

Easy and Delicious

AIR FRYER RECIPES

Piping Pot Curry

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ROASTED CAULIFLOWER WITH CILANTRO YOGURT SAUCE

Ingredients

For the Cauliflower

- 1 Cauliflower, medium, rinsed & cut into florets (about 1.25 lbs or 5 cups)
- 2 tablespoon Oil
- 1/2 teaspoon Garlic powder
- 1/2 teaspoon Ground Cumin
- 1/2 teaspoon Salt. adjust to taste
- 1/4 teaspoon Black Pepper

For the Cilantro Sauce

- 1/2 cup Fresh Cilantro, chopped
- 1/4 cup Yogurt plain, greek yogurt works well too
- 1 Green chili pepper or jalapeno (seeds removed, adjust to taste)
- 1 clove Garlic peeled
- 1/2 teaspoon Ground Cumin
- 1/2 teaspoon Kosher Salt
- 1/2 teaspoon Lime juice



PREP TIME : 10 MINS

COOK TIME : 15 MINS

SERVES : 4

TOTAL TIME : 25 MINS

Instructions

For the cauliflower

- In a large bowl, combine all the ingredients for the cauliflower - cauliflower florets, oil, garlic powder, cumin, coriander and salt. Toss until well combined.
- Transfer the spiced cauliflower to the air fryer basket. Make sure they are spread in a single layer.
- Set the air fryer at 380F for 15 minutes.

For the Sauce

- While the cauliflower is cooking, add all the sauce ingredients in a small blender or food processor - cilantro, yogurt, green chili pepper, garlic, cumin, salt and lime juice.
- Blend to a sauce. Add 1-2 tablespoons of water as needed to blend.

Serving

- After the air fryer cooking time is done and the cauliflower is roasted, transfer to a serving plate. Drizzle the sauce over the cauliflower. Any leftover sauce can be used as a dip for the cauliflower. Serve right away!

ROASTED SWEET POTATOES

Ingredients

- 1 pound Sweet Potatoes
- 1 tablespoon Avocado Oil or olive oil
- 1/4 teaspoon Garlic powder
- 1/3 teaspoon Salt (I used pink himalayan salt, adjust to taste)
- 1/8 teaspoon Black Pepper (freshly cracked, adjust to taste)



PREP TIME : 10 MINS

COOK TIME : 15 MINS

SERVES : 3

TOTAL TIME : 25 MINS

Instructions

- Peel and cube the sweet potatoes into 1/2 inch pieces.
- Transfer the sweet potatoes to a bowl. Add the avocado oil and seasonings. Toss them well, so they are all coated with the seasoning.
- Preheat the air fryer to 400°F. Add the seasoned sweet potatoes to the air fryer and spread them in a single layer (cook in batches if needed).
- Air fryer for 10-12 minutes for the perfect texture. Shake the basket at about 6 minutes.

Notes

- Do not overcrowd the air fryer.
- Cook in batches. No need to boil them before roasting. Yay!
- Serve them right away, they soften as they cool.

HOMEMADE FRENCH FRIES

Ingredients

- 2 Potatoes (Russett, medium or large in size)
- 3/4 tbsp Olive Oil
- 1/2 tsp Salt
- 1/4 tsp Black Pepper
- 1/2 tsp Garlic powder



PREP TIME : 15 MINS

COOK TIME : 20 MINS

SERVES : 4

TOTAL TIME : 35 MINS

Instructions

- Scrub potatoes and then slice into strips. You can peel the potatoes if you like.
- Soak potatoes in fresh water for 15 minutes. Then drain water and pat dry with a paper towel.
- Add oil, salt, pepper and garlic powder in the sliced potatoes in a bowl. Toss to coat
- Arrange the seasoned potato slices on the bottom of your air fryer basket, in a single layer, if possible. The more separated the potatoes, the crispier they will be. If needed, you can also cook the fries in batches. This will depend on the size of your air fryer.
- Cook the fries at 360°F for 20 minutes. Toss the fries half way through. If the fries need to be crispier, allow to cook for additional time.

CRISPY BRUSSELS SPROUTS

Ingredients

- 1 pound Brussels Sprouts (about 1/2 lb)
- 1 tablespoon Olive Oil
- 1/2 teaspoon Salt adjust to taste
- 1/4 teaspoon Black Pepper (adjust to taste)
- 1/2 teaspoon Garlic powder (optional)
- 1 tablespoon Balsamic Vinegar (optional)



PREP TIME : 10 MINS

COOK TIME : 15 MINS

SERVES : 4

TOTAL TIME : 25 MINS

Instructions

- Rinse brussels sprouts with water to clean and pat dry with a paper towel.
- Cut the bottom stem, then cut each brussels sprout in half. Place them in a bowl.
- Toss the brussels sprouts with olive oil, salt, pepper, garlic powder and balsamic vinegar. Transfer them to air fryer basket.
- Air fry them at 360°F for 10-12 minutes or until they are slightly browned. Shake them half way through.
- Brussels sprouts are ready. Remove in a serving plate and drizzle with some lime juice. Enjoy as is or with a dip of garlic thyme mayonnaise.

LOW CARB TANDOORI CHICKEN

Ingredients

- 5 Chicken Drumsticks de-skinned (about 1.6 lbs)
- 1 tbsp Oil
- 1/4 cup Yogurt thick
- 1 tbsp Garlic paste
- 1 tbsp Ginger paste
- 1 tsp Kashmiri red chili powder
- 1/2 tsp Ground Turmeric
- 1/2 tsp Garam Masala
- 1 tsp Ground Cumin
- 1 tbsp Dried Fenugreek leaves (Kasoori Methi, optional)
- 1 tsp Salt (adjust to taste)
- 1 tbsp Lime juice
- 2 tbsp Cilantro leaves to garnish
- 4 Lemon wedges



PREP TIME : 1HR 10 MINS

COOK TIME : 15 MINS

SERVES : 4

TOTAL TIME : 1HR 25 MINS

Instructions

- Make 3-4 slits on each drumstick.
- Mix together all ingredients for the marinade.
- Apply evenly to chicken drumsticks and let them marinate for 1 hour in the refrigerator (you can keep it refrigerated for up to 10 hours).
- Remove marinated chicken from refrigerator when ready to cook. Arrange in a single layer in the air fryer pan or basket. Baste with some cooking oil.
- Cook in air fryer at 360°F for 10 mins. Flip over the chicken, and baste with oil. Then cook for another 5 minutes.
- Remove on a serving plate. Garnish with cilantro. Serve with lemon wedges and sliced onion.

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HAPPY COOKING!

I would love to hear if you make any of my recipes. If you can, share a photo with #pipingpotcurry. There is nothing more humbling than seeing my recipes on your dinner table.

Love, Meeta

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