

THE UNPROCESSED AIR FRYER



Shopping Guide



Welcome to the official shopping guide for ‘**The Unprocessed Air Fryer**’ by nutritionist and bestselling author Jenny Tschiesche (pronounced Teeshe). This guide has been carefully designed to help you shop confidently for all 101 recipes in Jenny’s new cookbook – knowing that ingredients are free from ultra-processed ingredients.

Jenny’s approach is simple: wherever possible, whole ingredients, real food, no nasties. That means no artificial colourings, flavourings, preservatives, sweeteners, emulsifiers, and stabilisers and thickeners – just the good stuff that supports your health and wellbeing.

We’ve tailored this guide for UK shoppers, suggesting ingredients that you’ll find in major supermarkets. And while we’ve suggested some great brands, there are other excellent options out there, so be sure to check the labels. To help you make informed choices, here are the most commonly used artificial additives that this cookbook helps you avoid:

Colourings

- E129 Allura Red
- E133 – Brilliant Blue FCF
- E110 Sunset Yellow
- E102 Tartrazine Yellow

Flavourings

- Diacetyl
- Ethyl vanillin
- Maltol
- E621 Monosodium Glutamate (MSG)

Preservatives

- E249-252 Nitrates/Nitrites
- E221-228 Sulphites
- E211 Sodium Benzoate
- E220 Sulphur Dioxide

Sweeteners

- E950 Acesulfame K
- E951 Aspartame
- E954 Saccharin
- E955 Sucralose

Emulsifiers

- E471 Mono- and Diglycerides of Fatty Acids
- E322 Lecithins (often soy-derived, sometimes ultra-processed)
- E466 Carboxymethylcellulose (CMC)

Stabilisers & Thickeners

- E407 – Carrageenan
- E415 Xanthan Gum
- E412 Guar Gum
- E410 Locust Bean Gum

This guide will help you fill your fridge, freezer, and pantry with whole ingredients that are truly UPF-free – exactly as Jenny intended. Whether you’re a seasoned home cook or new to the air fryer, it’s your essential companion for nourishing snacks and meals made with real food.

Scan the QR code to visit Jenny on Instagram and learn even more!



INGREDIENTS		RECIPES
A	Apricots (Unsulphered) Crazy Jack, Minton & Donello, supermarket organic brands	Individual Bread & Butter Puddings <i>Pg 184-5</i>
B	Bacon (Nitrate-free)* Finnebrogue (Naked), Helen Brownings	Bacon & Roast Tomato Baps <i>Pg 16-7</i>
	Bread Baps** M&S White Rolls (Only 5 Ingredients), Biona Seeded Rolls, Ciabatta Rolls, Jason's	Bacon & Roast Tomato Baps <i>Pg 16-7</i> Lamb Kofta Burgers with Tzatziki <i>Pg 56-7</i>
	Breadcrumbs The easist way to make bread crumbs is to grind up sourdough or similar. Alternatively, UPF-free brands include: Paxo Natural Breadcrumbs, Prymat Breadcrumbs, M&S White Breadcrumbs	Chicken Parmesan <i>Pg 48-9</i> Stuffed Tomatoes <i>Pg 50</i> Beef Meatballs <i>Pg 58-9</i> Cheat's Chicken Kyiv <i>Pg 68-9</i> Fish Fingers <i>Pg 72-3</i> UPF-free Scotch Eggs <i>Pg 80-1</i> Aubergine Parmesan <i>Pg 89</i> Roasted Pepper & Walnut Dip <i>Pg 159</i>
	Bread (Rustic) - See Sourdough	Rustic bread refers to a style of bread, often handmade, characterized by a simple ingredient list (typically flour, water, yeast/starter, and salt), a crusty outer layer, and a sometimes irregular or uneven shape.
C	Capers Crespo, Opies, Realfoods by Organico	Tartare Sauce, <i>Pg 11</i>
	Chickpeas Bold Beans, Biona	Roasted Pepper & Walnut Dip <i>Pg 159</i> Chilli & Lime Chickpeas <i>Pg 164</i>
	Chocolate Chips, Dark Nibble Simply, Willies Cacao	Baked Chocolate Bananas <i>Pg 172-3</i> Courgette Brownies <i>Pg 180-1</i> Chocolate Oat Cookies <i>Pg 188</i>

