

ONE-TOUCH MEALS

6 Different Ways to Cook



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IMPORTANT: Unpack all parts from the box and remove any clear or blue protective film on the components. Wash with warm, soapy water before first use (only select accessories are dishwasher safe).



STEP 1

Open the lid. Ensure that the Inner Pot is in place in the Base. Place the Grill Plate in the Inner Pot. When grilling meat, twist the Grill Plate 45 degrees before inserting it so that the rubber bumpers catch on the sides of the Inner Pot and the Grill Plate sits in a raised position. Ensure that the Grill Plate sits evenly.



STEP 2

Arrange your food on the Grill Plate in the Inner Pot. Close the lid.



STEP 3

Select one of the one-touch presets to set a cooking time and temperature or set the time and temperature manually. Press the Start Button to begin the cooking process.



STEP 4

Once the cooking timer has run out, open the lid and carefully remove food with tongs or oven mitts.

No-Knead Bread

Serves 4

Ingredients

¼ tsp. yeast
1 cup water, divided
2 cup flour
½ tsp. salt

Directions

1. In a bowl, combine the yeast and 1 cup water and mix together.
2. Add the flour and salt and mix to combine until the dough is sticky.
3. Cover the bowl with plastic wrap and set on the counter for 24 hours.
4. When the dough is ready, divide the dough in half and roll the dough in flour to make two balls.
5. Pour ½ cup water in the Inner Pot. Place the Grill Plate in the Inner Pot. Place a small, round piece of parchment paper (slightly bigger than the dough ball) on the Grill Plate. Spray the parchment paper with olive oil spray. Place the dough ball on the parchment paper. Select the Dehydrate setting. Set the cooking temperature to 195° F/91° C and the cooking time to 1 hour. Start the cooking process.
6. After 30 minutes, cancel the cooking process and let the dough rise for about 30 minutes.
7. When the dough has risen, brush off any excess flour and cut two half-inch slits on top of the dough. Select the Bake setting. Set the cooking temperature to 400° F/204° C and the cooking time to 20 minutes. Start the cooking process.
8. Halfway through the cooking time, flip the bread.
9. When the cooking time is complete, let the bread cool before serving. Repeat the cooking process with the second loaf of bread.



Garlic Parmesan Fries

Serves 2

Ingredients

28 oz shoestring French fries
2 garlic cloves, minced
1 tbsp. grated Parmesan
1 tbsp. chopped parsley
½ tsp. salt

Directions

1. Place the French fries in the Inner Pot. Close the lid.
2. Select the Air Fry setting. Set the cooking temperature to 400° F/204° C and the cooking time to 18 minutes. Every 6 minutes during the cooking process, toss the fries. After 14 minutes, toss the fries with the garlic.
3. When the cooking time is complete, toss the fries with the Parmesan, parsley, and salt.



Sweet Potato Fries

with Horseradish Dipping Sauce Serves 2

Ingredients

½ bag sweet potato fries

Horseradish Sauce

2 tbsp. mayonnaise

2 tbsp. sour cream

1 tbsp. horseradish

¼ tsp. sea salt

½ tsp. ground cayenne pepper

Directions

1. Place the sweet potato fries in the Inner Pot. Close the lid.
2. Select the Air Fry setting. Set the cooking temperature to 425° F/218° C and the cooking time to 18 minutes. Every 6 minutes during the cooking process, toss the French fries.
3. While the fries cook, in a bowl, combine the Horseradish Sauce ingredients and mix.
4. When the cooking time is complete, serve the fries with the Horseradish Sauce.



Sweet Chili Brussels Sprouts

Serves 2

Ingredients

1 lb Brussels sprouts, trimmed
& cut in half
2 tbsp. olive oil
2 garlic cloves, minced
1 tsp. sea salt
½ tsp. ground black pepper
2 tbsp. sweet chili sauce

Directions

1. In a bowl, add the Brussels sprouts and olive oil and toss.
2. Place the Brussels sprouts in the Inner Pot. Close the lid.
3. Select the Roast setting. Set the cooking temperature to 380° F/193° C and the cooking time to 18 minutes. Start the cooking process.
4. Every 6 minutes during the cooking process, toss the Brussels sprouts.
5. After 12 minutes of cooking time have passed, add the garlic, salt, and black pepper and toss to mix well.
6. When the cooking time is complete, toss the Brussels sprouts with the sweet chili sauce before serving.

