



NINJA[®]

SIZZLE

LOW SMOKE

GRILL PLATE + FLAT PLATE

QUICK START GUIDE

with 10 chef-tested
recipes + cooking charts



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

Your guide to the perfect SIZZLE

Welcome to the Ninja® Sizzle Grill & Flat plate.
From here, you're just a few pages away from how-tos
and recipes that'll give you high-heat searing and
griddling straight from your worktop.

Now let's get sizzling.



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Recipe Key

We've tagged recipes with these icons to help find the right one for you.





High-heat, edge-to-edge searing & grilling

High heat gives you the sear and grill marks you crave without overcooking. No hot spots. No cold spots. Just even cooking from edge to edge for juicy, sizzling dishes every time.



Authentic char-grill marks



High-heat cooking up to 260°C



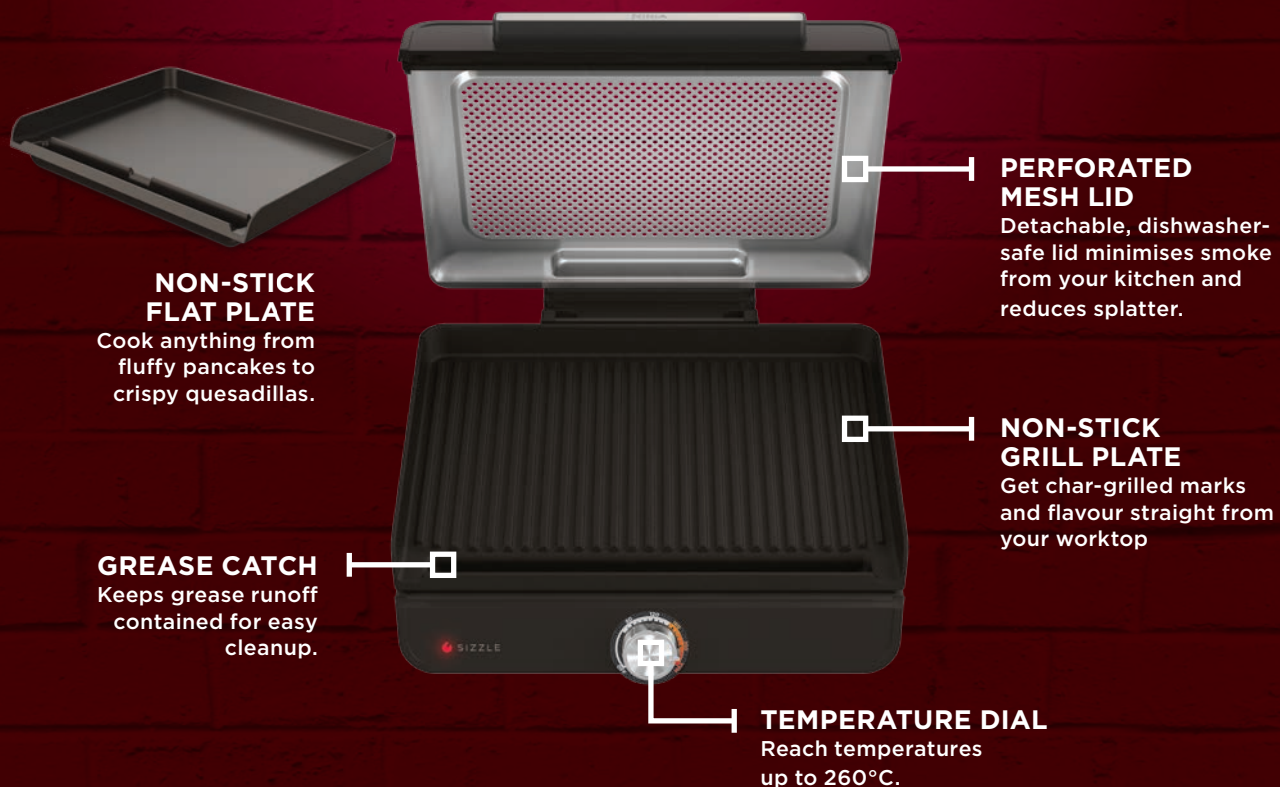
Large cooking capacity for family-sized meals



Even edge-to-edge heating

Get to know the Ninja SIZZLE

PREHEATS IN
7 MINUTES



Tips for reducing smoke & splattering

Always use the recommended grill settings

Our chef-designed temperature settings maximise grill flavours and textures while minimising smoke. Cooking food at a higher temperature than recommended will result in more smoke and food having a burnt, acrid flavour.

