

LIFESTYLE BUSINESS SOCIAL COMMUNITY

THE SWANDAY TIMES

LOVE IS IN
THE AIR...
FRYEREVERYONE'S GOT A LOT OF LOVE FOR THE
DUO AIR FRYER BACK THIS MONTH

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When the Swan Duo 13 in 1 Air Fryer first launched last year, they flew out of stock. It's been amazing to see the demand is still high with so many of our loyal followers getting their hands on one this month! With its 13 different functions, including air frying, roasting, grilling, and baking, users can cook up almost any dish. The rapid air circulation technology cooks food evenly and quickly, resulting in healthier and tastier meals - and the bonus of being cheaper than an oven to run! Its compact size and sleek design make it a great addition to any kitchen.

Lauren (@laurenatno4) writes "what is love?! It's a shiny new Air Fryer that's what it is" and we couldn't agree more. Kym says this is "the best item in my kitchen, saves so much time and makes all things crispy".



The buzz around the Duo doesn't end there. The air fryer has given us a whole range of recipes from our creative community.

“THE BEST ITEM
IN MY KITCHEN”

There's been hasselback chicken, naan bread pizzas, chicken skewers, pasta bake, lasagne, KFC fakeaway, full English pastries, French toast, Yorkshire puddings, and so much more!

AIR FRYER GRILLED CHEESE

In honour of British Sandwich Week last week we present to you the easiest lunch inspiration that you can grill up in your air fryer in no time.

Ingredients:

- Slices of your favourite bread
- Slices of your favourite cheese
- Soft butter

Method:

1. Spread a light layer of butter on one side of each slice of bread.
2. Place the buttered side down in the air fryer basket.
3. Cover the slice of bread with a piece of cheese and then add a second slice of bread on top, buttered side up.
4. Air fry at 180°C for around 3-5 minutes. Flip the sandwiches and air



fry for a further 2-3 minutes, until the bread is at your desired level of crispness. (Depending on the size of your air fryer, you may need to adjust this time by 1-2 minutes so check regularly whilst cooking).

THE PERFECT SIDE KICK TO THOSE SUMMER DISHES



Perfect for picnics, barbecues, and adding as a side to any dish.

The ultimate potato salad recipe.

Ingredients:

- 800g waxy potatoes
- 2 tsp wholegrain mustard
- 2 tbsp white wine vinegar
- 4 tbsp olive oil
- 1 shallot, finely chopped
- 3 tbsp mayonnaise
- 2 tbsp soured cream
- 1 tbsp horseradish sauce
- ¼ juiced lemon
- 2 spring onions, finely chopped
- handful of crispy fried onions

[Click for the recipe](#)

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CELEBRATING 10 YEARS OF RETRO

Next month is a very special month for team Swan. The iconic Retro range turns 10! The popular Swan Retro range is a collection of kitchen appliances with classic retro designs, that have featured in ten colours over the years to match any vintage colour palette and kitchen perfectly. They add an accent of class inspired by the styles of the 50s, 60s, and 70s.

We spoke to our sales manager about how this iconic,

colourful collection has grown over the years and been received in store. "My first memory of the Retro range is definitely the microwaves" begins Deb. "Since then, the range grew, designs and colour ways have come and gone, but it's always stood strong and has pinpointed what Swan has grown to be recognised for".

We'll be back at Exclusively this year celebrating this iconic collection. Say hello to the team at stand EH400 this June.



“

Retro is what
**SWAN HAS
GROWN TO BE
RECOGNISED FOR**

Retro
10 YEARS OF COLOUR
2013 – 2023

EXCLUSIVELY
13-14 June 2023
Business Design Centre, London
Housewares | Tabletop | Small Electrical

**STAND
EH400**



APRIL'S SHARE TO WIN WINNER

We're delighted to share that our April share to win winner was Seonaid (@seonaid66), who captured this lovely image of her cream Retro Fridge Freezer that perfectly matches her kitchen. Well done Seonaid, we hope all your Swan goodies are the

perfect complement to your kitchen!

The team love seeing everyone's snaps and how Swan products fit into everyone's home. We're always inspired by everyone's individual style and how Swan products can elevate any kitchen.



Sian
@Siannvancee

Who's getting a starter? I'll have a starter if you have a starter? How many people are having a starter? Do you want to share a starter? Can the kids food come with the starters? I don't want to be the only one having a starter, are you having a starter?

MEME OF THE MONTH

Are you having a starter? I will if you will. We've all been there and we couldn't resist sharing this highly relatable meme with our audience. Follow us on [Instagram](#) for more.

FIRST LOOK! BEHIND THE SCENES OF



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BE KIND TO YOUR MIND

Mental Health Awareness week took place this month. This week-long awareness campaign helps to reduce the stigma surrounding mental health issues and encourages individuals to seek support when they need it. It's a time where people can come together to share their experiences, learn about mental health, and take steps to improve their mental wellbeing. It's important to be kind to your mind everyday.

IT'S OKAY...