INGREDIENTS		RECIPES	
Chorizo Look for 'Chorizo de Leon' from Unearthed, Pajariel and other supermarket brands		Baked Eggs with Chorizo, Spinach & Tomato <i>Pg 18-9</i> Chorizo & Pork Burgers <i>Pg 65</i> Beef & Chorizo Meatballs <i>Pg 94-5</i>	
Ciabatta Supermarket own brands		Garlic Ciabatta <i>Pg 101</i>	
Coconut Cream Biona (tinned) or use creamed coconut block (1:2 coconut block to hot water)		Roasted, Curried Veg Soup <i>Pg 30-1</i>	
Cornichons/Gherkins*** Biona		Tartare Sauce <i>Pg 10</i>	
Cream Cheese Supermarket own brands		Halloumi Baked Mushrooms <i>Pg 51</i>	
F	Flatbreads Costa & Mollica	Mini Flatbread Quiches <i>Pg 26-7</i> Cajun Chicken Skewers <i>Pg 44-5</i> Chicken Tikka <i>Pg 114-5</i> Flatbread Pizzas <i>Pg 120-1</i>	
G	Gnocchi Del Ugo, White Rabbit	Gnocchi Bake <i>Pg 74-5</i>	
M	Mayonnaise Dr Wills, Hunter and Gather, Jean Baton, Duchy, M&S Collection	Tartare Sauce <i>Pg 10</i> Tuna & White Bean Sweet Potato <i>Pg 36-7</i> Hard-boiled Egg Sandwiches <i>Pg 39</i> Halloumi Caesar Salad <i>Pg 104-5</i>	
Mirin (Sweet Rice Seasoning) Clearspring, Saitaku		Japanese-style 'Fried' Chicken <i>Pg 116</i>	

INGREDIENTS		RECIPES	
Miso Paste (White) Clearspring, Miso Tasty, Bart, Yutaka		Miso Salmon with Broccoli <i>Pg 108-9</i> Miso-glazed Aubergines <i>Pg 138-9</i>	
Muffins, English M&S or see 'Bread Baps'		Deconstructed Pizza Burgers <i>Pg 118-9</i>	
Mustard, Dijon Biona		Halloumi Caesar Salad <i>Pg 104-5</i>	
Mustard, Wholegrain Biona, Tracklements		Squash, Sausage & Crispy Kale Bake <i>Pg 60-1</i>	
<div>P</div>	Parma Ham Parma ham is made from pork and salt, with a traditional curing process, and without additives or preservatives.	Egg, Spinach & Parma Ham Pots <i>Pg 22-3</i> Halloumi, Honey & Parma Ham Salad <i>Pg 24-5</i> Gnocchi Bake <i>Pg 74-5</i> Cod Wrapped in Parma Ham <i>Pg 102-3</i> Parma Ham Chips <i>Pg 166</i>	
Pesto Natoora, M&S, Daylesford, Waitrose Sainsburys, Realfoods by Organico		Mini Flatbread Quiches <i>Pg 26-7</i> Cod Wrapped in Parma Ham <i>Pg 102-3</i>	
Pitta Cohen's Bakery		Lamb Kofta Burgers with Tzatziki <i>Pg 56-7</i> Garlic Pitta Chips <i>Pg 163</i>	
Puff Pastry (Ready-rolled) All Butter Jus-rol, Picard, Dorset Pastry		Beetroot & Feta Tarts <i>Pg 98-9</i>	
<div>R</div>	Raisins Crazy Jacks, Daylesford, organic supermarket brands	Individual Bread & Butter Puddings <i>Pg 184-5</i>	
<div>S</div>	Sausages/Chipolatas* Finnebrogue (Naked), Helen Browning	Squash, Sausage & Crispy Kale Bake <i>Pg 60-1</i> UPF-free Scotch Eggs <i>Pg 80-1</i>	

INGREDIENTS	RECIPES
Sourdough Jason's, Bertinet, Celtic Bakers, Gails, Waitrose, Morrisons, Sainsbury's	Roasted Figs with Goat's Cheese <i>Pg 28-9</i> Bruschetta <i>Pg 101</i> <i>Individual Bread & Butter Puddings Pg 184-5</i>
Soy Sauce Biona, Kikkoman, M&S, Clearspring, Poons	Honey-glazed Salmon <i>Pg 42-3</i> Pork & Hoisin Meatballs <i>Pg 64</i> Chicken Stir-fry <i>Pg 70-1</i> Miso Salmon with Broccoli <i>Pg 108-9</i> <i>Japanes-style 'Fried' Chicken Pg 116-7</i> Miso-glazed Aubergines <i>Pg 138</i>
Sriracha Dr Will's, Eaten Alive	Chicken Stir-fry <i>Pg 70-1</i>
Stock Cubes/Paste The vast majority of stock products are not UPF-free and so making your own really is the best option (see Vegetable Stock Paste Recipe <i>Pg 10</i>). For store bought products we recommend River Cottage.	Roasted Red Pepper & Tomato Soup <i>Pg 30-1</i> Roasted Curried Veg Soup <i>Pg 30-1</i> Creamy Courgette Soup <i>Pg 38</i> <i>Spicy Patatas Bravas Pg 144-5</i>
Sugar, Unrefined**** Billingtons, Tiana, The Groovy Good Company,	Roasted Curried Veg Soup <i>Pg 30-1</i> <i>Spicy Patatas Bravas Pg 144-5</i> Moroccan-style Carrot Hummus <i>Pg 158-9</i> Banana & Chia Muffins <i>Pg 176-7</i> Courgette Brownies <i>Pg 180-1</i> Fruit Crumble Pots <i>Pg 182-3</i> Simple Banana Bread <i>Pg 186-7</i>
<div data-bbox="150 1675 264 1787">T</div> Tahini Del Ugo, Cypressa, Biona	Moroccan-style Carrot Hummus <i>Pg 158-9</i>
Tomatoes, Passata Cirio, Mutti, Tarantella, Mr Organic	Baked Eggs with Chorizo, Spinach & Tomato <i>Pg 18-9</i> Flatbread Pizzas <i>Pg 120-1</i>

