

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



Your guide to grilling like a pro

Welcome to the Ninja Foodi Grill & 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.



Digital Cooking Probe



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.

Now with the Smart Cook System you can achieve the perfect level of cook without the guesswork.



Grilled favourites
Quick and easy meals
Homemade Cheese Burgers,
page 17



No-flip grilling
No more falling apart
Whole Salmon Fillet with lemon
potatoes, page 29



Perfect cooking
No guesswork
Grilled Sirloin Steaks with
Asparagus, page 14



Grilled thrills
Make the unexpected
Sea Salt Focaccia, page 36



Frozen to chargrilled
No thawing required
Honey Mustard & Barbecue
Glazed Chicken Breasts,
page 18

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.


LO
200°C

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



English Breakfast
Page 26


MED
230°C

Best for frozen meats and batches of marinated ingredients.



Honey Mustard & Barbecue Glazed Chicken
Page 18


HI
250°C

Best for steaks, chicken and burgers.



Grilled Sirloin Steak & Asparagus
Page 14


MAX
260°C

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



Corn on the Cob
Page 42

Always use recommended oils

For less smoke, use oils with a high smoke point, like vegetable, coconut, grapeseed or avocado oil instead of olive oil. If you choose to cook ingredients at a higher temperature with olive oil, it may result in more smoke.

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 Air Grill Max 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">• Insert probe horizontally into the centre of the thickest part of the meat.• 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.• Make sure the probe is close to (but not touching) the bone and away from any fat or gristle. <p>NOTE: 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">• Insert probe horizontally into the thickest part of the breast, parallel to, but not touching, the bone.• 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.		

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.

Ninja Beef Cooking Guide

Everyone's idea of the cooking scale differs. This guide shows you what you can expect from each of our preset beef cook settings.



Carry-over cooking

Did you know? Meat keeps cooking when you remove it from the grill.

To prevent overcooking, the unit will beep right before your food reaches the desired set cook level, taking carry-over cooking into account.

Transfer meat to a plate with the probe still inserted and allow protein to carry-over cook and rest for 3–5 minutes.

Skipping carry-over cooking and cutting into food right away may result in a rarer level of cook.

Reasons meat might cook differently

No two pieces of meat 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.

Here are some more tips to ensure a great cooking experience.



Cut size

Meats come in different shapes and sizes, which require different cooking times.

If you are cooking different sizes, probe the smaller piece first as this one will cook faster than the larger piece.

For cuts 5cm or thicker (e.g., fillet mignon) we recommend selecting the lower temperature setting within the level of cook you require (e.g., Rare 1 instead of Rare 2).



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 for about 30 minutes before cooking for a more juicy centre.

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

MAKES: APPROX. 250ml | **MARINATING TIME:** 2-12 HOURS | **STORE:** REFRIGERATE FOR UP TO 4 DAYS



Teriyaki Marinade

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

TIP When using marinated foods on the Grill function, we recommend using Medium and when using thicker marinades/sauces using LO.

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



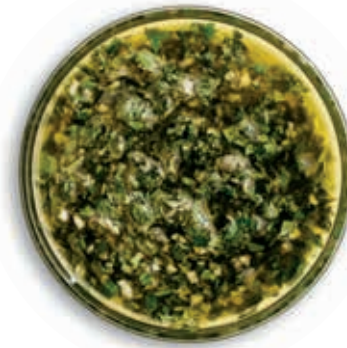
Dry Herb Rub

**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 garlic cloves, 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
dried jerk seasoning
1 ripe banana,
peeled, mashed

Kickstarter Recipe

Grilled Sirloin Steaks with Asparagus

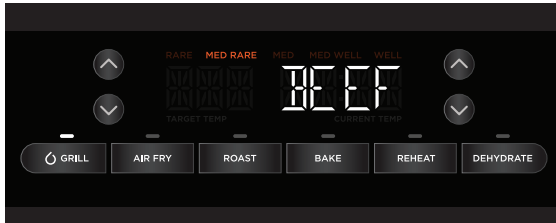
PREP: 10 MINUTES | **PREHEAT:** APPROX. 10 MINUTES | **COOK:** BASED ON DESIRED OUTCOME | **MAKES:** 4 SERVINGS



INGREDIENTS

4 uncooked Sirloin steaks (225g each)	Sea salt, as desired
3 tablespoons vegetable oil, divided	Ground black pepper, as desired
	400g asparagus, trimmed

DIRECTIONS



Plug probe into unit. Insert grill plate in unit and close lid. Select GRILL. The unit will default to HI, which is the correct temperature setting for this recipe. Select PRESET. Select BEEF, use the arrows to the left of the display to set desired cook level. Press START/STOP to begin preheating.



While unit is preheating, brush each steak on all sides with 1/2 tablespoon vegetable oil, then season with salt and pepper, as desired. Toss asparagus with remaining vegetable oil, then season with salt and pepper, as desired.



Insert probe horizontally into the centre of one of the steaks (see probe placement instructions on page 7).



When unit beeps to signify it has preheated, ADD FOOD is displayed, place steaks on grill plate, gently pressing them down to maximise grill marks. Close lid over the probe cord. When unit beeps and the display reads FLIP, use silicone-tipped tongs to flip the steaks. Close lid to continue cooking.



When unit beeps to signal the steaks are almost done cooking. Then transfer steaks to a plate or cutting board and allow to rest for 5 minutes.



While steaks are resting, place asparagus on grill plate. Select GRILL and set to HI. Use the arrows to the right of the display to set the time to 4 minutes. Press START/STOP to begin. Skip preheat by pressing the PREHEAT button.



When cooking and resting are complete, remove probe from steaks. Slice steaks and serve with asparagus.

