

# QUIT THE OVEN IN JUST 7 DAYS

Your Cheap  
Kitchen  
Gadget  
Meal Plan!



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# INTRODUCTION

**Welcome to Quit The Oven.** An ebook loaded with step by step easy to follow recipes as well as a meal plan and grocery list that will help you quit the oven and cook exclusively with kitchen gadgets.

If you love the idea of using the oven less and less than this is perfect for you.

We will be focusing on the kitchen gadgets that most of us now have in our kitchen:

- **The Air Fryer**
- **The Instant Pot or Ninja Foodi**
- **The Microwave**
- **The Slow Cooker**

Though our Instant Pot and Ninja Foodi recipes would work with many different brands of electric pressure cookers.

You could treat this as your personal quit the oven challenge or use it for set days when you go oven free, and then over time add more and more kitchen gadget recipes to your weekly meal plan.

# LISTEN TO THE PODCAST

We created Quit The Oven alongside our popular kitchen gadgets podcast called Magic With Gadgets.

We wanted to have the opportunity to share with you what we bought to use in this challenge, the behind the scenes of creating the challenge and best of all a run through of all the groceries that we bought.

You can access the podcast here. Or click here to search Recipe This for Quit The Oven. But of course, don't add your email address to receive the ebook as this is the same one as you are reading right now.

**“You Can Lead A Horse  
To Water But You Can't  
Make Him Drink!”**

# ARE YOU READY TO QUIT THE OVEN?

I love the horse quote and it's my favourite quote of all time and I feel it fits in with so many real life situations. I am today going to be giving you all the information you need to quit the oven, but I know with all this information, someone will put it to one side, complain about their increased energy bills and think that kitchen gadgets such as the air fryer, are just meant for frozen fries.

I think you have to have the mindset first before you do any challenge.

If you feel you are ready to quit the oven, then the method of doing so is simple.

Firstly, it's very difficult to do this with JUST one kitchen gadget.

That is because unless you are feeding just one, then you can't get full meals to fit just in the air fryer. And you may well get bored of the air fryer.

Dominic and I quit the oven many years ago and cook exclusively with kitchen gadgets for us and our kids.

But that is spread between 2 air fryers, 2 instant pots, 1 ninja foodi, 1 soup maker, 1 thermomix, 1 slow cooker, 1 air fryer oven, 1 microwave and a pie maker.

We might cook for dinner a whole chicken in the air fryer, then do veggies in the Ninja Foodi. Or cook the sponge for a birthday cake in the air fryer, then use the thermomix for the buttercream.

Or quite often, we will throw some chicken thighs and potatoes together in the air fryer and then use another air fryer for a veggie side dish. Or when you are having a lazy afternoon some cheesy chips in the air fryer.

I have put together a really easy 7 day meal plan for cooking with JUST gadgets, though of course, if this is too overwhelming for you right now then why not just start with breakfasts, or just dinners?

# QUIT THE OVEN ENERGY SAVINGS

## Quit The Oven Energy Savings

I have always talked about how much cheaper it is to run kitchen gadgets rather than cooking with a gas or electric stove. It has been talked about a lot lately, but I always noticed that our energy bills were a lot cheaper than anyone else I knew that didn't use them as much as us.

This is on average the daily cost that is costs to run each of your gadgets per day if you used them for breakfast, lunch, dinner, and snacks:

## ENERGY COMPARISON CHART

	DAILY COST	WEEKLY COST	YEARLY COST
<b>ELECTRIC COOKER</b>	<b>87p</b>	<b>£ 6.09</b>	<b>£ 317.55</b>
<b>GAS COOKER</b>	<b>33p</b>	<b>£ 2.31</b>	<b>£ 120.45</b>
<b>SLOW COOKER</b>	<b>16p</b>	<b>£ 1.12</b>	<b>£ 58.4</b>
<b>AIR FRYER</b>	<b>14p</b>	<b>£ 0.98</b>	<b>£ 51.1</b>
<b>INSTANT POT</b>	<b>10p</b>	<b>£ 0.7</b>	<b>£ 36.5</b>
<b>MICROWAVE</b>	<b>8p</b>	<b>£ 0.56</b>	<b>£ 29.2</b>

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But I did my own compare and for one weekend made sure I did loads of cooking on one day vs hardly any the day after.

**On the Saturday** I made 9 new kitchen gadget recipes for Recipe This. It included microwave, air fryer, instant pot, and slow cooker recipes. We also had showers, did loads of washing up and we also ran the washing machine and the tumble dryer all day. The cost was £7 for electric and £2.80 for gas a total of £9.80 for the day.

**Yet on Sunday** we had a day out, and only cooked once which was our air fryer frittata for the week (one of the recipes are teaching you in Quit The Oven). Then we also reheated leftovers in the microwave. Then had showers and the kids had a bubble bath. Add to this 2.5 hours of heating on and our electric was £3 and our gas was £5. Total of £8 for the day. This means that over the weekend we spent £17.80 on our energy bills. And we did the things that everyone tells us not to do – put on the heating, run a tumble dryer, and have showers.

But by reducing your spend on cooking, it means that the fear over the heating, and tumble dryers and other things are not going to be as bad and you know you have done your bit to bring them down.

I should also point out that these are extreme days for us. We only normally have the tumble dryer on and bulk cook and have bulk washing up to do on a Saturday. And that even with these rises in prices on energy thanks to the way we cook we still have bills that 1/3 cheaper than the average household.

