



# Quick Start Guide

Getting set up, recipes, and cooking charts

## GET FAMILIAR WITH YOUR FLEXFLAME

### FOLDING ROAST & SMOKE RACK

Not just for toasting buns. Extend cooking space away from the flame for crispy meats, vegetables, and much more with superheated convection air.

### REVERSIBLE GRILL GRATES

Insert with flat side up for full-contact searing and charring, or with the pointed side up for traditional grill marks.

### THERMOMETER (included magnetic storage case)



### GREASE TRAY

Always insert grease tray before cooking.



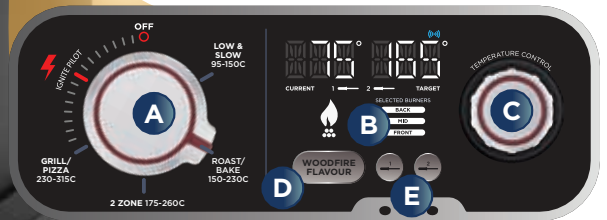
**SCAN HERE BEFORE YOU GET STARTED** to download the ProConnect App



**PELLET BOX**  
Fill with pellets to top FILL line before using WOODFIRE FLAVOUR.

### PLUG AND POWER SWITCH

Plug in the unit and press Reset on the plug. Then turn on the unit at the power switch - located where the power cord enters the back of the control panel.



### NOT INCLUDED



**REQUIRED**

### Patio Gas Bottle - 13Kg

See Owner's Guide for detailed tank requirements.



**REQUIRED**

### OUTDOOR-RATED EXTENSION CORD

Plug in using a 3-prong extension cord, rated for outdoor use.



**REQUIRED FOR WOODFIRE**

### NINJA WOODFIRE PELLETS

Only use Ninja Woodfire Pellets for best performance.

- A BURNER DIAL**  
Used to ignite pilot and main burner and for selecting a cook function.
- B SELECTED BURNERS LED**  
Shows which burners are active. Burners automatically adjust based on selected function.
- C TEMPERATURE CONTROL DIAL**  
Use to select a precise temperature within the selected function.
- D WOODFIRE FLAVOUR TECHNOLOGY**  
Add pellets for traditional smoking or use with any cooking function to infuse smoky woodfire flavours.
- E THERMOMETER SELECTION**  
Select your thermometer to adjust its target temperature. Thermometer jacks are located underneath.

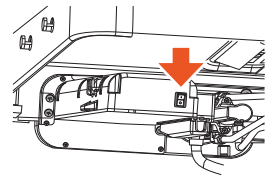
## STEP 1: GET SET UP

### FOLLOW THESE STEPS BEFORE IGNITING BURNERS



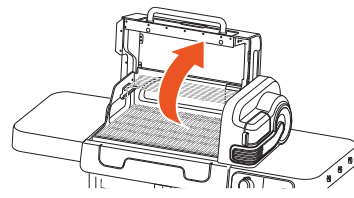
#### PLUG IN

Plug in the device. Press the 'RESET' button on the plug. You should hear a click indicating the device is ready.



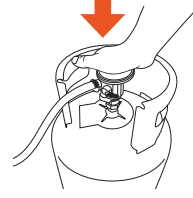
#### SWITCH ON

Ensure the unit is turned on (switch is located at back of the control panel, under the right side table).



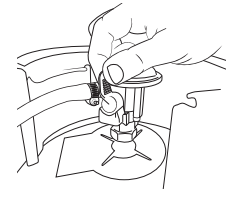
#### OPEN GRILL LID

Lid must be open to ignite.



#### ATTACH VALVE

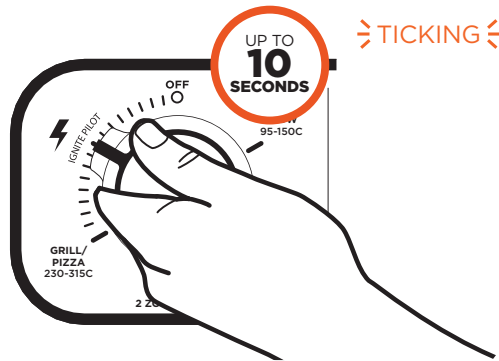
Push down until you hear it click.



#### OPEN VALVE

When the valve is vertical, it is open.

## STEP 2 IGNITE PILOT BURNER



Push in BURNER dial and turn to IGNITE PILOT. Hold in for up to 10 seconds.



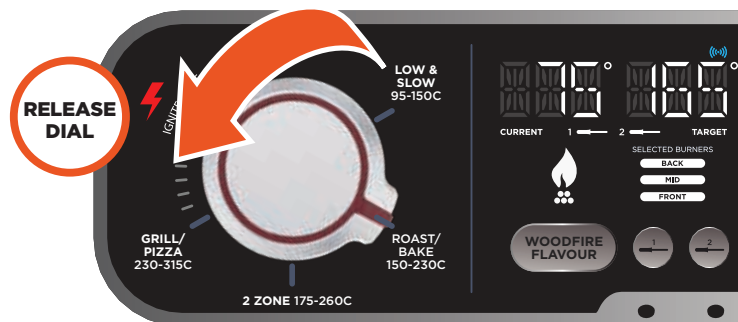
Once the pilot is fully ignited, release the dial. If the pilot goes out, hold the dial for longer before releasing.

**NOTE:** Pilot flame may be difficult to see in direct sunlight.



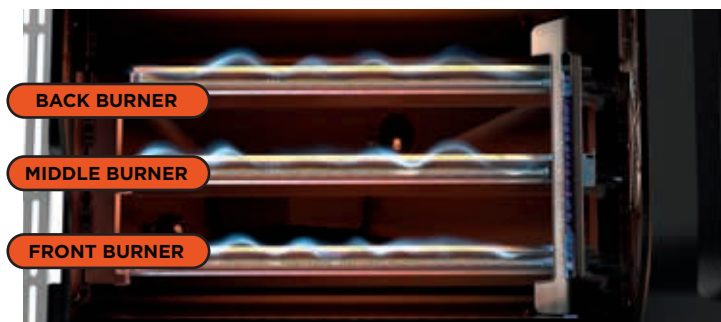
SCAN HERE for step-by-step ignition video

## STEP 3 SELECT FUNCTION (IGNITE MAIN BURNERS)



Once pilot burner is lit, release dial and turn counterclockwise to select a cooking function and turn on the main burners.

Make sure dial is not placed in between two functions.



BACK BURNER

MIDDLE BURNER

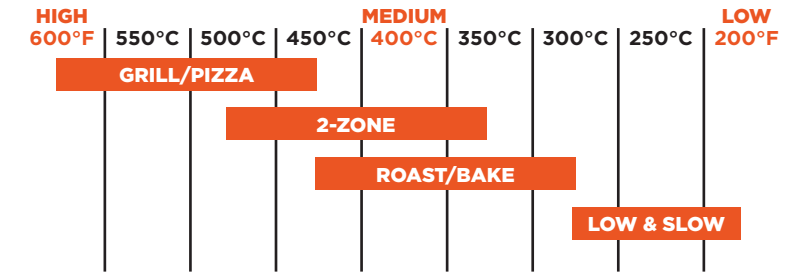
FRONT BURNER

Depending on the chosen mode, not all burners may be used. To ignite all burners, select GRILL/PIZZA

## STEP 4 ADJUST TEMPERATURE



Use the right dial to adjust temperature.



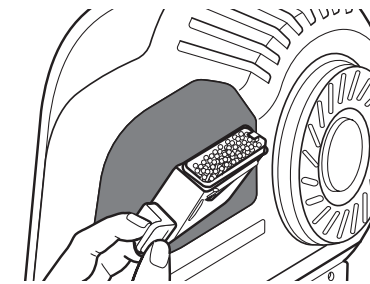
The range of possible temperatures depends on the selected mode.

**NOTE:** See next page for guidance on when to use each mode.



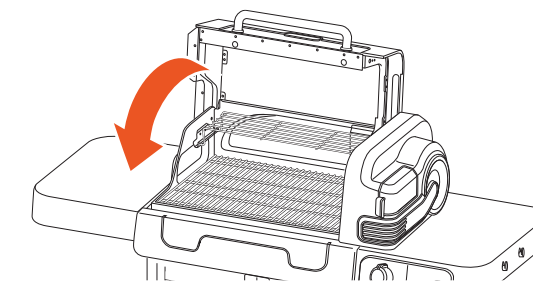
Close grill lid to begin preheat heating. The LED display will alternate between current and target temperatures until target is reached

## OPTIONAL ACTIVATING WOODFIRE FLAVOUR



#### ADD PELLETS

Pull out the pellet box, use the included scoop to add Ninja Woodfire pellets until it reaches the top of the pellet box. Use only Ninja Woodfire Pellets for best results, performance, and flavour.



#### CLOSE GRILL LID

To keep the smoke contained, the lid needs to be closed before you activate the Woodfire Flavour function.



#### IGNITE PELLETS

Press WOODFIRE FLAVOUR button. Ignition will take approximately 10-12 minutes.

IGN and a progress bar will display on the control panel, indicating pellets are igniting.

## OPTIONAL QUIET MODE

HOLD 5 SECONDS

WOODFIRE FLAVOUR

Quiet Mode minimises the cyclonic fan speed for a quieter cook. With the grill powered on, hold the WOODFIRE FLAVOUR button for 5 seconds to enter. To exit Quiet Mode, repeat the above step or restart your grill.

**Note:** Cook times and performance may be affected in Quiet Mode.

# Get to know each function & temperature range



SCAN HERE to shop Ninja FlexFlame Upgrades

ADD SMOKY FLAVOURS TO ANY DISH WITH

**NINJA**  
WOODFIRE  
TECHNOLOGY



WOODFIRE  
FLAVOUR

## GRILL/PIZZA



**230°C - 315°C**

High-heat searing and char-grilling for steaks, burgers, and more.

## 2-ZONE



**175°C-260°C**

Cook with direct heat on the 2 front burners while using the back burner to indirectly cook food using our convection technology.

## ROAST/BAKE



**150°C-230°C**

Even, surround browning and crisping on large proteins and veggies. Bake your favourite sweet treats, too.

