

Please make sure to read the enclosed Ninja® instructions prior to using your unit.

# NINJA®

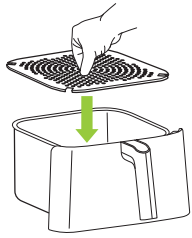
## AIR FRYER MAX

# QUICK START & RECIPE GUIDE



**+ COOKING CHARTS  
+ 15 IRRESISTIBLE RECIPES**

# AIR FRY



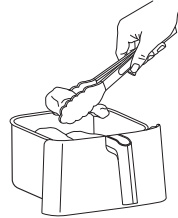
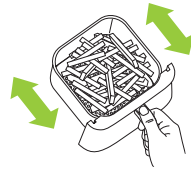
## CRISPER PLATE

The crisper plate promotes overall browning. We recommend using it every time you air fry.

### CRISPER PLATE POSITION

**Upper Position:** To place the Crisper Plate in the upper position of the drawer, make sure the cut outs are at the front and back of drawer.

**Lower Position:** To place the Crisper Plate in the lower position of the drawer, make sure the cut outs are on the left and right side of drawer.



### SHAKE OR TOSS

For best results, frequently shake your food or toss it with silicone-tipped tongs to get it as crispy as you'd like.

## USING YOUR AIR FRYER'S FUNCTIONS

The Ninja® Air Fryer Max circulates super-hot air around your food to remove moisture from its surface to give it that golden-brown, crispy finish.

FUNCTION	ACCESSORY REQUIRED	TEMP	TIME
<b>MAX CRISP</b> Add extra crispiness and crunch to your food.	Crisper Plate	There is no temp adjustment available or necessary when using the Max Crisp function	Set time, in minutes and press START/STOP to begin
<b>AIR FRY</b> Crisp without the guilt of deep-fried food.	Crisper Plate	Adjust temp as needed	Set time, in minutes and press START/STOP to begin

FUNCTION	ACCESSORY REQUIRED	TEMP	TIME
<b>ROAST</b> Roast foods traditionally made in an oven without the crisper plate.	Crisper Plate	Adjust temp as needed	Set time, in minutes and press START/STOP to begin
<b>BAKE</b> Bake your favourite foods traditionally made in an oven.	Crisper Plate	Adjust temp as needed	Set time, in minutes and press START/STOP to begin
<b>REHEAT</b> Perfect for reviving your leftovers.	Crisper Plate	Adjust temp as needed	Set time, in minutes and press START/STOP to begin
<b>DEHYDRATE</b> Gently and slowly remove moisture from foods to create delicious homemade snacks.	Crisper Plate	Adjust temp as needed	Set time, in minutes and press START/STOP to begin

**NINJA**  
TEST KITCHEN



SCAN FOR MORE RECIPES

[www.ninjatestkitchen.eu](http://www.ninjatestkitchen.eu)

## AIR FRY TIPS & TRICKS



### SHAKE, SHAKE, SHAKE

Check food and shake drawer frequently for even browning.



### AUTO-STOP AND START

The unit will automatically pause cooking when the drawer is removed and will resume cooking when the drawer is replaced.



### CONVERT OVEN RECIPES

Convert oven recipes by using the Roast or Bake function and reducing the temperature by 10°C. Check food frequently to avoid overcooking.



### FREESTYLING RECIPES

If you are cooking less food than the recipe calls for, remember to reduce the cook time. If you're cooking a bit more, increase the cook time. Check food frequently.



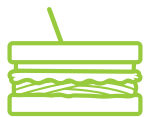
### AIR FRYING FRESH INGREDIENTS

For best results with fresh vegetables, using at least 1 tablespoon of oil is a good rule of thumb, but you can use more or less to achieve your desired level of crispiness.



### DON'T OVERCROWD

Evenly arrange and space ingredients out to ensure consistent browning.



### SECURE YOUR FOOD

To keep lightweight foods from being blown around by the fan, secure them with cocktail sticks.



### MORE EVEN BROWNING

Use a cooking spray to evenly coat ingredients for more consistent browning.

## DEHYDRATE TIPS & TRICKS



### SLICING

Use a mandolin slicer to get consistent, thin fruit and vegetable slices. Fruits and veggies should be sliced as thinly as possible without falling apart.



### PREVENT OXIDATION

Fruits like apples and pears quickly oxidise when cut. To delay oxidation, soak them in water with a squeeze of lemon juice for 5 minutes.



### DRY BEFORE YOU DEHYDRATE

Pat fruits and vegetables as dry as possible before placing them in the drawer.



### DON'T OVERLAP

Lay ingredients flat and close together to optimise space. Individual pieces should not overlap or be stacked.



### TRIM THE FAT

Before dehydrating beef or poultry, make sure to trim off all fat, as it does not dry out and could turn bad.



