

KitchenWhiz

NEWSLETTER

3 Healthy Air Fryer Recipes for Guilt-Free Indulgence

Could an air fryer just be a glorified mini oven? With these three recipes, we will guide you through some tasty fast food alternatives that are low in calories and guilt.



Breakfast Protein Cookies

Ingredients: Oats, protein power, banana, coconut oil, chocolate chips, milk, baking powder and cinnamon.

- 1 In a small mixing bowl, combine oats, baking powder, protein powder and cinnamon.
- 2 Heat up some coconut oil and mix it into the bowl.
- 3 Add a banana, milk and mix together until a wet dough forms.
- 4 Scoop a handful of the dough and flatten onto some parchment paper.
- 5 Top the cookie with chocolate chips and bake it in the air fryer at 180 degrees for 10 minutes.

Oil-free Chicken Tenders

Ingredients: Chicken breast fillets, 1 egg, breadcrumbs and seasoning.

- 1 Chop and smother chicken fillets in your favourite seasoning. We like to use cajun and pepper.
- 2 Dip the chicken fillets in a bowl of beaten eggs and coat with bread crumbs.
- 3 Place the coated fillets in the air fryer at 200°C for 18 minutes.

Baked Sweet Potato

Ingredients: 2 sweet potatoes.

- 1 Poke holes into the sweet potato and place directly into the air fryer.
- 2 Bake at 190°C degrees for 35-45 minutes.

Try out these recipes and tag us @KitchenWhiz – we'd love to see your creations!

From Chaos to Culinary Genius: How to Food Prep Like a Restaurant Chef

Between gathering ingredients, peeling, chopping, and prepping, the kitchen can seem overwhelming after a long day. But what if you could cook like a restaurant chef—efficiently, effortlessly, and without the stress? Let's dive into the secrets of food prepping like a pro!

Make a basic ingredients list first

The trick is to simplify the decision-making process before cooking. Create a list of staple ingredients that can be used in at least five different dishes: proteins like chicken or tofu, versatile vegetables, and cupboard essentials like rice and spices. This will help you plan meals more efficiently, reducing trips to the supermarket and food waste.

Invest in the right food containers

Good food storage is vital for keeping prepared ingredients fresh and organized. Invest in airtight, stackable containers to store chopped vegetables, cooked proteins, and ready-to-use grains. Clear containers let you see what's inside at a glance, making meal assembly quicker. Glass containers can also be used for reheating, saving time and dishes.

Prepare ingredients in advance

Chop enough onions, peppers, or carrots for the week and store them in airtight containers in the fridge. Cooking proteins in bulk, like roasting a whole chicken or grilling tofu, makes mealtime prep even faster. This technique, known as component cooking, allows you to mix and match pre-prepped ingredients for easy, restaurant-style meals at home.

Dreaming of a kitchen upgrade? Visit our website to explore our affordable offerings now!



How Our Coffee Machine Transformed Morning Routines

Ingrid used to feel guilty about spending hundreds of pounds each year at her local coffee stand. "I was always rushing around, half asleep, before making it to the office. Now, not only have I saved £100 or more a month, but I'm also saving time by skipping the coffee line. Plus, I've started carrying a flask with me during the day, which makes my mornings even smoother."

With so many coffee machines on the market, Ingrid wasn't sure which one to choose. Luckily, KitchenWhiz helped her find the perfect match. "Now I make cappuccinos in the morning, espressos during my home office hours, and lattes on weekends. It's truly a game-changer for my routine!"

As we talk more about making coffee sustainably—both for the environment and your wallet—Ingrid's story highlights an important truth: bigger investments can pay off in the long run. "Coffee machines can seem like a big upfront cost, but they save you money over time—especially if you choose a quality one. I used to think using a coffee press and ground coffee was cheaper, but it actually isn't!"

Thinking about investing in a coffee machine like Ingrid? Our team at KitchenWhiz can help you find the perfect fit for your needs! Get in touch with us today!



Customer Spotlight