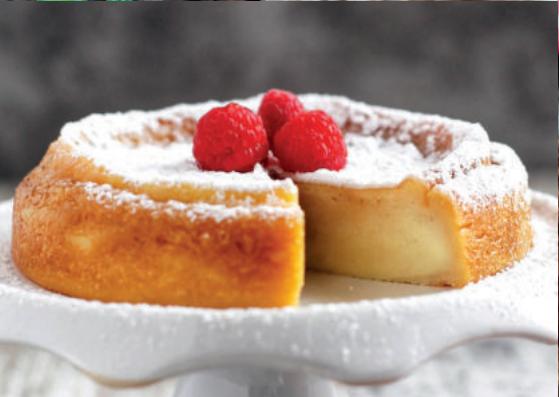
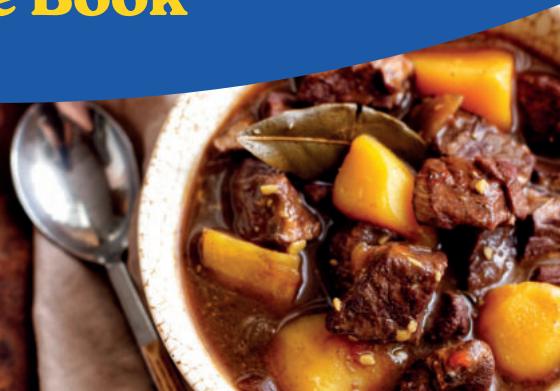




Russell Hobbs

A BRITISH ICON SINCE 1952

SatisFry Air Fryer Recipe Book





We Get Life.

We start with what matters to you.

Every ingenious Russell Hobbs creation is here to help you do you. That's because we're inspired by the things that matter to you. Just-in-time meals, giving new recipes a go. We get what's important, especially when life's hectic and, let's face it, far from perfect. That's why our ideas are beautifully British and ready for living.

We hope you enjoy our carefully curated air fryer recipes, which have been developed by our in house expert chef for your Russell Hobbs air fryer.

Whatever food you're in the mood for, find a tasty recipe here and give it a go – you've got this!

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Appetizers/Sides



Ingredients:

- 500g sweet potato – cut into fries
- 2 tbsp olive oil
- ¼ tsp chilli flakes
- Salt to taste

Sweet Potato Fries

All Air Fryers

Serves: 2-4
Function: Air Fry

Preparation Time: 5-10 minutes
Cooking Time: 15-20 minutes

Method:

1. Put the fries into a large mixing bowl. Add the olive oil, chilli flakes and salt, before mixing well.
2. Transfer the fries to the cooking bowl and select the air fry setting on your Russell Hobbs Satisfry Air Fryer.
3. Cook for 15-20 minutes, occasionally moving the fries around, until crispy.

Ingredients:

- 500g pizza mozzarella block, cut into evenly sized sticks
- 2 tbsp plain flour
- 1 tsp salt
- 2 large free-range eggs – lightly beaten
- 80g panko breadcrumbs

To cook:

- Cooking oil spray

Mozzarella Sticks

All Air Fryers

Serves: 2-4
Function: Air Fry

Preparation Time: 5-10 minutes
Cooking Time: 5-8 minutes

Method:

1. To coat the mozzarella sticks, firstly put the flour (mixed with the salt), the eggs, as well as the breadcrumbs into 3 separate bowls or trays.
2. Next, place the mozzarella sticks into the flour, then the egg, followed by the breadcrumbs. At each stage make sure the mozzarella sticks are properly coated.
3. To cook the mozzarella sticks, spray them with cooking oil and select the air fry function on your air fryer. Place the mozzarella sticks into the cooking bowl and cook for 2-3 minutes. Turn the mozzarella sticks and cook for a further 2-3 minutes.
4. Place the mozzarella sticks on a plate and serve with a tasty tomato dipping sauce!

Chips

All Air Fryers

Serves: 2-4
Function: Air Fry

Preparation Time: 5-10 minutes
Cooking Time: 15-20 minutes

Method:

1. Put the chips into a large mixing bowl, add the olive oil and salt, before mixing well.
2. Next, transfer the chips to the cooking bowl and select the air fry setting on your Russell Hobbs Satisfry Air Fryer.
3. Cook for 15-20 minutes, occasionally moving the chips around until lovely and crispy.



Ingredients:

- 1 courgette
- 1 red pepper
- 1 yellow pepper
- 1 red onion
- 2 tbsp olive oil
- Salt and pepper to taste

Mediterranean Vegetables

All Air Fryers

Serves: 2-4

Function: Air Fry

Preparation Time: 5-10 minutes

Cooking Time: 20 minutes

Method:

1. Firstly, cut the vegetables into approx. 1 cm pieces and add to a large mixing bowl. Add the olive oil, seasoning and mix well.
2. Place the vegetables into the cooking bowl and select the air fry setting on your Russell Hobbs air fryer. Cook for 15-20 minutes, stirring occasionally.