Roasted Cauliflower

Serves 4

Ingredients

½ head cauliflower,
cut into florets
1 tsp. granulated onion
1 tsp. granulated garlic
½ tsp. ground black pepper
½ tsp. sea salt
2 tbsp. extra virgin olive oil

Directions

1. Add all the ingredients to the Inner Pot and toss to combine. Close the lid.
2. Select the Roast setting. Set the cooking temperature to 380° F/193° C and the cooking time to 20 minutes. Start the cooking process.
3. Halfway through the cooking time, toss the ingredients.

Eric's Grilled Burgers

Serves 2

Ingredients

2 6-oz hamburgers
2 tbsp. margarine
½ tsp. salt
½ tsp. ground black pepper
2 brioche rolls, cut in half
½ cup shredded iceberg lettuce
2 slices tomato
2 slices red onion
2 tbsp. mayonnaise
2 tbsp. relish
2 tbsp. ketchup
1 tsp. yellow mustard

Directions

1. Place the Grill Plate in the Inner Pot. Attach the Air Frying Lid to the appliance.
2. Select the Grill setting. Set the cooking temperature to 425° F/218° C and the cooking time to 8 minutes. Let the appliance preheat.
3. Season the hamburgers with the salt and black pepper. When the appliance has preheated, place the hamburgers on the Grill Plate. Close the lid and grill the burgers until the desired doneness is reached (about 4 minutes per side). Remove and reserve the burgers. Butter the inside of the rolls with the margarine and place them, buttered sides down, on the Grill Plate.
4. Select the Air Fry setting. Set the cooking temperature to 400° F/204° C and the cooking time to 4 minutes.
5. Assemble the burgers: Place the lettuce, tomato, and onion on a bottom roll half and top with a burger, mayonnaise, relish, ketchup, mustard, and the top roll half.



Keto Chicken Tenders

Serves 2

Ingredients

½ cup shredded Parmesan

¼ cup grated Parmesan

½ tsp. granulated garlic

½ tsp. onion powder

1 tsp. paprika

½ tsp. salt

½ tsp. ground black pepper

1 egg

2 tbsp. buttermilk

½ lb chicken tenders

Directions

1. In a shallow pan, combine the shredded and grated Parmesan, granulated garlic, onion powder, paprika, salt, and black pepper and mix together.
2. In a bowl, combine the eggs and buttermilk.
3. Dip the chicken tenders into the egg-buttermilk mixture and then the seasoned Parmesan.
4. Place the Grill Plate in the Inner Pot. Place the chicken tenders in the Inner Pot. Close the lid.
5. Select the Air Fry setting. Set the cooking temperature to 400° F/204° C and the cooking time to 10 minutes. Start the cooking process.
6. Halfway through the cooking process, flip the chicken tenders.

Fried Chicken

Serves 2-4

Ingredients	Directions
1 cup buttermilk	<ol style="list-style-type: none">1. In a large pan, combine the buttermilk and egg. Refrigerate the chicken in the buttermilk-egg marinade for 30 minutes.2. In a bowl, combined the Seasoned Flour ingredients.3. When the chicken is done marinating, dredge the chicken in the Seasoned Flour and let rest for 20 minutes.4. Place the Grill Plate in the Inner Pot. Attach the Air Frying Lid to the appliance. Place the chicken on the Grill Plate and close the lid.5. Select the Air Fry setting. Set the cooking temperature to 375° F/190° C and the cooking time to 40 minutes. Halfway through the cooking time, flip the chicken.6. Cook until an instant-read thermometer inserted into the chicken reads 165° F/74° C.
1 egg	
2 chicken thighs	
1 chicken breast, halved	
Seasoned Flour	
1 ½ cups flour	
¾ tbsp. salt	
1 tsp. salt	
1 tsp. dried thyme	
¾ tbsp. garlic powder	
1 tsp. black pepper	
1 tsp. ground mustard	
1 ½ tbsp. paprika	
¾ tbsp. onion powder	
¾ tbsp. ground white pepper	

New York Strip Steaks

Serves 2

Ingredients	Directions
4 cloves garlic	1. In a bowl, toss the garlic and peppers with the olive oil.
6 baby sweet peppers	2. Season the steaks with the salt and black pepper.
2 tbsp. olive oil	3. Place the Grill Plate in the Inner Pot. Attach the Air Frying Lid to the appliance.
2 12-oz New York strip steaks	4. Select the Grill setting. Set the cooking temperature to 500° F/260° C and the cooking time to 15 minutes. Let the appliance preheat.
½ tsp. salt	5. When the appliance has preheated, place the steaks on the Grill Plate and surround them with the peppers, garlic, and rosemary. Grill the steaks for 5 minutes, flip the steaks, and continue cooking until the desired doneness* is reached (about 10 minutes for rare).
1 tsp. coarse ground black pepper	
2 sprigs rosemary	