For best results, preheat for 7 minutes.

160°C	190°C	200°C	MAX (260°C)
When using thicker barbecue sauces	Frozen meats Marinated proteins or proteins with sauce Hot dogs Steak Chicken	Bacon Fried eggs Toasted cheese sandwiches	Veggies Fruit Fresh/frozen seafood Seabass

Always use the recommended fat/oil

For less smoke and to improve non-stick performance, use oils with a higher smoke point instead of olive oil



Recommended:

Sunflower, Refined Coconut, Avocado, Vegetable, Rapeseed



Not recommended:

Olive Oil, Butter, Margarine, Cooking Spray

Cleaning Instructions

Once cooled, remove the grill or flat plate from the heating element.

Soak the plate in hot, soapy water to help loosen any leftover food scraps. Use washing up liquid and a sponge to scrub off remaining residue.

Remove perforated mesh lid after it cools and place it in the dishwasher for easy cleanup.

Cook with the lid up or down

Lid up

Give a blast of concentrated heat for authentic char-grilled flavours



Lid down

Drop the lid to retain heat and melt toppings.



Grill

Best for cooking delicate foods or lean proteins to develop char-grilled textures without overcooking.



Grilled fish

Grilled veggies

Flat plate

Best for food that requires flipping and constant attention while cooking.



Stir-fry

Breakfasts

Grill

Best for cooking thick cuts of meat or frozen protein.



Sirloin steak & asparagus

Frozen prawns

Flat plate

Best for no-flip grilling and melting cheese.



Toasted sandwiches

Nachos

SMASH BURGERS WITH SAUTÉED ONIONS



BEGINNER RECIPE ●○○

PREP: 10 MINUTES | **PREHEAT:** 7 MINUTES | **COOK:** 14 MINUTES | **MAKES:** 4 SERVINGS

INGREDIENTS

500g 5% minced beef
 Sea salt, as desired
 Ground black pepper, as desired
 Garlic powder, as desired, optional
 Onion powder, as desired, optional
 8 slices cheddar cheese
 1 tablespoon vegetable oil
 1 red onion, peeled, sliced
 4 burger buns

TOPPINGS (optional)

Tomato, sliced
 Red onion, thinly sliced
 Iceberg lettuce
 Ketchup
 Yellow mustard

DIRECTIONS

- 1 Place the flat plate on the unit. Turn the dial to set temperature to 190°C. Set an external timer to 7 minutes and allow the flat plate to preheat.
- 2 In a large bowl, add the minced beef, salt, pepper, garlic powder, and onion powder and mix until evenly combined.
- 3 Separate minced beef into 4 equal portions. Working one portion at a time, shape the beef into flat, thin patties, approximately 13cm wide and ½cm thick.
- 4 When unit is preheated, add the burgers to the flat plate. Firmly press each burger down for 5 seconds.
- 5 Let the burgers cook undisturbed for 4 minutes, then flip and press them down for 5 seconds. Cook for an additional 4 minutes (if a more well-done burger is desired, cook for an additional 2 to 3 minutes). Place 2 slices of cheese on each burger, then close the lid and let the cheese melt for 3 minutes. When cheese is melted, transfer burgers to a plate.
- 6 Place the vegetable oil and onions on the flat plate and sauté for 4 minutes.
- 7 When onions are cooked, transfer to a plate. Add buns to the flat plate cut-side down and let cook for 1 minute. Once the buns are browned, remove from flat plate. Place the burgers in the buns. Top with onions and any desired condiments.

TIP For a vegan-friendly burger, swap in your preferred plant-based minced meat and cook as instructed.