Ingredients:

For the rice filling:

- 1 tbsp vegetable oil
- 1 onion – finely chopped
- 2 garlic cloves – minced
- 1 red chilli – finely diced
- 1 tsp Cajun spice
- 1 tbsp tomato puree
- 300g long grain rice
- 800ml vegetable stock
- Salt and pepper to taste

For the peppers:

- 4 whole bell peppers, red and yellow
- 2 tbsp olive oil
- Salt and pepper
- 200g mozzarella block – cut into 4 even slices or grated
- ¼ - ½ bunch fresh flat leaf parsley – chopped

Stuffed Peppers

Satisfry Air & Grill Multicooker

Serves: 4

Function: Sear and Bake

Preparation Time: 10-15 minutes

Cooking Time: Allow 45 minutes

Method:

1. To cook the rice filling, select the sear function on your Russell Hobbs Satisfry Air and Grill Multicooker. Add the oil and heat for 1 minute. Add the onion, garlic and chilli, then gently cook for 4-5 minutes until soft and golden brown.
2. Next stir in the tomato puree and cajun spice and cook for a further 1-2 minutes. Stir in the rice, then pour in the stock and bring to the boil. Cook for approx. 20 minutes until the rice is cooked through. Remove from the cooking bowl and carefully wipe clean.
3. In the meantime, for the peppers, cut the top off each pepper. Remove the seeds. Carefully cut the bottoms slightly so they stand upright, ensuring the filling doesn't fall out.
4. Once the rice is cooked, fill each pepper with the rice mix and place the lid on top. Drizzle with the olive oil and season.
5. To cook the stuffed peppers, select the bake function and place the stuffed peppers into the cooking bowl. Cook for 8-10 minutes then place the mozzarella on top and cook for a further 3-5 minutes, until golden brown and the peppers are soft. Sprinkle with the chopped parsley and serve.

Starters



Ingredients:

- 1 large aubergine
- 100g of panko breadcrumbs
- 25g grated Parmesan cheese
- ½ tsp garlic powder
- ½ teaspoon of ground black pepper
- 2 eggs
- Olive oil
- 1 tsp salt

Aubergine Fingers

Satisfry Air & Grill Multicooker

Serves: 4

Function: Air Fry

Method:

1. Cut the aubergine into roughly 8 cm x 1 cm sticks. Dry them well with absorbent paper or a cloth.
2. In a bowl, mix the panko, parmesan cheese, garlic and black pepper. In another bowl, beat the eggs with a pinch of salt.
3. Dip the aubergine sticks in the egg and then into the panko mixture. Leave for 5 minutes.
4. Open the airfryer and place the fingers into the basket, ensuring they are not touching. Drizzle a little olive oil over the fingers. Close the basket, select the air fry programme and set the temperature to 185 degrees, and a time of 14 minutes. Turn the fingers halfway through the cooking cycle for even browning.
5. Once finished, remove the aubergine from the basket and serve them hot with your favourite sauce.

Top Tips:

1. You can change or add your favourite spices should you wish!
2. Soak the aubergine in water, salt and milk to remove the bitterness.

Ingredients:

- 12 fresh pizza bases (9cm in diameter)
- 100g tomato sauce
- 200g mozzarella cheese
- 18 roasted cherry tomatoes
- Black pepper
- Salt
- Basil leaves

Mini Margherita Pizzas

Satisfry Air & Grill Multicooker

Serves: 4

Function: Air Fry

Preparation Time: 10 minutes
Cooking Time: 7 minutes

Method:

1. Spoon the tomato sauce over the pizza bases, leaving a centimetre border without sauce. Top with the mozzarella cheese and roasted tomatoes. Season to taste with salt and pepper.
2. Open the lid and spray the bottom of the pan with a little olive oil. Place the bases in such a way that there is enough space for the hot air to envelop them completely. You will have to do this in batches.
3. Select the air fry function, set the temperature to 180 degrees and a time of 7 minutes.
4. Serve hot with some fresh basil leaves on top.

Top Tips:

1. The options for pizza toppings is endless! Add the ones you like best.
2. If you can't find small bases, you can buy a large one and cut it to the required diameter with the help of a ring or cookie cutter.

Ham and Cheese Croissant

All Air Fryers

Serves: 2

Function: Air Fry

Preparation Time: 5 minutes
Cooking Time: 3-5 minutes

Method:

1. Firstly, slice the croissants in half length ways.
2. Next, divide the ham and cheese slices between the 2 croissants.
3. Place the croissants into the cooking bowl and select the air fry function on your Russell Hobbs Satisfry Air Fryer. Cook for 2-4 minutes until the cheese has melted. A delicious start to the day!



