



Air Fryer Shisanyama Steak and Chops  
RECIPE

## Air Fryer Shisanyama Steak and Chops



Cooking time

45 mins

Preparation time

5 mins

Serves

4

Now you can effortlessly create classic shisanyama flavours in your air fryer without the hassle of lighting a fire. If you prefer to cook over coals, our tasty Royco Coat & Cook mix works brilliantly on the braai - try it with chicken, ribs or wors!

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# Ingredients

- 500g lamb chops or beef steak
- 30ml (2 Tbsp) oil
- 1 sachet Royco® Shisanyama Coat & Cook

Products used



Shisanyama Flavour Coat & Cook

[View Product](#)

## Vegetarian

Sprinkle cubes of butternut, pumpkin or brinjal (or big brown field mushrooms) with Royco® Shisanyama Coat & Cook and oil, and air fry for 20 – 30 minutes.

## Family Friendly

This is a delicious seasoning mix for lunchbox snacks such as air fried chicken wings or chipolata sausages.

# Method

1. 1  
Preheat the air fryer 180 °C. If you're using an oven, heat it to 190 °C.
2. 2  
Dust the contents of the sachet of Royco® Shisanyama Flavour Coat & Cook over the chops or steak, then drizzle with oil.
3. 3  
Air fry for about 45 minutes, or until the meat is browned and caramelised on the outside and cooked to your liking on the inside. Turn the meat over halfway through cooking. In an oven, they will take about 45 minutes (if they are not well browned on top at the end of the cooking, turn on the top grill for the last 5 or so minutes).
4. 4  
Serve with steam bread or pap, plus salads of your choice.

# Recipe Tags

Air Fryer Recipes, Coat & Cook, Meat & Veg

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New Project



## **Lamb Ragu Lasagna**

Cooking time

35 mins

Preparation time

20 mins

[View Recipe](#)



## **Lamb Rogan Josh Curry**

Cooking time

35 mins

Preparation time

15 mins

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## **Lamb Tray Tagine**

Cooking time

180 mins

Preparation time

20 mins

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## **Mediterranean Vegetable Hot Pot**

Cooking time

40 mins

Preparation time

15 mins

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