



NINJA

SIZZLE

PRO XL

GRILL + FLAT PLATE

QUICK START GUIDE

with 5 chef-tested
recipes + cooking charts



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

Your guide to the perfect SIZZLE

Welcome to the Ninja Sizzle Pro XL Grill & Flat plate.
Here's where you'll find how-to's and recipes to unlock delicious
grilled dishes right from your countertop.

Now let's get sizzling.



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Recipe Key

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



Gluten-free



Dairy-free



Nut-free

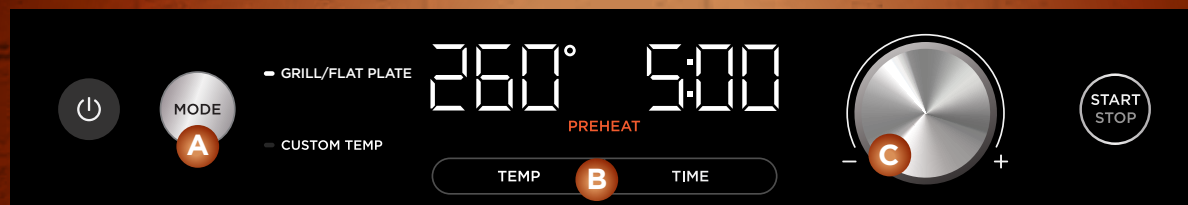


Vegetarian

Edge-to-edge 260°C heat with ProTemp IQ

Digital temperature control allows you to reach temperatures of up to 260°C in 9 minutes for high heat grilling. ProTemp IQ uses preheat detection to tell you when your temp is reached and helps maintain it.

Getting started with Custom Temp



A

MODE BUTTON
Easily select between cooking functions

B

PRECISION TEMP DISPLAY
Show the dialed in temperature of the cooking plate

C

SMART DIAL
Select between cook temperatures and/or time

Functions

GRILL/FLAT PLATE: Set Low, Medium, and High settings to use with your Grill and Flat Plates.

CUSTOM TEMP: Dial in your temperature to the specific degree for a precise cook.

Setting up your XL Grill & Flat Plate by Function

GRILL & FLAT PLATE

- 1 Press the Power button
- 2 Use the “Mode” button to select “Grill or Flat plate”
- 3 Press the Temp button and using the dial, choose Low, Medium, High.
- 4 Press the Time button and using the dial, select your cooking time.
- 5 Press the Start/Stop button to begin cooking.

CUSTOM TEMP

- 1 Press the Power button
- 2 Use the “Mode” button to select “Custom Temp”
- 3 Press the Temp button and using the dial, choose your desired temperature
- 4 Press the Time button and using the dial, select your cooking time.
- 5 Press the Start/Stop button to begin cooking

NOTE: THE UNIT WILL BEGIN PREHEATING. ONCE PREHEATING IS COMPLETE, THE DISPLAY WILL READ “ADD FOOD.” TO SKIP PREHEAT, PRESS AND HOLD THE START/STOP BUTTON FOR 5 SECONDS.

Cleaning Instructions

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

Soak the plate in hot, soapy water to help loosen any leftover food. Use dish soap and a sponge to