BEEF WELLINGTONS



PREP: 15 MINUTES | **PREHEAT:** APPROX. 5 MINUTES | **COOK:** 14 MINUTES | **MAKES:** 4 SERVINGS

INGREDIENTS

1 tablespoon olive oil
4 x 170g thick beef fillets
Sea salt
320g ready rolled butter puff pastry
100g mushroom pâté
1 egg, beaten, for glazing

DIRECTIONS

1. In a frying pan, over a medium-high heat, heat oil for a few minutes until hot. Season beef with salt and pepper. Sear beef for 1 minute on each side until browned all over. Set aside to cool.
2. Divide pastry into quarters and roll out each quarter to approx. 15cm x 12cm in size.
3. When beef has cooled, place in centre of each pastry. Cover top with pâté then flip over. Brush the edges with egg and tuck the pastry around the beef to secure. Slice any extra trimmings into strips and lay over the top of the pastry to create a diamond effect, then brush the pastry all over with the beaten egg. Repeat three times.
4. Plug probe into unit. Insert pot into unit and close lid. Select ROAST, then select PRESET. Use the arrows to the right of the display to select BEEF, then the arrows on left to select MED RARE, or your preferred outcome. Select START/STOP to begin preheating.

5. While unit is preheating, insert probe into the centre of one beef wellington (see probe placement instructions on page 7).
6. When unit beeps to signify it has preheated, place wellingtons in crisper basket, in the pot. Close lid over probe cord.
7. When unit beeps to signal the beef is almost done cooking, use oven gloves to remove probe from the beef.. Transfer beef wellingtons to a board and allow to rest for a few minutes before serving.



HOMEMADE CHEESEBURGERS



PREP: 10 MINUTES | **PREHEAT:** APPROX. 8 MINUTES | **COOK:** 15 MINUTES | **MAKES:** 6 SERVINGS

INGREDIENTS

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

TOPPINGS (OPTIONAL):

Lettuce
Red onion
Tomatoes
Pickles
Condiments



DIRECTIONS

1. Insert grill plate in unit and close lid. Select GRILL, set temperature to HIGH, and set time to 15 minutes for well cooked burgers. Select START/STOP to begin preheating.
2. While unit is preheating, divide the minced beef into 6 portions and hand-form each into a loosely formed 8-10cm patty, 3cm thick.
3. With your thumb, make a 2.5cm indent in the centre of each patty (this will help the burgers keep their shapes uniform during cooking). Season the patties on both sides with garlic powder, onion powder, dried herbs, salt and pepper.
4. When the unit beeps to signify it has preheated, and ADD FOOD is displayed, place patties on the grill plate, gently pressing them down to maximise grill marks. Close lid and cook for 11 minutes.
5. After 11 minutes, place a slice of cheese on each patty. Close lid and continue cooking for 2 minutes.
6. After 2 minutes, remove cheeseburgers from grill plate. Place the buns on the grill plate. Close lid and cook for the remaining 2 minutes.
7. When cooking is complete, serve cheeseburgers on the toasted buns.

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



HONEY MUSTARD & BARBECUE- GLAZED CHICKEN BREASTS



PREP: 5 MINUTES | **PREHEAT:** APPROX. 9 MINUTES | **COOK:** 27-30 MINUTES | **MAKES:** 6 SERVINGS

INGREDIENTS

6 frozen boneless, skinless
chicken breasts (200g each)
3 tablespoons vegetable oil, divided
Sea salt, as desired
Ground black pepper, as desired
100ml honey mustard dressing
240ml barbecue sauce

DIRECTIONS

- 1 Insert grill plate in unit and close lid. Select GRILL, set temperature to MED, and set time to 30 minutes. Select START/STOP to begin preheating.
- 2 While unit is preheating, evenly brush each chicken breast with a 1/2 tablespoon vegetable oil. Then season with salt and pepper, as desired.
- 3 When the unit beeps to signify it has preheated, ADD FOOD is displayed, place chicken breasts on grill plate. Close lid and cook for 10 minutes.
- 4 While chicken is cooking, combine the dressing and sauce and mix until thoroughly incorporated. After 10 minutes, flip chicken. Close lid to continue cooking for 5 minutes.
- 5 After 5 minutes, liberally baste chicken with the sauce mixture, flip over, and liberally baste the other side. Close lid to continue cooking for 5 minutes.
- 6 After 5 minutes, repeat step 5. Close lid and cook for 7 more minutes.
- 7 If necessary, baste chicken again and cook for 3 more minutes or until centremost point of chicken reaches an internal temperature of 75°C.
- 8 When cooking is complete, remove chicken from unit and let rest for 5 minutes before slicing on the slant. Serve with salad.

TIP Check the internal temperature of the chicken breasts by inserting the probe. Then press and hold the MANUAL button.

CAJUN GRILLED CHICKEN AND PEPPER KEBABS



PREP: 15 MINUTES | **MARINATE:** 1 HOUR | **PREHEAT:** APPROX. 6 MINUTES | **COOK:** 12 MINUTES | **MAKES:** 6 SERVINGS

INGREDIENTS

4 tablespoons sunflower oil
2 tablespoons lime juice
2 teaspoons ground cumin
2 teaspoons ground coriander
2 teaspoons paprika
1 teaspoon oregano
½ teaspoon chilli flakes
Sea salt and ground black pepper, as desired
600g chicken thighs, cut into 2½cm cubes
1 red pepper, cut into quarters, deseeded and cut in 2½cm pieces
1 yellow pepper, cut into quarters, deseeded and cut in 2½cm pieces
1 green pepper, cut into quarters, deseeded and cut in 2½cm pieces
2 small red onions, peeled and cut into 2½cm pieces

