

Please make sure to read the enclosed Ninja Foodi Instructions prior to using your unit.



**NINJA**  
**Foodi**  
**Grill &  
Air Fryer**  
**Easily cook fresh  
and frozen foods**  
Mouthwatering recipes & charts  
for unlimited possibilities



# Your guide to grilling like a pro


Welcome to the Ninja Foodi Grill and Air Fryer recipe guide.  
From here, you're just a few pages away from recipes,  
tips and tricks and helpful hints.  
Now open the lid and let's get grilling.

## Recipe List


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## Recipe Key


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




**10 minutes or less**




**Frozen to chargrilled**




**Child-friendly food**




**Gluten-free**



**Dairy-free**



**Vegetarian**



**Nut-free**



# Cyclonic Grilling

## TECHNOLOGY

Perfectly cook food on the inside and char-grill every side with super hot Cyclonic Grilling Technology. The grilling chamber gives you the fast, juicy, char-grilled results you want by combining a high density grill plate with cyclonic air that circulates rapidly around food.



### Frozen to chargrilled

No thawing required

*Barbecue Chicken Breasts, page 16*



### Grilled thrills

Grill the unexpected

*Halloumi & Pepper Skewers, page 19*



### Grilled go-tos

Quick and easy meals

*Homemade Burgers, page 22*



### No-flip grilling

No more falling apart

*Chilli Lime Corn on the Cob, page 28*

# More flavour. Less smoke.

After hundreds of hours of recipe testing, our chefs have paired your favourite foods with a recommended temperature setting that will maximise grill flavours while minimising smoke.



## LOW (200°C)

Best for bacon, sausages and calzones, and when using thicker barbecue sauces.



16  
MINS

Grilled Garlic & Herb Flatbread  
*Page 26*



## MED (240°C)

Best for frozen meats and batches of marinated ingredients.



6  
MINS

Grilled Halloumi & Red Pepper Skewers  
*Page 19*



## HIGH (260°C)

Best for steaks, chicken and burgers.



19  
MINS

Smokey Steak Fajitas  
*Page 23*



## MAX (265°C)

Best for vegetables, fruit, fresh and frozen fish and pizza.



12  
MINS

Chilli Lime Corn on the Cob  
*Page 28*



# Perfectly done with the Digital Cooking Probe.

Never under or over cook again.



## Dual Sensor Technology

The leave-in Digital Cooking Probe continuously monitors temp in two places for more accurate cooking results. The Ninja Foodi Grill & Air Fryer lets you know when it's time to take your food off the grill and let it rest.

For more information on how to use the probe refer to the instruction booklet.

## How to place the probe

Once you've selected your cooking function, cooking temperature, protein type and how you would like it cooked, **insert the Digital Cooking Probe into the thickest part of your protein** while the grill is preheating.

FOOD TYPE	PLACEMENT	CORRECT	INCORRECT
Steaks Pork chops Lamb chops Chicken breasts Burgers Fillets Fish fillets	<ul style="list-style-type: none"><li>• Insert probe horizontally into the centre of the thickest part of the meat.</li><li>• Make sure the tip of the probe is inserted straight into the centre of the meat, not angled toward the bottom or top of it.</li><li>• Make sure the probe is close to (but not touching) the bone and away from any fat or gristle.</li></ul> <p><b>NOTE:</b> The thickest part of the meat may not be the centre. It is important that the end of the probe hits the thickest part so desired results are achieved.</p>		
Whole chicken	<ul style="list-style-type: none"><li>• Insert probe horizontally into the thickest part of the breast, parallel to, but not touching, the bone.</li><li>• Make sure the top reaches the centre of the thickest part of the breast and doesn't go all the way through the breast into the cavity.</li></ul>		

**DO NOT** use the probe with frozen protein or for cuts of meat less than 1.5cm thick or for meat on the bone like chicken drumsticks or ribs.

# Cooking best practices

No two pieces of protein are alike and, for that reason, they'll never cook the same. That's why we recommend paying close attention to the sizes of meat listed in our cooking charts. These are minimum cook times and we recommend that you ensure your food has reached a food safe temperature before consumption (please reference the tables on page 9).

## Reasons meat might cook differently



**Cut size**

Proteins come in different shapes and sizes, which require different cooking times, so you may need to increase or decrease the recommended chart cook times to achieve desired doneness.



**Meat temperature**

For your convenience, cooking charts were created for use with cold meat, straight from the fridge.

**For even juicier results**

If time permits, let meat come to room temperature before cooking for a more juicy center. (We recommend reducing chart cook time by 2 minutes in this case.)

## Carry-over cooking

This occurs when meat continues to cook after it's removed from the grill. For the best results, we recommend removing meat 5°C before actual internal cooking temperature is reached.

See the chart below.

FOOD	COOK TO INTERNAL TEMP OF:	CARRY-OVER COOK TO INTERNAL TEMP OF:	UK FOOD STANDARDS AGENCY RECOMMENDED TEMPERATURES
Fish	70°C	75°C	65°C for 10 minutes
Poultry	70°C	75°C or higher	70°C for 2 minutes
Pork	70°C	75°C	75°C for 30 seconds
Steak			80°C for 6 seconds
Rare	50°C	55°C	
Medium Rare	55°C	60°C	
Medium	60°C	70°C	
Medium Well	65°C	65°C	
Well Done	70°C	75°C	
Minced Beef	70°C	75°C or higher	
Minced Pork	70°C	75°C	
Minced Turkey	70°C	75°C	

**For juicy and tender results,** allow protein to rest for 5 minutes after cooking. For roasts, half chickens and large steaks, it's best to let them rest for 10 minutes.



# Flavour-Building

## Tasty Marinades, Zesty Spice Rubs, and Irresistible Dipping Sauces

For the following recipes, add all ingredients to a bowl and mix well.

These marinades and spice rubs call for coarse salt—ensure you use that and not fine-grain salt.