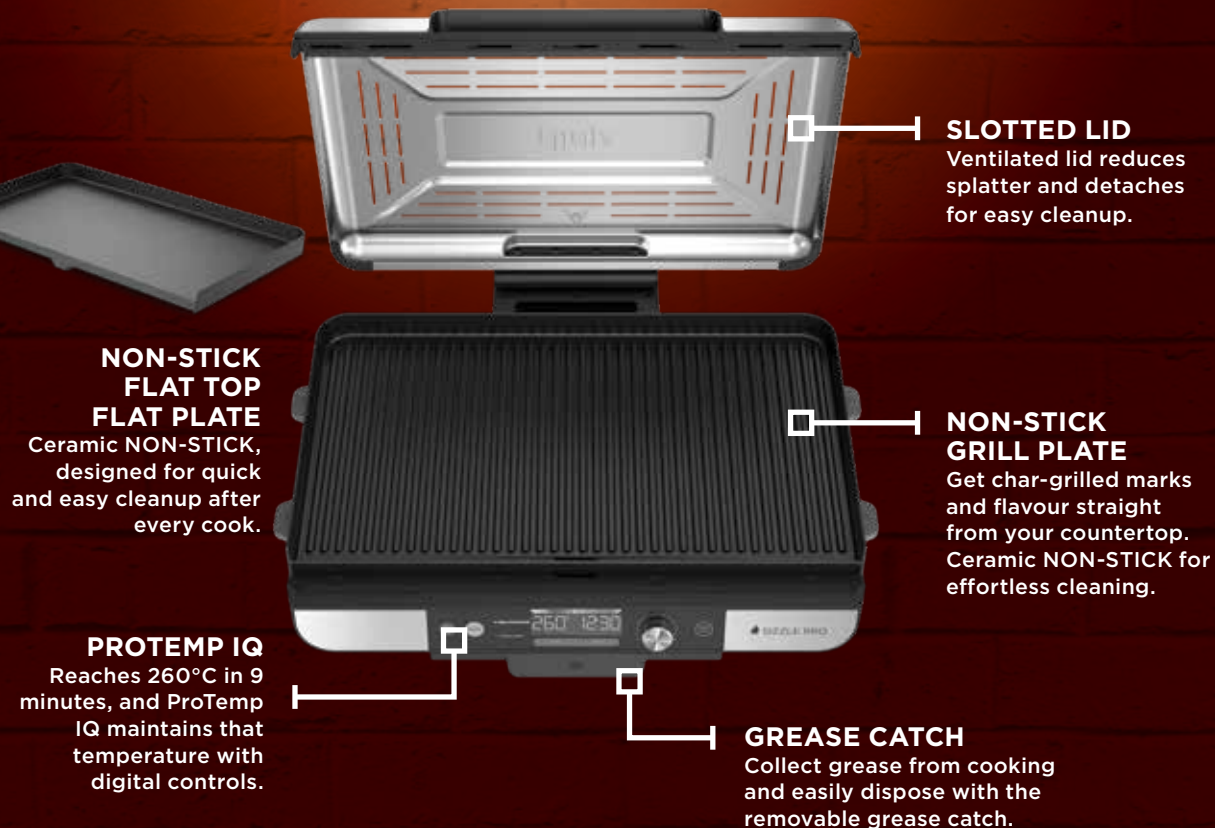
scrub off remaining residue. Remove the ventilated lid after it cools, easily wash by hand with soap and water.

Get to know the Ninja

SIZZLE

PRO XL

PREHEATS IN
9 MINUTES



Tips for reducing smoke & splattering

Always use the recommended grill settings

Our chef-designed temperature settings maximize grill flavors and textures while minimizing smoke. Cooking food at a higher temperature than recommended will result in more smoke and food having a burnt, acrid flavor.

For best results, wait until the unit preheats and displays the message “Add Food”.

160°C	175°C	200°C	260°C
When using thicker barbecue sauces	Frozen meats Burgers	Grilled cheese Fried eggs Hot dogs Chicken Bacon	Veggies Fruit Fresh/frozen seafood Steak

Always use the recommended fat/oil

Applying oil to food or the grill or flat plate can improve NON-STICK performance during cooking.

If using oil, we recommend using oils with high smoke points instead of olive oil.

Brush 1-2 tablespoons of oil to grill or flat plate before cooking.



Recommended:
Sunflower, Avocado,
Vegetable, Rapeseed



Not recommended:
Olive oil, Butter,
Margarine, Cooking spray

FOOD TYPE:	INTERNAL TEMP:
Fish	Medium (55°C)
	Medium Well (60°C)
	Well Done (65°C)
Chicken/Turkey	Well Done (75°C)
Pork	Medium (55°C)
	Medium Well (65°C)
	Well Done (70°C)
Beef/Lamb	Rare (45°C)
	Medium Rare (50°C)
	Medium (55°C)
	Medium Well (60°C)
	Well Done (65°C)

NOTE Refer to the UK Food Standards Agency for recommended food safe temperatures



Cook with the lid up

Give a blast of concentrated heat for authentic char-grilled flavours and a perfect sear.