To make mistakes

To have bad days

To be less than perfect

To do what's best for you

To be yourself

MENTAL HEALTH AWARENESS WEEK

May 15th - May 21st

Anxiety is the theme of Mental Health Awareness Week 2023. Anxiety is a normal emotion in us all, but sometimes it can get out of control and become a mental health problem.

How to cope with feelings of anxiety



RECIPE OF THE MONTH

Cajun chicken and halloumi pasta by food blogger [@slimming.chris](https://www.instagram.com/slimming.chris)

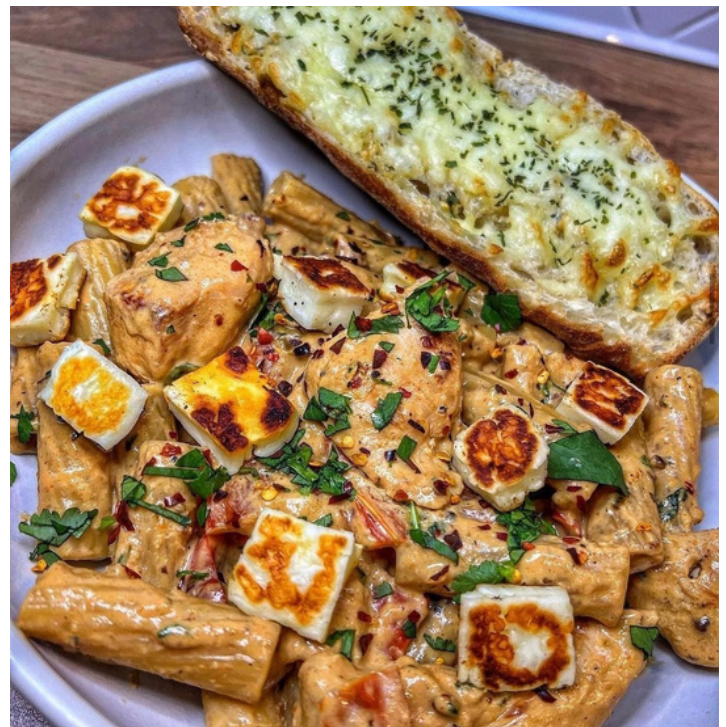
Ingredients:

For two people:

- 340g diced chicken
- 2 cloves of garlic
- Cajun seasoning
- 120g Philadelphia light
- 1 red pepper
- 100ml pasta water
- 1 small red onion
- Halloumi

Method:

1. Fry off 340g of diced chicken in Cajun seasoning until cooked through and add into a bowl
2. In the same frying pan, add the pepper, onion and garlic and fry for around 10 mins
3. Put your pasta on to boil at this point
4. Add the chicken in with the veg
5. Add the Philadelphia and pasta water and stir for 2 minutes until creamy
6. Add in the cooked pasta and stir through
7. Before serving, dice up some halloumi and fry for around 2 minutes, flip them and leave for another 1 minute
8. Enjoy!



WORDSEARCH

There are 7 hidden answers to be found related to this issue, reading in any direction, in the wordsearch grid below.

C F U L M S N J H O S T A W X E
H I S N E K G A L E V I L D S N
T R E T R O S M I P L A H E B M
S M D R S D R T U Q R N E M I R
H E L S O R L N G L S H A K Y E
O S B W E H I C A N C H X C P C
S Q L A F O G I L D O L U P O I
L U B N Y W F J E S L T R G L P
W F B C G E T L I C O A M L I E
E O R I K T L F I B U L M F L H
M O E P L I S T N I R I K N Y A
A L N O R M A C U D A C N T E R
L V O G F Y D R A P O E L H O P
N G S T P L I X E D T P L V V I
C H A R I O E C A L A O D T E O
O J O L N Z I C H O B T Q T G N
H F R I D G E K D N I K V E A P
C J D O F Z I L U E P N I M S U

ANSWERS

RECIPE KIND FRIDGE SWAN COLOUR GRILLED CHEESE RETRO

SUDOKU

Place each of the numbers 1-9 once in every row, column and 3x3 box.

					5	4		6
	6	2			9	1		
9				8	4			
	9					6		5
3		8		2				
		5			8	2	1	
8			7	6			2	
							4	7
1		7	4					

SOLUTION

1	3	7	4	5	2	8	6	9
5	2	6	8	9	1	3	4	7
8	4	9	7	6	3	5	2	1
6	7	5	9	4	8	2	1	3
2	6	8	5	2	6	7	4	9
3	1	8	5	2	6	7	4	9
2	6	4	1	3	7	8	5	9
9	5	1	6	8	4	7	3	2
4	6	2	3	7	9	1	5	8
7	8	3	2	1	5	4	9	6

SHARE2WIN

#MYSWANKITCHEN
@swanbranduk

If you want to be in with the chance of winning a new Swan product or two, why not enter this month's share to win competition? Simply snap a photo of your Swan product in its lovely home. Post the picture on Instagram tagging @SwanBrandUK and #MySwanKitchen to enter.

It's that easy! What are you waiting for? Get sharing to win!

