



# GLUTEN-FREE AIR FRYER

Recipes

Toki Birch



# AIR FRYER

## Recipe Guide



Toki Burch

### **Delicious, Protein-Packed & Gluten-Free – Made Easy in Your Air Fryer!**

Healthy eating doesn't have to mean bland or boring. With these **quick, crispy, and protein-packed air fryer recipes**, you'll enjoy **delicious thyroid-friendly meals** without spending hours in the kitchen.

From **crispy chicken bites** to satisfying plant-based options, every recipe is designed to be **simple, nutritious, and full of flavour**, so you can fuel your body while loving every bite.

The **air fryer does the hard work**, so you get **tender, golden, and delicious** results - without excess oil or stress.

These are my go-to recipes, and I know you'll love them as much as my kids and I do!

Let's make healthy, high-protein meals **fast, easy, and seriously tasty**.

# AIR FRYER

## Recipes



**1** crispy chilli beef



**2** fish and chips



**3** tuna pasta bake



**4** double pork meatballs



**5** firecracker salmon bites



**6** chicken fajitas



**7** nacho chicken schnitzel



**8** Sausage pizza



**9** mac & cheese



# AIR FRYER

## Recipes



**10** salt & pepper chicken wings



**11** salmon fish cakes



**12** cheese & broccoli quiche



**13** toad in the hole



**14** chimichangas



**15** pork chops



**16** popcorn chicken



**17** pulled bbq chicken burger



**18** FULL ENGLISH BREAKFAST

# Crispy chilli beef

**SERVES 2**  
**440 CAL PER PORTION**

Use your air fryer to whip up this tasty crispy chilli beef. Taking just 30 minutes to make, it's perfect for a quick & healthy 'fakeaway.'

## COOKING INFORMATION

CALORIES

**440**

PROTEIN

**31**  
GRAMS

CARBS

**34**  
GRAMS

FATS

**19**  
GRAMS

## INGREDIENTS

- 250g thin-cut minute steak, thinly sliced into strips
- 2 tbsp arrowroot/cornflour
- 2 tbsp olive oil, plus a drizzle
- 2 garlic cloves, crushed
- thumb-sized piece of ginger, peeled and cut into matchsticks
- 1 red chilli, thinly sliced
- 1 red pepper, cut into chunks
- 4 spring onions, sliced, green and white parts separated
- 4 tbsp rice wine or white wine vinegar
- 1 tbsp gluten-free tamari sauce/coconut aminos
- 2 tbsp sweet chilli sauce
- 2 tbsp tomato ketchup

### For the marinade

- ½ tsp Chinese five-spice powder
- 2 tsp gluten-free tamari/coconut aminos
- 1 tsp sesame oil
- 1 tsp caster sugar

## PREPARATION

1. First, combine the marinade ingredients in a bowl. Add the steak strips and toss to coat. Leave in the fridge for up to 24 hrs if you can, or carry on to step 2.
2. Sprinkle the arrowroot over the steak and mix until each piece is coated in a floury paste. Pull the strips apart and arrange over a plate. Drizzle each piece of steak with a little oil. Heat the air fryer to 220C if it has a preheat setting.
3. Carefully put the beef on the cooking rack in the air fryer, cook for 6 mins, then turn and cook for another 4-6 mins until crispy.
4. Meanwhile, heat 2 tbsp oil in a wok over a high heat and stir-fry the garlic, ginger, chilli, pepper and white ends of the spring onions for 2-3 mins until the pepper softens. Be careful not to burn the ginger and garlic. Add the vinegar, tamari, sweet chilli sauce and tomato ketchup, mix well and cook for another minute until bubbling.
5. Tip the beef into the wok and toss through the sauce. Continue cooking for another minute until piping hot, then serve scattered with the spring onion greens and a little extra sauce on the side.







# Fish & chips

**SERVES 4**  
**344 CAL PER PORTION**

A tasty and easy way to enjoy this classic seaside dish.

