



10 low fat, tasty and quick recipes

www.philips.com.sg/kitchen | A HELPING HAND

 **MYKITCHEN**
A helping hand

PHILIPS
sense and simplicity



CONTENTS

04

FOREWORD

05

INTRODUCTION



06

POTATOES
& FRIES

16

SEAFOOD



22

CHICKEN
& MEAT



FOREWORD

Lose the fats. Not the taste.



The new Philips AirFryer is a revolution in home cooking, allowing you to fry a variety of tasty meals which are low-fat, tasty and quick!

One of the main features I love about the Philips AirFryer is that it cooks some of our all-time favorite fried foods such as french fries, chicken wings and fish cakes! With up to 80%* less fat in the food prepared by the AirFryer, I can indulge in my favorite fried fare without the guilt.

You can also enjoy fried foods at the comfort of your home with this easy to use, must-have kitchen helper: Less oil, less cleaning, more enjoyment!

A handwritten signature in black ink that reads "Bryan Wong". The signature is stylized with a large, looped 'B' and a long, sweeping underline.

Bryan Wong

MediaCorp Artiste, Philips AirFryer Ambassador

AirFryer

Less fat, tasty and quick

The Philips AirFryer makes fries and fried snacks deliciously crispy and less fat. It provides a new alternative to traditional deep frying. Crispy golden brown snacks prepared in the AirFryer are a tasty treat for both kids and grown-ups!

You can also prepare other delicious foods in the AirFryer, such as chicken nuggets, fish cakes or meatballs. And if you really want to show-off your culinary talents, use the AirFryer to prepare tasty tapas, snacks and even chocolate brownies! With the AirFryer you create a feast for your family anytime.

Recipes by Chef Lisa Leong

Chef Lisa Leong is a Singapore-born chef and a leading food critic in South East Asia, renowned for her innovative culinary approach. Lisa has developed 10 delicious recipes using Philips AirFryer. Now, you can also prepare a great meal for your family too.



Nutritional information provided by:

POTATOES &
FRIES

Oriental Chilli Peppers Fries

亚洲辣味薯条

SERVES 4 • 4 人份

Prep Time • 10 mins
AirFry Time • 18–20 mins

准备时间 • 10 分钟
烹饪时间 • 18–20 分钟

4 medium russet potatoes (700g)
2 tbsp shallot oil
1 tsp szechuan spiced pepper salt
2 garlic cloves, minced
1 tbsp paprika powder
1 tsp chicken seasoning powder
1 tbsp each fresh cilantro and
red chilli, finely chopped

**Szechuan Spiced Pepper
Salt Mixture**
½ tsp five spice powder
1 tbsp salt
1 tbsp ground white pepper
1 tsp szechuan peppercorn powder
1 tsp chicken seasoning powder
1 tsp sugar

4 粒中等马铃薯 (700克)	四川椒盐粉调味料
2 汤匙葱头油	½ 茶匙五香粉
1 茶匙四川五香椒盐	1 汤匙盐
2 粒大蒜, 切碎	1 汤匙白胡椒粉
1 汤匙红辣椒粉	1 茶匙四川辣椒粉
1 茶匙鸡精粉	1 茶匙鸡精粉
新鲜的芫荽叶和红辣椒	1 茶匙白糖
各1汤匙, 细细地切碎	

1. Preheat the AirFryer to 180°C for about 5 minutes. Wash and scrub the potatoes, peel skin and cut them into even lengthwise strips. Soak in mild salt water for 10 minutes. Rinse the cut potatoes under running water; drain them thoroughly and pat dry with kitchen towel.
2. Mix in bowl, shallot oil, szechuan spiced pepper salt mixture, minced garlic, paprika powder; chicken seasoning powder and chopped cilantro and red chilli. Coat the potato strips with this mixture.
3. Transfer the potato fries into the fryer basket and slide the basket into the AirFryer. Set the timer to 20 minutes and fry the fries until they are golden brown and well done. Shake the potato fries several times in between the frying time.