YOU WILL ALSO NEED:

6 wooden skewers, soaked in water for 30 minutes

DIRECTIONS

- 1 In a mixing bowl, combine oil, lime juice, cumin, coriander, paprika, oregano, chilli flakes, salt and black pepper. Add chicken cubes and mix to coat. Cover and leave to marinate in fridge for at least 1 hour.
- 2 Insert grill plate in unit and close lid. Select GRILL, set temperature to HIGH and set time to 12 minutes. Select START/STOP to begin preheating.
- 3 While unit is preheating, assemble the skewers in the following order until they're almost full: chicken, pepper and onion. Ensure ingredients are pushed almost completely down to the end of the skewers. Reserve any marinade for brushing.
- 4 Once the unit has beeped to signify it has preheated, ADD FOOD is displayed, place kebabs on grill plate. Close lid.
- 5 When unit beeps and the display reads FLIP halfway through cooking, open lid baste exposed side of kebabs with marinade. Using silicone tongs, flip skewers and baste again. Close lid to continue cooking.
- 6 Cooking is complete when chicken reaches an internal temperature of 75°C. Open lid and remove skewers. Place kebabs on a platter and serve with rice or salad.

TIP If you prefer a vegetarian version, swap chicken for tofu and cook for 6 minutes.





HERB & GARLIC SPATCHCOCK CHICKEN WITH ROASTED ROOT VEGETABLES



PREP: 10 MINUTES | **PREHEAT:** APPROX. 3 MINUTES | **COOK:** 58 MINUTES | **MAKES:** 4-6 SERVINGS

INGREDIENTS

HERB & GARLIC CHICKEN

45ml vegetable oil
1 teaspoon sea salt
½ teaspoon ground black pepper
1 teaspoon dried oregano
1 teaspoon dried Italian seasoning
½ lemon, zest and juice
2 garlic cloves, peeled, crushed
1.8kg whole chicken cut in half or
1.8kg whole spatchcocked chicken

ROASTED VEGETABLES

800g mixture of root vegetables like carrots, parsnips, potatoes, turnips, cut into 4-5cm lengths
1 tablespoon fresh thyme leaves
½ teaspoon sea salt

DIRECTIONS

- 1 In a bowl, mix all ingredients except chicken. Coat chicken on all sides with mustard rub and reserve.
- 2 Plug probe into unit. Insert pot into unit and close lid. Select ROAST, set temperature to 180°C, then select PRESET. The unit will default to CHICKEN WELL, to cook to a food safe temperature. Select START/STOP to begin preheating.
- 3 While unit is preheating, insert probe into the thickest part of chicken breast (see probe placement instructions on page 7).
- 4 When unit beeps to signify it has preheated, ADD FOOD is displayed, place chicken, skin-side down, in the pot. Close lid over probe cord.
- 5 When unit beeps to signal the chicken needs to be flipped, turn chicken over, coat with more rub and add vegetables, making sure they are coated in the hot fat mixture. Sprinkle with thyme leaves and sea salt. Close lid to continue cooking.
- 6 When unit beeps to signal the chicken is done cooking, use oven mitts to remove probe from the chicken. Then transfer chicken to a cutting board and allow to rest covered for 10 minutes before serving.
- 7 Meanwhile, check if the vegetables are cooked enough, if not, select ROAST, set temperature to 180°C and set time to 10 minutes. Select START/STOP to begin. Select preheat to to bypass preheating. Open lid and close.
- 8 Once the vegetables are cooked, serve with chicken.



BUTTERFLIED LEG OF LAMB WITH ROAST POTATOES



PREP: 15 MINUTES | **PREHEAT:** APPROX. 3 MINUTES | **COOK:** 50 MINUTES | **MAKES:** 4 SERVINGS

INGREDIENTS

2 garlic cloves, peeled and cut into slivers
Fresh rosemary sprigs
800g boned leg of lamb
1 tablespoon sunflower oil
Sea salt and ground black pepper, as desired
700g roasting potatoes, peeled and cut into 4-5cm chunks

DIRECTIONS

1. Place garlic slivers, rosemary sprigs in centre of boned lamb. Season with salt and pepper, as desired. Roll up lamb into a neat shape and tie with cooking string.
2. Plug probe into unit. Insert cooking pot in unit, add oil and close lid. Select ROAST. Select PRESET. Select LAMB, use the arrows to the left of the display to set MED WELL. Select START/STOP to begin preheating.
3. When the unit beeps to signify it has preheated, ADD FOOD is displayed, place in lamb. Insert probe horizontally into thickest part of lamb (see probe placement instructions on page 7). Close lid.
5. After 25 minutes turn lamb over and add potatoes, rosemary sprigs and seasoning. Make sure the potatoes are tossed in oil. Close lid.
6. When unit beeps to signal cooking is complete. Use oven gloves to remove probe from lamb, remove the lamb and leave to rest for 10 minutes.
7. Check if the potatoes are brown enough, if not, select ROAST, set temperature to 180°C and set time to 5-10 minutes. Select PREHEAT to bypass preheating. Select START/STOP to begin.
8. Serve potatoes with lamb.