## LOW & SLOW



**90°C-150°C**

Low-and-slow smoking for BBQ classics like ribs and pulled pork. Add pellets and press the WOODFIRE FLAVOUR button for smoky flavour.

**NINJA**

**FLEXFLAME**  
UPGRADES

COMPLETE YOUR COOKING SYSTEM



Full & Half Griddle\*



Pizza Stone\*

SOLD SEPARATELY

## NINJA WOODFIRE FLAVOUR SCALE

Woodfire flavour is dependent on cooking time; shorter cooks (less than 45 min) will have lighter flavour than longer cooks.

### HINT OF SMOKY FLAVOUR

Press Woodfire flavour When using functions above to add smoke.



Grill/Pizza

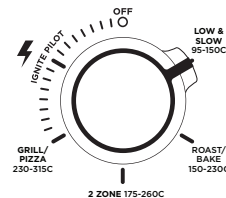
2-Zone

Roast/Bake



### BBQ SMOKY FLAVOUR

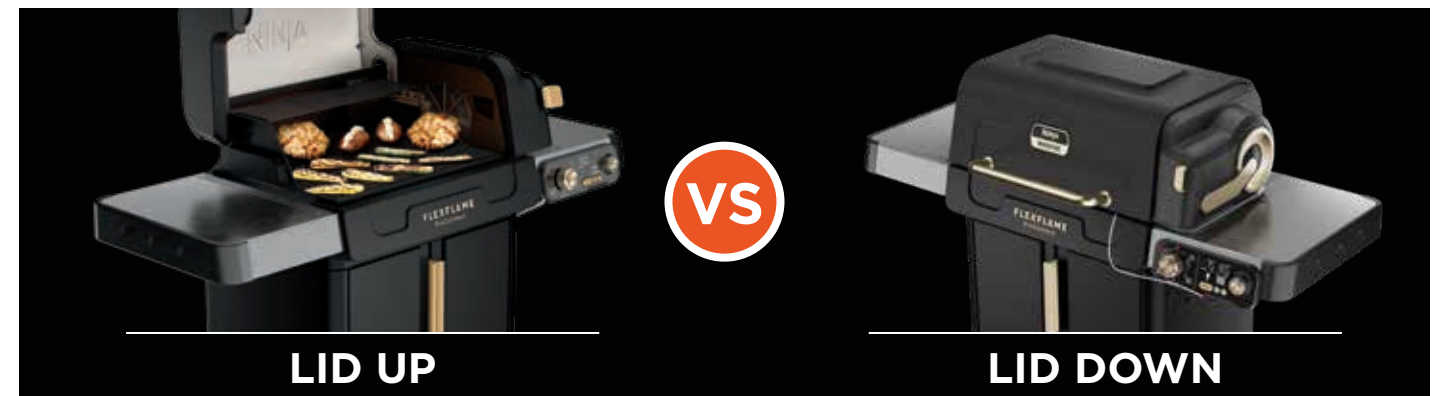
Set your grill to low and slow On the function dial.



Low & Slow



## WHEN TO COOK WITH THE LID UP OR DOWN



LID UP

LID DOWN

Best for griddling and shorter, more interactive cooks.

*When grilling with lid up, you will not have the benefits of the convection fan which may cause cook times to vary.*

Enables the convection fan for even, surround cooking, faster preheat and temperature recovery.

*Convection fan is only on when lid is down. When using Woodfire Flavour, lid MUST be down.*

# GETTING STARTED WITH THE NINJA PRO CONNECT™ APP

## KEY FUNCTIONS

### COOK

Monitor and adjust your grill's temperature and settings from anywhere.

### SET UP WIRED THERMOMETERS

Set-up your thermometers for a connected cook. Just pick your food, doneness and the app handles the rest.

### TIMERS

Set timers to track sides without leaving the app.

### CHARTS

Browse a selection of cook charts developed specifically for your grill.

Filter by ingredient, cook mode and cooking time to quickly find the best recipe for any occasion.

### HISTORY

Keep track of your best cooks, so you can recreate them with ease.



Download the NINJA PRO CONNECT™ APP and take the guesswork out of outdoor cooking



**IMPORTANT BEFORE PAIRING:** Ensure phone has Bluetooth® turned on and is connected to a 2.4-GHz Wi-Fi network, not a 5-GHz network.

## TROUBLESHOOTING

### CAN'T PAIR WITH YOUR GRILL?

- 1 Make sure your phone is connected to a 2.4-GHz Wi-Fi network within range of the grill.
  - Any 5-GHz network or out-of-range network will not be recognized by the grill. Like most Wi-Fi enabled home devices, Ninja Connected grills only pair over 2.4-GHz networks, which cover greater distances than 5-GHz networks.
  - If you have both 2.4-GHz and 5-GHz network options, make sure they don't have the same name, as this can cause pairing issues. If you are unable to separate your 2.4-GHz and 5-GHz networks, consider purchasing an inexpensive, dedicated 2.4-GHz router for your grill.
  - If you're not sure which bands your network uses or how to identify them, contact your internet service provider.
- 2 Restart your phone.
  - Turn off your phone. Wait a few minutes, then turn it back on and reconnect to Wi-Fi.
- 3 Unplug your grill and restart grill.
  - Unplug the grill from the outlet, then plug it back in and turn the right-hand dial to turn it on.
- 4 Reboot your router.
  - Unplug the router cable for 30 seconds, then plug it back in. Allow several minutes for your router to reboot completely.

### GRILL ICONS AND ERROR MESSAGES



**FLASHING WHITE WI-FI ICON**  
Pairing is in progress.



**FLASHING BLUE**  
Pairing with Bluetooth® is in progress. Please wait to successfully connect Bluetooth® to the grill.



**SOLID WHITE WI-FI ICON**  
Your phone and grill are successfully paired.



**FLASHING OR SOLID RED WI-FI ICON**  
Pairing has failed. Try pairing phone and grill again.

## COOKING WITH THE PRO CONNECT™ APP

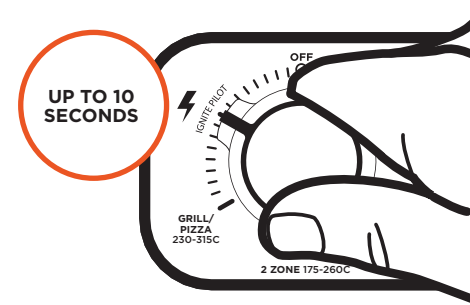
### FULL APP FUNCTIONALITY REQUIRES A CONNECTED THERMOMETER

See instruction booklet for using thermometer without the Pro Connect™ app.

**NOTE:** See previous section on choosing the right function and temperature for your cook.

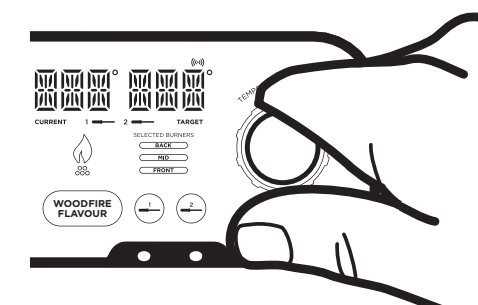
### STEP 1

Ignite your grill and set your desired cook function.



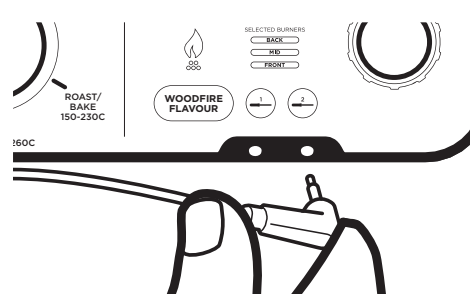
### STEP 2

Set your cooking temperature.



### STEP 3

Plug thermometer(s) into the jack(s) present on the control panel on the grill.



### STEP 4

In the app, open the Thermometer menu from the Cook page.



### STEP 5

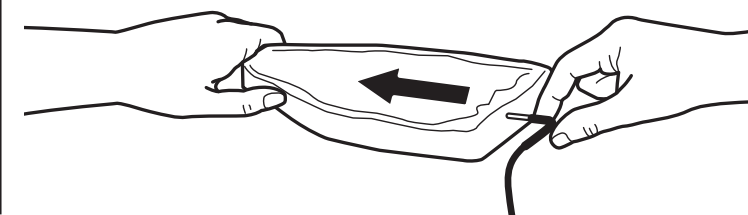
From the Thermometer menu, select your food, elect your food, cut and doneness (use custom to select a specific target temperature if desired).



### STEP 6

Insert the probe into your food, making sure to follow the guidance on correct placement.

**NOTE:** Incorrect thermometer placement can result in undercooked food and damage your probe.



### STEP 8

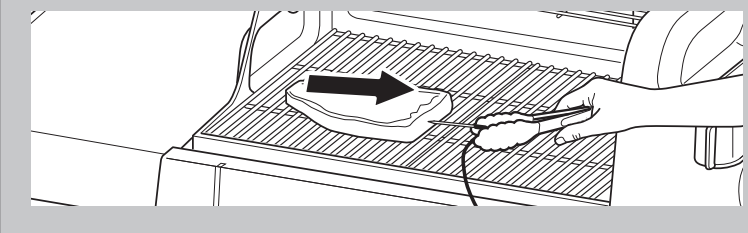
Click **SET THERMOMETER** in-app or on grill UI to confirm your choices, then place the food on the pre-heated grill.



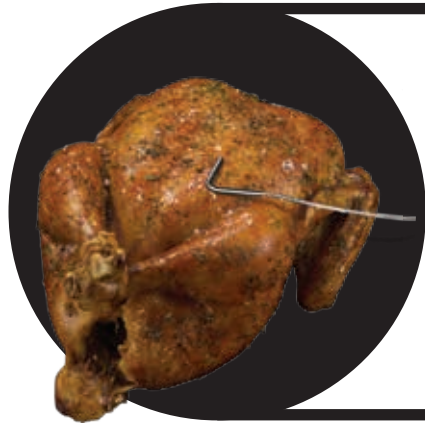
**NOTE:** The probe is designed to be used with the lid up or down.

### IMPORTANT:

The thermometer cord is designed to remain safely in place even when the firebox lid is closed. However, after cooking, the probe and cord will be hot. Always use oven mitts or tongs and remove the thermometer with care.



