder fillets from the air fryer.
- Transfer to a serving plate and garnish with freshly chopped parsley (if using).
- Serve immediately with lemon wedges on the side for an added burst of citrus.

"Tips:"

- For an extra layer of flavour, you can marinate the flounder fillets in the herb and lemon mixture for 15-20 minutes before cooking.
- Serve the lemon herb flounder with a side of steamed vegetables, mashed potatoes, or a fresh salad for a complete meal.
- If using frozen flounder fillets, make sure they are fully thawed and patted dry before applying the herb and lemon mixture.

99. Spicy Catfish

“Ingredients:”

- 4 catfish fillets
- 2 tablespoons Cajun seasoning
- 1 tablespoon olive oil
- 1 teaspoon smoked paprika (optional, for extra depth of flavour)
- 1/2 teaspoon garlic powder (optional, for added flavour)
- Lemon wedges for serving
- Fresh parsley, chopped for garnish (optional)

“Instructions:”

1. “Preheat the Air Fryer:”

- Set your fryer to 400°F (200°C) and let it preheat while you prepare the catfish fillets.

2. “Prepare the Catfish Fillets:”

- Pat the catfish fillets dry with paper towels to remove any excess moisture. This helps the seasoning adhere better.
- In a small bowl, combine the Cajun seasoning, smoked paprika (if using), and garlic powder (if using).
- Rub each catfish fillet with olive oil to lightly coat them.
- Evenly sprinkle the seasoning mixture over both sides of the fillets, rubbing it in to ensure an even coating.

3. “Prepare the Basket:”

- Lightly spray the basket with non-stick cooking spray to prevent sticking.

4. “Cook the Catfish Fillets:”

- Place the seasoned catfish fillets in a single layer in the basket, ensuring they do not overlap.
- Cook for 10-12 minutes, flipping halfway through the cooking time, until the fish is crispy on the outside and flaky on the inside. The internal temperature should reach 145°F (63°C).

5. “Serve:”

- Once cooked, carefully remove the catfish fillets from the air fryer.
- Transfer to a serving plate and garnish with freshly chopped parsley (if using).
- Serve immediately with lemon wedges on the side for an added burst of citrus.

“Tips:”

- For a spicier kick, you can add a pinch of cayenne pepper to the seasoning mixture.
- Serve the spicy catfish with a side of coleslaw, rice, or a fresh salad for a complete meal.
- If using frozen catfish fillets, make sure they are fully thawed and patted dry before seasoning and cooking.

100. Scallop Kebabs

“Ingredients:”

- 1-pound scallops
- 1 Courgette, sliced into rounds
- 1 red bell pepper, cut into chunks
- 1 yellow bell pepper, cut into chunks (optional, for added color)
- 1 tablespoon olive oil
- 1 teaspoon garlic powder
- 1 teaspoon dried Italian seasoning (optional, for extra flavour)
- Salt and pepper to taste
- Lemon wedges for serving
- Fresh parsley, chopped for garnish (optional)

“Instructions:”

1. “Preheat the Air Fryer:”

- Set your fryer to 400°F (200°C) and let it preheat while you prepare the kebabs.

2. “Prepare the Ingredients:”

- Pat the scallops dry with paper towels to remove any excess moisture.
- In a small bowl, mix the olive oil, garlic powder, Italian seasoning (if using), salt, and pepper.

3. “Assemble the Kebabs:”

- Thread the scallops, Courgette slices, red bell pepper chunks, and yellow bell pepper chunks (if using) onto skewers, alternating between the scallops and vegetables for a colourful presentation.

4. “Season the Kebabs:”

- Brush the assembled kebabs with the olive oil mixture, ensuring all sides are evenly coated.

5. “Prepare the Basket:”

- Lightly spray the basket with non-stick cooking spray to prevent sticking.

6. "Cook the Kebabs:"

- Place the skewers in a single layer in the basket, ensuring they do not overlap.
- Cook for 8-10 minutes, turning the kebabs halfway through the cooking time, until the scallops are cooked through, and the vegetables are tender. The internal temperature of the scallops should reach 145°F (63°C).

7. "Serve:"

- Once cooked, carefully remove the kebabs from the air fryer.
- Transfer to a serving plate and garnish with freshly chopped parsley (if using).
- Serve immediately with lemon wedges on the side for squeezing over the top.

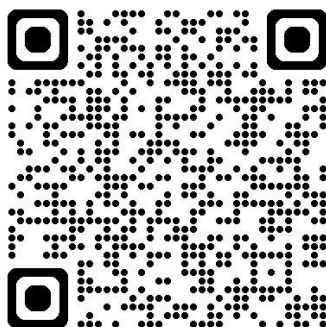
"Tips:"

- For an added layer of flavour, you can marinate the scallops and vegetables in the olive oil mixture for 15-20 minutes before threading them onto the skewers.
- Serve the scallop kebabs over a bed of couscous, quinoa, or alongside a fresh salad for a complete meal.
- If using wooden skewers, be sure to soak them in water for at least 30 minutes before assembling the kebabs to prevent them from burning in the air fryer.

Time to say goodbye, For Now

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Robin Wickens, (Rob's Books) a retired veteran, writes and publishes books. His passion lies in fantasy, particularly dragon lore, though he also authors and publishes stories and colouring books for both children and adults.