



DELICIOUS MOMENTS BEGIN HERE

Air Fryer Recipes for Everyday Meals



THANK YOU FOR CHOOSING V-GUARD

Dear Valued Customer,

Thank you for welcoming V-Guard into your kitchen. We're delighted that you've chosen a V-Guard Air Fryer — a product crafted with precision, innovation, and your family's well-being at heart.

With your new air fryer, you're not just investing in a cooking appliance - you're embracing a healthier, faster, and more convenient way to cook. From crispy snacks to hearty mains, your V-Guard Air Fryer is designed to make everyday meals more enjoyable, with up to 90% less oil and no compromise on taste or texture.

At V-Guard, we take pride in our commitment to quality, safety, and long-lasting performance. Each appliance is engineered with advanced technology and goes through rigorous testing to ensure it stands the test of time in your busy kitchen.

This recipe book is just the beginning. Whether you're experimenting with global flavours or recreating everyday classics, we hope these curated recipes help you make the most of your air fryer, and more importantly, bring joy to your table. We hope these curated recipes help you unlock the full potential of your air fryer and make cooking a joyful part of your day.

Here's to healthier cooking and happier meals.

Happy Cooking!

Team V-Guard



INDEX

Crispy Chana	01
Crispy Coconut Fish	02
Tandoori Chicken Wings	03
BBQ Chicken Tenders	04
Paneer Tikka	05
Chicken 65	06
Amritsari Fish Fry	07
Karela (Bitter Gourd) Chips	08
Crispy Smashed Potato	09
Roasted Cauli ower Tacos	10
Grilled Chicken Breast	11
Pizza	12
Mexican Chicken Meal	13
French Toast Bites	14
Cinnamon Twists Using Puff Pastry	15





CRISPY CHANA



PREP TIME
10 Mins



COOK TIME
20 Mins



SERVES
2 People

GLUTEN FREE. NO DAIRY. HIGH PROTEIN

INGREDIENTS:

- 200 grams canned or boiled chickpeas (chana)
- 1 teaspoon cumin powder
- 1 teaspoon chaat masala
- 1 teaspoon garlic powder
- 1 teaspoon salt (or to taste)
- ½ teaspoon red chili powder
- 2 tablespoons olive oil

DIRECTIONS:

PREP WORK:

- Transfer cooked or canned chickpeas to a colander to drain all the liquid. Gently wipe them with a paper towel.
- Remove the skins of the chickpeas. Transfer them to a bowl.
- Add the cumin powder, chaat masala, garlic powder, red chili powder, and salt. Mix well to coat each chickpea evenly.
- Drizzle the olive oil and mix again to help the seasoning stick to the chickpeas.

AIR FRY:

- Preheat the air fryer to 180°C for 5 minutes. Transfer the chickpeas to the air fryer basket.
- Cook for 20 minutes, shaking the basket 2–3 times during the process for even cooking.
- Once done, transfer the crispy chana to a colander to cool at room temperature before serving or storing.

Note: Avoid using overcooked or mushy chickpeas as they may not turn crispy.





CRISPY COCONUT FISH



PREP TIME
20 Mins



COOK TIME
10 Mins



SERVES
4 People

NO ADDED SUGAR. NO DAIRY

INGREDIENTS:

- 4 boneless, fish fillet

For Marinade:

- 1 cup thick coconut milk
- 1 teaspoon lemon zest
- 1 tablespoon rice flour
- 1 teaspoon red chilli sauce
- 1 teaspoon salt

For the Coating:

- 1 cup desiccated coconut
- ½ cup bread crumbs
- Salt, to taste

DIRECTIONS:

PREP WORK:

- In a large bowl, mix together all the ingredients mentioned under 'For the Marinade'. Add the fish fillets and coat well.
- Cover and refrigerate the marinated fish for 30 minutes.
- Combine the coating ingredients in a bowl.
- Remove each marinated fish fillet and coat it thoroughly in the shredded coconut mixture.
- Coat each fish fillet with the shredded coconut mixture.
- Place each coated fillet on a greased tray or plate. Repeat the process for all pieces.

