

Recipe guide.

Recipes, tips,
& more!



nutribullet.
XXL DIGITAL
AIR FRYER

Please make sure to read the enclosed User Guide and warnings prior to using your unit.



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Thank you for purchasing the NutriBullet® XXL Digital Air Fryer.

NutriBullet® XXL Digital Air Fryer recipe guide.

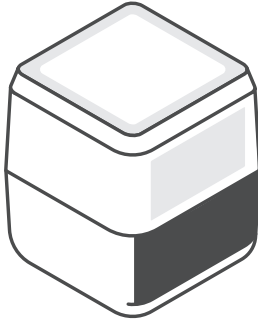
We all know how chaotic mealtime can be. Deciding what to cook and when on a busy day or night can feel like a truly daunting task, especially when you have several mouths to feed and minimal time to do it. Add to that cleanup concerns (we're looking at you, pots, pans, and splatters)!

Fortunately, there's a very simple solution for efficiently cooking your dinner time favourites: the NutriBullet XXL Digital Air Fryer. With 8 preset cook modes and a 7-liter capacity, this all-in-one air fryer roasts, bakes, dehydrates, and crisps family-sized portions of your favourite foods to perfection. It's big enough to roast a whole chicken, but streamlined enough for making small bites and side dishes as well. It's also super efficient, with 360° vortex convection technology that cuts down on time and reduces the amount of oil (and mess) required to make your food taste great.

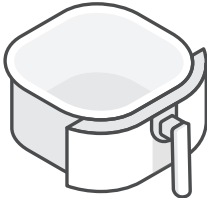
To get you started on your XXL adventure, we've assembled this extra versatile guide full of fun, fast, and easy recipes that cover all of the food groups. Follow along, riff on our suggestions, or experiment with your own creations. Whatever you choose, you'll love how simple it is to make fresh, delicious food without the fuss.



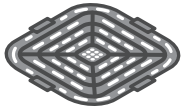
What's included.



