

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



NINJA
CRISPi
PORTABLE COOKING SYSTEM

Quick start guide

Recipes, charts, and
tips to get cooking



Welcome to your all-in-one portable cooking system

Now you've got the power of an air fryer in the palm of your hand.
Read on for tips, tricks, and how-to's, for your CRISPi Air Fryer.



SNAP IT



CRISP IT



SERVE IT



STORE IT

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Recipe Key

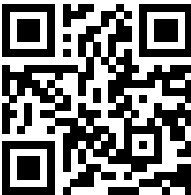
We've tagged recipes with these icons to help find the right ones for you.



Meal prep made easy.

Get all the containers you need to make your weekly meals a breeze.

Get yours at ninjakitchen.co.uk



SCAN HERE

- Getting Started Videos
- Tips and recipes
- Add to your container collection

Included in starter set



1.4L Small Container
Feeds up to 2 people

Included in starter set



3.8L Large Container
Feeds up to 6 people

Get to know the Ninja CRISPi

1700 watt air fryer in a lightweight pod

NOTE: Colours and modes may vary

CRISPi PowerPod

Senses which TempWare container you're using and adjusts cooking temperature.

Counter-safe legs

Set the PowerPod down to rest on surfaces, due to its durable, heat-resistant prongs..

Crisper plates

Large and small, fits in the TempWare containers to perfectly crisp your food.

Permanent easy-grip handles

Easy transport from kitchen to table, the handles are touch-safe after cooking.

Easy-to-store design

Pod nests on top of containers.

Large Container Adaptor

Adapts the PowerPod to fit the large container.

Tip: No adaptor needed for the small Container.

TempWare Container

This glassware withstands high heat and doubles as a serving and marinating dish.

Tip: The CRISPi air fryer will work with TempWare Glassware **ONLY**.

TempWare

Container System

High-Heat Resistant

Designed to endure high temperatures during cooking.

Thermal-shock Resistant

Go from frozen to crispy textures in minutes.

Dishwasher-Safe

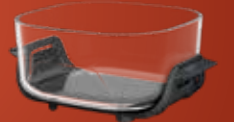
Dishwasher-safe containers and lids are BPA free.

Available container sizes.

Scan the QR code to get extra containers in a range of sizes to cook a wide selection of meals, any time.



1.4L
Small Container



3.8L
Large Container

Meet your TempWare starter set



3.8L
Large Container
Feed up to 6 people

Snap-on lid

for easy storage of leftovers.

Leak-resistant lid

for the small container, makes meal prep and taking on the go easy.

Permanent easy-grip handles

Non-removable handles stay secure and make for easy transport from kitchen to table.



1.4L
Small Container
Feed up to 2 people

Heat-resistant feet

Set the container and adaptor down on a surface with durable, heat-safe feet.

Safe on

GRANITE | LAMINATE | QUARTZ
BUTCHER BLOCK | MARBLE



Get to know the control panel

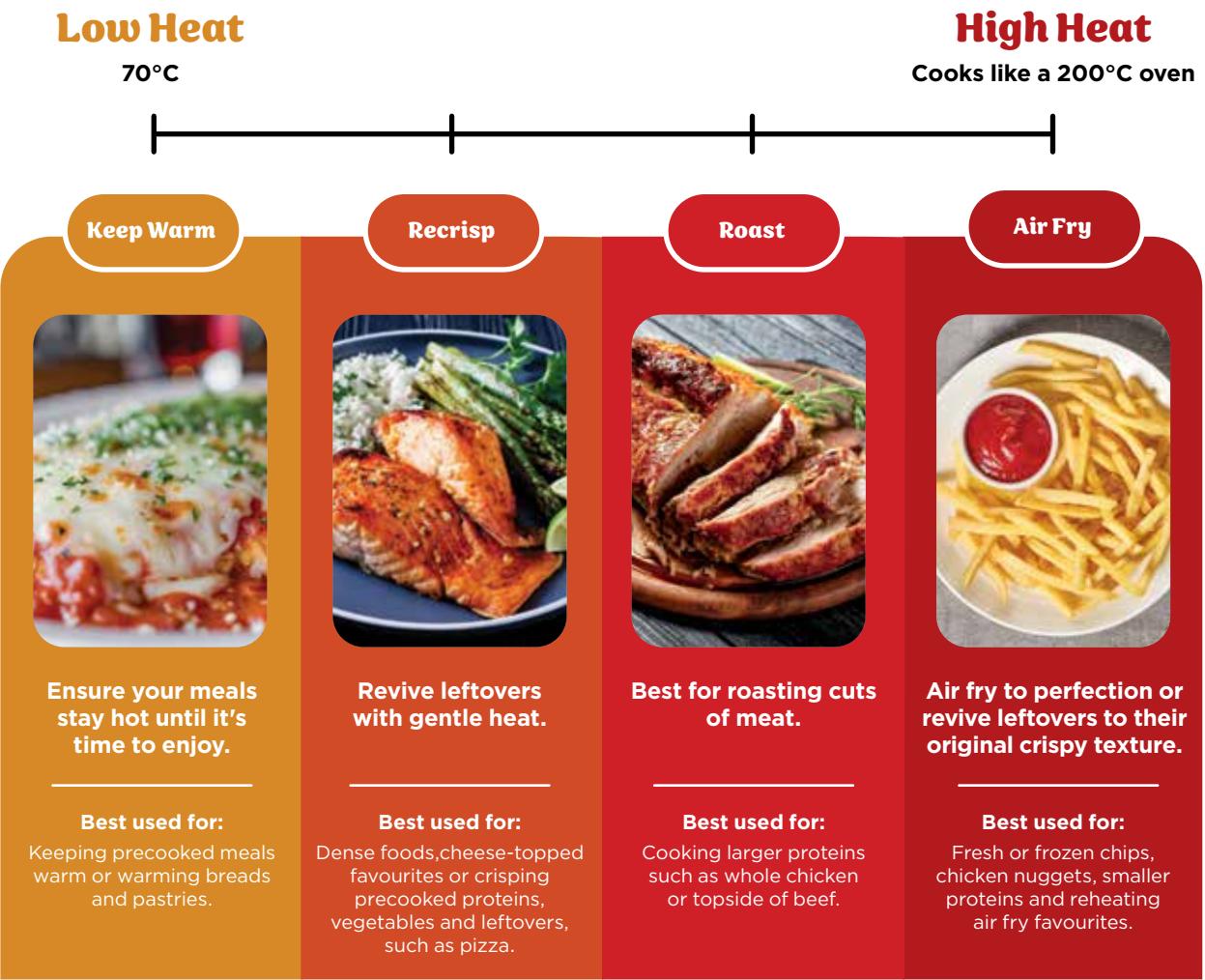
Simplified cooking with 4 functions.



4-in-1 functionality

Go from low heat to high heat with 4 cooking functions.

See pages 26-29 and 44-51 for detailed cooking charts.



Getting started

1

Power

Press **START/POWER** on the CRISPi PowerPod to turn on.

2

Select mode

Press the **MODE** button to select the desired cook function.

3

Adjust time

The mode will start with a suggested time. Press - or + to adjust the cook time before or during cooking.

4

Start Cooking

Press **START/POWER** to start cooking.

Crisping Dishes

Air fry fresh or frozen food to perfection.

How to Crisp

Roast

Air Fry

1 Choose your container and add Crisper Plate

2 Add food

Prep with seasoning or marinate if needed.
Tip: You can marinate directly in the TempWare container.

Note: Parchment paper cannot be used in the TempWare containers

3 Attach pod and select mode

Attach pod onto adaptor until you hear front and back click. Place assembled pod and adaptor on top of container. Select mode and adjust time as needed.

Note: Adaptor should not be used when cooking with the small container.

4 Turn the food occasionally

Lift the pod to turn ingredients 1-2 times using silicone-tipped tongs.

Safe sense

Cooking will automatically pause when you remove the pod from the container. To resume cooking, place PowerPod on container and press START.

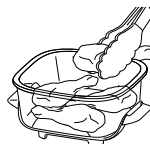
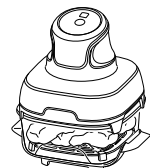
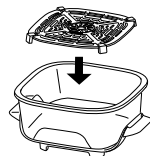
5 Serve

TempWare containers can be placed directly on any surface.