AIR FRY:

- Preheat the air fryer to 200°C for 5 minutes using the fish mode.
- Air fry the fillets for 10 minutes, flipping halfway through, or until the coating is crisp and golden brown.
- Serve crispy coconut fish with dipping sauce of choice.

Note: The marinade should be thick enough to help coconut coating stick to the fish.





TANDOORI CHICKEN WINGS



PREP TIME
15 Mins



COOK TIME
15 Mins



SERVES
4 People

GLUTEN FREE. HIGH PROTEIN

INGREDIENTS:

- 400 grams chicken wings
- ¼ cup hung curd
- 1 tablespoon gram flour (besan)
- 1 tablespoon lemon juice
- 1 tablespoon kashmiri red chili powder
- 1 tablespoon ginger-garlic paste
- 1 tablespoon tandoori masala
- 1 teaspoon salt (or to taste)
- ½ teaspoon garam masala

DIRECTIONS:

PREP WORK:

- In a bowl, combine all the ingredients and mix well. Add the chicken wings and marinate for at least 1 hour.
- Preheat the air fryer to 190°C on chicken mode for 5 minutes.
- Arrange the marinated chicken wings in a single layer in the air fryer basket. Lightly spray or brush with oil.

AIR FRY:

- Air fry at 190°C for 15 minutes, shaking the basket halfway through for even cooking.
- After 15 minutes, shake the basket again, increase the temperature to 200°C, and air fry for an additional 5 minutes, or until the wings are golden brown and crispy.

Note: Cooking time may vary depending on the size of the wings. Adjust accordingly to ensure the meat is fully cooked and the skin is crisp.





BBQ CHICKEN TENDERS



PREP TIME
15 Mins



COOK TIME
15 Mins



SERVES
4 People

HIGH PROTEIN

INGREDIENTS:

- 500 grams chicken breast, cut into 2/3-inch thick strips lengthwise
- 1½ cups panko breadcrumbs
- 1 whole egg
- ½ tablespoon mustard
- 2 tablespoons rice flour
- ½ teaspoon black pepper powder
- ½ teaspoon salt
- ½ cup barbecue sauce

DIRECTIONS:

PREP WORK:

- Preheat the air fryer to 180°C for 5 minutes.
- In a bowl, whisk together the egg, mustard, rice flour, salt, 1 tablespoon barbecue sauce, and black pepper to form a thick, smooth batter.
- Add the chicken strips to the batter and toss to coat well.
- Spread the panko breadcrumbs in a wide bowl or plate.
- Place each coated chicken strip into the breadcrumb bowl.
- Sprinkle and press breadcrumbs onto the chicken to ensure even coating.
- Lightly spray or brush the crumbed chicken with oil.

AIR FRY:

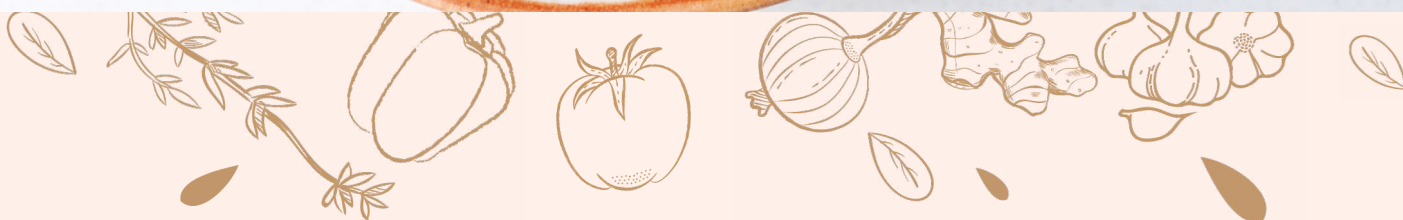
- Air fry in chicken mode at 180°C for 15 minutes, flipping halfway through.
- In the last 5 minutes, brush the tenders with barbecue sauce and continue air frying until golden and crisp.
- Serve hot and crispy with a dip of your choice.

