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MECHANICAL



EASY FRY & GRILL CLASSIC



EASY FRY & GRILL CLASSIC+

DIGITAL



EASY FRY & GRILL PRECISION



EASY FRY & GRILL PRECISION+



GUIDE



CHIPS



NUGGETS



ROAST CHICKEN



PIZZA



MEAT



FISH



VEGETABLES



DESSERT



AIR FRYER



GRILL

EMPANADAS

4 ✂ 25 min. 🍲 20 min. 🍳

INGREDIENTS

2 rolls of shortcrust pastry
 350 g minced beef
 3 spring onions
 1 tbsp. paprika

1 egg yolk
 1 tbsp. olive oil
 Salt
 Pepper

RECIPE

- 1 | Finely chop the onions. Heat the oil in a large frying pan and brown the onions for 3 minutes. Add the meat and cook for a further 10 minutes, then remove and allow to cool.
- 2 | Unroll the pastry, cut out 8 circles approximately 9 cm in diameter, add some of the cooled minced meat, leaving a 1-cm space around the edge, and fold over into a turnover shape.
- 3 | Mix the egg yolk with 1 tbsp. of water. Brush the empanadas with the mixture

and place them in the basket of your Easy Fry & Grill.

- 4 | **Digital version:** Select the GRILL setting and preheat to 200°C for 15 minutes. Cook for 10 minutes and then repeat with the second batch.

Mechanical version: Preheat to 200°C for 15 minutes. Cook for 10 minutes and then repeat with the second batch.

TIP

You can flavour the beef filling of the empanadas with cumin, oregano or chopped garlic. Why not try adding tomato or sweetcorn to the filling for extra flavour?

CRISPY PRAWNS

4 ✂ 20 min. 🍲 10 min. 🍳



INGREDIENTS

250 g shelled prawns
2 eggs
60 g wheat flour
60 g cornflour

2 tbsp. curry powder
1 tbsp. oil
Salt
Pepper

RECIPE

- 1 | Prepare the ingredients for the breadcrumbs: place the eggs and a pinch of salt and pepper in a bowl and whisk. Pour the wheat flour and curry powder into a second bowl, and the cornflour into a third.
- 2 | Dip the prawns into the different bowls in the following order: first into the curry and wheat flour, then into the eggs and finally into the cornflour. Allow the prawns to drain off as much as possible between bowls to avoid drips.
- 3 | Place the breaded prawns in the basket of your Easy Fry & Grill and drizzle with oil.
- 4 | **Digital version:** Cook on the FISH setting at 170°C for 5 minutes. Turn the prawns over and continue cooking for another 5 minutes.
Mechanical version: Cook at 170°C for 5 minutes, then turn the prawns over and continue cooking for another 5 minutes.

VEGETABLE SAMOSAS

4 (= 12 samosas)  20 min.  2 x 15 min. 

INGREDIENTS

6 brick pastry sheets
100 g feta
150 g frozen peas
250 g cauliflower
1 tsp. curry powder

1 egg yolk
1 tbsp. olive oil
Salt
Pepper

RECIPE

- 1 | Cut the cauliflower into medium-sized florets and rinse. Add the peas and cauliflower florets. Cook on the VEGETABLE setting for 15 minutes.
- 2 | Take out the cooked vegetables and place them in a large bowl. Add the crumbled feta cheese, curry powder and a pinch of salt and pepper. Mash with a fork to reduce to a coarse purée.
- 3 | Cut the brick pastry sheets into two equal pieces. Fold them in half, folding the rounded part toward the middle of the straight edge. Place the equivalent of a tablespoon of filling on one end of the resulting strip and fold into a triangle. Continue folding to completely enclose the filling in the triangle, then brush the excess pastry with a little egg yolk and stick it to the samosa.
- 4 | Repeat until all of the filling has been used up, place the samosas in the basket and brush with oil.
- 5 | **Digital version:** Select the AIR FRY setting and cook at 170°C for 15 minutes, turning halfway through the cooking time.
Mechanical version: Cook at 170°C for 15 minutes, turning halfway through the cooking time.

