

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

NINJA

**Dual Zone
7.6L Air Fryer**

**QUICK START
GUIDE**



**+ COOKING CHARTS
+ IRRESISTIBLE RECIPES**

USING YOUR NINJA DUAL ZONE AIR FRYER

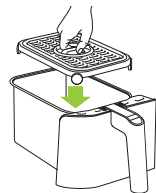
6 COOKING PROGRAMS

MAX CRISP Best for frozen foods such as French fries and chicken nuggets	AIR FRY Best for fresh foods like chicken wings and your favourite frozen snacks	ROAST Best for roasting vegetables and meats
REHEAT Best for reviving leftovers	DEHYDRATE Best for making veggie/fruit crisps and jerky	BAKE Best for making cakes and other baked desserts

FOR BEST RESULTS

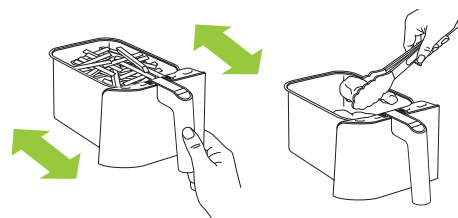
CRISPER PLATE

The crisper plate promotes overall browning. We recommend using it every time you air fry and for all recipes in this guide unless otherwise stated. Ensure crisper plate is inserted into the bottom of the drawer before food is added unless recipe states that the crisper plate is not required.



SHAKE OR TOSS

For best results, frequently shake your food or toss it with silicone-tipped tongs to get it as crispy as you'd like. You can open the drawers and cooking will automatically pause.



Vegetarian Food



Servings

For more recipes visit ninjatestkitchen.eu

DualZone Technology

SYNC

Cooking 2 foods using 2 different functions, temps, or cook times? Program each zone and use SYNC to have both zones finish at the same time.



MATCH

Cooking the same food in each zone? Set Zone 1 and use MATCH to automatically duplicate settings to Zone 2.



Using DualZone Technology

SYNC

Cooking 2 foods using 2 different functions, temps, or cook times?
Program each zone and use SYNC to have both zones finish at the same time.



STEP 1: Program Zone 1

- Place food in drawers.
- The unit defaults to Zone 1.
- Select a cooking function (e.g., Air Fry).



STEP 2: Set Time & Temperature

- Use the TEMP arrows to set the temperature.
- Use the TIME arrows to set the time.



STEP 3: Program Zone 2

- Select Zone 2.
- Select a cooking function (e.g., Roast), and repeat Step 2.



STEP 4: Begin Cooking

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



NOTE: The cooking time will automatically pause when a drawer is opened. Reinsert drawer to resume cooking.

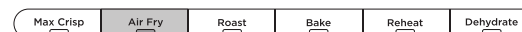
MATCH

Cooking the same food in each zone?
Set Zone 1 and use MATCH to automatically duplicate settings to Zone 2.



STEP 1: Program Zone 1

- Place food in drawers.
- The unit defaults to Zone 1.
- Select a cooking function (e.g., Air Fry).



STEP 2: Set Time & Temperature

- Use the TEMP arrows to set the temperature.
- Use the TIME arrows to set the time.



STEP 3: Begin Cooking

- Select MATCH.
- Press START/STOP to begin cooking.



NOTE: The cooking time will automatically pause when a drawer is opened. Reinsert drawer to resume cooking.

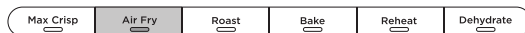
Using DualZone Technology cont.

Want to cook two foods, but don't need them to finish at the same time?
Fill both zones and manually program each zone so they start at the same time.



STEP 1: Program Zone 1

- Place food in drawers.
- The unit defaults to Zone 1.
- Select a cooking function (e.g., Air Fry).



STEP 2: Set Time & Temperature

- Use the TEMP arrows to set the temperature.
- Use the TIME arrows to set the time.



STEP 3: Program Zone 2

Repeat steps 1 and 2 for Zone 2.



STEP 4: Begin Cooking

- Press START/STOP to begin cooking.



NOTE: The cooking time will automatically pause when a drawer is opened. Reinsert drawer to resume cooking.

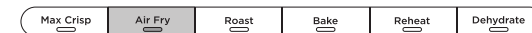
Cooking in a single zone

Only cooking one thing?
Fill a single zone and use it like a traditional air fryer.



STEP 1: Program Zone 1

- Place food in drawers.
- The unit defaults to Zone 1.
- Select a cooking function (e.g., Air Fry).



STEP 2: Set Time & Temperature

- Use the TEMP arrows to set the temperature.
- Use the TIME arrows to set the time.



STEP 3: Begin Cooking

- Press START/STOP to begin cooking.



NOTE: The cooking time will automatically pause when a drawer is opened. Reinsert drawer to resume cooking.