Use spice rubs liberally. Season meat or vegetables generously and allow to sit at room temperature for 30 minutes before grilling—this will promote evenness and faster cooking.

### Frozen to chargrilled

When grilling frozen meats, baste them liberally and consistently with the marinade of your choosing.

To get the best textures and flavours from frozen meat, season it with your favourite spice rub before grilling.

## Marinades



### Teriyaki Marinade

80ml soy sauce  
80ml water  
80g dark brown sugar  
3 tablespoons rice wine vinegar  
1 tablespoon honey  
2 cloves garlic, peeled, minced



### Garlic & Herb Marinade

60ml extra virgin olive oil  
60ml apple cider vinegar  
10g fresh herbs  
(like parsley, rosemary, oregano, thyme, or sage), chopped  
5 cloves garlic, peeled, minced  
Juice of 1 lemon  
(about 3 tablespoons juice)  
1 teaspoon ground black pepper  
1 teaspoon salt



### Simple Steak Marinade

60ml Worcestershire sauce  
60ml soy sauce  
60ml balsamic vinegar  
2 tablespoons Dijon mustard  
3 cloves garlic, peeled, minced  
1 teaspoon ground black pepper  
1 teaspoon salt

**TIP** When using marinated foods on the Grill function, we recommend using MED and when using thicker marinades/sauces using LOW.

# Spice Rubs

**MAKES:** APPROX. 240G | **SEASON:** GENEROUSLY  
**STORE:** UP TO 6 MONTHS IN AN AIRTIGHT CONTAINER AWAY FROM LIGHT AND HEAT



## Easy BBQ Spice Rub

**Best for poultry, beef, prawns ,  
cauliflower, broccoli, carrots**

- 60g dark brown sugar
- 28g smoked paprika
- 3 tablespoons ground  
black pepper
- 2 tablespoons salt
- 2 teaspoons garlic powder
- 2 teaspoons onion powder



## Everyday Spice Rub

**Best for poultry, beef, pork,  
lamb, veal, seafood, vegetables**

- 3 tablespoons chilli powder
- 2 tablespoons white sugar
- 1 tablespoon salt
- 1 tablespoon ground cumin
- 1 tablespoon ground  
black pepper
- 1 tablespoon dried oregano



## Dry Herb Rub

**Best for poultry, pork, lamb,  
seafood, vegetables**

- 1 tablespoon salt
- 1 tablespoon dried thyme
- 1 tablespoon dried rosemary
- 1 tablespoon dried oregano
- 1 teaspoon mustard powder
- 1 teaspoon ground  
black pepper
- 1 teaspoon crushed red pepper

# Dipping Sauces

**MAKES:** APPROX. 240ML | **STORE:** REFRIGERATE FOR UP TO 4 DAYS



## Chimichurri Sauce

**Best for poultry, beef, pork,  
fish, vegetables**

- 1/2 bunch fresh coriander  
(about 15g), chopped
- 1/2 bunch fresh parsley  
(about 15g), chopped
- 5 cloves garlic, peeled, minced
- 1 small shallot, peeled, chopped
- Zest and juice of 1 lemon  
(about 80ml juice)
- 60 ml extra virgin olive oil
- 1 teaspoon ground  
black pepper
- salt, as desired



## Lemony-Garlic Chilli Mayo

**Best for poultry, beef, pork,  
lamb, veal, seafood, vegetables**

- 240ml mayonnaise
- Juice of 1/2 lemon  
(about 2 tablespoons juice)
- 1 tablespoon paprika
- 1 teaspoon garlic powder
- salt, as desired



## Jamaican Jerk Ketchup

**Best for poultry, beef, prawns**

- 240ml ketchup
- 3 tablespoons  
dry jerk seasoning
- 1 ripe banana,  
peeled, mashed



# Kickstarter Recipe

## Miso & Honey Salmon

**PREP:** 10 MINUTES | **MARINATE:** 30 MINUTES | **PREHEAT:** APPROX. 7 MINUTES | **COOK:** 6-8 MINUTES | **MAKES:** 4 SERVINGS

**PROGRAM:** GRILL



### INGREDIENTS

3 tablespoons white miso paste	1 tablespoon grated ginger
3 tablespoons honey	4 x 120g salmon fillets
3 tablespoons soy sauce	Toasted sesame seeds, for garnish
3 tablespoons mirin	Spring onion, sliced, for garnish

### DIRECTIONS



In a small bowl, whisk miso, honey, soy sauce, mirin and ginger together.



In a shallow dish add salmon and pour the marinade on top. Cover and refrigerate for 30 minutes.



Plug probe into unit. Insert grill plate in pot and close lid. Select GRILL. The unit will default to HI, select MAX. Select PRESET and select FISH then use the arrows to the left of the display to set desired cook level. Press START/STOP to begin preheating.

**TIP** To make this dish gluten free, use gluten free soy sauce.



When the unit beeps to signify it has preheated, and ADD FOOD is displayed, shake excess marinade from salmon and insert probe horizontally into the centre of one of the fillets (see probe placement instructions on page 7). Place skin side down on the grill plate, gently pressing them down to maximise grill marks. Close lid over the probe cord. There is no need to flip the fish during cooking.



When cooking is complete, serve salmon sprinkled with sesame seeds and spring onions.

# Kickstarter Recipe

## Barbecue Chicken Breasts

**PREP:** 5 MINUTES | **PREHEAT:** APPROX. 7 MINUTES | **COOK:** 22 MINUTES | **MAKES:** 4 SERVINGS | **PROGRAM:** GRILL



### INGREDIENTS

4 x 200g frozen chicken breasts	Salt and ground black pepper, as desired
2 tablespoons vegetable oil, divided	200ml prepared barbecue sauce

### DIRECTIONS



Insert grill plate in unit and close lid. Select **GRILL**, set temperature to **MED** and set time to 25 minutes. Select **START/STOP** to begin.