# HOW TO PLACE THE THERMOMETER



## IMPORTANT:

The center of your food may not be the thickest part. Ensure you have identified the thickest part before inserting the thermometer.

Ensure your probe is fully inserted to provide accuracy of the thermometer reading.



FOOD TYPE	PLACEMENT	CORRECT	INCORRECT
<b>STEAKS</b> <b>PORK CHOPS</b> <b>LAMB CHOPS</b> <b>CHICKEN BREASTS</b> <b>BURGERS*</b> <b>TENDERLOINS</b> <b>FISH FILLETS</b>	<ul style="list-style-type: none"> <li>Insert thermometer horizontally into the thickest part of the food, centering top to bottom and not at an angle.</li> <li>Ensure the thermometer is <b>fully inserted</b> leaving no space to the handle bend.</li> <li>Ensure the thermometer is not hitting any bones, fat, or gristle.</li> <li>The thermometer may be less effective on meats that are thinner than 1 inch.</li> </ul>		
<b>WHOLE CHICKEN</b>	<ul style="list-style-type: none"> <li>Insert thermometer horizontally into the thickest part of the breast, parallel to, but not touching, the bone.</li> <li>Make sure the tip reaches the center of the thickest part of the breast and doesn't go all the way through the breast into the cavity.</li> </ul>		

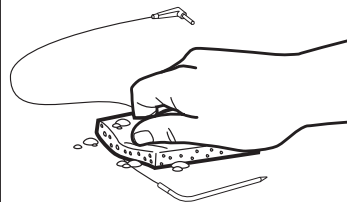
\*At least 1 inch thick

**DO NOT** use the thermometer with frozen protein or for cuts of meat thinner than 2 cm.

## CLEANING INSTRUCTIONS

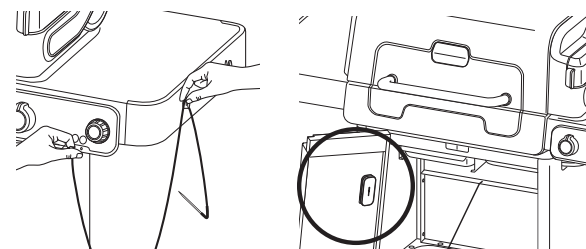
Wash thermometer and cable with a warm, soapy water and a soft cloth or sponge. Allow it to completely dry before use.

**NOTE: DO NOT** submerge thermometer and wired cable in water when hot. Doing so may cause damage to the efficiency of the thermometer and risk malfunction. Allow to fully cool before washing.



## STORING

Use the side table hook to keep the probe out of the way during prep. Store the probe in the magnetic case inside the cabinet door to protect from the elements when not in use.



## UNDERSTANDING

# CyclonicHeat-iQ

We combined electricity and propane to change the way you cook outdoors. Designed to simplify your experience, the **cyclonic fan** circulates superheated air around your food while the **precision propane dials** give you total control over your settings. And with built-in Ninja Woodfire Technology, you can add **smoky flavour** to any meal.



**EVEN HEAT AND FAST COOKING**  
Fast\* charring, roasting, and smoking with our cyclonic fan.

**REAL SMOKY FLAVOUR**  
Create crisp BBQ bark and an authentic smoke ring with just 2 cups of pellets.

**PRECISION PROPANE FLAMES**  
Burners auto-adjust to maintain a set temperature.

**QUIET MODE - CYCLONIC HEAT. LESS NOISE.**  
Press and hold the WOODFIRE FLAVOUR button for 5 seconds (until you hear a beep) to enter QUIET MODE.  
*Quiet Mode may increase your cook times and impact cook performance.*

RED COLOUR IN GRILL IMAGERY FOR VISUAL REPRESENTATION ONLY, FLAME TAMERS WILL NOT GLOW

# NINJA WOODFIRE TECHNOLOGY

## LOW AND SLOW

### FOOD PREPARATION TIPS

#### AVOID OILS

Using oils or sprays can reduce smoke adhesion, reducing the smokiness of your food.

#### ADD SAUCE AFTER COOKING

For unwrapped proteins, add the sauce after cooking. If wrapped, add the sauce before covering.

#### USE A BINDER WITH DRY RUBS

We recommend using non-oil based binder such as apple cider vinegar or mustard to help adhesion. We recommend using a non-oil based binder as apple cider vinegar or mustard to help adhesion.

### SMOKING STEPS

#### STEP 1

**Fill pellet box to top tab.**

**TIP:** Adding fewer pellets will not change smoke intensity and may cause ignition issues.

**TIP:** If using a water bath (see tip below) prepare and add to the left side of the grill.

#### STEP 2

**Add food to the cold grill.**

**TIP: PROTEIN FIRST, FIRE SECOND**  
Add protein to the grill before starting Woodfire Flavour ignition. This allows food to warm gradually, keeping it low and slow.

**TIP: START COLD**  
Start with meat straight from the fridge. This helps regulate internal grill temperature, improves smoke adhesion and promotes better bark formation.

#### STEP 3

**Ignite burners.**  
**Select Low and Slow and set temperature using dial.**  
**Press WOODFIRE FLAVOUR to ignite pellets.**

*Pellet ignition will take 10-12 minutes.*

#### ADDING MORE PELLETS FOR SMOKIER FLAVOUR

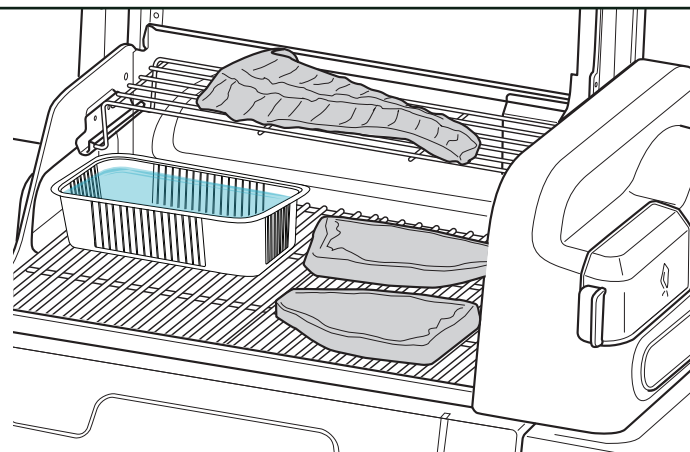
- Top off pellets if there is still a burning ember. **DO NOT** re-ignite pellets.
- If first batch has fully burned, refill pellet box and press WOODFIRE FLAVOUR button to ignite.

#### TIP

#### ADD A WATER BATH

Stabilizes the grill temperature for a more consistent cook, keeps meat juicy during long smokes and boosts smoke adhesion for deeper flavour.

Fill a heat-resistant tray (or a spare grease tray liner) with approximately 6 cups water and place on the left side of your grill when smoking, taking care not to spill.



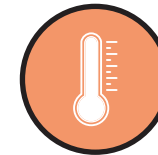
**NOTE:** Make sure the bath doesn't run dry on extended smoke sessions.



**NOTE:** Take extra care when low temperature smoking on hot/sunny days. Follow the above best practices to avoid overheating or dehydrating your protein.

## OTHER WAYS TO ADD SMOKY FLAVOUR

### GRILL/PIZZA, 2-ZONE, ROAST/BAKE



#### BEST FOR INFUSING A HINT OF SMOKY FLAVOUR.

High cook temperatures with fast cook times less than 30 min.

#### STEP 1

Select function to ignite burners, then set temperature.

#### STEP 2

Fill pellet box to the top FILL tab.

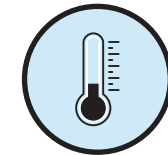
#### STEP 3

Press WOODFIRE FLAVOUR to ignite pellets. Pellet ignition will take 10-12 minutes.

#### STEP 4

When preheat and pellet ignition are complete,

### COLD SMOKING



#### ADD SMOKY FLAVOUR TO FOOD WITHOUT COOKING IT.

Best used in cooler months or when temperature conditions are below 85°F.

#### STEP 1

Add food to the cold grill.

#### STEP 2

Fill pellet box to top FILL tab

#### STEP 3

Press WOODFIRE FLAVOUR to ignite pellets.  
*Pellet ignition will take 10-12 minutes.*

#### IMPORTANT:

Once cold smoked If you smoked raw meats, either refrigerate until use or cook immediately to bring to safe internal temperature.

# NINJA WOODFIRE TECHNOLOGY



Rich, classic BBQ

Balanced, mild, bright, sweet

#### 100% REAL WOOD, NO FILLERS

Each pellet is a combination of premium hardwoods at the perfect ratio for optimal flavour.

#### PREMIUM QUALITY FOR BEST SMOKE

Our wood pellets are high density and low moisture—the perfect combo to create professional-grade smoke.

#### CONSISTENT FLAVOUR

The size and shape of our pellets provide optimal air flow and consistent smoky flavour.

#### PURCHASE PELLETS



### PELLET DISPOSAL

Pellets will smoke for approximately 45 minutes, but embers will remain hot for approximately 90 minutes.

Allow grill and pellet box to completely cool, then remove the pellet box and safely discard contents after each use.

Use ash in your garden as an excellent source of nutrients for plants. Lightly scatter on the soil, or add it to your existing compost.

# MAINTENANCE & CLEANING

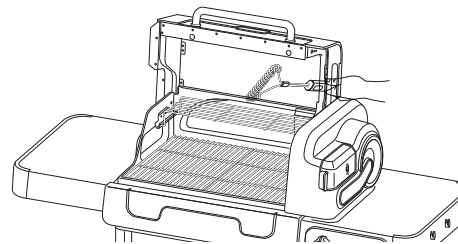
**IMPORTANT:** Always ensure gas flow is OFF, Burner dial is in OFF position, and grill is unplugged before cleaning or maintenance. Always allow grill, accessories, and pellet box to cool before any cleaning or maintenance.

To help minimize flare-ups, we recommend that you thoroughly clean the grill regularly, especially after every **20 hours of cooking, 12 cooks, or after completing a cook using the Low & Slow or Bake/Roast functions**

1

### LID INTERIOR

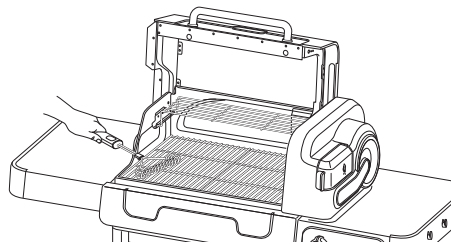
Use a stainless steel grill brush to carefully scrape away any coloured flakes on the inside of the lid. Though harmless, we recommend cleaning them to avoid flakes falling into food.