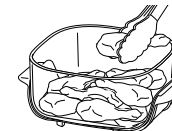
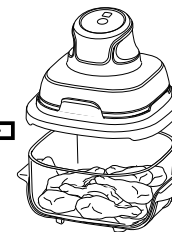
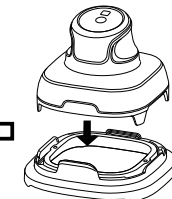
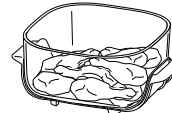


Note: PowerPod can be set down on a surface with durable, heat-safe feet.

Small Container
1.4L



Large Container
3.8L



Tips:

Use the adaptor for the large container.
When checking food, lift away pod with adaptor connected.

Recrisping leftovers

Revive leftovers into new dishes.

How to Recrip

Recrip

1 Add Crisper Plate

2 Add foods for crisping

Add foods that you want to crisp (proteins, veggies, etc.).

3 Attach PowerPod and select mode

Place PowerPod on container. Select Recrip. Cook for 5-12 minutes or until food is heated through.

4 Remove Crisper Plate and serve

Use a fork to remove the Crisper Plate, then serve. TempGuard containers can be placed directly on a surface.

Tip: The Small Container 1.4L container is the perfect size for leftovers.

WATCH VIDEOS
ON HOW TO
GET STARTED



Use the Small and Large Containers to cook lunch and dinner for the week.

Follow this guide for inspiration and add in your favourite recipes and ingredients as desired.

Key:

Use the colours below to meal prep in each container.

1.4L
Small Container



3.8L
Large Container



Your easy guide to weekly meal planning

LUNCH

Cauliflower Buffalo Bites with Blue Cheese Dip serve with cucumber and celery salad



See pages 12-13 for recipe.

Chicken Breast served over fresh salad



See pages 26-27 for Air Fry chart.

Salmon Tacos (with last nights salmon leftovers)



See page 7-8 for recrisp guidance.

Chicken, Mozzarella and Avocado Panini (with last nights chicken leftovers)



See page 7 for re-heat guidance.

Teriyaki Prawn with Peppers & Broccoli



See pages 16-17 for recipe guidance.

DINNER

Beef Fajitas



See pages 34-35 for recipe.

Herby Salmon with Sumac Potatoes & Padrón Peppers



See page 38 for recipe.

Peri Peri Chicken served with sweetcorn and chips



See pages 36-37 for recipe.

Chicken Satay with Peanut Sauce



See page 40 for recipe.

Cheesy Tomato Pasta Bake serve with a fresh tomato salad



See page 39 for recipe.

RECRISP DOs and DON'Ts

DOs

Serve reheated food immediately
Reheat proteins until steaming hot throughout, with a core temperature of 75°C
Leave food to cool down before putting into fridge
Turn or flip foods halfway through cooking
To avoid proteins from drying out and for even reheating, cut in half or in slices before reheating
When reheating stews, stirfrys and saucy pastas, stir regularly for an even reheat
When reheating lasagne, cottage pies, pies, and pasta bakes: microwave first (making sure to remove Crisper Plate). Then recrisp to get a crisp even finish
For a crisp bottom, preheat unit with crisper tray for 5 minutes minutes before adding food loads such as pizza, quiche slices and tarts.

DON'Ts

Don't overload the Crisper Plate and make sure to provide space between proteins to get them extra crispy
Don't reheat proteins or rice more than once
Don't use parchment paper
Don't microwave with the Crisper Plate in the container.

Cleaning Guide

CRISPi PowerPod

Wipe clean with a damp cloth after each use. NEVER immerse the PowerPod in water or any other liquid. NEVER clean the PowerPod in a dishwasher.

Tempware Containers

Can be washed in the dishwasher or by hand. If hand-washing, thoroughly rinse and air or towel-dry all parts after use. Be sure to rinse between the handles and glass surface to remove any debris or soap residue.

Note: Glassware withstands high heat and is safe to put into cold water when hot.

Crisper Plates

Can be washed in the dishwasher or by hand. If hand-washing, thoroughly air or towel-dry all parts after use.

Lids

Can be washed in the dishwasher (top rack only) or by hand. If hand-washing, thoroughly air or towel-dry all parts after use.

Adaptor

Can be washed in the dishwasher or by hand. If handwashing, thoroughly air or towel-dry after use.

Cauliflower Buffalo Bites with Blue Cheese Dip

Prep: 10 minutes | **Cook:** 10 minutes | **Function:** AIR FRY | **Makes:** 1-2 servings

Ingredients

- Vegetable oil spray, as necessary
- 40g plain flour
- ½ teaspoon onion granules
- ¼ teaspoon garlic granules
- ¼ teaspoon ground cumin
- ½ teaspoon paprika
- Sea salt and ground black pepper, as desired
- 70ml milk of choice
- 215g cauliflower, cut into 4cm florets
- 30ml buffalo sauce

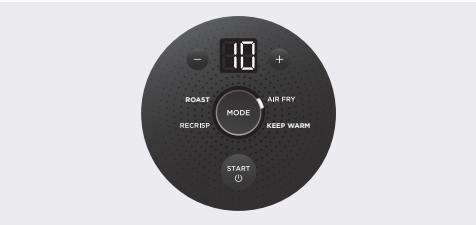
Blue Cheese Dip

- 30g sour cream
- 15g mayonnaise
- 40g blue cheese, crumbled
- 1 tablespoon lemon juice
- 1 tablespoon chives, finely chopped
- Sea salt and ground black pepper, as desired

Directions



Insert Crisper Plate in Small Container and spray liberally with oil. In a large bowl, combine flour, onion granules, garlic granules, cumin, paprika, salt and pepper. Gradually whisk in milk until a smooth and thick batter is formed. Add the cauliflower florets and mix thoroughly until evenly coated. Transfer cauliflower to the Crisper Plate, shaking off an excess batter. Then liberally spray with oil.



Attach CRISPi PowerPod to container, press **MODE** until **AIR FRY** illuminates, set time to 10 minutes and press **START** to begin cooking.





Small Container | 1.4L

Kickstarter



BEGINNER RECIPE





To prepare the blue cheese dip, place all ingredients in a small bowl and mix until evenly combined.



When cooking is complete, remove cauliflower and toss with buffalo sauce. Serve hot with blue cheese dip on the side.

Coconut Prawns

Prep: 15 minutes | **Cook:** 8 minutes | **Function:** AIR FRY | **Makes:** 2 servings



Ingredients

Vegetable oil spray, as necessary
1 tablespoon plain flour
½ tablespoon cornflour
½ teaspoon paprika
Sea salt and ground black pepper, as desired
1 large egg, beaten
30g panko breadcrumbs
10g desiccated coconut
120g raw king prawns, defrosted
Sweet chilli sauce, to serve



Directions

- 1. Insert Crisper Plate in Small Container**
and spray liberally with oil. In a small bowl, combine flour, cornflour, paprika, season with salt and pepper and mix. In a second small bowl add beaten egg. In a third, larger bowl, combine panko breadcrumbs and desiccated coconut and mix well.
- 2.** To prepare the prawns, first pat dry with kitchen paper. In small batches, coat the prawns in the seasoned flour, followed by egg and lastly the panko breadcrumb and coconut mix, making sure there is an even crumb coating.
- 3.** Transfer prawns to the Crisper Plate then liberally spray with oil.
- 4.** Attach CRISPi PowerPod to container, press MODE until **AIR FRY** illuminates, set time to 8 minutes and press START to begin cooking.
- 5.** When 2 minutes is displayed, remove PowerPod, flip and reposition prawns for an even crisp. Return PowerPod to container and press START to resume cooking.
- 6.** When cooking is complete, serve crispy coconut prawns with sweet chilli sauce.

Sourdough Cheese & Tomato Chutney Toastie

Prep: 5 minutes | **Cook:** 12 minutes | **Function:** AIR FRY | **Makes:** 1 serving



Ingredients

1 x 24cm Sourdough, sliced to 1cm thick, cut in half
2 slices Cheddar, Gouda or Emmental cheese
½ tablespoon tomato chutney
Sea salt and ground black pepper, as desired
1 tablespoon salted butter, softened

TIP: Use gluten free bread for dietary requirements.