base

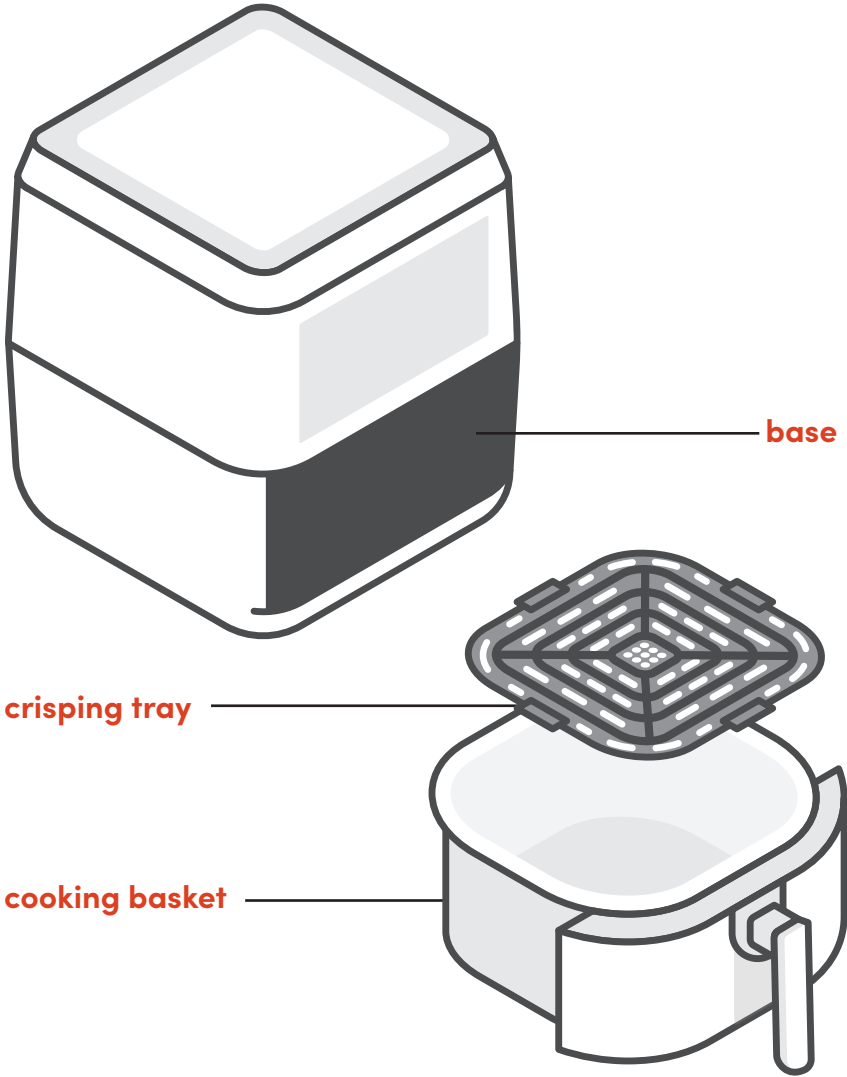


cooking basket

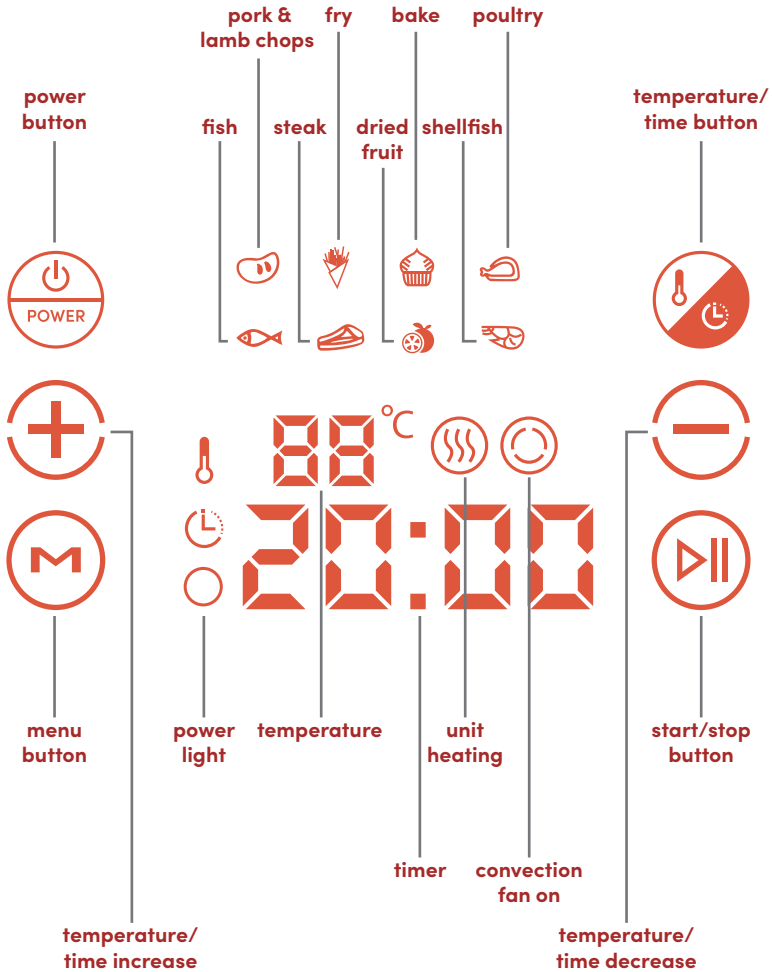


crisping tray

Assembly.



Control panel.



Icon status.

We've marked our recipes with icons to help you quickly identify their health benefits and special qualities. Here's the scoop on what they mean:



VEGAN

Recipes free of meat, dairy, eggs, or other animal products.



VEGETARIAN

Recipes free of meat. May contain dairy, eggs, or honey.



GLUTEN-FREE

Recipes free of ingredients that contain gluten like wheat, barley, or rye.



DAIRY-FREE

Recipes free from any milk-based ingredients like casein, whey, or lactose.



NUT-FREE

Recipes free from from nuts or by-products.



Appetizers & snacks.

Easy, breezy, and delicious, the recipes in this section are selected for maximum snackability.



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Fried green beans.



MODE: FRY | SERVES: 4

Crisp, yet tender, these snackable green beans are an unexpected — but every bit as delicious — alternative to traditional fries.

285 G	GREEN BEANS, TRIMMED
2	LARGE EGGS
1 TBSP	REDUCED-FAT MILK OR MILK OF YOUR CHOICE
¼ CUP	ARROWROOT POWDER
1 TSP	GARLIC POWDER
1 TSP	ONION POWDER
¼ TSP	SALT
¼ TSP	PEPPER
½ CUP	ITALIAN BREADCRUMBS
¼ CUP	PANKO BREADCRUMBS

NUTRITION FACTS PER SERVING

130 calories, 2.5g fat, 22g carbs, 3g fiber, 3g sugar, 6g protein

Nutrition facts are based on the recipe as listed. Swapping any ingredients will alter nutritional content.

- 1 In a small bowl, whisk the eggs with the milk. Set aside.
- 2 In a separate bowl, combine the arrowroot powder, garlic powder, onion powder, salt, and pepper. Stir to combine. Set aside.
- 3 In a third small bowl, mix both kinds of breadcrumbs to combine. Set aside.
- 4 Cover the green beans with half the egg mixture and then toss with the arrowroot powder mixture to lightly coat.
- 5 Cover green beans with the remaining egg mixture for a second coat. Once recoated, toss in the breadcrumb mixture.
- 6 Select **FRY** setting and manually adjust cook time to 12 minutes; then select **START**. Allow the **Air Fryer** to preheat for 2 minutes.
- 7 Remove the **Cooking Basket** and spray with cooking spray.
- 8 Load half of the green beans in the **Cooking Basket**, placing in an even layer. Allow the green beans to cook for the remaining time.
- 9 Select the **FRY** setting again and manually adjust cook time to 10 minutes. Load the remaining green beans into the **Cooking Basket**, Select **START**, and cook for preset time.



Sweet potato wedges.

MODE: FRY | SERVES: 4

A little sweet, a little savory, and a lot addictive, these tasty, dipable wedges are the perfect accompaniment to any main event.

4 SMALL/MEDIUM
SWEET POTATOES
(CUT INTO
WEDGES)

1 TBSP EXTRA VIRGIN
OLIVE OIL

½ TSP GARLIC POWDER

¼ TSP SALT

¼ TSP PEPPER

NUTRITION FACTS PER SERVING

140 calories, 3.5g fat, 27g carbs, 4g fiber,
5g sugar, 2g protein

Nutrition facts are based on the recipe as listed. Swapping any ingredients will alter nutritional content.

- 1 Cut potatoes into wedges. Pat dry.
- 2 In a bowl, toss all ingredients together until potatoes are evenly coated.
- 3 Select **FRY** setting and press **START**. Let the **Air Fryer** preheat for 2 minutes.
- 4 Load sweet potato wedges in the **Cooking Basket**, placing in an even layer.
- 5 Close the **Cooking Basket** and allow the potatoes to cook for the remaining preset time. For extra crispy fries, add 2–4 more minutes to the timer using the manual control.
- 6 Transfer to serving plate and serve with your favourite dips or sauces.



Honey spicy garlic wings.



MODE: POULTRY | SERVES: 8

Sometimes, you just have to wing it. When the occasion arises, try this recipe, which uses air frying instead of deep frying to achieve a deliciously crispy texture.

1 KG **CHICKEN WINGS**
(16 PIECES)

FOR THE SEASONING:

2 TBSP **GARLIC POWDER**
2 TBSP **SMOKED PAPRIKA**
2 TSP **BAKING SODA**
2 TBSP **CORNSTARCH**
2 TBSP **EXTRA VIRGIN OLIVE OIL**
1 TSP **SALT**
1 TSP **BLACK PEPPER**

FOR THE SAUCE:

¼ CUP **SRIRACHA**
¼ CUP **HONEY**
½ CUP **HOT WATER**
1 TBSP **SESAME SEEDS**

- 1 Pat the chicken wings dry with a paper towel.
- 2 Combine the seasoning ingredients in a small bowl and toss the chicken wings to coat.