# ASDA JUST ESSENTIALS WITH GADGETS

But not only do I want to reduce your food spend on your energy bills, but I also want to show you how to reduce your grocery bill too.

My favourite cheap place for groceries right now is Asda and their Just Essentials range. Its brilliant because its bright yellow and it really stands out when you are shopping. You can also search on the Asda grocery app for just essentials and order just those products.

And OMG they are so, so cheap. In fact our grocery bill for the 7 day meal plan came in at less than £15 per person and below is a picture of just one of the great hauls.



Of course, its 200+ products and not the whole Asda grocery department but we have given priority to these products to make it as cheap as possible for you.

Those that are highlighted in the grocery list are Asda Just Essentials so that you understand this. And I am impressed with how much of the grocery list are these products.

However, if you don't have an Asda, go with the cheapest supermarket where you live. This can be Aldi or in the US go to Walmart and remember Walmart owns Asda and has similar savings.



# QUIT THE OVEN TOP TIPS

**#1**

I added a section for toast with anything. We all love a can of something with some toast. This can be spaghetti loops, beans, spaghetti etc. Or you can reheat a can of soup in the microwave and then serve it with some air fryer toast.

**#2**

An air fryer frittata is a true lifesaver for us. We can cook the veggies first in the microwave (really speeds you up) and then air fry the frittatas in a silicone cake pan. I will then make this on a Sunday, and it will do breakfast for 4 days for me and Dominic.

**#3**

Baked potato (or as us Brits call them jackets) make a fantastic dinner and if you have not done so already try a baked potato bar. The idea is that you cook the potatoes, then its like a mini buffet. You place butter, potatoes, and a few little pots of stuff on the table. I usually do this when we are on holiday. You can have a bowl with cheese in it, one with coleslaw, one with something else you have found and its such a fun thing to do.

**#4**

I did the groceries best I could for this meal plan, but I still found myself with loads of leftovers after 7 days. You could easily use this grocery list have it stretch to 10 days of food not just 7.

**#5**

Ninja Foodi spag bol is one of my favourite recipes. It's so much easier and fun to make with the kids. Plus, it will feed you for 2 nights.

# QUIT THE OVEN TOP TIPS

#6

I love to buy Weight Watchers wraps and then use them for several meals. They can be leftovers into a wrap, but they can also be lots of other things too. Such as air fryer tortilla chips (OMG so good!), a Mexican tortilla soup, or some healthy sausage rolls or some pasties.

#7

I love cheaper food swaps and when making our slow cooker gammon in fanta I swapped the fanta for some Asda orange juice instead.

#8

I also swapped using frozen pizza in our pizza and chips for the cute snack sized pizzas that Asda are selling.

#9

The prices and what we have made, is excluding seasonings as most of us have plenty of seasonings already in your kitchen cupboard or pantry.

#10

1. Note that we focus on foods that fill you up and then you snack less during meals. Such as spaghetti, toast, chickpeas, potatoes etc. All items that are also cheap to buy.

Though remember this is **YOUR** meal plan and you can make simple swaps to make it into the meals you would love to eat.



# QUIT THE OVEN IN 7 JUST DAYS!

	BREAKFAST	LUNCH	DINNER	SNACK
MON	Make ahead Air Fryer Frittata	Microwave Tomato Soup Air Fryer Grilled Cheese	Ninja Foodi Spag Bol Air Fryer Garlic Bread	Air Fryer Chickpeas
TUES	Air Fryer Frittata Leftovers	Air Fryer Toast with anything	Ninja Foodi Spag Bol Leftovers	Instant Pot Yogurt
WED	Air Fryer Frittata Leftovers	Air Fryer Chip Butty	Air Fryer Chicken and Stuffing	Instant Pot Yogurt and Fruit
THU	Air Fryer Frittata Leftovers	Instant Pot Vegetable Soup & Bread	Slow Cooker Chickpea Curry	Air Fryer Egg Cups
FRI	Air Fryer Soft Boiled Eggs	Air Fryer Burger in a Bowl	Ninja Foodi Jacket Potato Bar	Air Fryer Healthy Sausage Rolls
SAT	Instant Pot Porridge	Air Fryer Beans on Toast	Air Fryer Pizza & Air Fryer Chips	Air Fryer Tortilla Chips & Salsa
SUN	Instant Pot Porridge Leftovers	Air Fryer Harvest Casserole	Slow Cooker Gammon in Fanta	Instant Pot Popcorn



# QUIT THE OVEN GROCERY LIST

## pantry

- Extra Virgin Coconut Oil
- Extra Virgin Olive Oil
- Porridge Oats Bag
- WW Plain Wraps
- Popcorn kernels
- Orange Juice Carton
- Longlife Coconut Drink
- Longlife Milk
- 12 Large Eggs
- Clear Honey
- Garlic Puree
- Tomato Puree
- Salsa
- Bolognese Cooking Sauce
- Mixed Herbs
- Sage & Onion Stuffing Mix
- Spaghetti
- Canned Spaghetti Hoops
- Canned Baked Beans
- Canned Chopped Tomatoes
- Canned Chickpeas
- Canned Tomato Soup

## fruit and veg

- Plums Punnet
- Blueberries Punnet
- Salad Tomatoes Pack
- Mixed Peppers
- Round Lettuce
- Prepped Brussel Sprouts
- Mixed Frozen Vegetables
- Sweet Potatoes
- 2.5kg White Potatoes
- Medium Swede
- 3 Brown Onions Pack
- 1kg Bag Carrots