1. 将 AirFryer 预热至 180°C 约 5 分钟。把马铃薯洗净, 去皮并切成长条状。浸泡在盐水里十分钟。将马铃薯条冲洗后沥干, 并用厨房毛巾再拍干。
2. 把葱油、四川椒盐粉调味料、切碎的大蒜、红辣椒粉、鸡精粉、芫荽和红辣椒叶混合在碗里搅拌均匀的调味粉料并涂抹在马铃薯条上。然后把马铃薯条放入炸篮并滑进 AirFryer。设置计时器 20 分钟直到薯条变成金黄色即可。在过程中须把薯条摇晃数次。



CHEF'S TIPS

For spiced salt preparation:

Dry roast the salt, pepper, chicken seasoning powder and five spice pepper in a pan. Remove, allow to cool, combine with sugar and mix well.

主厨爱心贴士

椒盐调料的准备方法:

把盐、胡椒粉、鸡精粉和五香粉在平底锅里拌炒片刻, 盛出来凉一会后, 再将白糖搅拌均匀。

Each portion contains

每份含

767 kJ / 183 kcal

767 千焦 / 183 千卡

3.9g protein

3.9 克蛋白质

4.9g total fat, 1.1g saturated fat

4.9 克总脂肪, 1.1 克饱和脂肪

32.3g carbohydrates

32.3 克碳水化合物

4.3g fibre

4.3 克纤维

Nutritional information provided by Singapore Polytechnic based on the specific recipes and quantity of ingredients used in the respective dishes. Values will differ if there are any changes to the recipe, ingredients used and cooking method.



POTATOES &
FRIES

Fried Curry Potato Wedges

咖喱薯角

SERVES 4 • 4 人份

Prep Time • 10 mins
AirFryTime • 20 mins

准备时间 • 10 分钟
烹饪时间 • 20 分钟

4 large Idaho potatoes (about 800g), well scrubbed,
cut into eighths lengthwise

1 tbsp olive oil

1 tbsp curry powder

1 tbsp Indo curry paste (Instant curry paste)

Sugar, if desired

4 大爱达荷马铃薯（约 800 克），去皮洗净并切成 8 个长条

1 汤匙橄榄油

1 汤匙咖喱粉


1 汤匙咖喱酱（即时咖喱酱）

糖（如有需要）

1. Preheat the AirFryer to 180°C for about 5 minutes. Wash and scrub the potatoes, peel off the skin and cut them into eighth even lengthwise strips. Soak in mild salt water for 10 minutes. Rinse the cut potatoes under running water; drain them thoroughly and pat dry with kitchen towel.
2. Mix curry powder, olive oil and curry paste in a bowl. Add in sugar to taste. Coat the potato strips with this mixture. Transfer the curry potato strips into the fryer basket and slide the basket into the AirFryer.
3. Set the timer to 20 minutes and fry the curry potato wedges until they are golden brown. Toss the curry potato wedges several times in between frying. Serve hot curry potato wedges.

1. 将 AirFryer 预热至 180°C 约 5 分钟。洗净马铃薯并去皮，切成 8 个长条，浸泡在盐水里十分钟。把切好的马铃薯清洗后沥干，并用厨房毛巾再拍干。
2. 把咖喱粉、橄榄油、咖喱酱混合在碗里搅拌，加少许糖让其味道更好，把混合好的酱汁涂抹在切好的马铃薯角上面，然后放入炸篮，并滑进 AirFryer。
3. 设置计时器为 20 分钟。在过程中须翻动咖喱薯角，将它们炸至金黄色。热腾腾的咖喱薯角即可上桌。



Each portion contains	每份含
878 kJ / 209.2 kcal	878 千焦 / 209.2 千卡
4.7g protein	4.7 克蛋白质
5.2g total fat, 0.9g saturated fat	5.2 克总脂肪, 0.9 克饱和脂肪
37.7g carbohydrates	37.7 克碳水化合物
5.9g fibre	5.9 克纤维
<p>Nutritional information provided by Singapore Polytechnic based on the specific recipes and quantity of ingredients used in the respective dishes. Values will differ if there are any changes to the recipe, ingredients used and cooking method.</p> <p> MY KITCHEN <i>A helping hand</i></p>	