- 3 Select **POULTRY** setting and adjust cook time to 25 minutes; then press **START**. Preheat the **Air Fryer** for 2 minutes.

- 4 Place the chicken wings in the **Cooking Basket** and cook for 20 minutes.

- 5 Meanwhile, in a small saucepan, combine the sauce ingredients. Bring to a boil, then reduce to a simmer to thicken the sauce, about 2–3 minutes.

- 6 When 3 minutes are remaining on the timer, temporarily remove chicken wings from **Cooking Basket** with tongs. Brush the sauce on each wing and then place back into the **Air Fryer** and cook for the remaining time.

NUTRITION FACTS PER SERVING

280 calories, 17g fat, 15g carbs, <1g fiber, 10g sugar, 18g protein

Nutrition facts are based on the recipe as listed with 2 Tbsp of sauce. Swapping any ingredients will alter nutritional content.

Buffalo cauliflower.



MODE: FRY | SERVES: 6

Get your wing kick, vegetarian style with these tangy, spicy cauliflower morsels.

- 1 HEAD CAULIFLOWER (MEDIUM)
- 2 TBSP VEGETABLE OIL
- 3 EGG WHITES
- ½ TSP GARLIC POWDER
- ¼ TSP SALT
- ¼ TSP BLACK PEPPER
- 1 TSP SMOKED PAPRIKA
- 3 TBSP ALMOND MEAL
- 3 TBSP CORNSTARCH
- AVOCADO OIL COOKING SPRAY

BUFFALO SAUCE:

- ¼ CUP HOT SAUCE
- 2 TBSP VEGETABLE OIL
- 1 TBSP HONEY

NUTRITION FACTS PER SERVING

170 calories, 12g fat, 13g carbs, 3g fiber, 5g sugar, 5g protein

Nutrition facts are based on the recipe as listed. Swapping any ingredients will alter nutritional content.

NUTRITIONIST TIP

Cruciferous veggies like cauliflower possess serious cancer-fighting properties. Compounds within these veggies have been shown to reduce oxidative stress and inflammation, slow cancer cell growth, and “turn off” a gene that’s connected to cancer and the processes associated with aging.

- 1 Break cauliflower into florets. In a large bowl, toss with olive oil, lemon juice and water.
- 2 In a separate bowl, combine cornstarch, garlic powder, paprika, salt and pepper. Add to the florets and mix to coat evenly.
- 3 Select **FRY** setting and press **START**. Let the **Air Fryer** preheat for 2 minutes
- 4 Line **Cooking Basket** with baking paper. Transfer florets to basket.
- 5 Place the cauliflower into the **Air Fryer** and allow to cook for 8 minutes.
- 6 While the florets cook, combine buffalo sauce, oil and honey in the same bowl in which the spices were mixed.
- 7 Remove the cooked florets from the **Air Fryer** and brush with half of the buffalo sauce mixture. Place them back into the **Air Fryer** to cook for remaining 5 minutes.
- 8 Flip the florets, brush them with the remaining sauce and air fry for an additional 5 minutes.





Pineapple rings.



MODE: DRIED FRUIT | SERVES: 4

Fresh pineapple gets ultra sweet and chewy when dehydrated low and slow. It's the perfect snack for school days, campouts, or just about any other occasion.

1 **PINEAPPLE,
CORED AND
SLICED INTO
6MM ROUNDS**

NUTRITION FACTS PER SERVING
110 calories, 0g fat, 30g carbs, 3g fiber,
22g sugar, 1g protein

Nutrition facts are based on the recipe as listed. Swapping any ingredients will alter nutritional content.

- 1 Select **DRIED FRUIT** setting. Adjust temperature to 50°C and adjust cook time to 5 hours.
- 2 Add pineapple rounds to **Cooking Basket** and dehydrate until the cooking program is complete.

Crunchy peas.



MODE: DRIED FRUIT | SERVES: 2

They may not sound glamorous, but these crunchy, salty dehydrated green peas are sure to derail any snack attack. Plus, they're full of fiber and protein, so they'll actually leave you satisfied.

280 G **BAG FROZEN PEAS**
¼ TSP **SALT**
¼ TSP **PEPPER**
¼ TSP **GARLIC, MINCED**
1 TSP **EXTRA VIRGIN
OLIVE OIL**

- 1 In a bowl, mix all ingredients together.
- 2 Select **FRUIT/DEHYDRATE** setting and adjust temperature to 50°C.
- 3 Add ingredients to **Cooking Basket** and cook until program is complete.

NUTRITION FACTS PER SERVING

130 calories, 3g fat, 20g carbs, 6g fiber, 7g sugar, 8g protein

Nutrition facts are based on the recipe as listed. Swapping any ingredients will alter nutritional content.

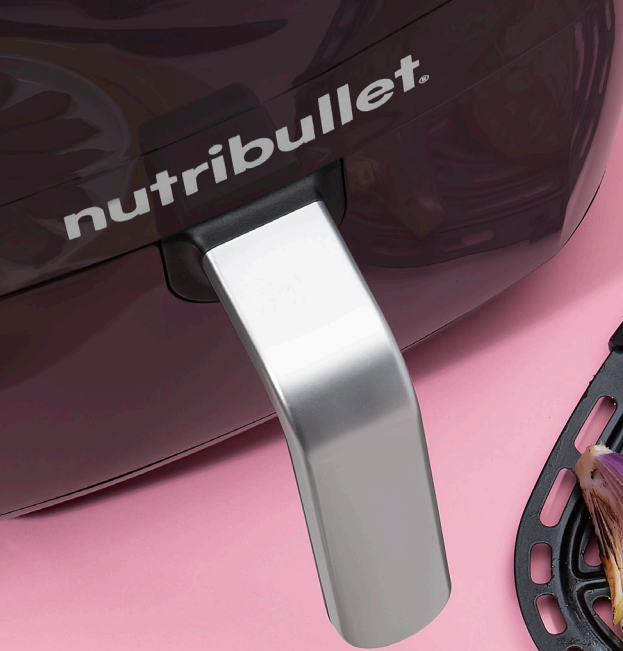
NOTE: An additional hour may be needed for crispier peas. Store in airtight container in fridge for up to 1 week.

