

**SECRET KITCHEN CLUB • STARTER PACK**

# ***AIR FRYER VEGETABLES STARTER PACK***



5 no-fail veggie recipes, a time + temp chart, crisp checklist, soggy mistakes to avoid, and 2 quick finishers

Olivia Windrow • Secret Kitchen Club

## **WELCOME**

# ***How to Use This Starter Pack***

This starter pack was created to help you make air fryer vegetables crispier, more flavorful, and more reliable – especially if your veggies often turn out soft, pale, watery, or unevenly cooked.

Inside you'll find 5 practical vegetable recipes, a quick time + temp chart, a crisp checklist, common soggy mistakes to avoid, and 2 easy flavor finishers to make simple vegetables taste better fast.

Use this guide as a quick kitchen reference. Start with the vegetable you want to cook, check the chart when you need fast timing, and come back to the checklist whenever you want better browning, better texture, and more consistent results.

The goal of this starter pack is simple: to give you easy wins with air fryer vegetables. And when you're ready for more variety, more recipes, and more full meal ideas, the books will help you keep going.

*Enjoy Cooking,  
Olivia Windrow*

# ***What's Inside***

- I**      5 No-Fail Vegetable Recipes
  
- II**     Official Time + Temp Chart
  
- III**    Crispy Checklist + Soggy Fixes
  
- IV**    2 Quick Flavor Finishers

# Crispy Air Fryer Broccoli (Brown-Edge Method)

TEMP	TIME	SHAKE	BEST TEXTURE	SERVINGS
400°F	8–10 min	Yes (at 5 min)	brown edges + tender center	2–3

## Ingredients:

- 1 lb (450 g) broccoli florets
- 1 tbsp olive oil
- 1 tsp kosher salt
- 1/2 tsp garlic powder
- 1/4 tsp black pepper
- 1/4 tsp paprika (optional)
- 1 tsp lemon juice (optional, after cooking)
- 1 tbsp grated parmesan (optional, after cooking)

## NO-FAIL NOTE:

If broccoli looks pale or soft instead of browned, it usually needs 3 fixes: dry it better, give it more space, and use full heat. If needed, add 1–2 more minutes.

## Instructions:

- 1** Wash broccoli and dry it very well with paper towels. Optional: let it air-dry for 10–15 minutes if it still feels damp.
- 2** Cut into medium florets. Keep pieces similar in size so they cook evenly.
- 3** In a bowl, toss broccoli with oil, salt, garlic powder, pepper, and paprika.
- 4** Preheat air fryer to 400°F for 3 minutes.
- 5** Arrange broccoli in a single layer with some space between pieces. Do not overcrowd.
- 6** Cook 5 minutes.
- 7** Shake the basket, then cook 3–5 minutes more until the edges are dark golden and the stems are tender.
- 8** Finish with lemon juice or parmesan if desired. Serve right away.

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**PRO TIP** Medium florets work best. Tiny pieces dry out before they brown, and large wet florets steam instead of crisping.

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## BROCCOLI RULE (Save This!)

Dry florets + hot basket + enough space = browned edges, not steamed broccoli.

# Roasted Air Fryer Carrots (Sweet, Caramelized Edges)

TEMP	TIME	SHAKE / FLIP	BEST TEXTURE	SERVINGS
390°F	14–18 min	Yes (at 8 min)	tender inside + caramelized edges	2–3

## Ingredients:

- 1 lb (450 g) carrots
- 1 tbsp olive oil
- 1 tsp kosher salt
- 1/2 tsp garlic powder
- 1/4 tsp black pepper
- 1/2 tsp paprika (optional)
- 1 tsp honey or maple syrup (optional, after cooking)
- 1 tsp chopped parsley (optional, after cooking)

## NO-FAIL NOTE:

If your carrots are browning too fast but still feel firm inside, the pieces are likely cut too thick. If thin pieces are getting dark too early, cut the next batch larger and more evenly.

## Instructions:

- 1 Peel the carrots and cut them into even sticks or thick diagonal slices. Keep the pieces similar in thickness.
- 2 Pat dry well if the carrots are wet after washing.
- 3 In a bowl, toss with oil, salt, garlic powder, pepper, and paprika.
- 4 Preheat air fryer to 390°F for 3 minutes.
- 5 Arrange carrots in a single layer. Do not pack them too tightly.
- 6 Cook 8 minutes.
- 7 Shake or flip, then cook 6–10 minutes more until the edges look browned and the centers are tender.
- 8 Optional: drizzle lightly with honey or maple syrup after cooking and toss once. Finish with parsley if desired.

**PRO TIP** Thicker carrot pieces give you the best texture. Very thin pieces dry out fast and lose that sweet, tender center.

## CARROT RULE (Save This!)

Cut evenly or thin pieces burn before thick ones turn tender.