ENGLISH BREAKFAST



PREP: 5 MINUTES | **PREHEAT:** APPROX. 4 MINUTES | **COOK:** 14 MINUTES | **MAKES:** 4 SERVINGS

INGREDIENTS

4 mini Portabello or large chesnut mushrooms
1 teaspoon vegetable oil
4 sausages
4 thick smoked back bacon rashers
2 large tomatoes, halved
Serve with fried eggs and baked beans

DIRECTIONS

- 1** Insert grill plate in unit and close lid. Select GRILL, set temperature to LO and set time to 14 minutes. Select START/STOP to begin preheating.
- 2** While unit is preheating, brush mushrooms with oil.
- 3** Once the unit has beeped to signify it has preheated, ADD FOOD is displayed, place sausages and mushrooms on grill plate. Close lid.
- 4** When unit beeps and the display reads FLIP halfway through cooking, open lid, flip sausages over, add bacon rashers and tomatoes. Close lid to continue cooking.
- 5** Cooking is complete when sausages reach an internal temperature of 75°C. Serve breakfast with eggs and baked beans if desired.



FALAFELS WITH TAHINI DRESSING



PREP: 10 MINUTES + 30 MINUTES CHILLING TIME | **PREHEAT:** 2 ½ MINUTES | **COOK:** 20 MINUTES | **MAKES:** 6 SERVINGS

INGREDIENTS

2 tablespoons sunflower oil
1 large onion, peeled and cut into 8
2 garlic cloves, peeled
2 x tins (400g) chickpeas, drained and rinsed
15g fresh coriander, leaves and stalks
1 small egg
2 teaspoons ground cumin
2 teaspoons ground coriander
½-1 teaspoon chilli powder
40g gram flour
½ teaspoon sea salt
Cooking spray or sunflower oil for spraying

Tahini dressing

50g tahini
1 ½ tablespoons lemon juice
1 garlic clove, peeled, crushed
Pinch of salt
2-3 tablespoons water

DIRECTIONS

- 1** Place all falafel ingredients into a food processor and pulse until fairly smooth but still a bit coarse.
- 2** Using an ice cream scoop or wet fingers form mixture into 12 balls. Place on baking parchment on a baking tray and chill falafels in fridge for at least 30 minutes to firm up. Spray the crisper basket with oil. Place falafels into the basket.
- 3** Insert cooking pot in unit and close lid. Select BAKE, set temperature to 180°C and set time to 20 minutes. Select START/STOP to begin preheating.
- 4** Spray or brush falafels with oil. When the unit beeps to signify it has preheated, ADD FOOD is displayed, place the crisper basket into the pot and close the lid. Check the falafels after about 15 minutes.
- 5** In a small bowl, mix tahini, lemon juice, garlic, salt, gradually mix in water until the dressing is the right consistency.
- 6** Once cooking is complete, serve falafels hot or cold with tahini dressing.

TIP Serve with the Spicy Sweet Potato Wedges on page 35 and some Tahini for a complete meal.

WHOLE SALMON FILLET WITH LEMON & GARLIC POTATOES



PREP: 10 MINUTES | **PREHEAT:** APPROX. 7 MINUTES | **COOK:** 20 MINUTES | **MAKES:** 4 SERVINGS

INGREDIENTS

2 tablespoons olive oil
½ unwaxed lemon, zest and juice
1 tablespoon fresh dill, finely chopped
1 garlic clove, peeled, crushed
1 teaspoon sea salt
Ground black pepper, as desired
600g salmon fillet
500g charlotte potatoes, halved or quartered, if large
Whole lemon slices, for garnish
Dill sprigs, for garnish



DIRECTIONS

1. Plug probe into unit. Insert crisper basket in unit and close lid. Select ROAST. Select PRESET. Select FISH, use the arrows to the left of the display to set desired output. Select START/STOP to begin preheating.
2. While unit is preheating, in a small bowl, combine oil, lemon zest, juice, dill, garlic, salt and pepper. Brush salmon and potatoes with marinade and place in the crisper basket. Insert probe horizontally into thickest part of salmon (see probe placement instructions on page 7).
3. When unit beeps to signify it has preheated, and ADD FOOD is displayed, place crisper basket in cooking pot and close lid.
4. Halfway through cooking when unit beeps and the display reads FLIP, do not flip the salmon, but toss potatoes. Close lid to continue cooking.
5. When unit beeps to signal cooking is complete use oven gloves to remove probe from salmon. Serve salmon garnished with lemon slices and dill sprigs, and potatoes.

SAUSAGE ROLLS



PREP: 15 MINUTES | **PREHEAT:** APPROX. 3 MINUTES | **COOK:** 16 MINUTES | **MAKES:** 14 SERVINGS

INGREDIENTS

1 x 320g ready rolled puff pastry, at room temperature
400g good quality sausagemeat
2 teaspoons English mustard
Sea salt and ground black pepper, as desired
Water, for brushing
1 egg, beaten
1-2 teaspoons mustard seeds



DIRECTIONS

1. Unroll pastry and cut in half lengthways.
2. Divide sausagemeat in two and roll into two long sausage shapes, the same length as pastry.
3. Spread 1 teaspoon of mustard on each pastry strip. Place sausagemeat on top and season. Brush the long edge of pastry with water and seal pastry around sausagemeat. Using a sharp floured knife, cut a few slashes into the top of the pastries then cut each sausage roll into 7 smaller pieces.
4. Insert cooking pot in unit and close lid. Select BAKE, set temperature to 170°C and set time to 16 minutes. Select START/STOP to begin preheating.
5. Add sausage rolls in an even layer to crisper basket. Brush sausage rolls with beaten egg and sprinkle over mustard seeds. When the unit beeps to signify it has preheated, ADD FOOD is displayed, place the crisper basket into the pot and close the lid.
6. When cooking is complete, remove from drawer and serve hot or cold.