*Doneness Temperatures:

Rare: 130° F/54° C

Medium Rare: 135° F/57° C

Medium: 140° F/60° C

Well Done: 160° F/71° C



Pork Chops

Serves 2

Ingredients

2 thick-cut pork chops
1 tbsp. olive oil
½ tsp. salt
½ tsp. ground black pepper
2 sprigs rosemary, chopped
½ tsp. granulated garlic
½ tsp. granulation onion

Tomato Salad

½ pint tri-color cherry tomatoes
1 tbsp. extra virgin olive oil
1 tsp. red wine vinegar
1 small clove garlic, minced
¼ red onion, diced small
4 basil leaves, chopped
salt, to taste
ground black pepper, to taste

Directions

1. Rub the pork chops with the olive oil, salt, black pepper, rosemary, garlic, and onion.
2. Place the Grill Plate in the Inner Pot. Attach the Air Frying Lid to the appliance.
3. Select the Grill setting. Set the cooking temperature to 450° F/232° C and the cooking time to 15 minutes. Let the appliance preheat.
4. When the appliance has preheated, place the pork chops on the Grill Plate. After 7 minutes, flip the pork chops. Ensure the internal temperature of the pork chops reaches 150° F/61° C.
5. In a bowl, toss the Tomato Salad ingredients and season with salt and black pepper.
6. Serve the pork chops with the Tomato Salad.



Spicy Saucy Wings

Serves 2

Ingredients

½ lb raw chicken wings
1 tbsp. barbeque sauce
1 tbsp. sweet chili sauce
¼ tbsp. sriracha sauce
¼ tbsp. honey
juice of ¼ lime

Directions

1. Place the Grill Plate in the Inner Pot. Place the wings in the Inner Pot. Close the lid.
2. Select the Air Fry setting. Set the cooking temperature to 400° F/204° C and the cooking time to 30 minutes. Start the cooking process.
3. Every 6 minutes during the cooking process, toss the wings.
4. In a bowl, combine the barbeque sauce, sweet chili sauce, sriracha sauce, honey, and lime to make the sauce.
5. When cooking time is complete, toss the wings in the sauce. Close the lid again.
6. Select the Air Fry setting. Set the cooking temperature to 400° F/204° C and the cooking time to 10 minutes.

Chicken Parmesan

Serves 1

Ingredients	Directions
1 6-oz chicken breast, split and pound lightly to flatten	<ol style="list-style-type: none">1. In a bowl, beat together the eggs and the buttermilk.
¼ tsp. salt	<ol style="list-style-type: none">2. In a shallow pan, combine the breadcrumbs, shredded Parmesan, salt, black pepper, granulated garlic, and parsley.
¼ tsp. ground black pepper	<ol style="list-style-type: none">3. Dip the chicken in the egg-buttermilk mixture and then coat the chicken in the breadcrumb mixture.
¼ tsp. granulated garlic	<ol style="list-style-type: none">4. Place the Grill Plate in the Inner Pot. Place the chicken breast on the Grill Plate. Close the lid.
½ tbsp. chopped parsley	<ol style="list-style-type: none">5. Select the Air Fry setting. Set the cooking temperature to 400° F/204° C and the cooking time to 8 minutes. Halfway through the cooking time, flip the chicken.
½ cup breadcrumbs	<ol style="list-style-type: none">6. When the cooking time is complete, transfer the chicken to a pan that fits inside the Inner Pot. Top the chicken with the marinara sauce, mozzarella, and grated Parmesan.
¼ cup shredded Parmesan	<ol style="list-style-type: none">7. Remove the Grill Plate from the Inner Pot. Place the pan in the Inner Pot. Select the Air Fry setting. Set the cooking temperature to 400° F/204° C and the cooking time to 5 minutes. Start the cooking process.
1 large egg	
2 tbsp. buttermilk	
½ cup marinara sauce	
½ cup shredded mozzarella	
1 tbsp. grated Parmesan	