### HOW LONG TO DEHYDRATE?

Most fruits and veggies take 6-8 hours, while jerky takes 5-7 hours. The longer you dehydrate ingredients, the crispier they will become.



### STORAGE

To maximise shelf-life, store dehydrated foods at room temperature in an airtight container up to 2 weeks.

# Air Fry Cooking Chart

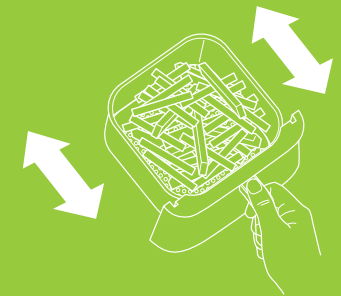
Use these cook times as a guide, adjusting to your preference.

INGREDIENT	AMOUNT	PREPARATION	TOSS IN OIL	TEMP	COOK TIME
<b>VEGETABLES</b>					
Asparagus	250g	Whole, stems trimmed	2 tsp	200°C	6-8 mins
Beetroot	6 small or 4 large (1kg)	Whole	None	200°C	45-60 mins
Bell peppers	4 (600g)	Whole	None	200°C	26-30 mins
Broccoli	400g	Cut in 2.5cm florets	1 Tbsp	200°C	13-16 mins
Brussels sprouts	1kg	Cut in half, stem removed	1 Tbsp	200°C	18-22 mins
Butternut squash	1kg	Cut in 2.5cm pieces	1 Tbsp	200°C	23-26 mins
Carrots	1kg	Peeled, cut in 1.5cm pieces	1 Tbsp	200°C	20-24 mins
Cauliflower	900g	Cut in 2.5cm florets	2 Tbsp	200°C	20-24 mins
Corn on the cob	4	Whole ears, husks removed	1 Tbsp	200°C	12-15 mins
Courgette	1kg	Cut in quarters lengthwise, then cut in 2.5cm pieces	1 Tbsp	200°C	18-20 mins
Green beans	400g	Trimmed	1 Tbsp	200°C	12-14 mins
Kale (for chips)	200g	Torn in pieces, stems removed	None	150°C	8-10 mins
Mushrooms	300g	Wiped, cut in quarters	1 Tbsp	200°C	10-12 mins
Potatoes, King Edward, Maris Piper, Rooster	1kg	Cut in 2.5cm wedges	1 Tbsp	200°C	20-25 mins
	4 whole (185-250g)	Pierced with fork 3 times	None	200°C	35-40 mins
Potatoes, sweet	1kg	Cut in 2.5cm chunks	1 Tbsp	200°C	20-24 mins
	185-250g	Pierced with fork 3 times	None	200°C	30-35 mins
<b>POULTRY</b>					
Chicken breasts	4 (200g each)	Boneless	Brushed with oil	190°C	18-22 mins
Chicken thighs	1kg	Bone in	Brushed with oil	200°C	22-28 mins
	8 (100g each)	Boneless, skinless	Brushed with oil	200°C	18-22 mins
Chicken wings	1kg	Drumettes & flats	1 Tbsp	200°C	22-26 mins
<b>FISH &amp; SEAFOOD</b>					
Fish cakes	2 (145g each)	None	None	180°C	12-15 mins
Salmon fillets	4 (130g each)	None	Brushed with oil	200°C	8-10 mins
Prawns	16 large	Whole, peeled, tails on	1 Tbsp	200°C	9-11 mins
<b>BEEF</b>					
Burgers	4 (113g each)	2.5cm thick	None	190°C	8-10 mins
Steaks	2 (230g each)	Whole	None	200°C	6-10 mins

**For best results, shake or toss often.**

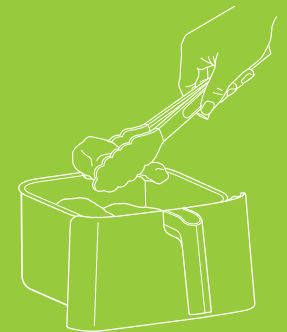
We recommend frequently checking your food and shaking or tossing it to ensure desired results.

Shake your food



OR

Toss with silicone-tipped tongs



\*After cutting potatoes, allow raw fries to soak in cold water for at least 30 minutes to remove unnecessary starch. Pat fries dry. The drier the fries, the better the results.

# Air Fry Cooking Chart, continued

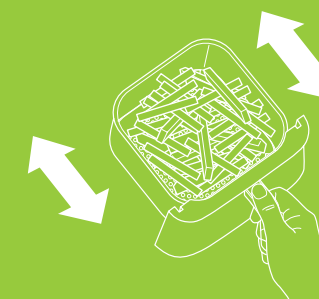
Use these cook times as a guide, adjusting to your preference.

