

Tip 5 delicious, simple dishes with an oil-free fryer

The oil-free fryer can process a lot of delicious and healthy dishes. The following article will summarize some simple, easy-to-do dishes that are attractive to the air fryer for the sisters to refer to at home.

Only a few minutes with a fryer without oil, you can process a lot of delicious dishes that are good for your health. Cooking with an oil-free fryer eliminates 80% of excess fat in food, preventing the risk of obesity and cardiovascular diseases. Why not try it? The following article will share with moms how to make delicious and nutritious dishes with a vacuum fryer

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Instructions for making simple delicious dishes right at home with an oil-free fryer

1. French fries

French fries are a favorite for many people, especially if your family has young children. However, frying potatoes by normal methods will require a lot of fat, not good for health. Use an oil-free fryer to fry crispy potatoes without compromising health.



Doing:

1. Peel potatoes, cut them into bite-sized pieces. Then soak the potatoes in salt water for about 30 minutes to make the fries crispy.
2. Rinse the potatoes again with water, dry the potatoes and put them in an oil-free fryer.
3. Add 1 teaspoon of cooking oil to the potato and mix well at a temperature of 180°C for 10-15 minutes with 0.5 kg of potatoes (depending on the amount of potatoes you adjust the time accordingly).

See also : Should we buy a fryer without oil for good?

2. Roast pork

Roasted pork is the favorite dish of many families. The crispy crunch of the pork skin and the soft flesh inside will make your meal more delicious. If you want to make this dish yourself for your family's dinner tonight, just follow these simple steps with an oil-free fryer.



Doing:

1. Wash the meat clean and dry. Seasoning with spices including salt, sugar, pepper, five spices and garlic, and white wine together (adequate dosage depending on each person's preferences).
2. Wrap the piece of meat in aluminum foil (avoid the skin), leave for about 2-3 hours for the flavor to soak (preferably overnight in the refrigerator).
3. Preheat the oven by turning the heat level up to 200 ° C and set the timer to run for 10-15 minutes.
4. Sprinkle some salt powder on the cuticle and add to the tray. Spin the meat with a temperature of 180 ° C for 45 minutes. After 45 minutes, take out the piece of meat and remove all the salt from the skin and continue to add to the pot to continue the temperature at 200 ° C for 10 minutes.

Reference : Why do housewives use an oil-free fryer?

3. Deep fried chicken leg

The biggest obsession with housewife's fried chicken thighs is to shoot oil on people and spend a lot of effort on cleaning the kitchen after cooking. But with a vacuum fryer, you will have an attractive fried chicken dish in just a few minutes. There is no need to use the toilet, there is no fear of fat burning. Isn't it great?



Doing:

1. Marinate 500g chicken drumstick with 2 garlic slices, seasoning to taste, 1 tablespoon of shrimp satay for 10 minutes.
2. Turn the pot to 200°C for 5 minutes to heat the pot.
3. Add chicken thighs to fry for 20 minutes. In the process of frying, the fryer can be opened to check the golden ripeness of chicken thighs, depending on the quantity and the quantity that is reduced and the time is reduced accordingly.

4. Fried spring rolls

The oil-free fryer is not a bad suggestion for fried spring rolls instead of traditional deep-fried. The rolls of fried spring rolls without frying oil are not only ripe but also yellow and crispy will definitely make you irresistible.



Steps to take:

1. Put spring rolls in the fryer's cage. If you want spring rolls to be more golden and crispy, you can spread a thin layer of oil and fry them in a pot.
2. Fry at 200 ° C for 10 minutes. After that, turn over the fry for another 10 minutes to finish.

Reference : Update 3 types of oil-free fryer making the sister society crazy

5. Orange sauce salmon

Salmon and orange contain a lot of good vitamin C and D for the body. This is suitable for families with small children. Mothers can use their free Sunday to study making this nutritious dish with the air fryer below.



Doing:

1. Roll the salmon with the flour and place it in the frying pan for 7-10 minutes at 150 ° C.
2. Aromatic pilots then add orange juice, orange meat into an oil-free fryer. Season with sugar and seasoning to taste.
3. Drop the fish into the pot until the mixture matches.
4. Add the salmon to the dish with the sauce and use the decoration coriander to decorate it beautifully.

Reference: Common mistakes when using an oil-free fryer

Buy fryer not oil where prestigious?

You can refer to some reputable addresses that offer genuine air fryer products below:

Hanoi: No. 56, Pho Duy Tan, Dich Vong Hau, Cau Giay
Hotline: 024 35.68.69.69

Ho Chi Minh City: 716 - 718 Dien Bien Phu, Ward 10, District 10

Hotline: 028.38.33.33.66

Hopefully with the above article, the mothers will have more choices for their family meal more rich and nutritious but good for health. Thank you for your interest and follow up!

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