

Cosori Air Fryer Accessory Recipes

Lemon Garlic Chicken + Zucchini (Metal Rack) レモンガーリックチキンとズッキーニ (メタルラック)	Garlic Shrimp + Broccoli (Metal Rack) ガーリックシュリンプとブロッコリー (メタルラック)	Mediterranean Chicken Skewers (Skewer Rack) 地中海風チキン串焼き (串ラック)	Shrimp & Vegetable Skewers (Skewer Rack) エビと野菜の串焼き (串ラック)
Salmon with Roasted Peppers (Pizza Pan) 鮭とパプリカのロースト (ピザパン)	Crispy Reheated Pizza (Pizza Pan) ピザ再加熱 (ピザパン)	Spinach Mushroom Frittata (Cake Pan) ほうれん草ときのこのフリッタータ (ケーキ型)	Yogurt Banana Mini Cake (Cake Pan) ヨーグルトバナナケーキ (ケーキ型)
Classic Savory Egg Bites クラシックセイボリーエッグバイツ	Mediterranean Egg Bites 地中海風エッグバイツ		

Lemon Garlic Chicken + Zucchini *(Metal Rack)* レモンガーリックチキンとズッキーニ *(メタルラック)*

Ingredients

- 300 g chicken thighs 鶏もも肉
- 150 g zucchini ズッキーニ
- 1 T / 15 g olive oil オリーブオイル
- 1 tsp / 5 g lemon juice レモン汁
- 1 tsp garlic にんにく
- Salt + MSG 塩+MSG



Instructions

1. Toss **zucchini** with **oil** and **seasoning**
2. Season **chicken** with **garlic** and **lemon**
3. Place zucchini on crisper plate
4. Place metal rack on top
5. Place chicken on rack

Air Fryer (Primary)

180°C 12–14 min

Oven (Alternative)

170°C 16–18 min

Stovetop (Alternative)

Cook separately in pan

Total Dish:

Kcal: 520 | Protein: 40 g | Fat: 32 g | Sat. Fat: 6 g | Carbs: 12 g | Sugars: 4 g |
Fiber: 3 g | Sodium: 900 mg | Omega-3: 0.2 g

Per Serving (2):

Kcal: 260 | Protein: 20 g | Fat: 16 g | Sat. Fat: 3 g | Carbs: 6 g | Sugars: 2 g |
Fiber: 2 g | Sodium: 450 mg | Omega-3: 0.1 g

Garlic Shrimp + Broccoli (*Metal Rack*) ガーリックシュリンプとブロッコリー (メタルラック)

Ingredients

- 250 g shrimp エビ
- 200 g broccoli ブロッコリー
- 1 T / 15 g olive oil
- 1 tsp garlic
- 1 tsp lemon juice
- Salt + MSG



Instructions

1. Toss **broccoli** with oil
2. Season **shrimp**
3. Place broccoli on crisper plate
4. Place rack on top
5. Place shrimp on rack

Air Fryer (Primary)

180°C 8–10 min

Oven (Alternative)

170°C 12–14 min

Total Dish:

Kcal: 420 | Protein: 38 g | Fat: 20 g | Sat. Fat: 3 g | Carbs: 18 g | Sugars: 3 g |
Fiber: 5 g | Sodium: 850 mg | Omega-3: 0.3 g

Per Serving (2):

Kcal: 210 | Protein: 19 g | Fat: 10 g | Sat. Fat: 2 g | Carbs: 9 g | Sugars: 2 g |
Fiber: 3 g | Sodium: 425 mg | Omega-3: 0.15 g

Mediterranean Chicken Skewers (*Skewer Rack*)

地中海風チキン串焼き (串ラック)

Ingredients

- 300 g chicken breast 鶏むね肉
- 1 T olive oil
- 1 tsp paprika
- 1 tsp garlic
- 1 tsp lemon
- Salt + MSG



Instructions

1. Season **chicken**
2. Thread skewers
3. Place in rack

Air Fryer

180°C 10–12 min

Total Dish:

Kcal: 450 | Protein: 45 g | Fat: 20 g | Sat. Fat: 3 g | Carbs: 5 g | Sugars: 1 g |
Fiber: 1 g | Sodium: 800 mg | Omega-3: 0.1 g

Per Serving (2):

Kcal: 225 | Protein: 22 g | Fat: 10 g | Sat. Fat: 2 g | Carbs: 3 g | Sugars: 1 g |
Fiber: 1 g | Sodium: 400 mg | Omega-3: 0.05 g

Shrimp & Vegetable Skewers (Skewer Rack) エビと野菜の串焼き (串ラック)

Ingredients

- 250 g shrimp
- 120 g peppers
- 80 g onion
- 1 T olive oil
- 1 tsp soy sauce

Instructions

1. Prep ingredients
2. Thread skewers
3. Cook



Air Fryer

180°C 10–12 min

Total Dish:

Kcal: 380 | Protein: 32 g | Fat: 18 g | Sat. Fat: 3 g | Carbs: 20 g | Sugars: 6 g |
Fiber: 3 g | Sodium: 800 mg | Omega-3: 0.3 g

Per Serving (2):

Kcal: 190 | Protein: 16 g | Fat: 9 g | Sat. Fat: 2 g | Carbs: 10 g | Sugars: 3 g |
Fiber: 2 g | Sodium: 400 mg | Omega-3: 0.15 g

Salmon with Roasted Peppers (Pizza Pan) 鮭とパプリカのロースト (ピザパン)

Ingredients

- 2 salmon fillets
- 150 g peppers
- 1 T olive oil
- 1 tsp soy sauce

Instructions

1. Toss **peppers**
2. Season **salmon**
3. Place on pan



Air Fryer

180°C 10–12 min

Total Dish:

Kcal: 520 | Protein: 34 g | Fat: 34 g | Sat. Fat: 6 g | Carbs: 10 g | Sugars: 4 g |
Fiber: 2 g | Sodium: 700 mg | Omega-3: 2.5 g

Per Serving (2):

Kcal: 260 | Protein: 17 g | Fat: 17 g | Sat. Fat: 3 g | Carbs: 5 g | Sugars: 2 g |
Fiber: 1 g | Sodium: 350 mg | Omega-3: 1.25 g

Crispy Reheated Pizza (*Pizza Pan*) ピザ再加熱 (ピザパン)

Ingredients

- 2 slices pizza

Instructions

1. Place on pan
2. Heat

Air Fryer

160°C 4–5 min

Total Dish:

Varies

Per Serving (2):

Varies



Spinach Mushroom Frittata (Cake Pan) ほうれん草ときのこのフリッタータ (ケーキ型)

Ingredients

- 3 eggs 卵
- 80 g Greek yogurt ギリシャヨーグルト
- 50 g spinach (chopped) ほうれん草
- 50 g mushrooms (sliced)きのこ
- 20 g cheese チーズ
- 1 tsp / 5 g canola oil キャノーラ油
- Salt + MSG 塩+MSG



Instructions

Cook the vegetables

1. Preheat air fryer
 - **180°C** for **3 minutes**
2. Toss **spinach + mushrooms** with oil
 - Spread on crisper plate (single layer if possible)
3. Air fry
 - **180°C** for **5–6 minutes**
4. Stir once halfway
 - Goal: mushrooms lightly browned, spinach wilted, moisture mostly gone

Prepare egg mixture

1. Whisk **eggs + yogurt** until smooth
2. Add **salt + MSG**
3. Stir in cooked vegetables + cheese

Cook the frittata

✓ Air Fryer

1. Lightly **oil** small round dish
2. Pour mixture into dish
3. Place on metal rack (raised position)
4. Cook
 - **165°C** for **12–15 minutes**
5. Check doneness
 - Center just set, slight jiggle OK
 - Carryover heat finishes it