VEGETABLE STIR-FRIED RICE



BEGINNER RECIPE ●○○

PREP: 5 MINUTES | **PREHEAT:** 7 MINUTES | **COOK:** 18 MINUTES | **MAKES:** 4 SERVINGS

INGREDIENTS

2 tablespoons vegetable oil
 3 large eggs, lightly beaten
 1 tablespoon finely chopped garlic
 1 tablespoon chopped shallots
 250g frozen vegetable mix, thawed
 1 tablespoon sesame oil
 Sea salt, as desired
 Ground black pepper, as desired
 350g cooked rice of choice, cooled
 2 tablespoons soy sauce

TOPPINGS (optional)

Sesame oil for drizzling, as desired
 Sliced spring onions

DIRECTIONS

- 1 Place the flat plate on the unit. Turn the dial to set temperature to 190°C. Set an external timer to 7 minutes and allow the flat plate to preheat.
- 2 When the flat plate is preheated, add vegetable oil and eggs to the flat plate and cook until desired scramble is achieved, about 4 minutes. Remove eggs from flat plate and set aside.
- 3 Add the chopped garlic and shallots and sauté until aromatic, about 2 minutes. Add the vegetable mix, sesame oil, salt, and pepper and continue to cook for 3 minutes.
- 4 Add the cooked rice to the vegetable mix and cook until rice is crispy, about 4 minutes. Pour the soy sauce over the mixture, mix until well combined and cook for an additional 1 to 2 minutes.
- 5 Add the reserved scrambled eggs to the fried rice, mix until combined and cook until warmed through, about 2 to 3 minutes. Serve the vegetable fried rice warm with sesame oil and spring onions.

GRILLED CAPRESE CHICKEN BREASTS

BEGINNER RECIPE ●○○

PREP: 5 MINUTES | MARINADE: 1-2 HOURS | PREHEAT: 7 MINUTES | COOK: APPROX. 17 MINUTES | MAKES: 4 SERVINGS



INGREDIENTS

4 thin chicken breast, 140-160g each
2 tablespoons parsley, finely chopped
1 tablespoon garlic, finely chopped
1 tablespoon vegetable oil
Sea salt, as desired
Ground black pepper, as desired
2 tomatoes, thinly sliced
Small bunch basil leaves, divided
8 slices mozzarella
Balsamic glaze, as desired

DIRECTIONS

- 1** In a medium bowl, add the chicken, parsley, garlic, vegetable oil, salt, and pepper. Place in refrigerator to marinate for 1 to 2 hours.
- 2** Place the grill plate on the unit. Turn the dial to set temperature to 190°C. Set an external timer to 7 minutes and allow the grill plate to preheat.
- 3** When the unit is preheated, add the chicken to the grill plate, gently pressing down to maximize grill marks. Let the chicken cook undisturbed for 6 minutes, then flip and press down for 5 seconds. Cook for an additional 6 minutes.
- 4** After the 6 minutes, place sliced tomatoes on chicken, and top with basil leaves and mozzarella slices. Close the lid and let the cheese melt for 5 minutes.
- 5** When the cheese is melted, transfer the chicken to a platter or plate. Top with additional basil, then drizzle with balsamic glaze.



FRENCH TOAST

BEGINNER RECIPE ●○○

PREP: 5 MINUTES | **PREHEAT:** 7 MINUTES | **COOK:** 6 MINUTES | **MAKES:** 4 SERVINGS



INGREDIENTS

- 3 large eggs
- 60ml whole milk
- 1/2 teaspoon vanilla extract
- 2 tablespoons granulated sugar
- 2 tablespoons maple syrup
- 1 teaspoon ground cinnamon
- 1 teaspoon ground nutmeg
- 4 slices brioche bread

DIRECTIONS

- 1 Place the flat plate on the unit. Turn the dial to set temperature to 175°C. Set an external timer to 7 minutes and allow the flat plate to preheat.
- 2 In a medium bowl, add the eggs, milk, vanilla extract, sugar, maple syrup, cinnamon and mix until evenly combined.
- 3 While unit is preheating, soak the brioche bread into the egg mixture, then transfer to the heated flat plate. Cook for 6 minutes, flipping halfway through.
- 4 When the French toast is cooked, place on a plate. Serve with your favourite topping.



