

Please make sure to read the enclosed Ninja Owner's Guide prior to using your unit.



# NINJA

## Double Stack XL

WITH SMART  
COOK SYSTEM

**9.5L capacity**  
*for large families  
& entertaining*



## Quick start guide

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TIPS & TRICKS | COOKING CHARTS | 15 CHEF-CREATED RECIPES

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# Your guide to the perfect crisp

Welcome to the Ninja Double Stack XL 2-Drawer Air Fryer. From here, you're just pages away from how-to's and recipes for cooking 4 foods at the same time. Get ready for evenly crispy meals and snacks all from one space-saving air fryer.

Now let's get cooking.

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## Recipe Key

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



# Get to know your Ninja Double Stack XL 2-drawer Air Fryer

## 6 Cooking programs



**A Temperature and Time Display:** A bright display allows you to quickly and easily set cook temperature and time and then counts down while cooking.

**B Zone Buttons:** Program two independently controlled zones.  
**1** Control the output for top zone (Zone 1).  
**2** Control the output for the bottom zone (Zone 2).

**C Functions:**

**AIR FRY:** Use this function to give your food crispiness and crunch with little to no oil.

**MAX CRISP:** Best for cooking smaller quantities of frozen food such as French fries and chicken nuggets, which may need a high temperature.

**NOTE:** There is no temperature adjustment available. The temperature is preset to 240°C.

**BAKE:** Create decadent baked treats and desserts.

**ROAST:** Use the unit as an oven for tender meats and more.

**REHEAT:** Revive leftovers by gently warming them, leaving you with crispy results.

**DEHYDRATE:** Dehydrate meats, fruits and vegetables for healthy snacks.

**D Control Arrows:** Use this multifunction arrows to easily select your cook function, time, and temperature.

**E Double Stack Pro:** Use this function with the Stacked meal racks and the chart on pages 18 and 19 to mix and match 4 different foods at once.

**F Probe:** Use the leave-in probe to continuously monitor the internal temperature of food in two places for a more accurate cooking result.

**G Sync:** Automatically syncs the cook times to ensure both zones finish at the same time, even if they have different cook times.

**H Match:** Automatically matches Zone 2 settings to Zone 1.

**I Power Button**

**J START/STOP Button**



### AIR FRY

Best for fresh foods like chicken wings and your favourite frozen snacks



### MAX CRISP

Best for cooking smaller quantities of frozen food which may need a high temperature



### BAKE

Best for making brownies and other baked desserts



### ROAST

Best for roasting vegetables and meats



### REHEAT

Best for reviving leftovers



### DEHYDRATE

Best for making veggie/fruit crisps and jerky

# Everything you need TO COOK 4 FOODS AT ONCE



## Crisper plates

Insert these at the bottom of each drawer to help the rapid hot air surround your food and cook it to perfection.



## Inserting crisper plates

Insert the crisper plates with feet facing down. Make sure to install the plates every time, no matter how many layers you're cooking.

### Lower position (bottom of drawer):

Allows air to surround food for even cooking and crisping. For proper placement, make sure the cutouts are on the left and right sides of the drawer.

### Upper position (elevated in drawer):

For better browning and grilling results, we suggest using the upper position. Place the crisper plate in the drawer with the cutouts facing the front and back of the drawer.

**NOTE:** When cooking proteins, place the crisper plate in the upper position for best results.

**NOTE:** For the best results while using the BAKE function, place the plate in the upper position.



## Stacked meal racks

2 racks, one for each drawer. Insert them in the drawers for multi-level cooking or leave them out for single-layer cooking.

**NOTE:** ONLY use wire racks when using **DOUBLE STACK PRO** in conjunction with the provided meal chart or recipe for best results.

**TIP:** For easier clean up, spray Stacked meal racks with nonstick cooking spray prior to use.



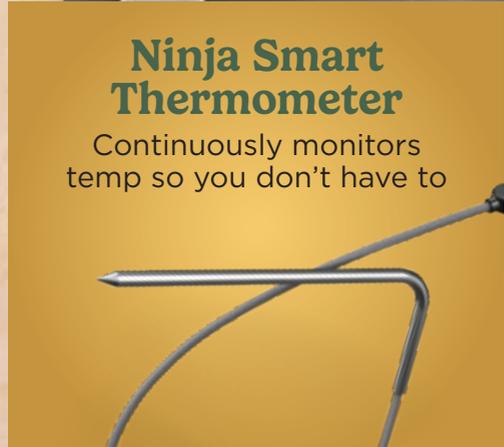
## Inserting Stacked meal racks

After inserting the crisper plates, gently place racks inside with the handles facing up. They should fit snugly into the side notches in the drawers.



Make more of your air-fried favorites without the guesswork. Now with the Ninja Digital Cooking Probe and the Smart Cook system, you can get the perfect doneness, from rare to well, at the touch of a button. Pair it with the Sync Smart Finish setting to cook two foods, two ways and finish at the same time.

**NOTE:** The Digital Cooking Probe is only available for use in Zone 2.



### Ninja Smart Thermometer

Continuously monitors temp so you don't have to



### Perfect doneness

From rare to well at the touch of a button

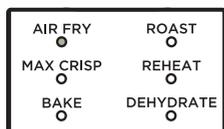
# Using 1 drawer

Only want to use one zone?

## Step 1

### Program Zone 1 / Select Function

- Place food in drawer.
- Select **1** or **2** to select cooking Zone 1 or Zone 2.
- Use the arrows to select a cooking function (e.g., **AIR FRY**).

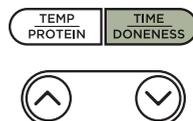


**NOTE:** When cooking proteins, place the crisper plate in the upper position for best results.

## Step 2

### Set time & temp

- Press **TEMP** and use the arrows to set the desired temperature.
- Press **TIME** and use the arrows to set the cook time.



## Step 3

### Begin cooking

- Press the **START/STOP** button to begin cooking.
- If cooking double stack meal, select **DOUBLE STACK PRO** button before **START/STOP** button.

**NOTE:** For best results, start checking food for doneness before cook time ends. Stop cooking at any time if the desired level of crispiness has been achieved. Refer to the UK Food Standards Agency for recommended food safe temperatures.

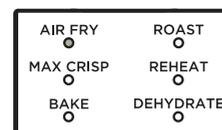
# Using 2 drawers

Not worried about both zones finishing at the same time?

## Step 1

### Program Zone 1 / Select Function

- Place food in drawer.
- Select Zone 1 by pressing **1**.
- Use the arrows to select a cooking function (e.g. **AIR FRY**).

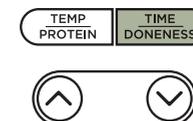


**NOTE:** When cooking proteins, place the plate in the upper position for best results.

## Step 2

### Set time & temp

- Press **TEMP** and use the arrows to set the desired temperature.
- Press **TIME** and use the arrows to set the cook time.



## Step 3

### Program Zone 2

- Place food in drawer.
- Select Zone 2 by pressing **2**.
- Use the arrows to select a cooking function (e.g. **AIR FRY**).
- Repeat step 2



**NOTE:** When cooking is complete, the unit will beep and "COOL" will appear on the display for 60 seconds.

## Step 4

### Begin cooking

- Press the **START/STOP** button to begin cooking.
- Check food frequently to avoid overcooking.
- If cooking double stack meal, select **DOUBLE STACK PRO** button before **START/STOP** button.



# Perfectly done with the Digital Cooking Probe



The leave-in probe continuously monitors the internal temperature of food in two places for more accurate cooking results.

**NOTE:** Reference UK Food Standards Agency for food-safe temperature recommendations.

## How do you like your steak?

Everyone's perception of levels of cook differs from person to person. The below guide shows what each PRESET visually correlates to when selecting beef. We have provided a range of options to allow for more customisation based on your preference.



## Preset Cooking Chart

| PROTEIN | PRESET | EXAMPLES                  | WEIGHT (per drawer)       |
|---------|--------|---------------------------|---------------------------|
| Pork    | Small  | Sausages                  | 4 (205g each)             |
|         |        | Bone-In Pork Chops        | 2 (250g each)             |
|         | Large  | Pork Fillet               | 1 (450-600g each)         |
|         |        | Pork Loin/Roast           | 1 each (1-2kg)            |
| Chicken | Small  | Chicken Breast            | 3-4 each, (150-250g each) |
|         |        | Bone-In Chicken Thighs    | 3-4 (100-150g each)       |
|         | Large  | Whole Chicken             | 1 (up to 2kg)             |
| Beef    | Small  | Steak (rare through well) | 2-4 (175-350g each)       |
|         | Large  | Topside                   | 1 (1.3-1.8kg)             |
| Fish    | Small  | Salmon Fillets            | 3-4 (120g each)           |
|         | Large  | Salmon Fillets            | 1 (500g)                  |

# Cooking in a Single Zone with Probe

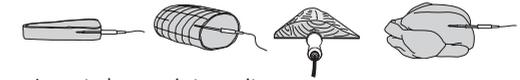
Using the probe to cook joints of meat in a single cooking zone?