While unit is preheating, evenly brush each chicken breast with 1/2 tablespoon vegetable oil. Then season with salt and pepper, as desired.



When the unit beeps to signify it has preheated, and **ADD FOOD** is displayed place chicken breasts on grill plate. Close lid and cook for 10 minutes.



After 10 minutes, flip chicken. Close lid to continue cooking for 5 minutes.



After 5 minutes, liberally baste chicken with barbecue sauce, then flip over and liberally baste the other side. Close lid to continue cooking for 5 minutes.



After 5 minutes, repeat step 5. Close lid and cook for 2 more minutes.



If necessary, baste chicken again and cook for up to 3 more minutes until the centremost point of the chicken reaches an internal temperature of 75°C.



Allow chicken to rest for 5 minutes before serving.

**TIP** To make a complete meal, pair this chicken with any grilled vegetable from the Grill charts in the back of this book.



# GRILLED CAULIFLOWER STEAKS WITH GREEK SALSA



**PREP:** 20 MINUTES | **PREHEAT:** APPROX. 8 MINUTES | **COOK:** 17 MINUTES | **MAKES:** 2 SERVINGS  
**PROGRAM:** GRILL

## INGREDIENTS

1 head cauliflower, leaves and stem removed  
80g Kalamata olives, chopped, pits removed  
120g roasted red peppers, chopped  
1 tablespoon fresh oregano, minced  
1 tablespoon fresh parsley, minced  
3 garlic cloves, peeled, minced  
Juice of 1 lemon  
250g feta cheese, crumbled  
Salt, as desired  
1 teaspoon ground black pepper  
80g pecans, roughly chopped  
1 small red onion, peeled, chopped  
60ml vegetable oil, divided

## DIRECTIONS

- 1 Cut cauliflower into two 5cm “steaks”; reserve remaining cauliflower.
- 2 To make the Greek salsa, in a large bowl, stir together olives, roasted red peppers, oregano, parsley, garlic, lemon juice, feta, salt, pepper, pecans, red onion and 2 tablespoons of vegetable oil.
- 3 Insert grill plate in unit and close lid. Select GRILL, set temperature to MAX and set time to 17 minutes. Select START/STOP to begin preheating.
- 4 While unit is preheating, rub remaining 2 tablespoons of oil on both sides of “steaks,” then season each with salt, as desired.
- 5 When the unit beeps to signify it has preheated, place steaks on the grill plate. Close lid and cook for 10 minutes.
- 6 After 10 minutes, flip “steaks.” Close lid and continue cooking for 5 minutes.
- 7 After 5 minutes, spread “steaks” generously with Greek salsa. Close lid and cook for the remaining 2 minutes. Reserve remaining Greek salsa.
- 8 When cooking is complete, serve immediately.

**TIP** Cut remaining cauliflower into large chunks, toss with vegetable oil and grill for 12 minutes before tossing with remaining Greek salsa.

# GRILLED HALLOUMI & RED PEPPER SKEWERS



**PREP:** 15 MINUTES | **PREHEAT:** APPROX. 7 MINUTES | **COOK:** 8 MINUTES | **MAKES:** 4 SERVINGS  
**PROGRAM:** GRILL

## INGREDIENTS

1 garlic clove, peeled, minced, with finely chopped  
1 tablespoon red wine vinegar  
3 tablespoons olive oil  
½ teaspoon dried dill  
½ teaspoon dried mint  
½ teaspoon dried parsley  
Sea salt and ground black pepper, as desired  
400-500g halloumi cheese, cut into 4cm pieces  
1 ½ red peppers, cut into quarters, seeds and ribs removed, cut in 4cm pieces  
1 medium red onion, peeled and petals cut into 4cm pieces  
4 wooden skewers no longer than 20cm (or Ninja skewers)\*

## DIRECTIONS

- 1 In a mixing bowl, combine garlic, red wine vinegar, olive oil, dill, mint, parsley, sea salt to taste and cracked black pepper to taste. Set aside.
- 2 Insert grill plate in unit and close lid. Select GRILL, set temperature to MED and set time to 8 minutes. Select START/STOP to begin preheating.
- 3 While unit is preheating, assemble the skewers in the following order until they’re almost full: halloumi, red pepper and onion. Ensure ingredients are pushed almost completely down to the end of the skewers. Evenly brush kebabs with dressing made in step 1.
- 4 Once the unit has beeped to signify it has preheated, place kebabs on grill plate. Close lid.
- 5 After 4 minutes, open lid and baste exposed side of kebabs with dressing. Using silicone-tipped tongs, flip skewers and baste again. Close lid to continue cooking.
- 6 When cooking is complete, open lid and remove skewers. Place kebabs on a platter and pour remaining dressing over the top.

\*The Ninja skewers are sold separately at [ninjakitchen.co.uk](http://ninjakitchen.co.uk)



# PORTOBELLO MUSHROOM BURGERS



**PREP:** 10 MINUTES | **PREHEAT:** APPROX. 8 MINUTES | **COOK:** 7 MINUTES | **MAKES:** 4 BURGERS  
**PROGRAM:** GRILL

## INGREDIENTS

4 large portobello mushrooms, caps removed  
2 tablespoons balsamic vinegar  
4 tablespoons sunflower oil  
1 garlic clove, peeled, crushed  
1 tablespoon flat leaf parley  
1 tablespoon thyme leaves  
Salt and ground black pepper, as desired  
4 slices Cheddar cheese  
4 burger buns, sliced horizontally in half  
Rocket leaves for serving

## OPTIONAL TOPPINGS:

Red onion  
Tomatoes  
Pickles  
Condiments

## DIRECTIONS

- 1 Place whole mushrooms in a shallow dish. In a small bowl, whisk together balsamic vinegar, oil, garlic, flat leaf parsley and thyme. Season with salt and pepper, as desired. Brush marinade over mushrooms. Let stand at room temperature for 15 minutes.
- 2 Insert grill plate in pot and close lid. Select GRILL. The unit will default to HI, which is the correct temperature setting for this recipe. Select MAX, select time to 7 minutes. Press START/STOP to begin preheating.
- 3 When the unit beeps to signify it has preheated, and ADD FOOD is displayed, place mushrooms on the grill plate, gently pressing them down to maximise grill marks.
- 4 After 3 minutes, FLIP the mushrooms, close the lid.
- 5 After 2 minutes place a slice of cheese on each mushroom. Close lid and continue cooking for 2 minutes.
- 6 When cooking is complete, serve burgers on the buns with rocket leaves and toppings of your choice.