## INGREDIENTS

### FOR THE CHIPS

- 800 g floury potatoes, such as Maris Piper or King Edwards, peeled and cut into finger sized pieces
- 2 tsp. olive oil

### FOR THE FISH

- 15 g gluten-free flour
- 1 tsp. garlic granules
- 1 medium egg
- 40 g gluten-free panko breadcrumbs
- 4 small skinless cod fillets

## PREPARATION

1. Preheat air fryer to 200C, according to manufacturer's instructions. In a medium bowl, toss the potatoes in the oil with plenty of seasoning to coat. Put the potatoes into the air fryer (in the crisper basket, if your model has one). Cook for 10min, shaking/turning the potatoes halfway through.
2. Meanwhile, put flour, garlic granules and plenty of seasoning in a bowl and stir to combine. Put the egg in another bowl and beat well. Put the breadcrumbs into a third bowl.
3. Pat the cod fillets with kitchen paper to dry. Dip each cod fillet first into the flour mixture (tap off excess), then egg, and then breadcrumbs to coat.
4. After the chips have had their 10min cooking time, give them another shake or turn, then carefully put the coated fish fillets on top of the potatoes and return to the air fryer. Continue to cook for 15min, or until the fish is cooked and slightly golden, carefully turning it halfway through. If chips are cooked and fish needs more time, remove them from airfryer whilst the fish cooks.
5. Serve with peas and tartare sauce, if you like.

## COOKING INFORMATION

CALORIES

**344**

PROTEIN

**29**  
GRAMS

CARBS

**45**  
GRAMS

FATS

**5**  
GRAMS







# Tuna pasta bake

SERVES 2  
513 CAL PER PORTION

A classic comfort food made in the air fryer, Top with cheese for a quick and easy meal the whole family can enjoy.

## COOKING INFORMATION

CALORIES

**513**

PROTEIN

**31**  
GRAMS

CARBS

**55**  
GRAMS

FATS

**17**  
GRAMS

## INGREDIENTS

- 1 tbsp olive oil
- 1 small onion, finely chopped
- 2 garlic cloves, finely chopped
- 400g can chopped tomatoes
- ½ tsp chilli flakes (optional)
- 300g gluten-free pasta of your choice, cooked following pack instructions
- 145 can tuna in oil, drained
- 50g grated mozzarella (optional)
- 2 tbsp chopped parsley

## PREPARATION

1. Heat the air-fryer to 190C. Tip the oil, onion and garlic into a heatproof dish and air-fry for 3 mins. Add the tomatoes and chilli flakes, if using, along with some seasoning. Air-fry for a further 5 mins.
2. Reduce the temperature to 170C. Stir in the cooked pasta, tuna, most of the mozzarella and the parsley. Scatter the reserved mozzarella over the top.
3. Air-fry for 5 mins until golden, then cover with foil and cook for a further 5 mins until bubbling. Serve warm with salad.







# Double pork meatballs

**SERVES 4**  
**325 CAL PER PORTION**

A family favourite, these succulent meatballs in a tasty tomato and basil sauce are perfect served with pasta.

## INGREDIENTS

- 1 tsp olive oil
- 1 small onion, very finely chopped
- 50g bacon medallions, finely chopped
- 10g garlic, minced or puree
- 500g 5% fat pork mince
- 1 egg
- 70g gluten-free breadcrumbs
- 1 tsp oregano
- Few grinds of salt
- Few grinds of black pepper
- 1 tsp olive oil
- 1 onion, finely chopped
- 10g garlic, minced or puree
- 400g chopped tomatoes
- 250ml chicken stock
- 1 tsp balsamic vinegar
- Fresh basil, a large handful

## PREPARATION

1. To make the meatballs, heat 1 tsp of olive oil in a frying pan on a medium heat and add the onion and bacon and fry for around 5 minutes until the onion starts to turn brown and the bacon crisps up.
2. Add the garlic and fry for a further 30 seconds before removing everything from the pan, tip onto a plate or chopping board and allow to cool down.
3. Once cool, add it to a mixing bowl with the pork mince, egg, breadcrumbs, oregano, salt and pepper. Get your hands in to combine everything and form into 16 meatballs.
4. Pop them into an air fryer for 12-14 minutes at 190C and turn mid way through.
5. While the meatballs are in the air fryer, get to work on your sauce.
6. Heat 1 tsp of olive oil in a large frying pan and fry the onion for around 5 minutes. Add the garlic and fry for 30 seconds more before adding the chopped tomatoes, chicken stock, balsamic vinegar and fresh basil. Keep the heat quite high to allow for everything to reduce down quickly.
7. Once the meatballs are done in the air fryer, mix through with the sauce and serve.

## COOKING INFORMATION

CALORIES

**325**

PROTEIN

**43**  
GRAMS

CARBS

**18**  
GRAMS

FATS

**8**  
GRAMS







# Firecracker salmon bites

**SERVES 4**  
463 CAL PER PORTION

Packed with protein and a fiery kick, these salmon bites will have you coming back for more.