HERB ROASTED VEGETABLES



PREP: 10 MINUTES | **PREHEAT:** APPROX. 3 MINUTES | **COOK:** 20 MINUTES | **MAKES:** 6 SERVINGS

INGREDIENTS

300g butternut squash, peeled and cut into 3cm chunks
300g courgettes, cut on slant into 1.5cm slices
100g thick asparagus tips
2 red peppers, deseeded and cut into thick slices
2 small red onions, peeled and halved
2 garlic cloves, peeled and crushed
2 tablespoons olive oil
2 tablespoons fresh thyme, chopped
1 tablespoon fresh rosemary, chopped
Sea salt and ground black pepper, as desired
4 tomatoes



DIRECTIONS

- 1 Insert cooking pot in unit and close lid. Select ROAST, set temperature to 180°C and set time to 20 minutes. Select START/STOP to begin preheating.
- 2 While unit is preheating, place all vegetables, except tomatoes into a large bowl. Add oil, herbs and garlic. Then season with salt and pepper, as desired. Toss together until all vegetables are coated.
- 3 When the unit beeps to signify it has preheated, ADD FOOD is displayed, place coated vegetables in cooking pot. Close lid and cook for 20 minutes.
- 4 After 10 minutes, stir vegetables and tomatoes. Close lid to continue cooking for 10 minutes.
- 5 When cooking is complete, serve immediately.

DAUPHINOISE POTATOES



PREP: 15 MINUTES | **PREHEAT:** NONE | **COOK:** 30 MINUTES | **MAKES:** 6 SERVINGS

INGREDIENTS

300ml double cream
200ml whole milk
2 large garlic cloves, peeled, crushed
½ teaspoon plated nutmeg
Sea salt and ground black pepper, as desired
100g Gruyère cheese, grated
Thyme sprigs, to garnish

DIRECTIONS

- 1 In a large saucepan, over a medium heat, add cream, milk, garlic, nutmeg, salt and pepper. Bring to a simmer. Add the potatoes and bring back to a simmer and cook for 5 minutes.
- 2 Pour potato mixture into cooking pot. Scatter over the plated cheese.
- 3 Select BAKE, set temperature to 150°C and set time to 30 minutes. Select START/STOP to begin and skip preheating by pressing SKIP, open lid insert pot and close lid.
- 4 When cooking is complete, garnish with thyme sprigs and let it stand for a few minutes before serving hot as an accompaniment to meats.





SPICY SWEET POTATO WEDGES



PREP: 15 MINUTES | **PREHEAT:** 2 ½ MINUTES | **COOK:** 20 MINUTES | **MAKES:** 6 SERVINGS

INGREDIENTS

700g sweet potatoes
2 tablespoons cornflour
3 tablespoons olive oil
1 tablespoon fresh rosemary, chopped
1 teaspoon sweet paprika
1 teaspoon ground cumin
¼ teaspoon cayenne pepper
1 garlic clove, peeled, crushed
Sea salt and ground black pepper, as desired
Chopped parsley, for garnish

DIRECTIONS

- 1** Insert cooking pot and crisper basket in unit and close lid. Select AIR FRY, set temperature to 200°C and set time to 20 minutes. Select START/STOP to begin preheating.
- 2** While unit is preheating, in a large bowl, place potatoes, and dust with cornflour, making coating as thin as possible. Shake or brush off extra cornflour and place on plate. Discard any extra cornflour out of bowl too. Add the olive oil, rosemary, paprika, cumin, cayenne pepper, garlic, salt and black pepper into bowl and mix together. Place potatoes back in bowl and toss potatoes in oil mixture.
- 3** When the unit beeps to signify it has preheated, ADD FOOD is displayed, place potatoes in crisper basket. Close lid and cook for 20 minutes.
- 4** When cooking is complete, serve hot garnished with parsley.



SEA SALT FOCACCIA



PREP: 15 MINUTES + PROVING APPROXIMATELY 1 HOUR | **PREHEAT:** 2 ½ MINUTES
COOK: 15 MINUTES | **MAKES:** 6 SERVINGS

INGREDIENTS

400g strong plain flour
1 sachet fast action/easy bake yeast
1¼ teaspoons sea salt
3 tablespoons extra virgin olive oil, divided
250ml-300ml tepid water
Flaked sea salt, for sprinkling
Butter, for greasing

TIP Add extra flavour by topping it with rosemary, sliced onion, halved cherry tomatoes and olives.

DIRECTIONS

- 1** In a large mixing bowl, place the flour, yeast, salt, 2 tablespoons olive oil and gradually mix in water with your hands until the dough starts to form a ball. It may be a bit sticky.
- 2** Turn out onto a floured surface and knead for ten minutes until the dough is smooth.
- 3** Grease and line the crisper basket with baking parchment coming about 5cm up the sides. It doesn't need to be neat and perfect. Take the dough and place it into the crisping basket, spreading it out roughly to the corners. (It will spread further and fill the basket as it proves).
- 4** Cover the crisper basket with cling film and leave to prove at room temperature for a minimum 1 hour or until double in size.
- 5** Insert cooking pot in unit and close lid. Select **BAKE**, set temperature to 180°C and set time to 15 minutes. Select **START/STOP** to begin preheating.
- 6** Drizzle oil over the surface of the focaccia. Use both hands to dimple the dough all over the surface by digging the finger tips in. Sprinkle with sea salt flakes.
- 7** When the unit beeps to signify it has preheated, **ADD FOOD** is displayed, place the crisper basket into the pot and close the lid. Check the focaccia after about 12 minutes. It will sound hollow when tapped if cooked and should be nicely browned on top. When the focaccia is cooked, carefully lift the crisping basket out of the unit and remove the focaccia from the baking parchment. Transfer the focaccia onto a cooling rack, removing the parchment from under it. Serve hot or warm.