**TIP** To make this recipe Gluten Free and Keto-friendly, serve without buns.

# ARANCINI

**PREP:** 15 MINUTES | **PREHEAT:** APPROX. 3 MINUTES | **COOK:** 15 MINUTES | **MAKES:** 4 SERVINGS  
**PROGRAM:** AIRFRY

## INGREDIENTS

300g left over risotto or cooked arborio rice  
30g grated Parmesan cheese, or vegetarian equivalent  
50g grated mozzarella  
½ teaspoon garlic powder  
¼ teaspoon cayenne pepper  
2 tablespoons fresh parsley, finely chopped  
¼ teaspoon nutmeg  
1 egg  
Salt and ground pepper, as desired  
1 egg and 2 tablespoon milk for egg wash, beaten together  
100g dried breadcrumbs  
Tomato sauce and salad for serving

## DIRECTIONS

- 1 In a large bowl, mix together rice, Parmesan, mozzarella, garlic powder, cayenne pepper, parsley, egg, salt and pepper, as desired.
- 2 Insert crisper tray in unit and close lid. Select AIR FRY, set temperature to 200°C and set time to 15 minutes. Press START/STOP to begin preheating.
- 3 While unit is preheating, divide rice mixture into 8 equal parts and form into balls.
- 4 In a shallow bowl, add egg and milk. In another bowl, place breadcrumbs to prepare for breading. First coat rice balls in egg wash and then coat with breadcrumbs.
- 5 Once unit beeps to signify it has preheated, open lid and place all arancini on the crisper tray. Close lid to begin cooking.
- 6 When cooking is complete, remove arancini and serve immediately with tomato sauce and salad.



# HOMEMADE CHEESEBURGERS



**PREP:** 10 MINUTES | **PREHEAT:** APPROX. 8 MINUTES | **COOK:** 13 MINUTES | **MAKES:** 4 BURGERS  
**PROGRAM:** GRILL

## INGREDIENTS

500g 5% minced beef  
1 teaspoon garlic powder, as desired, optional  
1 teaspoon onion powder, as desired, optional  
1 teaspoon dried mixed herbs  
Sea salt and ground black pepper, as desired  
4 slices Cheddar cheese  
4 burger buns, sliced in half

## OPTIONAL TOPPINGS:

Lettuce  
Red onion  
Tomatoes  
Pickles  
Condiments

**TIP** For extra flavour, grill vegetables like onions, peppers, or mushrooms as a burger topping.

# SMOKEY STEAK FAJITAS



**PREP:** 15 MINUTES | **PREHEAT:** 8 MINUTES | **COOK:** 19-23 MINUTES | **MAKES:** 4 SERVINGS  
**PROGRAM:** GRILL

## INGREDIENTS

2 teaspoons cumin powder  
2 teaspoons coriander powder  
1 teaspoon smoked paprika  
½ teaspoon chipotle powder  
2 teaspoons ground coffee  
1 teaspoon dried oregano  
1 teaspoon garlic powder  
1 teaspoon onion granules  
1 teaspoon sugar  
1 teaspoon sea salt, plus more to taste  
1 teaspoon cracked black pepper, plus more to taste  
3x 250g Sirloin steaks, 3cm thick  
Cooking spray  
2 small peppers (red, yellow or green), cut into 2cm strips  
2 small red onions, peeled and cut into quarters, root intact  
8 soft flour tortillas, 20cm  
Salsa, optional for serving  
Grated cheddar cheese, optional for serving  
Sour cream, for serving, optional

## DIRECTIONS

- 1 In a small bowl, combine cumin, coriander, smoked paprika, chipotle, ground coffee, oregano, garlic powder, onion granules, sugar, sea salt and cracked black pepper. Mix well to combine.
- 2 Rub spice mix evenly and liberally on all sides of steaks. Place steaks in the fridge for 3 hours, uncovered. Remove steaks from the fridge 30 minutes prior to grilling.
- 3 Insert grill plate in unit and close lid. Select GRILL, set temperature to HIGH and set time to 10 minutes. Select START/STOP to begin preheating.
- 4 Once the unit has beeped to signify it has preheated, open lid and place the steaks on grill. Press steaks down gently to increase surface contact with grill plate.
- 5 After 5 minutes, open lid and flip steaks using silicone-tipped tongs. Close lid and continue cooking for an additional 5 minutes. After 8 total minutes, open lid and remove steaks. Set aside to rest, cover with foil, whilst grilling vegetables and heating fajitas.
- 6 Use a kitchen towel to wipe grill clean. Spray peppers and onions with cooking spray. Select GRILL, set temperature to MAX and set time for 8 minutes. Select START/STOP to begin preheating.
- 7 When unit beeps to signify it has preheated, place peppers and onions on the grill plate. Close lid and cook for 8 minutes.
- 8 After 4 minutes, open lid and flip onions and peppers.
- 9 When cooking is complete, serve steak with vegetables, toppings, sides in tortillas.