# Crispy Air Fryer Brussels Sprouts (Deep Brown, Not Bitter)

TEMP	TIME	SHAKE / FLIP	BEST TEXTURE	SERVINGS
400°F	12–16 min	Yes (at 7 min)	crispy outer leaves + tender middle	2–3

## Ingredients:

- 1 lb (450 g) Brussels sprouts
- 1 tbsp olive oil
- 1 tsp kosher salt
- 1/2 tsp garlic powder
- 1/4 tsp black pepper
- 1/4 tsp paprika (optional)
- 1 tsp balsamic glaze or honey (optional, after cooking)
- 1 tbsp grated parmesan (optional, after cooking)

## NO-FAIL NOTE:

If the sprouts are tender but still pale, do not keep adding lots of time. Give them more heat instead. A short hot finish works better than overcooking the centers.

## Instructions:

- 1** Trim the ends of the Brussels sprouts and remove any rough outer leaves. Cut each sprout in half lengthwise.
- 2** Wash and dry very well. If they still feel damp, let them air-dry for 10–15 minutes.
- 3** In a bowl, toss with oil, salt, garlic powder, pepper, and paprika.
- 4** Preheat air fryer to 400°F for 3 minutes.
- 5** Arrange sprouts in a single layer, cut-side down as much as possible. Leave some space between pieces.
- 6** Cook 7 minutes.
- 7** Shake the basket, then cook 5–9 minutes more until the cut sides are deeply browned and the loose leaves are crisp.
- 8** Optional: finish with a light drizzle of balsamic glaze or honey after cooking. Add parmesan if desired. Serve right away.

**PRO TIP** Cut-side down at the start gives you the best browning. That first direct contact helps build deep color without making the sprouts bitter.

## SPROUT RULE (Save This!)

Start cut-side down for better browning, then shake to crisp the loose leaves.

**SECRET KITCHEN CLUB • STARTER PACK**

# Garlic Parmesan Air Fryer Cauliflower (No-Mush Method)

TEMP	TIME	SHAKE / FLIP	BEST TEXTURE	SERVINGS
400°F	10–14 min	Yes (at 6 min)	golden edges + tender bite	2–3

**Ingredients:**

- 1 lb (450 g) cauliflower florets
- 1 tbsp olive oil
- 1 tsp kosher salt
- 1/2 tsp garlic powder
- 1/4 tsp black pepper
- 1/2 tsp paprika
- 2 tbsp grated parmesan
- 1 tsp lemon juice (optional, after cooking)
- 1 tsp chopped parsley (optional, after cooking)

**NO-FAIL NOTE:**

If cauliflower turns soft before it gets color, the florets are often too wet or packed too tightly. Dry better, give more space, and use medium pieces for the best result.

**Instructions:**

- 1 Wash the cauliflower and dry it very well. If it still feels damp, let it air-dry for 10–15 minutes.
- 2 Cut into medium florets. Do not make the pieces too small.
- 3 In a bowl, toss cauliflower with oil, salt, garlic powder, pepper, and paprika.
- 4 Preheat air fryer to 400°F for 3 minutes.
- 5 Arrange cauliflower in a single layer with space between florets. Do not overcrowd.
- 6 Cook 6 minutes.
- 7 Shake the basket, then cook 4–6 minutes more until the edges look golden and the centers are just tender.
- 8 Add parmesan during the last 1–2 minutes of cooking, or toss with parmesan right after cooking.
- 9 Optional: finish with lemon juice and parsley. Serve right away.

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**PRO TIP** Medium florets give the best texture. Tiny pieces dry out fast, while larger florets stay tender enough inside to feel satisfying.

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**CAULIFLOWER RULE  
(Save This!)**

Medium florets brown better than tiny bits and stay tender inside.

# Air Fryer Zucchini (Not-Watery Method)

<b>TEMP</b> 400°F	<b>TIME</b> 8-10 min	<b>SHAKE / FLIP</b> Yes (at 5 min)	<b>BEST TEXTURE</b> lightly browned + tender, not soggy	<b>SERVINGS</b> 2-3
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**Ingredients:**

- 2 medium zucchini
- 1 tbsp olive oil
- 3/4 tsp kosher salt
- 1/2 tsp garlic powder
- 1/4 tsp black pepper
- 1/4 tsp paprika (optional)
- 1 tbsp grated parmesan (optional, after cooking)
- 1 tsp lemon juice (optional, after cooking)

**Instructions:**

- 1 Wash the zucchini and dry it very well.
- 2 Cut into thick rounds or thick half-moons. Do not slice too thin.
- 3 In a bowl, toss with olive oil, garlic powder, pepper, and paprika. Add salt right before cooking, not too early.
- 4 Preheat air fryer to 400°F for 3 minutes.
- 5 Arrange zucchini in a single layer with space between pieces. Do not overcrowd.
- 6 Cook 5 minutes.
- 7 Shake the basket, then cook 3-5 minutes more until the zucchini is lightly browned on the edges and just tender.
- 8 Remove as soon as it is done. Optional: finish with parmesan or a few drops of lemon juice. Serve right away.

**NO-FAIL NOTE:** Zucchini goes from perfect to too soft very quickly. Thick cuts, a dry surface, and short cooking time give you the best chance of getting browning without sogginess.

**PRO TIP** Salt pulls moisture out of zucchini fast. That is why it works better to salt right before cooking instead of letting it sit too long in the bowl.