POTATOES & FRIES

Potato Boat 烤马铃薯船

SERVES 4 • 4 人份

Prep Time • 40 mins
AirFry Time • 15–20 mins

准备时间 • 40 分钟
烹饪时间 • 15–20 分钟

4 large baking potatoes (approx. 150g each)

Stuffings

Carved potato flesh, mashed

200g minced roasted chicken meat

60g minced roasted mushroom, diced

4 tbsp cream of corn soup

½ tsp of seasoning salt to taste

1 cup of cheddar cheese (for topping)

4 个大的马铃薯（每个约150克）

馅料

烫煮过的马铃薯挖出的肉，并压碎

200 克烤鸡肉，剁碎

60 克烤好的蘑菇切丁

4 汤匙奶油玉米浓汤

½ 茶匙调味盐

1 杯切达乳酪（用来浇在马铃薯船上）

1. Clean the potatoes with a vegetable brush under running water and pat them dry with kitchen paper.
2. Rub in some sea salt. Blanch the potatoes till its just cooked.
3. Once the potatoes are cooled, cut them in halves and scoop out the middle flesh to form a boat.
Retain the carved potato flesh.
4. In a bowl, mash the carved potato flesh, add in the cream of corn soup, roasted diced mushroom and minced chicken meat. Stir mix thoroughly and season to taste with some seasoning salt.
5. Layer stuffing into ready potato boats and top with cheddar cheese. Place the stuffed potato boats into the fryer basket and slide the basket into the AirFryer. Set timer to 15 minutes or until the cheese melts and starts to turn brown.
Serve with fresh salads.

1. 将马铃薯刷洗好，洗净并沥干水份。
2. 裹上少许海盐。烫马铃薯至刚熟。
3. 把马铃薯从 AirFryer 里取出，放在一旁待冷。然后将马铃薯切成两半，并从中间挖出薯肉使其变成船形。
保留挖出的马铃薯肉。
4. 将马铃薯肉放在碗里捣碎，加入奶油玉米汤、烤好的蘑菇丁和鸡肉碎，搅拌便加少许盐调味。
5. 把做好的馅料填铺在准备好的马铃薯船里，并浇上切达乳酪。然后再把盛满馅料的马铃薯船放入炸篮，并滑进 AirFryer。设置计时器 15 分钟直至乳酪完全溶化，烤至棕色即可。食用时配上沙拉。

CHEF'S TIPS

Use low-fat or fat-free cheese as a alternative choice.

主厨爱心贴士

可选用低脂肪或无脂肪乳酪。

Each portion contains

每份含

1492 kJ / 355 kcal

1492 千焦 / 355 千卡

25.2g protein

25.2 克蛋白质

15.7g total fat, 7.5g saturated fat

15.7 克总脂肪, 7.5 克饱和脂肪

28.3g carbohydrates

28.3 克碳水化合物

3.7g fibre

3.7 克纤维

Nutritional information provided by Singapore Polytechnic based on the specific recipes and quantity of ingredients used in the respective dishes. Values will differ if there are any changes to the recipe, ingredients used and cooking method.

 **MY KITCHEN**
A Helping Hand

POTATOES & FRIES

SERVES 2 • 2 人份

Prep Time • 15 mins
AirFry Time • 20–25 mins

准备时间 • 15 分钟
烹饪时间 • 20–25 分钟

AirFried Rösti 炸马铃薯煎饼

1 small grated onion
250 g potatoes, shredded
1 tbsp melted butter
1 tsp salt free 17 mixed herbs
Some seasoned pepper salt to taste
Some olive oil for brushing

1 个碾碎的洋葱
250 克马铃薯，切丝
1 汤匙软化的牛油
1 茶匙盐 Free 17 混合香草 (salt-free 17)
少许调味胡椒盐
少许用来涂抹的橄榄油

1. Preheat the AirFryer to 200°C for 3 minutes. Peel the potatoes and shred it. Bring them to boil for 5 minutes with salt water. Cool the potatoes and set aside.
2. Mix grated onion and shredded potatoes, together with melted butter and mix herbs. Sprinkle seasoned pepper salt to taste.
3. Grease a shallow round foil tray that fits into the fryer basket. Carefully fill in with potato mixture and press it gently down. Brush the top of rosti potato with some olive oil and slide the basket into the AirFryer. Set the timer to 20 minutes.
4. Bake rosti until it is in a nice golden brown. Gently with the help of a palette knife, loosen the rosti around the edges and take it out. Serve warm and garnish with sprinkle of paprika powder (optional).