Cook with the lid down

Drop the lid to retain heat and melt toppings.

Note: With ProTempIQ, the cooking surface remains at the programmed temperature in both lid up and lid down cooking.

Grill

Best for cooking delicate foods or lean proteins to develop char-grilled textures.



Fresh salmon

Chicken breasts

Flat plate

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



Stir-fry



Full English Breakfast

Grill

Best for cooking thick cuts of meat or frozen protein.



Ribeye Steak



Prawns

Flat plate

Best for no-flip griddling and melting cheese.



Fried Eggs



Nachos



CLASSIC STEAK & CHICKEN FAJITAS

BEGINNER RECIPE ●○○

PREP: 15 MINUTES | **PREHEAT:** APPROX. 8 MINUTES
COOK: APPROX. 15 MINUTES | **MAKES:** 5-6 SERVINGS | **LID ORIENTATION:** UP & DOWN

INGREDIENTS

- 450g boneless, skinless chicken breasts, cut into 1cm slices
- 2 sirloin or ribeye steaks (225g each), left whole
- 3 tablespoons vegetable oil, divided
- Salt and ground black pepper, as desired
- Flour tortillas, to serve
- 3 tablespoons fajita or taco seasoning, divided
- 1 large red onion, peeled, cut in ½-1cm slices
- 2 large red peppers, seeds removed, cut in 1cm slices
- 1 large yellow pepper, seeds removed, cut in 1cm slices

TOPPINGS (optional)

- Shredded lettuce
- Grated cheddar cheese
- Sour cream
- Guacamole
- Salsa
- Hot sauce

TIP To make a vegetarian meal, swap chicken and beef for 2-3 225g blocks of halloumi. Cut in 1cm thick slices and cook for 6 minutes (flipping halfway).

TIP Make it gluten free by swapping the flour tortillas for corn.

TIP To warm tortillas on the flat plate, cook for 1-2 minutes, flipping halfway through. Transfer to a towel-lined plate, and cover to keep warm.



DIRECTIONS

- 1 Place flat plate on the unit. Use the MODE button to select Custom Temp, then press the TEMP button and turn dial to set temperature to **220°C**. Press the TIME button and turn dial to set time to 15 minutes. Press START/STOP to begin preheating (preheating will take approx. 8 minutes)
- 2 Place chicken and steak in separate bowls, then add 1 tablespoon oil and, 1 ½ tablespoons fajita seasoning to each bowl. Using tongs, toss to coat and generously season with salt and pepper.
- 2 In a large bowl, combine onions and peppers with 1 tablespoon oil and season with salt and pepper. Toss to combine..
- 4 When the unit beeps to signify it is preheated and ADD FOOD is displayed, place chicken on one side of the flat plate, and press START to begin cooking. Cook chicken for 2 minutes with lid up. Toss chicken and then place steak on other side of the flat plate. Close the lid and cook for 1-2 minutes per side, 3 more minutes for well-done steak.
- 5 When cooking is complete, and both proteins are fully cooked, remove from the flat plate and set aside on a cutting board, covered with tin foil.
- 6 Add the vegetables to the flat plate and season with salt and pepper. With the lid up, cook for 7 minutes, until slightly softened and browned, tossing occasionally.
- 7 When cooking is complete, transfer vegetables and chicken to a serving platter. Slice beef in 1cm thin strips, then transfer to platter. Serve with tortillas and toppings as desired.