TIP

You can reheat the first batch of samosas by slipping them into the basket and cooking for a few more minutes.

MINI PIZZAS

4 ✂ 15 min. 🍲 8 min. 🍳



INGREDIENTS

2 English muffins
8 tbsp. tomato sauce

4 slices mozzarella cheese
4 pitted black olives

RECIPE

- 1 | Cut the muffins in half and place them in the basket of your Easy Fry & Grill.

Digital version: Select the PIZZA setting and cook at 170°C for 3 minutes.

Mechanical version: Cook for 3 minutes at 170°C.
- 2 | Spread a large tablespoon of tomato sauce over each muffin. Cut the mozzarella slices into thin strips. Lay them across each muffin, then add the olives, sliced to look like eyes. Place the pizzas in the basket of your Easy Fry & Grill.
- 3 | **Digital version:** Select the PIZZA setting and cook at 170°C for 5 minutes.

Mechanical version: Cook at 170°C for 5 minutes.

TIP

A fun recipe that kids can easily make themselves, but always with adult supervision to prevent any risk of burns.

CHICKEN SPRING ROLLS

4 (= 16 rolls) ✪ 35 min. 20 min.

INGREDIENTS

16 rice paper wrappers
 50 g rice vermicelli
 2 chicken fillets
 200 g mixed stir-fry vegetables
 4 button mushrooms

1 clove garlic
 1 tbsp. flavourless oil
 Salt
 Pepper

RECIPE

- 1 | Rehydrate the rice vermicelli as per the instructions on the packet. Drain them carefully between your hands. Chop coarsely with scissors and leave to cool.
- 2 | Dice the chicken and fry in hot oil with the chopped garlic for 5 minutes. Add the stir-fry vegetables and cook for a further 5 minutes. Add the vermicelli and allow to cool.
- 3 | Have a bowl of warm water and a clean tea towel ready on your worktop. Dip the rice paper wrappers into the water for a few minutes and then put them on the tea towel. Place about 1 spoonful of filling on the wrapper. Fold over the left and right sides to enclose the filling and then roll it up. Repeat until you have used up all of the filling.
- 4 | Place the spring rolls in the basket of your Easy Fry & Grill, spacing them well apart so they don't stick together. **Digital version:** Select the AIR FRY setting and cook at 160°C for 20 minutes, turning halfway through the cooking time. **Mechanical version:** Cook at 160°C for 20 minutes, turning halfway through the cooking time.

TIP

Serve with mint, salad and soy sauce.

FALAFELS

4 ✂ 20 min. 🥣 15 min. 🍳

INGREDIENTS

500 g cooked chickpeas
 1 white onion
 2 sprigs of parsley
 4 sprigs of coriander
 1 tsp. cumin

1 clove garlic
 1 tbsp. tahini (sesame paste)
 1 tbsp. olive oil
 Salt
 Pepper

RECIPE

- 1 | Mix the chickpeas, parsley leaves, coriander and cumin together with a pinch of salt, a pinch of pepper and the sesame paste (tahini) until coarsely blended.
- 2 | Add the chopped garlic and onion and mix well by hand. Then, shape the mixture into balls. Place them in the basket of your Easy Fry & Grill and drizzle with olive oil.
- 3 | **Digital version:** Select the AIR FRY setting and cook at 170°C for 15 minutes, turning halfway through the cooking time.
Mechanical version: Cook at 170°C for 15 minutes, turning halfway through the cooking time.

TIP

Serve the falafels in hot pitta breads garnished with fresh mint, yoghurt and slices of tomato.