### STEP 1 Setup

- Remove the probe storage compartment located behind the control panel and unwind the cord to remove the probe.
- Remove Zone 2 drawer (before plugging in the probe).

### STEP 2 Insert Probe

- Insert probe in protein using the guide in the Instruction Booklet to ensure the probe is placed correctly.
- Place protein in basket and insert into unit.



- Insert drawer into unit.

### STEP 3 Function Selection

- Select Zone 2 and then desired cooking function (e.g. Air Fry)

**NOTE:** Cooking temperature will automatically default based on function selection. Temperature can be adjusted based on preference or recipe Instructions.

There is no temperature adjustment available on Max Crisp.

### STEP 4 Probe Selection

- SMALL PRESET
  - LARGE PRESET
  - MANUAL
- Use the PROBE button to select either Small or Large preset, depending on size of protein. Use the TEMP/ PROTEIN button to cycle between the two, and the arrows to select your desired food type. Press the TIME/ DONENESS button and use the arrows to set the internal outcome of your food.
- If selecting the MANUAL button, use the internal cook temperatures recommended in the Instructions.



### STEP 5 Start Cooking

- There is no preheat needed.
- Once you have made your selections, press the START/STOP button to begin cooking.
- The screen will display the current probe temperature.

### STEP 6 Cooking Complete

- When cooking is complete, unit will beep. Transfer protein to a plate and allow to rest for 5 minutes before serving. This is an important step, as proteins continue to cook and retain juices after being removed from the source of heat.

# Sync with Dual Zone Cooking

Cook 2 food loads, 2 different ways  
and have them finish  
at the same time.



**AIR FRY**  
**200°C**  
**18-20**  
**MINS**

**ZONE 1**

**640g**  
**Brussels sprouts**

**ZONE 2**

**4 salmon fillets**

**AIR FRY**  
**200°C**  
**12 MINS**

 **NOTE:** Use the probe in ZONE 2 for more accurate cooking results.

## Step 1

### Program Zone 1 / Select Function

- Place food in drawer.
- Select Zone 1 by pressing **1**.
- Use the arrows to select a cooking function (e.g. **AIR FRY**).

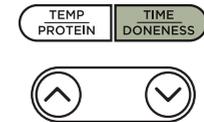


**NOTE:** When cooking proteins, place the plate in the upper position for best results.

## Step 2

### Set time & temp

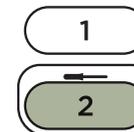
- Press **TEMP** and use the arrows to set the desired temperature.
- Press **TIME** and use the arrows to set the cook time.



## Step 3

### Program Zone 2

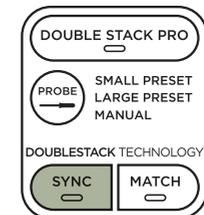
- Select Zone 2 by pressing **2**.
- Place bottom layer of food in drawer.
- Use the arrows to select a cooking function and repeat Step 2.



## Step 4

### Begin cooking

- Select **SYNC**.
- Press the **START/STOP** button to begin cooking.
- The zone with the shorter cook time will display **HOLD**.



**NOTE:** If you **DO NOT** select **SYNC**, foods **WILL NOT FINISH** cooking at the same time.

# Match with Dual Zone Cooking

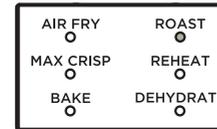
Match your cook settings across all levels to use the full 9.5L cooking capacity at once. Perfect for meal prep or to feed a crowd.



## Step 1

### Program Zone 1 / Select Function

- Place food in both drawers.
- Select Zone 1 by pressing **1**.
- Use the arrows to select a cooking function (e.g. **ROAST**).

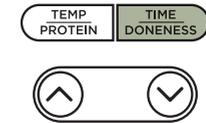


**NOTE:** When cooking proteins, place the plate in the upper position for best results.

## Step 2

### Set time & temp

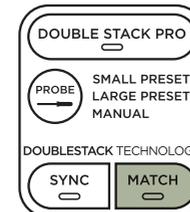
- Press **TEMP** and use the arrows to set the desired temperature.
- Press **TIME** and use the arrows to set the cook time.



## Step 3

### Begin cooking

- Select **MATCH**.
- Press the **START/STOP** button to begin cooking.



# Double Stack

Cook 4 foods at once in 2 independent air fry drawers for evenly crispy meals and snacks.



## ZONE 1

2 chicken thighs

250g asparagus

**AIR FRY**  
190°C  
20 MINS

## ZONE 2

230g chicken goujons

250g green beans

**AIR FRY**  
190°C  
20 MINS

**NOTE:** For best results with Double Stack Meals, it is not recommended to mix fresh and frozen ingredients within the same drawer. For the best output, cook frozen food loads within 1 drawer.

## Step 1

### Program Zone 1 / Select Function

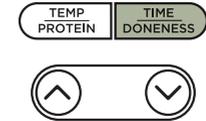
- Place food in drawer.
- Insert the stacked meal rack and place the top layer of food onto the rack.
- Select Zone 1 by pressing **1**.
- Use the arrows to select a cooking function (e.g. **AIR FRY**).



## Step 2

### Set time & temp

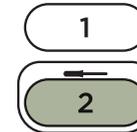
- Press **TEMP** and use the arrows to set the desired temperature.
- Press **TIME** and use the arrows to set the cook time.



## Step 3

### Program Zone 2

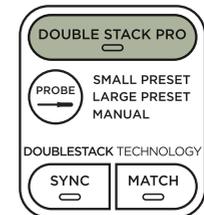
- Select Zone 2 by pressing **2**.
- Place food in drawer.
- Insert the stacked meal rack and place the top layer of food on it.
- Use the arrows to select a cooking function and repeat Step 2.



## Step 4

### Begin cooking

- Select **DOUBLE STACK PRO**.
- Press the **START/STOP** button to begin cooking.
- If **SYNC** is selected, the zone with the shorter cook time will display HOLD.



**NOTE:** **DOUBLE STACK PRO** can be used alongside both the **SYNC & MATCH** functions

# Rack. Stack. Repeat

Create 2 full meals, in one zone, with a crispy bottom layer and extra-crispy top layer.



**Extra Crispy Top Layer**  
for proteins and fast cooking

**Crispy Bottom Layer**  
for veggies and starches

STACKED MEAL RACK  
Extra Crispy Top Layer



2 salmon fillets  
120g each



2 chicken breasts  
150g each,  
up to 2.5cm thick



2 boneless chicken thighs  
up to 150g each



sirloin or ribeye steak  
350g each,  
2cm thick



2 pork chops  
approx. 200g each



4-6 pork or plant based sausages



280g block tofu  
cut in 2.5-3cm cubes



6-8 frozen fish fingers or plant based fish fingers

1

Select your zone.  
Select **AIR FRY**.

2

Set temperature to **190°C**. Use the chart on the right to set your time.

3

Select **DOUBLE STACK PRO**.  
Select **START/STOP**.

For best results, cook proteins on the rack and vegetables/starch on the crisper plate.

| FOOD TYPE            | TIME       |
|----------------------|------------|
| Chicken              | 20 mins    |
| Pork                 | 15-20 mins |
| Beef                 | 15 mins    |
| Seafood              | 15 mins    |
| Plant based proteins | 15 mins    |
| 2-layer veg**        | 15 mins    |

\*\*If cooking 2-layer vegetables, cook delicate veg on the bottom layer and hearty veg on the top layer.

## ADDITIONAL FOOD LOAD IDEAS

### RACK

Chicken drumsticks  
Beef or plant based burgers  
Cod fillets

### CRISPER PLATE

Portobello mushrooms  
Peppers  
Aubergine

CRISPER PLATE  
Crispy Bottom Layer



Asparagus  
250g, trimmed



Sweet potato  
300g, cut in  
2cm thick pieces



New potatoes  
300g, quartered



Green beans  
250g, trimmed



Baby tomatoes  
300g



Courgettes  
300g, trimmed, cut  
in 1-2cm rounds

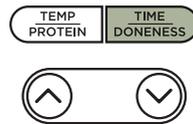


2 corn on the cob

**NOTE:** For best results, we do not recommend mixing fresh and frozen ingredients in the same drawer.

# Adding time while cooking

- Select the zone you want to add time to.
- Select the **TIME** button and use the arrows to add more time.
- After 3 seconds, the new time will be set.



**NOTE:** After the cook cycle has completed, the unit will beep and display "COOL" for 60 seconds. During the cooling cycle, you are free to remove your food.