## COOKING INFORMATION

CALORIES

**463**

PROTEIN

**28**  
GRAMS

CARBS

**29**  
GRAMS

FATS

**24**  
GRAMS

## INGREDIENTS

- 1 tbsp coconut or olive oil
- 100g gluten-free panko breadcrumbs
- Juice 1 lime
- 1 tbsp runny honey
- 4 tbsp sweet chilli and garlic sauce
- 1 tsp ginger paste
- 1 tsp sesame oil
- 1 tbsp gluten-free soy sauce/coconut aminos
- 2 tbsp sesame seeds
- 1 green finger chilli, thinly sliced (optional)
- 4 boneless salmon fillets

## PREPARATION

1. In a wide bowl, mix together the panko breadcrumbs with the oil until well coated; set aside. Preheat your air-fryer to 200C.
2. Stir together the lime juice, honey, sweet chilli sauce, ginger paste, sesame oil, soy sauce, sesame seeds and sliced chilli. Divide the sauce between 2 bowls.
3. If you don't like skin on your salmon, put the fillets skin side down on your chopping board and carefully run your knife between the flesh and the skin, as close to the skin as possible.
4. Chop the salmon fillets into 3cm chunks and toss in one of the bowls of sauce until all the pieces are well coated. Toss the salmon chunks in the panko breadcrumbs and discard any sauce that the raw salmon has been in. Once all of the pieces are coated, arrange in a single layer in the air-fryer.
5. Cook for 8-10 mins, turning the pieces over after 5 mins, until crisp and browned. Gently toss the crispy salmon in the other bowl of sauce.
6. Serve with rice or noodles. Enjoy!







# Chicken fajitas

**SERVES 4**  
257 CAL PER PORTION

This super quick and easy recipe brings you a restaurant quality meal at a fraction of the cost.

## INGREDIENTS

- 600g skinless chicken breasts (or thighs) cut into strips
- 2 tbsp olive oil
- 1 red bell pepper cut into  $\frac{1}{4}$ " slices
- 1 yellow bell pepper cut into  $\frac{1}{4}$ " slices
- 1 green bell pepper cut into  $\frac{1}{4}$ " slices
- 1 onion cut into  $\frac{1}{4}$ " slices
- 2 tsp chili powder
- 1 tsp paprika
- $\frac{1}{2}$  tsp cumin
- 1 tsp onion powder
- 1 tsp garlic powder
- 1 tsp salt
- $\frac{1}{2}$  tsp black pepper

## PREPARATION

1. In a small bowl, add the spices together and mix with a small fork to make the fajita seasoning. Slice the bell peppers into even pieces.
2. Add the chicken, onions, and bell pepper to a large mixing bowl. Drizzle with olive oil and then toss until coated. Add the seasoning and then toss again until everything is evenly coated.
3. Add the seasoned chicken, onion, and bell pepper to the air fryer basket. Cook at 180C for 16 to 20 minutes, or until all the chicken pieces have cooked through. Remove the basket and toss halfway through the cooking time, at about 9 minutes.
4. Serve the fajitas in tortillas and garnish with sour cream, and guacamole.

## COOKING INFORMATION

CALORIES

**257**

PROTEIN

**37**  
GRAMS

CARBS

**6**  
GRAMS

FATS

**9**  
GRAMS







# Nacho chicken schnitzel

**SERVES 2**  
**549 CAL PER PORTION**

Crispy fried chicken doesn't have to be just a weekend meal. This speedy and healthier option makes it a perfect meal for any night of the week.

## COOKING INFORMATION

CALORIES

**549**

PROTEIN

**47**  
GRAMS

CARBS

**44**  
GRAMS

FATS

**20**  
GRAMS

## INGREDIENTS

- 100g hot chilli flavour tortilla chips
- 40g gluten-free plain flour
- 2 eggs
- 300g (2) chicken breast fillets
- spray oil

## PREPARATION

1. Put the tortilla chips in a food processor and pulse to a breadcrumb texture. Or put them in a zip-lock bag and bash with a rolling pin. Tip into a shallow bowl and set aside. Tip the flour into another shallow bowl or plate and season well with salt and black pepper. In a separate bowl, beat the eggs with 1 tbsp cold water.
2. One at a time, lay the chicken breast flat on a chopping board and halve horizontally. Either in a zip-lock bag or between 2 sheets of baking paper, bash with a rolling pin to less than 1cm thick all over. Repeat with the other chicken breast.
3. Preheat the air fryer to 220C (or the hottest that it goes to). Coat the chicken pieces first in the flour, then the egg, then in the tortilla chip crumbs, pressing these in well. Mist the air-fryer and the tops of the schnitzels with spray oil, then cook in batches if you need to, for 8-12 mins, turning after 5 mins through. The chicken should be very crisp and starting to brown at the edges.
4. Perfect served with potatoes and veg of choice.