RASPBERRY CHOCOLATE BROWNIES



PREP: 20 MINUTES | **PREHEAT:** 3 MINUTES | **COOK:** 20-25 MINUTES | **MAKES:** 12 BROWNIES

INGREDIENTS

180g butter, cubed plus a little extra for greasing
180g dark chocolate, broken into small pieces
260g caster sugar
3 large eggs
80g plain flour
50g cocoa powder
100g milk chocolate, roughly chopped into small chunks
200g raspberries

TIP Add extra flavour by topping it with rosemary, sliced onion, halved cherry tomatoes and olives.

DIRECTIONS

1. Grease and line crisper basket with a whole piece of baking parchment.
2. In a small saucepan, add chocolate and butter, gently melt on a low heat, stir until smooth. Allow to cool slightly.
3. In a large bowl, beat the sugar and eggs with an electric whisk until thick and creamy, then gently stir in chocolate mixture.
4. Sift the flour and cocoa powder over and fold in with a spoon. Finally fold in the chopped-up chocolate and raspberries. Pour mixture into lined crisper basket.
5. Insert cooking pot in unit and close lid. Select BAKE, set temperature to 170°C and set time to 25 minutes. Select START/STOP to begin preheating.
6. When the unit beeps to signify it has preheated, and ADD FOOD is displayed, place brownies in cooking pot. Close lid and cook for 20-25 minutes. The brownies should be soft when done baking.
7. Leave to cool in crisper basket before lifting out, using the baking parchment like a sling. Cut into 12 squares.

Grill Chart



TIP Use the digital probe with the proteins in the charts below to cook to your preference without worrying about cook times.

INGREDIENT	AMOUNT	TEMP	COOK TIME	INSTRUCTIONS
POULTRY	Chart times are intended to cook poultry all the way through to an internal temperature of 75°C			
Chicken breasts	6 boneless (200-250g each)	HIGH	16-20 mins	Flip halfway through cooking
Chicken, leg quarters	4 bone in (1kg)	HIGH	16-18 mins	Flip halfway through cooking
Chicken mini fillets	9 (400g)	HIGH	7-8 mins	Flip halfway through cooking
Chicken sausages	12 (800g)	LOW	9-12 mins	Flip halfway through cooking
Chicken thighs	8 boneless (100g each)	HIGH	10-12 mins	Flip halfway through cooking
	8 bone in (1kg)	HIGH	14-16 mins	Flip halfway through cooking
Chicken wings	14 (1kg)	HIGH	9-10 mins	Flip halfway through cooking
Duck breasts	4 (800g)	HIGH	13-14 mins	Flip halfway through cooking
Turkey burgers	4 (125g each) 2cm thick	HIGH	10-13 mins	No need to flip
BEEF	Chart times are intended to cook beef to medium doneness with an internal temperature of 63°C			
Burgers	4 (125g each), 2cm thick	HIGH	7-9 mins	No need to flip
Filet mignon	6 steaks (170-230g each), 3cm thick	HIGH	9-12 mins	Flip halfway through cooking
Flank or bavette	2 steaks (475g), 2cm thick	HIGH	7-8 mins	Flip halfway through cooking
Ribeye	3 steaks (225-280g each), 2cm thick	HIGH	9-12 mins	Flip halfway through cooking
Rump	3 steaks (225-280g each), 2cm thick	HIGH	9-12 mins	Flip halfway through cooking
Sirloin	4 steaks (225-280g each), 2cm thick	HIGH	9-12 mins	Flip halfway through cooking
T-bone	2 steaks (400-500g), 3cm thick	HIGH	8-12 mins	Flip halfway through cooking
PORK, LAMB	Chart times are intended to cook pork, lamb all the way through to an internal temperature of 75°C			
Bacon	8 rashers, thick cut	LOW	6-9 mins	No need to flip
Bacon loin chops	4 (125g each)	HIGH	7-8 mins	Flip halfway through cooking
Hot dogs	15 (750g)	HIGH	3-5 mins	Flip halfway through cooking
Pork chops	4 bone in (250g each)	HIGH	13-17 mins	Flip halfway through cooking
Pork loin ribs	2 racks (475g)	HIGH	11 mins	Flip halfway through cooking
Pork loin Steaks	6 (120g each)	HIGH	4-5 mins	Flip halfway through cooking
Pork fillets	2 (350g-500g each)	HIGH	15-20 mins	Flip halfway through cooking
Sausages	12 (600g)	LOW	7-10 mins	Flip halfway through cooking
Butterflied boneless lamb leg	1 (700g)	HIGH	20-24 mins	Flip halfway through cooking
Lamb chops	8 (550g)	HIGH	4-5 mins	Flip halfway through cooking

Grill Chart, continued



TIP For less smoke, we recommend cleaning the splatter guard after every use.