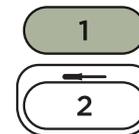
# Ending cook time

while both zones are running.

## Step 1

### Ending a Single Zone

- Select the zone you want to stop cooking in (e.g., Zone 1).



## Step 2

### Adjust Time

- Select the **TIME** button and use the arrows to set the time to 0.
- After 3 seconds, END will appear on the display.
- Cooking will continue in the other zone.



# Air Fry Cooking Chart

**NOTE:** When cooking proteins, place the crisper plate in the upper position for best results.

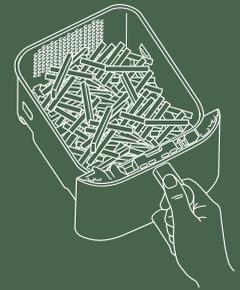
Use these cook times as a guide, adjusting to your preference.

| INGREDIENT  | AMOUNT                            | PREPARATION  | TOSS IN OIL      | CRISPER PLATE POSITION | TEMP  | COOK TIME  |
|---|-----------------------------------|--|------------------|------------------------|-------|------------|
| <b>FRESH VEGETABLES</b>                                       |                                   |  |                  |                        |       |            |
| Asparagus   | 400g                              | Whole, stems trimmed                                   | 1 Tbsp           | Lower position         | 200°C | 8-10 mins  |
| Beetroot  | 6 (70-100g each)                  | Whole  | None             | Lower position         | 200°C | 40-45 mins |
| Bell Peppers  | 4 (600g)                          | Whole, turn peppers halfway                            | None             | Lower position         | 200°C | 20-22 mins |
| Broccoli  | 400g                              | Cut in 2.5cm florets                                   | 1 Tbsp           | Lower position         | 200°C | 12-14 mins |
| Brussels Sprouts  | 640g                              | Cut in half, stem removed                              | 2 Tbsp           | Lower position         | 200°C | 18-20 mins |
| Butternut squash  | 500-750g                          | Cut in 2.5cm pieces                                    | 1 Tbsp           | Lower position         | 200°C | 22-24 mins |
| Carrots   | 500g                              | Peeled, cut in 1.5cm pieces                            | 1 Tbsp           | Lower position         | 200°C | 25-28 mins |
| Cauliflower   | 600g                              | Cut into 1.5-2.5 cm florets                            | 2 Tbsp           | Lower position         | 200°C | 15-17 mins |
| Celeriac  | 600g                              | Peel and cut into 3cm cubes, 2 tbsp oil                | 1 Tbsp           | Lower position         | 200°C | 20-25 mins |
| Corn on the cob   | 4 ears                            | Whole ears, husks removed, ends trimmed                | 1 Tbsp           | Lower position         | 200°C | 15-18 mins |
| Courgette   | 500g                              | Cut in quarters lengthwise, then cut into 2.5cm pieces | 1 Tbsp           | Lower position         | 200°C | 15-17 mins |
| Fine Green Beans  | 400g                              | Trimmed  | 1 Tbsp           | Lower position         | 200°C | 12-15 mins |
| Kale (for chips)  | 225g                              | Torn in pieces, stems removed                          | 1 Tbsp           | Lower position         | 150°C | 10-12 mins |
| Mushrooms   | 300g                              | Wiped, cut in quarters                                 | 1 Tbsp           | Lower position         | 200°C | 10-12 mins |
| Portobello mushrooms  | 250g                              | Whole, brush with oil                                  | 1 Tbsp           | Lower position         | 180°C | 12-15 mins |
| Parsnips  | 500g                              | Peel and cut into 1.5cm lengths, 1 tbsp oil            | 1 Tbsp           | Lower position         | 200°C | 16-18 mins |
| Potatoes, white<br>e.g. King Edward,<br>Maris Piper or Russet | 750g                              | Cut in 2.5cm wedges                                    | 1 Tbsp           | Lower position         | 200°C | 30-35 mins |
|   | 500g                              | Cut into even sized pieces                             | 2 Tbsp           | Lower position         | 200°C | 24-28 mins |
|   | 4 whole (185-250g each)           | Pierced with fork 3 times, turn halfway                | 1 Tbsp           | Lower position         | 200°C | 36-40 mins |
| Potatoes, sweet   | 500g                              | Cut in 2.5cm chunks                                    | 1 Tbsp           | Lower position         | 200°C | 18-22 mins |
|   | 500g                              | Cut in 2.5 wedges                                      | 1 Tbsp           | Lower position         | 200°C | 25-28 mins |
|   | 4 whole (185-250g each)           | Pierced with fork 3 times, turn halfway                | 1 Tbsp           | Lower position         | 200°C | 35-45 mins |
| <b>FRESH POULTRY</b>  |                                   |  |                  |                        |       |            |
| Chicken breasts   | 4 (700g)                          | None   | Brushed with oil | Upper position         | 200°C | 17-18 mins |
| Chicken thighs  | 6 thighs (125-150g each/750-900g) | Bone in/skin on  | Brushed with oil | Upper position         | 200°C | 20-23 mins |
|   | 6-8 thighs (100g each/600-800g)   | Boneless/skinless                                      | Brushed with oil | Upper position         | 200°C | 16-18 mins |
| Chicken wings   | 750g                              | None   | Brushed with oil | Lower position         | 200°C | 35-40 mins |
| Duck breasts  | 2 (400g)                          | Slash skin, cook skin side down, turn over halfway     | Brushed with oil | Upper position         | 200°C | 18-22 mins |
| <b>FRESH FISH &amp; SEAFOOD</b>                               |                                   |  |                  |                        |       |            |
| Cod loin  | each                              | 1.5-2.5 cm thick                                       | Brushed with oil | Upper position         | 200°C | 9-10 mins  |
| Fish cakes  | 2 (145g each)                     | None   | None             | Upper position         | 200°C | 12 mins    |
| Prawns  | 16 jumbo (165g)                   | None   | 1 Tbsp           | Upper position         | 200°C | 3-5 mins   |
| Salmon fillets  | 4 (480g)                          | None   | Brushed with oil | Upper position         | 200°C | 12 mins    |

For best results, use crisper plate and shake or toss often.

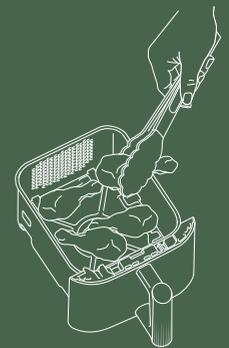
## Shake your food

We recommend shaking your food at least three times during the cooking cycle for best results.



OR

Toss with silicone-tipped tongs



**NOTE:** If using the probe, place protein(s) in Zone 2. See pages 12-13 for proper probe placement and interaction.

**NOTE:** If using timings on food packaging, results may vary.

# Air Fry Cooking Chart, continued

**NOTE:** When cooking proteins, place the crisper plate in the upper position for best results.

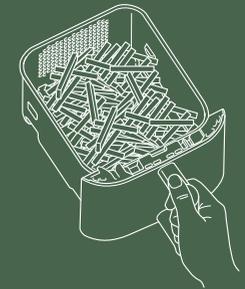
Use these cook times as a guide, adjusting to your preference.