# Pizza

**SERVES 2**  
**420 CAL PER PORTION**

Air fryer Pizza is not only quick and easy to make, It's easy to create a pizza to suit everyone!

## INGREDIENTS

- 100 g gluten-free self-raising flour
- 1/4 tsp. salt
- 100 g Greek yoghurt (full fat or 0%)
- 2 tbsp. tomato purée
- Crack of salt
- 1 tsp oil
- 25 g mozzarella cheese
- 1 tbsp sweetcorn
- 6 Slices pepperoni
- 100g Shredded Chicken

## PREPARATION

1. First, add the flour, salt, and Greek yoghurt to a bowl and knead very carefully with your hands until you get a smooth, combined pizza dough. You can also stir with a spoon.
2. Form a ball with the dough and then roll out on a surface that's been sprinkled with flour beforehand to prevent sticking. If you don't have a rolling pin, you can try carefully rolling with a mug or glass, or just flatten with your hands.
3. Once you have a circular pizza dough base, carefully transfer to your air fryer and cook for 5 minutes at 200C. Next, carefully flip the pizza and place back in the air fryer to cook for a further 3 minutes on the other side.
4. In the meantime, prepare your tomato sauce. Add the tomato purée, a crack of salt, and a drizzle of oil to a small bowl and mix. Using tomato concentrate works better than a tomato sauce or passata as these can make the pizza soggy, and the purée has a richer flavour.
5. Once the pizza dough base is ready, add the tomato sauce to the top and spread evenly.
6. Add a sprinkle of shredded mozzarella cheese on top of the tomato, and your other toppings then place carefully back into the air fryer and cook for a final 2 minutes. The result? A perfectly crispy pizza with deliciously melted cheese.

## COOKING INFORMATION

CALORIES

**420**

PROTEIN

**31**  
GRAMS

CARBS

**42**  
GRAMS

FATS

**14**  
GRAMS







# Mac & cheese

**SERVES 4**  
**640 CAL PER PORTION**

Only using four ingredients and ready in 30 minutes, this mac 'n' cheese is a meal you'll go to time and time again.

## COOKING INFORMATION

CALORIES

**640**

PROTEIN

**31**  
GRAMS

CARBS

**59**  
GRAMS

FATS

**30**  
GRAMS

## INGREDIENTS

- 250g gluten-free macaroni
- 410g tin evaporated milk or 200ml plant based milk
- 200g cheddar, coarsely grated (can also use plant-based)
- 30g parmesan or pecorino, finely grated (can also use plant-based)

## PREPARATION

1. Bring a pan of water to the boil. Add the macaroni and cook for 6 minutes, then drain.
2. While the pasta cooks, pour the evaporated milk into a large saucepan and put over a medium heat. Once simmering, add the cheddar and whisk until melted.
3. Add the pasta to the cheese sauce, season with a pinch of salt and pepper, then transfer to a baking dish which fits inside your air fryer.
4. Heat your air fryer to 180C. Top the pasta with the grated parmesan or pecorino, then cook for 12 minutes until golden and bubbling on top.







# Salt & pepper chicken wings

Recreate this Chinese takeaway dish using your air fryer, paired perfectly with this homemade spicy mayo.

## INGREDIENTS

- 1 kg Chicken wings
- 1 tsp sesame oil
- 1 tsp Shaoxing rice wine or Japanese mirin
- 30g gluten-free plain flour
- ½ tsp white pepper
- ¼ tsp ground ginger
- olive oil spray
- 1 red chilli, thinly sliced
- 2-3 cloves of garlic, chopped
- 2 spring onions, thinly sliced

### For the dipping sauce

- 4 tbsp light mayo
- 100g natural or coconut yoghurt
- 1 tbsp rice vinegar
- 1 tsp coconut aminos/light soy sauce
- 1 tbsp caster sugar
- 2 tsp mild curry powder

## PREPARATION

1. Preheat the air-fryer to 180C. Working in 2 batches, spray the basket of the air-fryer with a little oil and arrange half the chicken wings in a single layer with some space between them. Spray with oil and cook for 10 mins.

