

## Vortex Air Fryer Cooking Timetable

Chicken	Temperature	Cook Time
Chicken Wings	193°C	22-25 mins
Whole Chicken (1.5kg)	176°C	45-60 mins
Chicken Breast	193°C	12-15 mins
Chicken thighs/drumsticks	193°C	23-25 mins

Beef	Temperature	Cook Time
Burgers	176°C	8-12 mins
Steak (340g)	198°C	9-14 mins
Roast Beef (1.8kg)	200°C	45-50 mins
Meatballs (2.5cm)	193°C	8-10 mins

Other Meat & Poultry	Temperature	Cook Time
Bacon	176°C	8-12 mins
Sausages	193°C	10-15 mins
Ribs	200°C	10-15 mins
Lamb Chops	200°C	8-12 mins
Lamb Cubes	193°C	10-15 mins
Pork Chops	200°C	8-18 mins
Pork Loin	182°C	18-21 mins

Potatoes/Sweet Potatoes	Temperature	Cook Time
Fries	198°C	10-15 mins
Chips	198°C	15-20 mins
Wedges	198°C	15-20 mins
Baby Potatoes	198°C	12-18 mins
Whole Potatoes	198°C	35-40 mins
Potato Cubes	198°C	12-18 mins

<b>Seafood &amp; Fish</b>	<b>Temperature</b>	<b>Cook Time</b>
<b>Fish Fillets</b>	<b>200 °C</b>	<b>10-12 mins</b>
<b>Salmon Fillets</b>	<b>176 °C</b>	<b>8-12 mins</b>
<b>Prawns</b>	<b>187 °C</b>	<b>5-7 mins</b>
<b>Lobster Tails</b>	<b>187 °C</b>	<b>5-7 mins</b>
<b>Calamari/Squid Rings</b>	<b>200 °C</b>	<b>4-5 mins</b>
<b>Fish Steaks</b>	<b>198 °C</b>	<b>7-10 mins</b>
<b>Fish Cakes</b>	<b>200 °C</b>	<b>9-10 mins</b>

<b>Vegetables</b>	<b>Temperature</b>	<b>Cook Time</b>
<b>Peppers (wedges)</b>	<b>185 °C</b>	<b>10-13 mins</b>
<b>Courgette (1cm slices)</b>	<b>195 °C</b>	<b>7-10 mins</b>
<b>Mushroom</b>	<b>200 °C</b>	<b>4-5 mins</b>
<b>Tomatoes (halves)</b>	<b>185 °C</b>	<b>15-20 mins</b>
<b>Butternut Squash (cubes)</b>	<b>200 °C</b>	<b>12-15 mins</b>
<b>Carrots (thickly sliced)</b>	<b>185 °C</b>	<b>12-15 mins</b>
<b>Brussels Sprouts</b>	<b>190 °C</b>	<b>7-9 mins</b>
<b>Onions</b>	<b>185 °C</b>	<b>10-13 mins</b>
<b>Corn on the cob</b>	<b>200 °C</b>	<b>6-7 mins</b>
<b>Cauliflower</b>	<b>190 °C</b>	<b>15-18 mins</b>
<b>Broccoli florets</b>	<b>195 °C</b>	<b>5 mins</b>
<b>Aubergine (1cm slices)</b>	<b>195 °C</b>	<b>10 mins</b>
<b>Parsnips</b>	<b>180 °C</b>	<b>7-10 mins</b>
<b>Green Beans</b>	<b>190 °C</b>	<b>5-7 mins</b>
<b>Asparagus</b>	<b>200 °C</b>	<b>5 mins</b>
<b>Beets</b>	<b>185 °C</b>	<b>15-18 mins</b>
<b>Kale</b>	<b>140 °C</b>	<b>7 mins</b>

<b>Frozen Foods</b>	<b>Temperature</b>	<b>Cook Time</b>
Potato Fries	193 °C	12-15 mins
Potato Chips	193 °C	15-17 mins
Potato Wedges	193 °C	15-20 mins
Chicken Nuggets	188 °C	10-12 mins
Chicken Fillets	193 °C	12-15 mins
Breaded Prawns	200 °C	8-9 mins
Fish Fingers	198 °C	12-15 mins
Breaded Fish Fillets	205 °C	10-12 mins
Mozzarella Sticks	198 °C	7-9 mins
Hash Browns	193 °C	10-12 mins
Meat Pies	188 °C	23-25 mins
Mini Pizzas	200 °C	6-10 mins
Onion Rings	193 °C	8-10 mins
Spring Rolls	198 °C	12-15 mins
Dumplings/Gyoza	193 °C	6-8 mins
Tater Tots	193 °C	15-17 mins
Veggie Mix	188 °C	8-12 mins

<b>OTHER FOODS</b>	<b>Temperature</b>	<b>Cook Time</b>
Halloumi Fries	180 °C	8-10 mins
Camembert/Brie Cheese	180 °C	13-16 mins
Cake	160 °C	35-40 mins
Cupcakes	176 °C	11-16 mins
Mug cake	166 °C	5-8 mins
Soft/Medium/Hard Eggs	132 °C	8/9/10 mins
Poached Eggs (made in pudding moulds)	182 °C	5-7 mins