


Air Fryer Cheat Sheet

Cooking Times & Temperatures for 50+ Foods

AirFryerHub.vip — Australia's #1 Air Fryer Resource

 **Pro Tip:** Always preheat your air fryer for 3–5 minutes. Shake the basket halfway through cooking for even crispiness. Don't overcrowd — a single layer gives the best results.

Chicken

Food	Temp	Time
Chicken breast (boneless)	190°C	15–18 min
Chicken thighs (bone-in)	200°C	22–25 min
Chicken drumsticks	200°C	20–22 min
Chicken wings	200°C	18–22 min
Chicken nuggets (frozen)	200°C	10–12 min
Chicken tenders	190°C	10–14 min
Whole chicken (1.5kg)	180°C	55–65 min

Chips & Potatoes

Food	Temp	Time
Frozen chips (thin)	200°C	15–18 min
Frozen chips (thick-cut)	200°C	18–22 min
Sweet potato chips	190°C	15–20 min
Potato wedges	200°C	18–22 min
Baked potato (whole)	200°C	35–45 min
Hash browns (frozen)	200°C	10–15 min
Roast potatoes	200°C	20–25 min

Beef & Lamb

Food	Temp	Time
Beef steak (2cm thick)	200°C	8–12 min
Beef meatballs	190°C	10–12 min
Beef burgers	190°C	10–14 min
Lamb chops	200°C	10–14 min
Lamb cutlets	200°C	8–12 min
Sausages	180°C	12–15 min

Vegetables


Food	Temp	Time
Broccoli florets	190°C	8–10 min
Brussels sprouts	190°C	12–15 min
Zucchini slices	190°C	8–10 min
Cauliflower florets	200°C	12–15 min
Corn on the cob	200°C	10–14 min
Capsicum strips	190°C	8–10 min
Onion rings	200°C	8–10 min

Seafood

Food	Temp	Time
Salmon fillet	200°C	8–10 min
Fish fillets (crumbed)	200°C	10–12 min
Prawns	200°C	5–8 min
Fish fingers (frozen)	200°C	10–12 min
Calamari rings	200°C	8–10 min

Aussie Favourites

Food	Temp	Time
Meat pies (frozen)	180°C	15–18 min
Sausage rolls (frozen)	200°C	12–15 min
Dim sims (frozen)	200°C	10–12 min
Spring rolls (frozen)	200°C	10–12 min
Halloumi slices	200°C	6–8 min
Bacon rashers	200°C	6–8 min
Toast	180°C	3–5 min

 **Not sure which air fryer to buy?** Take our free 30-second quiz at airfryerhub.vip/quiz and get a personalised recommendation based on your budget, family size, and cooking style.

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All temperatures in Celsius. Times are approximate — adjust based on your air fryer model and food thickness.