PANCAKES WITH HAZELNUT SPREAD & STRAWBERRIES

BEGINNER RECIPE ●○○

PREP: 5 MINUTES | **PREHEAT:** 7 MINUTES | **COOK:** 6 MINUTES | **MAKES:** 4 SERVINGS



INGREDIENTS

- 130g plain flour
- 2 tablespoons granulated sugar
- 1/2 teaspoon sea salt
- 240ml whole milk
- 1 large egg
- 20g unsalted butter, melted

TOPPINGS (optional)

- Chocolate hazelnut spread
- Sliced strawberries

DIRECTIONS

- 1 Place the flat plate on the unit. Turn the dial to set temperature to 175°C. Set an external timer to 7 minutes and allow the flat plate to preheat.
- 2 In a medium bowl, combine flour, sugar, and salt. Add milk and egg, whisking until smooth. Then add melted butter, whisking until combined.
- 3 When unit is preheated, spoon 2 to 3 tablespoons of batter onto the flat plate. Repeat this process until there are 6 portions of batter on flat plate.
- 4 Cook for 6 minutes, flipping halfway through. Pancakes are done when you see bubbles form on the top. Repeat this process with remaining batter.
- 5 When cooking is complete, transfer pancakes to a plate. Spread chocolate hazelnut spread onto each pancake and top with strawberries. Serve while warm.



GRILLED GREEK LAMB BURGER

BEGINNER RECIPE ●○○

PREP: 5 MINUTES | **PREHEAT:** 7 MINUTES | **COOK:** APPROX. 23 MINUTES | **MAKES:** 6 SERVINGS

INGREDIENTS

800g minced lamb
120g crumbled feta cheese
100g panko bread crumbs
1 large egg
2 tablespoons dry oregano
Sea salt, as desired
Ground black pepper, as desired
6 burger buns
Lemon wedges, to serve

TOPPINGS (optional)

Tzatziki, as desired
Sliced red onion, as desired



DIRECTIONS

- 1 Place the grill plate on the unit. Turn the dial to set temperature to 175°C. Set an external timer to 7 minutes and allow the grill plate to preheat.
- 2 In a medium bowl, add the minced lamb, feta cheese, bread crumbs, egg, oregano, salt, and pepper and mix until evenly combined.
- 3 Separate minced lamb into 6 equal portions. Working one portion at a time, shape the mixture into patties, place on plate, and set aside.
- 4 When unit is preheated, add the patties to the grill plate and gently press down to maximize grill marks. Cook for 20 minutes, flipping halfway through.
- 5 When the patties are cooked, remove from grill and place on plate or platter.
- 6 Place buns cut-side down to toast for 3 minutes or until golden brown.
- 7 When the buns are toasted, remove from grill and spread tzatziki on the bottom of the bun. Then place the burger on top and finish with the sliced red onions.

TIP Serve this dish with Grilled Pesto Courgette on page 20.



TOFU SHAWARMA SANDWICH



BEGINNER RECIPE ●○○

PREP: 5 MINUTES | **MARINATE:** 1-2 HOURS | **PREHEAT:** 7 MINUTES | **COOK:** 10 MINUTES | **MAKES:** 4 SERVINGS

INGREDIENTS

1 tablespoon vegetable oil
1 garlic clove, finely chopped
1 tablespoon shawarma seasoning
Sea salt, as desired
Ground black pepper, as desired
225g extra firm tofu, sliced in ½cm slices
4 small flatbreads or wraps to serve

TOPPINGS (optional)

Iceberg lettuce
Sliced tomatoes
Sliced cucumbers
Tzatziki
Sliced pickled onions



DIRECTIONS

- 1 In a medium bowl, combine vegetable oil, garlic, shawarma seasoning, salt and pepper. Place tofu in bowl and ensure it is coated evenly. Place in refrigerator and allow to marinate for 1-2 hours.
- 2 Place the flat plate on the unit. Turn the dial to set temperature to 190°C. Set an external timer to 7 minutes and allow the flat plate to preheat.
- 3 When the unit is preheated, add the oil to the flat plate. Then add the tofu to the flat plate and allow to cook for 10 minutes, flipping halfway through cooking.
- 4 When the tofu is cooked, remove from the grill and place in the flatbreads. Add your choice of toppings and serve warm.