**ZUCCHINI RULE  
(Save This!)**

Thick cuts + dry surface + short cook time =  
browned, not watery zucchini.

# Vegetable Recipe



**Air Fryer Zucchini**  
(Not-Watery Method)



**Roasted Air Fryer Carrots**  
(Sweet, Caramelized Edges)



**Crispy Air Fryer Broccoli**  
(Brown-Edge Method)



**Garlic Parmesan Cauliflower**  
(No-Mush Method)



**Crispy Brussels Sprouts**  
(Deep Brown, Not Bitter)

Simple air fryer vegetable recipes for crisp sides, better browning, and everyday cooking.

# OFFICIAL TIME + TEMP CHART

(NO-GUESS AIR FRYER VEGETABLES)

VEGETABLE TYPE	TEMP	TIME	SHAKE / FLIP	WOW MICRO-HACK
Broccoli	400°F	8-10 min	Shake @ 5 min	DRY WELL + DON'T CROWD
Brussels sprouts	400°F	12-16 min	Shake @ 7 min	START CUT-SIDE DOWN
Cauliflower	400°F	10-14 min	Shake @ 6 min	MEDIUM FLORETS BROWN BEST
Carrots	390°F	14-18 min	Flip @ 8 min	CUT EVENLY, NOT TOO THIN
Zucchini	400°F	8-10 min	Shake @ 5 min	SALT RIGHT BEFORE COOKING
Green beans	390°F	8-10 min	Shake @ 5 min	DRY FIRST FOR BETTER BLISTERING
Asparagus	390°F	6-8 min	Flip @ 4 min	THICK SPEARS WORK BEST
Bell peppers	380°F	8-10 min	Shake @ 5 min	SAUCE AFTER COOKING
Cabbage steaks	400°F	12-16 min	Flip @ 8 min	BRUSH LIGHTLY, FINISH HOT

Air fryers vary. Best texture depends on cut size, dry surface, and enough space

Better browning = high heat + single layer + less moisture

## ***Crispy Checklist***

**Use this quick checklist before you start cooking for better texture, better color, and more reliable air fryer vegetables every time.**

### **Before Cooking**

- Pat the vegetables dry well after washing
- Cut pieces to a similar size for even cooking
- Use only enough oil to lightly coat
- Preheat the air fryer if your model needs it
- Preheat if your model browns better hot
- Leave space for hot air to circulate

### **While Cooking**

- Arrange vegetables in a single layer
- Shake or flip when needed for even browning
- Watch smaller or thinner pieces earlier
- Pull watery vegetables as soon as they are done
- Add glaze after cooking unless the recipe says otherwise

### **For Best Browning**

- Use higher heat for broccoli, Brussels sprouts, and cauliflower
- Do not overcrowd the basket
- Thicker cuts brown better than very thin wet pieces
- Add 1-2 more minutes only if needed
- Parmesan or finishing flavor can go on at the end

### **Quick Reminder**

Dry surface + enough space + right cut size = better color, better texture, better vegetables.

## 2 Quick Flavor Finishers

Two easy finishers that make air fryer vegetables taste more finished, flavorful, and less boring fast.

### 1. Garlic Parmesan Butter

A fast savory finisher for roasted vegetables with browned edges.

#### Ingredients

- 2 tbsp butter, melted
- 1 small garlic clove, grated or finely minced
- 2 tbsp grated parmesan
- Pinch of salt
- Pinch of black pepper

#### How to Make It

Stir everything together until well combined.

#### Best With

Broccoli, cauliflower, green beans, and zucchini.

### 1. Honey Balsamic Glaze

A quick sweet-savory glaze that adds shine and deeper flavor.

#### Ingredients

- 1 tbsp balsamic vinegar
- 1 tbsp honey
- 1 tsp olive oil or melted butter
- Small pinch of salt

#### How to Make It

Whisk until smooth. Drizzle lightly over hot vegetables right after cooking.

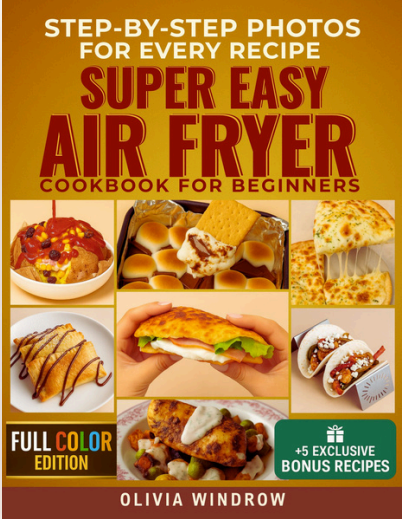
#### Best With

Brussels sprouts, carrots, cabbage steaks, and roasted vegetable mixes.

**Quick Tip:** Add finishers after cooking, not before. That keeps the vegetables better browned and less soggy.

# Ready for More Air Fryer Ideas?

If you liked these easy veggie wins, these beginner-friendly cookbooks give you more quick meals, step-by-step help, and everyday air fryer ideas.



**Super Easy Air Fryer Cookbook for Beginners**

- ✓ Quick Meals
- ✓ Step-by-Step Photos
- ✓ Family-Friendly Recipes

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