

FODMAP FRIENDLY  
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EBOOK

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# CRUNCHY RISOTTO BALLS

1 SERVE = 2 BALLS

## Ingredients

500G Pouch of **Fodmapped for You! Risotto**  
3 Cups **Kellogg's Gluten Free Corn Flakes**  
1 TBSP Spring Onion finely chopped (dark green part only)  
2 Eggs  
4 TBSP **Lo-Fo Pantry Plain flour**

Salt and Pepper  
1/2 tsp **FreeFOD Onion Replacer**  
80g Pizza Cheese Mix (Parmesan, Mozzarella and Cheddar)  
1 TBSP Pine Nuts  
Dipping Sauce  
1/4 cup Mayonnaise  
1 tsp Sriracha Hot Chilli Sauce

## Method

1. Place the cornflakes in a reusable zip lock bag. Use a rolling pin to roll the flakes into a fine powder. Place into a small bowl
2. Cook the Risotto according to packet's instructions
3. In a large bowl mix the risotto mix, cheese, salt & pepper, onion powder, spring onion and pine nuts.
4. Break one egg into a separate bowl and whisk slightly, add into the rest of the wet ingredients and mix until well combined.
5. Gradually add in the flour until the mixture has bound together (you may need less or more flour depending on the consistency of the mixture).
6. Bread the second egg into a small bowl and whisk.
7. Mold tablespoon sized balls and toss in the egg, then in the cornflakes and then place into a preheated 200°C air fryer tray which has been sprayed with cooking spray.
8. To make the dipping sauce mix all of the ingredients together.
9. Serve the arancini balls with the dipping sauce while they're still hot.







# WARM SALMON SALAD

**SERVES 1**

## Ingredients

500g salmon fillet (skin on) (you will not use this entire piece for the recipe)

1 tsp **Cobram Estate Extra Virgin Olive Oil**

½ tsp Pepper

1 tsp salt

1 TBSP **Casa de Sante Lemon Herb Seasoning**

20 second brown rice cup

¼ cup Edamame Beans Cooked

¼ cup grated carrot

¼ cup finely chopped cucumber

¼ Avocado cubed

1 TBSP Mayo

1 tsp Sesame Seeds

## Method

1. Pat the salmon dry with paper towel.
2. Drizzle the salmon with oil, salt & pepper and herb seasoning.
3. With the skin side down, place the salmon into the air fryer tray.
4. Turn the air fryer onto 180°C for 15-18 minutes
5. At 7 minutes double check the salmon to ensure that it is not over cooking.
6. When the salmon is nice and golden around the edges remove from the air fryer and allow cooling slightly. Quarter the salmon and place ¾ in the fridge for later use.
7. In a bowl place the cooked brown rice, cubed avocado, cucumber, carrot, and edamame beans. Drizzle over the mayo and top with the sesame seeds. Enjoy!



# CRISPY & CRUNCHY HOT CHIPS



**SERVES 6**

## Ingredients

250g Floury Potato of choice

½ TBSP **Cobram Estate Olive Oil**

Salt and Pepper to season

1 tsp Oregano dried

## Method

1. Fill a saucepan with room temperature water and a pinch of salt.
2. Add in the potatoes and boil them until tender.
3. Preheat the air fryer to 180°C
4. Chop the potato into small fry sized pieces.
5. Place the potato into the bowl and pour in the oil and seasoning. Toss to coat.
6. Place the potatoes into the air fryer and cook for roughly 10-15 minutes. You may need a little longer if the chips are thick.
7. Cook the potatoes until golden on the outside. Remove from airfryer and season with a little more salt (optional) and serve.





# 'BUTTERMILK' FRIED CHICKEN

SERVES 2

## Ingredients

- 300g Skinless Chicken Thighs
- 1 TBSP Lemon Juice
- 1 Cup **Liddells Lactose Free Full Fat Milk**
- Cobram Estate** Cooking Spray
- ½ Cup **Lo-Fo Pantry all-purpose flour**
- ½ TBSP Salt
- 1 tsp Cracker Pepper
- ½ Cup **Orgran Panko Bread Crumbs**

## Method

1. Mix the Milk and Lemon Juice and set aside for 5-10 minutes.
2. In a marinating dish lay out the chicken thighs, try spread them out as much as possible.
3. Pour in the buttermilk & marinate overnight.
4. Preheat the airfryer to 190°C.
5. Get out two baking trays and fill one with the bread crumbs and the other with the flour salt and pepper which has been mixed.
6. Keeping one hand dry and one wet pick the marinated chicken out of the buttermilk with your right hand and place into the flour. Using your left hand dust the chicken with the flour. Pick the chicken back up again with your right hand and dip into the buttermilk before placing into the breadcrumbs. Again use your left hand to sprinkle the breadcrumbs over the chicken. Repeat for all pieces.
7. Use the cooking spray to spray the air fryer basket. Place in the chicken thighs and spray the top with the cooking spray. You may have to cook the chicken thighs in batches depending on the size of your air fryer.
8. Cook the chicken for 15 minutes then flip. Spray the chicken again. Cook the chicken until cooked through. (We usually cut the biggest piece in half to check).
9. Remove the chicken from the air fryer and place on paper towel. Have as is or use in the Buttermilk fried chicken sandwich recipe on next page.