GRILLED MARINATED SALMON WITH ASPARAGUS



BEGINNER RECIPE ●○○

PREP: 5 MINUTES | **MARINATE:** 1 HOUR | **PREHEAT:** 7 MINUTES | **COOK:** 20 MINUTES | **MAKES:** 4 SERVINGS

INGREDIENTS

4 fillets of salmon (115-160g each), skin on
4 tablespoons vegetable oil, divided
1 tablespoon lemon juice
1 tablespoon parsley
½ tablespoon dill
1 garlic clove, finely chopped
Sea salt, as desired
Ground black pepper, as desired
600g fine asparagus
Lemon wedges, to serve, optional

DIRECTIONS

- 1 Place salmon fillets in large resealable plastic bag with 2 tablespoons vegetable oil, lemon juice, parsley, dill, garlic, salt, and pepper. Work the marinade over all parts of the salmon, then place in the refrigerator to marinate for 1 hour.
- 2 Place the grill plate on the unit. Turn the dial to set temperature to 165°C. Set an external timer to 7 minutes and allow the grill plate to preheat.
- 3 In a medium bowl, add the asparagus, remaining vegetable oil, salt, and pepper and toss until evenly coated.
- 4 When the unit is preheated, add the salmon to the grill plate skin side down and gently press down to maximize grill marks. Cook for 10 minutes, flipping halfway through.
- 5 When the salmon is cooked, remove from grill and place on plate.
- 6 Turn dial to 260°C. Set an external timer to 7 minutes and allow the grill plate to preheat. Once preheated, add the asparagus to the grill plate and cook for 6 minutes, turning every 2 minutes with silicone-tipped tongs.
- 7 When the asparagus is cooked, remove from grill and serve with salmon.



TIP Keep an eye on cook times for thinner or thicker asparagus for desired result.

GRILLED PESTO COURGETTE



BEGINNER RECIPE ●○○

PREP: 5 MINUTES | **PREHEAT:** 7 MINUTES | **COOK:** 6 MINUTES | **MAKES:** 4 SERVINGS

INGREDIENTS

4 medium courgettes, cut in half lengthwise
2 tablespoons vegetable oil
2 tablespoon pesto sauce
1 tablespoon garlic, minced
Sea salt, as desired
Ground black pepper, as desired

DIRECTIONS

- 1 Place the grill plate on the unit. Turn the dial to set temperature to 190°C. Set an external timer to 7 minutes and allow the grill plate to preheat.
- 2 In a medium bowl, add courgette, vegetable oil, pesto, garlic, salt, and pepper and toss until evenly coated.
- 3 When unit is preheated, add the courgette to the grill plate. Cook for 8 minutes, flipping halfway through.
- 4 When courgette is cooked, remove from grill and place on plate. Serve while warm.



GRILLED PEACHES WITH LIME & CHILLI MASCARPONE



BEGINNER RECIPE ●○○

PREP: 5 MINUTES | **PREHEAT:** 7 MINUTES | **COOK:** 6 MINUTES | **MAKES:** 4 SERVINGS

INGREDIENTS

250g mascarpone
1 tablespoon icing sugar
1 teaspoon vanilla extract
1 red chilli, deseeded and finely chopped, reserve half for garnish
Zest of one lime, reserve half for garnish
4 tablespoons maple syrup
1 tablespoon lime juice
4 nearly ripe peaches, halved with stone removed

DIRECTIONS

- 1 Place the grill plate on the unit. Turn the dial to set temperature to 230°C. Set an external timer to 7 minutes and allow the grill plate to preheat.
- 2 In a medium bowl, add the mascarpone, icing sugar, vanilla, ½ red chilli and lime zest. Mix until fully combined. In small bowl combine maple syrup and lime juice.
- 3 When the unit is preheated, brush peach halves with maple syrup mix, reserving rest of maple glaze for garnish. Cook peach halves for 6 minutes, flipping halfway through.
- 4 Once the peaches are cooked, remove from grill and place on a plate. Top with mascarpone, remaining chilli lime zest, and drizzle with maple syrup to serve.



Grill Chart

TIP Use silicone-tipped tongs or spatula to flip or turn food during cooking.