INGREDIENT	AMOUNT	PREPARATION	TOSS IN OIL	TEMP	COOK TIME
<b>PORK</b>					
Bacon	4 rashers	None	None	200°C	8-10 mins
Pork chops	2 bone-in (250g each)	Bone in	Brushed with oil	190°C	14-17 mins
	4 boneless (400g)	Boneless	Brushed with oil	190°C	10-14 mins
Pork fillet	2 (350-500g each)	Whole	Brushed with oil	190°C	25-30 mins
Sausages	6 (300g)	Whole	None	200°C	8-10 mins
<b>FROZEN FOODS</b>					
Chicken nuggets	695g	None	None	200°C	20-22 mins
Fish fillets	4 (440g)	None	None	200°C	14-16 mins
Fish Fingers	10 (280g)	None	None	200°C	8-10 mins
Breaded Mushrooms	300g	None	None	170°C	15-18 mins
Onion Rings	375g	None	None	180°C	12 mins
Hash Browns	625g	None	None	180°C	20 mins
<b>CHIPS</b>					
Home made chips, 1cm thick	500g	Soak in water for 30 mins, pat dry	1-3 Tbs oil	200°C	20-22 mins
Home made chips, 2cm thick	500g	Soak in water for 30 mins, pat dry	1-3 Tbs oil	200°C	20-24 mins
Frozen chunky oven chips	500g	None	None	200°C	20 mins
Frozen crinkle chips	500g	None	None	210°C	18-20 mins
Frozen curly fries	700g	None	None	210°C	18-20 mins
Frozen French fries	500g	None	None	180°C	20 mins
Frozen gastro chips	700g	None	None	220°C	22 mins
Frozen potato wedges	650g	None	None	190°C	20 mins
Frozen skin on fries	500g	None	None	200°C	18-20 mins
Frozen light straight cut chips	500g	None	None	200°C	18 mins
Frozen sweet potato fries	500g	None	None	190°C	20 mins

**For best results, shake or toss often.**

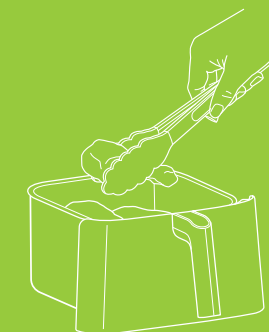
We recommend frequently checking your food and shaking or tossing it to ensure desired results.

Shake your food



OR

Toss with silicone-tipped tongs



Homemade chips



Chunky Chips



Crinkle Chips



French Fries



Potato Wedges



Sweet Potato Fries

# Max Crisp Cooking Chart, ideal for frozen foods

INGREDIENT	AMOUNT	PREPARATION	TOSS IN OIL	COOK TIME
<b>FROZEN FOOD</b>				
Chicken nuggets	379g	None	None	9 mins
Popcorn Chicken	850g	None	None	6-8 mins
Chicken dippers	403g	None	None	9 mins
Chicken wings	1kg	None	1 Tbsp	22- 25 mins

**NOTE** There is no temperature adjustment available or necessary when using the Max Crisp function.

## Roast Cooking Chart

INGREDIENT	AMOUNT	PREPARATION	INTERACTION	TEMP	COOK TIME
<b>FRESH POULTRY &amp; MEAT</b>					
Chicken	Whole 1.6kg	Truss if desired Season	Turn over halfway, brush with oil	190°C	45 mins
Beef topside	Rolled roasting joint 1.3kg	Season	Turn over halfway, protect ends with foil Brush with oil	160°C	50-55 mins (medium)
Pork loin	Boneless 1.5kg	Score fat Season	Turn over halfway, brush with oil	190°C	60 mins
Half leg of lamb	1.2kg	Season	Turn over halfway, brush with oil	170°C	40-45 mins
Shoulder of lamb	1.3kg	Season	Turn over halfway, brush with oil	170°C	50 mins

## Dehydrate Chart

INGREDIENTS	PREPARATION	TEMP	DEHYDRATE TIME
<b>FRUITS &amp; VEGETABLES</b>			
Apples	Core removed, cut in 3mm slices, rinsed in lemon water, patted dry	60°C	7-8 hours
Asparagus	Cut in 2.5cm pieces, blanched	60°C	6-8 hours
Bananas	Peeled, cut in 3mm slices	60°C	8-10 hours
Beetroot	Peeled, cut in 3mm slices	60°C	6-8 hours
Aubergine	Peeled, cut in 3mm slices, blanched	60°C	6-8 hours
Fresh herbs	Rinsed, patted dry, stems removed	60°C	4 hours
Ginger root	Cut in 3mm slices	60°C	6 hours
Mangoes	Peeled, cut in 3mm slices, stone removed	60°C	6-8 hours
Mushrooms	Cleaned with soft brush (do not wash)	60°C	6-8 hours
Pineapple	Peeled, cored, cut in 3mm - 1.25cm slices	60°C	6-8 hours
Strawberries	Cut in half or in 1.25cm slices	60°C	6-8 hours
Tomatoes	Cut in 3mm slices or grated; steam if planning to rehydrate	60°C	6-8 hours
<b>MEAT, POULTRY, FISH</b>			
Beef, chicken, turkey jerky	Cut in 6mm slices, marinated overnight	70°C	5-7 hours
Salmon	Cut in 6mm slices, marinated overnight	70°C	3-5 hours