# ROAST HARISSA CHICKEN



**PREP:** 10 MINUTES | **PREHEAT:** APPROX. 3 MINUTES | **COOK:** 30 MINUTES  
**MAKES:** 2-3 SERVINGS | **PROGRAM:** GRILL

## INGREDIENTS

- 1 tablespoon rose harissa paste
- 1 tablespoon brown sugar
- 1 tablespoon olive oil
- 1 tablespoon fresh lemon juice
- 1kg chicken
- Sea salt and ground black pepper, as desired
- Yogurt, for serving
- Lemon wedges, for serving

## DIRECTIONS

- 1 Insert crisper plate in unit and close lid. Select ROAST, set temperature to 170°C, and set time to 30 minutes. Select START/STOP to begin preheating.
- 2 While unit is preheating, in a small bowl, mix harissa paste, brown sugar, olive oil and lemon juice together. Season as desired and brush mixture all over the chicken.
- 3 When the unit beeps to signify it has preheated, and ADD FOOD is displayed, open lid, place chicken breast side down on crisper plate. Close lid and cook for 30 minutes.
- 4 After 15 minutes, open lid and flip chicken. Brush with any remaining marinade. Close lid and continue cooking for the remaining 15 minutes.
- 5 Cooking is complete when chicken reaches an internal temperature of 75°C. Allow to rest for 10 minutes before serving with yogurt and lemon.

**NOTE** Chickens can vary in shape, press down on breast bone to flatten if it touches the grill roof.



# PORK LOIN WITH CRACKLING



**PREP:** 5 MINUTES | **PREHEAT:** APPROX. 3 MINUTES | **COOK:** 1 HOUR 15 MINUTES  
**MAKES:** 4 SERVINGS | **PROGRAM:** ROAST

## INGREDIENTS

- 1 kg pork loin roast, tied with crackling
- Sea salt, as desired
- 200ml water, divided
- Cooking string

## DIRECTIONS

- 1 Remove the crackling from the top of pork, cutting evenly to leave some fat on top of loin. Score top of pork loin roast with sharp knife every 2cm. Score crackling with sharp knife every 1cm.
- 2 For even cooking, tie loin with cooking string if irregular in shape.. Season pork crackling and meat with salt. Place crackling over the top of loin.
- 3 Insert pot and crisper tray into unit and close lid. Select ROAST, set temperature to 160°C and set time to 60 minutes. Select START/STOP to begin preheating.
- 4 When the unit beeps to signify it has preheated and ADD FOOD is displayed, place roast on crisper plate in pot. Close lid and cook for 40 minutes.
- 5 After 35 minutes, open lid to measure temperature of pork. Internal temperature of pork should read 75°C on a thermometer. If necessary, close lid and cook for up to an additional 5 minutes.
- 6 Remove roast and crackling from pot. Remove pot from unit and clean, being sure to remove all oil. Place clean pot back in unit and close lid.
- 7 Select ROAST and set temperature to 180°C and set time to 15 minutes. When the unit beeps to signify it has preheated, place crackling in pot. Reserve roast on cutting board. Close lid to begin cooking.
- 8 After 10 minutes, open lid and check crispiness of crackling. If desired, close lid and cook for up to an additional 5 minutes, until crackling is completely crispy.
- 9 When cooking is complete, slice roast and cut crackling. Serve.

**TIP** You can leave the roast whole with crackling attached, but for crispiest results it is best to remove crackling from roast

# GRILLED GARLIC & HERB FLATBREAD



**PREP:** 30 MINUTES | **RISE:** 60-90 MINUTES | **PREHEAT:** APPROX. 8 MINUTES  
**COOK:** 16 MINUTES | **MAKES:** 8 FLATBREADS **PROGRAM:** GRILL

## INGREDIENTS

500g plain flour  
1 teaspoon fine sea salt  
1 teaspoon caster sugar  
5g fast acting dried yeast  
250ml warm water  
1 tablespoon + 50ml olive oil,divided plus more for brushing

1 garlic clove, finely chopped  
5g fresh parsley, chopped  
Flaked sea salt, to taste  
2 tablespoons soft butter, if desired

## DIRECTIONS

- 1 In a stand mixing bowl with dough hook attachment, combine flour, salt, sugar and yeast. Mix for 30 seconds to combine. Pour water and 1 tablespoon olive oil into mixing bowl and mix on low speed for 7 minutes. If mixing by hand, mix ingredients together in bowl, then knead dough by hand for 10 minutes. Dough is done when you press into the ball and it bounces back.
- 2 Place dough in a lightly oiled bowl and cover with cling film or a tea towel. Keep in a warm spot of your house until dough doubles in size, 60-90 minutes. Mix olive oil, garlic and parsley, set aside.
- 3 Once dough has doubled in size, place on clean work surface. Oil hands and work surface lightly with olive oil. Divide dough into 8 even balls. Form each ball into 20cm wide and 5mm thick circles. Stretch each ball into an oval shape.
- 4 Insert grill plate in unit and close hood. Select GRILL, set temperature to MAX and set time to 16 minutes. Select START/STOP to begin preheating.
- 5 Once unit has beeped to signify unit has preheated, place one dough ball on grill and brush with garlic herb oil. Close hood and grill dough for 2 minutes.
- 6 Repeat step 6 with remaining balls of dough.
- 7 Grilled bread is best served immediately, but can be reheated in foil on LOW for 3 minutes.

# LOADED FRENCH FRIES WITH GARLIC MAYO



**PREP:** 15 MINUTES | **PREHEAT:** APPROX. 3 MINUTES | **COOK:** 20-22 MINUTES  
**MAKES:** 5-6 SERVINGS | **PROGRAM:** AIR FRY

## INGREDIENTS

500g frozen french fries  
120g mayonnaise  
2 garlic cloves, peeled, minced  
1 teaspoon garlic powder  
½ teaspoon salt  
¼ teaspoon ground black pepper  
Squeeze of lemon juice

## DIRECTIONS

- 1 Insert crisper tray unit and close lid. Select AIR FRY, set temperature to 190°C, and set time to 18 minutes. Select START/STOP to begin preheating.
- 2 When the unit beeps to signify it has preheated, and ADD FOOD is displayed, add frozen fries to basket. Close lid and cook for 10 minutes.
- 3 After 10 minutes, shake basket of fries. Place basket back in unit and close lid to resume cooking.
- 4 Meanwhile, combine mayonnaise, garlic, garlic powder, salt, pepper and lemon juice in a bowl.
- 5 After 16 minutes, sprinkle over cheese and continue cooking for 2 minutes.
- 6 When cooking is complete, serve immediately with garlic mayo sauce.