TOFU & VEGETABLE HOISIN STIR FRY

BEGINNER RECIPE ●○○

PREP: 14 MINUTES | **PREHEAT:** APPROX. 7 MINUTES | **COOK:** 16 MINUTES | **MAKES:** 4 SERVINGS
LID ORIENTATION: UP

INGREDIENTS

1 large courgette (approx. 250g), quartered, cut in 1cm pieces
2 medium red peppers, quartered, cut in 2cm pieces
2 medium carrots (approx. 170g), peeled, cut in half moons, ½cm thick
2 tablespoons vegetable oil, divided
Salt and ground black pepper, as desired
300g firm tofu, cut in 2cm cubes
4 spring onions, sliced thin, white and greens separated
2 teaspoons five spice
80ml hoisin sauce
Steamed rice, to serve



DIRECTIONS

- 1 Place flat plate on the unit. Use the MODE button to select Custom Temp, then press the TEMP button and turn dial to set temperature to **200°C**. Press the TIME button and turn dial to set time to 16 minutes. Press START/STOP to begin preheating (preheating will take approx. 7 minutes).
- 2 In a large bowl, add courgette, red peppers, carrots, 1 tablespoon oil, salt, and pepper. Toss to combine.
- 3 In a separate medium bowl, add the tofu, remaining oil, spring onion whites, five spice, salt and pepper. Toss to combine.
- 4 When the unit beeps to signify it is preheated and ADD FOOD is displayed, add vegetables to one side of flat plate, and add tofu next the vegetables. Press START to begin cooking. Cook with the lid up, tossing frequently.
- 5 When 2 minutes remain on the timer, add hoisin sauce to tofu and vegetables and toss to combine.
- 6 When cooking is complete, garnish with spring onion greens and serve with hot rice.

TIP Swap courgette, peppers and carrots for equal amounts of your favourite vegetables. Or swap tofu for equal amounts of chicken breast cut in 2cm pieces.



SMASH BURGERS



INTERMEDIATE RECIPE ●●○

PREP: 10 MINUTES | **PREHEAT:** APPROX. 7 MINUTES | **COOK:** 10 MINUTES | **MAKES:** 8 SERVINGS
LID ORIENTATION: UP & DOWN

INGREDIENTS

880g, 20% fat beef mince
 Salt and ground black pepper, as desired
 ¼ teaspoon garlic powder (optional)
 ½ teaspoon onion powder (optional)
 2 small onions (approx. 160g)
 very thinly shaved or finely chopped
 8 slices American or cheddar cheese
 8 hamburger buns, split

SAUCE

100g mayonnaise
 70g ketchup
 2 tablespoons gherkins, finely chopped
 2 teaspoons Dijon mustard

TOPPINGS (optional)

Tomato
 Lettuce
 Pickles
 Onion

TIP For toasted buns: brush cut buns with oil and cook for 1-2 minutes, before cooking burgers.

DIRECTIONS

- 1 Place flat plate on the unit. Use the MODE button to select Custom Temp, then press the TEMP button and turn dial to set temperature to **190°C**. Press the TIME button and turn dial to set time to 10 minutes. Press START/STOP to begin preheating (preheating will take approx. 7 minutes).
- 2 In a large bowl, add mince beef, salt, pepper, garlic powder, onion powder and mix until evenly combined.
- 3 Separate ground beef into 8 equal portions, approx. 110g each. Working one portion at a time, shape the beef into flat, thin patties, 12-15cm wide and ½cm thick.
- 4 When the unit beeps to signify it is preheated and ADD FOOD is displayed, add the burgers to the flat plate. Evenly divide the shaved onions amongst the patties, placing onion on top of patties. Using a burger press or spatula, firmly press the onions into the patties.
- 5 Press START to begin cooking. Cook burgers, lid up for 3 to 4 minutes, then flip and continue to cook for an additional 3 to 4 minutes (if a more well-done burger is desired, cook for an additional 2 minutes). Place one slice of cheese on each burger, then close the lid to allow the cheese to melt for 1 to 2 minutes.
- 6 Meanwhile, add all sauce ingredients to a small bowl and mix to combine. Set aside.
- 7 When cheese is melted, transfer burgers to buns. Top with sauce and additional toppings as desired.