Note: Do not air fry for too long, as the chicken will become dry.





PANEER TIKKA



PREP TIME
30 Mins



COOK TIME
15 Mins



SERVES
4 People

GLUTEN FREE. HIGH PROTEIN

INGREDIENTS:

- 250 grams paneer cubes (cottage cheese)
- 1 medium sized capsicum, cut into cubes
- 1 medium sized tomato, pulp removed
- 1 large sized onion, cut into cubes

For Marinade:

- 2 tablespoons mustard oil
- 1 cup hung curd
- 2 tablespoons roasted gram flour (besan)
- 1 tablespoon coriander powder
- 1 tablespoon cumin powder
- 1 tablespoon ginger-garlic paste
- 1 teaspoon salt (or to taste)
- ½ teaspoon turmeric powder
- 1 tablespoon kashmiri red chili powder
- 1 tablespoon kasuri methi (dried fenugreek leaves)

DIRECTIONS:

PREP WORK:

- Cut the paneer and the vegetables. Keep them aside in a bowl.
 - In a bowl, combine hung curd, gram flour, spices, and salt. Whisk to form a smooth, lump-free paste.
 - Add the mustard oil and whisk the marinade again until well combined.
 - Add the paneer cubes and vegetables to the marinade. Mix well to coat each piece evenly.
- Tip: Marinate overnight for best results or for at least 1 hour.
- Skew the marinated paneer and vegetables onto bamboo skewers.

AIR FRY:

- Pre-heat your air fryer at 180°C for 5 minutes.
- Arrange the skewers in a single layer, depending on the size of your air fryer basket.
- Cook at 180°C for 5-6 minutes. Using tongs, flip the skewers after 5 minutes and cook for another 2-3 minutes.
- Drizzle lemon juice on tikka before serving.
- Serve hot paneer tikka with green chutney.

Note: You can also use tofu as a substitute for paneer to make this recipe.



CHICKEN 65



PREP TIME
15 Mins



COOK TIME
15 Mins



SERVES
4 People

HIGH PROTEIN

INGREDIENTS:

- 500 grams of boneless chicken, cut into bite-sized pieces
- 1 tablespoon rice flour
- 1 tablespoon corn starch
- 1 teaspoon ginger-garlic paste
- 2 green chillies, sliced
- 2 sprigs curry leaves, finely chopped
- 2 teaspoon kashmiri red chili powder
- ½ teaspoon turmeric powder
- ¼ teaspoon black pepper powder
- ½ teaspoon garam masala powder
- ¾ teaspoon salt
- Juice of ½ lime
- 2 tablespoons coconut oil

DIRECTIONS:

PREP WORK:

- In a bowl, add all the ingredients to the chicken and mix well until evenly coated. If the mixture looks dry, add a few table spoons of curd to adjust the texture.
- Cover and marinate the chicken for at least 30 minutes.
- Line the marinated chicken pieces on the air fryer tray in a single layer. Do not overcrowd the tray. Fry in batches if needed.

AIR FRY:

- Air fry at 200°C for 15 minutes. Turn the chicken pieces after 6 minutes to ensure even cooking. Frying time may vary slightly depending on the size of the chicken pieces.
- Serve hot, optionally garnished with extra curry leaves and green chillies.

Note: Ensure there is enough space between the chicken pieces for hot air to circulate properly inside the air fryer for even crisping and cooking.





AMRITSARI FISH FRY



PREP TIME
15 Mins



COOK TIME
15 Mins



SERVES
4 People

GLUTEN FREE. HIGH PROTEIN

INGREDIENTS:

- 250 grams boneless fish fillet
- 4 tablespoons gram flour (besan)
- ½ teaspoon cumin powder
- ¼ teaspoon black pepper powder
- ¼ teaspoon turmeric powder
- 1 teaspoon red chilli powder
- ¼ teaspoon salt
- ¼ teaspoon roasted kasuri methi
- 1 teaspoon ginger-garlic paste
- ¼ teaspoon carom seeds (ajwain)
- ½ tablespoon lemon juice
- 1 teaspoon coriander powder
- ½ tablespoon lemon juice
- ½ tablespoon vinegar
- 2 tablespoons water
- 2 tablespoons rice flour (for coating)

