

# Air Fryer Timetables

Instant VORTEX™  
AIR FRYER



Instant Pot  
DUO CRISP™ + AIR FRYER

FOOD	SMART PROGRAM	COOKING TEMPERATURE	COOKING TIME	COOKING NOTES AND TIPS
<b>MEAT</b>				
Bacon, crispy	Air Fry	191°C	8 - 10 mins	Turn half way
Beef biltong	*Dehydrate	57°C	4 - 8 hours	
Beef burgers	Broil / Grill	191°C	10 - 12 mins	Turn half way
Boerewors	Roast	191°C	10 - 12 mins	Line tray with foil, turn half way
Chicken breasts, stuffed	Bake	180°C	13 - 15 mins	Turn half way
Chicken nuggets, frozen	Air Fry	205°C	10 - 15 mins	Shake half way
Chicken pieces	Roast	191°C	15 - 20 mins	Turn half way
Chicken schnitzel, fresh	Air Fry	191°C	10 - 12 mins	Turn half way
Chicken wings, fresh / frozen	Air Fry	205°C	10 - 15 mins	Turn half way
Chops (beef / lamb / pork)	Broil / Grill	191°C	10 - 12 mins	Turn half way
Meat balls	Bake	191°C	10 - 12 mins	Turn half way
Pork belly, (pressure cooked first)	Broil / Grill	205°C	20 - 25 mins	Check after 20 mins
Ribs, beef, par cooked	Broil / Grill	202°C	10 - 12 mins	Turn half way
Ribs, pork / lamb, par cooked	Broil / Grill	202°C	8 - 10 mins	Turn half way
Roast lamb (with baby potatoes)	Roast	191°C	25 - 30 mins	Turn half way, add 5 mins for medium-well
Sausages, fresh	Broil / Grill	191°C	10 - 12 mins	Turn half way
Shepherd's Pie	Roast	180°C	8 - 10 mins	
<b>SEAFOOD</b>				
Fish fingers, frozen	Air Fry	205°C	10 - 12 mins	Turn half way
Prawns, fresh	Air Fry	193°C	3 - 5 mins	Shake half way
Prawns, frozen	Air Fry	205°C	5 - 7 mins	Shake half way
Salmon, fresh	Broil / Grill	205°C	8 - 10 mins	
White fish fillet	Broil / Grill	205°C	3 - 5 mins	
<b>VEGETABLES</b>				
Asparagus	Air Fry	205°C	3 mins	Turn half way
Aubergine, slices	Roast	185°C	10 - 12 mins	Turn half way
Baked potato	Bake	177°C	15 - 20 mins	Medium size potato
Brussels sprouts, crispy	Roast	185°C	10 - 12 mins	Shake half way
Butternut, hassleback	Bake	185°C	20 - 25 mins	Turn half way
Butternut, pieces	Roast	185°C	10 - 12 mins	Shake half way
Butternut, whole	Roast	185°C	18 - 25 mins	Turn half way
Cauliflower florets	Air Fry	177°C	3 to 6 mins	Turn half way
French fries, frozen	Air Fry	205°C	12 - 15 mins	Shake half way
Mushrooms, brown, large	Roast	185°C	12 - 15 mins	
Potato bake	Bake	180°C	45 - 50 mins	Check after 40 mins
Potato wedges, fresh	Air Fry	185°C	10 - 12 mins	Turn half way
Roast / "smash" potatoes (par cooked)	Bake	202°C	10 mins	Turn half way
Roast vegetables	Air Fry	185°C	10 - 12 mins	Cut into 2cm pieces, shake half way
Sweet potato fries, fresh	Air Fry	185°C	10 - 12 mins	Shake half way
Sweet potato, whole	Bake	177°C	15 - 20 mins	Medium size potato
Vegetable burgers	Broil / Grill	191°C	10 - 12 mins	Turn half way
<b>SNACKS / BAKES</b>				
Biscotti	Bake / Dehydrate	148°C / 79°C	2 hrs +	Follow recipe on instantpot.co.za
Bread rolls	Bake	174°C	10 mins	
Brownies, chocolate	Bake	174°C	10 - 12 mins	
Chocolate pots (puddings)	Bake	191°C	13 - 15 mins	Check after 12 mins
Churros, donuts	Bake	191°C	10 - 12 mins	Check after 10 mins, turn half way
Cookies, biscuits	Bake	174°C	10 - 12 mins	
Cupcakes / muffins	Bake	185°C	10 - 12 mins	Use oven-safe tin or silicone holders
Dim sum / pot stickers	Air Fry	191°C	4 mins	Turn half way
Dried fruit	*Dehydrate	60°C	4 - 8 hours	Longer for juicier type fruit
Frittata / quiche	Bake	180°C	10 - 12 mins	Check after 10 mins
Fruit leather	*Dehydrate	60°C - 66°C	4 - 8 hours	
Nachos	Air Fry	205°C	2 - 4 mins	Use oven proof dish
Nut roast	Bake	174°C	45 - 50 mins	Check after 40 mins
Pastry snacks, frozen (samosas, spring rolls, sausage rolls)	Bake	185°C	10 - 12 mins	Turn half way
Pizza, frozen	Air Fry	205°C	4 - 6 mins	Turn half way
Popcorn chicken, fresh	Bake	205°C	10 - 12 mins	Shake half way
Risotto balls	Air Fry	202°C	10 mins	Turn half way
Roast stone fruit (apricot, peach etc)	Bake	185°C	5 mins	Turn half way
Spanakopita	Bake	166°C	15 mins	Turn half way

Smart programs use default times and temperatures, but can be customised and your settings will be saved for next time.

Where a program is not available on your model (i.e. Grill) choose Air Fry.

\*Dehydrate program only available on Vortex Plus and Duo Crisp models.