Mains & entrees.

Time for the main event. From whole roasted chicken to lamb chops, to deliciously tender veggies, the XXL Digital Air Fryer handles all of the big stuff, so you can get your fill without any fuss.



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French toast sticks.



MODE: BAKE | SERVES: 5 (4 STICKS PER SERVING)

French toast is always an excellent choice, and these strips make for a fresh presentation of a tried-and-true favourite.

10 SLICES **WHOLE GRAIN BREAD**
3 **EGGS**
½ CUP **UNSWEETENED PLAIN ALMOND MILK**
2 TBSP **MAPLE SYRUP**
½ TSP **CINNAMON**
½ TSP **VANILLA EXTRACT**

- 1 Cut each slice of bread into halves, lengthwise.
- 2 In a medium-sized bowl, whisk together remaining ingredients.
- 3 Dip each piece of bread into the egg mixture.
- 4 Select **BAKE** mode and adjust cooking time to 10 minutes. Select **START** and preheat the **Air Fryer** for 2 minutes.
- 5 After preheating, place half of the bread pieces in the **Cooking Basket** and cook for remaining 8 minutes. Flip halfway (at the 4-minute mark). Repeat with the remaining bread.

NUTRITION FACTS PER SERVING

200 calories, 5g fat, 28g carbs, 4g fiber, 8g sugar, 10g protein.

Nutrition facts are based on the recipe as listed. Swapping any ingredients will alter nutritional content.

PRO TIP:

Skewer your toast strips for presentation. Serve with fresh fruit, yogurt, syrup, nut butter, or any other tasty accoutrements.

Steak.



MODE: STEAK | SERVES: 2

Perfectly juicy steaks are a breeze to make in the XXL Digital Air Fryer. Just season and set, and you'll have a meal to rival the nicest steakhouse.

- 2 **170G TOP SIRLOIN STEAKS**
- RUB:**
- ¼ TSP **SALT**
- ½ TSP **BLACK PEPPER**
- ½ TSP **ITALIAN SEASONING**
- AVOCADO OIL**
- COOKING SPRAY**

NUTRITION FACTS PER SERVING

220 calories, 6g fat, 0g carbs, 0g fiber, 0g sugar, 38g protein.

Nutrition facts are based on the recipe as listed. Swapping any ingredients will alter nutritional content.

- 1 In a small bowl, combine salt, pepper and seasoning. Generously rub the mixture onto steaks, completely covering both sides.
- 2 Select the **STEAK** setting and adjust cook time to 14 minutes, then press **START**. Preheat the **Air Fryer** for 2 minutes.
- 3 Spray **Cooking Basket** with avocado oil and place steaks in even layer.
- 4 Air fry for 12 minutes, turning steaks half-way, at 6 minutes. For thicker steaks, you may need to increase cooking time.
- 5 Let steaks rest for 10 minutes. Cut and serve with your favourite sauces and sides.

Honey garlic ginger salmon.



MODE: FISH | SERVES: 4

A flavourful marinade makes these salmon fillets taste like they take a lot more effort than they do – perfect for busy weeknights and entertaining alike.

4 170G SALMON FILLETS, BONELESS

MARINADE:

2 GARLIC CLOVES, MINCED
1 25MM PIECE GINGER, PEELED & GRATED
2 TBSP SCALLIONS, MINCED
1 TBSP EXTRA VIRGIN OLIVE OIL
2 TBSP SOY SAUCE
1 TBSP HONEY
AVOCADO OIL COOKING SPRAY

NUTRITION FACTS PER SERVING

410 calories, 26g fat, 6g carbs, 0g fiber, 5g sugar, 36g protein.

Nutrition facts are based on the recipe as listed. Swapping any ingredients will alter nutritional content.

NUTRITIONIST TIP:

Our body can't make omega-3 fatty acids on its own, so we need to eat some or supplement it to round out our diet. To get this essential nutrient, the American Heart Association recommends eating two 3.5-ounce servings of non-fried fish every week with an emphasis on oily fish like salmon, mackerel, or trout

- 1 In a food processor, combine garlic, ginger, scallions, olive oil, soy sauce, and honey. Process on high until fully combined to make a marinade.
- 2 Add salmon to a sealable container or bag and pour the marinade on top. Marinate, refrigerated, for at least 30 minutes.
- 3 Select the **FISH** setting and press **START**. Preheat the **Air Fryer** for 2 minutes.
- 4 Line **Cooking Basket** with baking paper and spray avocado oil onto the baking paper.
- 5 Load salmon fillets into the **Cooking Basket** and cook for the remaining time.

Chicken sausage & veggie sheet pan dinner.



MODE: POULTRY | SERVES: 4

It's one and done with this speedy meal, which roasts pre-made chicken sausage alongside delicious veggies to make an easy weeknight treat.

½	RED ONION, ROUGHLY CHOPPED
1	COURGETTE, SMALL, SLICED
1	YELLOW COURGETTE, SMALL, SLICED
⅓ CUP	GREEN BEANS, TRIMMED
3	MINI BELL PEPPERS, HALVED
2	SMALL CARROTS, CHOPPED
½ CUP	BRUSSELS SPROUTS, HALVED
2 TBSP	EXTRA VIRGIN OLIVE OIL
225 G	PRE-COOKED CHICKEN SAUSAGE, SLICED
3 SPRIGS	ROSEMARY
½ TSP	SALT
½ TSP	PEPPER

- 1 In a large bowl, toss the vegetables with olive oil, rosemary, salt, and pepper. Add the chicken sausage and toss together to fully combine all ingredients.
- 2 Select **POULTRY** setting and adjust cook time to 14 minutes. Press **START** and allow the **Air Fryer** to preheat for 2 minutes.
- 3 Spray **Cooking Basket** with oil and add chicken and vegetables in a single layer.
- 4 Allow chicken and vegetables to cook for remaining time. Shake **Cooking Basket** halfway (at the 6-minute mark) to ensure even cooking.