| INGREDIENT               | AMOUNT                    | PREPARATION                                       | TOSS IN OIL      | CRISPER PLATE POSITION | TEMP  | COOK TIME  |
|--------------------------|---------------------------|---|------------------|------------------------|-------|------------|
| <b>FRESH BEEF</b>        |                           |   |                  |                        |       |            |
| Burgers                  | 4 (115g each)             | 2.5cm thick                                       | None             | Upper position         | 190°C | 11-13 mins |
| Steaks*                  | 2 (250g each)             | Whole   | Brushed with oil | Upper position         | 200°C | 9-12 mins  |
| <b>FRESH PORK</b>        |                           |   |                  |                        |       |            |
| Bacon                    | 4 rashers                 | None  | None             | Upper position         | 210°C | 7 mins     |
| Gammon steak             | 1 (170g)                  | Cut rind at 2cm, turn over after 5 mins           | Brushed with oil | Upper position         | 200°C | 9-10 mins  |
| Pork chops               | 2 bone-in (250g each)     | None  | Brushed with oil | Upper position         | 200°C | 14-15 mins |
|                          | 4 boneless (120g)         | None  | Brushed with oil | Upper position         | 200°C | 12-14 mins |
| Sausages                 | 2 fillets (350-500g each) | Turn halfway                                      | Brushed with oil | Upper position         | 190°C | 22-27 mins |
|                          | 4 (205g)                  | None  | None             | Upper position         | 200°C | 8-11 mins  |
|                          | 8 (410g)                  | None  | None             | Upper position         | 200°C | 13-15 mins |
| <b>FRESH LAMB</b>        |                           |   |                  |                        |       |            |
| Lamb chops               | 4 (340g)                  | None  | Brushed with oil | Upper position         | 180°C | 9-11 mins  |
| Lamb steaks              | 2 (280g)                  | None  | Brushed with oil | Upper position         | 180°C | 11-12 mins |
| <b>VEGETARIAN</b>        |                           |   |                  |                        |       |            |
| Halloumi cheese          | 225g block                | Cut into 1cm slices, toss halfway through cooking | Brushed with oil | Upper position         | 200°C | 12-15 mins |
| Tofu                     | 280g                      | Cut into 2cm cubes, toss halfway through cooking  | Toss with oil    | Upper position         | 200°C | 12-15 mins |
| Vegan burgers            | 4 (115g)                  | Single layer                                      | None             | Upper position         | 190°C | 14-15 mins |
| Vegan nuggets            | 300g                      | None  | None             | Lower position         | 180°C | 15 mins    |
| Vegetarian sausages      | 6 (270g)                  | None  | None             | Upper position         | 190°C | 14 mins    |
| <b>FROZEN FOODS</b>      |                           |   |                  |                        |       |            |
| Breaded fish fillets     | 4 (600g)                  | Turn halfway                                      | None             | Lower position         | 200°C | 20-25 mins |
| Breaded garlic mushrooms | 300g                      | None  | None             | Lower position         | 190°C | 12-15 mins |
| Chicken Kiev             | 4 (560g)                  | None  | None             | Lower position         | 180°C | 22 mins    |
| Chicken nuggets          | 24 (400g)                 | None  | None             | Lower position         | 200°C | 13-15 mins |
| Fish fillets in batter   | 4 (600g)                  | Turn halfway                                      | None             | Lower position         | 180°C | 20-25 mins |
| Fish fingers             | 10 (280g)                 | Turn halfway                                      | None             | Upper position         | 200°C | 13-15 mins |
| Hash browns              | 8 (370g)                  | Turn halfway                                      | None             | Upper position         | 200°C | 15-17 mins |
| Potato croquettes        | 550g                      | Turn halfway                                      | None             | Lower position         | 190°C | 20-22 mins |
| Prawn tempura            | 12 (160g)                 | Turn halfway                                      | None             | Lower position         | 190°C | 7 mins     |
| Roast potatoes           | 700g                      | None  | None             | Lower position         | 190°C | 20-22 mins |
| Scampi in breadcrumbs    | 280g                      | None  | None             | Lower position         | 190°C | 12 mins    |
| Yorkshire pudding        | 8 (150g)                  | None  | None             | Lower position         | 180°C | 3-4 mins   |

**For best results, use crisper plate and shake or toss often.**

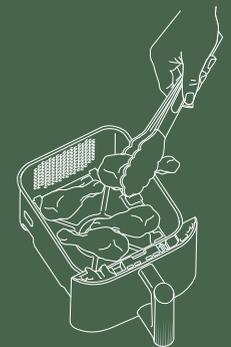
## Shake your food

We recommend shaking your food at least three times during the cooking cycle for best results.



**OR**

**Toss with silicone-tipped tongs**



**NOTE:** If using the probe, place protein(s) in Zone 2. See pages 12-13 for proper probe placement and interaction.

\* If you prefer a rarer steak, choose the min time and if you prefer a well done steak, cook to max time.

# Air Fry Cooking Chart, continued

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

| INGREDIENT                 | AMOUNT | PREPARATION                        | TOSS IN OIL  | CRISPER PLATE POSITION | TEMP  | COOK TIME  |
|----------------------------|--------|------------------------------------|--------------|------------------------|-------|------------|
| <b>CHIPS</b>               |        |                                    |              |                        |       |            |
| Home made chips, 1cm thick | 500g   | Soak in water for 30 mins, pat dry | 1-3 Tbsp oil | Lower position         | 200°C | 23-25 mins |
| Home made chips, 2cm thick | 500g   | Soak in water for 30 mins, pat dry | 1-3 Tbsp oil | Lower position         | 200°C | 26-30 mins |
| Frozen chunky oven chips   | 500g   | None                               | None         | Lower position         | 200°C | 25-28 mins |
| Frozen crinkle chips       | 500g   | None                               | None         | Lower position         | 200°C | 18-20 mins |
| Frozen curly fries         | 600g   | None                               | None         | Lower position         | 210°C | 20-22 mins |
| Frozen french fries        | 500g   | None                               | None         | Lower position         | 180°C | 22-25 mins |
| Frozen gastro chips        | 700g   | None                               | None         | Lower position         | 210°C | 24-26 mins |
| Frozen potato wedges       | 650g   | None                               | None         | Lower position         | 190°C | 20-25 mins |
| Frozen skin on fries       | 500g   | None                               | None         | Lower position         | 200°C | 20-22 mins |
| Frozen straight cut chips  | 500g   | None                               | None         | Lower position         | 200°C | 20-22 mins |
| Frozen sweet potato fries  | 500g   | None                               | None         | Lower position         | 180°C | 23-25 mins |



Homemade chips



Chunky Chips



Crinkle Chips



French Fries



Potato Wedges



Sweet Potato Fries

**TIP:** For evenly crisp chips, follow the recommended amount, temp and time and shake or toss at least three times throughout the cooking cycle. Monitor food for preferred output, and adjust setting as necessary.

# Max Crisp Cooking Chart, Ideal for frozen foods

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

| INGREDIENT           | AMOUNT    | PREPARATION | TOSS IN OIL | CRISPER PLATE POSITION | COOK TIME  |
|----------------------|-----------|-------------|-------------|------------------------|------------|
| <b>FROZEN FOOD</b>   |           |             |             |                        |            |
| Battered onion rings | 300g      | None        | None        | Lower position         | 11-12 mins |
| Chicken dippers      | 400g      | None        | None        | Lower position         | 11-12 mins |
| Chicken nuggets      | 400g      | None        | None        | Lower position         | 11-13 mins |
| Fish fingers         | 10 (280g) | None        | None        | Upper position         | 10-12 mins |
| Halloumi fries       | 300g      | None        | None        | Lower position         | 9-10 mins  |
| Mozzarella sticks    | 180g      | None        | None        | Lower position         | 8-9 mins   |
| Popcorn chicken      | 500g      | None        | None        | Lower position         | 12-13 mins |

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

**NOTE:** Best for cooking smaller quantities of frozen food which may need a high temperature.

**NOTE:** If using timings on food packaging, results may vary.

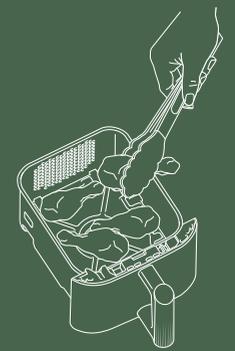
For best results, use crisper plate and shake or toss often.

## Shake your food

We recommend shaking your food at least three times during the cooking cycle for best results.



OR  
Toss with silicone-tipped tongs



# Roast Chart

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

**For best results, use crisper plate and shake or toss often.**

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

**NOTE:** unless stated otherwise in the preparation column, shake or toss often.

| INGREDIENT                  | AMOUNT   | PREPARATION | TOSS IN OIL    | CRISPER PLATE POSITION | TEMP  | COOK TIME           |
|-----------------------------|----------|-------------|----------------|------------------------|-------|---------------------|
| <b>FRESH MEAT</b>           |          |             |                |                        |       |                     |
| Chicken, whole              | 1.5 kg   | None        | Brush with oil | Lower position         | 190°C | 55-60 mins          |
| Beef, topside or rump joint | 1.3kg    | None        | Brush with oil | Lower position         | 170°C | 55-60 mins (medium) |
| Pork, loin, boneless        | 800g-1kg | None        | Score fat      | Lower position         | 190°C | 70 mins             |

 **NOTE:** If using the probe, place protein(s) in Zone 2. See pages 12-13 for proper probe placement and interaction.

# Dehydrate Chart

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

## Double Stack Meals

Beginner Recipe ●○○



2 crispier plates

2 Stacked meal racks

## Caprese Chicken Breasts with Garlic Green Beans & Chicken Tenders with French Fries

PREP: 10 minutes | COOK: 25 minutes | MAKES: 2 servings of each meal

### Ingredients | Zone 1: Meal 1

#### On Crisper Plate

300g green beans, trimmed  
1 tablespoon olive oil  
1 large garlic clove, peeled, minced  
Sea salt and ground black pepper, as desired

#### On Rack

2 boneless, skinless chicken breasts (approx. 200g each)  
½ teaspoon olive oil  
Sea salt and ground black pepper, as desired  
½ teaspoon garlic granules  
½ teaspoon dried oregano  
4 slices tomato, ½ cm thick  
6 slices fresh mozzarella, ½ cm thick

### Ingredients | Zone 2: Meal 2

#### On Crisper Plate

300g frozen french fries

#### On Rack

230g frozen chicken goujons



#### TIP:

Swap chicken tenders for plant-based chicken tenders if desired.