TANDOORI CHICKEN WITH GRILLED CAULIFLOWER



INTERMEDIATE RECIPE ●●○

PREP: 15 MINUTES | **PREHEAT:** APPROX. 9 MINUTES | **COOK:** 18 MINUTES | **MAKES:** 4- 6 SERVINGS

INGREDIENTS

150g Greek yoghurt
 Juice of 1 lemon
 ¼ teaspoon turmeric
 1 tablespoon garam masala
 ¼ teaspoon ground cumin
 ¼ teaspoon coriander
 ¼ teaspoon chilli powder
 Salt and ground black pepper, as desired
 1 tablespoon vegetable oil
 6 boneless, skinless chicken thighs (110g each)
 1 medium head of Cauliflower, cut in 4 steaks,
 1 ½ cm thick

TO SERVE (optional)

Steamed rice
 Pita bread
 Plain yoghurt
 Lime slices
 Fresh coriander
 Sliced red onion

NOTE Intense charring is expected on this recipe.

DIRECTIONS

- 1 In a medium bowl, prepare the marinade by whisking together all ingredients except the chicken, cauliflower, and vegetable oil. Add the chicken to the bowl and mix with the marinade, making sure all parts of the chicken are covered. Cover and place the bowl in the refrigerator for 30 minutes to marinate.
- 2 Place grill plate on the unit. Use the MODE button to select Custom Temp, then press the TEMP button and turn dial to set temperature to **220°C**. Press the TIME button and turn dial to set time to 18 minutes. Press START/STOP to begin preheating (preheating will take approx. 9 minutes).
- 3 Meanwhile, season cauliflower with salt, pepper, and vegetable oil and set aside.
- 4 When the unit beeps to signify it is preheated and ADD FOOD is displayed, open the lid and using silicone-tipped tongs, place chicken on one side of the grill plate, discarding excess marinade. Place the cauliflower next to the chicken, gently pressing down to maximize grill marks. Close the lid and press START to begin cooking. Allow to cook undisturbed for 10 minutes.
- 5 After 10 minutes, flip the chicken and cauliflower, then cook for an additional 8 minutes.
- 6 When cooking is complete, ensure chicken reaches an internal temperature of 75°C by using an external thermometer, open lid and remove chicken and cauliflower from grill. Serve hot.





SALMON WITH ASPARAGUS, COURGETTE & HARISSA YOGHURT



BEGINNER RECIPE ●○○

PREP: 10 MINUTES | **PREHEAT:** APPROX. 7 MINUTES | **COOK:** 18 MINUTES | **MAKES:** 6-8 SERVINGS

LID ORIENTATION: DOWN

HARISSA YOGHURT

170ml Greek-style yoghurt

2 tablespoons harissa paste

Juice of ½ lemon

2 tablespoons parsley or coriander, finely chopped

Salt and ground black pepper, as desired

INGREDIENTS

8 skinless salmon fillets (120g each)

1 tablespoon sumac

2 tablespoons vegetable oil, divided

Salt and ground black pepper, as desired

350g asparagus, trimmed

2 medium courgettes (approx.300g), cut in ¾cm thick rounds

Lemon wedges, to serve

DIRECTIONS

- 1 Place grill plate on the unit. Use the MODE button to select Custom Temp, then press the TEMP button and turn dial to set temperature to **190°C**. Press the TIME button and turn dial to set time to 12 minutes. Press START/STOP to begin preheating (preheating will take approx. 7 minutes).
- 2 In a medium bowl, add all harissa yoghurt ingredients and mix to combine. Set aside.

3 Brush salmon fillets with 1 tablespoon oil and season with sumac, salt and pepper. In a large bowl toss, courgette and asparagus with remaining oil and season with salt and pepper.

4 When the unit beeps to signify it is preheated and ADD FOOD is displayed, add salmon to grill plate. Close the lid and press START, to begin cooking. salmon fillets for 5-6 minutes per side.