# ROASTED POTATOES WITH SPICY MAYONNAISE



**PREP:** 5 MINUTES | **COOK:** 30 MINUTES | **MAKES:** 4-6 SERVINGS  
**PROGRAM:** ROAST

## INGREDIENTS

1kg baby potatoes, cut in half or quartered if large  
3 tablespoons extra-virgin olive oil  
1 tablespoon plus 1 teaspoon hot paprika, divided  
1 tablespoon plus 1 teaspoon smoked paprika, divided  
1 tablespoon plus 1 teaspoon garlic powder, divided  
2 teaspoons sea salt, divided  
150g mayonnaise  
2 tablespoons sun-dried tomato paste  
1 tablespoons sherry or white wine vinegar  
2 tablespoons fresh flat leaf parsley leaves, finely chopped for garnish

## DIRECTIONS

- 1 In a large bowl, toss the potatoes with olive oil, 1 tablespoon hot paprika, 1 tablespoon smoked paprika, 1 tablespoon garlic powder and 1 teaspoon salt.
- 2 Insert crisper plate in drawer in the lower position, place potatoes on crisper plate, and insert drawer into unit.
- 3 Select ROAST, set temperature to 180°C and set time to 30 minutes. Select START/STOP to begin cooking.
- 4 When 15 minutes remain, remove drawer and shake potatoes or toss them with silicone-tipped tongs. Reinsert drawer to resume cooking.
- 5 To prepare the spicy mayonnaise, in a small bowl, whisk together mayonnaise, tomato paste, vinegar, remaining hot paprika, smoked paprika, garlic powder and salt.
- 6 When cooking is complete, serve potatoes with spicy mayonnaise and garnished with parsley.



# CAULIFLOWER BUFFALO BITES WITH RANCH DRESSING



**PREP:** 10 MINUTES | **COOK:** 27 MINUTES | **MAKES:** 4 SERVINGS  
**PROGRAM:** AIR FRY

## INGREDIENTS

150g plain flour  
1 teaspoon onion powder  
1 teaspoon garlic powder  
1 teaspoon ground cumin  
1 teaspoon paprika  
Salt and ground black pepper, as desired  
250ml milk of choice  
100g panko breadcrumbs  
500g cauliflower, cut into 5cm florets  
Cooking spray  
30ml sunflower oil  
90ml Buffalo sauce

## RANCH DRESSING

100ml mayonnaise  
50ml milk of choice  
1 tablespoon fresh chopped parsley  
1 tablespoon fresh chopped chives  
1 teaspoon garlic powder  
1 teaspoon onion powder

## DIRECTIONS

- 1 In a large bowl, add flour, onion powder, garlic powder, cumin, paprika, salt and pepper. Gradually whisk in milk until a smooth batter is formed. In a separate large bowl, add breadcrumbs.
- 2 One at a time, dip cauliflower florets into batter until evenly coated, shaking off any excess. Then place in the breadcrumbs and toss until well coated, pressing to adhere, if necessary.
- 3 Insert crisper plate in drawer in the lower position, then evenly coat with cooking spray. Place cauliflower bites in drawer, spray with cooking spray, then place drawer into unit.
- 4 Select AIR FRY, set temperature to 170°C and set time to 27 minutes. Select START/STOP to begin cooking.
- 5 While cauliflower cooks, prepare the sauces. To prepare the Buffalo sauce, in a large bowl, whisk together the sunflower oil and Buffalo sauce. To prepare the ranch dressing, in a small bowl whisk together all ranch dressing ingredients until smooth.
- 6 When cooking is complete, transfer the cauliflower bites to the large bowl with Buffalo sauce and toss to evenly coat. Place the cauliflower back in the drawer and reinsert into unit.
- 7 When cooking is complete, serve the Buffalo cauliflower bites with ranch dressing.



