

AIR FRYER MEALS

FOR THE AIR FRYER 5-PACK



DIGITAL RECIPE GUIDE & GROCERY LIST

Turn on the air fryer in place of the oven! We've rounded up a list of delicious, well-balanced recipes that will help you cut down on excess oils while still enjoying the goodness of fried foods. From **Crispy & Crunchy Chicken Strips** to air-fried **Sweet Garlic Chicken**, this recipe guide will surely have the whole family asking for seconds! Discover comforting recipes all under \$3.50 a serving—your wallet will thank you, too!

GROCERY LIST

PRODUCE

- 3 small sweet potatoes (Air Fryer Sweet Garlic Chicken)

PANTRY STAPLES

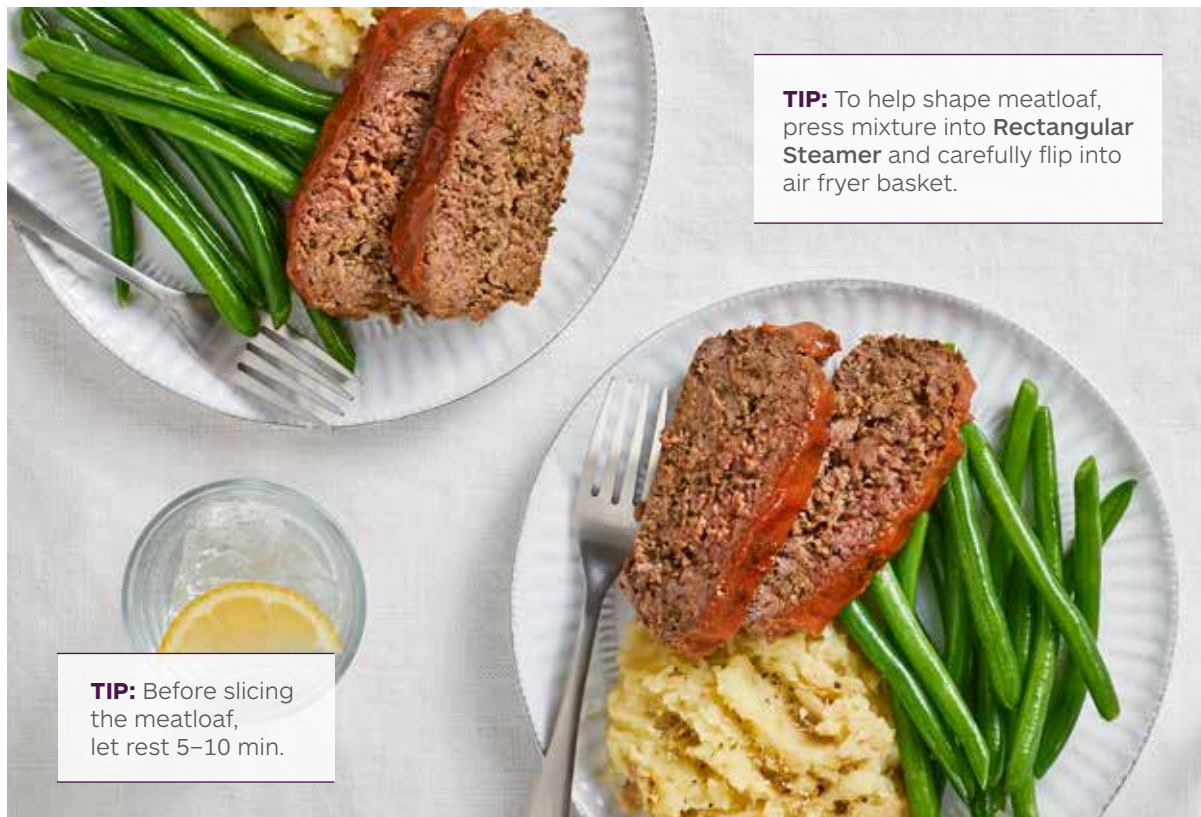
- 3 tbsp ketchup (Air Fryer Classic Meatloaf)
- 2 tbsp mayonnaise (Air Fryer Crispy & Crunchy Chicken Strips)
Swap: 2% plain Greek yogurt
- 1 tbsp honey (Air Fryer Honey Garlic Meatballs)
- 1 tbsp oil (Air Fryer Sweet Garlic Chicken)
- 1 tsp brown sugar (Air Fryer Classic Meatloaf)
- 1 tsp honey mustard (Air Fryer Classic Meatloaf)

PROTEIN

- 1 egg (Air Fryer Classic Meatloaf)
- 3 lbs (1.36 kg) whole chicken (Air Fryer Rotisserie Chicken)
- 2 lbs (900 g) lean ground beef:
 - 1 lb/450 g (Air Fryer Classic Meatloaf)
 - 1 lb/450 g (Air Fryer Honey Garlic Meatballs)
- 1 lb (450 g) boneless, skinless chicken thighs (Air Fryer Sweet Garlic Chicken)
- 1 lb (450 g) chicken breast fillets, about 16 pieces (Air Fryer Crispy & Crunchy Chicken Strips)



AIR FRYER CLASSIC MEATLOAF



TIP: To help shape meatloaf, press mixture into **Rectangular Steamer** and carefully flip into air fryer basket.