HONEY MUSTARD MARINATED CHICKEN THIGHS WITH SMASHED CHIVE & GARLIC POTATOES



PREP: 10 MINUTES | **MARINADE:** 30 MINUTES | **TOTAL COOK TIME:** 30 MINUTES
MAKES: 4 SERVINGS

INGREDIENTS

3 tablespoons, vegetable oil, divided
2 tablespoons wholegrain mustard
3 tablespoons honey
2 garlic cloves, peeled, minced, divided
Zest 1 lemon
Sea salt and cracked black pepper, as desired
4 large or 6 small boneless and skinless chicken thighs (600g)
750g baby potatoes, halved or quartered if large
40g butter, melted
20g tablespoons chives, finely chopped and extra to garnish lemon wedges, to serve

DIRECTIONS

- 1 Insert Crisper Plate into both drawers.
- 2 In a medium bowl, combine 1 tablespoon oil with wholegrain mustard, honey, 1 minced garlic clove, lemon zest, salt and pepper. Remove half for later. Add thighs to the bowl and evenly coat in marinade. Cover and marinate in the refrigerator for 30 minutes.
- 3 After 30 minutes, place chicken on crisper plate and insert drawer into ZONE 1.
- 4 In a medium bowl, toss baby potatoes with remaining oil, salt and pepper. Add the potatoes to second crisper plate and insert into ZONE 2.
- 5 Select ZONE 1, select AIR FRY, set temperature to 200°C and set time to 18 minutes. Select ZONE 2, select AIR FRY, set temperature to 210°C and set time to 30 minutes. Select SYNC and select START/STOP to begin cooking.
- 6 While the chicken and potatoes cook, whisk together melted butter, chives, remaining garlic and salt in a small bowl. Set aside.
- 7 When 17 minutes remain on timer, toss potatoes. Reinsert drawer to resume cooking.
- 8 When 10 minutes remain on timer, transfer potatoes to a board and with the bottom of a cup, lightly smash each potato to flatten and break the skin. Toss with the chive butter and gently add potatoes back to the drawer. Flip chicken and brush with any remaining marinade. Reinsert drawers to resume cooking.
- 9 When cooking is complete serve chicken with smashed chive potatoes and garnish with lemon wedges.

BEEF FAJITAS & VEGGIE FAJITAS



PREP: 10 MINUTES | **TOTAL COOK TIME:** 17 MINUTES | **MAKES:** 4 SERVINGS

INGREDIENTS

FAJITA SPICED MARINADE

2 tablespoons smoked paprika
1 tablespoon ground coriander
1½ tablespoons ground cumin
1 tablespoon dried oregano
4 tablespoon olive oil
Juice of ½ lime
2 teaspoons sea salt
Ground black pepper, as desired

FAJITAS

200g sirloin steak, cut in ½ cm slices
2 red onions, peeled, sliced into 1cm wedges
2 red peppers, sliced into 1cm strips
2 yellow peppers, sliced into 1cm strips
250g Portobello mushrooms, sliced
8 medium tortillas, to serve

DIRECTIONS

- 1 Insert Crisper Plate into both drawers.
- 2 In a large bowl, add all marinade ingredients and mix until combined, then divide between two large bowls.
- 3 In one bowl, add steak slices, half the onions and half of both peppers. In the second bowl add mushrooms, remaining onions and remaining peppers. Mix both thoroughly to make sure ingredients are coated in the marinade.
- 4 Place the steak mixture on one crisper plate and mushroom mixture on the second crisper plate. Insert drawers into unit.
- 5 Select Zone 1, select AIR FRY, set temperature to 200°C and set time to 17 minutes. Select MATCH. Press START/STOP to begin cooking.
- 6 When 10 minutes remain on timer, toss ingredients and reinsert drawers into the unit to resume cooking.
- 7 When cooking is complete, serve fajitas wrapped in soft tortillas and top as desired.



LAMB KOFTA WITH SPICED SWEET POTATO WEDGES



PREP: 20 MINUTES | **TOTAL COOK TIME:** 25 MINUTES | **MAKES:** 4 SERVINGS

INGREDIENTS

Cooking spray, as desired
400g minced lamb
20g fresh breadcrumbs
1 spring onion, finely chopped
1 garlic clove, peeled, minced
2 teaspoons Baharat spice mix
1½ tablespoons coriander, finely chopped
1½ tablespoons parsley, finely chopped
Sea salt and ground black pepper, as desired
700g sweet potatoes, peeled, cut into 1.25cm wedges
2 tablespoons olive oil
1 teaspoon paprika
Extra roughly chopped parsley and coriander, to garnish
Warm pitta bread, to serve

DIRECTIONS

- 1 Insert Crisper Plate into both drawers and spray with oil spray.
- 2 In large bowl, mix minced lamb, breadcrumbs, spring onion, garlic, Baharat spice, coriander, parsley, salt and pepper. Add salt and ground black pepper, as desired. Divide the mixture into four equal portions and shape evenly onto each skewer so it's a 10 - 12 cm long. The kebab sticks should be around 18cm long and add to crisper plate. Insert drawer into Zone 1.
- 3 In a large bowl, toss sweet potato with olive oil, salt, pepper and paprika. Place the sweet potato wedges onto second crisper plate and insert drawer into Zone 2.
- 4 Select ZONE 1, select AIR FRY, set temperature to 200°C and set time to 12 minutes. Select ZONE 2, select AIR FRY, set temperature to 200°C and set time to 25 minutes. Select SYNC and press START/STOP to begin cooking.
- 5 When 10 minutes remain on timer, flip the kebabs and toss the potatoes. Reinsert drawers to resume cooking.
- 6 When cooking is complete, garnish lamb and sweet potatoes with coriander. Serve hot, with warm pitta bread.