NUTRITION FACTS PER SERVING

220 calories, 10g fat, 19g carbs, 4g fiber, 6g sugar, 14g protein.

Nutrition facts are based on the recipe as listed. Swapping any ingredients will alter nutritional content.

PRO TIP:

For crispier veggies, air fry the mixture in two batches.



Lemon garlic shrimp.



MODE: SHELLFISH | SERVES: 4

Enjoy these flavourful shrimp on their own, or serve atop pasta, with rice, or in tacos alongside your favourite vegetables for a filling and well-balanced meal.

- 2 TBSP **EXTRA VIRGIN OLIVE OIL**
- 1/2 **LEMON, JUICED**
- 3 TBSP **LEMONGRASS PASTE**
- 1 TSP **GARLIC, MINCED**
- 1 TSP **HERBS, MINCED (DILL, PARSLEY)**
- 1/2 TSP **PAPRIKA**
- 1/4 TSP **SALT**
- 1/4 TSP **OLD BAY SEASONING**
- 450 G **SHRIMP, CLEANED**
AVOCADO OIL
COOKING SPRAY

OPTIONAL:

- 1 BUNCH **THIN ASPARAGUS SPEARS, TRIMMED AND SLICED IN 2" PIECES**

NUTRITION FACTS PER SERVING

170 calories, 8g fat, 2g carbs, 0g fiber, 0g sugar, 23g protein.

Nutrition facts are based on the recipe as listed. Swapping any ingredients will alter nutritional content.

- 1 In a large bowl, whisk together olive oil, lemon juice, lemongrass paste, garlic, herbs, paprika, salt, and Old Bay Seasoning. Add shrimp, lemon rounds, and asparagus, if using; toss to coat, and marinate for 30 minutes.
- 2 Select **SHELLFISH** setting and press **START**. Preheat the **Air Fryer** for 2 minutes.
- 3 Spray **Cooking Basket** with avocado oil and arrange shrimp mixture evenly in a single layer. Place back in **Air Fryer** and begin cooking.
- 4 After 5 minutes, remove **Cooking Basket**, spray shrimp with avocado oil, and continue cooking for the remaining time..

PRO TIP:

If you have a hard time finding fresh shrimp, frozen works just as well. Just be sure to fully thaw and pat dry before mixing into your marinade

Pork chops and brussels sprouts.



MODE: PORK & LAMB CHOPS | SERVES: 2

Start roasting your porkchops, then add the brussels sprouts a few minutes later. By the end of the cycle, you'll have a full, delicious, well-rounded meal with minimal effort.

PORK CHOPS:

- 2 170 G PORK CHOPS, CENTER CUT BONE-IN
- ¼ TSP SALT
- ¼ TSP BLACK PEPPER
- ¼ TSP HERB MIX (GARLIC POWDER, ONION POWDER, AND CRUSHED PEPPER)
- AVOCADO OIL COOKING SPRAY

BRUSSELS SPROUTS:

- 2 CUPS BRUSSELS SPROUTS
- ¼ TSP SALT
- ¼ TSP PEPPER
- 2 TBSP EXTRA VIRGIN OLIVE OIL
- 1 GARLIC CLOVE, MINCED

NUTRITION FACTS PER SERVING

400 calories, 24g fat, 9g carbs, 4g fiber, 2g sugar, 39g protein.

Nutrition facts are based on the recipe as listed. Swapping any ingredients will alter nutritional content.

- 1 In a small bowl, combine all pork chop seasoning ingredients. Rub the mixture onto pork chops, completely covering both sides.
- 2 In a large bowl, combine all Brussels sprouts seasoning ingredients; add Brussels sprouts and toss until thoroughly coated.
- 3 Select **CHOPS** setting and adjust cook time to 25 minutes, then press **START**. Preheat the **Air Fryer** for 3 minutes.
- 4 Spray **Cooking Basket** with avocado oil and place pork chops in a single layer. Air fry the pork chops for 10 minutes.
- 5 Add the Brussels sprouts to the **Cooking Basket** and cook with pork chops for remaining time. Add additional time, if desired, for crispier results.



Crispy tofu.



MODE: FRY | SERVES: 6

You don't need a vat of oil to get tofu crispy and golden-brown. With the XXL Digital Air Fryer, a quick toss in corn starch is all you need to give these savoury nuggets their satisfying crunch.

2-340 G PACKAGES	FIRM TOFU
¼ TBSP	CORNSTARCH
1 TSP	SALT
1 TSP	BLACK PEPPER
2 TBSP	EXTRA VIRGIN OLIVE OIL

NUTRITION FACTS PER SERVING

160 calories, 9g fat, 6g carbs, 1g fiber,
0g sugar, 12g protein.

Nutrition facts are based on the recipe
as listed. Swapping any ingredients will
alter nutritional content.

PRO TIP:

Serve with sweet chili dipping sauce,
a garlic-ginger glaze, or add to your
grain bowl or salad for a crispy dose
of plant-based protein.

NUTRITIONIST TIP:

Soy is one of the most widely studied
foods on the planet, and also one
of the most controversial. Despite
a lot of the myths circulating about
soy, the science indicates moderate
consumption of soy (such as tofu, soy
milk, and edamame) is not only safe,
but beneficial.

- 1 Cut tofu into 25mm cubes. Pat dry.
- 2 In a small bowl, combine cornstarch, salt and pepper
- 3 Coat tofu with olive oil and then toss in the cornstarch mixture to evenly coat.
- 4 Select **FRY** setting and press **START**. Preheat the **Air Fryer** for 2 minutes.
- 5 Line the **Crisping Tray** with baking paper, then arrange tofu in a single layer on the rack.
- 6 Place the **Crisping Tray** in the **Cooking Basket** and cook for remaining time.