INGREDIENT	AMOUNT	TEMP	COOK TIME	INSTRUCTIONS
SEAFOOD	Chart times are intended to cook seafood all the way through to an internal temperature of 75°C			
Cod or haddock	6 fillets (125g each)	MAX	4-6 mins	No need to flip
Jumbo prawns	21 (600g)	MAX	3-5 mins	Pat dry, season
King size prawns	46 (560g)	MAX	1-3 mins	Pat dry, season
Salmon fillets	6 (130g each)	MAX	6-8 mins	No need to flip
Scallops	38 (600g)	MAX	3-4 mins	Pat dry, season
Sea bass fillets	4 (380g)	MAX	6-8 mins	No need to flip
Tuna	4 steaks (110-170g each)	MAX	4-6 mins	No need to flip
FROZEN POULTRY	Chart times are intended to cook poultry all the way through to an internal temperature of 75°C			
Chicken breasts	6 boneless (200g each)	MED	22-25 mins	Flip 2 or 3 times while cooking
Chicken thighs	6 bone in (850g)	MED	25-28 mins	Flip 2 or 3 times while cooking
Duck legs	5 legs (1kg)	MED	30-35 mins	Flip and prick skin on legs in several places
FROZEN BEEF	Chart times are intended to cook beef all the way through to an internal temperature of 75°C			
Sirloin	4 steaks (225-300g), 3cm thick	MED	18-26 mins	Flip 2 or 3 times while cooking
Burgers	6 (750g)	MED	10 mins	Flip 2 or 3 times while cooking
FROZEN PORK	Chart times are intended to cook pork all the way through to an internal temperature of 75°C			
Sausages	12 (600g)	LOW	9-12 mins	Flip 2 or 3 times while cooking
Pork chops	6 bone in (250g each)	MED	22-26 mins	Flip 2 or 3 times while cooking
FROZEN SEAFOOD	Chart times are intended to cook seafood all the way through to an internal temperature of 75°C			
Cod fillets	6 (90g each)	MAX	6-8 mins	No need to flip
Salmon fillets	6 (90g each)	MAX	6-8 mins	Flip halfway through cooking, if desired
Prawns	46 (450g)	MAX	3-4 mins	No need to flip
FRESH BURGERS				
Vegetarian burgers	4 (115g each)	HIGH	7-9 mins	Flip halfway through cooking, if desired

Grill Chart, continued



TIP For less smoke, we recommend cleaning the splatter guard after every use.

INGREDIENT	AMOUNT	PREPARATION	TEMP	COOK TIME	INSTRUCTIONS
VEGETABLES					
Asparagus	400g	Whole, trim stems	HIGH	6-7 mins	No need to flip
Aubergine	500g	Cut in 5cm pieces, brush with oil, season	MAX	8-10 mins	Flip halfway through cooking
Peppers	4 (750g)	Cut in quarters, season	MAX	8-11 mins	Flip halfway through cooking
Brussels sprouts	600g	Whole, trim stems	MAX	12-16 mins	Flip halfway through cooking
Carrots	1kg	Peel, cut in 5cm pieces, season	MAX	12-14 mins	Flip halfway through cooking
Corn on the cob	4	Whole ears, remove husks	MAX	9-12 mins	Flip halfway through cooking
Courgette	2-3 (500g)	Cut in quarters lengthwise, season	MAX	10-12 mins	Flip halfway through cooking
Mushrooms	750g	Cut in half, drizzle with oil, season	MAX	5-7 mins	No need to flip
Onions, white or red (cut in half)	6 (600g)	Peel, cut in half, season	MAX	5-7 mins	Flip halfway through cooking
Onions, white or red (sliced)	3 (300g)	Peel, cut in 2.5cm slices, season	HIGH	6-8 mins	Flip halfway through cooking
Portobello mushrooms	6 (75g each)	Drizzle with oil, season	MAX	7-9 mins	Flip halfway through cooking
Tomatoes	6 (360g)	Cut in half, season	MAX	7 mins	No need to flip
FRUIT					
Avocado	Up to 3 avocados	Cut in half, remove stone	MAX	4-5 mins	No need to flip
Lemons & Limes	5	Cut in half lengthwise, press down on grill plate	MAX	4-5 mins	No need to flip
Mango	3	Cut in half, remove stone. Press down gently on grill plate	MAX	4-6 mins	No need to flip
Melon	6 spears (10-15cm each)	Press down gently on grill plate	MAX	4-6 mins	No need to flip
Pineapple	6-8 slices or spears	Press down gently on grill plate	MAX	7-10 mins	Flip 2 or 3 times while cooking
Stone fruit (such as peaches & plums)	4-6	Cut in half, remove stone, press down on grill plate	MAX	3-5 mins	No need to flip
BREAD & CHEESE					
Bread (such baguettes & ciabattas)	30-40cm loaf	Hand-cut, 4cm slices, brush with vegetable oil	MAX	2-3 mins	No need to flip
Halloumi cheese	500g	Cut in 3cm slices, brush with oil	MAX	4-5 mins	No need to flip

Air Fry Chart



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

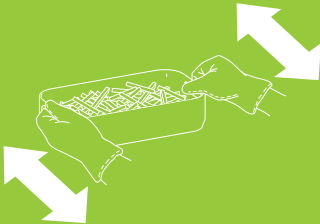
INGREDIENT	AMOUNT	PREPARATION	TOSS IN OIL	TEMP	COOK TIME
VEGETABLES					
Asparagus	400g	Whole, trim stems	2 Tsp	200°C	6-7 mins
Beetroot	8 small or 6 large (1kg)	Whole	None	200°C	30-40 mins
Bell peppers	5 (750g)	Cut in quarters deseeded, season	1 Tbsp	200°C	18-22 mins
Brussel sprouts	700g	Cut in half, remove stems	1 Tbsp	200°C	8-10 mins
Butternut squash	1.5kg	Cut in 2.5-5cm pieces	1 1/2 Tbsp	200°C	15-18 mins
Carrots	1kg	Peel, cut in 5cm pieces	1 Tbsp	200°C	12-14 mins
Cauliflower	800g	Cut in 2.5cm florets	2 Tbsp	200°C	9-11 mins
Celeriac	600g	Peel and cut into 1.5cm cubes	2 Tbsp	200°C	12-14 mins
Corn on the cob	6	Whole ears, remove husks	1 Tbsp	200°C	12-15 mins
Courgette	1kg	Cut in quarters lengthwise, then cut in 2.5cm pieces	1 Tbsp	200°C	15-18 mins
Green beans (fine)	640g	Trim	1 1/2 Tbsp	200°C	8-10 mins
Kale (for crisps)	400g	Tear in pieces, remove stems	1 Tbsp	150°C	10-12 mins
Mushrooms	700g	Cut in quarters	2 Tbsp	200°C	10 mins
Parsnip	500g	Peel and cut into 5cm lengths	1 Tbsp	200°C	10-12 mins
Sweet potato	750g	Cut in 2.5cm chunks	1 1/2 Tbsp	200°C	15-20 mins
	6 whole (185-250g each)	Pierce with fork 3 times	None	200°C	25-30 mins
POTATOES, KING EDWARD, MARIS PIPER OR RUSSET					
Wedges	1.5kg	Cut in 2.5cm wedges	2 Tbsp	200°C	22-25 mins
Thin fries	1kg	Hand-cut fries*, thin	1/2-3 Tbsp, vegetable oil	200°C	18-22 mins
Chunky fries	1kg	Hand-cut fries*, thick	1/2-3 Tbsp, vegetable oil	200°C	20-24 mins
Whole potatoes	6 whole (185-250g each)	Pierce with fork 3 times	None	200°C	35-45 mins
POULTRY					
Chicken breasts	4 (180g each)	None	Brushed with oil	190°C	18-22 mins
	6 bone in (1kg)	None	Brushed with oil	190°C	18-22 mins
	6 boneless (600g)	None	Brushed with oil	200°C	14-16 mins
Chicken wings	1kg	None	1 Tbsp	200°C	15-20 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.