BEEF AND CORIANDER KOFTA



INGREDIENTS

350 g minced beef	1 tsp. cumin
2 tbsp. chopped shallots	1 tbsp. olive oil
2 tbsp. chopped coriander	Salt
1 tbsp. ras el hanout spice mix	Pepper

RECIPE

- 1 | Brown the shallots quickly in a frying pan with a dash of olive oil.
- 2 | Mix the minced beef, spices, coriander and cooked shallots together. Season with salt and pepper. Shape them into elongated sausages and slide onto wooden skewers.
- 3 | **Digital version:** Select the ROAST CHICKEN setting and cook at 180°C for 8 minutes, turning halfway through the cooking time.
Mechanical version: Cook at 180°C for 8 minutes, turning halfway through the cooking time.

TIP

Serve the koftas with a mint sauce: mix together 2 pots of Greek yoghurt, 1 tbsp. fresh chopped mint, a splash of olive oil and a dash of lemon juice.



DELUXE HAMBURGER

4 ✦ 25 min.  12 min. 

INGREDIENTS

600 g minced beef
4 burger buns
2 tomatoes
6 lettuce leaves
1 clove garlic

3 tsp. soy sauce
2 tbsp. olive oil
Salt
Pepper

RECIPE

- 1 | Mix the beef, crushed garlic, soy sauce and olive oil together. Season. Shape into 4 burgers with your hands.
- 2 | Place the burger buns in the basket of your Easy Fry & Grill.
Digital version: Select the PIZZA setting and cook for 4 minutes.
Mechanical version: Cook at 180°C for 4 minutes.
- 3 | Remove the buns, placing them under a sheet of aluminium foil to keep them warm, then place the burgers in the basket.

Digital version: Select the GRILL setting and cook for 8 minutes, adjusting the cooking time by plus or minus 2 minutes as required.

Mechanical version: Set to 200°C for 8 minutes, adjusting the cooking time by plus or minus 2 minutes as required.

- 4 | Garnish the buns with lettuce leaves, tomato slices and the grilled burgers and serve.

TIP

Make a sauce by mixing together: 1 tbsp. wholegrain mustard, 2 tbsp. hot mustard, 1 egg yolk and 1 tbsp. oil before adding 1 tbsp. of thick crème fraîche.

BEEF SKEWERS WITH TERIYAKI SAUCE

4



20



1



6



INGREDIENTS

12 slices of beef carpaccio
200 g block of Comté cheese
4 tbsp. honey

6 tbsp. soy sauce
Pepper

RECIPE

- 1 | Remove the rind from the cheese and cut into 1.5-cm cubes. Thread the cheese pieces onto 12 skewers and wrap them in the carpaccio.
- 2 | Mix the soy sauce and honey together then marinate the skewers in the mixture for 1 hour in a cool place.
- 3 | Place the skewers in the basket of your Easy Fry & Grill.
Digital version: Select the MEAT setting and cook at 180°C for 6 minutes.
Mechanical version: Cook at 180°C for 6 minutes.

TIP

Serve the skewers with a small bowl of sweet soy sauce.

CHICKEN NUGGETS

4 ✂

30 min. 🥣

10 min. 🍳



INGREDIENTS

4 chicken fillets
 100 g breadcrumbs
 60 g flour
 3 eggs

2 tbsp. oil
 Salt
 Pepper

RECIPE

- 1 | Remove any gristle and fat from the chicken fillets. Cut into pieces of about 4 to 5 cm and season with salt and pepper.
- 2 | Prepare the ingredients for the breadcrumbs: Place the eggs in a bowl with a pinch of salt and pepper and whisk. Pour the flour into a second bowl and place the breadcrumbs in a third.
- 3 | Dip the nuggets into the flour, then into the eggs and finally into the breadcrumbs. For an even more

indulgent bread coating, dip the nuggets into the eggs and breadcrumbs a second time. Place them in the basket of your Easy Fry & Grill and drizzle with olive oil.

4 | Digital version: Select the NUGGETS setting and cook for 10 minutes, turning halfway through the cooking time.

Mechanical version: Cook at 200°C for 10 minutes, turning halfway through the cooking time.

TIP

Make your own ketchup by simmering together 3 tomatoes, 1 onion, 1 tsp. concentrated tomato paste, 1 chopped clove of garlic, 4 tsp. balsamic vinegar, 1 tsp. honey and salt and pepper.