Salmon burgers.



MODE: FISH | SERVES: 4

Juicy salmon burgers are a delicious and fun way to enjoy the tender richness of fresh salmon. Serve between buns, atop a salad, or along with your favourite side dishes for a taste of the sea.

¼ CUP	FRESH DILL, PACKED
1	SHALLOT (SMALL), QUARTERED
4	140 G SALMON FILLETS, QUARTERED
¾ CUP	BREADCRUMBS
1 TBSP	DIJON MUSTARD
1	1 EGG
½ TSP	SALT
1 TSP	GARLIC POWDER
½ TSP	BLACK PEPPER

NUTRITION FACTS PER SERVING

310 calories, 11g fat, 16g carbs, 1g fiber, 2g sugar, 33g protein.

Nutrition facts are based on the recipe as listed. Swapping any ingredients will alter nutritional content.

PRO TIP:

To elevate classic mayonnaise, combine a few heaping spoonfuls of mayonnaise with the juice from one lemon and a tablespoon of freshly chopped dill.

- 1 Add the dill and shallots to a food processor and pulse for 1 second at a time, until minced.
- 2 Add the salmon, along with the remaining ingredients, to the food processor. Pulse 5 times for 2 seconds each pulse.
- 3 Form the mixture into 4 patties, roughly 25mm thick.
- 4 Select the **FISH** setting and adjust cook time to 10 minutes, then press **START**. Preheat the **Air Fryer** for 2 minutes.
- 5 Spray oil in **Cooking Basket** and arrange patties evenly in a single layer. Spray the top of the patties lightly with additional oil.
- 6 Cook for the remaining 8 minutes and flip half-way (at the 4-minute mark) to ensure even cooking.
- 7 Remove cooked patties and top with avocado, seasoned mayonnaise, or your favourite burger toppings.



Turkey meatballs.



MODE: POULTRY | SERVES: 8

Turkey meatballs make a versatile protein option for a number of meals. Pair them with spaghetti, spaghetti squash, or zucchini noodles for a classic combo, or serve them in soups, salads, or grain bowls for a filling and flavourful addition.

450 G	TURKEY, GROUND
450 G	TURKEY SAUSAGE
½ CUP	SHREDDED MOZZARELLA
½ CUP	BREAD CRUMBS
2 TSP	ITALIAN SEASONING
2 TBSP	MAPLE SYRUP
2 TSP	GARLIC POWDER

NUTRITION FACTS PER SERVING

250 calories, 9g fat, 17g carbs, 0g fiber, 4g sugar, 26g protein.

Nutrition facts are based on the recipe as listed. Swapping any ingredients will alter nutritional content.

- 1 Add all ingredients to a large bowl and mix together until fully combined.
- 2 Portion the mixture and form 16 meatballs, roughly 2 ounces each.
- 3 Select **POULTRY** setting and adjust cook time to 12 minutes. Press **START** and allow the **Air Fryer** to preheat for 2 minutes.
- 4 Spray **Cooking Basket** with oil and add meatballs in single layer. Continue cooking for remainder of time. Flip halfway (at 5-minute mark) to ensure even cooking.

Curry satay prawns.



MODE: SHELLFISH | SERVES: 4

These mega-flavourful prawns make a show-stopping main course. If prawns are hard to come by in your area, shrimp is an equally delicious substitute. Select jumbo shrimp, if available, or choose a smaller variety and reduce the cooking time by 2-4 minutes.

450 G **PRAWNS, PEELED AND DEVEINED**

MARINADE:

2 TBSP **OLIVE OIL**

1 TBSP **RED CURRY POWDER**

1/8 TSP **SALT**
BLACK PEPPER

PEANUT SAUCE:

3/4 CUP **PEANUT BUTTER, UNSALTED**

2 TBSP **SESAME OIL**

3 CLOVES **GARLIC**

2 TBSP **WATER**

2 TBSP **SOY SAUCE**

2 TBSP **AGAVE**

2 TBSP **LIME JUICE**

1 TBSP **CHILI SAUCE**

1/4 CUP **COCONUT MILK**

NUTRITION FACTS PER SERVING

320 calories, 21g fat, 9g carbs, <1g fiber, 4g sugar, 26g protein.

Nutrition facts are based on the recipe as listed with 2 Tbsp of sauce.

Swapping any ingredients will alter nutritional content.

- 1 In a large bowl, combine the marinade ingredients. Mix thoroughly, then add prawns to the bowl and toss to coat.

Marinate in the refrigerator, covered, for at least 1 hour.

- 2 While marinating, make the peanut sauce. Add all **PEANUT SAUCE** ingredients to a food processor or blender and blend to form a smooth, creamy sauce.
 - 3 Remove the prawns from the marinade and thread each onto its own skewer.
 - 4 Select **SHELLFISH** setting and adjust cook time to 10 minutes. Press **START** and allow the **Air Fryer** to preheat for 2 minutes.
 - 5 Spray **Cooking Basket** with oil and add skewers to basket in single layer. Continue cooking for the remaining time. Flip half-way through (at 4-minute mark) to ensure even cooking.
- NOTE:** Some smaller prawns will cook faster and may have shorter cook time. You may need to reduce cook time according to size or check for doneness before program is complete



Cod cakes.



MODE: FRY | SERVES: 10

The XXL Digital Air Fryer gets these patties extra crispy – without the excess oil. Serve with tartar sauce and coleslaw for a classic summer supper, any time of year.

900 G **COD FILLETS, PAT DRY AND CHOPPED**
1/3 CUP **TAPIOCA STARCH**
1 TSP **OLD BAY SEASONING**
1/2 TSP **SALT**
1/2 TSP **PEPPER**
2 **SPRING ONIONS, MINCED**
1 TBSP **PARSLEY**
1 TBSP **TARRAGON**
1/2 TSP **GARLIC, MINCED**
2 **EGG WHITES, WHISKED TO FOAM**
1 TBSP **AVOCADO OIL**
1/3 CUP **PANKO BREADCRUMBS**
AVOCADO OIL COOKING SPRAY

NUTRITION FACTS PER SERVING

100 calories, 1.5g fat, 5g carbs, 0g fiber, 0g sugar, 17g protein.