## meat

- Unsmoked Gammon Joint
- Lean Beef Mince
- Pork Sausages
- Sausage Meat Roll
- Whole Chicken
- Unsmoked Back Bacon

## fresh

- Red Leicester Cheese
- Grated Cheese Bag
- Semi Skimmed Milk 4pts
- Low Fat Natural Yoghurt
- Soft Spread
- Cheese & Ham Snack Pizza
- White Bread
- Garlic Bread Baguette
- Coleslaw

= just essential  
asda products

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# **THE KITCHEN GADGET RECIPES**



**BREAKFAST**

# Air Fryer Frittata

Prep Time: 10 minutes

Cook Time: 39 minutes

Serving: 8



## Ingredients

- 8 Large Eggs
- 240 ml/1.01 cups Mascarpone
- 200 g/7.05 oz Grated Reduced Fat Cheddar
- 6 Reduced Fat Sausages sliced into quarters
- 1 Large Sweet Potato
- 1 Medium Zucchini/Courgette
- 1 Tbsp Extra Virgin Olive Oil
- 2 Spring Onions sliced
- 1 Tsp Parsley
- Salt & Pepper
- Sliced Cherry Tomatoes *optional*
- Sprinkle Basil *optional*

## Directions

1. Peel and dice your sweet potato into cubes. Slice your zucchini into medium slices and then quarter each slice. Load into a bowl the zucchini and sweet potato with a tablespoon of extra virgin olive oil, salt, pepper, and parsley. Mix with your hands.
2. Load the sweet potato and zucchini into the air fryer basket and air fry for 5 minutes at 180c/360f.
3. Shake the air fryer and add the sausages on top and air fry for a further 12 minutes.
4. Load the filling items (zucchini and sweet potato) as well as some spring onion we sliced into the silicone dishes.
5. In a measuring jug add eggs and beat with a fork and then slowly add in the cream. Season with salt, pepper, and parsley.

6. Add grated cheese to the silicone and then pour over the egg and cream mixture. Decorate with cherry tomato halves as well as a sprinkle of basil.
7. Place the silicone in the air fryer and air fry for 17 minutes at 180c/360f followed by a further 5 minutes at 170c/340f. Check with a cocktail stick in the centre and if it comes out clean then the frittata is cooked.
8. Once its cool enough to touch, peel the silicone from the frittata.
9. Then slice into quarters and place in the fridge ready for breakfast for the next few days.

# Air Fryer Soft Boiled Eggs

Prep Time: 0 minutes

Cook Time: 10 minutes

Serving: 3



## Ingredients

- 6 Large Eggs
- Sea Salt

## Directions

1. Load eggs into the air fryer basket, making sure none of them are cracked.
2. Set the temperature to 120c/250f and cook for 10 minutes.
3. When the air fryer beeps quickly load into egg cups and slice the tops off. Serve with toast or cucumber/carrot sticks.

# Instant Pot Porridge Setting

Prep Time: 3 minutes

Cook Time: 15 minutes

Serving: 8



## Ingredients

- 720 ml/3.04 cups Coconut Milk
- 150 g/5.29 oz Porridge Oats
- 1 Tbsp Honey
- 2 Tsp Butter
- 1 Tsp Brown Sugar *optional*

## Directions

1. Place coconut water, porridge oats and butter into the instant pot and stir.
2. Place the lid on the instant pot, set the valve to sealing and press porridge. Then adjust the time to 4 minutes.
3. When it beeps do a quick pressure release and stir in honey and brown sugar. Serve with your favourite fruit.



**LUNCH**

# Air Fryer Grilled Cheese

Prep Time: 2 minutes

Cook Time: 3 minutes

Serving: 1



## Ingredients

- 500 g/1.1 lb Fresh Bread Sliced
- 3 Slices Cheese
- 50 g/1.76 oz Soft Cheese

## Directions

1. Preheat your air fryer to 180c/360f. Place a layer of soft cheese or butter onto your bread like you're spreading it to make a sandwich.
2. Push down the slices of cheese on top of the soft cheese.
3. Place your grilled cheese in the air fryer and cook for 3 minutes at 180c/360f.
4. Serve warm with mayonnaise.

# Air Fryer Toast

Prep Time: 0 minutes

Cook Time: 3 minutes

Serving: 2



## Ingredients

- 2 Slices Bread
- Butter optional

## Directions

1. Preheat your air fryer to 200c/400f for 3 minutes and then place your bread that you are using for toast into the air fryer basket.
2. Spray with extra virgin olive oil.
3. Air fry for 3 minutes at 200c/400f or until the bread is toasted to your liking.

# Air Fryer Chip Butty

Prep Time: 10 minutes

Cook Time: 25 minutes

Serving: 2



## Ingredients

- 8 Slices White Bread
- 6 Medium Potatoes
- ½ Tbsp Extra Virgin Olive Oil
- 1 Tbsp Malt Vinegar
- Salt & Pepper
- Extra Virgin Olive Oil Spray
- 2 Tbsp Tomato Ketchup

## Directions

1. Peel and slice your potatoes and load into a mixing bowl. Add to the bowl salt, pepper, vinegar, and extra virgin olive oil and then mix with your hands until the potatoes are well coated.
2. Place the chips into the air fryer basket and cook for 15 minutes at 160c/320f. Then shake the chips and air fry for 5 minutes at 180c/360f. Then do a fork test and make sure they are fork tender.
3. Shake the air fryer again, spray the chips with extra virgin olive oil and air fry for a final 5 minutes at 200c/400f.
4. Then load your chips onto slices of buttered bread.
5. Add tomato ketchup over the chips.
6. Then slice in half and serve.

