

# The **MANIYA** Family

featuring *Fatima Maniya*

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## **ABC's Family Food Fight**





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# Bon Appetit

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# BLACK PEPPER CHICKEN

## INGREDIENTS:

2 Lbs Boneless Skinless  
Chicken Breast  
1 Tbsp Wostershire Sauce  
1 Tbsp Mustard  
1 Tbsp Garlic  
1 Tbsp Cracked Black Pepper  
Fresh Parsley for Garnish  
Salt To Taste  
Oil spray

## RECIPE:

1. Butterfly the Chicken breast, place it between a plastic wrap and pound it to make it even thickness all over.
2. Now marinate it with salt, pepper, wostershire sauce, mustard and garlic for at least 2 hours.
3. Make a small vessel with aluminum foil and place the chicken in the foil. Spray with oil.
4. Cook it on 380 degrees for 12 minutes.
5. Once removed from the heat, let it rest for 3 minutes, and cover it with foil.
6. Garnish with parsley and serve with wild mushroom gravy. (Recipe on next page)



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# WILD MUSHROOM GRAVY

## INGREDIENTS:

- |  |                             |
|--|-----------------------------|
| 1 Cup Mushrooms Sliced<br>(White Button, Shiitake and Cremini) | 1 Tbsp Flour                |
| 3 Tbsp Butter  | 1/2 Cup Chicken Stock       |
| 1 Tbsp Olive Oil   | 1/4 Cup Half n Half         |
| 1 Shallot Chopped  | Fresh Black Pepper To Taste |
| 2 Cloves Garlic Finely Chopped                                 | Salt To Taste               |
| 1 Tsp Wostershire Sauce  |                             |
| 1 Tsp Capers   |                             |
| 1 Sprig of Fresh Thyme   |                             |

## RECIPE:

1. In a skillet heat butter and oil together, this add garlic and shallots, once the aromatics are softened to this add mushrooms and thyme, sauté until mushrooms have changed color.
2. Now season with salt, add wostershire sauce, capers and stir to combine.
3. Sprinkle 1 tbsp of flour and whisk to ensure no lumps form.
4. Once the flour becomes fragrant, add in the chicken stock in a steady stream whisking continuously.
5. Now add in the half and half and cook the sauce on a high flame until its reduced and thickened.
6. Season with black pepper.
7. Sauce is ready to be served.

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# SUMAC CHICKEN

## INGREDIENTS:

3 lbs Boneless Chicken Breast Cubes  
1/4 inch of Jalapeño  
3 Cloves of Garlic  
3 tbsp Tahini  
1/2 tsp Paprika  
1/4 tsp Black Pepper  
1 tbsp Roasted Cumin and Coriander Powder  
1 tbsp Sumac Spice  
1 tbsp Dried Parsley or Handful of Fresh Parsley Chopped  
2 tbsp Lemon Juice  
Salt to Taste  
Bamboo Skewers

## RECIPE:

1. In a blender blend 3 cloves of garlic, tahini, and jalapeño pepper into a smooth paste.
2. Marinate the chicken cubes with the paste, and all the dried spices for at least 1 hr.
3. Sew the chicken onto bamboo skewers.
4. Line the air fryer with aluminum foil if you prefer. Cook chicken skewers in the air fryer for 8 to 10 mins at 36 degrees.

*Serving suggestions: serve with saffron rice, fattoush salad, hummus, grilled onions and tomatoes and warm pita.*





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# ROASTED FINGERLING POTATOES

## INGREDIENTS:

1 lb Assorted Fingerling  
Potatoes Quartered  
2 Tbsp Olive oil  
1 Tbsp Fresh Chopped Garlic  
1 Tsp Italian Seasoning  
1 Tsp Black Pepper  
Salt to Taste

## RECIPE:

1. In a sheet pan combine potatoes with oil, garlic and seasoning.
2. Mix well and roast in the air fryer at 400 degrees for 15 minutes.
3. Make sure to check in between and toss them around for even cooking.
4. Remove from oven and rest for a few minutes before serving.
5. Sprinkle with chopped fresh Parsley.