2. Tip into clean bowl and cook the next batch.

3. Put the sliced chilli, garlic and spring onion into the bowl with both batches of part-cooked chicken wings and shake to coat. Add everything from the bowl back into the air-fryer and cook for 10-15 mins, until dark golden brown and cooked through.

4. Meanwhile, stir together the ingredients for the dipping sauce, cover and chill for 10 mins before serving with the cooked chicken wings.

**SERVES 4**  
**630 CAL PER PORTION**

## COOKING INFORMATION

CALORIES

**630**

PROTEIN

**47**  
GRAMS

CARBS

**13**  
GRAMS

FATS

**44**  
GRAMS







# Salmon fish cakes

**SERVES 2**  
474 CAL PER PORTION

Crispy on the outside, soft and fluffy on the inside, These salmon fishcakes are packed with flavour and protein!

## COOKING INFORMATION

CALORIES

**474**

PROTEIN

**56**  
GRAMS

CARBS

**23**  
GRAMS

FATS

**16**  
GRAMS

## INGREDIENTS

- Cooking spray
- 2 tins unsalted wild Alaskan pink salmon (with skin and bones)
- 1 large egg
- 60g gluten-free panko breadcrumbs
- 2 tablespoons chopped fresh dill
- 2 tablespoons light mayonnaise
- 2 teaspoons Dijon mustard
- ¼ teaspoon ground pepper
- 2 lemon wedges

## PREPARATION

1. Coat the basket of an air fryer with cooking spray.
2. Drain salmon; remove and discard any large bones and skin. Place the salmon in a medium bowl. Add egg, breadcrumbs, dill, mayonnaise, mustard and pepper; stir gently until combined. Shape the mixture into 4 3-inch-diameter cakes.
3. Coat the cakes with cooking spray; place them in the prepared basket. Cook at 200C until browned.
4. Perfect served with mixed veg and mashed/ boiled potatoes.







# Cheese & broccoli quiche

**SERVES 4**  
**680 CAL PER PORTION**

This simple yet tasty cheese & broccoli quiche can be used as a base to create any flavour you fancy.

## INGREDIENTS

- 3 medium free-range eggs
- 170ml dairy or non-dairy milk
- 160g cheddar, coarsely grated (dairy or non-dairy)
- 3 thyme sprigs
- ½ small broccoli
- **For the pastry**
- 175g gluten-free plain flour, plus extra to dust
- 115g unsalted butter or coconut oil, chilled and chopped, plus extra to grease
- 20ml whole milk, dairy or non-dairy
- 1 tsp white wine vinegar
- 1 small free-range egg, beaten

## PREPARATION

1. To make the pastry, put the flour and a pinch of salt in a mixing bowl. Rub in the butter using your fingers and thumbs until the mixture resembles coarse breadcrumbs. Stir in the milk, vinegar and most of the egg, cutting it into the flour mixture with a knife, then use your hands to briefly work the mixture carefully until it comes together in a dough. Shape into a ball, flatten into a disc, cover and chill in the fridge for 30 minutes.
2. Meanwhile, heat the air fryer to 180C. Chop the broccoli into florets then fry for 8 minutes until coloured and slightly tender. Set aside. Grease a tin with a little butter, then roll the pastry out on a floured work surface into a circle slightly larger than your tin. You can also press it into the tin. Use it to line the tin, ensuring the pastry comes up the sides, then use a fork to prick the base. Cover the pastry with baking paper, fill with baking beans or raw rice, then blind bake in the air fryer for 10 minutes at 180C. Check every few minutes to make sure it doesn't burn.
3. While you wait, put the eggs and milk in a blender and whizz until smooth. Add the cheddar and a little salt and pepper and whizz again.
4. Remove the baking beans and baking paper from the pastry and return it to the air fryer for 2 more minutes until the pastry is light golden and feels sandy to the touch. Put most of the broccoli and thyme leaves in the base, then pour the egg mixture over the top. Top with the remaining broccoli and thyme, then cook in the air fryer at 170C for 30-35 minutes. Check it after 20 minutes; if the top is browning too quickly, cover it with foil.
5. Leave the quiche to cool for 5 minutes before removing it from the tin. Enjoy warm or cold, sprinkled with a little salt.

## COOKING INFORMATION

CALORIES

**680**

PROTEIN

**24**  
GRAMS

CARBS

**40**  
GRAMS

FATS

**48**  
GRAMS







# Toad in the hole

**SERVES 2**  
**633 CAL PER PORTION**

Made entirely in the air fryer. This quick and easy comfort meal can be made in about 30 minutes.