**TIP** To make this recipe dairy-free or vegan, use vegan mayonnaise and plant-based milk in the ranch dressing.

# STUFFED AUBERGINE WITH MOZZARELLA



**PREP:** 20 MINUTES | **COOK:** 30 MINUTES | **MAKES:** 4 SERVINGS  
**PROGRAM:** ROAST

## INGREDIENTS

2 small aubergines (approx. 500-600g), stalk trimmed, cut in half lengthwise

2 tablespoons olive oil

Salt and ground black pepper, as desired

100g tomato and basil sauce

150g cherry tomatoes, cut in quarters

10 large basil leaves, chopped

150g mozzarella, cut in cubes

25g grated Parmesan or vegetarian equivalent

## DIRECTIONS

- 1 Brush the flesh of the aubergine with olive oil, then season with salt and pepper.
- 2 Insert crisper plate in drawer in the lower bottom position, place aubergines cut side down on the crisper plate and insert drawer in unit.
- 3 Select ROAST, set temperature to 190°C and set time to 20 minutes. Select START/STOP to begin cooking.
- 4 When cooking is complete, transfer the aubergines to a board and lightly hollow out the flesh with a spoon. Place the flesh in a large bowl along with the tomato and basil sauce, cherry tomatoes, mozzarella, basil, salt and pepper and mix until evenly combined. Evenly fill the aubergines with the prepared mixture and top with Parmesan cheese.
- 5 Place the crisper plate in the upper position and reinsert in the drawer. Place the stuffed aubergines on the crisper plate, filling side up and insert drawer into unit.
- 6 Select MAX CRISP and set time to 10 minutes. Select START/STOP to begin cooking.
- 7 When cooking is complete, serve stuffed aubergines with salad, pasta or crusty bread.



# CHICKEN NUGGETS WITH HONEY MUSTARD DIPPING SAUCE

**PREP:** 20 MINUTES | **COOK:** 20 MINUTES | **MAKES:** 4 SERVINGS  
**PROGRAM:** AIR FRY

## INGREDIENTS

3 eggs

2 teaspoons yellow mustard

1 tablespoon hot sauce

Sea salt and ground black pepper, as desired

75g plain flour

2 teaspoons paprika

1 teaspoon onion salt

1 teaspoon garlic powder

150g corn flakes, crushed

600g chicken breast, cut into 4cm cubes

Nonstick cooking spray

## DIPPING SAUCE

50g mayonnaise

50g Greek yogurt

2 tablespoons Dijon mustard

1-2 tablespoons honey

Dash of hot sauce, optional

## DIRECTIONS

- 1 In a shallow bowl, beat the eggs, mustard, hot sauce, salt and pepper together until evenly combined. In a separate shallow bowl, combine the flour, seasonings, salt and pepper. In a third shallow bowl, place crushed corn flakes.
- 2 Working in batches, place chicken pieces in flour mixture and tap to remove any excess flour. Then place chicken in egg mixture and evenly coat. Finally, place chicken in cornflakes and toss until evenly coated. Repeat with any remaining chicken, then liberally spray all sides with cooking spray.
- 3 Insert crisper plate in drawer in the lower position, place chicken nuggets in an even layer on the crisper plate and insert drawer into unit.
- 4 Select AIR FRY, set temperature to 180°C and set time to 20 minutes. Select START/STOP to begin cooking.
- 5 When 10 minutes remain, remove drawer and shake or turn chicken with silicone-tipped tongs. Reinsert drawer to resume cooking.
- 6 To prepare the honey mustard dipping sauce, in a small bowl, combine all sauce ingredients.
- 7 When cooking is complete, serve chicken nuggets with the honey mustard dipping sauce.



**TIP** For a different coating on the nuggets, substitute crushed cornflakes for golden crumbs in step 1.



# HALLOUMI FRIES WITH CORIANDER & HARISSA YOGURT



**PREP:** 10 MINUTES | **COOK:** 18 MINUTES | **MAKES:** 4 SERVINGS  
**PROGRAM:** AIR FRY

## INGREDIENTS

100g plain flour  
1 teaspoon smoked paprika  
1 teaspoon cumin  
½ teaspoon garlic powder  
½ teaspoon dried oregano  
Ground black pepper, as desired  
3 blocks of halloumi (225g each),  
pat dry, cut into 2cm thick fries  
Nonstick cooking spray  
200g natural Greek yogurt  
2 tablespoons fresh coriander,  
finely chopped  
1 teaspoon rose harissa paste

## DIRECTIONS

- 1 In a shallow bowl, combine flour, paprika, cumin, garlic, oregano and pepper. Dip halloumi in the flour mixture to evenly coat, then shake off any excess flour.
- 2 Insert crisper plate in drawer in the lower position. Then liberally coat plate with cooking spray. Place halloumi in a single layer, ensuring they are not touching each other and coat with cooking spray. Insert drawer into unit.
- 3 Select AIR FRY, set temperature to 200°C and set time to 18 minutes. Select START/STOP to begin cooking.
- 4 To prepare the coriander and harissa yogurt, combine yogurt, coriander, salt and pepper in a small bowl. Then swirl the harissa paste into the yogurt.
- 5 When cooking is complete, serve halloumi fries with coriander and harissa yogurt.