5 When cooking is complete, open lid and transfer salmon to a board and covered with foil, allowing to rest.

6 Use the MODE button to select Custom Temp, then press the TEMP button and turn dial to set temperature to **220°C**. Press the TIME button and turn dial to set time to 6 minutes. Press START/STOP to begin preheating (preheating will take approx. 2 minutes).

7 When the unit beeps to signify it is preheated and ADD FOOD is displayed, add courgette to one side of the grill plate, and place asparagus next to the courgette. Close the lid and press START to begin cooking.

8 When cooking is complete, open lid and transfer vegetables to serving platter, alongside salmon fillets. Dollop over harissa yoghurt, add lemon wedges to platter and serve immediately.

TIP Prefer pesto sauce instead of harissa yoghurt?
Mix 170ml Greek-style yoghurt, 50g pesto, 1/2 lemon, juiced, salt and ground black pepper.

Grill Chart

TIP For best results, brush 1 Tbsp high smoke point oil (ex: Sunflower, Avocado, Vegetable, Rapeseed) on grill prior to cooking.

TIP Following preheat, press START to begin cooking. Clean grease catch after each use.

INGREDIENT	AMOUNT	PREPARATION	TEMP	COOK TIME	INSTRUCTIONS
CHICKEN					
Chicken breasts, boneless	8-10 breasts (175-200g each)	Coat lightly with vegetable oil, season as desired	MEDIUM	20-30 min	Flip 2-3 times during cooking
Chicken thighs, boneless	8-10 thighs (90-120g)	Coat lightly with vegetable oil, season as desired	MEDIUM	15-18 min	Flip halfway through cooking
Chicken thighs, bone in	8-10 thighs (120-150g)	Coat lightly with vegetable oil, season as desired	MEDIUM	25-30 min	Flip 2-3 times during cooking
BEEF					
Beef burgers	8-10 patties, (90-125g each) 2-2.5cm thick	Season as desired	LOW	14-18 min	Flip halfway through cooking
Filet steak	8 steaks (170-230g each), 3cm thick	Season as desired	HIGH	5-9 min	Flip halfway through cooking
Flat iron	4-6 steaks (500g each), 1.5-2cm thick	Season as desired	HIGH	4-7 min	Flip halfway through cooking
Ribeye	6 steaks (225-280g each), 2cm thick	Season as desired	HIGH	4-7 min	Flip halfway through cooking
Sirloin steak	6 steaks (225g each), 2cm thick	Season as desired	HIGH	4-7 min	Flip halfway through cooking
PORK					
Pork chops, boneless	8 boneless chops (120g each)	Season as desired	MEDIUM	6-10 min	Flip halfway through cooking
Pork chops, bone in	6 thick cut (250g each)	Season as desired	MEDIUM	15-20 min	Flip halfway through cooking
Sausages	14 each	N/A	MEDIUM	20-24 min	Turn frequently during cooking
Hot dogs	16 each	N/A	MEDIUM	7-10 min	Turn frequently during cooking
SEAFOOD					
Cod and Halibut	8-10 (125g each) 1-2cm thick	Coat lightly with vegetable oil, season as desired	HIGH	8-11 min	Flip halfway through cooking
Salmon	8-10 fillets (120g each)	Coat lightly with vegetable oil, season as desired	HIGH	9-12 min	Flip halfway through cooking
Scallops	18	Coat lightly with vegetable oil, season as desired	HIGH	5-7 min	Flip halfway through cooking
Prawns (large or jumbo)	700g	Coat lightly with vegetable oil, season as desired	HIGH	3-5 min	Flip halfway through cooking
Tuna steaks	6-8 steaks (100-120g each)	Coat lightly with vegetable oil, season as desired	HIGH	4-6 min	Flip halfway through cooking

TIP Cook with the lid down to reduce splatter.

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

Grill Chart, continued

TIP Clean grease catch after each use.