2

### GRILL GRATES

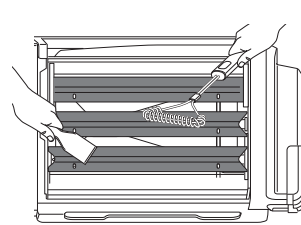
Leave the grates in place. Preheat the grill, use a stainless-steel grill brush to clean off any residue on the grates from your previous cook.



3

### FLAME TAMERS

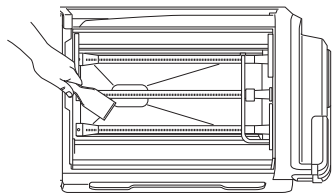
Remove the grill grates and set aside. Use a plastic scraper to clean any residue/debris from the flame tamers. If necessary, a stainless-steel grill brush may also be used.



4

### GREASE FUNNEL

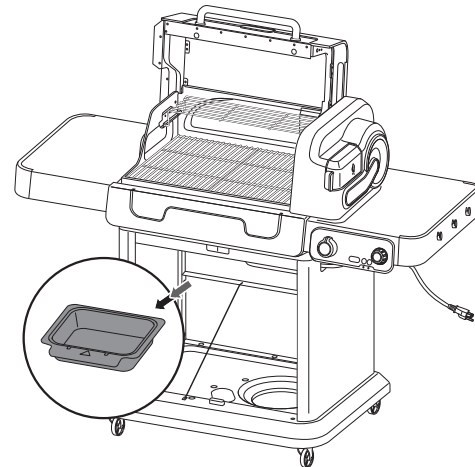
Brush or scrape debris into the grease tray with a stainless-steel grill brush or scraper. Be careful not to scratch the funnel.



5

### GREASE TRAY

Carefully remove the grease tray after it has cooled completely, and safely discard contents after each use. Hand-wash grease tray in warm, soapy water. Grease tray liners are available for purchase for hassle-free cleanup. After rain or snow, always check the grease tray and dump out any water or other contents.



## IF GREASE FIRE OCCURS, DO NOT POUR WATER ON YOUR GRILL

1

TURN BURNER DIAL TO OFF.

2

UNPLUG GRILL.

3

LEAVE GRILL LID CLOSED, WAIT FOR THE FIRE TO GO OUT.

4

IF SAFE TO DO SO, SHUT OFF GAS AT PROPANE TANK, MOVE THE UNIT AWAY FROM ANY STRUCTURES, AND DO NOT LEAVE THE GRILL UNATTENDED.

5

IF THE FIRE IS UNCONTROLLABLE, IMMEDIATELY CALL THE FIRE BRIGADE.

# NINJA FLEX FLAME UPGRADES



SCAN HERE to shop Ninja FlexFlame Upgrades

## COMPLETE YOUR COOKING SYSTEM

SOLD SEPARATELY



Premium Full Griddle



Premium Half Griddle



Ninja Woodfire Pellets



16" Artisan Pizza Stone



16" Perforated Pizza Peel

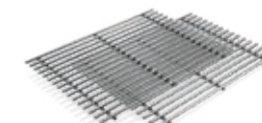


Storage Caddy

## COMPLETE YOUR SETUP WITH ACCESSORIES



Premium Grill Cover



Stainless Steel Grill Grates



Griddle Spatula



Grease Tray Liners

ALL UPGRADES & ACCESSORIES SOLD SEPARATELY

Questions? [ninjakitchen.co.uk](http://ninjakitchen.co.uk)

# SMOKED BABY BACK RIBS WITH CHILLI LIME COLESLAW



**FUNCTION:** LOW/SLOW | **EQUIPMENT:** GRILL GRATES  
**PREP:** 20 MINUTES, PLUS 10 MINUTES RESTING | **PREHEAT:** APPROX. 15-20 MINUTES | **COOK:** 2 HOURS 10 MINUTES | **MAKES:** 4 SERVINGS



## INGREDIENTS

4 x 225g half rack pork "baby back" ribs  
 2 teaspoons fine sea salt  
 50g barbecue seasoning  
 100-200ml cider vinegar, for basting  
 150-200ml barbecue sauce

## CHILLI-LIME COLESLAW

100ml full-fat yoghurt  
 50g mayonnaise  
 Juice of 1-2 limes  
 1 small bunch fresh coriander, finely chopped  
 2 green or red chillies, deseeded, finely chopped  
 1 x 600g head white or red cabbage (or a mixture), cored, finely sliced  
 1 medium carrot, peeled, grated  
 4 spring onions, trimmed, finely sliced  
 Sea salt and ground black pepper, as desired

## DIRECTIONS

- 1 Liberally cover ribs on all sides with salt and barbecue seasoning, pressing to stick and tapping to discard any excess.
- 2 Fill the smoke box with pellets up to the max fill line. Close box lid.
- 3 Lift the grill lid and place ribs meat side down in the centre of the grill grate. Use a brush to gently dab the ribs with the vinegar (don't brush as you'll knock off the rub), flip over and repeat. Insert the thermometer into the thickest part of the ribs, centering top to bottom, then close the lid.
- 4 Follow ignition instructions on unit, then use the function dial to select **LOW/SLOW** and the **TEMPERATURE CONTROL** dial to set temperature to 120°C. Plug the thermometer into the unit, press the corresponding probe button, and use the **TEMPERATURE CONTROL** dial to set the target temperature to 95°C. Select **WOODFIRE FLAVOUR** and close the hood to begin preheating (unit will flash current grill temperature and set grill temperature until preheated). Unit is preheated when set temperature is displayed and unit beeps (after approx. 15-20 minutes).
- 5 To prepare the coleslaw, combine all ingredients in a medium bowl and set aside.
- 6 After 45 minutes, open the lid, baste the ribs with vinegar, flip and repeat. Close lid, cook for another 45 minutes, then repeat the basting process again.
- 7 Unit will beep and read **DONE** when set temperature has been reached, remove probe, brush ribs with barbecue sauce and continue cooking on **LOW/SLOW** at 120°C (please include degrees symbol) for 10 mins or until the ribs are tender and the barbecue sauce has a glossy lacquered finish.
- 8 When cooking is complete, let ribs rest for 10 minutes before serving with chilli-lime coleslaw.

For best results, refer to the Tips and tricks section

# SMOKEY REVERSE-SEARED STEAK WITH CHIMICHURRI & GRILLED SPRING ONIONS



**FUNCTION:** LOW/SLOW | **EQUIPMENT:** GRILL GRATES (FLAT SIDE UP)  
**PREP:** 25 MINUTES | **PREHEAT:** APPROX. 15-20 MINUTES | **COOK:** 50 MINUTES | **MAKES:** 4-6 SERVINGS



## INGREDIENTS:

800g - 1kg côte de boeuf steak (about 2-3cm thick)  
 1 bunch spring onions, trimmed and washed  
 1 tablespoon extra virgin olive oil  
 Sea salt and ground black pepper, as desired

## CHIMICHURRI SAUCE:

1 large bunch flat leaf parsley, finely chopped  
 1 pack coriander, finely chopped  
 4 oregano sprigs, leaves picked, finely chopped  
 3 cloves garlic, finely minced  
 2 salad onions, trimmed and finely sliced  
 1 tablespoon crushed red chilli flakes  
 1 green chilli, finely chopped  
 6 tablespoons extra virgin olive oil  
 3 tablespoons white (or red) wine vinegar  
 1 teaspoon sea salt

## DIRECTIONS

- 1 Liberally season the côte de boeuf steak on all sides with salt and pepper, as desired.
- 2 For the chimichurri sauce, add all ingredients into a medium bowl and mix until combined. Loosen with 4-6 tablespoons water until a desired, spoonable consistency is achieved.
- 3 Fill the smoke box with pellets up to the max fill line. Close the smoke box lid.
- 4 Follow ignition instructions on unit, then use the function dial to select **LOW/SLOW** and the **TEMPERATURE CONTROL** dial to set temperature to 120°C. Select **WOODFIRE FLAVOUR** and close the lid to begin preheating (unit will flash current grill temperature and set grill temperature until preheated). Unit is preheated when set temperature is displayed and unit beeps (after approx. 15-20 minutes).
- 5 When grill is preheated, lift lid and place the côte de boeuf steak on the grill shelf. Plug the thermometer into the unit and press the corresponding probe button. Use the **TEMPERATURE CONTROL** dial to set the target temperature to 55°C (medium-rare). Insert the thermometer into the thickest part of the steak, centering from top to bottom. Once the unit is preheated, the screen will change to monitor the internal temperature the steak. Close the lid.
- 6 Cook the steaks for 4-5 minutes, the open lid, flip steaks, close lid and allow to cook until the unit beeps and reads **DONE**. Remove steak and allow to rest.
- 7 While steak is resting, follow ignition instructions on unit, then use the function dial to select **GRILL/PIZZA** and the **TEMPERATURE CONTROL** dial to set the temperature to 315°C. Close the lid to begin preheating (until will flash the current grill temperature and set grill temperature until preheated). Unit is preheated when set temperature displays and (after approx. 10-15 minutes).
- 8 While unit is preheating, season spring onions with salt and pepper and coat with 1 tablespoon olive oil. When the unit is preheated, lift lid and place the côte de boeuf steak on the grill grates. Close the lid and cook for 2 minutes.
- 9 After 2 minutes, flip the côte de boeuf steak and add the spring onions to the grill. Cook for 2-3 minutes more until the onions are softened and charred, and the steak has a nice golden crust.
- 10 When cooking is complete, remove the côte de boeuf steak, slice it and serve alongside the grilled onions, topping everything with chimichurri sauce.