Ingredients:

- 8 large mushrooms
- 1 onion
- 1 tsp ginger
- ½ tsp turmeric
- 80g fried tomato
- 100g baby spinach
- 50g feta cheese
- Pine nuts
- Olive oil
- Salt

Stuffed Mushrooms

Satisfry Air & Grill Multicooker

Serves: 4

Function: Roast & Grill

Method:

1. Clean the mushrooms well and remove the stems. Set aside.
2. Open the lid and fit the grill plate into the pan. Select the grill function, set the temperature to 180 degrees and a time of 12 minutes. Wait for the preheating to finish, open the lid and place the mushrooms on the grill.
3. Sauté the onion in a frying pan and add the chopped mushroom caps, grated ginger, turmeric and fried tomato. Season with a little salt.
4. When the mushrooms are done, remove from the grill plate and stuff them with the mixture. Top with a little crumbled feta cheese.
5. Select the grill function, set the temperature to 200 degrees and a time of 5 minutes. Wait for the preheating to finish and place the mushrooms back on the grill plate.
6. Put oil in a frying pan and sauté the finely chopped garlic along with the spinach and pine nuts.
7. Serve the spinach with the stuffed mushrooms on top and a drizzle of olive oil.

Top Tips:

1. Use large mushrooms, so you can stuff them easily.
2. Never salt the mushrooms before cooking, as they will release more water.
3. Avoid washing them with water, clean them using a brush or a damp cloth. Another option is to peel them.
4. You can stuff the mushrooms with any flavour combination you like!

Fish



Ingredients:

- 600g mussels
- 2 potatoes
- 100ml water
- Bay leaves
- Olive oil
- Lemon
- Salt

Mussels with Potatoes

Satisfry Air & Grill Multicooker

Serves: 4

Function: Air Fry

Method:

1. Clean the mussels well and remove any beads they may have.
2. Open the lid and add the water, bay leaves and mussels to the pan. Select the air fry function and set a temperature of 200 degrees and a time of 8 minutes.
3. Remove and set aside the mussels when cooking is finished, checking that they have opened completely.
4. Clean and dry the container.
5. Peel and cut the potatoes into 1 cm thick sticks. Place them in a bowl of salted water to remove some of the starch and dry them well.
6. Open the lid and spray a little oil into the pan. Place the potatoes separately so that the heat reaches them all equally, and select the air fry function at a temperature of 200 degrees and a time of 15 minutes.
7. Serve the mussels with a squeeze of lemon and the fried potatoes with salt.

Top Tips:

1. Mussels that have opened before cooking should be discarded. Also discard any mussels that have not opened after cooking.
2. Try substituting wine for water.
3. Flavour the mussels by adding your favourite ingredients: aromatic herbs, citrus or fruits.



Ingredients:

- 2x 150-200g cod portions
- 1 punnet cherry tomatoes
- 2 portions sprouting broccoli
- 6-8 new potatoes, cut into wedges
- 5 tbsp olive oil
- Salt and pepper to taste

Cod with Cherry Tomatoes and Greens

Satisfry Air & Grill Multicooker

Serves: 2

Function: Air Fry with Grill Plate

Preparation Time: 5-10 minutes

Cooking Time: Allow 15 minutes

Method:

1. Firstly, take 1 tbsp of the olive oil, brush the cod with the oil then season, before setting it aside.
2. Next, take 2 tbsp of the olive oil and drizzle over the broccoli and cherry tomatoes, season and set aside.
3. Finally, in a bowl, combine 2 tbsp of olive oil with the potato wedges and season.
4. To cook, place the grill plate into your Satisfry Air and Grill Multicooker and select the air fry function, then place the potato wedges onto the grill plate and cook for 6 minutes.

Top Tip:

Serve with basil pesto and potato wedges.

Ingredients:

- 2x 200-250g salmon portions or
• 300g tofu, sliced
- For the marinade:
- 3 tsp red chilli paste
- 2 garlic cloves, minced
- 1 lime, zest and juice
- 1 tsp ginger paste
- 2 tbsp olive oil
- 2 tbsp sesame oil
- Salt and pepper

For the garnish:

- 2x portions of sprouting broccoli
- 3 tbsp sesame seeds
- 2 sweet potatoes, cut into wedges
- 2 tbsp olive oil
- Salt and cayenne pepper

Spicy Grilled Salmon or Tofu

Satisfry Air & Grill Multicooker

Serves: 2

Function: Air Fry Function with Grill Plate

Preparation Time: 10-15 minutes

Cooking Time: Allow 30 minutes

and Grill Multicooker and select the air fry function.

1. Start off by making the marinade by combining all the marinade ingredients into a bowl and mixing well.
2. Then, brush half the marinade onto the salmon or tofu, and leave to marinate for at least 20 minutes. Put the other half of the marinade aside to serve.
3. Toss the broccoli in the sesame oil and sesame seeds.
4. In a separate bowl, toss the sweet potato wedges in olive oil, salt and cayenne pepper.
5. To cook, add the grill plate to the cooking bowl of your SatisFry Air

Ingredients:

- 2x 140-160g white fish
- 40g plain flour
- ½ salt
- 1-2 free range eggs - lightly beaten
- 50g panko breadcrumbs
- 4-5 potatoes, peeled and cut into chunky chips

To cook:

- 2 tbsp oil - olive/vegetable/ canola
- One spray

Fish and Chips

All Air Fryers

Serves: 2

Function: Air Fry

Preparation Time: 5-10 minutes

Cooking Time: 10-15 minutes

Method:

1. To coat the fish, place the flour (with salt mixed in), beaten egg and breadcrumbs into 3 separate bowls.
2. Coat the fish in the flour, then the egg and finally the breadcrumbs. Make sure at each stage the piece of fish is completely covered, before setting it aside.
3. Next, mix the chips with the oil and seasoning.
4. Select the air fry setting on your Russell Hobbs Satisfry Air Fryer. Place the chips in the cooking bowl evenly and cook for 6-8 minutes, turning a couple of times during cooking.
5. Then add the fish and cook for a further 6-8 minutes until cooked through.
6. Serve with mushy peas and a lemon wedge.