## COOKING INFORMATION

CALORIES

**633**

PROTEIN

**29**  
GRAMS

CARBS

**53**  
GRAMS

FATS

**35**  
GRAMS

## INGREDIENTS

- 1 paper cake tin liner
- 1 tbsp olive oil
- 4 gluten-free pork sausages
- 1 large egg
- 75ml milk, dairy or non-dairy
- 30g gluten-free plain flour
- 25g arrowroot or cornflour
- 100g tenderstem broccoli
- 100g green beans, trimmed
- 100g frozen peas
- 200ml ready-made beef or chicken stock
- 2 tsp gluten-free plain flour
- 10g butter or coconut oil

## PREPARATION

1. Preheat the air-fryer to 200C. Put the paper liner into the air-fryer and drizzle in the oil. Add the sausages and cook for 5-7 mins until just beginning to colour.
2. Meanwhile for the batter, whisk together the egg, milk, flour and cornflour until completely smooth. Season with salt and black pepper and let the batter rest.
3. Turn the sausages and quickly pour over the batter. Immediately return the basket and cook for 15 mins, the batter should be dark golden brown and crisp. Do not check the air-fryer before this or the batter could sink. Cook for another 2-3 mins if not dark golden brown.
4. While the toad-in-the-hole is cooking, make the gravy. Put the stock into a small saucepan and whisk in the flour. Bring to a simmer over medium heat, stirring occasionally. Once simmering, add the butter and season with black pepper. Cook for 4-6 mins until thickened. Reduce the heat to the lowest setting to keep warm until needed.
5. Put the broccoli, green beans and peas into a bowl and steam in the microwave for 2-3 mins until cooked through.
6. Once cooked, using a spatula, carefully lift the toad-in-the-hole out of the air-fryer and slide off of the paper liner. Cut into portions and divide between plates. Add the cooked vegetables and pour over the gravy before serving







# Chicken chimichangas

**SERVES 4**  
**488 CAL PER PORTION**

A mexican dish thats sure to get those tastebuds firing!

## INGREDIENTS

- 1 tsp olive oil
- 400g cooked chicken breast shredded
- green chiles
- 1 packet gluten-free taco seasoning
- ½ lime juiced
- 4 8-inch gluten-free tortillas
- 200g refried Beans
- 80g cheddar cheese shredded, dairy or non-dairy
- sour cream for serving, optional

## PREPARATION

1. First, in a large nonstick skillet, heat the oil, then add chicken, chilies, taco seasoning, water and lime juice, stirring to combine. Cook until heated through.
2. To assemble the chimichangas, place a tortilla on a work surface and spread refried beans in the middle.
3. Then, top with a quarter of the chicken mixture and then sprinkle with cheese.
4. Now, fold sides of the tortilla in. Fold bottom over filling and sides, then roll up tightly. Set rolled tortilla aside and repeat with remaining tortillas.
5. To cook, lightly spray the inside of the air fryer basket with cooking spray, as well as the outside of each filled tortilla. Place two chimichangas, seam side down in the basket, and cook until lightly browned and heated through. Repeat with remaining tortillas.

## COOKING INFORMATION

CALORIES

**488**

PROTEIN

**43**  
GRAMS

CARBS

**41**  
GRAMS

FATS

**16**  
GRAMS







# Crispy pork chops

**SERVES 2**  
**224 CAL PER PORTION**

These crispy breaded pork chops make a perfect high protein meal.

## COOKING INFORMATION

CALORIES

**224**

PROTEIN

**27**  
GRAMS

CARBS

**22**  
GRAMS

FATS

**3**  
GRAMS

## INGREDIENTS

- 60g panko gluten-free breadcrumbs
- 1 teaspoon paprika
- ¼ teaspoon garlic powder
- ¼ teaspoon onion powder
- 2 (200g) boneless lean pork loins,
- cooking spray
- ¼ teaspoon salt

## PREPARATION

1. Place breadcrumbs, paprika, garlic powder and onion powder in a large zip-top plastic bag.
2. Add pork; seal the bag and shake to coat. Remove the pork from the bag; shake off excess breading.
3. Place the pork in air-fryer basket; coat with cooking spray. Cook at 180C until the pork is browned, 15 to 17 minutes.
4. Transfer the pork to a plate; let rest for 5 minutes. Sprinkle evenly with salt.







# Popcorn chicken

**SERVES 2**  
**323 CAL PER PORTION**

Craving a takeaway? Save yourself the calories and expense. This healthy 'fakeaway' alternative can be made any night of the week.