- 1 Insert a crispier plate in the lower position in the bottom of each drawer.
- 2 In a large bowl, add green beans, 1 tablespoon oil, minced garlic, salt and pepper and toss until combined. Add green beans to the **ZONE 1** drawer, then place a stacked meal rack on top.
- 3 Place the chicken breast on a board and cover with parchment. Hit with a rolling pin until breasts are 1.5-2cm thick. Coat the chicken breasts with remaining oil and season with salt, pepper, garlic granules and oregano. Place chicken breasts on top of the stacked meal rack in **ZONE 1**. Insert drawer into **ZONE 1**.
- 4 Add the french fries to the **ZONE 2** drawer, then place a stacked meal rack on top. Add the chicken goujons on top of the rack. Insert drawer into **ZONE 2**.
- 5 Select **ZONE 1**, then using the arrows select **AIR FRY**. Set temperature to 190°C and set time to 25 minutes. Select **ZONE 2**, then using the arrows select **AIR FRY**. Set temperature to 190°C and set time to 19 minutes. Select **DOUBLE STACK PRO**, select **SYNC** and then press **START/STOP** to begin cooking (Zone 2 will read HOLD until it's time to start cooking).
- 6 When 12 minutes remain, remove both drawers, shake **ZONE 1** drawer in a back-and-forth motion to toss green beans. Top chicken with tomato slices and mozzarella. Shake **ZONE 2** drawer in a back-and-forth motion to toss fries and chicken goujons. Insert both drawers in unit to continue cooking. Re-shake foodload in **ZONE 2** again when 5 minutes remain.
- 7 When cooking is complete, using an external thermometer, ensure chicken reaches an internal temperature of 75°C. Carefully remove chicken breasts and goujons. To remove racks, use tongs to grab the centre of the rack, or with oven mitts, lift with the handles on the side. Serve chicken breasts with garlic green beans and chicken goujons with french fries and desired dipping sauces.

**TIP:** For evenly crisp fries, shake or toss throughout the cooking cycle.

# French Toast Fingers with Maple Bacon

PREP: 5 minutes | COOK: 10 minutes | MAKES: 2-4 servings

## Dual Zone Meal

Beginner Recipe ●○○



2 crisper plates

## Ingredients

### ZONE 1:

Vegetable oil spray, as necessary  
2 medium eggs, beaten  
60ml whole milk  
1 teaspoon ground cinnamon  
1 teaspoon vanilla extract

¼ teaspoon salt  
1 tablespoon maple syrup, plus additional for serving  
3 brioche rolls (35g each), cut in half lengthwise

### ZONE 2:

5 thick streaky bacon pieces, cut in half  
2 tablespoons maple syrup  
¼ teaspoon ground black pepper



3



4



5



7



- 1 Insert a crisper plate in the **ZONE 1** drawer in the upper position. Insert the second crisper plate in the lower position in the **ZONE 2** drawer. Spray both crisper plates with oil.
- 2 In a large bowl, whisk together eggs, milk, cinnamon, vanilla extract, salt and maple syrup until combined. Add brioche fingers to the bowl, toss to evenly coat and allow to soak in batter for 1 to 2 minutes.
- 3 After 1-2 minutes, transfer French toast fingers to the **ZONE 1** drawer and spray with oil. Insert drawer into **ZONE 1**.
- 4 In a medium bowl, toss bacon with maple syrup and pepper until evenly coated. Transfer bacon to the **ZONE 2** drawer. Insert drawer into **ZONE 2**.
- 5 Select **ZONE 1**, then using the arrows select **AIR FRY**. Set temperature to 190°C and set time to 7 minutes. Select **ZONE 2**, then using the arrows select **AIR FRY**. Set temperature to 210°C and set time to 10 minutes. Select **SYNC** and then press **START/STOP** to begin cooking (Zone 1 will read HOLD until it's time to start cooking).
- 6 When 3 minutes remain, remove **ZONE 2** drawer reposition bacon on crisper tray for even browning. Reinsert drawer into unit to continue cooking.
- 7 When cooking is complete, serve French toast fingers with maple bacon and maple syrup.

**NOTE:** See page 6 for upper position placement when using the crisper plate.

# Baked Eggs in English Muffins with Sausages, Hashbrowns & Mushrooms

**PREP:** 15 minutes | **COOK:** 19 minutes | **MAKES:** 4 servings

## Ingredients

Vegetable oil spray, as necessary  
4 English breakfast muffins  
Sea salt and ground black pepper, as desired  
4 medium eggs, room temperature  
2 tablespoons grated Cheddar cheese  
6 frozen hashbrowns  
300g baby chestnut mushrooms, washed  
1 tablespoon olive oil  
1 teaspoon fresh thyme, stems removed  
8 chipolata sausages  
Chopped parsley, to serve



## Directions

- 1 Insert a crisper plate in the lower position in the bottom of each drawer. Spray crisper plates with oil.
- 2 To prepare the muffins, gently scoop out the centre of each muffin, leaving a ½ cm boarder. Be sure to not remove too much of the bottom, so the eggs do not fall through.
- 3 Season each hole with salt and pepper and crack an egg into each muffin. Evenly divide Cheddar cheese over the top of all each muffin. Spray with oil and season again with salt and pepper. Add eggs to **ZONE 1** drawer, then place the stacked meal rack on top. Place hash browns on top of the rack. Insert drawer into **ZONE 1**.
- 4 In a medium bowl, add mushrooms and toss with olive oil, thyme, salt and pepper. Add to **ZONE 2** drawer, then place the stacked meal rack on top. Place sausages on rack and spray with oil. Insert drawer into **ZONE 2**.
- 5 Select **ZONE 1**, then using the arrows select **AIR FRY**. Set temperature to 170°C and set time to 19 minutes. Select **ZONE 2**, then using the arrows select **AIR FRY**. Set temperature to 170°C and set time to 18 minutes. Select **DOUBLE STACK PRO**, select **SYNC** and then press **START/STOP** to begin cooking (ZONE 1 will read HOLD until it's time to start cooking).
- 6 When 8 minutes remain, remove both drawers. Flip hashbrowns in **ZONE 1** and shake **ZONE 2** drawer in a back-and-forth motion to toss mushrooms and sausages. Reinsert drawers into unit to continue cooking. If sausages are looking brown, shake once more before cooking is complete.
- 7 When cooking is complete, remove sausages and hashbrowns. To remove racks, use tongs to grab the centre of the rack, or with oven mitts, lift with the handles on the side. Sprinkle baked eggs with parsley and serve with sausages, hashbrowns and mushrooms.

**TIP:** Swap sausages for preferred plant-based breakfast sausage and cook as instructed.



## Double Stack Meals

Beginner Recipe ●○○



2 crisper plates

2 Stacked meal racks

# Snack Party - Halloumi Bites, Ham & Cheese Twists

**PREP:** 20 minutes | **COOK:** 16 minutes | **MAKES:** 4-6 servings

## Ingredients

Vegetable oil spray, as necessary  
Flour, for dusting, as necessary  
½ sheet ready-rolled puff pastry, cut to 16 x 24 cm  
1 teaspoon Dijon mustard, divided  
2 slices Parma ham  
10g finely grated Parmesan cheese, divided  
1 large egg, beaten  
10g plain flour  
50g panko breadcrumbs  
1 tablespoon onion granules  
1 halloumi block, cut into 2 cm x 3 cm chunks



## Directions

- 1 Insert a crisper plate in the lower position in the bottom of each drawer. Spray crisper plates with oil.
- 2 On a lightly floured board, lay puff pastry sheet with the short end closest to you. Evenly spread 1 teaspoon Dijon mustard, then top with Parma ham and 7g of the Parmesan cheese.
- 3 Fold the sheet in half by connecting the shorter ends. Press down to flatten slightly and brush with beaten egg.
- 4 Cut the pastry into 6 strips, about 3 cm thick. Twist each strip a few times before laying them on a board. Sprinkle with remaining Parmesan and place in refrigerator to chill.
- 5 To prepare the halloumi bites, place flour in a small bowl, remaining egg in a separate small bowl and breadcrumbs and onion granules in third small bowl. Place a few halloumi pieces in the flour and evenly coat. Transfer to the egg wash and finally the breadcrumbs, pressing down to evenly coat. Repeat with remaining halloumi. Transfer the prepared halloumi to the **ZONE 1** drawer. Insert drawer in unit.
- 6 Transfer ham and cheese twists to **ZONE 2** drawer. Insert drawer into unit.
- 7 Select **ZONE 1**, then using the arrows select **AIR FRY**. Set temperature to 200°C and set time to 14 minutes. Select **ZONE 2**, then using the arrows select **AIR FRY**. Set temperature to 180°C and set time to 16 minutes. Select **SYNC** and then press **START/STOP** to begin cooking (Zone 1 will read HOLD until it's time to start cooking).
- 8 When 5 minutes remain, remove both drawers and using silicon tongs, flip each puff pastry twist and reposition for even browning. Gently toss halloumi bites. Reinsert drawers in unit to continue cooking.
- 9 When cooking is complete, remove snacks and serve while hot with desired dipping sauces and garnishes.