CHICKEN WINGS

4 ✦

20 min. 12 hr. 17 min. 

INGREDIENTS

1.2 kg chicken wings
 4 tbsp. ketchup
 2 tbsp. mustard
 2 tbsp. paprika

2 tbsp. sweet soy sauce
 2 tbsp. olive oil
 Salt
 Pepper

RECIPE

- 1 | Cut the chicken wings in half, separating them at the joint.
- 2 | Place all of the ingredients in a large bowl and add the chicken wings. Mix well to coat them completely. Cover with cling film and leave to marinate for 12 hours.
- 3 | Place the chicken wings in the basket of the Easy Fry & Grill.
Digital version: Select the ROAST CHICKEN setting and cook for 17 minutes, turning after 12 minutes.
Mechanical version: Cook at 170°C for 17 minutes, turning after 12 minutes.

TIP

You can vary the marinade according to your taste: try adding barbecue sauce, spices, chilli or garlic.

ROAST CHICKEN

4*

5 min.



50 min.



INGREDIENTS

1 x 1.2 kg chicken
5 cloves of garlic
2 tbsp. olive oil

Salt
Pepper

RECIPE

1 | Peel and chop the garlic. Brush the chicken with oil, season generously and add the garlic.

2 | **Digital version:** Select the ROAST CHICKEN setting and cook for 50 minutes.

Mechanical version: Cook at 200°C for 50 minutes.

TIP

The exact cooking time for the chicken will depend on its weight. To check that it is cooked, prick one of the breasts with the point of a knife; the juice that flows out should be clear.

LAMB CHOPS WITH LEMON

4 ✂

15 min. 4 hr. 10 min. 

INGREDIENTS

12 small lamb chops
1 unwaxed lemon
4 cloves of garlic

1 tbsp. olive oil
Salt
Pepper

RECIPE

- 1 | Zest the lemon. Peel the garlic and crush finely with a pestle and mortar. Add the lemon zest and 2 tbsp. of olive oil.
- 2 | Then add the chops and leave to marinate for 4 hours in a cool place.
- 3 | Place the chops in the basket of your Easy Fry & Grill.
Digital version: Select the GRILL setting and preheat to 200°C for 15 minutes. Cook for 10 minutes, turning halfway through the cooking time.
Mechanical version: Set to 200°C and preheat for 15 minutes. Cook for 10 minutes, turning halfway through the cooking time.

TIP

Try adding fresh herbs such as thyme, wild thyme and oregano to your marinade.

NEW YORK-STYLE HOT DOGS

4 ✱

25 min. 5 min. 

INGREDIENTS

4 hot dog buns
 4 tbsp. ketchup
 4 hot dog sausages
 4 gherkins
 1 red onion

8 cherry tomatoes
 4 slices Cheddar cheese
 1 tbsp. oil
 Salt
 Pepper

RECIPE

- 1 | Prepare the sausages by placing them in a pan of boiling water for the time indicated on the packaging.
- 2 | Slice the onion and fry in hot oil for 5 minutes over a medium heat. Mix with the quartered tomatoes and diced gherkins.
- 3 | Slice the hot dog buns down the middle, spread with ketchup and top with the vegetable mixture, sausages and sliced Cheddar. Place in the basket of your Easy Fry & Grill.
- 4 | **Digital version:** Select the PIZZA setting and cook at 170°C for 5 minutes.
Mechanical version: Cook at 170°C for 5 minutes.

TIP

Have fun drawing in the ketchup or mustard, American style!

CURRIED COD

4*

20
min.10
min.

INGREDIENTS

500 g cod fillets
3 tbsp. mild Indian curry paste

10 g grated coconut
200 ml coconut cream

RECIPE

1 | Brush the cod fillets with curry paste and place the rest of the curry paste in a small pan with the coconut cream, salt and pepper. Heat the contents of the pan.