# TOFU STEAKS WITH CHILLI VEGETABLES



**PREP:** 10 MINUTES | **MARINATE:** 30 MINUTES | **COOK:** 14 MINUTES  
**MAKES:** 2 SERVINGS | **PROGRAM:** AIR FRY

## INGREDIENTS

4 tablespoons BBQ sauce  
1 tablespoon peanut butter  
1 tablespoon soy sauce  
2 tablespoons sunflower oil  
400g firm tofu, drained,  
pat dry, cut into 4 thick slices  
300g mixed vegetables, mange  
tout, asparagus, broccoli,  
baby corn  
2 tablespoons chilli oil  
Salt and ground black pepper,  
as desired

## DIRECTIONS

- 1 In a small bowl, mix BBQ sauce, peanut butter, soy sauce and oil together. Spread marinade over tofu and leave for 30 minutes for the flavours to develop.
- 2 Meanwhile, in a large bowl, toss vegetables with chilli oil, salt and pepper.
- 3 Insert crisper plate in drawer in the lower position. Place vegetables in an even layer on crisper plate. Arrange tofu on top of vegetables. Insert drawer into unit.
- 4 Select AIR FRY, set temperature to 180°C and set time to 14 minutes. Select START/STOP to begin cooking.
- 5 When cooking is complete, serve tofu with vegetables.



**TIP** If you don't have chilli oil, simply add pinch of chilli flakes to olive oil and mix.

## LEMON & HERB PANKO CRUSTED COD

**PREP:** 5 MINUTES | **COOK:** 10 MINUTES | **MAKES:** 4 SERVINGS  
**PROGRAM:** AIR FRY

### INGREDIENTS

4 X 125g cod loin fillets  
1 teaspoon sea salt, plus more as necessary  
80g panko breadcrumbs  
50g butter, melted  
2 tablespoons fresh parsley, finely chopped  
Zest and juice of 1 lemon  
½ teaspoon ground black pepper

### DIRECTIONS

- 1 Season each cod fillet on both sides with ½ teaspoon salt.
- 2 In a small bowl, add salt, breadcrumbs, butter, parsley, lemon zest, lemon juice and pepper and mix until the breadcrumbs are thoroughly coated. Generously pack the top of each cod fillet with the breadcrumb mixture, pressing down to adhere.
- 3 Insert crisper plate in drawer in the bottom position, place the fillets breaded side up on the crisper plate and insert drawer into unit.
- 4 Select AIR FRY, set temperature to 170°C and set time to 10 minutes. Select START/STOP to begin cooking.
- 5 When cooking is complete, internal temperature will read 65°C. Remove fillets and serve immediately.



## SALMON FILLETS WITH FRESH TOMATO AND CUCUMBER SALSA



**PREP:** 5 MINUTES | **COOK:** 7-9 MINUTES | **MAKES:** 4 SERVINGS  
**PROGRAM:** AIR FRY

### INGREDIENTS

4 x 120g salmon fillets  
1 tablespoon olive oil  
Flaked sea salt and ground black pepper, as desired

### TOMATO AND CUCUMBER SALSA

150g cherry tomatoes, quartered  
½ large cucumber, cut in 1cm pieces  
½ small red onion, finely diced  
5g fresh parsley, chopped  
5g fresh dill, chopped  
1 tablespoon red wine vinegar  
2 tablespoons olive oil

### DIRECTIONS

- 1 Brush salmon with olive oil and season with salt and pepper.
- 2 Insert crisper plate in the lower position, place salmon on top of crisper plate and insert drawer into unit.
- 3 Select AIR FRY set temperature to 200°C and set time to 9 minutes. Select START/STOP to begin cooking.
- 4 While salmon is cooking, in a small bowl, combine all salsa ingredients
- 5 When 2 minutes remain, check if the salmon is cooked. If needed, cook for an additional 2 minutes.
- 6 When cooking is complete, remove salmon from drawer and serve with salsa.



# ROASTED BBQ CHICKEN

**PREP:** 5 MINUTES | **COOK:** 45 MINUTES | **MAKES:** 4-6 SERVINGS  
**PROGRAM:** ROAST

## INGREDIENTS

1.6kg whole chicken, trussed  
2 tablespoons olive oil  
Sea salt and ground black pepper, as desired  
100g BBQ sauce

## DIRECTIONS

- 1 Brush chicken with oil and season with salt and pepper.
- 2 Insert crisper plate in drawer in the lower position and place chicken on crisper plate breast-side down. Place drawer in unit.
- 3 Select ROAST, set temperature to 180°C and set time for 45 minutes. Select START/STOP to begin cooking.
- 4 When 15 minutes remain, remove drawer and using silicon-tipped tongs, flip the chicken. Brush with BBQ sauce and reinsert drawer into unit to continue cooking. Continue to brush the chicken with sauce every 5 minutes.
- 5 When cooking is complete, chicken will read 75°C on an instant-read thermometer. Remove chicken from drawer and let rest for 10 minutes. When chicken is done resting, carve and serve.