Top Tips:

1. Cook the whole dish in one with the Satisfry Air and Grill Multicooker
2. Cook the fish and chips in separate batches with our Satisfry Air Large (5L) / Satisfry Air Small (1.8L)

Meat



Ingredients:

- 1-2kg whole chicken
- 1-2 tbsp olive oil
- 1 tsp dried herbs

Roast Chicken

**SatisFry Air & Grill Multicooker
OR SatisFry Air Large (5L)**

Serves: 2-4
Function: Roast

Method:

1. Drizzle the oil over the chicken and season with the herbs and salt and pepper.
2. Place the chicken into your SatisFry Air and Grill Multicooker and select the roast function. Roast for 40-50 minutes until cooked through.
3. If using the SatisFry Air Large (5L), place the chicken breast down and cook for 20 minutes first. Then turn the chicken over and cook for a further 20-30 minutes until cooked through.
4. Serve up with your favourite seasonal vegetables and potatoes. Or even mix it up and serve your chicken with a pasta aioli!

Top Tip:

For the herbs we like to use; thyme, sage, rosemary, oregano, garlic, or even Cajun spice, paprika, or smoked paprika - all of these work a treat!



Ingredients:

- 2x medium chicken breasts
- 3-4 tbsp oil - olive, vegetable or canola

For the pane:

- 80-100g panko breadcrumbs
- 2 whole eggs
- 50-70g plain flour, seasoned

For the garlic butter:

- 200-250g softened unsalted butter
- 3-4 garlic cloves, minced
- ½ bunch flat leaf parsley
- Salt and pepper

For the garnish:

- 4-5 new potatoes, sliced into rings
- 2 portions of green vegetables - green beans and broccoli

Easy Breaded Garlic Chicken

Satisfry Air & Grill Multicooker

Serves: 2
Function: Sear & Grill

Preparation Time: 15-20 minutes
Cooking Time: 25 minutes

Method:

1. For the garlic butter, combine all ingredients into a bowl and mix well.
2. Put the garlic butter into a piping bag and set aside.
3. For the chicken, firstly butterfly the chicken breasts and lay flat on the chopping board.
4. Cover with a sheet of baking paper and gently bash with a meat hammer or wooden rolling pin until the chicken breast is the same thickness all over and resembles a rectangular shape.
5. Season the chicken breast and cut the end of the piping bag. Pipe the garlic butter approximately 1cm in height into the middle of the chicken breast along the longest part, making sure to keep at least 2 cm in from each end.
6. Fold in both ends and roll the sides over the top of the garlic butter to seal in the butter. Refrigerate for at least 20 minutes.
7. Now to add the breadcrumb coating. Start of the process by putting the seasoned flour, beaten eggs and panko breadcrumbs into separate bowls or trays.
8. Remove the chicken from the fridge. Place the chicken first in the flour, making sure to coat the chicken all over. Then repeat this process in the beaten egg mixture, followed by the panko breadcrumbs.
9. Now to cook. Firstly, select the sear function on your Russell Hobbs SatisFry Air & Grill Multicooker, add the oil and close the lid. After 1-2 minutes, brown off all sides of the chicken. Once browned evenly, remove the chicken from the cooking bowl.
10. Carefully wipe out the oil from the cooking bowl and add the grill plate. Select the grill function and close the lid.
11. Separately, toss the potatoes in olive oil and season. Repeat this step with your green vegetables in a separate bowl.
12. Once the grill has preheated, add the potatoes and cook for 6 minutes.
13. Secondly, add the chicken and cook for a further 6 minutes.
14. Finally, add the vegetables and cook for a further 4 minutes.
15. Serve up and enjoy!

Ingredients:

· Approx. 700g chicken pieces with skin on and bone in – thigh, drumsticks, and breast

· 300g buttermilk

· Salt and pepper

For the coating:

· 100g plain flour, seasoned with 1tsp salt

· 50g panko breadcrumbs

· 1½ tsp salt

· 1 tsp chilli powder

To cook:

· 2 tbsp olive oil

· One spray

Buttermilk Chicken

All Air Fryers

Serves: 2-4

Function: Air Fry

Method:

1. Firstly, in a bowl, combine the chicken pieces with the buttermilk and salt and pepper to season. Cover the chicken with cling film and refrigerate for at least 8 hours. Overnight is better!

2. Once refrigerated, it's time to coat the chicken. Combine the flour, panko breadcrumbs, salt and chilli powder into a bowl.