Directions

- 1. Insert Crisper Plate in Small Container.**
On a clean board out the two half slices of sourdough bread, top one with 2 slices of chosen cheese, chutney and season with salt and pepper. Top with the remaining half sourdough slice. Evenly spread the softened butter on the outsides of both slices and place on Crisper Plate.
- 2.** Attach CRISPi PowerPod to container, press MODE until **AIR FRY** illuminates, set time to 12 minutes and press START to begin cooking.
- 3.** When 4 minutes is displayed, remove PowerPod and flip toastie with silicone-tipped tongs. Return PowerPod to container and press START to resume cooking.
- 4.** When cooking is complete, remove toastie from Crisper Plate and enjoy warm.

Mix & Match your favourite proteins and vegetables for a Crispi meal



1.4L
**SMALL
CONTAINER**

1-2 servings with
a personal CRISPi meal.

Step 1 Pick your protein

Marinate or season as desired

POULTRY

2 BONELESS, CHICKEN THIGHS,
CUT IN HALF (90G EACH)
1 BONELESS, SKINLESS
CHICKEN BREAST (170G EACH),
CUT IN HALF LENGTHWAYS
6 FROZEN CHICKEN NUGGETS

BEEF

1 SIRLOIN STEAK (230G)
6 MEATBALLS (15G EACH)
200G STEAK STRIPS

FISH/SEAFOOD

8-10 LARGE PRAWNS FRESH
OR FROZEN
(PEELED, DEVEINED)
1 SALMON FILLET (120G)

PORK

1 BONELESS PORK CHOP (150G)
2 SAUSAGES

PLANT-BASED

280G TOFU, EXTRA FIRM
CUT IN 4CM PIECES
150G PLANT-BASED MEAT,
(FRESH OR FROZEN)
CUT IN 4CM PIECES

TIP: For extra flavour, place protein
on Crisper Plate in container and brush
on all sides with desired marinade.
Refrigerate for 30 minutes to overnight.

Step 2 Pick your vegetable

Toss in 1 tablespoon of oil
and season as desired

100G GREEN BEANS
trimmed

100G ASPARAGUS
trimmed, cut in 8cm pieces

1 PEPPER (150G)
seeded, cut in quarters

200G BABY NEW POTATOES
cut in quarters

150G CAULIFLOWER
cut in 4cm pieces

150G SWEET POTATO
cut in 4cm pieces

120G COURGETTE
cut in 4cm pieces

120G AUGERGINE
cut in 4cm pieces

120G MUSHROOMS
cut in quarters

120G FROZEN FRENCH FRIES

120G FROZEN SWEET POTATO FRIES

Mix and match vegetables
as desired!

TIP: If you would like to cook delicate
veg such as broccoli or green beans,
for best performance add them towards
the end of the cooking cycle.

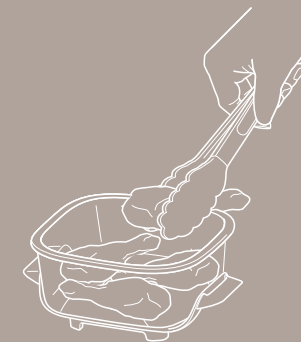
Step 3 Cook on AIR FRY

Following guidelines below

Place protein and vegetable
side by side on Crisper Plate.
Cook on **AIR FRY**. See table
below for recommended cook
times reflective of our suggested
proteins in **STEP 1**.

Food type	Time
CHICKEN	15-20 MINS
BEEF	8-15 MINS
SEAFOOD	6-15 MINS
PORK	12-15 MINS
TOFU/MEAT SUBSTITUTE	10-15 MINS

Flip contents halfway through
cooking for even doneness.



NOTE: Ensure food reaches correct food-
safe temperatures. Refer to the UK Food
Standards Agency for recommended
food safe temperatures.

Step 4 Top it

as desired

TERIYAKI SAUCE

BUFFALO SAUCE

PERI PERI SAUCE

HOISIN SAUCE

BBQ SAUCE

BALSAMIC GLAZE

SESAME SEEDS

CRISPY FRIED ONIONS

PICKLED VEGETABLES

CRUMBLLED CHEESE
(PARMESAN, FETA, GOAT, ETC.)

FRESH HERBS

Marinated Lemon & Garlic Chicken Thighs with Courgette & Tomatoes

Prep: 10 minutes | **Marinade:** 3+ hours | **Cook:** 18 minutes **Function:** AIR FRY | **Makes:** 1 serving

Ingredients

- 2 tablespoons olive oil, divided
- Zest of one lemon, divided
- 1 small garlic clove, peeled, minced
- 1 ½ teaspoons Dijon mustard
- 2 boneless, skinless chicken thighs (approx. 80-90g each)
- Sea salt and ground black pepper, as desired
- ½ small courgette (approx. 120g), cut in ½ lengthways and in 4cm pieces
- 6 cherry tomatoes
- Lemon wedges, to serve
- Fresh parsley, chopped, to serve

Directions



Insert Crisper Plate in Small Container and spray liberally with oil. In a small bowl combine 1 ½ tablespoons olive oil, ¾ of lemon zest, garlic, Dijon mustard, chicken thighs, salt and pepper. Mix well then transfer to Crisper Plate.



In a small bowl toss the courgette and tomatoes with remaining olive oil, lemon zest and season with salt and pepper. Transfer to Crisper Plate. Place lid on container and leave in the fridge for at least 3 hours or overnight.





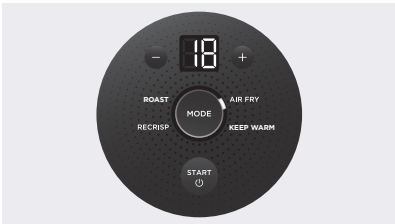
Small Container | 1.4L

Kickstarter



BEGINNER RECIPE





Remove container from fridge. Remove lid and attach CRISPi PowerPod to container, set to **AIR FRY**, set time to 18 minutes and press START to begin cooking.



When 5 minutes is displayed, remove PowerPod, flip chicken thighs and toss vegetables. Return PowerPod to container and press START to resume cooking.



When cooking is complete, ensure chicken reaches an internal temperature of 75°C by using an external thermometer. Remove chicken thighs, courgette and tomatoes to a plate and pour over any remaining juice at the bottom of the container. Serve with lemon wedges and chopped parsley.



Chicken Parmigiana

Prep: 10 minutes | **Cook:** 18 minutes | **Function:** AIR FRY | **Makes:** 1 serving

Ingredients

- Vegetable oil spray, as necessary
- 1 tablespoon plain flour
- ¼ teaspoon oregano
- Sea salt and ground black pepper, as desired
- 1 small egg, beaten
- 3 tablespoons panko breadcrumbs
- 1 ½ tablespoons Parmesan cheese, finely grated
- 1 chicken breast (175-200g), flattened to 1cm thick
- 2 tablespoons passata
- 30g grated mozzarella
- Fresh basil, as garnish

Directions

- 1. Insert Crisper Plate in Small Container** and spray liberally with oil. Add the flour to a medium bowl and season with oregano, salt and pepper. Add the beaten egg to a separate medium bowl. In a third medium bowl, mix the breadcrumbs and Parmesan cheese.
- 2.** Dip both sides of the chicken in the flour, then dip in the egg, followed by the breadcrumbs and transfer to Crisper Plate.
- 3.** Attach CRISPi PowerPod to container, press MODE until **AIR FRY** illuminates, set time to 18 minutes and press START to begin cooking. When 9 minutes is displayed, remove PowerPod and using silicone-tipped tongs, gently flip chicken. Return PowerPod to container to resume cooking
- 4.** When 3 minutes is displayed, remove PowerPod and spread passata over chicken followed by an even layer of grated mozzarella. Return PowerPod to container and press START to resume cooking.
- 5.** When cooking is complete, ensure chicken reaches an internal temperature of 75°C by using an external thermometer. Top chicken parmigiana with fresh basil and serve immediately.