# Instant Pot Vegetable Soup

Prep Time: 1 minute  
Cook Time: 0 minutes  
Serving: 4



## Ingredients

- 1 kg/2.2 lb Frozen Vegetable Mix
- 720 ml/3.04 cups Vegetable Stock
- 1 Tbsp Garlic Puree
- 1 Tbsp Thyme
- 1 Tbsp Basil
- 1 Tbsp Parsley
- Salt & Pepper

## Directions

1. Dump everything into the instant pot pressure cooker and place the lid on the instant pot. Set the valve to sealing and cook for zero minutes.
2. When it beeps, do a quick pressure release.
3. Remove a ladle of the vegetables and put to one side.
4. Then blend the rest of the instant pot contents with a hand blender.
5. Load into bowls and serve with the leftover vegetables over.

# Air Fryer Burger In A Bowl

Prep Time: 5 minutes

Cook Time: 15 minutes

Serving: 2



## Ingredients

- 225g/0.5lb Minced Beef
- 1 Tsp Garlic Puree
- ½ Small Onion
- 1 Tbsp Mixed Herbs
- Salt & Pepper

### **Homemade Big Mac Sauce:**

- 1 Tbsp Fromage Frais
- 1 Tsp Mustard Powder
- 1 Tbsp Fat Free Greek Yoghurt

- 1 Tbsp Tomato Puree
- ½ Tsp Paprika
- ½ Tsp Gherkin Juice
- **Burger Salad:**
- 1/3 Iceberg Lettuce
- 3 Medium Tomatoes
- ½ Small Onion
- 10 Gherkin Slices

## Directions

1. Peel and dice your onion. Put half aside for your salad. Load your burger ingredients into a bowl and make into two burger patty shapes. Place into the air fryer and air fry for 15 minutes on 180c/360f. While the burgers are cooking put your salad together. Wash your lettuce and cut like a big mac. Add a layer of lettuce into your bowl and top with sliced tomatoes, sliced gherkins, and sliced onion.
2. When the air fryer beeps remove the burgers and put to one side to cool. In the meantime, make your burger sauce by combining all sauce ingredients into a bowl and mixing well.

3. When the burgers have cooled, chop into small chunks or separate with your hands. Load the burger chunks onto the salad and drizzle with your big mac sauce.