3. Next, add the chicken to the bowl with the coating and mix well,

Preparation Time: 5-10 minutes.

Plus 8hrs/overnight refrigeration

Cooking Time: 15-20 minutes

making sure the chicken is coated completely.

4. Lay the chicken on a plate and spray it all over with cooking oil.

5. Select the air fry setting on your Russell Hobbs SatisFry air fryer and add the 2tbsp of olive oil to the pan. Allow the oil to heat for 2 minutes. Add the chicken to the Air Fryer* and cook for 8 minutes. Turn the chicken over and cook for a further 6-10 minutes, or until cooked through**.

*For the SatisFry Air (1.8L) we recommend cooking 2-3 pieces at a time. For the SatisFry Air Large (5L) we would recommend 4-5 pieces at a time. All pieces should fit when using the SatisFry Air and Grill Multicooker. Quantities are dependent on the size of the pieces of chicken.

** When the juices run clear is a good thing to look out for to tell its done. Pierce it with a knife or skewer in the largest, thickest part and check the colour of the juices, if they run out clear then it's done.

Ingredients:

· 10 chicken drumsticks

· 2 tbsp olive oil

· ½ tsp chilli flakes

· 1 lemon, zest

· Salt and pepper to taste

Grilled Chicken Drumsticks

All Air Fryers

Serves: 2-4

Function: Grill

Preparation Time: 5-10 minutes

Cooking Time: 15-20 minutes

Method:

1. Place the chicken drumsticks into a large mixing bowl. Add the remaining ingredients and mix well.

2. Time to cook! Select the grill function on your air fryer.

3. Once preheated, place the chicken drumsticks into the air fryer. Cook for 8-10 minutes then turn the chicken and repeat for a further 8-10 minutes.



Ingredients:

· 500g of diced veal
· 1 onion
· 1 ripe red tomato
· 4 cloves of garlic
· 1 stick of cinnamon
· 1 bay leaf
· Black peppercorns
· Cloves
· 1 small glass of red wine
· 2 medium potatoes
· 25g toasted almonds
· Ground nutmeg
· Olive oil
· Salt
· Ground black pepper
· Water

Beef Stew with Potatoes

Satisfry Air & Grill Multicooker

Serves: 4

Function: Air Fry & Slow Cook

Preparation Time: 20 minutes

Cooking Time: 6 hours 50 minutes

Method:

1. Open the lid and spray the bottom of the pan with olive oil. Put the meat in and activate the fry function at a temperature of 230 degrees and a cooking time of 12 minutes.

2. Brown it by turning halfway through cooking. Remove from the pan, season with salt and pepper and place to one side.

3. Spray a little more oil and add the onion and tomato cut into eighths and the garlic cloves with skin, lightly crushed. Select the fry function again at a temperature of 230 degrees and a time of 8 minutes. Stir every 4 minutes with a spatula.

4. Open the lid and add the meat again, as well as the red wine, peppercorns, cloves to taste, bay leaf and cinnamon stick. Cover with water, close the lid and turn on the slow cooker function at a low temperature for 4 hours.

5. Peel the potatoes and cut them up, mashing them to release the starch. Add them to the pot and continue slow cooking at a low temperature for a further 2 hours.

6. Make a mince with the toasted almonds and nutmeg powder. Add to the stew and cook for a further 30 minutes on the same function.

Top Tips:

1. You can make the stew with veal stock instead of water.
2. If the stew is too runny, thicken it with a little cornstarch.
3. Add a little turmeric or saffron to the stew for colour.
4. Use the keep warm function to prepare the stew in advance and have it ready when you are ready to eat it. The dish is tastier when it has rested.



Ingredients:

- 500g chicken breast – cut into even sized tenders
- 30g plain flour
- 1tsp salt
- 2 free range eggs – lightly beaten
- 70g panko breadcrumbs
- For the garlic mayonnaise:**
- 4 tbsp mayonnaise
- 1-2 garlic cloves – minced
- 10-12 flat parsley leaves – chopped
- ½ lemon, zest and juice
- Salt and pepper to taste

Chicken Tenders, Garlic Mayo Dip

All Air Fryers

Serves: 2

Function: Air Fry

Method:

1. For the garlic mayonnaise, combine all the ingredients, mix well and then set aside until ready to use.
2. For the chicken tenders, firstly put the flour (mixed with the salt), eggs and breadcrumbs into three separate bowls or trays.
3. Next, place the chicken tenders into the flour, then the egg, followed by the breadcrumbs. At each stage make sure the chicken tenders are properly coated!
4. To cook the chicken tenders, spray them with cooking oil. Select the air fry function on your Russell Hobbs Satisfry Air Fryer. Place the chicken tenders into the cooking bowl and cook for 4-5 minutes. Turn and cook for a further 2-3 minutes.
5. Place the cooked chicken tenders onto a plate and serve with the garlic mayonnaise. Delish!