2 | Place a square of baking paper in the basket of your Easy Fry & Grill and place the fish on top.

Digital version: Select the FISH setting and cook at 200°C for 10 minutes.

Mechanical version: Cook at 200°C for 10 minutes. Serve the fish topped with curry sauce and sprinkled with coconut.

HOME-MADE FISH & CHIPS

4 ✦

25
min. 12
min. 

INGREDIENTS

4 cod fillets
5 tbsp. flour
5 tbsp. breadcrumbs
2 eggs
50 g butter

1 bunch of tarragon
1 jar of mayonnaise
½ lemon
Salt
Pepper

RECIPE

- 1 | Cut the fish fillets into large pieces about 4 cm square and gently dab with paper towels. Season with salt and pepper.
- 2 | Prepare 3 bowls and place the flour in the first, beaten eggs in the second and breadcrumbs in the third. Mix the mayonnaise with the juice of half a lemon and the chopped tarragon. Set aside in a cool place.
- 3 | Dip the cod pieces into the flour, then into the eggs and finally into the breadcrumbs. Drain well before moving on to the next bowl. Place the breaded fish pieces in the basket of your Easy Fry & Grill and put a knob of butter on each piece.
- 4 | **Digital version:** Select the FISH setting and cook at 180°C for 12 minutes. **Mechanical version:** Cook at 170°C for 12 minutes. Serve with the sauce prepared earlier.

TIP

This recipe will work with any kind of fresh fish, including hake, saithe and pollack.

HOME-MADE CHIPS

4 ✱

25
min. 50
min. 

INGREDIENTS

1 kg potatoes
3 tbsp. paprika

3 tbsp. oil
Salt

RECIPE

- 1 | Peel the potatoes and cut them into chips.
- 2 | Place them in a bowl and add all of the ingredients. Mix well and then divide half into the basket of your Easy Fry & Grill.
- 3 | **Digital version:** Select the CHIPS setting and cook for 25 minutes, mixing halfway through the cooking time.
Mechanical version: Cook at 170°C for 25 minutes, mixing halfway through the cooking time. Repeat for the remainder of the chips.

TIP

Add a tablespoon of red curry paste for a delicious twist.

SWEET POTATO FRIES

4 ✂ 25 min.  50 min. 

INGREDIENTS

1 kg sweet potatoes
2 tbsp. flour

4 tbsp. oil
Salt
Pepper

RECIPE

- 1 | Peel and rinse the sweet potatoes and cut them into chips. Place them in a large bowl with the flour, oil, salt and pepper. Mix well.
- 2 | Place the chips in the basket of your Easy Fry & Grill, ideally in 2 or 3 rounds.

Digital version: Select the CHIPS setting and cook for 25 minutes, mixing halfway through the cooking time.

Mechanical version: Cook at 180°C for 25 minutes, mixing halfway through the cooking time. Repeat for the remainder of the chips.

TIP

Serve with a yoghurt sauce flavoured with a little curry powder.



CHICKEN THIGHS WITH A YOGHURT AND ROSEMARY MARINADE

4 ✂

20 min. 🥣

4 hr. 🍲

35 min. 🍳

INGREDIENTS

4 chicken thighs
250 g Greek yoghurt
3 tbsp. Dijon mustard

1 sprig of fresh rosemary
4 cloves of garlic
Salt
Pepper

RECIPE

- 1 | Remove the skin from the chicken thighs and place them in a large dish.
- 2 | Mix together the yoghurt, mustard, chopped garlic, a pinch of salt, some pepper and the chopped rosemary leaves. Spread the mixture over the chicken and leave in a cool place. Allow to marinate for 4 hours.
- 3 | **Digital version:** Select the ROAST CHICKEN setting and preheat to 200°C for 15 minutes before placing the chicken thighs in the basket of your Easy Fry & Grill. Cook for 35 minutes, turning halfway through the cooking time.
Mechanical version: Place the chicken thighs in the basket of your Easy Fry & Grill and select 200°C for 30 minutes. Turn them halfway through cooking.