**TIP** Use any kind of frozen fries you'd like, just keep a close eye on them during cooking so they don't over- or under-crisp.



# CHILLI LIME CORN ON THE COB



**PREP:** 10 MINUTES | **PREHEAT:** APPROX. 8 MINUTES | **COOK:** 12 MINUTES | **MAKES:** 4 SERVINGS  
**PROGRAM:** GRILL

## INGREDIENTS

4 corn on the cob  
2 tablespoons sunflower oil  
Sea salt and ground black pepper, as desired  
40g unsalted butter, softened  
1 red chilli, deseeded, finely chopped  
1 garlic clove, peeled, minced  
2 tablespoons coriander, finely chopped  
Juice and zest of ½ lime  
1 teaspoon onion powder  
15g fresh coriander, chopped

## DIRECTIONS

- 1 Insert grill plate in unit and close lid. Select GRILL, set temperature to MAX, and set time to 12 minutes. Select START/STOP to begin preheating.
- 2 While unit is preheating, brush corn with oil. Season corn with salt and pepper.
- 3 In a small bowl, mix butter, chilli, garlic, coriander, lime zest and juice together.
- 4 When the unit beeps to signify it has preheated, and ADD FOOD is displayed, open lid, place corn on grill plate. Close lid and cook for 6 minutes.
- 5 After 6 minutes, open lid, flip corn. Close lid and continue cooking for the remaining 6 minutes.
- 6 When cooking is complete, evenly coat corn with butter. Serve immediately.







# ORCHARD FRUIT COBBLER



DESSERTS

**PREP:** 25 MINUTES | **PREHEAT:** APPROX. 8 MINUTES | **COOK:** 25 MINUTES

**MAKES:** 4 SERVINGS | **PROGRAM:** BAKE

## INGREDIENTS

200g plain flour  
75g golden caster sugar  
½ teaspoon cinnamon  
1 tablespoon baking powder  
100g cold butter, cut into cubes  
1 large egg  
125ml milk  
1kg cooking apples, peeled, cored,  
cut into 1 ½ cm chunks  
2 pears, peeled, cored, cut into  
1 ½ cm chunks  
75g granulated sugar  
2 tablespoons demerara sugar

## DIRECTIONS

- 1** In a large bowl, mix flour, caster sugar, cinnamon and baking powder. Rub in cold butter until mixture resembles fine breadcrumbs.
- 2** In a jug, whisk egg and milk together. Stir into dry ingredients until a soft batter is formed.
- 3** In pot, layer apple, pears and granulated sugar. Dollop the cobbler topping on top, roughly covering fruit. Sprinkle over with demerara sugar.
- 4** Insert pot into unit. Close lid. Select BAKE, set temperature to 190°C and set time to 25 minutes. Select START/STOP to begin. Skip preheat by pressing the PREHEAT button. Open lid and close lid to begin cooking.
- 5** Cooking is complete when the cobbler is golden brown and the fruit is soft. Serve warm with cream.

# Grill Chart

**TIP** For less smoke, we recommend rubbing your food with vegetable oil before grilling.

**PLEASE NOTE** All times are minimum cook times. Please ensure that your food has reached a safe temperature before consumption.

INGREDIENT	AMOUNT	TEMP	COOK TIME	INSTRUCTIONS
POULTRY				
Chicken breasts	2 bone-in breasts	HIGH	16–20 mins	Flip halfway through cooking
	4 boneless breasts	HIGH	14–18 mins	Flip halfway through cooking
Chicken, half	1/2 chicken, bone-in	HIGH	22–28 mins	N/A
Chicken, leg quarters	2 bone-in leg quarters	HIGH	20–24 mins	Flip halfway through cooking
Chicken sausages, prepared	340g package	HIGH	5–6 mins	N/A
Chicken tenderloins	6 boneless tenderloins	HIGH	7–10 mins	Flip halfway through cooking
Chicken thighs	4 bone-in thighs	HIGH	14–16 mins	Flip halfway through cooking
	4 boneless thighs	HIGH	10–13 mins	Flip halfway through cooking
Chicken wings	900g, bone-in (drumettes & flats)	HIGH	10–14 mins	Flip halfway through cooking
BEEF				
Burgers	4, 115g each	HIGH	6 mins	Flip halfway through cooking
Filet	4 steaks, 2.5cm thick	HIGH	12–15 mins	Flip halfway through cooking
Ribeye	2 steaks, 2.5cm thick	HIGH	8–10 mins	Flip halfway through cooking
Sirloin	4, 225g each	HIGH	7–12 mins	Flip halfway through cooking
T-bone	2 steaks, 2.5cm thick	HIGH	9–12 mins	Flip halfway through cooking
PORK, LAMB & VEAL				
Baby back ribs	4 each, 3-bone pieces	HIGH	20–22 mins	Flip halfway through cooking
Bacon	4 rashers, thick cut	LOW	9–11 mins	N/A
Lamb rack	1/2 rack (4 bones)	HIGH	12–14 mins	Flip halfway through cooking
Pork chops	2 thick-cut, bone-in chops	HIGH	15–18 mins	Flip halfway through cooking
	4 boneless chops	HIGH	14–16 mins	Flip halfway through cooking
Pork fillets	2 whole tenderloins	HIGH	15–20 mins	Flip halfway through cooking
Spare ribs	3 each, 2-bone pieces	HIGH	24–28 mins	Flip halfway through cooking
Sausages	8, 450g	LOW	8–12 mins	Flip halfway through cooking
Veal chops	4 bone-in chops	HIGH	8–12 mins	Flip halfway through cooking



# Grill Chart, continued

**TIP** For less smoke, we recommend rubbing your food with vegetable oil before grilling.

**PLEASE NOTE** All times are minimum cook times. Please ensure that your food has reached a safe temperature before consumption.