# Air Fryer Harvest Casserole

Prep Time: 5 minutes

Cook Time: 20 minutes

Serving: 2



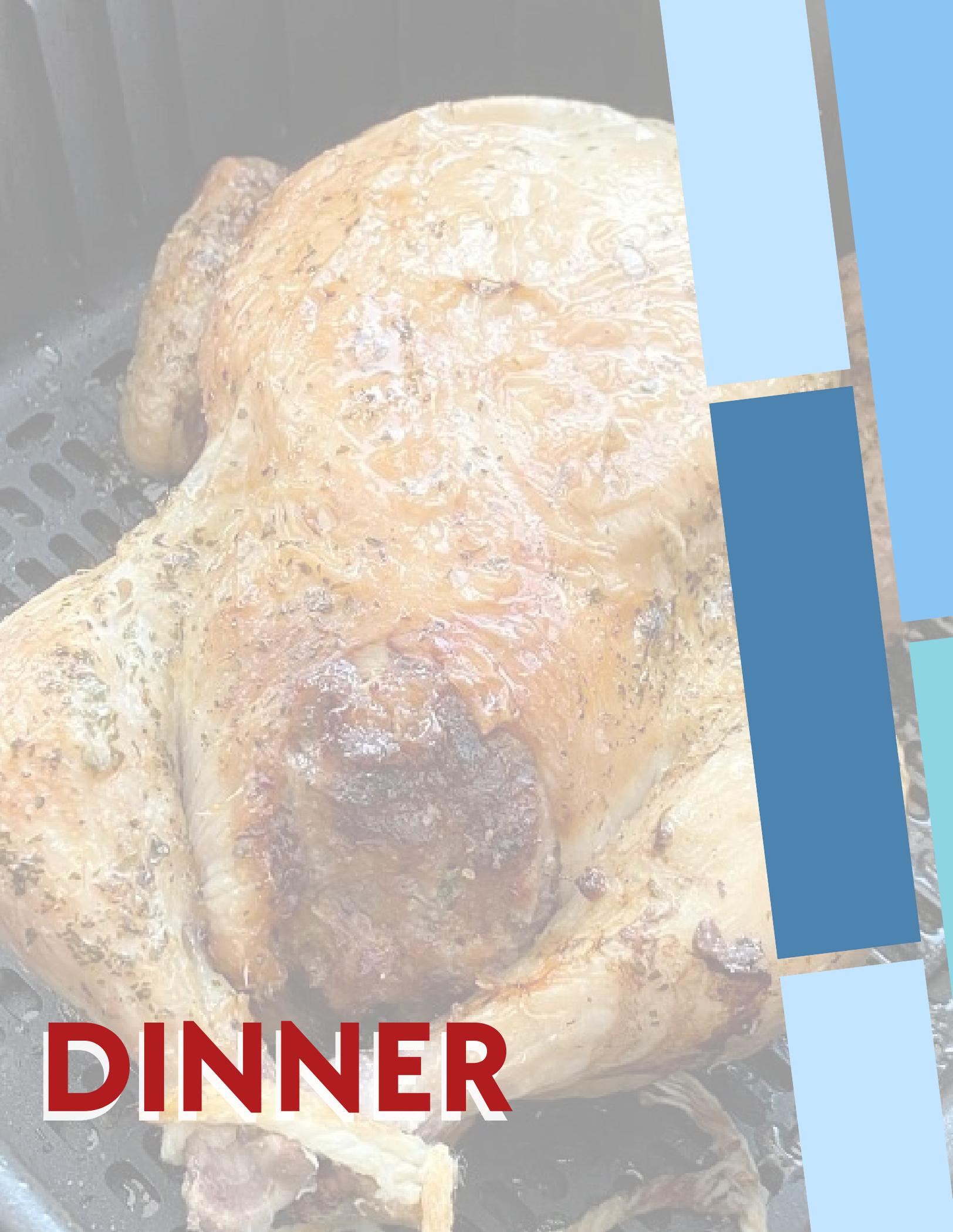
## Ingredients

- 100 g/3.53 oz Fresh Sprouts
- 1 Medium Sweet Potato
- ½ Medium White Onion
- 2 Red Apples
- 2 Green Apples
- 4 Sausages
- 3 Slices Thick Bacon chopped into bits
- 1 Tbsp Extra Virgin Olive Oil
- 2 Tbsp Thyme
- Salt & Pepper

## Directions

1. Peel and dice the apple into cubes. Peel and slice your onion, peel, and slice into cubes your sweet potato. Clean and chop your sprouts into quarters.
2. Load into a bowl with extra virgin olive oil, thyme, salt, and pepper. Mix with your hands until you have a good coating of the seasoning and oil.
3. Load into the air fryer and air fry for 8 minutes at 180c/360f.
4. Whilst the air fryer is doing its magic, slice your sausages into medium slices and cut your bacon into bacon bits. When the air fryer beeps, shake the basket, and add the sausage and bacon on top. Cook for 10 minutes at the same temperature.

5. Shake the air fryer and mix the sausage and bacon into the fruit and veggies. Cook for a further 2 minutes at 200c/400f before serving.
6. Or for crispier results add an extra 7 minutes of cook time instead of 2 and spray with extra virgin olive oil.



**DINNER**

# Ninja Foodi Spaghetti Bolognese

Prep Time: 3 minutes

Cook Time: 8 minutes

Serving: 4



## Ingredients

- 600 g/1.32 lb Ground Minced Beef
- 225g/0.5lb Spaghetti
- 650 ml/2.75 cups Tomato Sauce
- 1 Medium Onion
- 1 Tbsp Extra Virgin Olive Oil
- 1 Tsp Garlic Puree
- 1 Tbsp Oregano
- 1 Tbsp Basil
- Salt & Pepper

## Directions

1. Peel and dice your onion and sauté with extra virgin olive oil in the Ninja cooking pot until the onions start to soften. Add the garlic and minced beef. Sauté until the mince is half cooked.
2. Add in seasonings, 2.5 cups (600ml of water) and stir.
3. Break the spaghetti in half and layer over the liquid.
4. Add tomato sauce over and use a spatula to push down the spaghetti into the liquid.
5. Place the lid on the Ninja Foodi and pressure cook for 5 minutes on pressure cook. Do a quick pressure release and it will be like a spaghetti soup. Give it a good stir and you will have perfectly cooked spaghetti Bolognese.

# Air Fryer Garlic Bread

Prep Time: 5 minutes

Cook Time: 10 minutes

Serving: 4



## Ingredients

- 500 g/1.1 lb Bread Maker Pizza Dough
- 2 Tbsp Extra Virgin Olive Oil
- 1 Tsp Parsley
- 2 Tsp Garlic Puree
- Salt & Pepper

## Directions

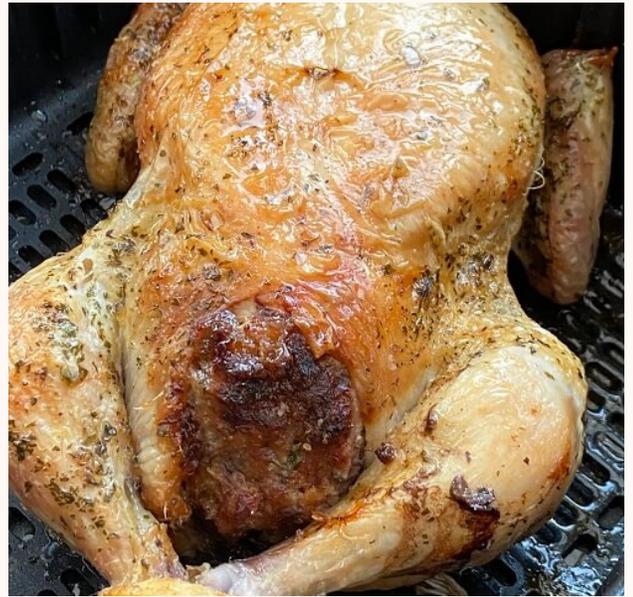
1. Start by putting a batch of pizza dough in your bread maker. Or alternatively use leftover bread.
2. Load the toppings into a ramekin and mix.
3. When your bread maker beeps, find a cute 3 year old to roll out the dough into two pizza pans.
4. Fork the pizza dough and then load it up with the contents of the ramekin and spread it out with a fork so that you have an even spread.
5. Air fry for 10 minutes at 160c/320f.