TIP For best results, brush 1 Tbsp high smoke point oil (ex: Sunflower, Avocado, Vegetable, Rapeseed) on grill prior to cooking.

INGREDIENT	AMOUNT	PREPARATION	TEMP	COOK TIME	INSTRUCTIONS
VEGETABLES					
Asparagus	700g, trimmed	Coat lightly with vegetable oil, season as desired	HIGH	5-8 min	Toss frequently during cooking
Bell peppers	5 peppers, cut in quarters	Coat lightly with vegetable oil, season as desired	HIGH	10-15 min	Toss frequently during cooking
Broccoli	2 heads, cut in 2.5cm pieces	Coat lightly with vegetable oil, season as desired	HIGH	18-20 min	Toss frequently during cooking
Corn on the cob	6 cobs	Coat lightly with vegetable oil, season as desired	HIGH	20-25 min	Toss frequently during cooking
Aubergine	3 medium, cut in 2.5cm slices	Coat lightly with vegetable oil, season as desired	HIGH	10-15 min	Flip halfway through cooking
Green beans	800g, trimmed	Coat lightly with vegetable oil, season as desired	HIGH	12-16 min	Toss frequently during cooking
Portobello mushrooms	8, cleaned	Coat lightly with vegetable oil, season as desired	HIGH	8-12 min	Flipping not necessary
Courgette	6 medium, cut in quarters lengthwise	Coat lightly with vegetable oil, season as desired	HIGH	8-12 min	Flip halfway through cooking cooking
Tomatoes	5 each, cut in half	Coat lightly with vegetable oil, season as desired	HIGH	4-6 min	Toss frequently during cooking
FRUIT					
Bananas	6 each	Peel, cut in half lengthwise	HIGH	8 min	Flip halfway through cooking
Lemons & limes	5 each	Cut in half lengthwise	HIGH	3 min	Flip halfway through cooking
Mango	4 each	Skin and pit removed	HIGH	6-8 min	Flip halfway through cooking
Pineapple	6-8 slices or spears	Cut in 5cm pieces	HIGH	5-8 min	Flip halfway through cooking
Stone fruit	5-6 each	Cut in half, remove pit, press down on grill plate	HIGH	5-7 min	Flip halfway through cooking
BREAD/CHEESE/VEGETARIAN					
Bread (baguette/ciabatta)	1 loaf	Cut in slices, brushed with vegetable oil	HIGH	3-6 min	Flip halfway through cooking
Halloumi cheese	2- 3 x 225g blocks	Cut in 1cm slices	MEDIUM	5-8 min	Flip halfway through cooking
Tofu or tempeh	600g	Cut into 1cm slices, coat lightly with vegetable oil	MEDIUM	7-10 min	Toss frequently during cooking
Plant based steak	8 patties (113g each)	Coat lightly with vegetable oil, season as desired	MEDIUM	12-16 min	Flip halfway through cooking
Plant based burger	8 steaks (113g each)	Coat lightly with vegetable oil, season as desired	LOW	12-16 min	Flip halfway through cooking

TIP Cook with the lid down to reduce splatter.

TIP Following preheat, press START to begin cooking.