INGREDIENT	AMOUNT	PREPARATION	TEMP	COOK TIME	INSTRUCTIONS
CHICKEN					
Chicken breast, boneless	6 breasts (150-200g)	Season as desired	190°C	15-20 mins	Flip 2-3 times during cooking
Chicken thighs, boneless	6 thighs (approx 90-120g each)	Season as desired	190°C	11-15 mins	Flip halfway through cooking
BEEF					
Beef burgers	6 patties, (90-125g each) 2-2.5cm thick	Season as desired	190°C	11-13 mins	Flip halfway through cooking
Fillet steak	6 (170-230g each), 3cm thick	Season as desired	260°C	6-12 mins	Flip halfway through cooking
Sirloin steak	4 (225g each), 2cm thick	Season as desired	260°C	4-7 mins	Flip halfway through cooking
Ribeye steak	4 (225-280g each), 2cm thick	Season as desired	260°C	4-7 mins	Flip halfway through cooking
Rump steak	4 (255g each), 2cm thick	Season as desired	260°C	4-9 mins	Flip halfway through cooking
PORK					
Hot dogs	12	N/A	190°C	10-13 mins	Turn frequently during cooking
Streaky bacon	8 rashers	N/A	200°C	4-5 mins	Turn frequently during cooking
Back bacon rashers	6 rashers, thick cut	N/A	190°C	5-6 mins	Turn frequently during cooking
Pork loin chops, boneless	6 (120g each)	Season as desired	190°C	6-10 mins	Flip halfway through cooking
Pork chops, bone in	4 thick cut (250g each)	Season as desired	190°C	16-22 mins	Flip halfway through cooking
Sausage	12	N/A	180°C	22-28 mins	Turn frequently during cooking
SEAFOOD					
Cod and Halibut	6 (125g each) 1-2cm thick	Coat lightly with vegetable oil, season as desired	260°C	8-11 mins	Flip halfway through cooking
Seabass	4 fillets	Coat lightly with vegetable oil, season as desired	260°C	5-7 mins	Flip halfway through cooking
Salmon	6 (115-160g)	Coat lightly with vegetable oil, season as desired	165°C	8-11 mins	Flip halfway through cooking
Scallops	18	Coat lightly with vegetable oil, season as desired	260°C	4-6 mins	Flip halfway through cooking
Prawns (large or jumbo)	450g	Coat lightly with vegetable oil, season as desired	260°C	3-5 mins	Flip halfway through cooking
Tuna steak	4 (100-200g)	Coat lightly with vegetable oil, season as desired	260°C	4-8 mins	Flip halfway through cooking

Grill Chart, continued

VEGETABLES					
Asparagus	600g, trimmed	Coat lightly with vegetable oil, season as desired	260°C	6-8 mins	Toss frequently during cooking
Peppers	3 peppers, cut in quarters	Coat lightly with vegetable oil, season as desired	260°C	15-20 mins	Toss frequently during cooking
Broccoli	2 heads, cut in 2.5cm pieces	Coat lightly with vegetable oil, season as desired	260°C	12-16 mins	Toss frequently during cooking
Brussels sprouts	500g, trimmed and cut in half	Coat lightly with vegetable oil, season as desired	260°C	12-16 mins	Toss frequently during cooking
Carrots	500g, peeled, cut in 2.5-5cm pieces	Coat lightly with vegetable oil, season as desired	260°C	20-25 mins	Toss frequently during cooking
Corn on the cob	4 cobs	Coat lightly with vegetable oil, season as desired	260°C	25-30 mins	Toss frequently during cooking
Aubergine	2 medium, cut in 2.5cm slices	Coat lightly with vegetable oil, season as desired	260°C	10-15 mins	Flip halfway through cooking
Green beans	500g, trimmed	Coat lightly with vegetable oil, season as desired	260°C	12-16 mins	Toss frequently during cooking
Portobello mushrooms	6 clean	Coat lightly with vegetable oil, season as desired	260°C	8-12 mins	Flipping not necessary
Courgette	4 medium, cut in half lengthwise	Coat lightly with vegetable oil, season as desired	190°C	8-10 mins	Toss frequently during cooking
Tomatoes	5, cut in half	Coat lightly with vegetable oil, season as desired	260°C	5-7 mins	Flip halfway through cooking
Plant based burger	6 each, 113g	Coat lightly with vegetable oil, season as desired	260°C	12-16 mins	Flip halfway through cooking
Tofu or tempeh	400g, cut into 1cm slices	Coat lightly with vegetable oil, season as desired	260°C	6-8 mins	Toss frequently during cooking
FRUIT					
Bananas	4	Peel, cut in half lengthwise	260°C	4-6 mins	Flip halfway through cooking
Mango	4	Skin and stone removed, sliced	260°C	6-8 mins	Flip halfway through cooking
Pineapple	6-8 slices or spears	Cut in 5cm pieces	260°C	8-10 mins	Flip halfway through cooking
Stone fruit	3-4	Cut in half, remove pit, press down on grill plate	260°C	5-7 mins	Flip halfway through cooking
BREAD/CHEESE					
Bread (baguette or ciabatta)	1 loaf	Cut in slices, brushed with vegetable oil	260°C	4-8 mins	Flip halfway through cooking
Halloumi cheese	2 x 225g blocks	Cut in 1cm slices	200°C	3-4 mins	Flip halfway through cooking

TIP Use silicone-tipped tongs or spatula to flip or turn food during cooking.

