

# Freezer to Air Fryer

*...from freezer to table in no time!*

Read our blog on air fryers + Dinner Done → <https://www.dinnerdone.com/blog/airfryer/>

<u>Entrée Type</u>	<u>Temperature</u>	<u>Approx. Time</u>	<u>Dishes like...</u>
Panko or Breadcrumb Crusted Chicken Breasts	400F	28-33 min*	Dijon Buttermilk Chicken Breasts, Chicken Parmigiana, etc.
Panko or Breadcrumb Crusted Stuffed Chicken Breasts	400F	28-35 min*	Ricotta Spinach Stuffed Chicken, Goat Cheese & Herb Stuffed Chicken, etc.
Panko Chicken Strips	400F	23-27 min*	Parmesan Chicken Fingers, Ranch Chicken Fingers, etc.
Panko or Breadcrumb Crusted Chicken Cutlets	400F	22-25 min*	Walnut Rosemary Oven Fried Chicken, Chicken Cutlets with Lemon Basil Sauce, etc.
Panko or Breadcrumb Crusted Fish Filets, Salmon Filets	370F to 400F	18-21 min*	Parmesan Crusted Tilapia, Salmon with Citrus Beurre Blanc, etc.
Beef Filets, Pork Tenderloin	400F	28-33 min*	Steak Diane, Rum Glazed Pork Tenderloin, etc.
Panko or Breadcrumb Crusted Pork Chops	400F	23-27 min*	Pork Schnitzel, Portabella Piccata Pork Chops, etc.

\*As always, cooking times are approximate and will depend on your exact device and, especially, the thickness of what is being cooked, which can vary greatly.

## Air Fryer Tips

- ❖ Just like ovens and other appliances, different air fryers cook differently based on brand and wattage. The more you use it, the more familiar you'll be with how our dishes cook in your particular air fryer!
- ❖ Preheat your air fryer. If it doesn't have a preheat setting, that's OK, just put it on the desired temp and let it heat 2-3 minutes before cooking.
- ❖ Oil the basket or racks to minimize sticking. It's best to not use non-stick spray, but to simply wipe with cooking oil. Non-stick sprays can damage the coating on some air fryer baskets.
- ❖ Don't overlap food. Remember that one of the reasons an air fryer is so effective is because of the very hot air that circulates rapidly around all sides of the food! Separate the items you are cooking so that the heat can properly circulate.
- ❖ Placing foods too close to the heating element at the top of the air fryer can result in food burning or over-cooking quickly.
- ❖ Check for even cooking. Some foods will need to be flipped halfway through cooking, or if you are cooking on multiple racks, you may want to swap the bottom rack for the top rack halfway through cooking so all items brown evenly.
- ❖ If you really enjoy fried foods, you may wish to "spritz" your dishes lightly with a little bit of oil right before cooking and halfway through the cooking process.
- ❖ Always use an instant read thermometer to check the internal temperature of what you are cooking, measuring in the thickest part. This is especially important when cooking foods from frozen as they can cook unevenly. Instant read thermometers are inexpensive and easy to use... just don't leave them in a hot oven and do wash them by hand!

[www.DinnerDone.com](http://www.DinnerDone.com) ~ 813.264.7700

*This "cheat sheet" (last updated 11/6/2019) is a work in progress... as we continue our testing, we'll update with new info!  
We are also gradually updating the labels on our dishes to include freezer-to-air-fryer instructions, when appropriate. © Dinner Done! 2019*