# 'BUTTERMILK' FRIED CHICKEN SANDWICH

SERVES 2



## Ingredients

300g of Warm Buttermilk Fried Chicken freshly made (see page before for recipe)

For the slaw:

½ cup Red Cabbage Finely Chopped  
2 Medium Carrots peeled and grated  
1 TBSP freshly chopped Parsley leaves  
¼ cup Mayonnaise + a little extra

1 tsp Sriracha Hot chilli sauce  
2 tsp Dijon Mustard  
1 tsp Apple Cider Vinegar  
Salt and Pepper to taste  
4 Slices of Low Fodmap Bread (we used **Alpine Breads**)  
¼ cup **Liddells Lactose Free Cheddar Cheese**

## Method

1. To make the slaw, combine the cabbage, carrot and parsley in a large bowl. In a small jug mix the mayonnaise, Dijon mustard, vinegar, Sriaracha hot chilli sauce and salt and pepper. Taste the mayonnaise and add in a little extra vinegar and or salt if required.
2. Pour the mayonnaise mixture over the cabbage mixture and coat.
3. To assemble the sandwiches, toast the bread in the toaster until golden.
4. On both sides of the bread, spread a thin layer of the mayo. Fill the sandwiches with half the cheese each and then place onto a fry pan with a lid. Cook the sandwiches flipping frequently until the cheese is melted.
5. Remove the sandwich from the frypan and carefully open. Fill sandwiches with slaw and buttermilk fried chicken. Chop in half and enjoy.



# CHOCOLATE CHIP COOKIES

**SERVES 6**

## Ingredients

2/3 cup <b>Lo-Fo Pantry Flour</b>	2 TBSP white sugar
1/4 tsp GF baking soda	1 egg yolk
1/8 tsp salt	1/2 tsp vanilla extract
1/3 cup brown sugar	1/2 cup <b>The Good Chocolate Chocolate</b> roughly chopped
1/4 cup unsalted butter	1/4 cup chopped pecans

## Method

1. Heat airfryer to 170°C.
2. Beat brown sugar, butter, and white sugar in a bowl. Add egg yolk and vanilla extract and whisk until well-combined.
3. Sift in flour, baking soda, and salt into the mixture, mix until just combined.
4. Gently fold in chocolate chips.
5. Scoop dough by the spoonfuls and roll into balls; place onto the baking paper-lined air fryer basket, make sure to mixture into four corners of basket to prevent paper flying up.
6. Cook dough in the air fryer until cookies are looking golden, 8 to 10 minutes.
7. Transfer paper and cookies to wire racks or a plate, and allow cookies to cool completely.
8. Repeat with remaining dough.







# HALOUMI POPCORN BITES

**SERVES 6**

## Ingredients

1 tsp sugar  
1 tsp **FreeFOD Onion Replacer**  
1/2 tsp **FreeFOD Garlic Replacer**  
225g haloumi, cut into 1cm pieces  
2 eggs

~ 60g (1.1/4 cups) **Orgran Crispi Breadcrumbs**  
2 TBSP **Casa de Sante Organic Taco Seasoning**  
1 tsp Lemon Juice  
Salt & Pepper

## Method

1. Preheat air fryer to 200°C.
2. Combine the taco seasoning, sugar, onion replacer and garlic replacer in a medium bowl. Add the haloumi, and toss. Transfer to the prepared tray.
3. Whisk the eggs in another medium shallow dish and add in the lemon juice. Add the coated haloumi, and stir to coat. Return pieces to the tray.
4. Combine the breadcrumbs and salt and pepper in another medium shallow dish. Add the haloumi, a few pieces a time, and turn to coat.
5. Place the crumbed haloumi pieces in the air fryer and fry for 6-8 minutes or until the crust is golden and the cheese is soft. Transfer to a serving plate.



# EGGS IN A BASKET



**SERVES 1**

## Ingredients

1 **FODMAP Friendly Alpine Breads Slice**

2 tsp Butter unsalted

1 egg

Salt and Pepper to serve

## Method

1. Line the base of the airfryer with foil and preheat airfryer to 150°C.
2. Using a cookie cutter cut the heart out of the bread. Spread the butter on both sides of the bread and the little cut out.
3. Place the slice of bread in the air fryer.
4. Crack the egg into the centre of the bread and season with salt and pepper. If there is room, place the cut out in the air fryer as well.
5. Bake the bread for 6-7 minutes or until the egg white is set.
6. Serve eggs in a basket with the cutout to dip into the yolk.
7. Enjoy!







# TORTILLA CHIPS

**SERVES 1**

## Ingredients

- 1 **Simson's Pantry FODMAP Friendly Wrap**
- 1 tsp **Cobram Estate Garlic Infused Extra Virgin Olive Oil**
- Pinch salt & Pepper
- 1/2 tsp Mixed Herbs

## Method

1. Cut the Wrap Bread into equal sized triangles.
2. In a small bowl, place in the wrap bread as well as the oil, salt and pepper and mixed herbs.
3. Spray the base of the air fryer basket with olive oil and place in the wrap bread so that they are not overlapping each other.
4. Cook the tortilla chips at 180°C for roughly 4-5 minutes or until the chips are lightly golden. Remove from the air fryer and allow to cool on some paper towel. Enjoy with your favourite low FODMAP dip.



# HALOUMI PUFFS

SERVES 6



Quick tip! Use these in your next salad! They are like a cheesy crouton!

## Ingredients

225g haloumi, cut into 1cm pieces

2 eggs

1 tsp Lemon Juice

60g (1 1/4 cups) **Orgran Crispi Breadcrumbs**

Salt & Pepper

## Method

1. Preheat an air fryer to 200°C.
2. Whisk the eggs in a medium shallow dish and add in the lemon juice. Add the haloumi, and stir to coat. Return pieces to the tray.
3. Combine the breadcrumbs and salt and pepper in another medium shallow dish. Add the haloumi, a few pieces at a time, and turn to coat.
4. Place the crumbed haloumi pieces in the air fryer and fry for 6-8 minutes or until the crust is golden and the cheese is soft. Transfer to a serving plate.



# FODMAP FRIENDLY CERTIFIED PRODUCTS USED IN THIS EBOOK

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