1. 将 AirFryer 预热至 200°C 约 3 分钟。马铃薯去皮后切丝便放入盐水里煮约 5 分钟。煮熟后放在一旁待凉。
2. 将洋葱碎和马铃薯丝放在一起，加入溶化的牛油和香草并搅拌均匀，洒少许胡椒盐可使味道更好。
3. 在锡纸圆盘周围涂抹少许的油，并把盘子放入炸篮内，把调制好的马铃薯轻轻放进去并压扁，然后在马铃薯上刷一层橄榄油并把炸篮滑进 AirFryer，设置计时器 20 分钟。
4. 烘烤马铃薯煎饼直至变成金黄色，用小刀将煎饼的边缘松开并取出，再配以西班牙红辣椒粉（可选）撒在上面即可。



Each portion contains

每份含

831 kJ / 198 kcal

831 千焦 / 198 千卡

3.8g protein

3.8 克蛋白质

8.3g total fat, 4g saturated fat

8.3 克总脂肪, 4 克饱和脂肪

28g carbohydrates

28 克碳水化合物

3.3g fibre

3.3 克纤维

Nutritional information provided by Singapore Polytechnic based on the specific recipes and quantity of ingredients used in the respective dishes. Values will differ if there are any changes to the recipe, ingredients used and cooking method.



POTATOES &
FRIES

Asian Seafood Begedil Kentang

亚洲海鲜马铃薯饼

SERVES 18 • 18 人份

Prep Time • 15 mins
AirFry Time • 12 mins

准备时间 • 15 分钟
烹饪时间 • 12 分钟

800g potato
30g toasted dried shrimps, pounded
1 onion, peeled and chopped fine
½ cup green peas, briefly chopped
½ cup diced carrot
¾ tsp chicken seasoning powder
¾ tsp sugar to taste
1 tsp turmeric powder
1 beaten egg

Coating Crumb Mixture
80g bread crumbs
3 tbsp rice flour
1 tbsp paprika powder
1 beaten egg (coating)

800 克马铃薯
30 克烤香的干虾米
1 个洋葱, 去皮并切碎
½ 杯青豆, 大致剁碎
½ 杯红萝卜, 切粒
¾ 汤匙鸡精粉
¾ 茶匙糖, 调味
1 茶匙姜黄粉
1 粒鸡蛋, 打散

混合面包屑材料

80 克面包屑
3 汤匙米粉
1 汤匙红辣椒粉
1 粒鸡蛋, 打散

1. Peel, cut and boil potato in a medium pot at high heat until cook. Dish and drain potato in a large bowl and mashed thoroughly with potato masher. Soak dried shrimps in warm water; then lightly toast the dried shrimps and pound the toasted dried shrimps until fine.
2. Add in chopped green peas, onion, chicken seasoning powder; sugar; ground pepper; turmeric powder; chopped carrot and beaten egg into the mashed potato. Stir mixed well. Scoop potato mixture onto palm, about 60 g each, shape into ball and press down lightly to make patties shape. Dip into beaten egg mixture, then coat a thin coating crumbs mixture over it. Set aside.
3. Preheat the AirFryer to 200° C for about 5 minutes. Put the potato patties in the basket and slide it into the AirFryer. Set the timer to 12 minutes. Fry the patties until golden brown.

1. 马铃薯去皮切件煮熟。然后将马铃薯捣成薯泥。把虾米放入温水里浸泡, 然后稍微地爆香干虾米然后捣碎。
2. 将青豆、洋葱、鸡精粉、白糖、胡椒粉、姜黄粉、红萝卜粒和蛋汁一同加入薯泥搅拌均匀, 把混合的马铃薯料盛起来放在手掌上, 捏成球状, 每粒约 60 克, 然后稍微压扁, 再浸入蛋汁, 裹上面包屑, 放在旁边。
3. 将 AirFryer 预热至 200°C 约 5 分钟。把马铃薯饼放入炸篮里并滑进 AirFlyer, 设置计时器 12 分钟, 至马铃薯饼成金黄色即可食用。



Each portion contains

每份含

351 kJ / 84 kcal

351 千焦 / 84 千卡

3.1g protein

3.1 克蛋白质

0.8g total fat, 0.2g saturated fat

0.8 克总脂肪, 0.2 克饱和脂肪

16.2g carbohydrates

16.2 克碳水化合物

1.6g fibre

1.6 克纤维

Nutritional information provided by Singapore Polytechnic based on the specific recipes and quantity of ingredients used in the respective dishes. Values will differ if there are any changes to the recipe, ingredients used and cooking method.