Preparation Time: 5-10 minutes

Cooking Time: 8-12 minutes



Ingredients:

- 1-1½ kg lamb leg joint
- 2 tbsp olive oil
- 2-4 sprigs rosemary
- 3-4 garlic cloves – crushed
- Salt and pepper

Roast Leg of Lamb

Satisfry Air & Grill Multicooker

Serves: 4 portions

Function: Roast

Preparation Time: 5 minutes

Cooking Time: 40-60 minutes.

15-20 minutes resting time.

Method:

1. Firstly, select the roast setting on your Russell Hobbs Satisfry Air and Grill Multicooker.
2. While your air fryer is preheating, using a knife, pierce the lamb joint in a few places. In these gaps, stuff with the rosemary sprigs and crushed garlic.
3. Brush with the olive oil and season.
4. When your air fryer is ready, place the lamb joint into the cooking bowl and cook for 40-60 minutes until cooked to your liking.
5. Once cooked leave to rest for 5-8 minutes before serving.



Ingredients:

- 2 x 250g sirloin steaks
- Olive oil
- Salt and pepper to taste

Steak

All Air Fryers

Serves: 2

Function: Grill

Preparation Time: 2-3 minutes

Cooking Time: Between 4-8 minutes

Method:

1. Firstly, select the grill setting on your Russell Hobbs air fryer.
2. While your air fryer is preheating, brush the steaks with olive oil and season.
3. To cook, place the steaks on the grill plate and cook for desired cooking time.



Vegetarian

Ingredients:

- 2 tbsp vegetable oil
- 2 white onions – finely chopped
- 2 garlic cloves – minced
- 2 tsp ginger puree
- 1 red chilli – deseeded and finely chopped
- 20g tomato puree
- 1 tsp ground cumin
- 1 tsp ground coriander
- 1 tsp turmeric
- 1½ tsp curry powder
- 2 x 400g tinned chickpeas – drained
- 3 x 400g tins chopped tomato
- 350ml vegetable stock
- 200–250g bag baby spinach
- ½ lemon – juiced
- Salt and pepper to taste

Chickpea and Spinach Curry

Satisfry Air & Grill Multicooker

Serves: 4

Function: Sear and Slow Cook

Preparation Time: 5-10 minutes

Cooking Time: 2 hours

Method:

1. Select the sear function on your Russell Hobbs SatisFry Air and Grill Multicooker and allow to pre-heat.
2. Add the oil to the cooking bowl then the onion before cooking for 4-5 minutes. Be sure to keep the lid closed between each stir!
3. Next, stir in the garlic, ginger and chilli. Cook for a further 3-4 minutes until soft and golden brown. Stir in the tomato puree, cumin, coriander, turmeric and curry powder. Season and cook for a further 1-2 minutes.
4. Add the tomatoes, chickpeas and vegetable stock then bring to the boil.
5. Select the high slow cook setting and cook for 90 minutes.
6. Finally, stir in the spinach and finish with the lemon juice. Delicious!

Top Tip:

If possible, make this recipe the day before or in the morning and reheat as the flavours intensify over time.

Ingredients:

- 2 tbsp vegetable oil
- 2 medium onions, finely diced
- 2 cloves of garlic, finely chopped
- 2 red chillies, finely chopped
- 3x 400g tins of beans (This can be any beans - we like to use a combination of red kidney beans, cannellini beans, black-eyed beans and haricot beans)
- 3x 400g tins of chopped tomatoes
- 1½ tsp chilli powder
- ½ tsp oregano
- 1 tsp ground coriander
- 1 tsp ground cumin
- 50g tomato purée
- 500g vegetable stock
- Salt and pepper to taste

Slow Cooked Mixed Bean Chilli with Sour Cream and Smashed Avocado

Satisfry Air & Grill Multicooker

Serves: 6-8

Function: Sear and Slow Cook

Preparation Time: 10-15 minutes

Cooking Time: 4hrs high/8hrs low

Method:

1. Firstly, select the sear function on your Russell Hobbs Satisfry Air & Grill Multicooker, add the oil and close the lid. After 1-2 minutes add the diced onion and cook for 2-3 minutes, stirring at regular intervals until soft and light brown.
2. Then add the garlic and chilli and cook for a further 1-2 minutes.
3. Next, stir in the chilli powder, ground coriander, ground cumin and oregano. Cancel the sear function and stir in the remaining ingredients.
4. Select the relevant slow cooker function: High for 4 hours of cooking time, or Low for 8 hours of cooking time.
5. Serve up over fluffy rice or a baked potato. Top with a dollop of sour cream, smashed avocado, and a sprinkle of coriander, then tuck in.

Top Tip:

Serve with sour cream, smashed avocado and coriander.



Ingredients:

- 2 cauliflower steaks
- 2 tbsp olive oil
- Salt and pepper to taste

Grilled Cauliflower Steak

Satisfry Air & Grill Multicooker

Serves: 2

Function: Grill

Preparation Time: 5 minutes

Cooking Time: 15-20 minutes

Method:

1. Firstly, select the grill setting on your Russell Hobbs SatisFry Air and Grill Multicooker.
2. While your air fryer is preheating, brush the cauliflower steaks with olive oil and season.
3. Place the steaks on the grill plate and cook for 7-9 minutes on one side, before turning and repeating.
4. Serve up and enjoy!