# ROASTED CHICKEN WITH ROASTED BABY POTATOES & SALSA VERDE



**FUNCTION:** ROAST/BAKE | **EQUIPMENT:** GRILL GRATES  
**PREP:** 15 MINUTES | **PREHEAT:** APPROX. 10-15 MINUTES | **COOK:** 1 HOUR 10 MINUTES | **MAKES:** 3-4 SERVINGS



## INGREDIENTS

- 1 large bunch flat leaf parsley, finely chopped
- 1 large bunch basil, finely chopped
- 1 large bunch mint, finely chopped
- 2 cloves garlic, crushed
- 1 tablespoon capers in vinegar, finely chopped
- 2 tablespoons red wine vinegar
- 3 tablespoons extra virgin olive oil
- 1 teaspoon sea salt
- 1 whole chicken (about 1.5kg)
- 3 tablespoons olive oil, divided
- Sea salt, as desired
- Ground black pepper, as desired
- 1 kg baby potatoes

## DIRECTIONS

- 1** For the salsa verde, combine parsley, basil, mint, garlic, capers, red wine vinegar, extra virgin olive oil and 1 teaspoons salt in medium bowl and stir to combine. Cover and refrigerate until needed.
- 2** Follow ignition instructions on unit, then use the function dial to select **ROAST/BAKE** and the **TEMPERATURE CONTROL** dial to set temperature to 180°C. Close the lid to begin preheating (unit will flash current grill temperature and set grill temperature until preheated). Unit is preheated when set temperature is displayed and unit beeps (after approx. 10-15 minutes).
- 3** Coat the chicken with 2 tablespoons olive oil and then season liberally with salt and pepper.
- 4** In a large bowl toss potatoes with the remaining olive oil and then season with salt and pepper.
- 5** When grill is preheated, lift lid and place the chicken onto the center of the grill grates.
- 6** Plug the thermometer into the grill and insert it into the thickest part of the chicken breast, centering from top to bottom. Use the **TEMPERATURE CONTROL** dial to set the target temperature to 75°C. Close the lid to begin cooking.
- 7** After 50 minutes, add the potatoes to the upper grill grates. Close the lid and allow to cook for remaining cook time.
- 8** When chicken has reached temperature, remove from grill and allow to rest for 10-15 minutes before slicing and serving with roasted baby potatoes, salsa verde.

**NOTE:** If you prefer a spatchcocked chicken, decrease cook time by 10-20 minutes.

# GRILLED BURGER TRIO



**FUNCTION:** GRILL | **EQUIPMENT:** GRILL GRATES  
**PREP:** 5 MINUTES | **PREHEAT:** APPROX. 10-15 MINUTES | **PREHEAT:** 10-15 MINUTES | **COOK:** APPROX 10-14 MINUTES | **MAKES:** 12 SERVINGS



## INGREDIENTS

- 4 x 113g premade fresh beef burgers, 1-2cm thick
- 4 x 113g premade fresh lamb burgers, 1-2cm thick
- Sea salt and ground black pepper, as desired
- 4 x 113g fresh plant-based burgers, 1-2cm thick
- 12 slices cheese of choice (optional)
- 12 burger buns

### TOPPINGS (Optional)

- Tomato, sliced
- Red onion, peeled, thinly sliced
- Iceberg lettuce
- Pickles
- Ketchup, yellow mustard and/or mayonnaise

## DIRECTIONS

- 1** Follow ignition instructions on unit, then use the function dial to select **GRILL** and the **TEMPERATURE CONTROL** dial to set temperature to 260°C. Close the lid to begin preheating (unit will flash the current grill temperature and set grill temperature until preheated). Unit is preheated when set temperature is displayed and unit beeps (after approx. 10-15 minutes).
- 2** Season burgers with salt and pepper on both sides.
- 3** When grill is preheated, lift lid and place the burgers on the grill grates. Close lid and cook for 10 to 12 minutes, flipping halfway through. (You will need to set an external timer to track cook time). Use an external thermometer to ensure desired doneness is achieved. If certain burgers have reached desired doneness before others, move them to the top rack to keep warm. If desired, top burgers with cheese and place halved buns directly on the grill grates. Close lid and let cheese melt and buns toast for 1 to 2 minutes.
- 4** When cooking is complete, remove burgers and top as desired.

**TIP:** Reduce servings as desired and keep an eye on burgers for desired doneness.

# COD WITH CHERRY TOMATOES, CHARRED CITRUS & ASPARAGUS

**FUNCTION:** 2 ZONE GRILL | **EQUIPMENT:** GRILL GRATES (FLAT SIDE UP)  
**PREP:** 10 MINUTES | **PREHEAT:** APPROX. 10-15 MINUTES | **COOK:** 10 MINUTES | **MAKES:** 4 SERVINGS



## INGREDIENTS

- 3 tablespoons olive oil, divided
- 2 teaspoons crushed garlic
- 2 teaspoons lemon zest
- Sea salt and ground black pepper, as desired
- 4 fresh cod loin fillets, 130g each
- 300g cherry tomatoes, on the vine
- 500g asparagus, trimmed
- 2 lemons, cut in half

## DIRECTIONS

- On a plate or in a shallow baking dish, combine 2 tablespoons olive oil, garlic, lemon zest, salt and pepper and evenly coat cod fillets in the mixture.
- In a separate medium bowl, toss the asparagus and tomatoes with remaining oil and season with salt and pepper.
- Follow ignition instructions on unit, then use the function dial to select **2 ZONE GRILL** and the **TEMPERATURE CONTROL** dial to set temperature to 190°C. Close the lid to begin preheating (unit will flash the current grill temperature and set grill temperature until preheated). Unit is preheated when set temperature is displayed and unit beeps (after approx. 10-15 minutes).
- When grill is preheated, lift the lid, and place the cod (skin-side down), asparagus, and lemons flesh side down across the front two grill grates and close the lid.
- After 5 minutes, lift the lid and gently flip the fish. Place tomatoes on front two grill grates, turn the asparagus and move to the back burner to finish cooking. Flip lemons to see if they have desired level of char, allow them to continue cooking on front burners or move to the back burner to keep warm.
- Close lid and allow fish and tomatoes to cook for another 5 minutes, using an instead read thermometer check to see if fish has reached desired level of doneness (cooking is complete when internal temperature of fish is 65°C).
- When cooking is complete remove cod, tomatoes and grilled asparagus, squeezing the grilled lemon over top to serve.

**NOTE:** If you are unable to find cod, or prefer a different fish, substitute for another meatier fish such as halibut or salmon.

**NOTE:** For best output use the flat side of the grill plate, and allow to pre-heat for a minimum of 15 minutes. and use a flat fish slice to gently turn the fish.

# PINEAPPLE UPSIDE-DOWN CAKE

**FUNCTION:** ROAST/BAKE | **EQUIPMENT:** GRILL GRATES, 20CM CAKE TIN, PARCHMENT PAPER, BAKE TRAY, ALUMINIUM FOIL  
**PREP:** 25 MINUTES, PLUS 10 MINUTES COOLING | **PREHEAT:** APPROX 10-15 MINUTES | **COOK:** 35-45 MINUTES | **MAKES:** 8-10 SERVINGS



## INGREDIENTS

### PINEAPPLE TOPPING

- 50g salted butter, softened, room temperature, plus extra for greasing
- 100g brown sugar
- 1 tablespoon golden syrup
- 300-400g fresh or tinned pineapple chunks or rings, drained (juice reserved)
- 8-10 maraschino cherries (optional)

### TO SERVE (Optional)

- Warm custard, ice cream, double cream, whipped cream

### CAKE MIX

- 150g plain flour
- 2 teaspoons baking powder
- ¼ teaspoon bicarbonate of soda
- 100g salted butter, softened, room temperature
- 100g caster sugar
- 25g brown sugar
- 2 eggs
- 6 tablespoons reserved pineapple juice or milk
- 1 teaspoon vanilla extract

## DIRECTIONS

- To prepare the pineapple topping, grease a 20cm loose-bottomed cake tin with butter and line the base with baking parchment paper. Evenly coat the bottom and sides of the tin with brown sugar. Dot spoonfuls of butter over the sugar, then evenly drizzle the golden syrup on top and cover with pineapple chunks and cherries.
- Follow ignition instructions on unit, then use the function dial to select **ROAST/BAKE** and the **TEMPERATURE CONTROL** dial to set temperature to 180°C. Close the lid to begin preheating (unit will flash the current grill temperature and set grill temperature until preheated). Unit is preheated when set temperature is displayed and unit beeps (after approx. 10-15 minutes).
- To prepare the cake mix, in a small bowl combine the flour, baking powder and bicarbonate of soda. Using electric beaters, in a large bowl cream the butter, caster sugar and brown sugar until light and fluffy, about 3 to 4 minutes. One at a time, beat the eggs. If the mixture starts to split, add a little flour. Mix in the pineapple juice (or milk), vanilla and the rest of the dry ingredients until combined.
- Pour the cake mix over the pineapple and smooth the top. Line a baking tray with aluminium foil and place the cake tin on top.
- When grill is preheated, lift lid and place the cake into the centre of the grill. Close the lid and bake for 35 to 45 minutes. (You will need to set an external timer to track cook time).
- When baking is complete, remove cake tin and set aside to cool for 10 minutes before inverting onto a lipped cake stand or plate. Serve warm with custard, ice cream or pouring cream or cooled with whipped cream.

**NOTE:** Be careful when inverting cake onto a plate or stand as the melted sugar will be hot.

# ARTISAN-STYLE MARGHERITA PIZZA



NUT-FREE



VEGETARIAN



**FUNCTION:** GRILL/PIZZA | **EQUIPMENT:** GRILL GRATES, PIZZA STONE\*

**PREP:** 10 MINUTES | **PREHEAT:** APPROX. 10-15 MINUTES | **COOK:** APPROX. 5-8 MINUTES | **MAKES:** 1 PIZZA, APPROX. 4 SERVINGS



**SCAN HERE**  
to shop Pizza Stone and other Ninja FlexFlame Upgrades\*

## INGREDIENTS

400g store-bought pizza dough, room temperature  
60g pizza sauce  
115g fresh mozzarella cheese, sliced  
3-4 large fresh basil leaves, torn

## DIRECTIONS

- 1 Place Pizza Stone on top of grill grates. Follow ignition instructions on unit, then use the function dial to select **GRILL/PIZZA** and the **TEMPERATURE CONTROL** dial to set the temperature to 315°C. Close lid to begin preheating (unit will flash current grill temperature and set grill temperature until preheated). Unit is preheated when set temperature displays and unit beeps (after approx. 10-15 minutes).
- 2 When grill is preheated, keep lid closed and allow pizza stone to preheat for an additional 10 minutes.
- 3 Meanwhile, on a lightly floured work surface, stretch dough and toss by hand into a 35 ½cm circle.
- 4 Evenly cover dough with pizza sauce, leaving a 1 ½cm edge for the crust. Evenly top with sliced mozzarella.
- 5 When pizza stone is preheated, slide a floured pizza peel under the pizza, open lid, and slide pizza onto the stone. Close lid and cook for 5 to 8 minutes or until desired doneness is achieved.
- 6 When cooking is complete, remove pizza with peel and allow to rest for 5 minutes before topping with basil, slicing and serving.

