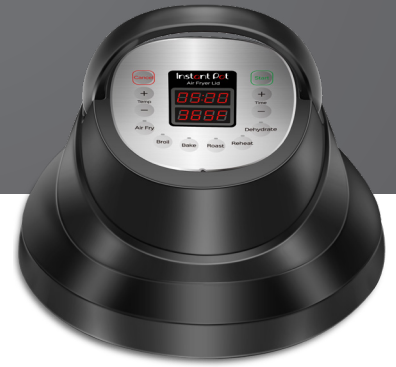


AIR FRYER LID COOKING TIMETABLE



Food	Smart Program	Quantity	Cooking Temperature	Cooking Time
Asparagus	Broil	16 to 20 pieces	204°C / 400°F	3 to 5 mins
Beef steak	Air Fry	350 to 400 g	204°C / 400°F	13 to 15 mins
Beef jerky	Dehydrate	350 to 400 g	71°C / 160°F	6 hours
Cake	Bake	Half a box	182°C / 360°F	30 to 40 mins
Cauliflower florets	Air Fry	100 to 200 g	177°C / 350°F	11 to 13 mins
Carrots	Roast	227 g (0.5 lb)	204°C / 400°F	8 to 10 mins
Chicken, quarter	Roast	350 to 450 g	204°C / 400°F	20 to 22 mins
Chicken wings, frozen	Air Fry	6 to 8 pieces	204°C / 400°F	19 mins
Fries, frozen	Air Fry	450 g (1 lb)	204°C / 400°F	18 to 20 mins
		680 g (1.5 lb)	204°C / 400°F	22 to 24 mins
Green beans	Air Fry or Roast	227 g (0.5 lb)	204°C / 400°F	9 to 11 minutes
Pork	Air Fry or Roast	280 to 300 g	190°C / 375°F	17 to 19 minutes
Shrimp, frozen	Air Fry	250 to 300 g	204°C / 400°F	7 to 9 mins

Cooking times are a recommendation only. Always use a meat thermometer to ensure the internal temperature reaches a safe minimum temperature. Refer to the USDA's [Safe Minimum Internal Temperature Chart](#) for more information.