

	Proportion	Temperature	Time (minutes)
VEGETABLES			
VISIT BLUEJEANCHEF.COM FOR AIR FRYER RECIPES			
Asparagus	slice, 1-inch	400 °F	5
Beets	whole	400 °F	40
Broccoli Florets		400 °F	6
Brussels Sprouts	halved	380 °F	15
Carrots	slice, ½-inch	380 °F	15
Cauliflower Florets		400 °F	12
Corn on the Cob		390 °F	6
Eggplant	1 ½-inch cubes	400 °F	15
Fennel	quartered	370 °F	15
Green Beans		400 °F	5
Kale Leaves		250 °F	12
Mushrooms	slice, ¼-inch	400 °F	5
Onions	pearl	400 °F	10
Parsnips	½-inch chunks	380 °F	15
Peppers	1-inch chunks	400 °F	15
Potatoes			
Small Baby	1.5 lbs	400 °F	15
Chunks	1-inch	400 °F	12
Baked	Whole	400 °F	40
Squash	½-inch chunks	400 °F	12
Sweet Potato (baked)		380 °F	30 - 35
Tomatoes			
Cherry		400 °F	4
Halves		350 °F	10
Zucchini	½-inch sticks	400 °F	12

	Proportion	Temperature	Time (minutes)
FROZEN FOODS			
VISIT BLUEJEANCHEF.COM FOR AIR FRYER RECIPES			
Chicken Nuggets		400 °F	10
Breaded Shrimp		400 °F	9
French Fries			
Thin Cut	20 oz	400 °F	14
Thick Cut	17 oz	400 °F	18
Frozen Fish			
Sticks	10 oz	400 °F	14
Fillet	½-inch, 10 oz	400 °F	10
Mozzarella Sticks	11 oz	400 °F	8
Onion Rings	12 oz	400 °F	8
Pot Stickers	10 oz	400 °F	8



	Proportion	Temperature	Time (minutes)
CHICKEN			
VISIT BLUEJEANCHEF.COM FOR AIR FRYER RECIPES			
Breasts			
Bone-in	1.25 lbs	370 °F	25
Boneless	4 oz	380 °F	12
Drumsticks	2.5 lbs	370 °F	20
Game Hen (halved)	2 lbs	390 °F	20
Legs (bone-in)	1.75 lbs	380 °F	30
Tenders		360 °F	8 - 10
Thighs			
Bone-in	2 lbs	380 °F	22
Boneless	1.5 lbs	380 °F	18 - 20
Wings	2 lbs	400 °F	12
Whole Chicken	6.5 lbs	360 °F	75

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BEEF			
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Beef Eye Round Roast	4 lbs	390 °F	45 - 55
Burger	4 oz	370 °F	16 - 20
Filet Mignon	8 oz	400 °F	18
Flank Steak	1.5 lbs	400 °F	12
London Broil	2 lbs	400 °F	20 - 28
Meatballs			
Small	1-inch	380 °F	7
Large	3-inch	380 °F	10
Ribeye (bone-in)	1-inch, 8 oz	400 °F	10 - 15
Sirloin Steak	1-inch, 12 oz	400 °F	9 - 14



	Proportion	Temperature	Time (minutes)
PORK & LAMB			
VISIT BLUEJEANCHEF.COM FOR AIR FRYER RECIPES			
Bacon			
Regular Cut		400 °F	5 - 7
Thick Cut		400 °F	6 - 10
Lamb Loin Chops	1-inch thick	400 °F	8 - 12
Loin	2 lbs	360 °F	55
Pork Chops (bone-in)	1-inch, 6.5 oz	400 °F	12
Rack of Lamb	1.5 - 2 lbs	380 °F	22
Sausage		380 °F	15
Tenderloin	1 lb	370 °F	12

	Proportion	Temperature	Time (minutes)
FISH & SEAFOOD			
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Calamari	8 oz	400 °F	4
Fish Fillet	1-inch, 8 oz	400 °F	10
Salmon Fillet	6 oz	380 °F	12
Scallops		400 °F	5 - 7
Shrimp		400 °F	5
Swordfish Steak		400 °F	10
Tuna Steak		400 °F	7 - 10