INGREDIENT	AMOUNT	TEMP	COOK TIME	INSTRUCTIONS
SEAFOOD				
Cod	4 fillets	MAX	8-10 mins	N/A
Scallops	450g	MAX	5-8 mins	Flip halfway through cooking
Prawns	450g jumbo (16-18 count)	MAX	3-5 mins	Pat dry, season
Salmon	4, 120g each	MAX	5-6 mins	N/A
Tuna	4 fillets	MAX	6-7 mins	N/A
FROZEN POULTRY				
Chicken breasts	4, 200g each	MED	22-26 mins	Flip 2 to 3 times while cooking
Chicken thighs	4 bone-in thighs	MED	25-28 mins	Flip 2 to 3 times while cooking
Turkey burgers	4	MED	11-13 mins	Flip halfway through cooking, if desired
FROZEN BEEF				
Burgers	4	MED	10-12 mins	Flip halfway through cooking, if desired
Sirloin Steak	2	MED	18-24 mins	Flip 2 to 3 times while cooking
Ribeye	2	MED	18-22 mins	Flip 2 to 3 times while cooking
Tenderloin fillets	2	MED	15-17 mins	Flip 2 to 3 times while cooking
FROZEN PORK				
Pork chops	4 boneless chops	MED	20-23 mins	Flip 2 to 3 times while cooking
Pork tenderloin	1 whole tenderloin	MED	20 mins	Flip 2 to 3 times while cooking
Sausage, uncooked	6 whole sausages	LOW	10-14 mins	Flip halfway through cooking
FROZEN SEAFOOD				
Halibut	4 fillets	MAX	14-16 mins	Flip halfway through cooking, if desired
Salmon	4 fillets	MAX	10-13 mins	Flip halfway through cooking, if desired
Prawns	450g jumbo (16-18 count)	MAX	4-5 mins	N/A
FROZEN VEGGIE BURGERS				
Veggie burgers	4	HIGH	8-10 mins	Flip halfway through cooking, if desired

# Grill Chart, continued

**TIP** For less smoke, we recommend coating your vegetables with vegetable oil before grilling.

INGREDIENT	AMOUNT	PREPARATION	TEMP	COOK TIME	INSTRUCTIONS
VEGETABLES					
Asparagus	1 bunch	Whole, trim stems	MAX	5-7 mins	N/A
Aubergine	1 large	Slice lengthwise	MAX	10-12 mins	Flip halfway through cooking
Bell peppers	3, 600g	Cut in quarters, season	MAX	10-12 mins	Flip halfway through cooking
Carrots	675g	Peel, cut in 5-7.5cm pieces, season	MAX	12 mins	N/A
Corn on the cob	4-5	Whole ears, remove husks	MAX	10-13 mins	Flip halfway through cooking
Courgette	500g	Cut in quarters lengthwise, season	MAX	10 mins	Flip halfway through cooking
Mushrooms	450g	Cut in half, season	MAX	5-7 mins	N/A
Onions, white or red (cut in half)	5	Peel, cut in half, season	MAX	10-12 mins	N/A
Onions, white or red (sliced)	1-2	Peel, cut in 2.5cm slices, season	MAX	2-4 mins	Flip halfway through cooking
Pak choy	450g	Cut in half lengthwise, season	MAX	9-11 mins	Flip halfway through cooking
Portobello mushrooms	4, 300g	Remove stems, season	MAX	7-8 mins	Flip halfway through cooking
Tomatoes	5	Cut in half, season	MAX	8-10 mins	Flip halfway through cooking
FRUIT					
Avocado	Up to 3 avocados	Cut in half, remove pit	HIGH	4-5 mins	N/A
Lemons & Limes	5	Cut in half lengthwise, press down on grill plate	MAX	3 mins	Flipping not necessary
Mango	4-6	Press down gently on grill plate	MAX	4 mins	N/A
Melon	6 spears (10cm each)	Press down gently on grill plate	MAX	4 mins	N/A
Stone fruit	4-6	Cut in half, remove pit, press down on grill plate	MAX	10-12 mins	N/A
BREAD & CHEESE					
Halloumi cheese	500g	Cut in 2.5cm slices	HIGH	4 mins	N/A
Bread	2 slices	Brushed with vegetable oil	MAX	3-4 mins	Flipping not necessary