Small Container | 1.4L

BEGINNER RECIPE

Paneer & Green Pepper Tikka

Prep: 10 minutes | **Marinade:** 3+ hours | **Cook:** 13 minutes
Function: AIR FRY | **Makes:** 2 servings



Ingredients

- 1 tablespoon vegetable oil
- 3 tablespoons plain yoghurt
- 1 small garlic clove peeled, minced
- 1 teaspoon fresh ginger peeled, minced
- 1 teaspoon lemon juice
- 1 teaspoon chilli powder
- ¼ teaspoon ground turmeric
- ½ teaspoon ground cumin
- ½ teaspoon ground coriander
- Sea salt, as desired
- 225g paneer, cut into 12 x 3cm pieces
- 1 small to medium green pepper, cut in 3cm pieces
- Fresh coriander, chopped, to serve
- Plain yoghurt, to serve
- Lemon wedges, to serve
- Naan bread, to serve



Directions

- 1. Insert Crisper Plate in Small Container.** In a large bowl combine vegetable oil, yoghurt, garlic, ginger, lemon juice, chill powder, turmeric, ground cumin, ground coriander and salt.
- 2.** Add the paneer and peppers to the bowl and coat in tikka mixture. Transfer to Crisper Plate then place lid on container. Marinade in the fridge for at least 3 hours or overnight.
- 3.** Remove container from fridge, remove lid and spray with oil. Attach CRISPi PowerPod to container, press MODE until **AIR FRY** illuminates, set time to 13 minutes and press START to begin cooking.
- 4.** When 4 minutes is displayed, remove PowerPod, toss paneer and vegetables. Return PowerPod to container and press START to resume cooking.
- 5.** When cooking is complete, remove from Crisper Plate and serve with fresh coriander, yoghurt, lemon wedges and naan bread.

Prosciutto Red Pesto Cod with Baby Vegetables

Prep: 10 minutes | **Cook:** 15 minutes | **Function:** AIR FRY | **Makes:** 2 servings



Ingredients

- 100g asparagus, trimmed, cut into 4cm pieces
- 70g baby sweetcorn, cut in half lengthways
- 80g sugar snap peas
- 1 teaspoon olive oil
- Sea salt and ground black pepper, as desired
- 2 tablespoons red pesto
- 2 cod loins, (120g each), no thicker than 2cm
- 4 prosciutto slices



Directions

- 1. In Small Container (without Crisper Plate),** toss vegetables with oil, salt and pepper. Season the cod pieces with salt and pepper and rub with red pesto. Lay 2 prosciutto slices overlapping in a cross shape on a chopping board. Place one cod loin on top and fold in prosciutto to make a parcel. Repeat process with remaining cod and place both cod pieces on top of the vegetables in container.
- 2.** Attach CRISPi PowerPod to container, press MODE until **AIR FRY** illuminates, set time to 15 minutes and press START to begin cooking.
- 3.** When 6 minutes is displayed, remove PowerPod. Remove cod, place on a chopping board and toss vegetables. Flip cod then place back on top of vegetables. Return PowerPod to container and press START to resume cooking.
- 4.** When cooking is complete, serve prosciutto wrapped cod with vegetables.

Caramelised Bananas

Prep: 5 minutes | **Cook:** 12 minutes | **Function:** AIR FRY | **Makes:** 2 servings



Small Container | 1.4L



BEGINNER RECIPE
●○○

Ingredients

2 small bananas, peeled, cut in half lengthways
1 1/2 tablespoons soft light brown sugar
1/4 teaspoon ground cinnamon
Greek yoghurt, to serve
Chopped pecans, to serve

Directions

- 1. Insert Crisper Plate in Small Container.** Add bananas to Crisper Plate cut side up. Top with an even layer of brown sugar and sprinkle with cinnamon.
- 2.** Attach CRISPi PowerPod to container, press MODE until **AIR FRY** illuminates, set time to 12 minutes and press START to begin cooking.
- 3.** When cooking is complete, leave to cool for a few minutes. Serve with Greek yoghurt and chopped pecans.



Small Container 1.4L cooking chart

NOTE: Install Crisper Plate before cooking.

COOKING TIMES APPLY TO THESE AMOUNTS ONLY

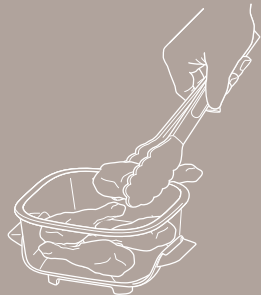
***NOTE:** When cooking homemade chips, soak in cold water for 30 mins, rinse and pat dry ahead of cooking.

TIP: Flip food during cooking to ensure even doneness.

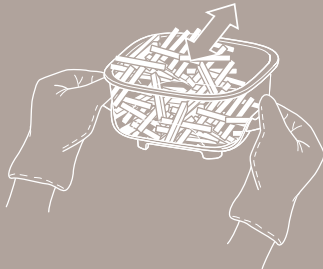
INGREDIENT	AMOUNT	PREPARATION	OIL	FUNCTION	COOK TIME	INTERACTION
VEGETABLES						
Asparagus	200g	Cut in half	Toss with 1 tsp oil	AIR FRY	5-7 mins	Toss 2-3 times during cooking
Courgette	200g	Cut in 2cm rounds	Toss with 1 tsp oil	AIR FRY	8-10 mins	Toss 2-3 times during cooking
Peppers	2	Cut in quarters	Toss with 1 tsp oil	AIR FRY	8-10 mins	Flip halfway through cooking
Broccoli	200g	Cut in 2.5cm florets	Toss with 1 tsp oil	AIR FRY	8-12 mins	Toss 2-3 times during cooking
Butternut squash	200g	Cut in 2cm pieces	Toss with 1 tsp oil	AIR FRY	15-18 mins	Toss 2-3 times during cooking
Corn cobettes	4	Whole	Toss with 1 tsp oil	AIR FRY	8-10 mins	Flip halfway through cooking
Cauliflower	200g	Cut in 2.5cm florets	Toss with 1 tsp oil	AIR FRY	9-14 mins	Toss 2-3 times during cooking
Green beans	150g	Trimmed	Toss with 1 tsp oil	AIR FRY	7-10 mins	Toss 2-3 times during cooking
Mushrooms	150g	Rinsed, Cut in quarters	Toss with 1 tsp oil	AIR FRY	10-15 mins	Toss 2-3 times during cooking
Baby potatoes	200g	Cut in quarters	Toss with 1 tsp oil	AIR FRY	15-20 mins	Toss 2-3 times during cooking
Sweet potatoes	200g	Cut in 1.5cm pieces	Toss with 1 tsp oil	AIR FRY	15-20 mins	Toss 2-3 times during cooking
Thin homemade chips*	200g	Cut into 1cm wide sticks	None	AIR FRY	22-24 mins	Toss 2-3 times during cooking
Thick homemade chips*	200g	Cut into 2cm wide sticks	None	AIR FRY	30-32 mins	Toss 2-3 times during cooking
POULTRY						
Chicken breasts	2 breasts (200g each)	Boneless	Brush with oil	AIR FRY	22-25 mins	Turn halfway through cooking
Chicken Thigh, Bone in	2 (150-170g each)	None	Brush with oil	AIR FRY	18-22 mins	None
Chicken Thigh, Boneless	2-3 (90g each)	None	Brush with oil	AIR FRY	15-18 mins	Turn halfway through cooking
Chicken drumsticks	2-3 (120g each)	None	Brush with oil	AIR FRY	17-20 mins	Turn halfway through cooking
Chicken wings	250g	Drumettes & flats	Toss with 1 tsp oil	AIR FRY	20-25 mins	Toss 2-3 times during cooking
SEAFOOD						
Salmon fillets	2 (115g each)	None	Brush with oil	AIR FRY	10-14 mins	None
Prawns	165g	Peeled	Toss with 1 tsp oil	AIR FRY	4-6 mins	Toss halfway through cooking
Fish Cake	2 (145g each)	None	None	AIR FRY	13-15 mins	Flip halfway through cooking
VEGETARIAN						
Halloumi cheese	225g block	Cut into 2cm cubes	Toss with 1 Tbsp oil	AIR FRY	8-10 mins	Toss halfway through cooking
Tofu, extra firm	280g	Cut into 2cm cubes	Toss with 1 Tbsp oil	AIR FRY	10-12 mins	Toss halfway through cooking

For best results, shake or turn often.

For best results flip food halfway through cooking. We recommend frequently checking your food and flipping with silicone-tipped tongs to ensure desired results. Use these cook times as a guide, adjusting to your preference.



OR



Small Container 1.4L cooking chart, continued

NOTE: Install Crisper Plate before cooking.