# GREEK STYLE SHOULDER OF LAMB WITH LEMON POTATOES



**PREP:** 10 MINUTES | **MARINATE:** 30 MINUTES | **COOK:** 55 MINUTES  
**MAKES:** 2-4 SERVINGS | **PROGRAM:** ROAST

## INGREDIENTS

3 tablespoons olive oil, divided  
1 tablespoon fresh oregano  
Zest and juice of 1 lemon, divided  
2 garlic cloves, peeled, minced  
Salt and ground black pepper, as desired  
1.3kg half shoulder of lamb  
500g baby new potatoes, halved if large  
100ml chicken stock

## DIRECTIONS

- 1 In a medium bowl, whisk together 2 tablespoons of olive oil, oregano, half of the lemon zest and juice, garlic cloves, salt and pepper. Evenly cover the lamb in the prepared marinade and let sit at room temperature for 30 minutes.
- 2 In a large bowl, add potatoes, remaining oil, lemon zest, juice, salt, and pepper and toss until evenly combined. Insert crisper plate in drawer in the lower position, place potatoes in an even layer on the crisper plate, then pour over chicken stock. Place lamb on top of potatoes and insert drawer into unit.
- 3 Select ROAST, set temperature to 170°C and set time to 50 minutes. Select START/STOP to begin cooking.
- 4 When 25 minutes remain, remove drawer and using silicon-tipped tongs, flip lamb and toss potatoes. Reinsert drawer into unit to continue cooking.
- 5 Cooking is complete when the lamb reads 65°C on an instant-read thermometer. When cooking is complete, remove lamb from drawer and wrap in foil. Let lamb rest for 10 minutes.
- 6 If you desire crispier potatoes, select MAX CRISP, set time to 5 minutes. Select START/STOP to begin cooking.
- 7 When cooking is complete, carve lamb into slices and serve with lemon potatoes.



# ITALIAN PORK FILLET WITH ROASTED VEGETABLES



**PREP:** 20 MINUTES | **MARINATE:** 2-4 HOURS | **COOK:** 35 MINUTES | **MAKES:** 2-3 SERVINGS  
**PROGRAM:** ROAST

## INGREDIENTS

1 pork fillet (550-600g)  
90ml olive oil, divided  
1 ½ tablespoons red wine vinegar  
1 tablespoon fresh parsley, chopped  
1 tablespoon honey  
1 garlic clove, peeled, crushed  
Salt and ground black pepper, as desired  
1 small aubergine, cut in 2.5cm pieces  
2 plum tomatoes, quartered  
1 courgette, sliced in half moons  
1 medium red onion, peeled, cut in 2.5cm pieces  
1 red pepper, deseeded, diced into 3cm pieces  
2 garlic cloves, peeled, minced  
10g fresh basil, torn into pieces

## DIRECTIONS

- 1 Place the pork fillet into a shallow dish. In a clean jam jar, add 60ml of olive oil, vinegar, parsley, honey, crushed garlic, salt and pepper. Cover and shake until emulsified. Pour marinade over pork then cover and refrigerate for 2 to 4 hours.
- 2 In a large bowl, toss aubergine, tomatoes, courgette, red onion, red pepper, minced garlic, 2 tablespoons of oil, basil and season as desired.
- 3 Insert crisper plate in drawer in the lower position. Arrange vegetable mixture in an even layer on crisper plate. Place pork on top of vegetables and insert drawer into unit.
- 4 Select ROAST, set temperature to 190°C, and set time to 35 minutes. Select START/STOP to begin cooking.
- 5 When 15 minutes remain, remove drawer and using silicone-tipped tongs, flip pork and toss vegetables. Reinsert drawer in unit to continue cooking.
- 6 When cooking is complete, let pork rest for 5 minutes before slicing and serving with vegetables.