Crispy Tau Kee Wraps 香脆腐皮卷

SERVES 4 • 4 人份

Prep Time • 15 mins
AirFry Time • 12 mins

准备时间 • 15 分钟
烹饪时间 • 12 分钟

Puff Fillings

300g fish paste
1 tbsp cornstarch
1 egg white
1 tsp pepper
1 tsp chicken seasoning powder

Dipping Sauce (Mixed well)

1 packet special chilli sauce
1 tbsp white vinegar
1 tbsp chopped chinese parsley

豆腐皮陷料

300 克鱼肉胶
1 汤匙玉米淀粉
1 个蛋白
1 茶匙胡椒粉
1 茶匙鸡精粉

沾酱 (须搅拌均匀)

特别辣椒酱
1 汤匙白醋
1 汤匙香菜, 切碎

16 张脆皮豆腐皮
(2 x 1½寸)

16 sets of 2 x 1½ inches fried
bean curd sheets

1. Combine filling ingredients in a mixing bowl.
2. Place about 1 tablespoon of fish paste filling in the centre of each bean curd sheet. Top another piece of the bean curd sheet over. Seal edges with some water.
3. Lightly brush some garlic oil (optional) over each tau kee skin. Set aside.
4. Preheat the AirFryer to 180°C for about 5 minutes. Place the tau kee slices evenly in the fryer basket and slide the basket into the AirFryer. Set the timer to 12 minutes and fry the tau kee wraps until they are crispy golden brown.
(Turn the tau kee wraps in between frying).
5. Serve with dipping special chilli sauce.

1. 把所有材料混合在一个碗里。
2. 把1汤匙混合鱼肉胶涂抹在每片脆皮豆腐皮的中间，再用另一片盖在上面，用水将边缘黏合。
3. 将豆腐皮面涂抹一些蒜油（可选），并放在一边待用。
4. 将AirFryer 预热至 180°C 约 5 分钟。将豆腐皮均匀地放在炸篮里并滑进 AirFryer，设置计时器 12 分钟并把豆皮烤至其松脆变金黄色即可。在过程中须翻动腐皮卷。
5. 食用时便配上特别辣椒酱。



Each portion contains

每份含

986 kJ / 235 kcal

986 千焦 / 235 千卡

28.2g protein

28.2 克蛋白质

8.2g total fat, 1g saturated fat

8.2 克总脂肪, 1 克饱和脂肪

11.5g carbohydrates

11.5 克碳水化合物

0.3g fibre

0.3 克纤维

Nutritional information provided by Singapore Polytechnic based on the specific recipes and quantity of ingredients used in the respective dishes. Values will differ if there are any changes to the recipe, ingredients used and cooking method.



SEAFOOD

Dian Xin Seafood Balls 点心海鲜球

SERVES 4 • 4 人份

Prep Time • 15 mins
AirFry Time • 12 mins

准备时间 • 15 分钟
烹饪时间 • 12 分钟

200g fresh shrimps peeled, deveined and briefly chopped
300g squid paste (sotong paste)
1 tsp sesame oil
1 tsp chinese wine
1 tsp chicken seasoning powder
1 large egg white
6 water chestnuts, coarsely chopped
2 tbsp fresh cilantro, chopped
2 scallions (white and pale green parts only), thinly sliced
3 tbsp water
1 tbsp garlic oil
Some pepper to taste
8 slices firm white sandwich bread, crusts discarded,
diced into small cubes

