

Air Fryer Master Recipe Guide Seafood & Chicken

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Mediterranean Chicken with Chickpeas 地中海風チキンとひよこ豆

Air Fryer
Serves 2

Ingredients

- 2 chicken thighs (~400 g)
- 150 g chickpeas (ひよこ豆)
- 150 g cherry tomatoes
- 6 olives
- 80 g spinach or komatsuna
- 1 T olive oil
- 1 T balsamic vinegar
- 2 tsp lemon juice
- Garlic, salt+MSG (2–3 g)

Instructions

1. Mix **chickpeas, tomatoes, olives, garlic, oil, seasoning.**
2. Place in dish, chicken on top.
3. Air fry **180°C 16–18 min.**
4. Finish **190°C 2–3 min.**
5. Add **greens** at end.

Nutrition

Kcal: ~520 | Protein: 40 g | Fat: 28 g | Carbs: 25 g | Fiber: 7 g | Sodium: moderate



Salmon with Lemon White Beans

サーモンと白いんげん豆のレモン風味

Air Fryer

Serves 2

Ingredients

- 2 salmon fillets (~300 g)
- 150 g white beans
- 100 g greens
- 1 T olive oil
- 2 tsp lemon juice
- Garlic, salt+MSG (~2 g)



Instructions

1. Air fry **salmon** **180°C 8–10 min.**
2. Warm **beans** with **oil, garlic, lemon.**
3. Add **greens** to wilt.
4. Serve salmon over beans.

Nutrition

Kcal: ~480 | Protein: 35 g | Fat: 30 g | Carbs: 20 g | Fiber: 6 g | Sodium: moderate

Garlic Shrimp with Mixed Vegetables ガーリックシュリンプと野菜ミックス

Air Fryer

Serves 2

Ingredients

- 200 g shrimp
- 300 g mixed vegetables
- 80 g chickpeas
- 1 T olive oil
- Garlic, chili, lemon
- Salt+MSG (~2 g)



Instructions

1. Cook **vegetables 180°C 10–12 min.**
2. Add **shrimp**, cook **6–7 min.**
3. Finish with **lemon.**

Nutrition

Kcal: ~400 | Protein: 30 g | Fat: 18 g | Carbs: 25 g | Fiber: 6 g | Sodium: moderate

Vegetable Protocols

- Leafy greens: add at end (wilt only)
- Mushrooms: 180°C 8–10 min
- Zucchini/Eggplant: 180°C 10–12 min
- Mixed tray: 180°C base, 190°C finish

Mediterranean Chicken with Chickpeas & Tomatoes

地中海風チキンとひよこ豆・トマト

Air Fryer

Serves 2



Ingredients

- 1 boneless chicken thighs (325 g)
- 150 g chickpeas (ひよこ豆)
- 150 g cherry tomatoes
- 6 olives (オリーブ)
- 80 g spinach or komatsuna (ほうれん草 / 小松菜)
- 1 T / 14 g olive oil (オリーブオイル)
- 1 T / 15 g balsamic vinegar
- 2 tsp / 10 g lemon juice
- 1 clove garlic
- Salt + MSG (~2–3 g total)

Instructions

1. Prepare base
 - Mix **chickpeas, tomatoes, olives, garlic, oil, vinegar, seasoning**
2. Assemble
 - Place mixture in dish (bottom layer)
 - Place chicken on top (lightly oiled)
3. Cook
 - Air fry **180°C** for **16–18 minutes**
 - Finish **190°C** for **2–3 minutes**
4. Finish
 - Add **greens** at end to wilt (Blanch for about 30 sec. first)

Nutrition

Kcal: 520 | Protein: 40 g | Fat: 28 g | Carbs: 25 g | Fiber: 7 g | Sodium: moderate

Teriyaki-Style Chicken 低塩照り焼き風チキン

Air Fryer

Serves 2

Ingredients

- 1 boneless chicken thigh (325 g)
- 1 T / 15 g low-sodium soy sauce (減塩しょうゆ)
- 2 tsp / 10 g mirin (みりん)
- 1 tsp / 5 g grated ginger (生姜)
- 1 tsp / 5 g oil
- Salt + MSG (2 g total)