# Air Fry Chart

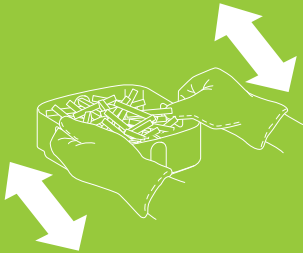
INGREDIENT	AMOUNT	PREPARATION	TOSS IN OIL	TEMP	COOK TIME
VEGETABLES					
Asparagus	400g	Whole, trim stems	2 Tsp	200°C	12-14 mins
Beetroot	6 small or 4 large (1kg)	Whole	None	200°C	45-60 mins
Bell peppers	4	Whole	None	200°C	20-25 mins
Broccoli	700g	Cut in 2.5cm florets	1 Tbsp	200°C	12-16 mins
Brussels sprouts	900g	Cut in half, remove stems	1 Tbsp	200°C	15-18 mins
Butternut squash	1.3kg	Cut in 2.5-5cm pieces	1 Tbsp	200°C	30 mins
Carrots	900g	Peel, cut in 1cm pieces	1 Tbsp	200°C	16-18 mins
Cauliflower	800g	Cut in 2.5cm florets	2 Tbsp	200°C	20-24 mins
Corn on the cob	5	Whole ears, remove husks	1 Tbsp	200°C	12-15 mins
Green beans	2 bags	Trim	1 Tbsp	200°C	10-12 mins
Kale (for crisps)	225g	Tear in pieces, remove stems	None	148°C	10-12 mins
Mushrooms	450g	Rinse, cut in quarters	1 Tbsp	200°C	10-12 mins
Potatoes, white	1.3kg	Cut in 2.5cm wedges	1 Tbsp	200°C	25-30 mins
	450g	Hand-cut fries*, thin	1/2-3 Tbsp, vegetable	200°C	20-24 mins
	450g	Hand-cut fries*, thick	1/2-3 Tbsp, vegetable	200°C	23-26 mins
	4 whole (approx 250g each)	Pierce with fork 3 times	None	200°C	40-45 mins
Potatoes, sweet	675g	Cut in 2.5cm chunks	1 Tbsp	200°C	15-20 mins
	6 whole	Pierce with fork 3 times	None	200°C	30-35 mins
Courgette	900g	Cut in quarters lengthwise, then cut in 2.5cm pieces	1 Tbsp	200°C	15-18 mins
POULTRY					
Chicken breasts	4, 800g	Boneless	Brushed with oil	190°C	25-35 mins
	2 breasts	Boneless	Brushed with oil	190°C	18-22 mins
Chicken thighs	4 thighs	Bone in	Brushed with oil	200°C	22-28 mins
	4 thighs	Boneless	Brushed with oil	200°C	18-22 mins
Chicken wings	900g (drumettes and flats)	Bone in	1 Tbsp	200°C	22-26 mins

\*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.

For best results,  
shake or toss often.

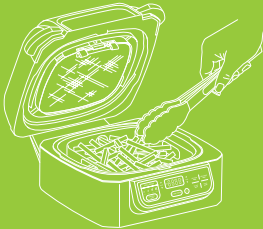
We recommend frequently  
checking your food  
and shaking or tossing it to  
ensure desired results.

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



Shake your food

OR



Toss with  
silicone-tipped tongs



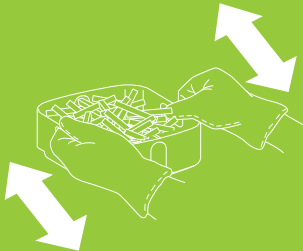
# Air Fry Chart, continued

INGREDIENT	AMOUNT	PREPARATION	TOSS IN OIL	TEMP	COOK TIME
PORK & LAMB					
Bacon	4 thick cut rashers	None	None	180°C	8-10 mins
Pork chops	2 thick-cut, bone-in chops	Bone in	Brush with oil	190°C	15-17 mins
	4 boneless chops (230g each)	Boneless	Brush with oil	190°C	14-17 mins
Pork fillets	2	Whole	Brush with oil	190°C	25-35 mins
Sausages	4	Whole	None	200°C	8-10 mins
FROZEN FOODS					
Chicken nuggets	340g	None	None	200°C	10-13 mins
Fish fillets	6	None	None	200°C	14-16 mins
Fish fingers	18	None	None	200°C	10-13 mins
French fries	500g	None	None	180°C	16-18 mins
	1kg	None	None	180°C	28-32 mins
Mozzarella sticks	340g	None	None	190°C	8-10 mins
Breaded Mushrooms	300g, 12 mushrooms	No prep	No oil	170°C	15-18 mins
Onion Rings	375g	No prep	No oil	180°C	10-12 mins
Sausage rolls	400g (24 rolls)	Preparation- brush with egg wash	No oil	200°C	12-13 mins
Sweet potato fries	500g	None	None	190°C	20-22 mins
Hash browns	500g	None	None	175°C	18-22 mins
BREAD & PASTRIES					
4 All butter croissants	4	No prep	No oil	160°C	5 mins
Ready to Bake Bread Rolls	6 rolls	No prep	No oil	180°C	5-8 mins

For best results,  
shake or toss often.

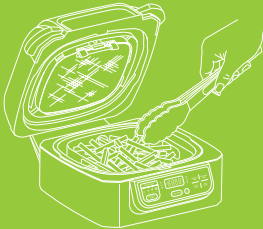
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Use these cook times  
as a guide, adjusting  
to your preference.



Shake your food

OR



Toss with  
silicone-tipped tongs

# Dehydrate Chart

**TIP** When dehydrating meats and fish, it is recommended to ROAST at 170°C for 1 minute as a final step in order to fully pasteurise the food.

INGREDIENTS	PREPARATION	TEMP	DEHYDRATE TIME
FRUITS & VEGETABLES			
Apples	Cut in 3mm slices, remove core, rinse in lemon water, pat dry	60°C	7-8 hours
Asparagus	Cut in 2.5cm pieces, blanch	60°C	6-8 hours
Bananas	Peel, cut in 3mm slices	60°C	8-10 hours
Beetroot	Peel, cut in 3mm slices	60°C	6-8 hours
Aubergine	Peel, cut in 3mm slices, blanch	60°C	6-8 hours
Fresh herbs	Rinse, pat dry, remove stems	60°C	4 hours
Ginger root	Cut in 3mm slices	60°C	6 hours
Mango	Peel, cut in 3/8-inch slices, remove pit	60°C	6-8 hours
Mushrooms	Clean with soft brush (do not wash)	60°C	6-8 hours
Pineapple	Peel, cut in slices, remove core 3mm-1.25mm	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
MEAT, POULTRY, FISH			
Beef jerky	Cut in 5mm slices, marinate overnight	70°C	5-7 hours
Chicken jerky	Cut in 6mm slices, marinate overnight	70°C	5-7 hours
Turkey jerky	Cut in 6mm slices, marinate overnight	70°C	5-7 hours
Salmon jerky	Cut in 6mm slices, marinate overnight	70°C	3-5 hours

# **NINJA**

## **Foodi**

### **Grill & Air fryer**

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