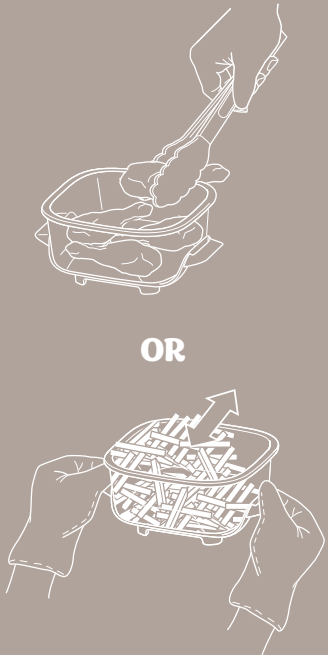
COOKING TIMES APPLY TO THESE AMOUNTS ONLY

TIP: Flip food during cooking to ensure even doneness.

INGREDIENT	AMOUNT	PREPARATION	OIL	FUNCTION	COOK TIME	INTERACTION
BEEF						
Meatballs, fresh	250g (15g each)	None	None	AIR FRY	6-8 mins	Flip halfway through cooking
Ribeye Steak, Thick Cut	1 (380g)	For best results, preheat unit for 5 minutes before cooking	Brush with oil	AIR FRY	9-12 mins	Flip halfway through cooking
Steak, Rump or sirloin steak	1 (230g)	For best results, preheat unit for 5 minutes before cooking	Brush with oil	AIR FRY	7-10 mins	Flip halfway through cooking
PORK						
Sausages	5	None	None	AIR FRY	14-18 mins	Flip halfway through cooking
Streaky bacon	4 slices	None	None	AIR FRY	4-6 mins	Flip halfway through cooking
Bacon	3 rashers of bacon	None	None	AIR FRY	5-8 mins	Flip halfway through cooking
Thick cut pork chop	1 bone in (250g)	None	Brush with oil	AIR FRY	15-19 mins	Flip halfway through cooking
LAMB						
Lamb chops	2 (100g each)	None	Brush with oil	AIR FRY	8-11 mins	Flip halfway through cooking
FROZEN FOODS						
Chicken nuggets	250g	None	None	AIR FRY	10-12 mins	Toss 2-3 times during cooking
Chicken Kiev	2	None	None	AIR FRY	16-20 mins	Flip halfway through cooking
Burger, frozen	1 pattie (110g)	None	None	AIR FRY	17-20 mins	Flip halfway through cooking
Fish fingers	6	None	None	AIR FRY	11-13 mins	Flip halfway through cooking
Fish fillets breaded/battered	2 (100g each)	None	None	AIR FRY	16-20 mins	Flip halfway through cooking
Scampi	200g	None	None	AIR FRY	10-13 mins	Toss halfway through cooking
French fries	230g	None	None	AIR FRY	12-15 mins	Toss 2-3 times during cooking
Sweet potato fries	230g	None	None	AIR FRY	12-14 mins	Toss 2-3 times during cooking
Potato Wedges	250g	None	None	AIR FRY	16-20 mins	Toss 2-3 times during cooking
Vegetarian sausages	6	None	None	AIR FRY	11-13 mins	Flip halfway through cooking
Vegetarian burger	2	None	None	AIR FRY	12-15 mins	Flip halfway through cooking
Vegetarian nuggets	200g	None	None	AIR FRY	12-15 mins	Toss 2-3 times during cooking
Hash Browns	4	None	None	AIR FRY	15-18 mins	Flip halfway through cooking
Onion Rings	150g	None	None	AIR FRY	9-11 mins	Toss 2-3 times during cooking
Roast potatoes	250g	None	None	AIR FRY	16-20 mins	Toss 2-3 times during cooking

For best results, shake or turn often.

For best results flip food halfway through cooking. We recommend frequently checking your food and flipping with silicone-tipped tongs to ensure desired results. Use these cook times as a guide, adjusting to your preference.



Teriyaki-Glazed Wings

Prep: 5 minutes | **Cook:** 40 minutes | **Function:** AIR FRY | **Makes:** 4-6 servings

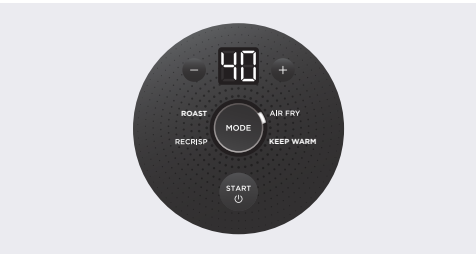
Ingredients

- 1.2kg fresh chicken wings
- Sea salt and ground black pepper, as desired
- 2 tablespoons sunflower oil
- 100ml teriyaki sauce
- 2 spring onions, thinly sliced
- 1 teaspoon sesame seeds

Directions



Insert Crisper Plate in Large Container. Add chicken wings salt, pepper and oil to the container and toss.



Attach the adaptor onto the CRISPi PowerPod then install onto the container. Press MODE until **AIR FRY** illuminates, set time to 40 minutes and press START to begin cooking.



When 20 minutes is displayed, remove PowerPod with the attached adaptor and flip wings with silicone-tipped tongs. Return PowerPod to container and press START to resume cooking. Repeat this process again when 8 minutes is displayed.



When cooking is complete, ensure wings reach an internal temperature of 75°C by using an external thermometer. Transfer to a large bowl, add teriyaki sauce and toss to coat. Garnish with spring onions and sesame seeds.





Large Container | 3.8L

Kickstarter



BEGINNER RECIPE



Stuffed Aubergine with Mozzarella

Prep: 15 minutes | **Cook:** 27 minutes | **Function:** AIR FRY | **Makes:** 2 servings



Large Container | 3.8L



BEGINNER RECIPE

Ingredients

- 1 large aubergine (approx. 300g), stalk removed, cut in half lengthwise
- 1 ½ tablespoons olive oil
- Sea salt and ground black pepper, as desired
- 60g tomato and basil passata
- 60g cherry tomatoes, cut in quarters
- 8 large basil leaves, chopped
- 60g fresh mozzarella (½ a ball), patted dry, cut in 1cm cubes
- 20g grated Parmesan or vegetarian equivalent
- Green or tomato salad, to serve, optional



Directions

- 1. Insert Crisper Plate in Large Container.** Brush the flesh of the aubergine with olive oil, then season with salt and pepper. Place aubergine cut side down on the Crisper Plate.
- 2.** Attach the adaptor onto the CRISPi PowerPod then install onto the container. Press MODE until **AIR FRY**, illuminates, set time to 20 minutes and press START to begin cooking.
- 3.** In a large bowl, combine tomato and basil sauce, cherry tomatoes, mozzarella, basil, salt and pepper and set aside.
- 4.** When cooking is complete, transfer the aubergines to a chopping board, lightly hollow out the flesh with a spoon and roughly chop. Add the aubergine flesh to the tomato mixture and mix. Add aubergine skin to Crisper Plate, fill with the prepared mixture and top with Parmesan cheese.
- 5.** Return PowerPod to container, set to **AIR FRY**, set time to 7 minutes and press START to begin cooking.
- 6.** When cooking is complete, cut stuffed aubergines in half and serve with a green or tomato salad as desired.

Ginger & Garlic Edamame

Prep: 5 minutes | **Cook:** 12 minutes | **Function:** AIR FRY | **Makes:** 4-6 servings



Large Container | 3.8L



BEGINNER RECIPE

Ingredients

- 500g frozen edamame soybeans in pods
- 1 tablespoon chilli or sesame oil
- 2 tablespoons dark soy sauce or tamari for gluten free equivalent
- ¾ tablespoon minced ginger
- 1 garlic clove, peeled, minced
- Sea salt and ground black pepper, as desired
- 1 teaspoon sesame seeds
- Chilli flakes, to serve, optional



Directions

- 1. Insert Crisper Plate in Large Container.** In a large bowl, toss edamame with chilli or sesame oil, soy sauce, ginger, garlic, salt and pepper and then place on Crisper Plate.
- 2.** Attach the adaptor onto the CRISPi PowerPod then install onto the container. Press MODE until **AIR FRY**, illuminates, set time to 12 minutes and press START to begin cooking.
- 3.** When 3 minutes is displayed, remove PowerPod and toss edamame with silicone-tipped tongs. Return PowerPod to container and press START to resume cooking.
- 4.** When cooking is complete, transfer edamame to a serving bowl and top with sesame seeds, chilli flakes and any marinade at the bottom of the container.