Ingredients:

- 2 potatoes
- 2 carrots
- 2 turnips
- 1 parsnip
- 1 beetroot
- 1 sweet potato
- 200g peas
- 1 jar of white asparagus tips
- Sprouts
- Olive oil
- Salt flakes
- Water

Vegetable Stew

Satisfry Air & Grill Multicooker

Serves: 4

Function: Slow Cook

Preparation Time: 15 minutes

Cooking Time: 4 hours

Method:

1. Peel and cut all the vegetables into approximately 2cm squares, with the exception of the asparagus.
2. Open the lid and place the potatoes, carrots, turnips, parsnips, beetroot and sweet potato into the pot. Cover with water, add a little salt and select the slow cook function at a high temperature, with a time of 3 hours.
3. When the time is up, add the peas and cook for a further 1 hour on the same setting.
4. Serve the stew on plates, pour over a little of the cooking water, add the asparagus buds and garnish with sprouts. Drizzle with a little olive oil and salt flakes.

Top Tips:

1. Make the most of seasonal vegetables to vary the stew.
2. Save the skins and trimmings to make vegetable stock.
3. Add some protein with a little Iberian ham or an egg.

Desserts



Ingredients:

- 250g mascarpone cheese
- 250g cream cheese
- 100g sugar
- 1 tbsp corn starch
- 2 eggs
- Icing sugar for decoration
- 1 tub of raspberries

Cheesecake

Satisfry Air & Grill Multicooker

Serves: 4
Function: Bake

Preparation Time: 15 minutes
Cooking Time: 40 minutes
Equipment: Mould

Method:

1. Mix all the ingredients in a bowl with the help of a whisk.
2. Pour the mixture into a 15cm diameter mould and smooth the surface with a spatula.
3. Open the lid and place the mould in the pan. Turn on the baking function with a temperature of 180 degrees and a baking time of 40 minutes.
4. Leave the cake to cool in the tin. Remove from the mould, sprinkle with icing sugar and decorate with raspberries.

Top Tips:

1. Use any fresh cream cheese.
2. Try adding a little blue cheese to give the cake a special touch.

Ingredients:

- 115g vegetable oil
- 1 egg
- 1 egg yolk
- ½ orange – juice and zest
- 100g plain flour
- 1½g bicarbonate of soda
- 125g golden caster sugar
- ¼ tsp salt
- ¾ tsp ground ginger
- 1½ tsp ground cinnamon
- 150g grated carrot
- 25g sultanas

Individual Carrot Cakes

Satisfry Air Small 1.8L

Makes: Approx 12
Function: Bake

Preparation Time: 5-10 minutes
Cooking Time: 12-15 minutes
Equipment: Mini Cake Cases

Method:

1. Firstly, sieve the flour, bicarbonate of soda, sugar, salt, ginger and cinnamon into a bowl.
2. In a separate bowl, whisk together the oil, egg, egg yolk and orange. Combine the dry mix and the wet mix together.
3. Finally, stir the carrot and sultanas into the cake mix.
4. Place the cake cases into your air fryer cooking bowl.
5. Put the cake mix into a piping bag and then tie the open end. Cut the pointed end of the piping bag, making sure to hold the pointed end facing upwards before cutting.
6. Place equal amounts of the cake mix into the cases.
7. Now to cook! Select the bake mode on your Russell Hobbs Satisfry Air Small (1.8L) and cook for 15 minutes until spongy to the touch.

Carrot Cake

Satisfry Air & Grill Multicooker

Serves: Approx. 12
Function: Bake

Preparation Time: 5-10 minutes
Cooking Time: 15-20 minutes
Equipment: 23cm Cake Tin

Method:

1. Firstly, line your cake tin with baking paper.
2. Next, sieve the flour, bicarbonate of soda, sugar, salt, ginger, and cinnamon into a bowl.
3. In a separate bowl, whisk together the oil, eggs, and orange. Combine the dry mix and the wet mix together.
4. Finally, stir the carrot and sultanas mix into the cake mix.
5. Pre-heat your Russell Hobbs SatisFry Air and Grill Multicooker on the bake function.
6. In the meantime, carefully spoon the cake mixture into the pre prepared cake tin.
7. Once your air fryer has preheated, carefully place the cake into the cooking bowl. Cook for 15-20 minutes until cooked through and enjoy!