# Air Fryer Chicken & Stuffing

Prep Time: 8 minutes

Cook Time: 54 minutes

Serving: 4



## Ingredients

- Small Whole Chicken
- 2 Tbsp Extra Virgin Olive Oil
- 1 Tsp Extra Virgin Olive Oil
- 2 Tsp Oregano
- 1 Spring Onion sliced
- 250 g/8.82 oz Sausage Meat
- 2 Slices Stale Bread
- 2 Tbsp Breadcrumbs heaped
- 1 Tbsp Sage
- 1 Tsp Parsley
- 1 Tsp Thyme
- Salt & Pepper

## Directions

1. Slice up stale bread slices into crouton chunks, toss in a teaspoon of extra virgin olive oil and sprinkle with thyme. Air fry for 4 minutes at 180c/360f.
2. Whilst the air fryer is making croutons add the rest of the stuffing ingredients into a bowl. Which includes the spring onion that you have sliced, sausage meat, breadcrumbs, salt, pepper, sage, and parsley.
3. Add in the croutons and mix with your hands to make a huge stuffing ball.
4. Hold the chicken up and place the stuffing into the cavity, any leftover stuffing can then be reserved for stuffing balls.

5. Place the whole chicken breast side up on your clean chopping board. Tie the legs with some string. Smother in a tablespoon of extra virgin olive oil and sprinkle with salt, pepper, and oregano. Place the chicken, breast side up into the air fryer basket. Be careful making sure no stuffing falls out. Air fry for 30 minutes at 170c/340f.
6. When the air fryer beeps, turn over and cook for a final 20 minutes on the other side on the same temp, making sure you add oil and seasoning to the other side.
7. Then when it beeps allow it to rest for a couple of minutes before serving.

# Slow Cooker Chickpea Curry

Prep Time: 10 minutes

Cook Time: 4 hours

Serving: 4



## Ingredients

- 1 Large Sweet Potato
- 1 Red Pepper
- 1 Can Chickpeas
- 2 Cans Tinned Tomatoes
- 1Tbsp Tomato Puree
- 1Tbsp Garlic Puree
- 1Tbsp Korma Powder
- 1Tbsp Garam Masala
- 1Tbsp Cumin
- 2Tsp Turmeric
- Salt & Pepper
- 1Tbsp Coriander Leaf/Cilantro
- 2Tbsp Greek Yoghurt

## Directions

1. Peel and dice the sweet potatoes. Drain the chickpeas. Dice the red pepper.
2. Load everything apart from the coriander and the yoghurt into the slow cooker and mix well.
3. Slow cook for 3 hours on high or until the sweet potato is fork tender.
4. Stir in the coriander and the yoghurt and slow cook for a final hour.
5. Serve with your favourite sides.

# Ninja Foodi Baked Potato

Prep Time: 3 minutes

Cook Time: 30 minutes

Serving: 4



## Ingredients

- 6 Medium Baked Potatoes
- Extra Virgin Olive Oil Spray
- Salt & Pepper
- Butter *optional*
- Toppings *optional*

## Directions

1. Place a cup and a half of water (360ml) into the Ninja Foodi cooking pot and add the trivet. Fork the potatoes, season with salt and pepper and load onto the trivet. Place the lid on the Ninja Foodi, set the valve to sealing and cook for 20 minutes on pressure cook.
2. Release the pressure, drain the water, and slice your potatoes lengthways. Spray your potatoes with extra virgin olive oil.
3. Place down the air fryer lid and air fry for 10 minutes at 200c/400f.
4. Serve with your favourite baked potato toppings.

# Air Fryer Oven Frozen Pizza

Prep Time: 0 minutes

Cook Time: 12 minutes

Serving: 4



## Ingredients

- 9 Inch Frozen Pizza

## Directions

1. Place your 9 inch frozen pizzas onto each of the air fryer oven shelves. You can cook one pizza, two or three at once.
2. Set the temperature to 180c/360f and cook for 5 minutes.
3. After 5 minutes swap the top and bottom shelves over and cook for a further 5 minutes.
4. When it beeps swap the middle with the top and the top with the bottom and cook for a final 2 minutes.
5. Serve warm.

# Air Fryer Chips

Prep Time: 10 minutes

Cook Time: 25 minutes

Serving: 2



## Ingredients

- 6 Medium White Potatoes
- ½ Tbsp Extra Virgin Olive Oil
- 1 Tbsp Malt Vinegar
- Salt & Pepper
- Extra Virgin Olive Oil Spray

## Directions

1. Peel and slice your potatoes and load into a mixing bowl.
2. Add to the bowl salt, pepper, vinegar, and extra virgin olive oil and then mix with your hands until the potatoes are well coated.
3. Place the chips into the air fryer basket and cook for 15 minutes at 160c/320f.
4. Then shake the chips and air fry for 5 minutes at 180c/360f. Then do a fork test and make sure they are fork tender.
5. Shake the air fryer again, spray the chips with extra virgin olive oil and air fry for a final 5 minutes at 200c/400f.
6. Then serve with your favourite sauce or like at the chippy with more salt and vinegar.