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# TURKISH ADANA KEBAB

## INGREDIENTS:

- 1 1/2 lb Ground Beef (chuck)
- 1 handful Parsley
- 1/2 Cubanelle Pepper
- 1/2 Onion
- 1 tbs Paprika
- 1/2 tbs Black Pepper
- 1 tbs Roasted Ground Cumin Coriander
- 1 tbs Cayenne Pepper
- 1 tsp Hot Marash Pepper
- 1 tsp Kefta Spice Blend
- 1 tbs Sumac Powder
- Salt to taste
- Oil as Needed

## RECIPE:

1. In a bowl marinate ground beef with all the spices and add the finely chopped parsley, onion, cubanelle pepper to the beef and mix well.
2. Press the meat on the skewers by hand and let it set for 15 minutes before cooking.
3. Place the skewers on a cooking sheet from one end to another, so when the meat cooks the juices can fall inside the cookie sheet.
4. Cook the skewers in the air fryer for 8 to 10 minutes at 380 degrees.





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# SPICY KOREAN BBQ WINGS

## INGREDIENTS:

1 lb Chicken Wings (split)  
1 Tsp Black Pepper  
1 Tbsp Worcestershire Sauce  
1/2 Tsp White Pepper  
1/4 Tsp Cayenne Pepper  
Salt to Taste  
Cilantro for Garnish  
Scallion for Garnish  
Fried Shallots for Garnish  
Sesame Seeds for Garnish

## SPICY BBQ SAUCE:

1/4 Cup Gochujang paste  
1/4 Cup Korean BBQ Sauce  
3 Tbsp Brown Sugar  
1 Tbsp Soy Sauce  
3 Tbsp Vinegar  
1 Tsp Oyster Sauce  
1 Tbsp Non Alcoholic Mirin

## RECIPE:

1. In a bowl Marinate the wings with salt, black pepper, white pepper, Worcestershire sauce and Cayenne Pepper for at least 2 hours or overnight.
2. Air Fry the wings at 400 degrees for 25 mins making sure to flip every five minutes.
3. In a bowl mix all the sauce ingredients and heat for 2 minutes.
4. When the wings are ready, toss them in the sauce.

Garnish with cilantro, scallion, crispy shallots and sesame seeds.



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# CHEDDAR JALEPENO BURGERS

## INGREDIENTS:

1 ½ lbs Ground Beef  
4 Tablespoons of Spicy House Seasoning  
2-3 Jalapeno Peppers Sliced  
4 Slices of Cheddar Cheese  
4 Pretzel or Brioche Buns  
Oil Spray  
Burger Condiments:  
(Lettuce, Tomato, Onion, Pickles, Mustard, Mayo, Ketchup)

## HOUSE SEASONING:

Combine:  
2 Tbs salt  
3 Tbs cayenne pepper  
2 ½ Tbs black pepper  
1 ½ Tbs brown sugar  
1 ½ Tbs garlic powder  
1 ½ Tbs paprika

## RECIPE:

1. Divide the ground beef into 4 big patties; gently press the center of the patty with your fingers.
2. Sprinkle all 4 patties with the spicy house seasoning generously on both sides.
3. Place the patties in the airfryer and cook on 370 degrees for 16 minutes (medium rare) and 20 minutes (well done).
4. Once the center of the patty feels firm to the touch, place a few slices of jalapenos on each patty and place a slice of cheddar cheese on top. Cover the top of the grill, and let the cheese melt for a minute or so.
5. Remove the patties from the heat; assemble the burgers according to preference.



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# CHOCOLATE CHIP COOKIES

## INGREDIENTS:

1 stick (1/2 cup) Butter Softened	1/2 teaspoon Baking Powder
1/2 cup Brown Sugar	1/2 teaspoon Baking Soda
3 tablespoons Granulated Sugar	Pinch of Salt
1 Large Egg	1 cup Milk Chocolate Chips
1 teaspoon Vanilla Extract	Aluminum Foil
1 1/4 cup All-Purpose Flour	Oil Spray

## RECIPE:

1. Cream together the butter and sugars in a mixing bowl. Mix in the egg, and then the vanilla until combined.
- 2.
3. Sift together the flour, baking powder, baking soda and salt in a separate mixing bowl. Slowly incorporate the dry ingredients into the wet ingredients. Stir in 1 cup of chocolate chips.
- 4.
5. Portion 2 tablespoons of dough for each cookie. Press the remaining chocolate chips on top of the cookies and bake.