DIRECTIONS:

PREP WORK:

- In a bowl, combine the fish fillet with all the ingredients listed except rice flour. Mix well to coat. Let the fish marinate for 30 minutes.
- In a separate bowl, mix the gram flour and water to form a thick paste. Add this to the marinated fish and coat well.
- Spread rice flour on a plate. Roll each marinated fish piece in the flour to coat evenly on both sides. Arrange the coated fish pieces on a plate, ready for air frying.

AIR FRY:

- Preheat the air fryer to 180°C on fish mode for 5 minutes.
- Line the basket with baking/parchment paper and brush it with oil. Place the fish pieces on it in a single layer.
- Brush the top of the fish with oil and air fry at 180°C for 10 minutes, flipping every 3 minutes.
- Increase the temperature to 200°C and air fry for 1 minute on each side to get a crispy, golden-brown finish.

Note: Ensure there is enough space between the fish pieces for hot air to circulate evenly and cook the fish to perfection.





KARELA (BITTER GOURD) CHIPS



PREP TIME
20 Mins



COOK TIME
20 Mins



SERVES
4 People

GLUTEN FREE. NO ADDED SUGAR

INGREDIENTS:

- 2 large sized bitter gourds (karela/bitter melon)
- ¼ cup gram flour (besan)
- 2 tablespoons rice flour
- ½ teaspoon turmeric powder • ½ teaspoon red chilli powder • ½ teaspoon coriander powder • 1 teaspoon chaat masala
- ½ teaspoon garlic powder
- ½ teaspoon salt (or to taste) • 1 tablespoon mustard oil

DIRECTIONS:

PREP WORK:

- Using a knife or peeler, lightly scrape the outer skin of the bitter gourd.
- Wash the bitter gourds thoroughly and pat dry with a clean towel.
- Slice into thin round chips using a sharp knife. Remove the seeds from the centre.
- Transfer sliced bitter gourd to a bowl; add flour, seasoning, salt, and oil. Mix nicely to coat each piece with the flour and seasoning.

AIR FRY:

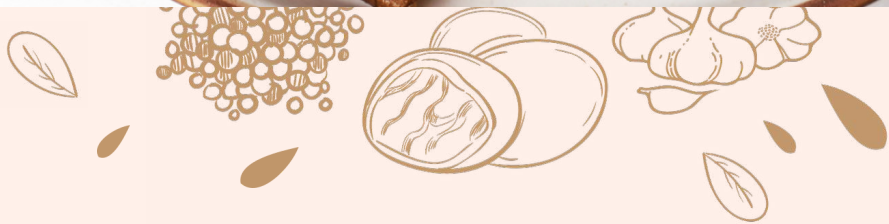
- Preheat the air fryer to 170°C for 5 minutes. Lightly spray or brush the air fryer basket with oil.
- Arrange the marinated bitter gourd slices in the basket in a single layer without overlapping.
- Air fry for 20 minutes, flipping the karela chips halfway through. You can adjust the time slightly until the chips turn crisp and golden.
- Serve karela chips as a snack or a crunchy side dish.

Note: Do not let the bitter gourd sit in the marinade for more than 10 minutes, as it will start releasing water and affect the crispiness.





CRISPY SMASHED POTATO



PREP TIME
20 Mins



COOK TIME
20 Mins



SERVES
4 People

GLUTEN FREE. NO DAIRY. NO SUGAR

INGREDIENTS:

- 500 grams baby potatoes, about 8 - 10 small potatoes
- 2 tablespoon olive oil
- ½ teaspoon garlic powder
- ½ teaspoon black pepper
- 1 teaspoon salt (or to taste)

DIRECTIONS:

PREP WORK:

- Bring a pot of water to a boil over high heat and add in 2 teaspoons of salt. Add potatoes to the boiling water and cook for 15 minutes. They should be fully cooked and fork-tender soft. Alternatively, you can air fry them 200°C for 15–20 minutes.
- Once cooked, drain the potatoes in a colander and let them rest for 5 minutes until cool enough to handle.
- Meanwhile, preheat your air fryer to 200°C for 5 minutes.
- Transfer the potatoes to a large sheet pan and use the bottom of a cup to gently “smash” them. The thinner you smash them, the crispier they’ll get.