## INGREDIENTS

- 2 slices of gluten-free bread
- 300g chicken mince
- 2 tsp. garlic powder
- 2 tsp. paprika
- 1 tsp. salt
- 1/2 tsp. black pepper
- 1/2 tsp. mustard powder
- 1/2 tsp. ginger powder
- 2 lightly salted rice cakes
- sweet chilli or BBQ sauce for dipping

## PREPARATION

1. First, in a small bowl or ramekin, make a spice mix by adding all the powdered seasonings and stirring together.
2. Next, take the slices of bread and place in a bowl or jug. Then, using a hand blender, blitz them into as close to a fine powder as you can. Then, top with a quarter of the chicken mixture and then sprinkle with cheese.
3. Combine the breadcrumb dust with the chicken mince. Add half of your seasoning mix and stir well to combine everything evenly. Set aside.
4. In a new bowl or jug, blitz up the rice crackers in the same way as the sliced bread to make a fine powder. Add the remaining half of your spice mix and stir well to combine.
5. Now you're ready to assemble your popcorn chicken. Use a spoon to gather a teaspoon-sized amount of the chicken mixture and then use your fingers to roll into a small ball.
6. Roll this chicken mince ball into the rice cracker dusting, making sure to coat fully. Repeat for all the remaining chicken mixture and then place all your coated chicken balls into the air fryer.
7. Cook at 180C for 18 minutes. Serve immediately with plenty of Sweet Chilli or Barbecue Sauce.

## COOKING INFORMATION

CALORIES

**323**

PROTEIN

**35**  
GRAMS

CARBS

**27**  
GRAMS

FATS

**8**  
GRAMS







# Pulled bbq chicken burger

**SERVES 2**  
**338 CAL PER PORTION**

A protein-packed flavoursome burger thats sure to hit the spot!

## COOKING INFORMATION

CALORIES

**338**

PROTEIN

**33**  
GRAMS

CARBS

**36**  
GRAMS

FATS

**7**  
GRAMS

## INGREDIENTS

- 2 gluten-free brioche buns
- 200g chicken breast
- 40g BBQ sauce
- 40g light cream cheese
- 20g light cheddar cheese, optional
- Salt & pepper to season

## PREPARATION

1. First, season your chicken breast with salt & pepper (and any additional seasonings of choice), and then cook in your air fryer for 10-12 minutes at 200C. Make sure it's completely cooked through and no pink bits remain.
2. Once the chicken is cooked, pull apart and shred using a knife and fork. Add a generous squirt of any gluten-free, sugar-free BBQ Sauce to the shredded chicken and stir through to evenly coat everything.
3. Grab your brioche buns and spread them with light cream cheese. Split the pulled BBQ chicken mixture between the two buns and then sprinkle with grated cheese to complete the burger.
4. Place into your air fryer or a preheated oven for a couple of minutes until the cheese has melted and your bun is slowly toasted.

Remove and serve up immediately!







# Full english breakfast

**SERVES 4**  
**307 CAL PER PORTION**

Love a full English breakfast, but hate all the washing u after? This air fryer full English is easy to make and only makes a fraction of the mess!

## INGREDIENTS

- 8 bacon medallions
- 4 fat pork sausages
- 4 medium eggs beaten
- 420g tin of baked beans
- 200g cherry tomatoes
- 200g button mushrooms
- cooking spray
- salt and pepper to taste

## PREPARATION

1. Pre-heat your air fryer to 180C. Take a sheet of parchment paper or foil and place the mushrooms onto it. Spray with cooking spray and season with salt and pepper. Scrunch the edges together to seal it into a pouch. It should look like a pasty that has been made made to stand up.
2. Take a sheet of parchment or foil and place the tomatoes onto it. Spray with cooking spray and season with salt and pepper. Scrunch it into a pouch.
3. Place the sausages and pouches into the air fryer for 5 minutes. After 5 minutes, add the bacon medallions. You will need to overlap them to fit in most air fryers - this is fine!
4. After another 5 minutes, open the air fryer and push the bacon into a pile to make room. Add two small ovenproof bowls, one with the baked beans and one with the beaten eggs. Close the air fryer and cook for another 5 minutes. If you have a double air fryer you can use the second compartment.,
5. Open the air fryer again and mix the eggs with a fork, close the lid and cook for a further 2 minutes.
6. Turn off the air fryer and mix up the eggs. Plate up the breakfasts and serve!