Take a small cookie sheet that will fit in the air fryer and place six cookie dough balls and space the dough balls 2 inches apart on the baking sheet. Bake at 350 degrees for 12 minutes.

Bake until the edges just start to brown. Transfer to a wire rack until cool.



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# CHOCOLATE PEANUT BUTTER BANANA BREAD

## INGREDIENTS:

¼ cup Peanut Butter	½ tsp Baking Powder
½ cup Butter (softened)	1 ½ cups Flour
1 cup Mashed Ripe Bananas (2 large bananas)	¾ cup Brown Sugar
2 Medium Eggs	¼ cup Chocolate Chips
1 tsp Vanilla Extract	¼ cup Chopped Walnuts
1 tsp Baking Soda	¼ tsp Cinnamon
	Pinch of Salt

## RECIPE:

1. In a mixer cream the butters and the sugar.
2. Once the butter and sugar are well combined add the eggs, mashed bananas and vanilla extract.
3. Sift the dry ingredients.  
Slowly incorporate the dry ingredients in the wet ingredients until the batter comes together nicely.
4. Roll the chocolate chips and the walnuts in flour and add them to the batter, fold them in gently with a spatula.
5. Transfer the banana bread in a greased and lined loaf pan and cook in the air fryer at 320 degrees for 25 mins or until cooked.
6. Let it cool before serving.



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# CRUNCHY ITALIAN CHICKPEA SNACK

## FRITTERS:

1 (15 oz) can of chickpeas  
1 tsp garlic powder  
1 tsp oregano  
pinch of cayenne pepper  
pinch of salt

## FRITTERS RECIPE:

1. Preheat the air fryer to 350 degrees.
2. Open the chickpea can, drain most of the liquid but keep a little of it so the chickpeas are wet and the seasonings stick.
3. Mix the chickpeas together with the seasonings.
4. Spread on sheet and cook in the air fryer for 40-45 minutes.



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# BRUSSEL SPROUTS

## INGREDIENTS:

- 2 cups Brussel sprouts
- slice each Brussel sprout in half
- 1 tbsp Maple Syrup
- 1 tbsp Balsamic Vinegar
- ½ tsp Salt

## RECIPE:

1. Preheat the air fryer to 400 degrees.
2. Toss the Brussel sprouts with the maple syrup, balsamic vinegar and salt.
3. Air fry at 400 degrees for 8-10 minutes. Shake them around half way through.

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# ZUCCHINI FRITTERS W/ PESTO

## FRITTERS:

2 cups Zucchini, grated  
2 tbsp Rice Flour  
4 tbsp Chickpea Flour  
½ tsp Red Chili Powder  
¼ tsp Turmeric Powder  
3 tbsp Olive Oil  
Salt, to taste

## PESTO:

2 cups Fresh Basil  
2 Garlic Cloves  
1/3 cup Cashews  
¼ cup Nutritional Yeast  
¼ tsp Salt  
¼ tsp Pepper  
½ cup Olive Oil

## FRITTERS RECIPE:

1. Preheat the air fryer to 400 degrees.
2. Grate the zucchini, add salt to the grated zucchini and let it sit in a colander for 10 minutes so the water drains.
3. Squeeze the liquid from the zucchini, use a cheesecloth if you have one to get as much liquid out as possible. Then transfer to a bowl.
4. Mix in rice flour, chickpea flour, red chili powder, turmeric, and salt.
5. Shape the batter into little fritters, place in the air fryer and cook on 400 degrees for about 8 minutes then flip them and let cook for another 4-8 minutes.
6. Pesto: Option 1 (Pestle and Mortar) I prefer this because you will get more flavor and a smoother texture. Gradually add everything to the pestle and mortar. Starting w salt and garlic, next basil, lastly all the other ingredients. Bash, mix and stir until desired texture.
7. Pesto: Option 2 (Blender) Blender is good because it's much faster. Throw everything in a blender and blend.
8. Top the fritters with the pesto and enjoy.