# Slow Cooker Gammon Fanta

Prep Time: 10 minutes

Cook Time: 4 hours

Serving: 4

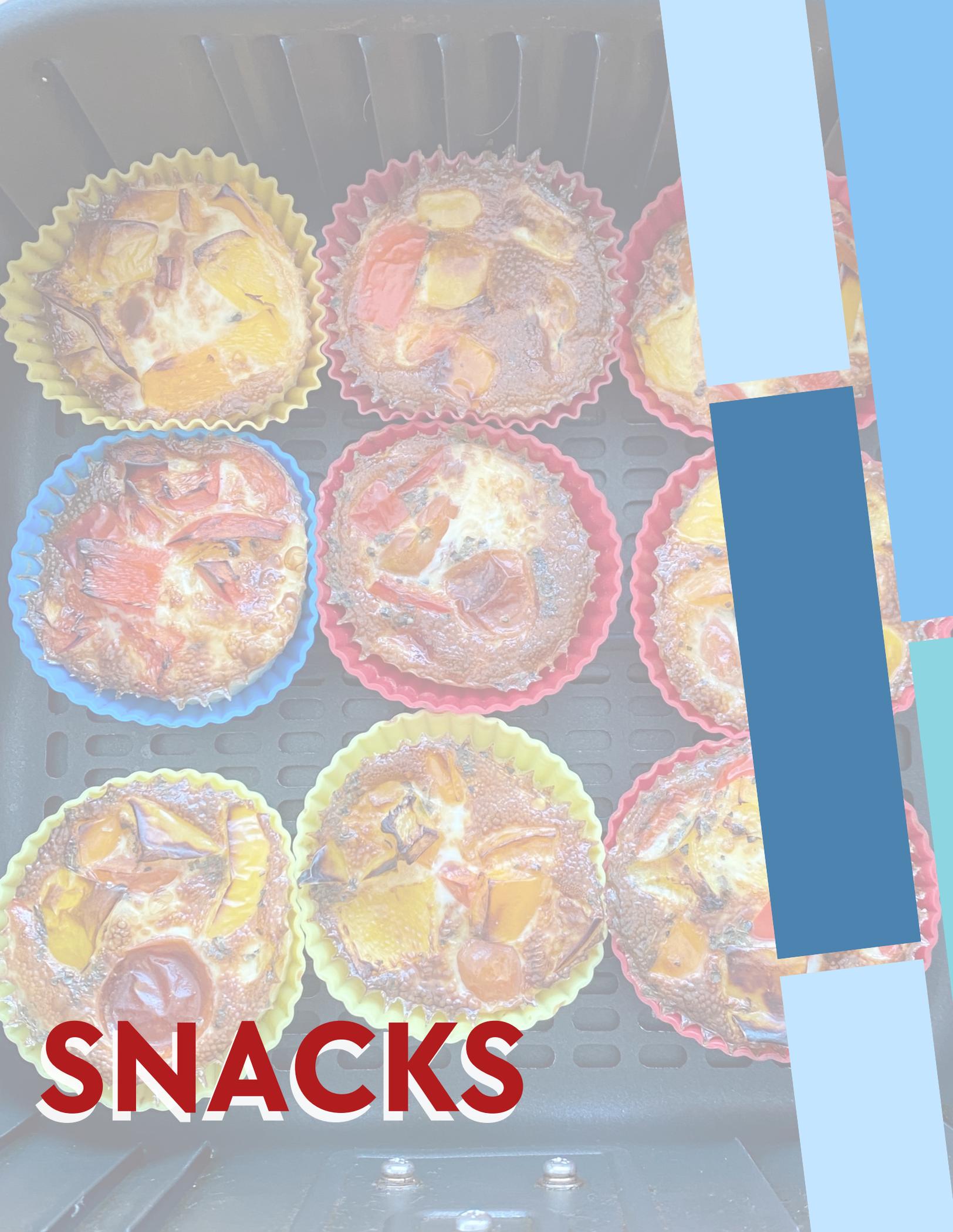


## Ingredients

- 2kg/2.2lb Gammon Joint
- 2L/67.6oz Diet Fanta
- 1 Medium Red Onion
- 2 Oranges
- 6 Garlic Cloves
- 2Tsp Mixed Herbs
- 1Tsp Mixed Spice
- 2Tsp Mustard Powder
- 1Tbsp Peppercorns

## Directions

1. Peel and dice your onion and one of your oranges. Peel your garlic cloves.
2. Load into the slow cooker your onion, orange chunks, garlic cloves and peppercorns.
3. Remove all visible fat from your gammon and then rub the dried seasonings into the gammon.
4. Load the gammon into the slow cooker, slice the orange and use cocktail sticks to attach the orange to the gammon and for it to stay in place as it cooks.
5. Pour into the slow cooker your diet fanta and then place the lid on the slow cooker. Slow cook for 4 hours on high or 7 hours on low.
6. Remove the orange slices and the cocktail sticks, allow to rest for about 10 minutes before slicing.



**SNACKS**

# Air Fryer Roasted Chickpeas

Prep Time: 3 minutes

Cook Time: 8 minutes

Serving: 2



## Ingredients

- 800 g/1.76 lb Chickpeas
- 1 Tsp Oriental Seasoning
- 1 Tsp Mexican Seasoning
- 1 Tsp Cajun Seasoning
- Salt & Pepper

## Directions

1. Drain and rinse your chickpeas
2. Remove any dead bits of skin from your chickpeas.
3. Load the chickpeas into the air fryer basket and cook for 5 minutes at 180c/360f.
4. When it beeps load the seasoning into your ramekin and toss the chickpeas in the seasoning.
5. Cook for a further 5 minutes at 200c/400f.