Nutrition facts are based on the recipe as listed. Swapping any ingredients will alter nutritional content.

- 1 Place all ingredients, except for cooking spray, in a large bowl. Mix with a fork, breaking apart the fish, until the mixture is fully combined.
- 2 Portion the mixture to form 10 patties.
- 3 Select the **FRY** setting and adjust cook time to 12 minutes, then press **START**. Preheat the **Air Fryer** for 2 minutes
- 4 Spray avocado oil in **Cooking Basket** and arrange patties evenly in a single layer (you will need to cook these in two batches). Spray the top of the patties lightly with additional oil.
- 5 Air fry for the remaining 10 minutes or until golden brown. Repeat with the second round of patties.
- 6 Serve with your favourite sauce.

Roasted cauliflower steak.



MODE: STEAK | SERVES: 4

These cauliflower “steaks” get a nice crust and tender center when cooked like their meatier counterparts. Pair with our super-flavourful cilantro sauce for a majorly satisfying plant-based meal.

- 1 CAULIFLOWER HEAD
- 2 TBSP EXTRA VIRGIN OLIVE OIL
- ¼ TSP MAPLE SYRUP
- ¼ TSP SALT
- 1 TSP SMOKED PAPRIKA
- ½ TSP PEPPER
- ½ TSP CUMIN

HERBED CILANTRO SAUCE:

- 1 BUNCH CILANTRO
- ¼ CUP PARSLEY, FRESH
- 4 GARLIC CLOVES
- ¼ TSP SALT
- ¼ TSP PEPPER
- ½ LEMON, JUICED
- ¼ CUP PINE NUTS

NUTRITION FACTS PER SERVING

130 calories, 10g fat, 9g carbs, 3g fiber, 3g sugar, 4g protein.

Nutrition facts are based on the recipe as listed with 2 Tbsp of sauce.

Swapping any ingredients will alter nutritional content.

- 1 Slice cauliflower into 25mm steaks.
- 2 Mix together olive oil, salt, maple syrup and spice blend. Brush each steak with mixture.
- 3 Select **STEAK** setting and adjust cook time to 14 minutes. Select **START** and preheat the **Air Fryer** for 2 minutes.
- 4 Spray **Cooking Basket** with oil and add steaks to basket in single layer. Continue cooking for remainder of time. Flip halfway (at the 6-minute mark) to ensure even cooking.
- 5 In a food processor, blend all ingredients for Herbed Cilantro Sauce and serve with roasted steaks.

Lamb chops.



MODE: PORK & LAMB CHOPS | SERVES: 8

Who knew such a special occasion dish was so simple to make? The XXL Digital Air Fryer helps achieve the perfect contrast between your chops' crisp outer crust and juicy, tender interior for a dinnertime delicacy that's sure to impress.

- 2 85 G LAMB CHOPS
- ¼ CUP OLIVE OIL
- 3 TBSP BALSAMIC VINEGAR
- 1 TSP GARLIC, MINCED
- 1 SPRIG ROSEMARY, MINCED
- ¼ TSP SALT
- ¼ TSP BLACK PEPPER

NUTRITION FACTS PER SERVING

190 calories, 12g fat, 1g carbs, 0g fiber, <1g sugar, 18g protein.

Nutrition facts are based on the recipe as listed. Swapping any ingredients will alter nutritional content.

PRO TIP:

The "Chop" setting is programmed to yield well-done lamb chops. If you prefer your meat on the rarer side, reduce the cooking time up to 2 minutes per side.

- 1 In a large bowl, combine olive oil, vinegar, garlic, rosemary, and seasoning. Add the lamb chops, turning to ensure each chop is fully coated in the marinade. Cover and marinate in the refrigerator for at least 1 hour.
- 2 Select **CHOP** and press **START**. Preheat the **Air Fryer** for 3 minutes.
- 3 Spray or brush the basket with oil and add chops in single layer. Continue cooking for remainder of time. Flip halfway (at 6-minute mark) to ensure even cooking.

Roasted chicken.



MODE: POULTRY | SERVES: 4

There's nothing homier than a whole roasted chicken, fresh from the oven (or in this case, the XXL Digital Air Fryer). This recipe makes great use of the XXL's large capacity and convection technology, which cuts cooking time by nearly half.

2 KG CHICKEN
1/8 TSP SALT
1/4 TSP PEPPER
1 BUNCH THYME
1 ONION, MEDIUM,
QUARTERED
1 LEMON, QUARTERED
6 CLOVES GARLIC

UNDER THE SKIN:

2 TBSP EXTRA VIRGIN
OLIVE OIL
2 TBSP MINCED HERBS
(PARSLEY & THYME)
1/8 TSP SALT
1/8 TSP BLACK PEPPER
1 TSP MINCED GARLIC

RUB:

1 TSP PAPRIKA
1/4 TSP BLACK PEPPER
1/8 TSP SALT
1 TSP EXTRA VIRGIN
OLIVE OIL

- 1 Unpack the chicken and remove any giblets from inside the cavity. Season inside and out with salt and pepper.
- 2 Stuff the cavity with thyme, onion, lemon and garlic.
- 3 Prepare the olive oil and herb mixture, and distribute evenly under the chicken skin.
- 4 Combine the rub spices together and cover the outside of the chicken with the rub.
- 5 Select **POULTRY** setting and adjust cook time to 45 minutes. Press **START** and allow the **Air Fryer** to preheat for 3 minutes.
- 6 Spray the **Cooking Basket** with olive oil before placing chicken inside, breast side down.
- 7 Cook chicken, flipping halfway at the 20 minute mark. Spray top of chicken once flipped, and cook for



the remaining time. With a cooking thermometer, check for internal temperature in the thickest part of the chicken to be at 75°C.

- 8 Let the roasted chicken rest for 10 minutes before serving.