## COOKING INFORMATION

CALORIES

**307**

PROTEIN

**32**  
GRAMS

CARBS

**23**  
GRAMS

FATS

**11**  
GRAMS







# Increase Your Energy with High-Protein Meals!

Tired all the time? You might not be eating enough protein.

Protein isn't just for building muscle. It's essential for **energy, metabolism, and thyroid health**. Without enough, you may experience:

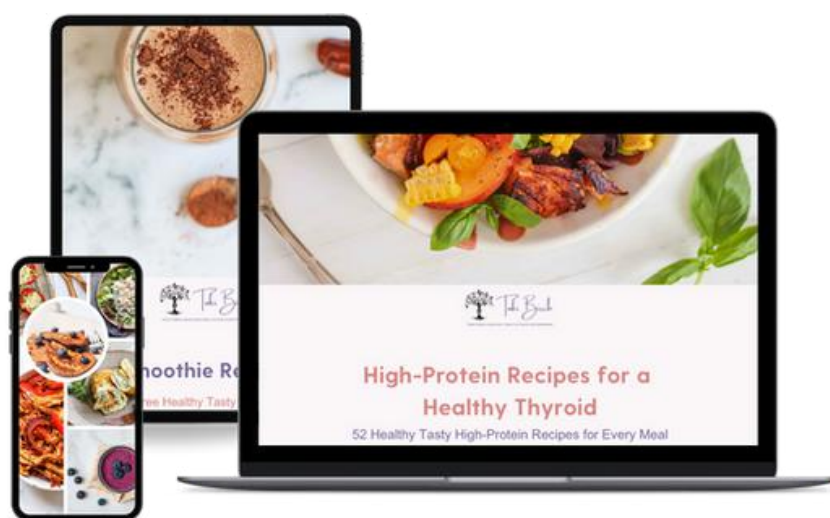
- Fatigue and sluggishness
- Blood sugar crashes and energy dips
- Slow metabolism
- Weak muscles

**Fuel your body the right way** with the **Thyroid-Friendly High-Protein Recipe Pack!**

- ◆ 52 energising, gluten-free and protein-packed recipes
- ◆ Gluten-free & dairy-free modifications to reduce inflammation
- ◆ Balanced meals to support thyroid function & blood sugar
- ◆ Easy meal plans & shopping lists

**Bonus: Smoothie Recipes!** With 30 gluten-free smoothie recipes to make quick, nutrient-dense meals for more energy.

**Get it HERE**







# Hi, I'm Toki

I'm a Certified Functional Medicine Practitioner, Health Coach and Nutritionist.

I am passionate about helping women with underactive thyroid get more energy and reverse their symptoms.

I used to have severe exhaustion no matter how much coffee I had or how much time I spent in bed. I felt like I had to drag my body around, and could hardly function which is difficult when you're a working mother.

I wasn't getting the help I needed and after 3 years of not feeling normal, I decided to retrain and got certified as a functional medicine practitioner. This allowed me to dig deep and find out the root causes of my severe fatigue and address them.

Now, I work with women all over the world helping them regain their energy and finally feel normal for the first time in years by getting my Sherlock hat on and finding out the cause(s) of their fatigue, addressing and reversing them naturally so that they have the energy they need to run around after their kids and family, go to work, exercise and move their body painlessly, lose excess weight, and have the mental clarity and focus to think clearly.

If you would like to work with Toki, contact her in one of the following ways:

Email: [support@tokibirch.com](mailto:support@tokibirch.com)

Instagram: [@tokibirch](https://www.instagram.com/tokibirch)

Website: [tokibirch.com](https://tokibirch.com)



# AIR FRYER

Recipe Guide

## Disclaimer

The nutritional information provided in this recipe book is intended for general informational purposes only and is based on commonly available food databases.

Actual nutritional values may vary depending on factors such as specific brands, variations in product ingredients, cooking methods, and portion sizes. Therefore, the calorie and macronutrient content should be considered as estimates rather than exact values.

It is advisable to consult with a qualified nutritionist or use specialised nutritional analysis tools for precise dietary information tailored to individual needs.

The author and publisher are not responsible for any discrepancies in nutritional data and recommend exercising personal judgment when making dietary choices based on this information.

© 2024 Birch Health & Wellness

All rights reserved. No part of this publication may be reproduced, distributed, or transmitted in any form or by any means, including photocopying, recording, or other electronic or mechanical methods, without the prior written permission of the publisher, except in the case of brief quotations embodied in critical reviews and certain other noncommercial uses permitted by copyright law. For permission requests, write to the publisher at Birch Health & Wellness.

Unauthorised use of this material is prohibited.