

HUNTER'S CHICKEN PUFF PASTRY PARCELS



Total time - 30 mins

Servings - 6

Ingredients

- 1 Chicken Breast
- 100g BBQ Sauce (approx.)
- 100g Bacon Lardons
- 120g Grated Cheddar Cheese (approx.)

STEP 1

Slice chicken into chunks.

STEP 2

Place into air fryer basket in a single layer and cook at 180°C for 12-15 minutes until cooked.

STEP 3

Mix cooked chicken with BBQ sauce, diced bacon and grated cheese in a bowl.

STEP 4

Cut the puff pastry into 6 squares and then spoon the mixture into each square.

STEP 5

Fold and pinch the edges to seal the parcels.

STEP 6

Brush egg wash onto each parcel and then place parcels in a single layer in the air fryer.

STEP 7

Cook at 180°C for 12-15 minutes until golden.

Tip: The total time can be cut by 15 minutes if using pre-cooked chicken.



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CHICKEN FAJITA-STYLE SOFT TACOS



Total time - 20 mins

Servings - 4

Ingredients

- 1 Chicken Breast (approx. 200g)
- Fajita Seasoning Packet
- 1 Bell Pepper
- ½ Red Onion
- 1 pack of small tortillas

OPTIONAL: 100g of grated cheese.

STEP 1

Slice the bell pepper into strips and place into a bowl.

STEP 2

Dice the red onion and chicken breast into bite-sized pieces and place into the bowl.

STEP 3

Add the fajita seasoning to the bowl with the chicken and veg and ensure everything is coated properly with the seasoning.

STEP 4

Line the air fryer basket with tinfoil before putting the mixture in and cook at 190°C for 12 minutes, tossing the mixture halfway through cooking.

STEP 5

Divide the cooked mixture into four small tortillas and serve.

Optional: add grated cheese.



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CHICKEN AND VEGETABLE SKEWERS



Total time - 20 mins

Servings - 4

Ingredients

- 1 chicken breast (approx. 200g)
- 1 courgette
- 1 bell pepper
- 1 red onion
- 1 tsp of oil
- Mixed herbs seasoning
- Wooden skewers

STEP 1

Dice the vegetables (courgette, bell pepper and red onion) into large chunks.

STEP 2

Dice the chicken into bite-sized pieces and mix with 1tsp of oil and approx. 15g of mixed herb seasoning.

STEP 3

Assemble the skewers alternating between the vegetables and chicken.

STEP 4

Sprinkle on more mixed herbs before placing the skewers into the air fryer.

STEP 5

Cook at 190°C for 12 minutes, turning over halfway.

Tip: To prevent the skewers from burning, soak in a bowl of water for 5-10 minutes beforehand.



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STICKY SOY & HONEY CHICKEN KEBABS



Total time - 20 mins

Servings - 4

Ingredients

- 1 chicken breast (approx. 200g)
- 2 tbsp oil
- ¼ cup soy sauce
- ¼ cup honey
- 2 tbsp lemon juice
- 2 tsp garlic granules
- 2 tsp ground ginger
- Wooden Skewers

STEP 1

Prepare the marinade by mixing the soy sauce, honey, lemon juice, garlic granules and ground ginger together in a bowl.

STEP 2

Slice the chicken into cubes and put in the marinade. Let sit for approx. 5 minutes.

STEP 3

Put the chicken pieces onto the skewers and cook at 200°C for 12 minutes, turning over halfway.

Tips: To prevent the skewers from burning, soak in a bowl of water for 5-10 minutes beforehand.

Another tip is to leave the chicken in the marinade longer for even more flavour.



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GARLIC AND PARMESAN CHICKEN WINGS



Total time - 20 mins

Servings - 2

Ingredients

- Chicken Wings (approx. 500g)
- 1 tbsp of oil
- 1 tsp Garlic Powder
- 50g Grated Parmesan

STEP 1

Pat the chicken wings dry with kitchen roll.

STEP 2

Toss the chicken wings in a bowl with the oil, garlic and parmesan.

STEP 3

Place the chicken wings in a single layer in the air fryer basket and cook at 200°C for 15 minutes, flipping halfway.



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