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# SWEET & SOUR CAULIFLOWER BITES

## SAUCE:

½ cup Coconut Sugar  
½ cup Orange Juice  
½ cup Soy Sauce Low Sodium  
3 tbsp Scallions Chopped  
4 Grated Garlic Cloves  
1 tbsp Ginger Grated  
1 tbsp Rice Vinegar  
1 tbsp Red Pepper Flakes  
2 tsp Sesame Oil  
½ tsp Cracked Black Pepper  
1½ tbsp Arrowroot Flour

## BATTER:

1 cup Almond Milk  
1 cup Chickpea Flour  
1 tsp Onion Powder  
1 tbsp Olive Oil  
Pinch of Black Pepper

## BREAD CRUMBS:

1½ cup Bread Crumbs  
\*Optional add in ½ cup nutritional yeast

## RECIPE:

1. Preheat the air fryer to 400 degrees.
2. Chop cauliflower into bite sized pieces.
3. Place two bowls next to each other. Whisk the batter ingredients in one bowl and place the bread crumbs in the other bowl.
4. Dip the cauliflower bites into the batter, then into the bread crumbs and then into the air fryer to start cooking.
5. Cook the cauliflower bites on 400 degrees for 20 minutes.
6. Prepare the sauce. Start by mixing the arrowroot flour with 1 tbsp water until the flour dissolves. Add the flour mixture to a sauce pan. Mix all of the other sauce ingredients together in the sauce pan. Bring to boil and let simmer until it starts to thicken into a syrup.
7. Once the cauliflower bites have cooked for 20 minutes, pull them out, coat them in sauce, place them back in the air fryer and finish them for 3-6 more minutes.
8. Garnish with 1 tbsp sesame seeds and extra scallions. Serve with ranch sauce.



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# CHICKPEA BURGERS

## INGREDIENTS:

1 ½ cup cooked or 1 (15 oz) can low sodium chickpeas (garbanzo beans), drained  
¼ cup Finely Diced Red Onion  
½ cup Diced Red Bell Pepper  
2 tbsp Red Wine Vinegar  
2 tbsp Low Sodium Ketchup  
2 tbsp Low Sodium Peanut Butter  
1 tsp Cumin  
1 tsp Garlic Powder  
¼ tsp Black Pepper  
1 cup Old Fashioned Oats  
Pinch of Salt

## RECIPE:

1. Preheat air fryer to 350 degrees.
2. Place chickpeas in a bowl and mash with a fork. Add remaining ingredients and mix well. Add in about 1/4 c water if the mixture is too thick.
3. Form into 6 patties. Air fry for 15 minutes, turn burgers and air fry for an additional 10 minutes.
4. Top with lettuce, tomato, red onion, ketchup and any other toppings!



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# NO OIL SWEET POTATO FRIES

## INGREDIENTS:

- 1 Sweet Potato
- ¼ tsp Pepper
- ¼ tsp Salt
- ¼ tsp Paprika
- ¼ tsp Garlic
- 1 tbsp Parsley - finely chopped

## RECIPE:

1. Preheat air fryer to 400 degrees.
2. Chop the sweet potato into fry shapes.
3. Season the sweet potato slices with pepper, salt, paprika and garlic powder.  
Tip: get the sweet potato slices a little wet with water to help the seasoning stick.
4. Air fry for about 12-15 minutes at 400 degrees.
5. Garnish with parsley.



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# CHEESY BREAKFAST EGG TOAST

## INGREDIENTS:

1 Slice of Bread  
1 Large Egg  
Shredded Cheese to Taste  
Salt & Pepper to Taste  
Butter

## RECIPE:

1. Using a spoon, flatten out the center of your piece of bread
2. Butter your bread
3. Crack egg into flattened section of bread
4. Salt and Pepper to taste
5. Sprinkle shredded cheese around the egg on bread and egg white
6. Carefully place egg bread in air fryer basket
7. Place basket in air fryer and cook at 350° for 10 minutes for over easy, or 11 minutes for well done

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# BAKED POTATOES

## INGREDIENTS:

1 or 2 large Idaho potatoes  
Aluminum Foil

## RECIPE:

1. Wash potatoes
2. Wrap potatoes in foil
3. Place potatoes in air fryer basket
4. Place basket in air fryer and cook at 390° for 50 minutes