NUTRITION FACTS PER SERVING

260 calories, 12g fat, 5g carbs, 1g fiber, 1g sugar, 33g protein.

Nutrition facts are based on the recipe as listed. Swapping any ingredients will alter nutritional content.

Sweet treats.

You didn't think we'd let you get away without something sweet, did you? The XXL Digital Air Fryer is fantastic for creating all sorts of sweet delights, from muffins and brownies to elegant baked fruit.



For more delicious recipes, visit
bulletbrands.com.au / bulletbrands.co.nz



Baked pears with walnuts & honey.



MODE: BAKE | SERVES: 8

This elegant dessert also comes with major health benefits in the form of fiber-filled pears and omega-3-rich walnuts.

4	PEARS, LARGE
1 ½ TSP	HONEY
½ CUP	WALNUTS, CRUSHED
½ TSP	GROUND CINNAMON

NUTRITION FACTS PER SERVING

140 calories, 5g fat, 22g carbs, 4g fiber, 15g sugar, 1g protein.

Nutrition facts are based on the recipe as listed. Swapping any ingredients will alter nutritional content.

- 1 Cut the pears in half lengthwise, scoop out their core with a spoon and place flesh-side-up.
- 2 Drizzle honey over each half. Fill the scooped core with walnuts and sprinkle each half with cinnamon.
- 3 Select **BAKE** setting and adjust cook time to 25 minutes. Press **START** and preheat the **Air Fryer** for 2 minutes.
- 4 Place the pear halves in the **Cooking Basket** and cook for the remaining time.

PRO TIP:

For a traditional dessert, serve with a scoop of vanilla ice cream or frozen yogurt. For something a bit unexpected, pair your pears with creamy brie or crumbled bleu cheese. Or, try substituting the walnuts for pistachios.

Blueberry chocolate muffins.



MODE: BAKE | SERVES: 12

The perfect morning pick me up, these fluffy muffins will make you feel like you're starting your day with dessert!

¼ CUP	AVOCADO OIL
½ CUP	UNSWEETENED ALMOND MILK
1 CUP	CUP LOW FAT GREEK YOGURT, PLAIN
1	EGG
1 CUP	ALL-PURPOSE FLOUR
¾ CUP	WHOLE WHEAT FLOUR
¼ CUP	GRANULATED SUGAR
2 ½ TSP	BAKING POWDER
½ TSP	BAKING SODA
¼ TSP	SALT
1 CUP	BLUEBERRIES
¼ CUP	SEMI-SWEET CHOCOLATE CHIPS

NUTRITION FACTS PER SERVING

170 calories, 7g fat, 23g carbs, 2g fiber, 9g sugar, 5g protein.

Nutrition facts are based on the recipe as listed. Swapping any ingredients will alter nutritional content.

PRO TIP:

Replacing half the amount of refined flour with whole grain flour is an easy way to boost the nutrient profile of pancakes, cookies, breads, and muffins.

- 1 In a large mixing bowl, whisk together wet ingredients: oil, milk, yogurt, and egg. In a separate mixing bowl, mix the flours, sugar, baking powder, baking soda, and salt.
- 2 Fold dry ingredients into the wet, softly stirring with a wooden spoon until just combined. Do not over-mix. Gently fold in blueberries and chocolate chips.
- 3 Select **BAKE** setting, adjust temperature to 170°C and time to 25 minutes. Press **START** and preheat the **Air Fryer** for 4 minutes.
- 4 Divide batter into 12 silicone muffin cups.
- 5 Load the **Cooking Basket** with 6 filled muffin cups and air fry for 25 minutes, until tops are golden brown. Muffins are done when an inserted toothpick comes out clean.
- 6 Repeat with remaining 6 muffin cups.

Peanut butter swirled brownie bites.



MODE: BAKE | SERVES: 16

The perfect combination of sweet and salty, these brownies are an all-star dessert – with an extra punch of protein from chickpeas and almond flour.

1 TSP	BAKING POWDER
½ TSP	BAKING SODA
1 PINCH	SALT
⅔ CUP	ALMOND FLOUR
¼ CUP	CACAO POWDER
1 425 G CAN	CHICKPEAS, DRAINED & RINSED
2	EGGS
½ CUP	MAPLE SYRUP
¾ CUP	PEANUT BUTTER, brought to room temperature and divided into ½ cup and ¼ cup measurements
1 TSP	VANILLA EXTRACT
⅓ CUP	COCONUT OIL*, PLUS MORE FOR THE PAN
½ CUP	BREWED COFFEE, COOLED
⅓ CUP	SEMI-SWEET CHOCOLATE CHIPS

* If your coconut oil is in a solid state, gently warm in the microwave or stovetop until it is just melted. You don't want it to be too hot, or you'll risk curdling the egg when you blend the ingredients together in your food processor.

- 1 In a large bowl, gently whisk together all dry ingredients: baking powder, baking soda, salt, almond flour and cacao powder. Set aside.
- 2 In a food processor, blend together chickpeas, eggs, maple syrup, ½ cup of peanut butter, vanilla and coconut oil.
- 3 Fold wet ingredients into the dry ingredients until fully combined. Fold in coffee and chocolate chips.
- 4 Select the **BAKE** setting and adjust cook time to 25 minutes.
- 5 Brush a 20 x 20cm (or similarly sized) baking pan with coconut oil and pour mixture in, spreading with a spatula to form an even surface. Drizzle remaining ¼ cup of peanut butter on top of the batter and use a toothpick to create swirls. If your peanut butter isn't the "drippy" kind, you can heat it in the microwave



for 20-30 seconds to make it easier to drizzle.

- 6 Place the baking pan into the **Cooking Basket** and cook for remaining time. Brownies are done when an inserted toothpick comes out clean.

NUTRITION FACTS PER SERVING

220 calories, 15g fat, 18g carbs, 3g fiber, 11g sugar, 6g protein.

Nutrition facts are based on the recipe as listed. Swapping any ingredients will alter nutritional content.

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AIR FRYER



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