TIP

Serve the grilled chicken thighs with salad and grilled potato slices.



ROASTED CAULIFLOWER WITH A LEMON SAUCE

4 ✦ 15 min. 

1 round 
15 min.



INGREDIENTS

1 small cauliflower
2 tbsp. olive oil
30 g tahini

100 ml olive oil
50 ml lemon juice
Salt
Pepper

RECIPE

- 1 | Remove the leaves from the cauliflower, then cut it into quarters and remove the central stem. Cut each part into florets and place them in a large bowl.
- 2 | Add the 2 tablespoons of olive oil, the salt and pepper and mix well. Spread the mixture in the basket of your Easy Fry & Grill (do this in 2 rounds if necessary).

Digital version: Select the CHIPS setting and cook for 15 minutes, mixing halfway through the cooking time.

Mechanical version: Cook at 180°C for 15 minutes, mixing halfway through the cooking time.

- 3 | Meanwhile, mix the tahini, olive oil and lemon juice to make a sauce to serve with the cauliflower.

GRILLED SAUSAGE

4*

10 min.

10 min.



INGREDIENTS

700 g Toulouse sausage
in a single piece
1 tbsp. Dijon mustard
1 tbsp. wholegrain mustard

2 tbsp. honey
2 sprigs of thyme
Salt
Pepper

RECIPE

- 1 | Mix together the honey, mustards, thyme and a pinch of salt and pepper.
- 2 | Wind the sausage into a coil and insert two skewers perpendicular to each other to keep it in place. Brush on the mustard mixture.
- 3 | **Digital version:** Select the GRILL setting and allow to preheat to 200°C for 15 minutes. Place the

sausage in the basket and cook for 10 minutes, turning halfway through the cooking time.

Mechanical version: Set to 200°C and allow to preheat for 15 minutes before placing the sausage in the basket. Cook for 10 minutes, turning halfway through the cooking time.

TIP

Serve with a home-made mustard mash: Peel and boil 1 kg of potatoes. Drain and mash together with 25 g of butter, 2 tablespoons of mustard, 150 ml of milk, salt and pepper.

SIRLOIN STEAK WITH CHIMICHURRI SAUCE

4 ✦

15 min. 17 min. 

INGREDIENTS

4 sirloin steaks (approximately 200 g each)
 2 tbsp. red wine vinegar
 1/2 lemon
 4 cloves of garlic

6 sprigs of parsley
 1/2 tsp. chilli flakes
 60 ml olive oil
 Salt
 Pepper

RECIPE

- 1 | Take the meat out of the fridge and leave at room temperature for at least 30 minutes before cooking.
- 2 | Meanwhile, make the chimichurri sauce: Mix the vinegar, lemon juice, chopped and de-germed garlic, chopped parsley and oil together in a bowl. Add a pinch of salt, pepper and chilli.
- 3 | **Digital version:** Select the GRILL setting and allow to preheat to

200°C for 15 minutes. Season the steaks with salt and pepper, then place them in the basket of your Easy Fry & Grill and cook for 2 minutes on each side.

Mechanical version: Preheat to 200°C then season the steaks with salt and pepper and place them in the basket of your Easy Fry & Grill. Cook for 2 minutes on each side.


TIP

Adjust the cooking time depending on whether you prefer your steak rare or well done.

GRILLED SEA BREAM WITH TOMATOES AND OLIVES

4 ✦

20
min. 18
min. 

INGREDIENTS

4 bream fillets
4 sprigs of parsley
½ lemon
2 tomatoes
4 tbsp. olive oil

1 clove of garlic
2 tomatoes
50 g pitted olives
Salt
Pepper

RECIPE

- 1 | Zest and squeeze the lemon. Chop the parsley and garlic, then dice the tomatoes and slice the olives into rounds. Mix together, add the olive oil and set aside.
- 2 | Brush the bream fillets with oil and season with salt and pepper.
- 3 | **Digital version:** Select the GRILL setting and allow to preheat to 200°C for 15 minutes, then place the fillets in the basket and continue cooking for a further 5 minutes.
Mechanical version: Place the fillets in the basket and preheat to 200°C for 15 minutes. Cook for 7 minutes.
- 4 | Serve with the sauce.