Instructions

1. Marinate
 - Mix **soy, mirin, ginger**
 - Coat chicken lightly (**10–15 min**)
2. Cook
 - Air fry **180°C** for **14–16 minutes**
 - Flip halfway
3. Finish
 - Brush remaining sauce
 - **190°C** for **2 minutes** to glaze

Nutrition

Kcal: 480 | Protein: 38 g | Fat: 26 g | Carbs: 10 g | Fiber: 0 g | Sodium: controlled



Miso Yogurt Salmon

味噌ヨーグルトサーモン

Air Fryer

Serves 2

Ingredients

- 2 salmon fillets (~300 g)
- 1 T / 15 g miso (味噌)
- 2 T / 30 g Greek yogurt (ヨーグルト)
- 2 tsp / 10 g lemon juice
- 1 tsp / 5 g oil
- Salt + MSG (~1–2 g total)

Instructions

1. Prepare glaze
 - Mix **miso, yogurt, lemon**
2. Coat **salmon** lightly
3. Cook
 - Air fry **180°C** for **8–10 minutes**
4. Optional finish
 - **190°C** for **1–2 minutes** for light browning

Nutrition

Kcal: 460 | Protein: 34 g | Fat: 28 g | Carbs: 8 g | Fiber: 0 g | Sodium: moderate



Salmon with White Beans & Lemon Greens

サーモンと白いんげん豆のレモングリーン

Air Fryer

Serves 2

Ingredients

- 2 salmon fillets (300 g)
- 150 g white beans (白いんげん豆)
- 100 g spinach or komatsuna (ほうれん草 / 小松菜)
- 1 T / 14 g olive oil (オリーブオイル)
- 2 tsp / 10 g lemon juice
- 1 tsp Dijon mustard (optional)
- Garlic
- Salt + MSG (2 g total)

Instructions

1. Cook salmon
 - Air fry **180°C** for **8–10 minutes**
2. Prepare beans
 - Warm beans with **oil, garlic, lemon, mustard**
3. Add greens
 - Wilt into beans
4. Serve
 - Plate beans and top with salmon

Nutrition

Kcal: 480 | Protein: 35 g | Fat: 30 g | Carbs: 20 g | Fiber: 6 g | Sodium: moderate



Garlic Shrimp with Roasted Vegetables

ガーリックシュリンプとロースト野菜

Air Fryer

Serves 2

Ingredients

- 200 g shrimp (エビ)
- 300 g mixed vegetables (野菜ミックス)
- 80 g chickpeas (ひよこ豆)
- 1 T / 14 g olive oil
- Garlic + chili flakes
- 2 tsp / 10 g lemon juice
- Salt + MSG (~2 g total)

Instructions

1. Cook **vegetables**
 - Air fry **180°C** for **10–12 minutes**
2. Add **shrimp**
 - Cook additional **6–7 minutes**
3. Finish
 - Add **lemon juice** before serving

Nutrition

Kcal: 400 | Protein: 30 g | Fat: 18 g | Carbs: 25 g | Fiber: 6 g | Sodium: moderate



Garlic Soy Shrimp ガーリック醤油エビ

Air Fryer

Serves 2

Ingredients

- 200 g shrimp (エビ)
- 1 T / 15 g low-sodium soy sauce (減塩しょうゆ)
- 1 tsp / 5 g oil
- Garlic
- Chili (optional)
- 2 tsp / 10 g lemon juice
- Salt + MSG (~1–2 g total)

Instructions

1. Prepare **shrimp**
 - Toss with **soy, garlic, oil**
2. Cook
 - Air fry **180°C** for **6–8 minutes**
3. Finish
 - Add **lemon juice** and **chili**, if using

Nutrition

Kcal: 300 | Protein: 28 g | Fat: 12 g | Carbs: 5 g | Fiber: 0 g | Sodium: controlled