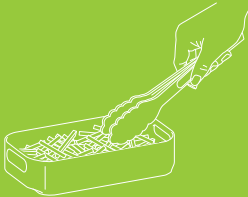
We recommend frequently
checking your food
and shaking or tossing it to
ensure desired results.

Shake your food

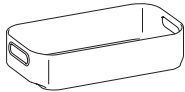


OR

Toss with
silicone-tipped tongs



Air Fry Chart, continued



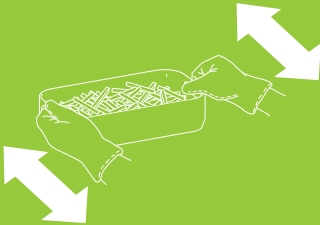
Use these cook times as a guide, adjusting to your preference.

INGREDIENT	AMOUNT	PREPARATION	TOSS IN OIL	TEMP	COOK TIME
PORK					
Bacon	6 thick cut rashers (220g)	None	None	180°C	6-7 mins
Pork chops	3 bone in (250g each)	None	Brush with oil	190°C	14 mins
	4 boneless (630g)	None	Brush with oil	190°C	14-17 mins
Pork fillets	2 (350-500g each)	Whole	Brush with oil	190°C	18-22 mins
Sausages	12 (600g)	None	None	200°C	8-10 mins
FISH					
Fish cakes	4, 580g	None	None	200°C	10-12 mins
FROZEN FOODS					
Breaded Mushrooms	17 (300g)	None	None	170°C	12-14 mins
Chicken burgers	6 (125g each)	None	None	200°C	14-15 mins
Chicken cutlets/steaks	4 (390g)	None	None	200°C	14-15 mins
Chicken goujons	19 (475g)	None	None	200°C	8-10 mins
Chicken Kiev	4 (600g)	None	None	190°C	16-18 mins
Chicken nuggets	900g (approx 60)	None	None	200°C	18-22 mins
Chips (French fries)	500g	None	None	200°C	14-16 mins
Chips (French fries)	1kg	None	None	200°C	15 mins
Chips (chunky)	500g	None	None	180°C	15-18 mins
Fish fillets (in batter)	4 (440g)	None	None	200°C	11 mins
Fish Fingers	10 (280g)	None	None	200°C	7-10 mins
Hash Browns	900g	None	None	180°C	20 mins
Onion Rings	375g	None	None	200°C	8-9 mins
Potato wedges	650g	None	None	180°C	15-18 mins
Prawn tempura	16 (280g)	None	None	190°C	9-10 mins
Roast potatoes	700g	None	None	200°C	15-18 mins
Scampi in breadcrumbs	440g	None	None	200°C	8-9 mins
Sweet potato fries	500g	None	None	190°C	20-22 mins
Vegan nuggets	26 (476g)	None	None	200°C	10 mins
Vegan sausages	12 (540g)	None	None	180°C	8 mins
Veggie burgers	4 (350g)	None	None	200°C	12 mins

For best results,
shake or toss often.

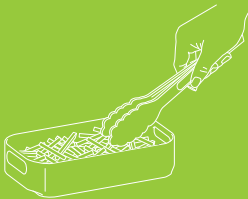
We recommend frequently
checking your food
and shaking or tossing it to
ensure desired results.

Shake your food



OR

Toss with
silicone-tipped tongs



Dehydrate Chart

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

INGREDIENTS	PREPARATION	TEMP	DEHYDRATE TIME
FRUITS & VEGETABLES			
Apples	Core removed, cut in 3mm slices, rinsed in lemon water, patted dry	60°C	6-8 hours
Asparagus	Cut in 2.5cm pieces, blanched	60°C	6-8 hours
Aubergine	Peeled, cut in 3mm slices, blanched	60°C	6-8 hours
Bananas	Peeled, cut in 3mm slices	60°C	6-8 hours
Beetroot	Peeled, cut in 3mm slices	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 plated; steam if planning to rehydrate	60°C	6-8 hours
MEAT, POULTRY, FISH			
Beef jerky	Cut in 6mm slices, marinated overnight	70°C	5-7 hours
Chicken jerky	Cut in 6mm slices, marinated overnight	70°C	5-7 hours
Turkey jerky	Cut in 6mm slices, marinated overnight	70°C	5-7 hours
Salmon jerky	Cut in 6mm slices, marinated overnight	70°C	3-5 hours



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