

# Instant™

## COOKING TIME TABLE

### VORTEX™ AND VORTEX™ PLUS AIR FRYERS



Food	Smart Program	Cooking Temperature	Cooking Time	Cooking Notes And Tips
Asparagus	Air Fry	400°F / 205°C	3 mins	Turn partway
Beef steak	Air Fry	400°F / 205°C	12 mins	Turn partway
Beef jerky	Dehydrate	135°F / 57°C	4 to 5 hours	Set it and forget it
Cake	Bake	355°F / 179°C	30 mins	Pour batter into an oven-safe baking dish and leave uncovered
Cauliflower florets	Air Fry	350°F / 177°C	2 to 5 mins	Turn partway
Corn, on the cob	Roast	400°F / 205°C	10 mins	Turn partway
Chicken, quarter	Air Fry	400°F / 205°C	18 mins	Turn partway
Chicken nuggets, frozen	Air Fry	400°F / 205°C	12 mins	Turn partway
Chicken wings, fresh	Air Fry	400°F / 205°C	10 to 12 mins	Shake partway
Chicken wings, frozen	Air Fry	400°F / 205°C	12 to 13 mins	Shake partway
Cupcake	Bake	365°F / 185°C	10 to 12 mins	Pour batter into an oven-safe baking dish and leave uncovered
Falafel, frozen	Air Fry	400°F / 205°C	7 to 10 mins	Turn partway
Fish sticks, frozen	Broil	400°F / 205°C	10 mins	Turn partway
Fries, fresh	Air Fry	400°F / 205°C	16 to 18 mins	Shake partway
Fries, frozen	Air Fry	400°F / 205°C	15 mins	Shake partway
Fruit leather	Dehydrate	150°F / 35°C	6 to 7 hours	Thinly slice fruit, or purée and pour into an oven-safe pan
Muffin	Bake	350°F / 177°C	15 mins	Pour batter into an oven-safe baking dish and leave uncovered

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Nachos	Air Fry / Broil	400°F / 205°C	2 to 4 mins	Set it and forget it
Pizza, frozen	Air Fry	400°F / 205°C	3 to 4 mins	Set it and forget it
Salmon, fresh	Roast / Broil	400°F / 205°C	8 to 10 mins	Set it and forget it
Shrimp, fresh	Air Fry	400°F / 205°C	3 to 5 mins	Shake partway
Shrimp, frozen	Air Fry	380°F / 193°C	5 to 7 mins	Shake partway
Spanakopita	Bake	330°F / 165°C	15 mins	Turn partway
White fish fillet	Broil	400°F / 205°C	3 to 4 mins	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.