**TIP:** Swap in gluten-free puff pastry and/or dairy-free cheese if desired.

## Dual Zone Meal

Intermediate Recipe ●●○○



2 crisper plates

## 2 Wings – 2 Ways Buffalo & BBQ

**PREP:** 5 minutes | **COOK:** 40 minutes | **MAKES:** 6-8 servings

### Ingredients

2kg fresh chicken wings  
2 tablespoons vegetable oil  
Sea salt and ground black pepper, as desired  
100g prepared buffalo sauce (or sauce of choosing)  
100g BBQ sauce (or sauce of choosing)



### Directions

- 1 Insert a crisper plate in the lower position in the bottom of each drawer.
- 2 In a large bowl, toss chicken wings with oil, salt and pepper. Divide the wings evenly between the **ZONE 1** and **ZONE 2** drawers. Insert both drawers into unit.
- 3 Select **ZONE 1**, then using the arrows select **AIR FRY**. Set temperature to 200°C and set time to 40 minutes. Select **MATCH** and then press **START/STOP** to begin cooking (unit will automatically set **ZONE 2** to match **ZONE 1**).
- 4 When 20 minutes remain, remove both drawers, and shake in a back-and-forth motion to toss wings. Insert drawers back into unit to continue cooking. Repeat this step when 7 minutes remain.
- 5 When cooking is complete, ensure wings are to desired crispiness and reach an internal temperature of 75°C by using an external thermometer. Place wings into two separate bowls and toss half with buffalo sauce and the second half with BBQ sauce. Serve while hot.

**NOTE:** Be careful of hot oil collecting in drawers as the chicken wings cook and the fat renders.

### Dual Zone Meal

Beginner Recipe ●○○



2 crisper plates

## Roasted Lamb with Mediterranean Vegetables

**PREP:** 20 minutes | **COOK:** 50 minutes | **MAKES:** 4-6 servings

### Ingredients

1.2kg boneless leg of lamb  
4 tablespoons olive oil, divided  
2 tablespoons dried oregano, divided  
Sea salt and ground black pepper, as desired  
1 large red onion, peeled and cut into 1cm wedges  
1 red pepper, cut into 3cm pieces  
1 yellow pepper, cut into 3cm pieces  
1 medium aubergine (approx 250g), cut into 2cm pieces  
1 large courgette (approx. 300g), cut in a quarter lengthways and then into 2cm pieces  
200g feta cheese



### Directions

- 1 Insert a crisper plate in the lower position in the bottom of each drawer. Spray crisper plates with oil.
- 2 In a small bowl mix 2 tablespoons olive oil with 1 tablespoon oregano and season with salt and pepper. Rub mixture over all over lamb and place in **ZONE 2** drawer. Insert probe into thickest part of the lamb, feed probe cord through cut out in top of drawer, then place probe in the socket to the top right of **ZONE 2** drawer. Insert drawer into **ZONE 2**.
- 3 In large bowl mix red onion, peppers, aubergine and courgette with remaining olive oil, remaining oregano, salt and pepper. Mix well, making sure all vegetables are evenly coated in oil. Add to **ZONE 1** drawer and insert drawer into **ZONE 1**.
- 4 Select **ZONE 1**, then using the arrows select **ROAST**. Set temperature to 200°C and set time to 25 minutes. Select **ZONE 2**, use the arrows select **ROAST** and set temperature to 190°C. Press **PROBE**, then select **LARGE**. Press **PROTEIN** and use arrows to select **LAMB** and set to preferred doneness. Select **SYNC** and press **START/STOP**.
- 5 Check and toss the vegetables a couple of times before the cooking time is up so they cook and brown evenly.
- 6 When cooking is complete, allow lamb to rest. Empty vegetables into a large serving bowl, crumble feta onto and toss through. Serve lamb with vegetables.

**NOTE:** For additional probe interaction see page 12.

### Dual Zone Meal

Beginner Recipe ●○○



2 crisper plates

# Honey Mustard Marinated Salmon with Crispy Smashed Dill Potatoes

**PREP:** 5 minutes | **MARINATE:** 30 minutes | **COOK:** 30 minutes  
**MAKES:** 4 servings

## Ingredients

- 1 ½ tablespoons vegetable oil, divided
- 1 ½ tablespoons Dijon mustard
- 1 ½ tablespoons honey
- 2 garlic cloves, peeled, minced, divided
- Zest of 1 lemon
- Sea salt and ground black pepper, as desired
- 4 salmon fillets (120g each)
- 750g baby potatoes
- 40g butter, melted
- 2 tablespoons dill, finely chopped
- 1 spring onion, sliced, to serve
- Lemon wedges, to serve

**NOTE:** When cooking proteins, place the crisper plate in the upper position for best results.



## Dual Zone Meal

Intermediate Recipe ●●○



2 crisper plates

1 Stacked meal rack

## Directions

- 1 Insert a crisper plate in the **ZONE 1** drawer in the upper position. Insert the second crisper plate in the lower position in the **ZONE 2** drawer.
- 2 In a medium bowl, combine ½ tablespoon oil with Dijon mustard, honey, 1 minced garlic clove, lemon zest, salt and pepper. Add salmon fillets to the bowl and evenly coat in marinade. Cover and marinate in the refrigerator for 30 minutes.
- 3 After 30 minutes, place salmon in **ZONE 1** drawer and brush with any remaining marinade. Insert drawer into **ZONE 1**.
- 4 In a medium bowl, toss baby potatoes with remaining oil, salt and pepper. Add the potatoes to the **ZONE 2** drawer and insert drawer into **ZONE 2**.
- 5 Select **ZONE 1**, then using the arrows select **AIR FRY**. Set temperature to 200°C and set time to 12 minutes. Select **ZONE 2**, then using the arrows select **AIR FRY**. Set temperature to 200°C and set time to 30 minutes. Select **SYNC** and then press **START/STOP** to begin cooking (Zone 1 will read HOLD until it's time to start cooking).
- 6 While the salmon and potatoes cook, whisk together melted butter, dill, remaining minced garlic and salt in a small bowl. Set aside.
- 7 When 17 minutes remain, remove **ZONE 2** drawer and shake in a back-and-forth motion to toss potatoes. Reinsert drawer into unit to continue cooking.
- 8 When 10 minutes remain, remove **ZONE 2** drawer. Transfer potatoes to a board and with the bottom of a cup, lightly smash each potato to flatten and break the skin. Brush dill butter on both sides and gently add potatoes back to the drawer. Reinsert drawer to unit to continue cooking.
- 9 When cooking is complete serve salmon fillets with smashed dill potatoes, spring onions and lemon wedges.

# Whole Roasted Chicken with Herbed Stuffing Balls & Honey Mustard Glazed Parsnips

**PREP:** 20 minutes | **COOK:** 60 minutes | **MAKES:** 4-6 servings

## Ingredients

- ½ lemon
- Small bunch rosemary
- 1.5kg whole chicken, giblets removed
- 3 tablespoons vegetable oil, divided
- Sea salt and ground black pepper, as desired
- 500g parsnips, quartered, cut in 6 if large
- 1 ½ tablespoons honey
- 1 tablespoon Dijon mustard
- 1 teaspoon garlic granules
- 8 stuffing balls (45g each)
- Vegetable oil spray, as necessary



## Directions

- 1 Insert a crisper plate in the lower position in the bottom of each drawer.
- 2 Add lemon and rosemary into the cavity of the chicken. Evenly coat chicken with 2 tablespoons oil, then season liberally with salt and pepper. Place chicken into the **ZONE 2** drawer. Insert probe into thickest part of the chicken, feed probe cord through cut out in top of drawer, then place probe in the socket to the top right of Zone 2 drawer. Insert drawer into **ZONE 2**.
- 3 In a large bowl, toss remaining oil with parsnips, honey, mustard, garlic granules, salt and pepper. Add parsnips into the **ZONE 1** drawer, then place the stacked meal rack on top.
- 4 In a medium bowl, add stuffing mix and any additional ingredients the box instructions call for, then prepare as instructed. Divide the mixture into 8 equal balls. Place balls on the rack in **ZONE 1** and spray generously with oil. Insert drawer into **ZONE 1**.
- 5 Select **ZONE 1**, then using the arrows select **ROAST**. Set temperature to 165°C, set time to 25 minutes and select **DOUBLE STACK PRO**. Select **ZONE 2**, use the arrows select **AIR FRY** and set temperature to 190°C. Press **PROBE**, then select **LARGE**. Press **PROTEIN** and use arrows to select **CHICKEN**. Select **SYNC** and press **START/STOP**.
- 6 Check and toss the parsnips and stuffing balls a couple of times before the cooking time is up so they cook and brown evenly.
- 7 When cooking is complete, to remove racks, use tongs to grab the centre of the rack, or with oven mitts, lift with the handles on the side. Allow chicken to rest before carving and serve with stuffing balls and glazed parsnips.