**NOTE:** See pages 30-31 for additional pizza toppings and styles.

# PERFECT BREAKFAST



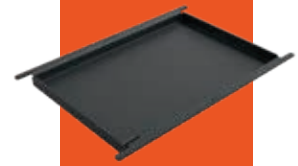
NUT-FREE



GLUTEN-FREE



DAIRY-FREE



**FUNCTION:** ROAST/BAKE | **EQUIPMENT:** FULL FLAT PLATE GRIDDLE\*

**PREP:** 5 MINUTES | **PREHEAT:** APPROX. 10-15 MINUTES | **COOK:** APPROX. 25 MINUTES | **MAKES:** 4 SERVINGS



**SCAN HERE**  
to shop Flat Plate Griddle and other Ninja FlexFlame Upgrades\*

## INGREDIENTS

2 tablespoon vegetable oil, divided  
8 slices of streaky bacon  
8 chipolatas of choice  
Sea salt and ground black pepper, as desired  
4 large eggs  
4 large Portobello mushrooms, stalk removed  
4 large tomatoes, cut in half diagonally  
4 large slices of bread, buttered on both sides  
Ketchup and brown sauce, as desired

## DIRECTIONS

- 1 Install Flat Plate Griddle in unit. Follow ignition instructions on unit, then use the function dial to select **ROAST/BAKE** and the **TEMPERATURE CONTROL** dial to set the temperature to 220°C. Close lid to begin preheating (unit will flash current grill temperature and set grill temperature until preheated). Unit is preheated when set temperature displays and unit beeps (after approx. 10-15 minutes).
- 2 When griddle is preheated, lift the lid, evenly add 1 tablespoon vegetable oil to the griddle and evenly place the bacon and chipolatas evenly spaced apart, then close the lid. Cook for 3 minutes, flip over, and cook for a further 2-3 minutes. Transfer bacon to the upper rack to keep warm and continue cooking the chipolatas for an additional 3-5 minutes, then transfer to the rack with the bacon.
- 3 Brush both sides of the mushrooms and tomatoes with remaining vegetable oil, and season with salt and pepper, as desired. Add the vegetables to the griddle and cook for 6-8 minutes, flipping halfway through. Then transfer to the rack to keep warm.
- 4 Place buttered bread onto griddle, and allow to cook for 3 minutes, flip over and cook for a further 3 minutes. Remove and set aside.
- 5 Crack 4 large eggs on the griddle and allow to cook for 2-3 minutes or until desired doneness is achieved, flip halfway through cooking if desired.
- 6 When cooking is complete, breakfast is served.

## CHARTS | GRILL (LID DOWN)

**NOTE:** Cook times shown are based on cooking with LID DOWN. Cook times with lid up will vary.



**TIP:** Want to add smoke? Reference the Ninja Woodfire Flavour Technology interaction section.

INGREDIENT	AMOUNT	PREPARATION	COOK TEMPERATURE	APPROX. COOK TIME	INTERACTION
<b>POULTRY</b>					
Chicken breasts, boneless	2-8 (130-160g each)	Season as desired	240°C	10-15 mins	Flip halfway through cooking
Chicken drumsticks	2-10 (150g each)	Season as desired	240°C	15-20 mins	Flip halfway through cooking
Chicken leg	2-6 (250g each)	Season as desired	240°C	20-30 mins	Flip often
Chicken thighs, boneless	2-10 (120-140g each)	Season as desired	240°C	10-15 mins	Flip halfway through cooking
Chicken thighs, bone in, skin-on	2-10 (150-200g each)	Season as desired	240°C	10-20 mins	Flip halfway through cooking
Chicken wings	8-20 (approx. 500-1kg total)	Season as desired	240°C	15-20 mins	Flip halfway through cooking
<b>BEEF</b>					
Burgers	2-12 burgers (approx. 113g each, approx. 12cm in diameter)	Season as desired	260°C	6-15 mins	Flip halfway through cooking
Cote de boeuf	2-4 800g-1kg	Season as desired	260°C	25-40 mins	Flip often
Fillet steak	2-8 (200-250g each)	Season as desired	260°C	6-20 mins	Flip halfway through cooking
Rump steak	2-6 (200-300g each)	Season as desired	260°C	5-15 mins	Flip halfway through cooking
Ribeye	2-6 (250-350g each)	Season as desired	315°C	5-15 mins	Flip halfway through cooking
Sirloin steak	2-6 (300-400g each)	Season as desired	315°C	5-15 mins	Flip halfway through cooking
Tomahawk	1-2 1.2-1.5kg	Season as desired	260°C	25-40 mins	Flip often
<b>PORK/LAMB</b>					
Lamb rack	1-6 (400-500g each)	Season as desired	240°C	20-35 mins	Flip halfway through cooking
Lamb chops	4-12 (100-150g each)	Season as desired	240°C	5-12 mins	Flip halfway through cooking
Pork chops, boneless	2-8 (250-300g each)	Season as desired	240°C	10-20 mins	Flip halfway through cooking
Pork chops, bone in	2-8 (300-400g each)	Season as desired	240°C	15-20 mins	Flip halfway through cooking
Pork fillet	2-4 (400-500g each)	Season as desired	240°C	15-25 mins	Flip halfway through cooking
Pork loin chops, boneless	4-8 (120-150g each)	Season as desired	240°C	5-10 mins	Flip halfway through cooking
Pork ribs	3-4 racks (225-250g each)	Season as desired	240°C	10-25 mins	Flip often
Back/Streaky bacon	10-20 rashers	N/A	240°C	3-6 mins	Flip halfway through cooking
Hot dogs	25-35	N/A	315°C	3-5 mins	Cook on upper rack, flip halfway through cooking
Chipolatas	50-60 (30g each)	N/A	230°C	5-10 mins	Flip halfway through cooking
Sausages	4-24 (60g each)	Season as desired	230°C	8-12 mins	Flip halfway through cooking

**NOTE:** When cooking smaller or larger quantities of foods than what is specified in this chart, be mindful that the cook time will need to be decreased or increased accordingly. Check food regularly with an external instant-read thermometer and adjust the cook time to achieve desired doneness.

## CHARTS | GRILL (LID DOWN) - CONT'D

**NOTE:** Cook times shown are based on cooking with LID DOWN. Cook times with lid up will vary.



**TIP:** Want to add smoke? Reference the Ninja Woodfire Flavour Technology interaction section.

INGREDIENT	AMOUNT	PREPARATION	COOK TEMPERATURE	APPROX. COOK TIME	INTERACTION
<b>SEAFOOD</b>					
White flaky fish	2-8 fillets (150g each)	Coat lightly with oil, season as desired (skin-side down)	240°C	5-15 mins	Flip halfway through cooking
Salmon, skin on	2-8 fillets (125g each)	Coat lightly with oil, season as desired (skin-side down)	240°C	5-15 mins	Flip halfway through cooking
Scallops 20/30	6-24 (500g-1kg total)	Coat lightly with oil, season as desired	240°C	3-8 mins	Flip halfway through cooking
Jumbo prawns	6-12 (approx. 500g-1kg total)	Coat lightly with oil, season as desired (shell on)	240°C	3-4 mins	Flip halfway through cooking
Tuna	2-8 (150g-200g each)	Coat lightly with oil, season as desired	240°C	5-10 mins	Flip halfway through cooking
<b>VEGGIES</b>					
Asparagus	1-4 bunches	Trim ends, coat lightly with oil, season as desired	315°C	3-10 mins	Turn every 3 minutes
Peppers	2-8	Cored, cut in quarters, coat with oil, season as desired	315°C	6-10 mins	Flip halfway through cooking
Broccoli	1-4 heads, cut in quarters	Cut in quarters, coat lightly with oil, season as desired	260°C	10-15 mins	Turn every 3 minutes
Carrots	1-10	Peel, trim, coat lightly with oil, season as desired	315°C	10-15 mins	Flip halfway through cooking
Corn on the cob	1-8	Remove husks, coat lightly with oil, season as desired	315°C	10-20 mins	Turn every 3 minutes
Cauliflower	1-2 heads, cut in half	Coat lightly with oil, season as desired	260°C	15-25 mins	Flip halfway through cooking
Aubergine	1-4	Trim, peel, cut in 1.5cm slices, coat lightly with oil, season as desired	260°C	10-20 mins	Flip halfway through cooking
Onions, white or red	1-4	Trim, peel, cut in 1.5cm slices, coat lightly with oil, season as desired	315°C	5-15 mins	Flip halfway through cooking
Portabello mushrooms	2-10	Coat lightly with oil, season as desired	260°C	8-12 mins	Flip halfway through cooking
Courgettes	1-6	Trim, peel, cut in 1/2-inch slices, coat lightly with oil, season as desired	315°C	5-12 mins	Flip halfway through cooking
<b>PLANT BASED PROTEIN / CHEESE</b>					
Halloumi	1-2kg	Cut into 1cm pieces, coat lightly with oil	260°C	2-6 mins	Flip halfway through cooking
Plant based burger	12-20 (113g each)	Coat lightly with oil	260°C	6-10 mins	Flip halfway through cooking
Plant based sausage	12-20 (113g each)	Coat lightly with oil	260°C	4-6 mins	Flip halfway through cooking
Tofu	1kg	Cut into 1 cm pieces, coat lightly with oil, season as desired	260°C	5-10 mins	Flip halfway through cooking

**NOTE:** When cooking smaller or larger quantities of foods than what is specified in this chart, be mindful that the cook time will need to be decreased or increased accordingly. Check food regularly with an external instant-read thermometer and adjust the cook time to achieve desired doneness.