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

Flat Plate Chart

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

INGREDIENT	AMOUNT	PREPARATION	TEMP	COOK TIME	INSTRUCTIONS
FLAT PLATE BASICS					
Back bacon rashers	10 strips	N/A	MEDIUM	4-7 min	Flip at least once during cooking
Streaky bacon	12 each	N/A	MEDIUM	5-7 min	Flip at least once during cooking
Eggs	8 eggs	As desired (fried, scrambled, sunnyside up, etc.)	MEDIUM	3-8 min	(Depends on preparation)
French toast	8 slices	Dipped in egg batter	MEDIUM	2 min per side	Flip halfway through cooking
Toasted cheese sandwich	6 sandwiches	As desired	MEDIUM	2-3 min per side	Flip halfway through cooking
Pancakes	8-10	Preheat flat plate for 10 minutes, then follow box instructions	LOW	2-3 min per side	Flip halfway through cooking
SEAFOOD					
Scallops	15-20 each	1 Tbsp oil on flat plate	MEDIUM	4-6 min	Flip halfway through cooking
Prawns (large or jumbo)	16-20 each	1 Tbsp oil on flat plate	MEDIUM	3-4 min	Flip halfway through cooking
POULTRY					
Breaded chicken cutlets	3-4, 1.5cm thick	1 Tbsp oil on flat plate	MEDIUM	10 min	Flip halfway through cooking
Chicken/turkey, ground	700g	1 Tbsp oil on flat plate	MEDIUM	5-10 min	Toss frequently during cooking
BEEF/PORK					
Beef burgers	8 patties (90-125g each) 2-2.5cm	N/A	LOW	15-20 min	Flip halfway through cooking
Beef, ground	700g	1 Tbsp oil on flat plate	MEDIUM	5-10 min	Toss frequently during cooking
Gammon steak	4 (180g each), 1cm thick	N/A	MEDIUM	7-9 min	Flip halfway through cooking
Thin cut steak	4-6 steaks (150g each) 0.5-1cm thick	Season as desired	HIGH	2-5 min	Flip halfway through cooking
Pork, ground	700g	1 Tbsp oil on flat plate	MEDIUM	5-10 min	Flip halfway through cooking
Chipolata sausages	20 each	N/A	LOW	15-18 min	Flip 2 or 3 times during cooking

TIP Cook with the lid down to reduce splatter.

TIP Following preheat, press START to begin cooking.

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

TIP For best results, brush 1 Tbsp high smoke point oil (ex: Sunflower, Avocado, Vegetable, Rapeseed) on grill prior to cooking

Flat Plate Chart, continued

TIP For best results, brush 1 Tbsp high smoke point oil (ex: Sunflower, Avocado, Vegetable, Rapeseed) on grill prior to cooking.

INGREDIENT	AMOUNT	PREPARATION	TEMP	COOK TIME	INSTRUCTIONS
VEGETABLE					
Asparagus	700g, ends trimmed	1 Tbsp oil on flat plate	HIGH	5-8 min	Toss frequently during cooking
Peppers	3 each, thinly sliced	1 Tbsp oil on flat plate	MEDIUM	6-9 min	Toss frequently during cooking
Hash browns, frozen	16 each	N/A	MEDIUM	14-18 min	Toss frequently during cooking
Onions, white or red (sliced)	4 each, peeled, thinly sliced	1 Tbsp oil on flat plate	HIGH	4-7 min	Toss frequently during cooking
Courgette	600g, sliced	1 Tbsp oil on flat plate	MEDIUM	7-12 min	Flip 2 or 3 times during cooking
FRUIT					
Apples	3 each	Cut in 6mm slices	MEDIUM	5-8 min	Flip at least once during cooking
Bananas	3 each	Cut in half lengthwise	MEDIUM	5-8 min	Flip halfway through cooking
Peaches	6 each	Cut in quarters	MEDIUM	5-8 min	Flip at least once during cooking
Pineapple	8 slices	Cut in 2.5-4cm rings	LOW	4-7 min	Flip at least once during cooking
BREAD/CHEESE/VEGETARIAN					
Halloumi cheese	2-3 x 225g blocks	Cut in 1cm slices	MEDIUM	4-6 min	Flip halfway through cooking
Tofu or tempeh	600g	Cut into 1cm slices, coat lightly with vegetable oil	MEDIUM	7-10 min	Toss frequently during cooking
Plant based burger 8	8 patties (113g each)	Coat lightly with vegetable oil, season as desired	LOW	12-16 min	Flip halfway through cooking

TIP Cook with the lid down to reduce splatter.

TIP Following preheat, press START to begin cooking.

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

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

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GRILL + FLAT PLATE



@NinjaKitchenUK



youtube.com/@ninjakitchenuk

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