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# ROASTED KALE CHIPS

## INGREDIENTS:

½ Bunch of Young Kale Leaves  
BBQ Rub or Seasoning of Choice  
Salt  
Olive Oil

## RECIPE:

1. Rinse kale
2. Cut kale into approximately 2" pieces
3. Rub kale with BBQ rub or seasoning of choice
4. Toss seasoned kale with just enough oil to coat the leaves lightly
5. Lightly salt kale to taste
6. Place seasoned kale in air fryer basket
7. Place basket in air fryer and cook at 350° for 5 minutes
8. Remove the basket and flip the kale ensuring that no pieces are sticking to the basket
9. Replace the basket in the air fryer and cook at 350° for 5 minutes
10. Add salt to taste

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# ROASTED CAULIFLOWER & BROCCOLI

## INGREDIENTS:

½ Head of Cauliflower  
½ Head of Broccoli  
Salt  
Olive Oil

## RECIPE:

1. Rinse broccoli and cauliflower
  2. Break heads of broccoli and cauliflower into florets
  3. Toss florets in olive oil to coat
  4. Salt florets to taste
  5. Place florets in air fryer basket
  6. Place basket in air fryer and cook at 390° for 8 minutes
- \*\* Tastes great with Balsamic vinegar too





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# FRENCH FRIES

## INGREDIENTS:

1 lb Idaho Potatoes  
Salt Water Brine  
1 TB Olive Oil  
Salt or Seasoning (Cajun Seasoning Blend or  
Rosemary Leaves)

## RECIPE:

1. Mix approximately 2 cups of cold water with 2 TB of salt until water is cloudy
2. Cut potatoes into ½" squared slices
3. Place sliced potatoes into salt brine
4. Soak in brine for 30 min
5. Pat dry before placing in a mixing bowl
6. Toss with olive oil until lightly coated
7. Sprinkle seasoning on top of potatoes  
(If salting only, wait until the end as the brine salts the potatoes quite a bit and you may not need any extra)
8. Place potatoes in air fryer basket no more than two layers thick
9. Cook at 350° for 12 minutes
10. Stir fries to ensure that they cook evenly
11. Cook at 350° for 12 more minutes
12. Salt to taste
13. Repeat steps 8-12 until all fries are cooked



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# GREEN BEAN FRIES

## INGREDIENTS:

- ¼ cup Corn Starch
- 1 lb Fresh or Frozen Green Beans
- ¾ cup Panko Bread Crumbs
- ¼ tsp Garlic Powder
- ¼ tsp Onion Powder

## RECIPE:

1. If using fresh green beans, wash and trim
2. Put corn starch in a shallow dish
3. Combine panko, garlic powder, onion powder, paprika, salt and pepper in a shallow dish
4. Beat eggs or pour soup into shallow dish
5. Coat green beans in corn starch, shaking off any excess
6. Dip Green Beans in egg wash or soup and allow excess to drip off
7. Toss green beans in breadcrumb mix
8. Place breaded green beans in air fryer basket ensuring there is only a single layer
9. Cook at 370° for 7 minutes
10. Remove basket and flip green beans
11. Cook at 370° for 4 minutes longer if fresh, and 6 minutes longer if frozen
12. Serve with your choice of dipping sauce





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# CHICKEN TENDERS

## INGREDIENTS:

- 1 lb Chicken Breast Tenderloins
- 1 TB Italian Seasoning
- 1 tsp Garlic Powder
- ¼ tsp Salt
- ½ cup Finely Shredded Parmesan Cheese
- 1 cup Panko or Regular Breadcrumbs
- ¼ cup All Purpose Flour
- 2 Large Eggs
- (or substitute condensed cream of chicken soup)

## RECIPE:

1. Place flour in a shallow dish
2. In a pan heat 3 tbsp butter and toast the panko breadcrumbs in it until light golden. Remove from heat and allow to cool.
3. Combine Parmesan, breadcrumbs, garlic powder, salt and Italian seasoning in a shallow dish
4. Beat eggs or pour soup into shallow dish
5. Coat tender in flour, shaking off any excess
6. Dip each tender in egg wash/soup, allow any excess to drip off
7. Roll tenders in breadcrumb mix  
Place tenders in air fryer, ensuring that there is only a single layer with space between each tender
8. (approximately 5 will fit depending on size)
9. Cook at 300° for 30 minutes
10. Remove chicken tenders from basket and serve with a dipping sauce of your choice