# Instant Pot Yoghurt Setting

Prep Time: 5 minutes

Cook Time: 8 hours

Serving: 2 jars



## Ingredients

- Instant Pot Water Test
- 2 Tbsp Active Culture Yoghurt
- 2 1/8.45 cups Semi Skimmed UHT Milk

## Directions

1. Perform the instant pot water test first.
2. Load your yogurt into the instant pot along with 1/8 of the milk.
3. Whisk until well mixed and starting to froth. Then pour in the rest of the milk and whisk until frothy like milk from a coffee shop.
4. Place the lid on the instant pot and no need to set to sealing. Press the yogurt setting and make sure the time is set to 8 hours, if not press the + or - until you have 8 hours and then press start.
5. After 8 hours and it has beeped, remove from the instant pot, and make sure you don't stir. Then cover with its silicone lid and place in the fridge for a further 8 hours to chill.
6. Then grab a bowl and place a colander over it, then cover with kitchen towel. Then pour the yoghurt over the kitchen towel. Leave for an hour for the water to drip out of the yoghurt.

7. Then transfer the yoghurt into a bowl for serving now or into plastic mason jars for storage.
8. Then pour a little of your just made yoghurt into ice cube trays ready for the next time you want to make instant pot yoghurt.

# Air Fryer Egg Cups

Prep Time: 3 minutes

Cook Time: 15 minutes

Serving: 8



## Ingredients

- 6 Cherry Tomatoes
- ¼ Green Pepper
- 40 g/1.41 oz Leftover Meat
- 4 Large Eggs
- 1 Tsp Dried Garlic
- 2 Tsp Basil
- Salt & Pepper
- 3 Tbsp Milk optional

## Directions

1. Dice your filling on a chopping board. Make sure your silicone moulds are clean and dry.
2. In a jug beat your eggs until they are well beaten. Add in your seasonings and mix with a fork.
3. Place your diced egg cup fillings into the silicone moulds and pour your egg mixture on top. Place the silicone moulds gently onto the air fryer grill pan. Set the time on your air fryer to 12 minutes and your temperature to 180c/360f.

# Air Fryer Healthy Sausage Rolls

Prep Time: 5 minutes

Cook Time: 8 minutes

Serving: 2



## Ingredients

- 2 WW Wraps
- 150 g/5.29 oz Lean Pork Mince
- Egg Wash
- 1 Tsp Oregano
- ½ Tsp Garlic Powder
- Salt & Pepper

## Directions

1. Cut a WW wrap to a rectangle shape ready for making sausage rolls with and then smother it with egg wash.
2. Load into a bowl your pork mince, add seasoning, mix with your hands and make into a big pork ball. Then layer onto your WW wrap.
3. Roll up into a sausage roll shape and then use cocktail sticks to hold its place. Then smother the outside with egg wash too.
4. Load into the air fryer and cook for 8 minutes at 200c/400f.
5. Remove the cocktail sticks and serve.
6. Or if serving as party sausage rolls cut into quarters before serving.

# Air Fryer Flour Tortilla Chips

Prep Time: 5 minutes

Cook Time: 10 minutes

Serving: 2



## Ingredients

- 6 Tortilla Wraps
- 1 Tbsp Extra Virgin Olive Oil
- 1 Tbsp Cajun Seasoning

## Directions

1. Place your extra virgin olive oil and seasoning into a ramekin and mix well.
2. Use a pastry brush to brush the top and bottom of each of your tortillas.
3. Use kitchen scissors to chop your tortillas in half, then half again and then half again to make 8ths.
4. Place in the air fryer and cook for 5 minutes at 180c/360f.
5. Turn and then cook for a further 5 minutes at the same temperature on the other side.

# Instant Pot Popcorn

Prep Time: 1 minute

Cook Time: 6 minutes

Serving: 4



## Ingredients

- ½ Cup Popcorn Kernels
- 1Tbsp Coconut Oil
- 2Tsp Butter

## Directions

1. Place the instant pot on the sauté setting and then press the sauté button 3 times to adjust it to the higher sauté setting. Then add in the coconut oil and the butter.
2. Wait for the instant pot oil and butter to be melted and the instant pot to read hot.
3. Then add to the instant pot your corn kernels. Note ½ a cup creates a lot of popcorn so don't worry if it doesn't seem like a lot.
4. Then mix with a wooden spoon to make sure all the kernels are well coated in hot oil.
5. Then wait for the first kernel to pop and once it does place the lid down on the instant pot. No need to set to sealing position.
6. Then listen, and when the last kernel has popped remove the lid and stir. Then transfer your big inner pot full of popcorn to containers and serve.

# ABOUT THE AUTHOR



Samantha along with her chef husband Dominic have been showing people how to cook smart with kitchen gadgets since November 2015.

Many people come to Samantha & Dominic on a daily basis asking for advice when cooking with gadgets.

They have cooked exclusively with kitchen gadgets for many, many years and have a big kitchen gadget collection.

Their favourites include the air fryer, instant pot, ninja foodi and soup maker. Though they still love cooking simple tasty food in the slow cooker.

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