**NOTE:** For additional probe interaction see page 12.

## Double Stack Meals

Beginner Recipe ●○○



2 crisper plates

1 Stacked meal racks

# Ginger Sesame Tofu with Vegetable Stir Fry

**PREP:** 20 minutes | **MARINATE:** 1 hour | **COOK:** 14 minutes  
**MAKES:** 2-4 servings

## Ingredients

3 tablespoons sesame oil, divided  
4 tablespoons low salt soy sauce, divided  
1 ½ tablespoons rice vinegar  
2 teaspoons sugar  
2cm piece ginger, minced  
1 garlic clove, peeled, minced  
280g extra firm tofu, cut into 2-2 ½ cm pieces  
1 red bell pepper, seeded, cut into 1cm pieces  
1 small broccoli head (300g), cut into 3cm small florets  
130g frozen edamame beans  
½ teaspoon five spice  
Sea salt and ground black pepper, as desired  
1-2 sachets (250g each) microwavable ready white rice, prepared  
Sesame seeds, for serving  
Spring onions, sliced, for serving  
Fresh coriander, for serving

## Dual Zone Meal

Beginner Recipe ●○○



2 crisper plates

## Directions

- 1 Insert a crisper plate in **ZONE 1** drawer in the lower position. Insert the second crisper plate in the upper position of the **ZONE 2** drawer.
- 2 In a small bowl, add 2 tablespoons sesame oil, 3 tablespoons soy sauce, rice vinegar, sugar, ginger and garlic and mix until combined and sugar has dissolved. Add tofu to the bowl. Cover bowl and place in refrigerator for at least 1 hour to marinate.
- 3 After 1 hour, in a large bowl, add all vegetables, remaining sesame oil, remaining soy sauce, five spice and toss to evenly combine. Transfer to **ZONE 1** drawer and insert into unit.
- 4 Place the tofu in **ZONE 2** drawer, reserving marinade for serving. Insert drawer into unit.
- 5 Select **ZONE 1**, then using the arrows select **AIR FRY**. Set temperature to 200°C and set time to 14 minutes. Select **ZONE 2**, then using the arrows select **AIR FRY**. Set temperature to 200°C and set time to 12 minutes. Select **SYNC** and then press **START/STOP** to begin cooking (Zone 2 will read HOLD until it's time to start cooking).
- 6 When 5 minutes remain, remove both drawers, toss tofu and vegetables. Reinsert drawers in unit to continue cooking.
- 7 When cooking is complete, serve tofu with vegetables, white rice and remaining marinade. Garnish with sesame seeds, spring onions and coriander.

**TIP:** Swap tofu for chicken mini fillets and cook as instructed. Do not serve with remaining marinade.

# Ciabatta Pizza 2 Ways

**PREP:** 5 minutes | **COOK:** 8 minutes | **MAKES:** 4 servings

## Ingredients

2 ciabattas (approx. 8 x 20 cm), cut in half lengthways  
160g prepared pizza sauce, divided  
160g grated mozzarella cheese, divided  
30g pepperoni, sliced (optional)  
30g toppings of choice, divided (olives, peppers, onions, etc. cut into 1cm pieces)

## Directions

- 1 Insert a crisper plate into the upper position of each drawer.
- 2 To prepare the pizzas, evenly divide sauce between the four ciabatta halves and top with cheese. Top 2 pizzas with pepperoni and remaining 2 with toppings of choice.
- 3 Place 2 ciabatta pizzas in each drawer and insert drawers in unit.
- 4 Select **ZONE 1**, then using the arrows select **AIR FRY**. Set temperature to 180°C and set time to 8 minutes. Select **MATCH** and then press **START/STOP** to begin cooking (unit will automatically set ZONE 2 to match ZONE 1).
- 5 When 2 minutes remain, remove both drawers, reposition pizzas for even browning. Reinsert drawers into unit to continue cooking.
- 6 When cooking is complete, transfer ciabatta pizzas to a board, allow to cool for 2 minutes before serving.

## Dual Zone Meal

Beginner Recipe ●○○



2 crisper plates



# Harissa Pork Loin with Cumin Roasted New Potatoes

**PREP:** 10 minutes | **COOK:** 1 hour 10 minutes | **MAKES:** 4 servings

## Ingredients

- 1 pork loin (800-900g)
- Sea salt and ground black pepper, as desired
- 2 tablespoons dry harissa seasoning
- 2 tablespoons vegetable oil, divided
- 700g new potatoes, cut in half
- ½ teaspoon ground cumin
- ¾ teaspoon ground coriander



## Directions

- 1 Insert a crisper plate in the lower position in the bottom of each drawer.
- 2 Season pork loin with salt, pepper and harissa, then evenly coat with 1 tablespoon oil. Place fat side up in the **ZONE 2** drawer. Insert probe into thickest part of the pork loin, feed probe cord through cut out in top of drawer, then place probe in the socket to the top right of Zone 2 drawer. Insert drawer into **ZONE 2**.
- 3 In a medium bowl, toss potatoes with 1 tablespoon oil, cumin, coriander, salt and pepper. Add potatoes to the **ZONE 1** drawer. Insert drawer into **ZONE 1**.
- 4 Select **ZONE 1**, then using the arrows select **ROAST**. Set temperature to 190°C and set time to 26 minutes. Select **ZONE 2**, use the arrows select **ROAST** and set temperature to 190°C. Press **PROBE**, then select **LARGE**. Press **PROTEIN** and use arrows to select **PORK** and set to preferred doneness. Select **SYNC** and press **START/STOP**.
- 5 Check and toss the potatoes a couple of times before the cooking time is up so they cook and brown evenly.
- 6 When cooking is complete, allow pork to rest for 5 minutes, then slice and serve warm with roasted potatoes.

**NOTE:** For additional probe interaction see page 12.

## Dual Zone Meal

Beginner Recipe ●○○



2 crisper plates

# Spiced Chicken Thighs with Cauliflower & Chicken Drumsticks with Potato Croquettes

**PREP:** 10 minutes | **COOK:** 20 minutes | **MAKES:** 4 servings

## Ingredients

- 2 bone-in skin on chicken thighs (approx. 130g each)
- 2 tablespoons vegetable oil, divided
- 1 ½ tablespoons tikka paste
- Sea salt and ground black pepper, as desired
- 4 chicken drumsticks (approx. 110g each)
- 300g cauliflower, broken into florets, 3-4 cm thick
- ¾ teaspoon garam masala
- ¼ teaspoon turmeric
- 8 (220g) frozen croquettes
- Lime wedges, to serve
- Fresh coriander, to serve
- Desired dipping sauces, to serve



## Directions

- 1 Insert a crisper plate in the lower position in the bottom of each drawer.
- 2 In a medium bowl, add chicken thighs and coat with ½ tablespoon oil, tikka paste, salt and pepper.
- 3 In a separate medium bowl, add drumsticks and coat with ½ tablespoon oil and season with salt and pepper.
- 4 In a small bowl, add cauliflower, 1 tablespoon oil, garam masala, turmeric and salt and toss to evenly coat. Place cauliflower in **ZONE 1** drawer. Place the stacked meal rack on top, then place the chicken thighs on top of the rack. Insert drawer into **ZONE 1**.
- 5 Place frozen croquettes in the **ZONE 2** drawer. Place the stacked meal rack on top, then place the chicken drumsticks on top of the rack. Insert drawer into **ZONE 2**.
- 6 Select **ZONE 1**, then using the arrows select **AIR FRY**. Set temperature to 190°C and set time to 20 minutes. Select **DOUBLE STACK PRO**, select **MATCH** and then press **START/STOP** to begin cooking (unit will automatically set Zone 2 to match Zone 1).
- 7 When 10 minutes remain, remove **ZONE 1** and shake to toss cauliflower. Remove **ZONE 2** drawer and using silicone-tipped tongs, flip drumsticks. Reinsert drawers into unit to continue cooking.
- 8 When cooking is complete, ensure chicken reaches an internal temperature of 75°C using an external thermometer. Carefully remove chicken thighs and drumsticks. To remove racks, use tongs to grab the centre of the rack, or with oven gloves, lift with the handles on the side. Serve chicken thighs with cauliflower, lime wedges and fresh coriander. Serve chicken drumsticks with croquettes and desired dipping sauces.