Beef Fajitas

Prep: 15 minutes | **Cook:** 22 minutes | **Function:** AIR FRY | **Makes:** 4-6 servings



Large Container | 3.8L



BEGINNER RECIPE



Ingredients

- 4 medium peppers, cut into 1cm slices
- 2 red onions, peeled, cut into ½ cm slices
- 3 tablespoons vegetable oil, divided
- 2 tablespoon fajita seasoning, divided
- Sea salt and ground black pepper, as desired
- 3 rump steaks (approx. 225g each), cut in ½ cm strips
- 8-12 x 24cm tortilla wraps (use gluten free wraps for gluten free meal)

Toppings (optional)

- Guacamole
- Sour cream
- Salsa
- Grated Cheddar cheese

TIP: Top with chilli oil for a little kick.

Directions

- 1. Insert Crisper Plate in Large Container.**
In a large bowl, toss peppers and onions with 2 tablespoons oil, 1 ½ tablespoons fajita seasoning, salt and pepper, then transfer to Crisper Plate.
- 2.** Attach the adaptor onto the CRISPi PowerPod then install onto the container. Press MODE until **AIR FRY** illuminates, set time to 10 minutes and press START to begin cooking. When 5 minutes is displayed, remove PowerPod and toss vegetables with silicone-tipped tongs. Return PowerPod to container and press START to resume cooking.
- 3.** When cooking is complete, toss beef in remaining oil, fajita seasoning and season with salt and pepper. Add beef to the container on top of the vegetables. Return PowerPod to container, set to **AIR FRY**, set time to 12 minutes and press START to begin cooking.
- 4.** When 4 minutes is displayed, remove PowerPod and toss beef only with silicone-tipped tongs. Return PowerPod to container and press START to resume cooking.
- 5.** When cooking is complete, serve beef fajitas with tortilla wraps and toppings as desired.



Peri Peri Chicken

Prep: 5 minutes | **Marinade:** 1+ Hour | **Preheat:** 5 minutes | **Cook:** 55 minutes | **Function:** ROAST | **Makes:** 4 servings

Ingredients

- 2 tablespoons olive oil
- 1 teaspoon smoked paprika
- 1 teaspoon paprika
- ¼ teaspoon chilli flakes
- ½ teaspoon onion powder
- ½ teaspoon ground coriander
- 1 teaspoon dried oregano
- ½ teaspoon fine sea salt
- ½ teaspoon garlic granules
- 1.5kg medium chicken, spatchcocked or halved
- Fries, sweetcorn and salad, to serve (optional)

Directions



Insert Crisper Plate in Large Container. Add all of the ingredients except for the chicken into a large bowl and mix until combined into a paste. Once combined add the spatchcocked or halved chicken to the bowl and rub with marinade to coat evenly. Cover and leave in the fridge to marinade for at least 1 hour and up to 24 hours.



When ready to cook, preheat unit for 5 minutes. Attach the adaptor onto the CRISPi PowerPod then install onto the container. Press MODE until **ROAST** illuminates, set time to 5 minutes and press START.



Once preheated, add the chicken breast-side down onto Crisper Plate. Return PowerPod to container, press MODE until **ROAST** illuminates, set time to 55 minutes and press START to begin cooking.



When 35 minutes is displayed, remove PowerPod and flip chicken over. Return power PowerPod to container and press START to resume cooking.



When cooking is complete, ensure chicken is to desired crispiness and reaches an internal temperature of 75°C by using an external thermometer. Remove chicken to a board and let rest for 15 minutes. We recommend serving with fries and sweetcorn.





Large Container | 3.8L

Kickstarter



INTERMEDIATE RECIPE



Herby Salmon with Sumac Potatoes & Padrón Peppers

Prep: 15 minutes | **Cook:** 40 minutes | **Function:** ROAST | **Makes:** 4 servings



Ingredients

750g baby potatoes, cut in half
2 tablespoons sunflower oil, divided
1 teaspoon sumac
Sea salt and ground black pepper, as desired
1 half salmon side (500g), skin on
Zest of 1 lemon
5g fresh dill, chopped
10g fresh parsley, chopped
130g Padrón peppers



Directions

- 1. Insert Crisper Plate in Large Container.** In a large bowl, toss potatoes with 1 tablespoon oil, sumac, salt and pepper and then place on Crisper Plate. Attach the adaptor onto the CRISPi PowerPod then install onto the container. Press MODE until **ROAST** illuminates, set time to 22 minutes and press START to begin cooking.
- 2.** To prepare the salmon, place on a chopping board flesh side down and make 3 vertical cuts through the skin and flesh, being careful to not cut all the way through. Evenly coat the fish on all sides with 1/2 tablespoon oil, lemon zest, salt and pepper. Fill the three cuts on the skin with dill and parsley and set fish aside.
- 3.** In a medium bowl, toss Padrón peppers in the remaining oil and salt and set aside.
- 4.** When 7 minutes is displayed, remove PowerPod and toss potatoes with silicone-tipped tongs. Return PowerPod to container and press START to resume cooking.
- 5.** When cooking is complete, remove PowerPod, toss potatoes and place salmon on top of potatoes, skin side up. Return PowerPod in container set to **ROAST**, set time to 18 minutes and press START to begin cooking.
- 6.** When 7 minutes is displayed, remove PowerPod, add Padrón peppers around the salmon and return PowerPod to container and press START to resume cooking.
- 7.** When cooking is complete, serve salmon with potatoes and Padrón peppers.

Cheesy Tomato Pasta Bake

Prep: 5 minutes | **Cook:** 18 minutes | **Function:** AIR FRY | **Makes:** 4-6 servings



Ingredients

400g raw farfalle pasta (750g cooked)
***use while still hot**
1 tablespoon olive oil
800ml passata
1 tablespoon capers, chopped
6 tablespoons sundried tomatoes, chopped
½ teaspoon garlic granules
6 tablespoons Parmesan or vegetarian equivalent, divided
Sea salt and ground black pepper, as desired
20g fresh basil, finely chopped
140g grated mozzarella



Directions

- 1. In the Large Container (without Crisper Plate),** add the cooked hot pasta, oil, passata, capers, sundried tomatoes, garlic granules, 2 tablespoons Parmesan cheese, salt and pepper and mix to evenly combine.
- 2.** Attach the adaptor onto the CRISPi PowerPod then install onto the container. Press MODE until **AIR FRY** illuminates, set time to 14 minutes and press START to begin cooking. When 7 minutes is displayed, remove PowerPod and stir. Return PowerPod to container and press START to resume cooking. When cooking is complete remove PowerPod, add basil and stir. Top with grated mozzarella and remaining parmesan.
- 3.** Return PowerPod to container, set to **AIR FRY**, set time to 4 minutes and press START to begin cooking.
- 4.** When cooking is complete, serve and eat warm.

TIP: You can substitute the farfalle pasta for any shape or swap for gluten free.

Chicken Satay with Peanut Sauce

Prep: 15 minutes | **Cook:** 15 minutes | **Marinade:** 1+ Hour

Function: AIR FRY | **Makes:** 2-4 servings



Large Container | 3.8L



BEGINNER RECIPE



Marinade

400g chicken mini fillets
1 tablespoon coconut oil, melted
2 tablespoons soy sauce
1 garlic clove, peeled, minced
¼ teaspoon chilli flakes
2 teaspoons fresh ginger, minced
½ teaspoon turmeric
Zest of 1 large lime (save juice for sauce)
Ground black pepper, as desired

Peanut Sauce

1 tablespoon soy sauce or tamari
for gluten free equivalent
1 tablespoon maple syrup
¾ teaspoon fish sauce
¼ teaspoon chilli flakes
Juice of 1 lime (lime from marinade)
50g smooth peanut butter
35g coconut cream
1 teaspoon curry powder

Toppings:

Roasted peanuts
Coriander
Lime wedges

Directions

- 1. Insert Crisper Plate in Large Container.** In a medium bowl, add all marinade ingredients and mix to combine. Mix in chicken fillets to evenly coat in marinade and leave in the fridge for at least 1 hour or overnight.
- 2.** In a small bowl mix all peanut sauce ingredients together to form a smooth paste. If paste is too thick, add a little water to loosen. Set aside.
- 3.** Place mini chicken fillets in an even layer on Crisper Plate. Attach the adaptor onto the CRISPi PowerPod then install onto the container. Press MODE until **AIR FRY** illuminates, set time to 15 minutes and press START to begin cooking.
- 4.** When 5 minutes is displayed, remove PowerPod and flip chicken with silicone-tipped tongs. Return PowerPod to adaptor and press START to resume cooking.
- 5.** When cooking is complete, ensure chicken reaches an internal temperature of 75 °C by using an external thermometer. Serve chicken with peanut sauce and garnish with dry roasted peanuts, coriander and a squeeze of lime.