Ingredients:

- 125g unsalted butter
- 125g dark chocolate
- 2 large free-range eggs
- 150g golden caster sugar
- 50g plain flour
- 30g cocoa powder
- ½ tsp salt
- 100g dark chocolate drops
- 100g white chocolate drops

To Cook:

- Greaseproof paper

Chocolate Brownie

Satisfry Air & Grill Multicooker

Serves: 4-6

Function: Bake

Method:

1. Firstly, sieve the flour, cocoa powder and salt into a bowl and set aside.
2. Next, either in a bowl over hot water or in a microwave, melt the butter and chocolate together and mix.
3. In the meantime, in a bowl, add the eggs and sugar, whisk until the mix starts to become white and fluffy. This should take approximately 5-6 minutes.
4. Whilst continuously whisking, pour the melted chocolate into the egg mix and then slowly fold the dry mix into the wet mix.
5. Finally, stir in the chocolate drops and mix well.
6. Now to cook. Pre-heat your Russell Hobbs Satisfry Air and Grill Multicooker on the bake function and line a baking tray with greaseproof paper.
7. Pour the mix evenly into the lined tray and cook for 15-25 minutes.

Preparation Time: 10-15 minutes

Cooking Time: 15-25 minutes

Ingredients:

- 300ml whole milk
- 50g brown sugar
- 3 eggs
- Caramel
- Lemon peel
- 4 glass jars

Flan

Satisfry Air & Grill Multicooker

Serves: 4

Function: Air Fry

Method:

1. Lightly coat the base of the previously sterilised jars with a little caramel.
2. Put the milk into a saucepan with the lemon peel, bring to the boil, turn off the heat, cover and leave to infuse.
3. Dissolve the sugar in the warm, strained milk and add the eggs. Whisk well until smooth.
4. Pour the mixture over the caramel up to about half or ¼ of the jars.
5. Place the jars in the pan and close the lid. Select the air fry function with a temperature of 120 degrees and a time of 20 minutes.
6. Remove the jars taking care not to burn yourself and leave them to cool. Keep in the refrigerator for at least 6 hours to allow them to set.
7. Carefully unmould the flan onto a plate or eat directly from the tin.

Top Tips:

1. If you want a creamier flan, replace part of the milk with 35% fat cream.
2. It is important that all the ingredients are at room temperature to obtain perfect flans.
3. Substitute 100ml of milk with a liqueur for flavoured flans.
4. Infuse the milk with spices to give a special touch to the flan, why not try vanilla, cardamom or aniseed?



Ingredients:

For the dough:

- 200ml milk
- 100g butter
- 2 large eggs
- 1½ tsp salt
- 50g golden caster sugar
- 500g plain flour, sieved
- 1½ tsp yeast

For the filling:

- 50g butter, melted
- 30g Muscovado sugar
- 1½ tsp ground cinnamon
- 30g caster sugar
- 80g light brown soft sugar

For the icing:

- 20g cream cheese
- 2 tsp water
- 120g icing sugar, sieved

Cinnamon Rolls

All SatisFry Air Fryers

Makes: Approx. 12

Function: Bake

Preparation Time: Allow 2hrs

Cooking Time: 13-15 minutes per batch

Method:

1. For the dough, add the flour, salt and sugar into either a large mixing bowl or a kitchen machine bowl, depending on whether you are using an electric mixer or doing it by hand.
2. Combine the milk and butter then heat the mixture, either in a microwave or in a pan until lukewarm. Then stir the yeast into the milk and butter mix before finally whisking the eggs into the mix.
3. In a separate bowl, combine the dry dough ingredients.
4. Next, pour the wet mixture into the dry mixture and mix together until a dough has formed. a) If using an electric mixing machine, knead the dough mixture for approx. 5-10 minutes. Then turn out the dough onto a lightly floured surface and knead for a further minute by hand and form a ball. b) If you are doing this by hand, turn out the dough mixture straight onto a lightly floured work surface and knead for 5-10 minutes.
5. Transfer your dough into a lightly greased bowl and cover. Leave to prove in a warm place for 1-2 hours until it has doubled in size.
6. In the meantime, combine the Muscovado sugar, caster sugar, light brown sugar and cinnamon.
7. In a separate bowl, melt the 50g of butter.
8. When the dough has doubled in size, turn it out onto a work surface and roll into a rectangle shape approx. ½ to 1 cm thick, with the longest edge parallel to the edge of your work surface.
9. Time to create your cinnamon rolls. First, spread the butter evenly over the rolled-out dough. Next, sprinkle the combined dry filling ingredients evenly over the dough.
10. Roll up the dough lengthways until a log shape is formed.
11. Next, using a sharp knife, cut the log into 12 evenly sized pieces. Lay out the 3 pieces of baking paper on your work surface, and place 4 of the cinnamon buns onto each piece of paper. Cover and leave the rolls for 20-30 minutes to prove slightly.
12. In the meantime, to make the icing, whisk together the cream cheese and water in a bowl. Gradually whisk in the icing sugar until all the sugar has been incorporated.
13. Time to cook. Select the bake setting on your Russell Hobbs SatisFry Air Fryer, changing the temperature to 185 degrees with 15 minutes on the clock. Allow your air fryer to preheat.
14. Once you hear the beep to signal the preheat is complete, carefully lift one of the pieces of baking paper into the air fryer and allow them to cook for the 15 minute bake cycle. Repeat this step with the remaining cinnamon buns.
15. Finally, to serve, slather each bun generously with the icing glaze and allow it to set. Delish!

Top Tip:

Use 3 squares of baking paper, approx. 20cm x 20cm