## Double Stack Meals

Beginner Recipe ●○○



2 crisper plates

2 Stacked meal racks

# Black Bean & Chicken Quesadillas

**PREP:** 15 minutes | **COOK:** 7 minutes | **MAKES:** 3-6 servings

## Ingredients

100g grated Cheddar cheese  
25g jarred jalapeños, chopped  
3 tablespoons fresh coriander, chopped  
2 teaspoons smoked paprika  
1 teaspoon ground cumin  
1 teaspoon ground coriander  
Sea salt and ground black pepper, as desired  
100g cooked chicken pieces, finely sliced  
100g cooked black beans  
6 (16cm) tortilla wraps  
Vegetable oil spray, as necessary  
Cocktail sticks, to secure quesadillas



## Dual Zone Meal

Beginner Recipe ●○○



2 crisper plates

## Directions

- 1 Insert a crisper plate in the lower position in the bottom of each drawer.
- 2 In a large bowl, combine cheese, jalapeños, coriander, smoked paprika, cumin, coriander, salt and pepper. Divide this mixture evenly into two medium bowls. In one bowl, add the chicken and mix to combine. In the second bowl, add the black beans and mix to combine.
- 3 On a clean surface lay out 6 tortillas. Divide the chicken mixture equally between 3 tortillas, covering only half of the surface. Fold the tortilla over the filling, pressing down to flatten slightly, then pierce through with a cocktail stick to secure. Repeat the process with the remaining tortillas and black bean mixture. Spray all tortillas with oil, then place three in each drawer and insert into unit.
- 4 Select **ZONE 1**, then using the arrows select **AIR FRY**. Set temperature to 200°C and set time to 7 minutes. Select **MATCH** and then press **START/STOP** to begin cooking (unit will automatically set Zone 2 to match Zone 1).
- 5 When 2 minutes remain, remove both drawers, remove cocktail sticks and flip each quesadilla for a crisp result. Reinsert drawers into unit to continue cooking.
- 6 When cooking is complete, allow quesadillas to cool for 2 minutes before serving.

# Toasted Cheese & Onion Sandwiches with Garlic Cherry Tomatoes

**PREP:** 10 minutes | **COOK:** 10 minutes | **MAKES:** 4 servings

## Ingredients

8 slices sandwich bread of choice (about 10 x 10cm)  
8 slices Cheddar, gouda or emmental cheese  
Salt and ground black pepper, as desired  
¼ small onion, peeled, finely sliced  
60g salted butter, softened, divided  
600g cherry tomatoes  
1 tablespoon olive oil  
1 garlic clove, peeled, minced  
1 teaspoon fresh thyme, stems removed



## Directions

- 1 Insert a crisper plate in the lower position in the bottom of each drawer and set aside.
- 2 On a clean board lay out 4 slices of bread and top each with 2 slices of cheese, sliced onion, salt and pepper. Top the sandwiches with the remaining bread slices. Evenly spread the softened butter on the outsides of each sandwich and set aside.
- 3 In a medium bowl, toss the tomatoes, olive oil, garlic, thyme, salt and pepper. Divide the tomatoes evenly between the two drawers, then place a dual-layer rack on top. Place the two toasties on top of each rack. Insert both drawers into the unit.
- 4 Select **ZONE 1**, then using the arrows select **AIR FRY**. Set temperature to 190°C and set time to 10 minutes. Select **DOUBLE STACK PRO**, select **MATCH** and then press **START/STOP** to begin cooking (unit will automatically set ZONE 2 to match ZONE 1).
- 5 When 3 minutes remain, remove both drawers, using a silicone spatula, flip each toastie and shake each drawer in a back-and-forth motion to toss tomatoes. Reinsert drawers into unit to continue cooking.
- 6 When cooking is complete, remove toasted cheese sandwiches. To remove racks, use tongs to grab the centre of the rack, or with oven mitts, lift with the handles on the side. Serve toasties warm alongside garlic tomatoes.

## Double Stack Meals

Beginner Recipe ●○○



2 crisper plates

2 Stacked meal racks

# Cheesy Chorizo Stuffed Peppers with Pesto Courgettes, Tomatoes & Green Beans

**PREP:** 15 minutes | **COOK:** 20 minutes | **MAKES:** 2-4 servings

## Dual Zone Meal

Beginner Recipe ●○○



2 crisper plates

## Ingredients

- 1 large courgettes (approx. 300g each), cut in quarters lengthwise, then into 2 cm pieces.
- 200g cherry tomatoes
- 150g fine green beans, cut in half
- 2 tablespoons olive oil
- Sea salt and ground black pepper, as desired
- 125g cooked basmati or long grain rice, divided
- 125g garlic and herb passata
- 1 ½ tablespoons fresh parsley, chopped
- ½ teaspoon dried oregano
- 2 tablespoons grated Parmesan cheese
- 2 medium red peppers, halved, cored
- 60g chorizo, cut into ½ cm pieces
- 30g grated mozzarella cheese
- 30g grated Cheddar cheese
- 1 tablespoon pesto, for serving

## Directions

- 1 Insert a crisper plate in the lower position in the bottom of each drawer.
- 2 In a large bowl, toss courgettes, tomatoes, green beans, oil, salt and pepper. Add the mixture to **ZONE 1** drawer, then insert into unit.
- 3 In a medium bowl, add cooked rice, passata, parsley, oregano, Parmesan, chorizo, salt and pepper and mix to combine. Evenly divide mixture between the 4 pepper halves.
- 4 Place four chorizo stuffed peppers in **ZONE 2** drawer and insert into unit.
- 5 Select **ZONE 1**, then using the arrows select **AIR FRY**. Set temperature to 210°C and set time to 20 minutes. Select **ZONE 2**, then using the arrows select **AIR FRY**. Set temperature to 200°C and set time to 17 minutes. Select **SYNC** and then press **START/STOP** to begin cooking (Zone 2 will read HOLD until it's time to start cooking).
- 6 While peppers cook, in a small bowl, mix mozzarella and Cheddar cheese together. When 12 minutes remain remove **ZONE 1** and toss vegetables. Reinsert drawer into unit to continue cooking. When 5 minutes remain, remove both drawers, shake **ZONE 1** drawer to toss vegetables. Evenly sprinkle peppers with cheese and reinsert drawer to unit to continue cooking.
- 7 When cooking is complete, add vegetables to a large bowl and toss with pesto. Serve stuffed peppers with pesto vegetables.

**TIP:** To make this recipe plant-based, swap in your preferred plant-based chorizo and cook as instructed.



# Peanut Butter Chocolate Brownies

**PREP:** 15 minutes | **COOK:** 32 minutes | **MAKES:** 12-20 servings

## Dual Zone Meal

Beginner Recipe ●○○



## Ingredients

- Vegetable oil spray
- 2 pieces parchment paper (30x30cm)
- 220g dark chocolate, divided
- 80g smooth peanut butter
- 80g butter
- 350g golden caster sugar
- 4 large eggs, beaten
- 40g crunchy peanut butter
- 120g self-raising flour
- 60g cocoa powder
- 2 teaspoons vanilla extract

## Directions

- 1 Spray both drawers (without a crisper plate inserted) with cooking spray or oil, and line each base with a piece of baking parchment.
- 2 Reserve 40g chocolate. Break up the dark chocolate into pieces, add into a saucepan with smooth peanut butter and butter. Gently melt and leave to cool. Meanwhile in a large bowl, whisk together the sugar and eggs until thick and creamy like salad cream. Add in chocolate mixture and whisk together.
- 3 Sieve flour and cocoa powder together into bowl and fold in with a large metal spoon. Spoon brownie mixture into prepared lined drawers.
- 4 Select **ZONE 1**, then using the arrows select **BAKE**. Set temperature to 150°C and set time to 32 minutes. Select **MATCH** and then press **START/STOP** to begin cooking (unit will automatically set Zone 2 to match Zone 1).
- 5 In a medium bowl, melt remaining chocolate and the crunchy peanut butter in the microwave for 20 seconds then stir. Microwave for an additional 20 seconds then stir. When cooking is complete, drizzle chocolate mixture over the top of the brownies. Leave to cool and set in the drawers outside of the unit.
- 6 When brownies have cooled, using the lining paper as a sling, lift them out of the draws then cut into squares.



**TIP:** If preferred, swap peanut butter for nut butter of choice.



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