200 克鲜虾, 去壳并去肠, 大致剁碎
300 克鱿鱼肉胶 (苏东肉胶)
1 茶匙芝麻油
1 茶匙中国白酒
1 茶匙鸡精粉
1 粒鸡蛋白
6 粒马蹄, 切碎
2 汤匙芫荽叶, 剁碎
2 颗青葱 (只要白色和绿色的部分) 切成薄片
3 汤匙水
1 茶匙蒜油
少许胡椒粉
取 8 片白色的三明治面包, 去掉面包外皮并切成细碎的面包屑

1. Place shrimp, squid paste, sesame oil, chinese wine, chicken seasoning powder and egg white in the Philips food processor or blender and blend until a coarse paste forms; transfer to a bowl. Stir in the chopped water chestnuts, cilantro, scallions, water, garlic oil and pepper to taste.
2. Preheat AirFryer to 180°C.
3. Divide shrimp paste mixture equally into 10 portions and roll each into a ball. Dip the seafood balls in water and roll onto diced bread cubes.
4. Place seafood bread balls in the fryer basket and slide it into the AirFryer. Set timer to 8 minutes. Fry seafood balls until golden brown. Then turn the balls over and fry for another 2 minutes or until the seafood balls are golden brown. Transfer to serving plate and serve immediately.

1. 把虾肉、鱿鱼肉胶、芝麻油、中国白酒、鸡精粉和蛋白放入 Philips 食品加工机或搅拌器拌和成浓泥。倒入碗里, 并加入马蹄、芫荽叶、葱、水、蒜油搅拌均匀, 然后加胡椒粉调味。
2. 将 AirFryer 预热至 180°C。
3. 把海鲜混合泥均匀地分成 10 份并放在手掌上, 捏成球状。把海鲜球粒粘水, 并在碎面包屑上滚过。
4. 把海鲜球放入炸篮并滑进 AirFryer, 设置计时器 8 分钟开始至点心海鲜球变金黄色。然后把海鲜球翻过来, 再继续炸约 2 分钟直到完全变成金黄色为止, 即可食用。



Each portion contains

每份含

1184 kJ / 282 kcal

1184 千焦 / 282 千卡

26.9g protein

26.9 克蛋白质

5g total fat, 1g saturated fat

5 克总脂肪, 1 克饱和脂肪

30.2g carbohydrates

30.2 克碳水化合物

1.4g fibre

1.4 克纤维

Nutritional information provided by Singapore Polytechnic based on the specific recipes and quantity of ingredients used in the respective dishes. Values will differ if there are any changes to the recipe, ingredients used and cooking method.



Salted 5 Spices Prawns 椒盐五香大明虾

SERVES 4 • 4 人份

Prep Time • 10 mins

AirFry Time • 15 mins

准备时间 • 15 分钟

烹饪时间 • 12 分钟

8 large prawns, trim tip of the head & legs (approx 150g)

2 fresh red chilli, briefly chopped (for garnishing)

2 tbsp, spring onion chopped (for garnishing)

Lime, quartered (for garnishing)

Prawn seasonings

1 tbsp each grated garlic and shallot

1 tbsp garlic oil

Spiced salt

1 tsp five spice powder

2 tbsp salt

1 tbsp ground white pepper

1 tsp chicken seasoning powder

1 tsp sugar

8 只大明虾, 切除头端与脚端 (约 150 克)

2 条新鲜红辣椒, 大致剁碎 (点缀用)

2 汤匙切碎的洋葱 (点缀用)

青柠檬, 切成 4 份 (点缀用)

明虾调味料

1 汤匙剁碎的蒜头小葱

1 汤匙大蒜油

椒盐调料

1 茶匙五香粉

2 汤匙幼盐

1 汤匙白胡椒粉

1 茶匙鸡精粉

1 茶匙白糖

1. For spiced salt preparation, dry roast the salt, pepper, chicken seasoning powder and five spice pepper in a pan. Remove, allow to cool, combine with sugar and mix well. Set aside.
2. In a large bowl, mix garlic oil, chopped garlic, shallot and 1 tsp spiced salt. Add prawns, tossing them to coat. Leave these to marinade for 5 minutes in the refrigerator.
3. Preheat the AirFryer to 200°C for about 15 minutes. Drain prawns thoroughly dry. Place the prawns in the fryer basket and slide the basket into the AirFryer. Set the timer to 6 minutes. Fry the prawns until crispy and well cooked thoroughly. (Turn the prawns once or twice during frying).
4. Once cooked, remove the prawns from Airfryer and sprinkle with balance toasted spiced salt to taste. Serve while hot.