✓ Oven Alternative

1. Preheat oven
 - 170°C
 2. Bake
 - 18–22 minutes
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Rest (important)

- Let sit **3–5 minutes** before slicing

Key Control Points

- Too wet → cook vegetables longer
 - Too firm → lower temp to 160°C
 - Too loose → +2 minutes
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Nutrition (per serving)

Kcal: 180 | Protein: 16 g | Fat: 11 g | Sat Fat: 5 g | Carbs: 4 g | Sugars: 2 g |
Fiber: 1 g | Sodium: 320 mg | Omega-3: 0.1 g

Nutrition (total dish)

Kcal: 360 | Protein: 32 g | Fat: 22 g | Sat Fat: 10 g | Carbs: 8 g | Sugars: 4 g |
Fiber: 2 g | Sodium: 640 mg | Omega-3: 0.2 g

Yogurt Banana Mini Cake (Cake Pan) ヨーグルトバナナケーキ (ケーキ型)

Ingredients

- 1 soft banana, beaten
- 1 egg, beaten
- 100 g yogurt
- 40 g flour

Instructions

1. Mix
2. Pour
3. Bake



Air Fryer

170°C 15–18 min

Total Dish:

Kcal: 360 | Protein: 16 g | Fat: 6 g | Sat. Fat: 2 g | Carbs: 60 g | Sugars: 20 g |
Fiber: 3 g | Sodium: 200 mg | Omega-3: negligible

Per Serving (2):

Kcal: 180 | Protein: 8 g | Fat: 3 g | Sat. Fat: 1 g | Carbs: 30 g | Sugars: 10 g |
Fiber: 2 g | Sodium: 100 mg | Omega-3: negligible

Classic Savory Egg Bites クラシックセイボリーエッグバイツ

Serves: 2

Ingredients

- 3 eggs 卵
- 80 g Greek yogurt ギリシャヨーグルト
- 30 g cheese チーズ
- 40 g ham or bacon ハム／ベーコン
- Salt + MSG 塩+MSG

Instructions

1. Blend **eggs** + **yogurt** until smooth
2. Add **cheese** and **ham/bacon**
3. Pour into egg bite mold (do not overfill)
4. Place mold on metal rack
5. Optional: add 1–2 T water to basket bottom
6. Cook at **160°C** for **10–12 minutes**



Nutrition (per serving)

Kcal: 210 | Protein: 17 g | Fat: 14 g | Sat Fat: 6 g | Carbs: 3 g | Sugars: 2 g |
Fiber: 0 g | Sodium: 380 mg | Omega-3: 0.1 g

Nutrition (total dish)

Kcal: 420 | Protein: 34 g | Fat: 28 g | Sat Fat: 12 g | Carbs: 6 g | Sugars: 4 g |
Fiber: 0 g | Sodium: 760 mg | Omega-3: 0.2 g

Mediterranean Egg Bites 地中海風エッグバイツ

Serves: 2

Ingredients

- 3 eggs 卵
- 80 g Greek yogurt ギリシャヨーグルト
- 50 g spinach ほうれん草
- 50 g mushroomsきのこ
- 20 g cheese チーズ
- Salt + MSG 塩+MSG



Instructions

1. Lightly sauté **spinach** and **mushrooms** to remove moisture
2. Blend **eggs** + **yogurt** until smooth
3. Combine egg mixture with vegetables and cheese
4. Pour into egg bite mold
5. Place mold on metal rack
6. Cook at **165°C** for **12–14 minutes**

WHY

Pre-cooking vegetables prevents excess water
Low heat maintains soft texture

Nutrition (per serving)

Kcal: 180 | Protein: 16 g | Fat: 11 g | Sat Fat: 5 g | Carbs: 4 g | Sugars: 2 g |
Fiber: 1 g | Sodium: 320 mg | Omega-3: 0.1 g

Nutrition (total dish)

Kcal: 360 | Protein: 32 g | Fat: 22 g | Sat Fat: 10 g | Carbs: 8 g | Sugars: 4 g |
Fiber: 2 g | Sodium: 640 mg | Omega-3: 0.2 g