INGREDIENTS	RECIPES
Tomatoes, Puree Biona, Cirio, Mutti, Tarantella, Mr Organic, Casar, M&S, Epicure, Duchy	Vegetable Stock Paste Recipe <i>Pg 10</i> Chorizo & Pork Burgers <i>Pg 65</i> Beef & Chorizo Meatballs <i>Pg 94-5</i> Mediterranean Veg & Couscous Salad <i>Pg 142</i>
Tomatoes, Sun-dried Realfoods by Organic, Mr Organic, Biona, Heinz	Courgette-crust Mini Quiches <i>Pg 20-1</i> Halloumi Baked Mushrooms <i>Pg 51</i>
Tomatoes, Tinned Biona, Cirio, Mutti, Mr Organic	Spicy Patatas Bravas <i>Pg 144-5</i>
Tortilla, Chips Old El Paso, Mister Free'd, Lunchito, Rude Health	<i>Beef Nachos Pg 96-7</i>
Tortilla, Soft (White/wholegrain) Costa & Mollica	Chicken Fajitas <i>Pg 46-7</i> Chicken Tacos with Tomato Salsa <i>Pg 112-3</i> Fish Tacos, Mango & Avocado Salsa <i>Pg 129</i>
<div data-bbox="150 1216 264 1330">V</div> Vanilla Extract Taylor and Colledge, Nielsen Massey, Heilala	Simple Banana Bread <i>Pg 186-7</i>
Vinegar, Balsamic Biona, Mazzetti, Mr Organic	Baked Eggs with Chorizo, Spinach & Tomato <i>Pg 18-9</i> Halloumi, Honey & Parma Ham Salad <i>Pg 24-5</i> Creamy Mushroom Pasta Sauce <i>Pg 52-3</i> Roasted Tomatoes with Torn Mozzarella <i>Pg 78-9</i>
Vinegar, Rice Wine Clearspring, Blue Dragon, Kikkoman, Saitaku	Pork & Hoisin Meatballs <i>Pg 64</i> Japanes-style 'Fried' Chicken <i>Pg 116-7</i>
Vinegar, White Wine Aspall, Raw Vibrant Living	Vinaigrette Dressing <i>Pg 11</i> Lamb Kofta Burgers with Tzatziki <i>Pg 56-7</i> Chicken Tacos with Tomato Salsa <i>Pg 112-3</i> Fish Tacos, Mango & Avocado Salsa <i>Pg 129</i>

INGREDIENTS	EXTRA NOTES
Bacon, Sausages and Chipolatas*	Whilst not strictly UPF-free, there are now brands of bacon and sausage that stand out from the supermarket ultra-processed norm. Made from pork with a handful of simple, recognisable extras, such as water, salt, and natural flavourings like organic lemon and carob, they are free from fillers, phosphates and added nitrates. The antioxidant 'ascorbic acid' is vitamin C in its most practical form and helps stop the products from spoiling.
Bread Baps**	Some may contain ascorbic acid (vitamin C), which acts as a preservative. As this is a naturally occurring compound and a beneficial nutrient, when used in food this is generally not considered a characteristic of ultra-processed foods (UPFs).
Cornichons/Gherkins***	Some may contain firming agents such as calcium citrate. When used in food this is generally not considered a characteristic of ultra-processed foods (UPFs).
Sugar, unrefined****	Unrefined sugar has undergone minimal processing and retains more of the natural nutrients, molasses, and minerals found in the original sugar cane or sugar beet. It contrasts with refined sugar, which is heavily processed to remove all molasses and impurities, resulting in pure white sucrose. Common examples include raw cane sugar and coconut sugar.