## CHARTS | LOW & SLOW (LID DOWN)

INGREDIENT	AMOUNT	PREPARATION	COOK TEMPERATURE	APPROX. COOK TIME	TARGET INTERNAL TEMPERATURE
<b>BEEF</b>					
Brisket	500g-3kg	Season as desired/flip halfway through cooking	120°C	5-6 hrs	95°C
Short ribs, bone in	500g-2kg	Season as desired	120°C	4-5 hrs	95°C
<b>PORK</b>					
Ribs, baby back	1-6 racks (225-250g each)	Season as desired	120°C	2-4 hrs	87-95°C
Pork belly	1-4kg	Season as desired	120°C	2-4 hrs	95°C
Shoulder, boneless	1-4kg	Season as desired	120°C	5-7 hrs	95°C
Pork fillet	2-4 400-500g	Season as desired	120°C	30 mins-1½ hrs	95°C
<b>POULTRY</b>					
Chicken thighs, boneless or bone in	2-10 (120-140g each)	Season as desired	120°C	1-1½ hrs	75°C
Chicken, whole	3-4 (1.5-2kg each)	Season as desired	120°C	3-4 hrs	95°C
Duck breasts	6-8 (170-200g each)	Season as desired, skin side up	150°C	50 mins-1½ hrs	65°C
Duck legs	8-10 (220-250g each)	Season as desired	150°C	30 mins-1 hr	75°C
Turkey legs	3-4 (700-800g each)	Season as desired	120°C	3-4 hrs	75°C
<b>LAMB/VEAL</b>					
Shoulder of lamb, boneless	1-3kg	Season as desired	120°C	3-4 hrs	95°C
Shoulder of lamb, bone-in	1.5-2.5kg	Season as desired	120°C	4-5 hrs	95°C
Lamb shank	2-4 400-550g	Season as desired	120°C	3-4 hrs	95°C

**NOTE:** See page 9 for TIPS & TRICKS when smoking.

**NOTE:** For optimal cooking results, keep lid closed while cooking and limit interaction to ensure grill temperature is maintained.

**NOTE:** When cooking smaller or larger quantities of foods than what is specified in this chart, be mindful that the cook time will need to be decreased or increased accordingly. Check food regularly with an external instant-read thermometer and adjust the cook time to achieve desired doneness.

## CHARTS | ROAST (LID DOWN)

INGREDIENT	AMOUNT	PREPARATION	COOK TEMPERATURE	APPROX. COOK TIME	TARGET INTERNAL TEMPERATURE
<b>POULTRY</b>					
Whole chicken	2 (1.5-2kg each)	Season as desired	180°C	45 mins-1½ hrs	75°C
Chicken breast	2-8 (approx. 150g each)	Season as desired	175°C	20-35 mins	75°C
Chicken thighs, bone-in	2-10 (150-200g each)	Season as desired	175°C	20-35 mins	75°C
Duck breast	2-6 (180-200g each)	Season as desired	175°C	20-35 mins	75°C
Duck legs	8-10 (220-250g each)	Season as desired	175°C	20-35 mins	75°C
<b>BEEF</b>					
Beef rib roast, bone in	2.5-3kg	Season as desired	200°C	2-2½ hrs	52-62°C
Beef short ribs	500g-4kg	Season as desired	200°C	45 mins-2 hrs	52-62°C
Cote de bouef	2-4 800g-1kg	Season as desired	200°C	25-35 mins	52-62°C
Top side beef	1-4kg	Season as desired	200°C	50 mins-1½ hrs	52-62°C
<b>PORK</b>					
Fillet	4-6 (400-450g each)	Season as desired	175°C	20-30 mins	75°C
Loin, boneless	1-3kg	Season as desired	175°C	45 mins-1 hr	75°C
Ribs	3-4 racks (225-500g each)	Season as desired	200°C	45 mins-1½	75°C
Pork belly	500g-800g	Season as desired	175°C	1-1½	75°C
<b>LAMB</b>					
Leg of lamb	1.5-2kg	Season as desired	175°C	1-2½ hrs	75°C
Lamb rack	2-6 (225-450g each)	Season as desired	175°C	20-30 mins	75°C
<b>FISH</b>					
Side of salmon	500g	Season as desired	175°C	20-30 mins	65°C

**NOTE:** For optimal cooking results, keep lid closed while cooking and limit interaction to ensure grill temperature is maintained.

**NOTE:** When cooking smaller or larger quantities of foods than what is specified in this chart, be mindful that the cook time will need to be decreased or increased accordingly. Check food regularly with an external instant-read thermometer and adjust the cook time to achieve desired doneness.

## CHARTS | 2-ZONE (LID DOWN)

Create a complete, multi-textured meal using the power of direct and indirect heat with the 2-Zone function (the front 2 burners will be on, while the back burner will be off, creating both direct and indirect cooking zones).

### STEP 1: PICK YOUR PROTEIN

Coat with oil and season/marinate as desired.

PROTEIN	THICKNESS	AMOUNT (UP TO)	TEMPERATURE	TIME
<b>PORK</b>				
Boneless pork chops	2.5-4cm	4 chops (226g each)	260°C	10-15 mins
Sausages	Standard	6 sausages	220°C	8-10 mins
<b>BEEF</b>				
Fillet steak	2.5-4cm	2-4 steaks (200-250g each)	260°C	6-20 mins
Rib eye	2.5-4cm	1 steak (250-350g)	260°C	5-15 mins (for med rare to med)
Rump steak	2.5-4cm	1-2 steaks (200-300g each)	260°C	6-20 mins (for med rare to med)
Sirloin steak	2.5-4cm	2 steaks (300-400g each)	260°C	5-15 mins (for med rare to med)
T-bone/ tomahawk	1.3cm	2-4 steaks (450-1kg each)	260°C	8-12 mins (for med rare to med)
<b>FISH</b>				
Halibut/cod fillet, skin on	5cm	2-4 fillets (110-170g each)	260°C	5-15 mins
Salmon fillet, skin on	2.5-4cm	2-4 fillets (110-170g each)	260°C	5-20 mins
Scallops	Standard	10-20 pieces	260°C	5-10 mins
<b>POULTRY</b>				
Boneless chicken breasts	2.5-4cm	2-4 breasts (130-160g each)	230°C	10-15 mins

**IMPORTANT:** Internal doneness will vary if cuts of meat are thicker/thinner or a different weight than recommended in chart. Adjust time as needed, and use an external thermometer to check for desired doneness.

### STEP 2: PICK YOUR VEGETABLES

Coat with oil and season/marinate as desired.

VEGETABLE	AMOUNT (UP TO)	PREPARATION	TEMPERATURE	TIME
Peppers	2-3	Whole	260°C	10-20 mins
Broccoli	1-2 heads	Cut in half	260°C	15-25 mins
Cauliflower	1-2 heads	Cut in half	260°C	15-25 mins
Corn	2-4	Husks removed	260°C	10-25 mins
Green beans	450g	Whole	260°C	10-20 mins
Onions	2-3	Sliced in 1.5cm rounds	260°C	10-20 mins
Portobello mushrooms	4-6	Whole	260°C	10-20 mins
Potatoes	2-4	Whole	260°C	30-40 mins
Padron peppers	450g	Whole	260°C	10-15 mins
Courgette	2-3	Cut in half lengthwise	260°C	10-20 mins

### STEP 3: PREHEAT GRILL

Preheat grill on 2-Zone function at recommended temperature noted above.

### STEP 4: COOK AND SERVE

When grill is preheated, open lid and place desired proteins and vegetables on the front 2 burners (direct heat). Close lid to cook, opening to flip as needed. Move food to the back burner (indirect heat) to keep warm and finish cooking to desired doneness.

## CHARTS | BUILD YOUR OWN PIZZA (LID DOWN)

USING THE GRILL/PIZZA FUNCTION, CREATE RESTAURANT STYLE PIZZAS AT HOME WITH THE 16" PIZZA STONE ACCESSORY

Visit Questions? [ninjakitchen.co.uk](http://ninjakitchen.co.uk) for dough recipes and inspiration.

### PICK YOUR PIZZA STYLE & PREHEAT GRILL WITH PIZZA STONE

**TIP:** Use room-temperature dough for easy stretching.

#### NEW YORK



Large, hand-tossed pizza with light browning and a foldable, chewy crust.

#### THIN CRUST



Large, hand-tossed pizza with light browning and a foldable, chewy crust.

#### ARTISAN



Large, hand-tossed pizza with light browning and a foldable, chewy crust.

#### PAN



Baked in a deep dish or pan with a thick, chewy crust. Think Sicilian or Chicago Deep Dish.

### PICK YOUR SAUCE

**TIP:** We recommend 55-100g for each pizza.

Tomato and basil sauce

Alfredo

Pesto

Barbecue

Tomato and chilli sauce

Sun-dried tomato sauce

Bechamel

**NOTE:** Put pizza stone in the grill during preheat. After grill alerts you it has come to temperature, allow an additional 10 minutes for pizza stone to thoroughly preheat.

### PICK YOUR TOPPINGS

**TIP:** We recommend approx. 100g total for each pizza.

Grated cheese

Fresh mozzarella

Ricotta cheese

Chicken

Sausage

Meatballs

Peppers

Onions

Broccoli

Pepperoni

Aubergine

Prosciutto

Ham

Olives

Spinach

Pineapple

**NOTE:** Avoid overloading the pizza, which will make it difficult to cook evenly.

### COOK TIMES (ADJUST TO PREFERENCE)

New York Style  
6 ½ mins

Thin Crust  
5 mins

Artisan Style  
5-8 mins

Pan Pizza (Deep Dish/  
Chicago Style)  
10-15 mins

# NINJA

## FLEX FLAME

### UPGRADES



COMPLETE YOUR COOKING SYSTEM FOR THE BEST RESULTS



16" ARTISAN PIZZA STONE

**DOS AND DOUGH-N'TS**

- Make sure the stone is in the unit while preheating.
- While unit is preheating, flour a clean, dry, flat surface (such as a countertop), then use your hands or a rolling pin to stretch out the dough. As you stretch or roll out the dough, add more flour as needed to prevent sticking.
- Make sure dough is not stuck to the countertop. If dough sticks, add more flour under it. Then top it in this order: sauce (spread evenly, leaving a border), cheese, meats and/or veggies (don't overdo it—use a moderate amount of toppings to prevent a soggy, undercooked pizza).
- Flour the pizza peel, then gently slide it under the pizza and give it a couple hearty shakes. Bring it directly to the oven.