Roast Cornish Game Hen

Serves 1

Ingredients	Directions
1 Cornish game hen	
½ tsp. granulated garlic	
½ tsp. granulated onion	
½ tsp. sea salt	
½ tsp. ground black pepper	
½ tsp. paprika	
½ tsp. dried rosemary	
½ tsp. dried thyme	
olive oil spray	
	<ol style="list-style-type: none">1. In a bowl, combine the granulated garlic, granulated onion, salt, black pepper, paprika, rosemary, and thyme. Rub the hen with the seasoning mixture.2. Place the Grill Plate in the Inner Pot. Place the hen on the Grill Plate, breast side down. Spray the hen with the olive oil spray. Close the lid.3. Select the Air Fry setting. Set the cooking temperature to 325° F/163° C and the cooking time to 40 minutes. Start the cooking process.4. After 10 minutes of cooking time have passed, flip the hen and spray it with the olive oil.5. When an instant-read thermometer inserted into the thickest part of the hen reads 165° F/74° C, remove the hens and let rest for 10 minutes before slicing.



Fish Tacos

Serves 2

Ingredients

½ lb cod fillet, cut into 1 ½ inch-thick slices

Seasoned Flour

½ cup flour

½ tsp. cumin

½ tsp. paprika

¼ tsp. granulated garlic

¼ tsp. ground cayenne pepper

¾ tsp. salt

canola oil spray

4 6-inch flour tortilla shells

¼ cup chipotle mayonnaise

½ cup shredded cabbage

¼ red onion, sliced thinly

½ avocado, peeled & sliced

¼ mango, peeled & diced

2 tbsp. cilantro leaves

½ lime, cut into wedges

Directions

1. In a shallow pan, combine the Seasoned Flour ingredients and mix together. Dip the cod in the Seasoned Flour.
2. Place the Grill Plate in the Inner Pot. Place the cod in the Inner Pot. Spray the cod lightly with the canola oil. Close the lid.
3. Select the Grill setting. Set the cooking temperature to 390° F/199° C and the cooking time to 10 minutes. Start the cooking process.
4. When the fish is fully cooked, assemble the tacos: Place the flour tortillas on a cutting board and drizzle with the chipotle mayonnaise. Top with the cabbage, cod, red onion, avocado, and mango. Top with the cilantro leaves and serve with the lime wedges.

Soy-Glazed Salmon

Serves 2

Ingredients

2 6-oz salmon fillets

Marinade

2 tbsp. sweet soy sauce

1 tbsp. rice wine

1 tsp. minced ginger

1 clove garlic, minced

juice of ½ lime

½ tsp. sesame oil

¼ tsp. red pepper flakes

Directions

1. In a shallow pan, combine the Marinade ingredients and mix together. Coat the salmon in the Marinade and refrigerate the salmon in the pan for 3 hours.
2. When the salmon is done marinating, place the salmon in the Inner Pot. Close the lid.
3. Select the Air Fry setting. Set the cooking temperature to 400° F/204° C and the cooking time to 10 minutes. Start the cooking process.
4. Cook until the salmon reaches your desired doneness, which might require additional cooking time.

Shrimp Scampi

Serves 2

Ingredients

1 lb 16–20-size shrimp,
peeled & deveined

4 cloves garlic, minced

2 tbsp. extra virgin olive oil

½ stick unsalted butter, cubed

3 tbsp. white wine

¼ tsp. red pepper flakes

juice of 1 lemon

1 tbsp. chopped parsley

Directions

1. In a casserole dish, add the shrimp and top with the garlic, extra virgin olive oil, butter, and wine.
2. Place the casserole dish in the Inner Pot. Select the Bake setting. Set the cooking temperature to 400° F/204° C and the cooking time to 5 minutes. Start the cooking process.
3. When the cooking time is complete, remove the shrimp scampi and add the lemon juice and parsley before serving.