Flat plate Chart

TIP This chart is written for hood-up cooking. If melted cheese or retained heat is desired, close the lid and cook for 2-5 minutes or until desired output is reached.

INGREDIENT	AMOUNT	PREPARATION	TEMP	COOK TIME	INSTRUCTIONS
FLAT PLATE BASICS					
Back bacon rashers	6	N/A	190°C	4-5 mins	Flip at least once during cooking
Streaky bacon	8	N/A	200°C	3-5 mins	Flip at least once during cooking
Eggs	6 eggs	As desired (fried, scrambled, sunnyside up, etc.)	200°C	3-7 mins	(Depends on preparation)
French toast	4 slices	Dipped in egg batter	175°C	3 mins per side	Flip halfway through cooking
Toasted cheese sandwich	4 sandwiches	As desired	200°C	2 ½ - 3 mins per side	Flip halfway through cooking
Pancakes	6	Preheat flat plate for 10 minutes, then follow box instructions	175°C	3 mins per side	Flip halfway through cooking
SEAFOOD					
Scallops	15-20 each	1 Tbsp oil on flat plate	260°C	3-5 mins	Flip halfway through cooking
Prawns (large or jumbo)	16-20	1 Tbsp oil on flat plate	260°C	3-4 mins	Flip halfway through cooking
POULTRY					
Breaded chicken cutlets	2-3, 1.5cm thick	1 Tbsp oil on flat plate	180°C	10-13 mins	Flip halfway through cooking
Chicken/turkey, minced	500g	N/A	200°C	6-10 mins	Toss frequently during cooking
BEEF/PORK					
Beef burgers	6 patties (90-125g each) 2-2.5cm thick	N/A	190°C	10-12 mins	Flip halfway through cooking
Beef, minced	500g	1 Tbsp oil on flat plate	200°C	6-10 mins	Toss frequently during cooking
Sausages	12	N/A	180°C	21-27 mins	Toss frequently during cooking
Sirloin steak	4 (225-280g each), 2cm thick	Season as desired	260°C	6-9 mins	Flip halfway through cooking
Pork, minced	500g	1 Tbsp oil on flat plate	200°C	7-10 mins	Toss frequently during cooking

TIP Use silicone-tipped tongs or spatula to flip or turn food during cooking.

Flat plate Chart, continued

TIP This chart is written for hood-up cooking. If melted cheese or retained heat is desired, close the lid and cook for 2-5 minutes or until desired output is reached.

VEGETABLE					
Asparagus	600g, ends trimmed	1 Tbsp oil on flat plate	260°C	6-8 mins	Toss frequently during cooking
Peppers	2, thinly sliced	1 Tbsp oil on flat plate	200°C	6-9 mins	Toss frequently during cooking
Hash brown potatoes, frozen	9	2 Tbsp on flat plate	175°C	14-16 mins	Toss frequently during cooking
Onions, sliced	2 each, thinly sliced	1 Tbsp oil on flat plate	260°C	4-7 mins	Toss frequently during cooking
Courgette	500g, sliced	1 Tbsp oil on flat plate	230°C	5-10 mins	Flip halfway through cooking
FRUIT					
Apples	2	Cut in 6mm slices	200°C	5-8 mins	Flip halfway through cooking
Bananas	3	Cut in half lengthwise	200°C	3-6 mins	Flip halfway through cooking
Peaches	4	Cut in quarters	200°C	12-16 mins	Flip halfway through cooking
Pineapple	6 slices	Cut in 2.5-4cm rings	175°C	6-8 mins	Flip halfway through cooking

TIP Use silicone-tipped tongs or spatula to flip or turn food during cooking.

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SIZZLE

LOW SMOKE

GRILL PLATE + FLAT PLATE

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