TIP

Serve the sea bream fillets with rice and vegetables of your choice.

TERIYAKI SALMON

4 ✪

5 min. 30 min. 23 min. 

INGREDIENTS

500 g salmon fillets
8 tbsp. teriyaki sauce
1 tbsp. sesame seeds

RECIPE

- 1 | Marinate the salmon fillets in the teriyaki sauce for 30 minutes.
- 2 | **Digital version:** Preheat on GRILL setting at 200°C for 15 minutes, then place the fish fillets in the basket on the grill plate and cook for 10 minutes.
- 3 | **Mechanical version:** Set to 200°C and allow to preheat well, then place the salmon fillets in the pan on the grill plate and cook for 10 minutes.
- 3 | Sprinkle with sesame seeds and serve with rice.

PESTO-GRILLED AUBERGINE

4 ✂ 10 min. 🍲 27 min. 🍲

INGREDIENTS

2 aubergines
100 g pesto

5 tbsp. olive oil
Salt
Pepper

RECIPE

- 1 | Rinse the aubergines and cut them into slices about 5 mm thick.
- 2 | Brush them with oil, add salt and pepper and place them in a single layer in the basket of your Easy Fry & Grill.
- 3 | **Digital version:** Select the AIR FRY setting and cook at 170°C for 20 minutes, turning halfway through the cooking time. Brush with pesto and cook on AIR FRY for a further 2 minutes.

Mechanical version: Cook at 170°C for 20 minutes, turning halfway through the cooking time, then brush with pesto and cook for a further 2 minutes.

- 4 | Brush with pesto and cook on GRILL for a further 5 minutes (digital version) or at 200°C for 5 minutes (mechanical version).



VEGETARIAN BAGEL

4 ✂

20 min. 🍲

30 min. 🍲



INGREDIENTS

4 bagels
 200 g cream cheese
 4 tsp. wholegrain mustard
 1 red pepper
 1 green pepper

4 button mushrooms
 1 tsp. oregano
 2 tbsp. olive oil
 Salt
 Pepper

RECIPE

- 1 | Rinse and de-seed the peppers and cut them into large pieces, about 3 cm square. Rinse the mushrooms and cut into thick slices, removing any damaged stems.
- 2 | **Digital version:** Select the GRILL setting and preheat to 200°C for 15 minutes, then place the vegetables in the basket on the grill plate, drizzle with oil and cook for 12 minutes, mixing halfway through the cooking time.
Mechanical version: Set to 200°C and allow to preheat for 15 minutes.

Place the vegetables in the basket on the grill plate, drizzle with oil and cook for 12 minutes, mixing halfway through the cooking time.

- 3 | Meanwhile, mix the cream cheese with the mustard.
- 4 | Remove the vegetables and place the bagels, cut in half, in the basket for 5 minutes, on the GRILL setting for the **digital version** and at 200°C for the **mechanical version**. Repeat, then spread the cream cheese on the bread and top with the vegetables.

MAPLE SYRUP-ROASTED ROOT VEGETABLES

4 ✦

15 min. 30 min. 

INGREDIENTS

4 carrots
4 parsnips
350 g sweet potatoes
50 ml maple syrup
1 tsp. thyme

1 orange
20 ml cider vinegar
30 ml sunflower oil
Salt
Pepper

RECIPE

1 | Peel the vegetables and chop the carrots into thick slices, and the parsnips and sweet potato into 2-cm cubes.

2 | Place the vegetables in the basket. Drizzle with about 1 tbsp of olive oil and sprinkle with thyme, salt and pepper.

Digital version: Select the GRILL setting and preheat to 200°C for 15 minutes. Cook for 30 minutes, mixing halfway through the cooking time.