TIP: Serve with coconut rice to enjoy as a full meal.



Mint Pesto Crusted Lamb with Green Veg & Feta

Prep: 20 minutes | **Preheat:** 5 minutes | **Cook:** 37-42 minutes
Function: ROAST & AIR FRY | **Makes:** 4-6 servings



Large Container | 3.8L



INTERMEDIATE RECIPE



Ingredients

10g fresh parsley leaves
10g fresh mint leaves
1 clove garlic, peeled
30g pinenuts
Zest and juice ½ lemon
8 tablespoons extra virgin olive oil, divided
Sea salt and ground black pepper, as desired
25g panko breadcrumbs
2 French trimmed lamb racks
(500g each) left at room temperature for 1 hour
prior to cooking
1 tablespoon Dijon mustard
400g courgette, halved lengthways, in 1cm pieces
300g asparagus, stalkes removed, cut in 5cm pieces
200g frozen peas
2 tablespoons fresh mint, chopped
150g feta cheese
Lemon wedges, to serve

Directions

1. To prepare pesto, add parsley, mint, garlic, pinenuts, lemon zest, lemon juice, 6 tablespoons olive oil, salt and pepper to a blender. Blend ingredients until combined yet still retaining some texture. Add mixture to a small bowl and mix with breadcrumbs.
2. To prepare lamb, brush both lamb racks all over with mustard and coat with mint pesto crumb, pressing down so it sticks to create a crust around the top, bottom and sides of the lamb.
3. When ready to cook, preheat unit for 5 minutes. **Insert Crisper Plate in Large Container.** Attach the adaptor onto the CRISPi PowerPod then install onto the container. Press MODE until **ROAST** illuminates, set time to 5 minutes and press START.
4. Once preheated, transfer the prepared lamb racks to Crisper Plate. Add lamb in such a way that the bones are facing inwards and upwards towards the middle of the container and are interlaced. Return PowerPod to container, press MODE until **ROAST** illuminates, set time to 25-30 minutes depending on desired doneness. Press START to begin cooking.
5. When cooking is complete, remove lamb racks to a board and allow to rest whilst you cook your vegetables. Add courgette, asparagus and peas to Crisper Plate, season with salt and pepper and toss with remining olive oil. Return PowerPod to container, set to **AIR FRY**, set time to 12 minutes and press START to begin cooking. When 5 minutes is displayed, remove PowerPod and toss vegetable. Return PowerPod to adaptor and press START to resume cooking.
6. When cooking is complete, toss vegetables with fresh mint and feta. Remove to a serving dish and serve with crusted lamb and lemon wedges.



Large Container 3.8L Cooking Chart

NOTE: Install Crisper Plate before cooking.

COOKING TIMES APPLY TO THESE AMOUNTS ONLY

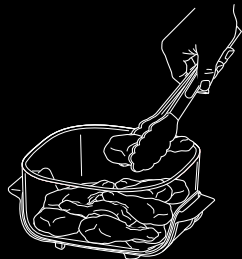
***NOTE:** When cooking homemade chips, soak in cold water for 30 mins, rinse and pat dry ahead of cooking.

TIP: Flip food during cooking to ensure even doneness.

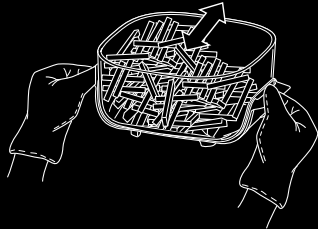
INGREDIENT	AMOUNT	PREPARATION	OIL	FUNCTION	COOK TIME	INTERACTION
VEGETABLES						
Asparagus	400g	Cut in half horizontally, stems trimmed	Toss with 1 Tbsp oil	AIR FRY	8-10 mins	Toss 2-3 times during cooking
Peppers	4 (600g)	Whole, turn halfway	Toss with 1 Tbsp oil	AIR FRY	20-24 mins	Flip halfway through cooking
Broccoli	400g	Cut in 2.5cm florets	Toss with 1 Tbsp oil	AIR FRY	9-13 mins	Toss 2-3 times during cooking
Butternut squash	500g	Cut in 2cm pieces	Toss with 1 Tbsp oil	AIR FRY	15-20 mins	Toss 2-3 times during cooking
Corn on the cob	4 ears	Whole ears, husks removed, ends trimmed	Toss with 1 Tbsp oil	AIR FRY	13-16 mins	Flip halfway through cooking
Cauliflower	600g	Cut in 2.5cm florets	Toss with 1 Tbsp oil	AIR FRY	11-15 mins	Toss 2-3 times during cooking
Green beans	400g	Trimmed	Toss with 1 Tbsp oil	AIR FRY	15-18 mins	Toss 2-3 times during cooking
Mushrooms	400g	Rinsed, cut in quarters	Toss with 1 Tbsp oil	AIR FRY	10-15 mins	Toss 2-3 times during cooking
Sweet Potato	700g	Cut in 1.5cm pieces	Toss with 1 Tbsp oil	AIR FRY	18-22 mins	Toss 2-3 times during cooking
Baby potatoes	700g	Cut in half	Toss with 2 Tbsp oil	AIR FRY	20-25 mins	Toss 2-3 times during cooking
Thin homemade chips*	500g	Cut into 1cm wide sticks	None	AIR FRY	28-30 mins	Toss 2-3 times during cooking
Thick homemade chips*	500g	Cut into 2cm wide sticks	None	AIR FRY	30-32 mins	Toss 2-3 times during cooking
Courgette	600g	Cut in 2cm rounds	Toss with 1 Tbsp oil	AIR FRY	10-14 mins	Toss 2-3 times during cooking
POULTRY						
Chicken Drumsticks	6 (120g each)	None	Brush with oil	AIR FRY	18-22 min	Flip halfway through cooking
Chicken wings	1.2kg	Drumettes & flats	Toss with 1 Tbsp oil	AIR FRY	40-45 min	Toss 2-3 times during cooking
Chicken Breast	4 (200g each)	None	Brush with oil	AIR FRY	23-26 mins	Flip halfway through cooking
Chicken Thigh Bone in	4-6 (150-170g each)	None	Brush with oil	AIR FRY	20-24 mins	None
Chicken Thigh Boneless	4-6 (90g each)	None	Brush with oil	AIR FRY	17-19 mins	Flip halfway through cooking

For best results, shake or turn often.

For best results flip food halfway through cooking. We recommend frequently checking your food and flipping with silicone-tipped tongs to ensure desired results. Use these cook times as a guide, adjusting to your preference.



OR



Large Container 3.8L Cooking Chart, continued

NOTE: Install Crisper Plate before cooking.

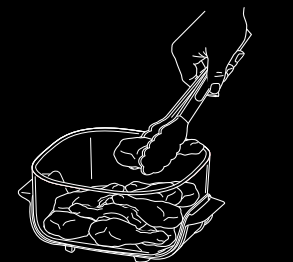
COOKING TIMES APPLY TO THESE AMOUNTS ONLY

TIP: Flip food during cooking to ensure even doneness.