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# CHICKEN WINGS

## INGREDIENTS:

½ cup Flour  
¼ cup Cornstarch  
½ tsp Baking Powder  
½ tsp Baking Soda  
½ tsp Salt  
1 tsp Black Pepper  
1 tbsp wostershire sauce  
Water  
12 Chicken Wings  
Aluminum Foil  
Sauce to Dip or Coat Chicken Wings in

## RECIPE:

1. Marinate Chicken wings in salt, pepper and wostershire sauce for 30 mins.
2. Combine dry ingredients in a bowl large enough to fit a chicken wing
3. Add water slowly to dry ingredients while mixing, until it reaches a pancake batter consistency  
(thinner batter will make the breading crispier)
4. Place chicken wings in batter until coated  
Line air fryer basket with aluminum foil and put chicken wings in, ensuring that they are no more than 1 layer thick
5. Cook at 360° for 26 minutes
6. Cook at 390° for an additional 3 minutes
7. Toss cooked chicken wings in your favorite sauce and enjoy
8. Repeat steps 3-7 until all chicken wings are cooked







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# WHOLE CORNISH HEN

## INGREDIENTS:

- 1 Cornish Hen
- 4 tbsp Butter
- 1 1/2 tsp Salt
- 1 tsp coarse Black Pepper
- 1/2 tsp Garlic Powder
- 1 tsp Paprika

## RECIPE:

1. Rinse Cornish hen
2. Place butter under skin
3. Combine all the spices and make a rub and sprinkle on Cornish hen
4. Place Cornish hen in air fryer basket
5. Put basket in air fryer and cook at 360° for 30-35 minutes, or until internal temperature reaches 170°

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# LIME CHILI PORK CHOPS

## INGREDIENTS:

2 Medium Pork Chops (Approximately ¾" Thick)  
¼ cup Lime Juice  
½ tsp Chili Powder  
1 tsp Salt  
1 tsp Pepper  
Ziplock Bag

## RECIPE:

1. Mix lime juice, chili powder, salt and pepper in a ziplock bag
2. Place pork chops in sealed ziplock bag with marinade and let sit for at least 30 minutes
3. Place marinated pork chops in air fryer basket ensuring that they are only one layer thick
4. Place basket in air fryer and cook at 300° for 15 – 20 minutes, or until internal temperature reaches 145°





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# GROUND SIRLOIN BURGER

## INGREDIENTS:

- 1 lb Ground Sirloin
- 1/2 tsp Salt
- 1/2 tsp Pepper
- 1/2 tsp Chili Powder
- 1/2 tsp Garlic Powder
- 1 tbsp Brown Sugar
- 1/2 tsp Paprika
- 1/2 tsp Wostershire Sauce

## RECIPE:

1. In a bowl, combine ground sirloin with salt, spices, wostershire sauce and mix thoroughly.
2. Make a 4" burger patty (approximately 7/8" thick)
3. Place patty in air fryer basket
4. Place basket in air fryer and cook at 350°
5. For a medium rare burger, cook for 12 minutes
6. For a well done burger, cook for 15 minutes

\*\* USDA Guidelines recommend ground burger meat be cooked to an internal temperature of 160° (well done) for optimal safety



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# STEAK FOR FAJITAS OR TACOS

## INGREDIENTS:

1 lb Sirloin Steak  
4 tbsp Taco Seasoning  
1 tbsp Worcestershire Sauce

## RECIPE:

1. Cut steak into 2" strips 1/4" thick
2. Place steak in bowl, marinate with worcestershire sauce and coat with taco seasoning, mixing well
3. Place steak in air fryer basket ensuring it is no more than one layer deep
4. Place basket in air fryer and cook at 300° for 3 minutes
5. Remove basket and stir steak
6. Place basket in air fryer and cook at 300° for 3 more minutes





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# TUNA STEAK

## INGREDIENTS:

1 4 oz Tuna Steak Salt  
1 tsp Soy Sauce  
1 tsp Sesame Oil  
1/4 cup Orange Juice  
1/4 tsp Salt  
1/4 tsp Black Pepper  
Black Sesame Seeds for Garnish  
Aluminum Foil