TIP: Before slicing the meatloaf, let rest 5–10 min.



TOTAL TIME: 25 min



4 SERVINGS



\$2.18 CA/\$1.85 US PER SERVING

MAKE IT A PERFECTLY BALANCED PLATE: Serve with 1 cup mashed potatoes or rice, and 1 cup steamed vegetables.

INGREDIENTS

- 1 pkg **Classic Meatloaf Seasoning**
- 1 lb (450 g) lean ground beef
- 1 egg
- 2 tbsp water
- 3 tbsp ketchup
- 1 tsp brown sugar
- 1 tsp honey mustard

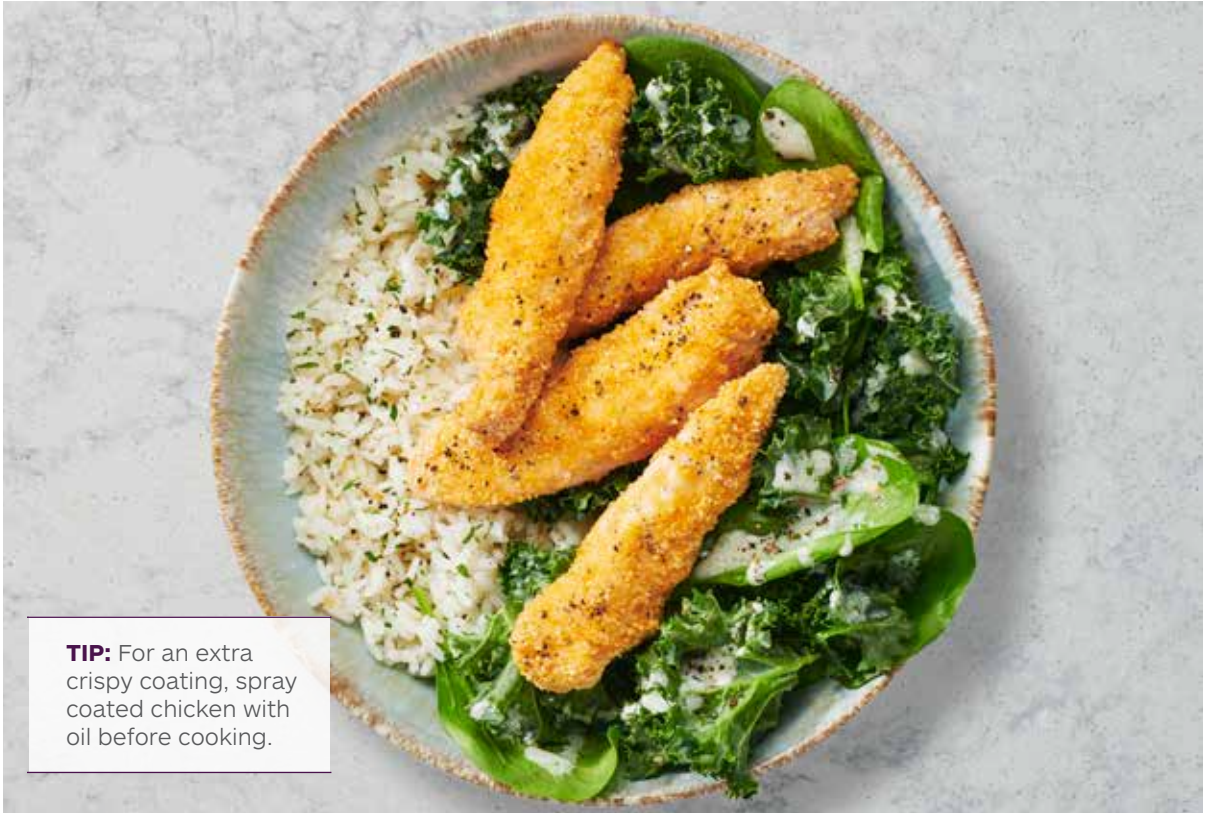
NUTRITIONAL INFO

Per serving: Calories 260, Fat 13 g (Saturated 5 g, Trans 0.4 g), Cholesterol 120 mg, Sodium 490 mg, Carbohydrate 11 g (Fibre 1 g, Sugars 6 g), Protein 25 g.

INSTRUCTIONS

1. Preheat air fryer to 390° F.
2. In a large bowl, combine seasoning, ground beef, egg, and water. Using your hands or a large spoon, mix until well blended.
3. Shape into loaf, about 8" long by 3" wide. Place in air fryer basket.
4. Cook 15 min.
5. Meanwhile, in a small bowl, combine ketchup, sugar, and mustard.
6. After 15 min cooking time, spread prepared sauce over meatloaf; cook 5 min, or until internal temperature reaches 160° F.

AIR FRYER CRISPY & CRUNCHY CHICKEN STRIPS



TIP: For an extra crispy coating, spray coated chicken with oil before cooking.



TOTAL TIME: 22 min



4 SERVINGS



\$2.37 CA/\$2.01 US PER SERVING

MAKE IT A PERFECTLY BALANCED PLATE: Serve with 2 cups leafy greens with 1 tbsp prepared **Epicure Salad Dressing**, your choice, and ½ cup cooked grains.

