

FREE OVEN TO AIR FRYER CONVERSION CHART

Rule of Thumb: Reduce oven temp by 20°C (25°F) and cut cook time by 20–25%.

Oven Temp (°C / °F)	Air Fryer Temp (°C / °F)	Example Foods	Oven Time	Air Fryer Time
220°C / 425°F	200°C / 400°F	Frozen fries, breaded fish	20 min	15 min
200°C / 400°F	180°C / 375°F	Chicken, sausages	25 min	18–20 min
190°C / 375°F	170°C / 350°F	Roasted veg, pies	30 min	22–24 min
180°C / 350°F	160°C / 325°F	Cakes, brownies	35 min	25–28 min
170°C / 325°F	150°C / 300°F	Pastries, quiche	40 min	30 min
160°C / 300°F	140°C / 275°F	Slow bakes, casseroles	50 min	38–40 min