Mechanical version: Set to 200°C and preheat for 15 minutes. Cook for 30 minutes, mixing halfway through the cooking time.

4 | In the meantime, mix the remaining oil with the vinegar, grated zest of half the orange, maple syrup and a pinch of salt and pepper in a bowl. Once the vegetables are cooked, drizzle the dressing over them and serve.

CHOCOLATE CHIP MUFFINS

4 ✨

15 min. 20 min. *INGREDIENTS*

125 g flour
 ½ sachet of yeast
 30 g butter
 30 g sugar

50 g chocolate chips
 1 egg
 120 ml milk

RECIPE

- 1 | Mix the milk, melted butter and eggs together in a large bowl. Mix all of the other ingredients together in a second bowl.
- 2 | Stir the liquid mixture into the dry mixture whilst whisking to avoid lumps.
- 3 | Divide the mixture into lightly buttered muffin tins and place them in the basket.
- 4 | **Digital version:** Select the DESSERT setting and cook at 170°C for 20 minutes.
Mechanical version: Cook at 170°C for 20 minutes.

CHOCOLATE SOUFLÉS



INGREDIENTS

100 g dark chocolate
3 eggs (1 yolk + 3 whites)
100 ml full-fat milk

40 g sugar
1 tsp. cornflour
25 g butter

RECIPE

- 1 | Break the chocolate into pieces and melt in a bain-marie or microwave on low power. Separate the whites from the yolks and keep 3 whites and 1 yolk.
- 2 | Whisk the yolk with the cornflour in a bowl. Bring the milk and 30 g of sugar to the boil and stir it into the egg yolk-cornflour mixture. Place the mixture back in the pan and cook over a low heat while stirring. Blend in the chocolate and set the mixture aside to cool.
- 3 | Beat the egg whites until stiff and fold them gently into the warm chocolate cream.
- 4 | Butter 4 large ramekins, sprinkle with 10 g of sugar and pour the mixture in up to 2/3 the height of the moulds. Place the ramekins in the basket of your Easy Fry & Grill.

Digital version: Set the DESSERT setting to 12 minutes at 160°C.

Mechanical version: Set to 12 minutes at 160°C.



ALMOND CIGARS

4/6

30
min.11
min.*INGREDIENTS*

190 g ground almonds
30 g butter
6 brick pastry sheets

2 tsp. orange blossom flavouring
1 egg
120 g honey

RECIPE

- 1 | Set aside 3 tbsp. honey. In a large bowl, mix the ground almonds, melted butter, orange blossom flavouring and honey. Shape the paste into a sausage and cut into 7 cm pieces.
- 2 | Cut the brick pastry sheets in half and place a roll of the paste mix on the brick sheet. Brush all over with beaten egg, then start rolling, folding over the edges and finishing by rolling into cigar shapes. Repeat the process until you have rolled them all. Place a sheet of baking paper in your Easy Fry & Grill and place the rolls in the basket.
- 3 | **Digital version:** Select the DESSERT setting and cook at 180°C for 8 minutes, then add the honey and continue cooking for a further 3 minutes.
Mechanical version: Cook at 180°C for 8 minutes, then add the honey and continue cooking for a further 3 minutes.

AIR-DRIED APPLE CHIPS

4 ✪

15 min. 1 hr. *INGREDIENTS*

1 apple
½ lemon

RECIPE

- 1 | Squeeze the half lemon. Wash the apple and remove the core with an apple corer, then cut the fruit into thin strips with a mandoline slicer or a sharp knife.
- 2 | Use a brush to coat both sides of the apple slices with lemon juice and then place them in the basket of your Easy Fry & Grill, spacing them as far apart as possible.
- 3 | **For the digital version only:** Manually set the temperature to 80°C for 4 hours. Once the programme is complete, leave the apples in the basket and switch off your machine. Leave to dry overnight before tasting the following day.

TIP

Store the dried apple slices in an airtight container and eat with granola or as a healthy snack.