



air fry temperatures & cook times

ITEM	TEMP & TIME
• Hamburger patty	380° 8 - 10 mins.
• Chicken wings	375° 10 - 12 mins.
• Pork chops	375° 12 - 15 mins.
• Steak	400° 7 - 14 mins.
• Tilapia	400° 6 - 8 mins.
• Meatballs	400° 7 - 10 mins.
• Chicken Breast	375° 22 - 23 mins.
• Asparagus	375° 4-6 mins.
• Broccoli	400° 8 - 10 mins.
• Peppers	375° 8 - 10 mins.
• Cauliflower	400° 10 - 12 mins.
• Garlic Bread	350° 2 - 3 mins.
• Homemade Fries	380° 12 - 15 mins.