

Instant™

COOKING TIME TABLE

VORTEX™ PRO AND VORTEX™ PLUS AIR FRYER OVENS



Food	Smart Program	Cooking Temperature	Cooking Time	Accessory	Rack Position and Notes
Asparagus	Air Fry	400°F / 205°C	3 mins	Drip tray / cooking tray	Middle position, set it and forget it
Beef steak	Air Fry	400°F / 205°C	12 mins	Cooking tray	Middle position, turn partway
Beef jerky	Dehydrate	135°F / 57°C	4 to 5 hours	Drip tray	Middle position, set it and forget it
Cake	Bake	355°F / 179°C	27 to 30 mins	Pour batter into an oven-safe baking dish, leave uncovered, and place on drip tray	Middle position, set it and forget it
Cauliflower florets	Air Fry	350°F / 177°C	2 to 5 mins	Drip tray / cooking tray	Middle position, shake partway
Corn, on the cob	Roast	400°F / 205°C	10 mins	Drip tray	Middle position, turn partway
Chicken, rotisserie-style	Roast	380°F / 193°C	40 to 45 mins	Rotisserie spit	Set it and forget it
Chicken, quarter	Air Fry	400°F / 205°C	18 mins	Drip tray	Middle position, turn partway
Chicken nuggets, frozen	Broil	400°F / 205°C	10 mins	Cooking tray	Middle position, turn partway
Chicken wings, fresh	Air Fry	400°F / 205°C	10 to 12 mins	Rotisserie basket	Set it and forget it
Chicken wings, frozen	Air Fry	400°F / 205°C	12 to 13 mins	Rotisserie basket	Set it and forget it
Cupcake	Bake	365°F / 185°C	10 to 12 mins	Drip tray	Middle position, set it and forget it
Falafel, frozen	Air Fry	400°F / 205°C	7 to 10 mins	Cooking tray	Middle position, turn partway

Instant™

COOKING TIME TABLE

VORTEX™ PRO AND VORTEX™ PLUS AIR FRYER OVENS



Food	Smart Program	Cooking Temperature	Cooking Time	Accessory	Rack Position and Notes
Fish sticks, frozen	Broil	400°F / 205°C	10 mins	Cooking tray	Middle position, turn partway
Fries, fresh	Air Fry	400°F / 205°C	22 to 24 mins	Rotisserie basket	Set it and forget it
Fries, frozen	Air Fry	400°F / 205°C	15 to 18 mins	Rotisserie basket	Set it and forget it
Fruit leather	Dehydrate	135°F / 57°C	6 to 7 hours	Rotisserie basket	Set it and forget it
Muffin	Bake	350°F / 177°C	15 mins	Pour batter into an oven-safe baking dish, leave uncovered, and place on drip tray	Middle position, set it and forget it
Nachos	Broil	400°F / 205°C	2 mins	Cooking tray	Middle position, set it and forget it
Pizza, frozen	Air Fry	400°F / 205°C	3 to 4 mins	Cooking tray	Middle position, set it and forget it
Salmon, fresh	Broil	400°F / 205°C	8 to 10 mins	Cooking tray	Middle position, set it and forget it
Shrimp, fresh	Air Fry	400°F / 205°C	3 to 5 mins	Cooking tray / rotisserie basket	Middle position, turn partway
Shrimp, frozen	Air Fry	380°F / 193°C	5 to 7 mins	Rotisserie basket	Set it and forget it
Spanakopita	Bake	330°F / 165°C	10 mins	Cooking tray	Middle position, turn partway
White fish fillet	Broil	400°F / 205°C	3 to 4 mins	Cooking tray	Middle position, set it and forget it

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.