Southwest Seasoned Pork Roast with Sweet Potatoes

Serves 4

Ingredients

1 2-lb pork loin roast

Marinade

1 tsp. sea salt

1 tsp. ground coriander

2 cloves garlic

1 tsp. granulated onion

¼ cup chopped cilantro

1 tsp. chili powder

2 tbsp. brown sugar

juice of 1 lime

½ tsp. ground black pepper

2 tbsp. olive oil

Sweet Potatoes

2 sweet potatoes, washed & cut into 2 x 2-inch cubes

2 tbsp. extra virgin olive oil

1 sprig rosemary, chopped

2 cloves garlic, minced

½ tsp. salt

¼ tsp. ground black pepper

Directions

1. In a shallow pan, combine the Marinade ingredients. Coat the pork roast in the Marinade and refrigerate the pork roast in the pan for 4 hours.
2. When the pork roast is done marinating, place the pork roast in the Inner Pot. Close the lid.
3. Select the Roast setting. Set the cooking temperature to 325° F/163° C and the cooking time to 40 minutes. Start the cooking process.
4. Halfway through the cooking process, rotate the pork roast.
5. In a bowl, combine the Sweet Potatoes ingredients and toss.
6. When cooking time is complete, flip the roast and place the potatoes in the Inner Pot around the pork roast. Select the Roast setting. Set the cooking temperature to 325° F/163° C and the cooking time to 20 minutes. Start the cooking process.
7. When the cooking time is complete, let the pork roast rest for 15 minutes before slicing.



Lava Cake

Serves 4

Ingredients

⅔ cups semi-sweet
chocolate chips
1 stick salted butter
1 cup powdered sugar
2 eggs
2 egg yolks
1 tsp. vanilla extract
¼ cup plus 1 tbsp. flour

Directions

1. In a microwave-safe glass bowl, add the chocolate chips and butter. Microwave for 1 minute. Mix until all the chips are melted and the butter and chocolate are creamy and combined.
2. Add the sugar and mix well.
3. Add the eggs and mix well.
4. Add the flour and stir until well combined to finish the batter.
5. Spray four 4-oz ramekins with nonstick spray. Pour the batter into the ramekins.
6. Close the appliance's lid. Select the Bake setting. Set the cooking temperature to 375° F/191° C and the cooking time to 2 minutes. Start the preheating process.
7. When the appliance has preheated, place the ramekins in the Inner Pot. Close the lid.
8. Select the Bake setting. Set the cooking temperature to 375° F/191° C and the cooking time to 8 minutes. Start the cooking process.
9. When the cooking time is complete, let the lava cakes sit for 10 minutes before unmolding.
10. Serving recommendation: Serve with raspberries, mint, and raspberry sauce.



Berry Apple Crisp

Serves 4

Ingredients

15 oz frozen berries
2 medium Granny Smith
apples, peeled & diced
1 tbsp. corn starch
¼ cup sugar
1 tsp. lemon zest
½ tsp. cinnamon

Crisp Topping

½ cup flour
¼ cup brown sugar
¼ cup butter
¼ cup oatmeal
1 tsp. cinnamon

Directions

1. In a 1 ½-qt. round casserole dish, combine the berries, apples, corn starch, sugar, lemon zest, and ½ tsp. cinnamon and toss.
2. Place the Grill Plate in the Inner Pot. Place the casserole dish on the Grill Plate. Close the lid.
3. Select the Bake setting. Set the cooking temperature to 320° F/160° C and the cooking time to 15 minutes. Start the cooking process.
4. While the berry mixture cooks, in a bowl, combine the flour and brown sugar with the butter until pea sized. Add the oatmeal and cinnamon and mix well.
5. When the cooking time is complete, pour the Crisp Topping over the berry mixture in the casserole dish. Select the Bake setting. Set the cooking temperature to 350° F/177° C and the cooking time to 20 minutes. Start the cooking process.



Air-Fried Doughnuts

Makes 6

Ingredients

Dough

¼ cup milk

½ tsp. yeast

2 tsp. butter, melted & cooled

½ cup mashed potatoes

½ cup sugar

½ tsp. salt

1 tsp. baking powder

½ tsp. baking soda

½ tsp. ground nutmeg

1 ½ cups flour

canola oil spray

Sugar Coating

½ cup sugar plus 1 ½ tsp. cinnamon

½ cup powdered sugar

Directions

1. Pour the milk into a microwave-safe glass bowl. Microwave the milk for 20 seconds to remove the chill.
2. Add the milk and the rest of the Dough ingredients to a larger bowl and mix until incorporated. Cover the bowl and refrigerate for 2 hours.
3. After the Dough has been refrigerated, roll out the Dough until ¼ inch thick. Use a doughnut cutter to cut doughnuts out of the Dough.
4. Spray the doughnuts with the canola oil. Place the Grill Plate in the Inner Pot. Place the doughnuts on the Grill Plate. Select the Bake setting. Set the cooking temperature to 375° F/191° C and the cooking time to 6 minutes. Start the cooking process.
5. After 4 minutes of cooking time have passed, flip the doughnuts.
6. When the cooking time is complete, toss the doughnuts in one of the Sugar Coating ingredients.



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