**DON'T GET STUCK**

- Do not leave the dough on the peel for a long time before cooking.
- The pizza peel, dough, and toppings should be at room temperature. Dough is easiest to stretch and slide off the peel when at room temperature.
- If the dough is too wet and sticky, add a generous sprinkling of flour to both it and the peel before stretching out the dough.
- Ensure there are no holes in the dough, as the sauce can leak through and cause the pizza to stick to the peel.
- If the dough sticks to the peel, use a quick back-and-forth motion to release it. The pizza's momentum will help it move forward so you can slide it off the peel onto the pizza stone.

**GLUTEN-FREE PIZZA TIPS**

- When working with gluten-free dough, use cornmeal to help prevent sticking to the counter or pizza peel.
- If your dough is too crumbly, add about 1 Tbsp water and work it into the dough until it comes together.
- If your dough is too wet or batter-like, add about 1 Tbsp flour until it turns into a more workable dough.
- If cooking pizza below 260°C, bake the dough separately for about 5 minutes, then add toppings and finish baking.
- To enhance crust browning, brush the dough lightly with olive oil before cooking.

**TIPS & TRICKS**

- When working with raw dough, lightly flour the work surface to prevent sticking.
  - If storing premade, store-bought dough, place it in an air-tight container or sealed bag and freeze within one day. Be sure to bring the dough to room temperature before using.
  - If buying dough from your local pizzeria, make sure to check the expiration date.
- NOTE:** If using a Ninja Pizza Peel, adding flour to the peel will also help prevent sticking when transferring your pizza to the stone.
- Make sure the stone is in the unit while preheating.

**PIZZA DIDN'T COME OUT AS EXPECTED?**

Issues	Possible Reason	Solution
<b>Base is over cooked but the top is undercooked</b>	<b>Pizza stone was too hot.</b>	Reduce the cook temperature if the dough is thicker than recommended above.
<b>Base is undercooked</b>	<b>Pizza stone wasn't hot enough.</b>	Be sure to preheat the stone. If it isn't preheated to the correct temperature, the top of the pizza can burn while the underside doesn't fully cook.
<b>Pizza is undercooked</b>	<b>Dough was too thick.</b>	Roll out the dough to an even thickness according to the recommendations above.
<b>Base was too wet and undercooked</b>	<b>Too many toppings, or the toppings were too wet.</b>	Use fewer toppings, make sure they're as dry as possible, and distribute them evenly.
<b>Dough over-browning</b>	<b>Dough had too much sugar or oil in it.</b>	Sugar burns more quickly than the rest of the dough, and oil speeds up the baking process, so use less—or none—of these additives to help avoid burning.
<b>Excessive smoking when cooking pizza</b>	<b>Too much flour on the Pizza stone or dough.</b>	Keep the stone clean, and use the Ninja Pizza Peel when transferring uncooked pizza to the oven—the perforations will allow excess flour to fall through before cooking.

## CHARTS | FLAT PLATE GRIDDLE (LID UP COOKING)

NOTE: FLAT PLATE GRIDDLE ACCESSORY SOLD SEPARATELY

**NOTE:** Preheat unit based on recommended cook temperatures and allow for an additional 15 minutes to properly preheat flat plate. Once preheated, cook with LID UP for best results. Cook times will vary with lid down cooking.

INGREDIENT	AMOUNT	PREPARATION	FUNCTION	TEMPERATURE	APPROX. COOK TIME	INTERACTION
<b>FLAT PLATE CLASSICS</b>						
Bacon	4-16 strips	None	Roast/Bake	220°C	5-10 mins	Flip at least once during cooking
Eggs	2-8 large eggs	As desired (fried, scrambled, sunny side up, etc.), 1 Tbsp oil on Flat Plate Griddle	Roast/Bake	220°C	3-4 mins	(depends on preparation)
French toast	2-8 slices	Dipped in egg batter	Roast/Bake	200°C	8-10 mins	Flip halfway through cooking
Toasted cheese sandwich	2-8 sandwiches	As desired	Roast/Bake	200°C	4 mins	Flip halfway through cooking
Pancakes	4-8 (60ml batter each, approx. 10cm diameter)	Follow package's instructions	Roast/Bake	220°C	4 mins	Flip halfway through cooking
<b>SEAFOOD</b>						
Scallops	6-24 (approx. 500g-1kg total)	1 Tbsp oil on Flat Plate Griddle	Grill	230°C	3-8 mins	Flip halfway through cooking
King prawns	6-24 (approx. 500g-1kg total)	1 Tbsp oil on Flat Plate Griddle	Roast/Bake	200°C	3-5 mins	Flip halfway through cooking
White flaky fish	2-8 fillets (approx. 500g-1kg total)	1 Tbsp oil on Flat Plate Griddle	Roast/Bake	200°C	5-10 mins	Flip halfway through cooking
<b>POULTRY</b>						
Chicken breasts	2-8 (approx. 130-200g each)	1 Tbsp oil on Flat Plate Griddle, season as desired	Roast/Bake	200°C	15-25 mins	Flip halfway through cooking
Chicken/turkey burgers	2-8 burgers (approx. 113g each, approx. 12cm in diameter)	None	Roast/Bake	200°C	10-15 mins	Flip halfway through cooking
Chicken/turkey, minced	500g-2kg total	None	Roast/Bake	200°C	5-10 mins	Toss frequently during cooking
<b>BEEF/PORK</b>						
Beef burgers	2-8 burgers (approx. 113g each, approx. 12cm diameter)	None	Roast/Bake	220°C	5-15 mins	Flip halfway through cooking
Sausages	2-24	None	Roast/Bake	200°C	20-25 mins	Flip 2 or 3 times during cooking
Chipolatas	4-30	None	Roast/Bake	200°C	15-20 mins	Flip 2 or 3 times during cooking
Minced beef	500g-2kg total	1 Tbsp oil on Flat Plate Griddle, season as desired	Roast/Bake	200°C	5-10 mins	Toss frequently during cooking
Minced pork	500g-2kg total	1 Tbsp oil on Flat Plate Griddle, season as desired	Roast/Bake	200°C	7-10 mins	Toss frequently during cooking
Minced lamb	500g-2kg total	1 Tbsp oil on Flat Plate Griddle, season as desired	Roast/Bake	200°C	5-10 mins	Flip halfway through cooking

**NOTE:** When cooking smaller or larger quantities of foods than what is specified in this chart, be mindful that the cook time will need to be decreased or increased accordingly. Check food regularly with an external instant-read thermometer and adjust the cook time to achieve desired doneness.

# CHARTS | FLAT PLATE GRIDDLE (LID UP COOKING) - CONT'D

NOTE: FLAT PLATE GRIDDLE ACCESSORY SOLD SEPARATELY

**NOTE:** Preheat unit based on recommended cook temperatures and allow for an additional 15 minutes to properly preheat flat plate. Once preheated, cook with LID UP for best results. Cook times will vary with lid down cooking.

INGREDIENT	AMOUNT	PREPARATION	FUNCTION	TEMPERATURE	APPROX. COOK TIME	INTERACTION
<b>VEGETABLES</b>						
Asparagus	2-4 bunches	Trimmed, 1 Tbsp oil on Flat Plate Griddle	Roast/Bake	200°C	15-20 mins	Flip 2 or 3 times during cooking
Peppers	2-8	Core, slice, coat with oil, season as desired	Roast/Bake	200°C	10-15 mins	Toss frequently during cooking
Onions	2-8	Trim, peel, cut in 1.5cm slices, coat lightly with oil, season as desired	Roast/Bake	200°C	6-15 mins	Toss frequently during cooking
Fresh diced potatoes	550-2kg total	Cut in 1.5cm pieces, 2 Tbsp oil on Flat Plate Griddle, season as desired	Roast/Bake	200°C	20-25 mins	Toss frequently during cooking
Shredded potatoes, fresh	550-2kg total	Cut in 1.5cm pieces, 2 Tbsp oil on Flat Plate Griddle, season as desired	Roast/Bake	200°C	20-25 mins	Toss frequently during cooking
Sliced mushrooms	80-160g total	2 Tbsp oil or butter on Flat Plate Griddle, season as desired	Roast/Bake	200°C	10-15 mins	Toss frequently during cooking
Sweet potato, fresh, diced	550-2kg total	3 Tbsp oil or butter on Flat Plate Griddle, season as desired	Roast/Bake	200°C	20-25 mins	Toss frequently during cooking
Courgette	2-8	Trim ends, cut in 1.5cm slices, coat lightly with oil, season as desired	Roast/Bake	200°C	10-20 mins	Flip 2 or 3 times during cooking
<b>PLANT BASED PROTEIN / CHEESE</b>						
Halloumi	1-2kg	Cut into 1cm pieces, coat lightly with oil	Roast/Bake	260°C	2-4 mins	Flip halfway through cooking
Plant based burger	12-20 (113g each)	Coat lightly with oil	Roast/Bake	260°C	6-10 mins	Flip halfway through cooking
Plant based sausage	12-20 (113g each)	Coat lightly with oil	Roast/Bake	260°C	4-6 mins	Flip halfway through cooking
Tofu	250g-1kg	Cut into 1 cm pieces, coat lightly with oil, season as desired	Roast/Bake	260°C	5-10 mins	Flip halfway through cooking



Always cook lid up with the Flat Plate Griddle

*Preheat the unit to the temperature given in the cook charts. The CURRENT temperature reading gives the air temperature, allow 15 more minutes for the Flat Plate Griddle to heat up. Open the lid and begin cooking!*

**NOTE:** When cooking smaller or larger quantities of foods than what is specified in this chart, be mindful that the cook time will need to be decreased or increased accordingly. Check food regularly with an external instant-read thermometer and adjust the cook time to achieve desired doneness.

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**SMART COOKING SYSTEM**

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