AIR FRY:

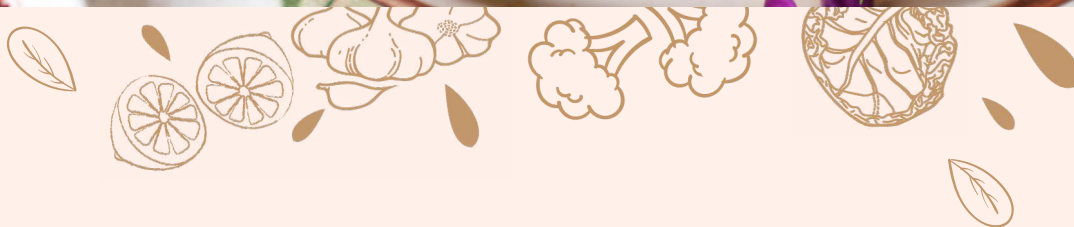
- Drizzle the smashed potatoes with olive oil. Sprinkle garlic powder, black pepper, and ½ teaspoon of salt evenly over them.
- Using a spatula, carefully place the smashed potatoes into the preheated air fryer basket, ensuring they do not overlap, for even crisping.
- Air fry for 15 - 20 minutes, until the potatoes are golden and super crispy. Do not flip them while cooking!
- Serve hot with your favourite dipping sauce.

Note: Do not overboil the potatoes else they will break apart while pressing.





ROASTED CAULIFLOWER TACOS



PREP TIME
20 Mins



COOK TIME
20 Mins



SERVES
4 People

VEGAN. HIGH PROTEIN

INGREDIENTS:

- 1 medium sized cauliflower, cut into small florets
- 2 tablespoons extra-virgin olive oil
- 2 tablespoons taco seasoning
- 2 tablespoons lime juice
- 4 (6-inch) corn or flour tortillas
- 2 cups shredded red cabbage
- 1 avocado
- 1 tablespoon sour cream
- 1 garlic clove, minced
- ½ teaspoon sea salt
- Handful of coriander leaves, chopped

DIRECTIONS:

PREP WORK:

- In a large bowl, toss the cauliflower with olive oil, taco seasoning, and lime juice. Spread it out evenly on a large rimmed tray or baking sheet
- Meanwhile, prepare the avocado sauce. In a small blender, combine the avocado, garlic, sour cream, salt, lime juice, and coriander leaves. Blend until smooth and creamy.
- Preheat the air fryer to 190°C for 5 minutes.

AIR FRY:

- Place the cauliflower florets in the air fryer basket and air fry for 20 minutes, flipping halfway through, until the cauliflower is tender with crispy edges.
- Air fry the cauliflower for 20 minutes, flipping halfway through or until the cauliflower is tender with crispy edges.
- Divide the roasted cauliflower between the tortillas. Top evenly with shredded cabbage and coriander leaves, then drizzle with avocado sauce and serve.

Note: You can slightly warm up the tortillas before stacking them in the air fryer by heating for 1 - 2 minutes.





GRILLED CHICKEN BREAST



PREP TIME
15 Mins



COOK TIME
15 Mins



SERVES
2 People

GLUTEN FREE. NO DAIRY. HIGH PROTEIN

INGREDIENTS:

- 2 boneless, skinless chicken breasts
- 2 teaspoons extra-virgin olive oil
- ¼ teaspoon black pepper powder
- ½ teaspoon smoked paprika
- ½ teaspoon garlic powder
- 1 teaspoon oregano
- ½ teaspoon salt

DIRECTIONS:

PREP WORK:

- Place the chicken breasts on a cutting board. Using a rolling pin or meat mallet, gently pound the chicken to an even thickness.
- In a small bowl, combine all the seasoning.
- Place the chicken in a large bowl. Drizzle with olive oil and sprinkle the prepared seasoning mix.
- Toss to coat the chicken evenly, making sure to rub the spices on both sides.