1. 准备椒盐调料—把盐、胡椒粉、鸡精粉和五香粉在平底锅里炒香。盛出待凉，加入少许白糖拌均匀，然后放在一边。
2. 把大蒜油、切碎的蒜头、小葱还有 1 茶匙椒盐调料放在一个大碗里搅拌均匀。拌入明虾来回翻滚，然后放入冰箱里腌 5 分钟。
3. 将 AirFryer 预热至 200°C 约 15 分钟。把明虾沥干，放入炸篮并滑进 AirFryer。设置计时器 6 分钟至其酥脆可口（在的过程中需把明虾翻动一次或者两次）。
4. 一旦熟透，取出明虾并洒上剩余的椒盐调味。趁热端上享用。



CHEF'S TIPS

Keep nice space between the prawns so that the flame can lick each prawn evenly. Prawns cook very quickly, so be sure to watch them.

主厨爱心贴士

明虾之间须保持一定的距离，这样在烹调的过程中就能受热均匀，整个烹饪过程非常快，所以一定要好好看着它们喔！

Each portion contains

每份含

349 kJ / 83 kcal

349 千焦 / 83 千卡

8.3g protein

8.3 克蛋白质

3.8g total fat, 0.6g saturated fat

3.8 克总脂肪, 0.6 克饱和脂肪

4.1g carbohydrates

4.1 克碳水化合物

0.6g fibre

0.6 克纤维

Nutritional information provided by Singapore Polytechnic based on the specific recipes and quantity of ingredients used in the respective dishes. Values will differ if there are any changes to the recipe, ingredients used and cooking method.



Fried Spicy Thai Chicken Wings

泰式香辣炸鸡翅

SERVES 4 • 4 人份

Prep Time • 15 mins
AirFry Time • 20 mins

准备时间 • 15 分钟
烹饪时间 • 20 分钟

8 chicken wings (approx 400g)
2 tbsp fish sauce
2 tbsp palm sugar (to taste)
2 tbsp rice flour (add just before frying)

Spice paste (Blend till fine)

4 cloves garlic
6 shallots
1 tbsp shrimp paste
3 fresh red chillies, seeded
1 tsp turmeric powder
20g galangal
1 tbsp shallot oil

8 只鸡翅膀 (约 400 克)
2 汤匙鱼露
2 汤匙椰糖 (调味)
2 汤匙粘米粉 (油炸之前添加)

香辣酱 (混和至均匀)

4 颗蒜头
6 个大葱
1 汤匙虾酱
3 条新鲜红辣椒, 去籽
1 茶匙黄姜粉
20 克蓝姜
1 汤匙葱油

1. Combine chicken wings with fish sauce, palm sugar and blended spice paste and leave to marinate for 1 hour in the refrigerator. Add in 2 tbsp of rice flour just before frying.
2. Preheat the AirFryer to 200°C for 5 minutes. Drain excess marinade from the chicken wings. Place the chicken wings in the fryer basket and slide the basket into the AirFryer. Set timer to 10 minutes. Roast the chicken wings until brown. Turn sides of the chicken wings in between roasting.
3. Then, lower the temperature to 150°C and leave the chicken wings in the AirFryer for another 8 to 10 minutes or until done.
4. Serve the roasted spicy Thai chicken wings with cucumber slices or veggie salad.