# MUSTARD AND BROWN SUGAR-CRUSTED RIB EYE STEAKS



**PREP:** 5 MINUTES | **COOK:** 8 MINUTES | **MAKES:** 2 SERVINGS  
**PROGRAM:** MAX CRISP

## INGREDIENTS

1 tablespoon soft light brown sugar  
1 ½ teaspoons English mustard powder  
½ teaspoon sea salt  
Pinch of ground black pepper  
2 x 230g rib eye steaks, room temperature  
Green salad, for serving

## DIRECTIONS

- 1 In a small bowl, combine sugar, mustard powder, salt and pepper. Evenly coat the steaks on both sides by pressing the seasoning into the surface.
- 2 Insert crisper plate in drawer in the upper position, place steaks in an even layer on crisper plate and insert drawer into unit.
- 3 Select MAX CRISP and set time to 8 minutes. Select START/STOP to begin cooking.
- 4 When 4 minutes remain, remove drawer from unit and using silicone-tipped tongs, flip steaks.
- 5 When cooking is complete, transfer the steaks to plates and allow them to rest for a few minutes. Serve the steaks with a green salad.



**TIP** This recipe cooks steak to a medium result. For a rarer result, cook for 2 minutes less. For a more well-done result, cook for 2 minutes longer.

# CHICKEN FAJITA QUESADILLAS

**PREP:** 15 MINUTES | **COOK:** 20 MINUTES | **MAKES:** 4 SERVINGS  
**PROGRAM:** AIR FRY

## INGREDIENTS

1 tablespoon fresh coriander  
1 tablespoon smoked paprika  
1 teaspoon ground cumin  
1 teaspoon garlic powder  
1 teaspoon dried oregano  
½ teaspoon dried chilli flakes  
Salt and ground black pepper, as desired  
4 tablespoons olive oil  
Juice of 1 lime  
250g mini chicken breast fillets  
1 bunch spring onions, sliced into 3cm lengths  
1 red pepper, deseeded, sliced into 1.5cm strips  
1 yellow pepper, deseeded, sliced into 1.5cm strips  
8 medium tortillas  
150g Cheddar cheese, grated

## TOPPINGS (OPTIONAL)

Salsa  
Guacamole  
Sour cream  
Hot sauce



## DIRECTIONS

- 1 In a medium bowl, add all seasoning, olive oil and lime juice. Stir in chicken fillets, onion and peppers until evenly coated in the marinade.
- 2 Insert crisper plate in drawer in the lower position. Add chicken mixture to drawer. Insert drawer into unit.
- 3 Select AIR FRY, set temperature to 200°C and set time to 20 minutes. Select START/STOP to begin cooking.
- 4 When 10 minutes remain, remove drawer and shake or toss the chicken and vegetables with silicone-tipped tongs. Reinsert drawer to resume cooking.
- 5 Cooking is complete when the internal temperature reaches at least 75°C on an instant-read thermometer. Transfer chicken and vegetables to a plate.
- 6 Move crisper plate in the upper position. Place 1 tortilla on the crisper plate. Evenly cover the tortilla with 1/4 of the chicken mixture and cheese. Secure with a cocktail stick. Top with another tortilla and press to adhere. Insert drawer into unit.
- 7 Select AIR FRY, set temperature to 180°C, set time to 4 minutes. Select START/STOP to begin cooking.
- 8 When cooking is complete, slice quesadillas into wedges and serve with salsa, guacamole, sour cream and hot sauce. Repeat steps 6 through 8 with remaining ingredients.

# APPLE PASTRIES

**PREP:** 10 MINUTES | **COOK:** 32 MINUTES | **MAKES:** 8 PASTRIES  
**PROGRAM:** BAKE

## INGREDIENTS

320g ready-rolled puff pastry, removed from fridge ahead of use  
2-3 eating apples with red/pink skin, cored, deseeded, finely sliced  
Lemon juice, for brushing  
1 large egg, beaten  
3 tablespoon caster sugar  
½ teaspoon cinnamon  
Icing sugar, for dusting

## DIRECTIONS

- 1 Unroll pastry and cut into 8 equal rectangular pieces. Score pastry all around, leaving a 1cm boarder.
- 2 Brush apple slices with lemon juice and fan out over each pastry piece. Brush the pastry edges with beaten egg. In a small bowl, mix sugar and cinnamon together then sprinkle over the apple slices.
- 3 Insert crisper plate in drawer in the lower position, place 4 pastries in an even layer on crisper plate and insert drawer into unit.
- 4 Select BAKE, set temperature to 180°C and set time to 16 minutes. Select START/STOP to begin cooking.
- 5 Cooking is complete when the pastries are golden brown. Place pastries on a wire rack and allow to slightly cool before dusting with icing sugar and serve warm. Repeat step 2 through 4 with remaining ingredients.





**NINJA**<sup>®</sup>

**For questions or to register your product,  
visit us online at [ninjakitchen.co.uk](http://ninjakitchen.co.uk)**

AF180UK\_Series\_IG\_QSG\_Recipe\_MP\_230821\_MV1

NINJA is a registered trademark in the United Kingdom of SharkNinja Operating LLC.  
©2023 SharkNinja Operating LLC.