AIR FRY:

- Preheat the air fryer to 190°C using the chicken mode. Air fry the chicken for 5 minutes.
- Carefully flip the chicken over and air fry for another 5 minutes.
- Remove the chicken to a plate and cover it loosely. Let it rest for 5 minutes before slicing.
- Slice and serve hot!

Note: Ensure the chicken is at room temperature before air frying for best results and even cooking.





PIZZA



PREP TIME
15 Mins



COOK TIME
5 Mins



SERVES
2 People

INGREDIENTS:

- 1 portion of pizza dough of 7-8 inch
- ¼ cup tomato pizza sauce
- cup mozzarella cheese, shredded
- Toppings: diced capsicum, sliced red onion, black olives, mushroom

DIRECTIONS:

PREP WORK:

- Roll out pizza dough into a thin, round shape to make the pizza crust.
- Line the air fryer basket with parchment paper and place the rolled-out dough on it.
- Pre-cook the base at 190°C for 3 minutes. Flip and cook for another 3 minutes.
- Remove the crust and spread the tomato sauce evenly over it.
- Add the shredded mozzarella cheese, followed by your choice of toppings.

AIR FRY:

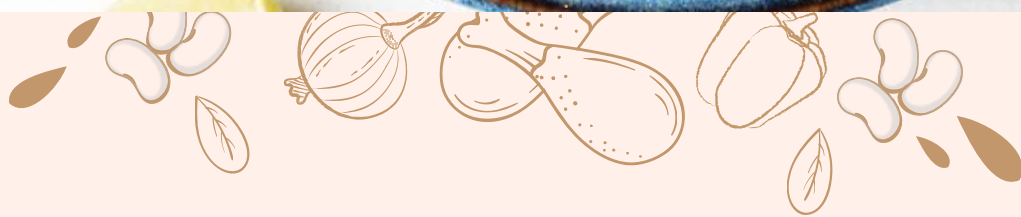
- Return the prepared pizza to the air fryer on parchment paper.
- Place an air fryer rack on top to prevent the toppings from flying off.
- Cook at 190°C for 4-5 minutes, or until the cheese is melted and the base is slightly crisp and golden.

Note: Take leftover pizza out of the fridge. Reheat the air fryer to 180°C for 2-3 minutes, or until hot and crispy.





MEXICAN CHICKEN MEAL



PREP TIME
15 Mins



COOK TIME
20 Mins



SERVES
2 People

GLUTEN FREE. NO DAIRY. HIGH PROTEIN

INGREDIENTS:

- 500 grams chicken breast, diced
- 1 cup red kidney beans, cooked
- ½ cup red bell pepper, sliced into strips
- ½ cup yellow bell pepper, sliced into strips
- 1 onion, thinly sliced
- 2 tablespoons fajita seasoning
- 1 teaspoon smoked paprika
- ½ teaspoon salt (or to taste)
- 1 tablespoon light olive oil
- 1 large size tortilla

DIRECTIONS:

PREP WORK:

- In a large bowl, mix the chicken, onion, bell peppers, fajita seasoning, smoked paprika, salt, and olive oil.
- Preheat the air fryer to 200°C on chicken mod for 5 minutes.
- Place a parchment paper on the air fryer basket.
- Transfer the marinated chicken and vegetables to the air fryer basket, spreading them out evenly.

AIR FRY:

- Air fry at 200°C for 20-25 minutes, or until the chicken is fully cooked. Shake the basket vigorously halfway through for even cooking.
- In the last 5 minutes, add the cooked kidney beans and tortilla (cut into triangles) to the basket.
- Air fry for 5 minutes or until the tortilla turns crisp like chips.
- Serve warm, drizzled with sour cream or tomato salsa.