1. 将鸡翅、鱼露、椰糖和辣酱混合在一起，放冰箱里腌泡1小时。炸之前添加粘米粉2汤匙，搅拌均匀。
2. 将 AirFryer 预热至 200°C，约 5 分钟。把多余的腌酱沥掉。将鸡翅放入炸篮，并把炸篮滑进 AirFryer。设置计时器 10 分钟。将鸡翅反复翻边，烤至色泽呈金黄。
3. 把温度降至 150°C，让鸡翅留在 AirFryer 中持续 8 - 10 分钟或至熟。
4. 把泰式香辣炸鸡翅配上青瓜片或蔬菜沙拉即可享用。



Each portion contains

每份含

1395 kJ / 332 kcal

1395 千焦 / 332 千卡

19.9g protein

19.9 克蛋白质

16.2g total fat, 4.5g saturated fat

16.2 克总脂肪, 4.5 克饱和脂肪

21.4g carbohydrates

21.4 克碳水化合物

0.8g fibre

0.8 克纤维

Nutritional information provided by Singapore Polytechnic based on the specific recipes and quantity of ingredients used in the respective dishes. Values will differ if there are any changes to the recipe, ingredients used and cooking method.



CHICKEN &
MEAT

BBQ Pork Char Siu 蜜汁叉烧

SERVES 2 • 2 人份

Prep Time • 15 mins
AirFry Time • 18 mins

准备时间 • 15 分钟
烹饪时间 • 18 分钟

600g pork butt or fillet (cut into 4 strip pieces)
4 clove garlic (finely chopped)
1 tbsp cooking oil

Char Siu marinade sauce

1 tbsp maltose
½ tsp baking soda
1 ½ tbsp orange sugar
2 tbsp hoisin sauce
1 ½ tbsp superior soy sauce
1 tbsp chinese rose wine
¼ tsp of food red coloring powder (optional)
½ tsp five-spice powder (optional)
2 tsp sesame oil

600 克猪前腿肉或里脊肉（切成 4 块）
4 颗大蒜，细细切碎
1 汤匙食用油

叉烧酱腌料

1 汤匙麦芽糖
½ 茶匙苏打粉
1½ 汤匙红糖
2 汤匙海鲜酱
1½ 汤匙上等生抽
1 汤匙玫瑰露酒
1 茶匙食用红色素粉末(任意)
½ 茶匙五香粉(任意)
2 茶匙麻油

1. Mix all the marinade sauce ingredients together and warm through in a saucepan until all the sugar has dissolved. Set aside to cool.
2. Marinate the pork strips with the cooled char siu sauce and add in the chopped garlic. Leave for at least eight hours in the fridge.
3. Preheat the AirFryer to 200°C for about 5 minutes. Shake off excess char siu sauce before roasting in the AirFryer. Put the char siu strips in the basket and slide the basket into the AirFryer. Set the timer to 10 minutes. Roast the char siu until golden reddish brown. Brush the remaining char siu sauce in between roasting.
4. Then, lower the temperature over 160°C and roast the char siu until it is perfectly charred..

1. 把所有的叉烧汁配料混合在一起并在锅里加热直到糖溶化，放在一边待凉。
2. 把猪肉块放在叉烧汁里浸泡，再加上切碎的大蒜，然后放在冰箱里腌至少 8 小时左右。
3. 将 AirFryer 预热至 200°C 约 5 分钟。把腌好的叉烧猪肉取出。将多余的叉烧汁去掉。
放入炸篮并滑进 AirFryer，设置计时器 10 分钟直到叉烧变成金红色。烘烤的时候将其余的叉烧汁刷在叉烧上。
4. 再以低温度 160°C，烘烤到叉烧成焦红色即可。

Each portion contains

每份含

2490 kJ / 593 kcal

2490 千焦 / 593 千卡

56.8g protein

56.8 克蛋白质

29.1g total fat, 7.4g saturated fat

29.1 克总脂肪, 7.4 克饱和脂肪

25.9g carbohydrates

25.9 克碳水化合物

0.6g fibre

0.6 克纤维

Nutritional information provided by Singapore Polytechnic based on the specific recipes and quantity of ingredients used in the respective dishes. Values will differ if there are any changes to the recipe, ingredients used and cooking method.



CHEF'S TIPS

Roast the char siu over an aluminum foil sheet for the drips, if desired.

主厨爱心贴士

必要时须用铝箔纸将叉烧包裹起来防止肉汁滴落。



*Compared to fresh fries prepared in a conventional Philips fryer.



Join the Philips Family Rewards today!

www.philips.com.sg/familyrewards



©Philips Electronics (S) Pte Ltd
All rights reserved.

620A Lorong 1 Toa Payoh,
Singapore 319762

www.philips.com.sg