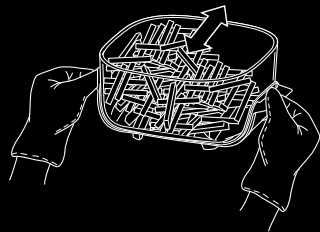
INGREDIENT	AMOUNT	PREPARATION	OIL	FUNCTION	COOK TIME	INTERACTION
SEAFOOD						
Fish cakes	4	None	None	AIR FRY	16-18 mins	Flip halfway through cooking
Salmon fillets	4-6 fillets (120g each)	None	Brush with oil	AIR FRY	12-14 mins	None
Prawns	330g	Whole, Peeled	Toss with 1 Tbsp oil	AIR FRY	5-7 mins	Flip halfway through cooking
BEEF						
Burgers	4-6 (115g each)	None	None	AIR FRY	10-15 mins	Flip halfway through cooking
Meatballs, fresh	500g (15g each)	None	None	AIR FRY	8-10 mins	Flip halfway through cooking
Steaks	2 steaks (230g each)	For best results, Preheat unit for 5 minutes before cooking	Brush with oil	AIR FRY	8-11 mins	Flip halfway through cooking
LAMB						
Lamb chops	4-6 (100g each)	None	Brush with oil	AIR FRY	10-15 mins	Flip halfway through cooking
PORK						
Bacon	6 rashers of bacon	None	None	AIR FRY	7-9 mins	Flip halfway through cooking
Streaky bacon	6 slices	None	None	AIR FRY	6-8 mins	Flip halfway through cooking
Pork chops	3 bone-in (250g each)	None	Brush with oil	AIR FRY	20-25 mins	Flip halfway through cooking
Sausages	10 sausages	None	None	AIR FRY	17-20 mins	Flip halfway through cooking
VEGETARIAN						
Halloumi cheese	2 x 225g blocks	Cut into 2cm cubes	Toss with 2 Tbsp oil	AIR FRY	10-12 mins	Flip halfway through cooking
Tofu, extra firm	2 x 280g blocks	Cut into 2cm cubes	Toss with 2 Tbsp oil	AIR FRY	10-14 mins	Toss halfway through cooking

For best results, shake or turn often.

For best results flip food halfway through cooking. We recommend frequently checking your food and flipping with silicone-tipped tongs to ensure desired results. Use these cook times as a guide, adjusting to your preference.



OR



Large Container 3.8L Cooking Chart, continued

NOTE: Install Crisper Plate before cooking.

COOKING TIMES APPLY TO THESE AMOUNTS ONLY

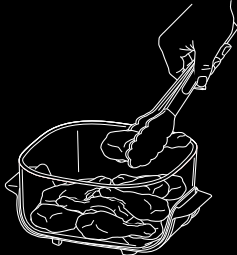
***NOTE:** When cooking homemade chips, soak in cold water for 30 mins, rinse and pat dry ahead of cooking.

TIP: Flip food during cooking to ensure even doneness.

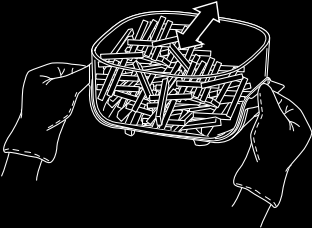
INGREDIENT	AMOUNT	PREPARATION	OIL	FUNCTION	COOK TIME	INTERACTION
FROZEN FOODS						
Fish fingers	10	None	None	AIR FRY	13-15 mins	Flip halfway through cooking
Fish Fillets Batter/breaded	4 (100g each)	None	None	AIR FRY	18-22 mins	Flip halfway through cooking
Chicken nuggets	600g	None	None	AIR FRY	12-15 mins	Toss 2-3 times during cooking
Chicken kiev	4	None	None	AIR FRY	18-22 mins	Flip halfway through cooking
Beef burgers	4 patties (110g)	None	None	AIR FRY	18-22 mins	Flip halfway through cooking
Vegetarian burgers	2	None	None	AIR FRY	15-18 mins	Flip halfway through cooking
Sweet potato fries	500g	None	None	AIR FRY	14-17 mins	Toss 2-3 times during cooking
Crinkle cut fries	500g	None	None	AIR FRY	18-20 mins	Toss 2-3 times during cooking
Chunky chips	700g	None	None	AIR FRY	20-25 mins	Toss 2-3 times during cooking
Skin on fries	500g	None	None	AIR FRY	17-20 mins	Toss 2-3 times during cooking
Potato Wedges	650g	None	None	AIR FRY	20-25 mins	Toss 2-3 times during cooking
Crinkle cut fries	500g	None	None	AIR FRY	20-22 mins	Toss 2-3 times during cooking
French fries	500g	None	None	AIR FRY	17-21 mins	Toss 2-3 times during cooking
Roast potatoes	750g	None	None	AIR FRY	20-25 mins	Toss 2-3 times during cooking
Hash Browns	8	None	None	AIR FRY	17-20 mins	Flip halfway through cooking
Vegetarian sausages	12	None	None	AIR FRY	13-15 mins	Flip halfway through cooking
Vegetarian nuggets	600g	None	None	AIR FRY	10-13 mins	Toss 2-3 times during cooking
Scampi	450g	None	None	AIR FRY	12-15 mins	Toss halfway through cooking
Onion Rings	350g	None	None	AIR FRY	11-14 mins	Toss 2-3 times during cooking
Yorkshire Puddings	8 (150g)	None	None	AIR FRY	3-4 mins	Flip halfway through cooking

For best results, shake or turn often.

For best results flip food halfway through cooking. We recommend frequently checking your food and flipping with silicone-tipped tongs to ensure desired results. Use these cook times as a guide, adjusting to your preference.



OR



Large Container 3.8L Cooking Chart, continued

NOTE: Install Crisper Plate before cooking.

COOKING TIMES APPLY TO THESE AMOUNTS ONLY

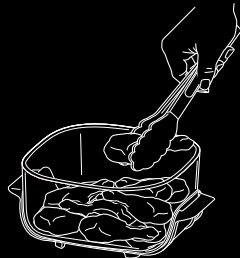
TIP: Preheat unit for 5 minutes on ROAST before use for a sizzling sear

TIP: Flip food during cooking to ensure even doneness.

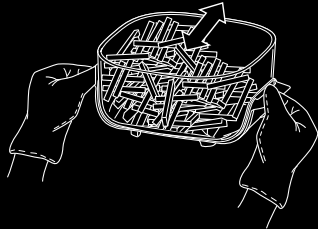
INGREDIENT	AMOUNT	PREPARATION	OIL	FUNCTION	COOK TIME	INTERACTION
ROAST						
Chicken, spatchcock	Whole, medium (approx 1.5kg)	Season with salt and pepper. Preheat unit for 5 mins before use	Brushed with oil	ROAST	50-55 mins	Start breast-side down and flip halfway through cooking
Chicken, whole	Whole, small (approx 1.2kg)	Season with salt and pepper. Preheat unit for 5 mins before use	Brushed with oil	ROAST	55-60 mins	Start breast-side down and flip halfway through cooking
Chicken legs, whole	4 (250g each)	Season with salt and pepper. Preheat unit for 5 mins before use	Brushed with oil	ROAST	35-40 mins	Flip halfway through cooking
Pork tenderloin	2 (400-500g each)	Season with salt and pepper. Preheat unit for 5 mins before use	Brushed with oil	ROAST	25-35 mins	Flip halfway through cooking
Pork crackling loin joint	1.2kg	Score fat and season with salt and pepper. Preheat unit for 5 mins before use	Brushed with oil	ROAST	75-80 mins	Start fat side down and flip after 25 minutes
Rack of lamb whole	2 (400-500g each)	Season with salt and pepper. Preheat unit for 5 mins before use	Brushed with oil	ROAST	20-30 mins	None
Large salmon fillet, skin on	500-800g	Season with salt and pepper.	Brushed with oil	ROAST	20 mins	None
Topside of beef	1.5kg	Season with salt and pepper. Preheat unit for 5 mins before use	Brushed with oil	ROAST	40-50 mins	Flip halfway through cooking
Fillet of beef, whole	1kg	Season with salt and pepper. Preheat unit for 5 mins before use	Brushed with oil	ROAST	35-45 mins	Flip halfway through cooking
Duck crown	1.2kg	Score fat and season with salt and pepper. Preheat unit for 5 mins before use	None	ROAST	30-40 mins	Start breast-side down and flip halfway through cooking

For best results, shake or turn often.

For best results flip food halfway through cooking. We recommend frequently checking your food and flipping with silicone-tipped tongs to ensure desired results. Use these cook times as a guide, adjusting to your preference.



OR



[illegible][illegible]

NINJA CRISPi

PORTABLE COOKING SYSTEM

FN101UK_IG_QSG_xRecipe_MP_Mv2_241125

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