Note: Cooking time may vary depending on the size of the chicken.





FRENCH TOAST BITES



PREP TIME
15 Mins



COOK TIME
10 Mins



SERVES
4 People

DESSERT (CONTAINS EGG)

INGREDIENTS:

- 2 large eggs
- ½ cup milk
- 1 teaspoon vanilla extract
- ½ teaspoon cinnamon powder
- ¼ teaspoon salt
- 8 slices brioche bread, cut into cubes
- Icing sugar or baking sugar, for dusting
- Maple syrup, for drizzling

DIRECTIONS:

PREP WORK:

- Preheat the air fryer to 190°C for 5 minutes and line the basket with parchment paper.
- In a large shallow bowl, whisk together the eggs, milk, vanilla extract, cinnamon powder, and a pinch of salt.
- Dip each bread cube into the egg mixture, coating both sides thoroughly.
- Place the french toast bites in the air fryer basket, ensuring they are not overcrowded (about 8-10 pieces per batch).

AIR FRY:

- Air fry for 5–6 minutes, or until the French toast bites are golden brown and puffed.
- Serve warm, drizzled with maple syrup and dusted with powdered sugar, if desired.

Note: Once cooked, French toast bites can be stored for up to 2 days in an airtight container and reheated in the air fryer before serving.





CINNAMON TWISTS



PREP TIME
15 Mins



COOK TIME
10 Mins



SERVES
4 People

DESSERT (CONTAINS EGG)

INGREDIENTS:

- ¼ cup caster or baking sugar
- 1 tablespoon cinnamon powder
- 4 squares of readymade puff pastry sheets
- 1 tablespoon unsalted butter, melted

DIRECTIONS:

PREP WORK:

- In a small bowl, combine the sugar and cinnamon powder. Mix well.
- Defrost the puff pastry sheets as per packet instructions.
- Using a pastry brush, apply melted butter on one side of each pastry sheet. Sprinkle half of the cinnamon sugar mixture evenly over the buttered surface.
- Fold the pastry sheet in half lengthwise, pressing the edges together to seal in the filling.
- Cut the folded sheet into evenly sized strips.
- Twist each strip gently and pinch the ends to hold the shape.
- Brush the twisted strips with the remaining melted butter, and sprinkle with the remaining cinnamon sugar mixture.
- Preheat the air fryer to 180°C for 5 minutes.

AIR FRY:

- Line the air fryer basket with air fryer parchment paper and place the twists in a single layer, ensuring they do not touch.
- Air fry at 180°C for 6–8 minutes, or until golden brown and crisp.
- Serve warm with a chocolate dipping sauce.

Note: For even crisping, you may flip the twists halfway through the cooking time.



COMPLETE YOUR KITCHEN WITH V-GUARD

We're proud to offer a wide range of thoughtfully designed kitchen appliances that help make your everyday cooking simpler, faster, and more enjoyable. Whether you're whipping up quick breakfasts or preparing meals for the entire family, our appliances are built to support you at every step.

JUICER MIXER GRINDERS & MIXER GRINDERS

Smooth blending, fine grinding & fresh juices at your fingertips.

INDUCTION COOKTOPS

Safe, fast and energy-efficient everyday cooking.

RICE COOKERS

Perfectly fluffy rice and convenient one-pot dishes.

SANDWICH MAKERS & KETTLES

Quick breakfasts and tea breaks made easier.

KITCHEN CHIMNEYS & GAS STOVES

Complete your modular kitchen with performance and style.

Explore our complete kitchen range and discover how V-Guard can help you cook smarter, live healthier, and enjoy more time around the table.

Visit us at: www.vguard.com

WE'RE HERE TO HELP

Have questions about your V-Guard Air Fryer or any of our products?

Our customer support team is just a call away.

CUSTOMER CARE

SCAN TO AVAIL THE
**DIGITAL
WARRANTY**
BY REGISTERING YOUR
PRODUCT ONLINE



V-Guard Care
0120 485 0100
1860 180 3000
customer@vguard.in
9633503333