## RECIPE:

1. Create a shallow dish from aluminum foil
2. Rinse tuna steak, pat dry and season with salt and pepper.
3. Make a marinade with orange juice, soy sauce and sesame oil. Marinate tuna in the marinade for 5 minutes.
4. Place tuna in aluminum foil dish
5. Place dish with tuna into air fryer basket
6. Place basket into air fryer and cook at 350° for 7 minutes (rare) or 8 minutes (medium) (Tuna should be rare in the center)
7. Serve with soy sauce

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# LEMON MAHI MAHI

## INGREDIENTS:

1 6 oz Mahi Mahi  
2 TB Butter  
2 1/4" Slices of Lemon  
1 tsp Lemon Pepper Seasoning  
1/4 tsp Salt  
Aluminum Foil

## RECIPE:

1. Create a shallow dish out of aluminum foil
2. Rinse mahi mahi and pat dry
3. Place mahi mahi in aluminum dish
4. Place mahi mahi in aluminum dish and sprinkle with salt and lemon pepper seasoning.
5. Place butter on top of mahi mahi
6. Place lemon slices on top of mahi mahi
7. Place dish with mahi mahi in air fryer basket
8. Place basket in air fryer and cook at 350° for 14 minutes
9. Salt to taste and serve







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# TERIYAKI SALMON

## INGREDIENTS:

3 6oz Salmon Fillets  
3/4 cup Soy Sauce  
1/2 cup Packed Brown Sugar  
6 TB Rice Wine Vinegar  
2 Cloves Garlic Crushed  
1/4 tsp Toasted Sesame Oil  
1/8 tsp White Pepper Powder  
1 tsp Grated Ginger  
1 tsp Cornstarch  
Toasted Sesame Seeds for Garnish  
Green Onion for Garnish

## RECIPE:

1. Combine soy sauce, brown sugar, red wine vinegar, garlic and ginger in a pan
2. Heat teriyaki sauce until sugar dissolves
3. Soak salmon in teriyaki sauce for a minimum of 20 minutes to overnight
4. Make a shallow dish out of aluminum foil
5. Place marinated salmon in aluminum
6. Place dish with salmon in air fryer basket
7. Place basket in air fryer and cook at 350° for 7 minutes
8. Remove basket from air fryer and add additional marinade to top of salmon
9. Place basket in air fryer and cook at 350° for 7 additional minutes
10. Garnish with sesame seeds and green onions.

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# BREAD PUDDING

## INGREDIENTS:

9-12 cups Dried Cubed French Bread  
3 cups Whole Milk  
8 tbsp Butter (1 Stick)  
3 Large Eggs  
3 Large Egg Yolks  
1 cups Granulated Sugar  
1/2 cup Brown Sugar  
1/4 cup Chopped Pecans  
2 tbsp Vanilla  
1 tsp Cinnamon  
1/2 tsp Nutmeg Powder  
1 Qt Pyrex Bowl  
Cointreau Sauce

## RECIPE:

1. Put milk and butter in a microwave safe bowl and heat in microwave, or on stove, until butter melts
2. Whisk eggs in a large mixing bowl
3. Add sugar, vanilla nutmeg and cinnamon to eggs and whisk together
4. Add cooled milk and butter mixture to eggs slowly while whisking together until sugar dissolves
5. Add dried bread to pyrex bowl until full
6. Add custard mix to bread until bread is thoroughly soaked in pudding
7. Push bread mix down and add additional bread as necessary until bowl is nearly full  
(add additional custard mix to bread if necessary)

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### **BREAD PUDDING (continued):**

8. Fold in pecans
9. Place the dish in the air fryer and cook it on 320 degrees for 18 minutes or until the top is golden.
10. Cook for additional 3 minutes at 350.

## **COINTREAU SAUCE FOR BREAD PUDDING**

### **INGREDIENTS:**

- ½ cup Butter
- 1 cup Sugar
- 1 Large Egg
- ¼ cup Cointreau

### **RECIPE:**

1. Add butter, sugar and egg to a sauce pan
2. Heat over low heat stirring constantly until the mixture thickens enough to coat the back of a spoon – do not allow to simmer
3. Whisk in Cointreau slowly to taste
4. Allow to cool slightly, and serve over bread pudding





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