INGREDIENTS

- 1 lb (450 g) chicken breast fillets, about 16 pieces
- 2 tbsp mayonnaise or 2% plain Greek yogurt
- 1 pkg **Crispy & Crunchy Coating Mix**

NUTRITIONAL INFO

Per serving: Calories 230, Fat 8 g (Saturated 1.5 g, Trans 0 g), Cholesterol 65 mg, Sodium 360 mg, Carbohydrate 13 g (Fibre 0 g, Sugars 1 g), Protein 24 g.

INSTRUCTIONS

1. Preheat air fryer to 400° F.
2. Meanwhile, in a bowl, add chicken and mayo; toss to coat.
3. Place coating mix in a shallow dish. Using tongs or your hands, add chicken one piece at a time, rotating and pressing mix on both sides of chicken to coat.
4. In two batches, place chicken in single layer in basket, leaving some space between each piece.
5. Cook 8-10 min, flipping halfway through using tongs, or until golden and cooked through.

AIR FRYER HONEY GARLIC MEATBALLS



TOTAL TIME: 15 min



4 SERVINGS



\$2.65 CA/\$2.25 US PER SERVING

MAKE IT A PERFECTLY BALANCED PLATE: Make it a perfectly balanced plate: Serve with $\frac{1}{2}$ cup rice and 1 cup steamed vegetables.

INGREDIENTS

- 1 lb (450 g) lean ground beef
- 1 pkg **Honey Garlic Meatball Seasoning**, divided
- $\frac{3}{4}$ cup water
- 1 tbsp honey

NUTRITIONAL INFO

Per serving (4 meatballs): Calories 310, Fat 13 g (Saturated 5 g, Trans 0 g), Cholesterol 70 mg, Sodium 460 mg, Carbohydrate 26 g (Fibre 1 g, Sugars 19 g), Protein 22 g.

INSTRUCTIONS

1. Preheat air fryer to 400° F.
2. Meanwhile, in a large bowl, using a fork, combine beef and 2 tbsp seasoning. Form into 16 meatballs (about a scant 2 tbsp each).
3. Arrange meatballs in a single layer in air fryer basket.
4. Cook 10 min, shaking basket halfway through.
5. Meanwhile, in **Round Steamer**, whisk together remaining seasoning, water, and honey. Microwave uncovered on high 2 min, whisking halfway through. If not thickened to your liking after 2 min, cook for additional 30 sec intervals, whisking after each interval, until desired thickness is achieved.
6. Once cooked, remove meatballs from basket using tongs. Add to steamer with sauce; stir to coat.

AIR FRYER ROTISSERIE CHICKEN



TOTAL TIME: 52 min



8 SERVINGS



\$2.35 CA/\$2.00 US PER SERVING

MAKE IT A PERFECTLY BALANCED PLATE: Serve with 1 cup steamed veggies, and 1 cup rice or 1 whole grain roll.

INGREDIENTS

3 lbs (1.36 kg) whole chicken
1 pkg **Rotisserie Chicken Seasoning**

NUTRITIONAL INFO

Per serving: Calories 210, Fat 12 g (Saturated 3.5 g, Trans 0 g), Cholesterol 65 mg, Sodium 240 mg, Carbohydrate 2 g (Fibre 0 g, Sugars 0 g), Protein 21 g.

INSTRUCTIONS

1. Preheat air fryer to 350° F.
2. Place chicken breast side down and shake on half the seasoning; rub over meat. Turn chicken over, breast side up, and rub remaining seasoning all over to evenly coat.
3. Place in basket. Cook 50–60 min or until cooked through. To test for doneness, insert an instant read thermometer into the thickest part of the meat (all the way to the middle, not touching any bone). It should register at 180° F.

AIR FRYER SWEET GARLIC CHICKEN



TOTAL TIME: 30 min



4 SERVINGS



\$3.33 CA/\$2.83 US PER SERVING

MAKE IT A PERFECTLY BALANCED PLATE: Serve with 2 cups leafy green salad and 1 tbsp Epicure Salad Dressing, your choice.

INGREDIENTS

3 small sweet potatoes
1 tbsp oil
1 lb (450 g) boneless, skinless chicken thighs
1 pkg **Sweet Garlic Chicken Seasoning**

NUTRITIONAL INFO

Per serving: Calories 300, Fat 8 g (Saturated 1 g, Trans 0 g), Cholesterol 90 mg, Sodium 450 mg, Carbohydrate 31 g (Fibre 4 g, Sugars 10 g), Protein 25 g.

INSTRUCTIONS

1. Preheat air fryer to 390° F.
2. Cut sweet potatoes into small cubes; you should have about 3 cups.
3. In a large bowl, add sweet potatoes, oil, chicken, and seasoning. Toss until well coated.
4. Arrange chicken in single layer in basket. Cook 15 min or until cooked through, flipping halfway through. Remove from basket and keep warm.
5. Arrange sweet potatoes in a single layer in basket. Cook 10 min or until tender, shaking basket halfway through.