SWEET POTATO SAUSAGE HASH



PREP: 20 MINUTES | **TOTAL COOK TIME:** 25 MINUTES
MAKES: 4 SERVINGS

INGREDIENTS

650g sweet potatoes, diced into 1/2cm pieces
2 tablespoons vegetable oil
1 tablespoon minced garlic
Sea salt and ground black pepper
450g sausage meat
1/2 large onion, peeled, diced
4 large eggs, poached or fried (optional)
1 teaspoon dried sage
1 teaspoon ground cinnamon
1 teaspoon ground nutmeg
2 teaspoon chilli powder

DIRECTIONS

- 1 Insert Crisper Plate into one drawer.
- 2 In a medium bowl, toss sweet potatoes with oil, garlic, salt and pepper.
- 3 Place potato mixture on crisper plate and drawer into ZONE 1. Spread out the sausage meat in second drawer (without the crisper plate inserted), then insert drawer into ZONE 2.
- 4 Select AIR FRY, set temperature to 200°C, and set time to 25 minutes. Select MATCH COOK and select START/STOP to begin cooking.
- 5 When 17 minutes remain on timer, stir sausage, add onion and stir to combine. Toss potato mixture with half the sage and reinsert drawers to resume cooking.
- 6 When cooking is complete, add potatoes to the sausage mixture. Add cinnamon, nutmeg, remaining sage, chilli powder and salt. Mix to combine.
- 7 Serve immediately with a poached or fried egg on top, if desired.



PESTO MOZZARELLA & SALAMI OPEN BAGUETTES WITH BLISTERED TOMATOES

BEGINNER
RECIPE



PREP: 5 MINUTES | **TOTAL COOK TIME:** 8 MINUTES | **MAKES:** 2 SERVINGS

INGREDIENTS

300g cherry tomatoes
2 teaspoon fresh thyme, leaves picked
1 clove of garlic
1 tablespoon olive oil
Sea salt and ground black pepper, as desired
1/3 (110g) baguette, cut in half lengthways
6 tablespoons grated mozzarella
6 slices of salami

DIRECTIONS

- 1 Insert Crisper Plate in both drawers.
- 2 In a small bowl, add tomatoes olive oil, garlic, thyme, salt and pepper and mix. Divide in half and add to both crisper plates.
- 3 To prepare, spread 1 tablespoon pesto on each baguette half, followed by the salami and grated cheese. Carefully transfer one to each crisper plate.
- 4 Select ZONE 1, select AIR FRY, set temperature to 190°C and set time to 8 minutes. Select MATCH and select START/STOP to begin cooking.
- 5 When cooking is complete, serve the baguette with garlic tomatoes.

HADDOCK CROQUETTES

BEGINNER
RECIPE



PREP: 30 MINUTES | **TOTAL COOK TIME:** 15 MINUTES | **MAKES:** 4 SERVINGS

INGREDIENTS

Oil spray, as necessary
75g fresh breadcrumbs
500g uncooked haddock fillets, finely chopped
2 teaspoons double cream
3 eggs, divided
10g fresh parsley, finely chopped
1/2 teaspoon salt
1/4 teaspoon white pepper
Zest of 1 lemon
100g plain flour
100g dried breadcrumbs
Lemon wedges, as garnish

DILL YOGHURT SAUCE

150g Greek yoghurt
1 lemon, zest and 1/2 juice
10g dill, finely chopped and sprigs to serve
1/2 garlic clove, minced
Sea salt and ground black pepper, as desired

DIRECTIONS

- 1 Insert Crisper Plate into both drawers and spray with oil spray.
- 2 In a bowl, add fresh breadcrumbs, fish, double cream, one egg, parsley, salt, white pepper and lemon zest. Mix well so they're combined into a loose mixture. Roll it into around 16 balls (40g each), compacting with your hands to squeeze it together.
- 3 Prepare three shallow dishes for dipping the fish. One dish with flour, one dish with breadcrumbs and one dish with the remaining 2 eggs, beaten well.
- 4 Roll the balls first in flour, then in egg, and finally in the breadcrumbs and place them on a tray lined onto baking paper.
- 5 Divide croquettes between both crisper plates and spray again with oil spray. Insert drawers into unit.
- 6 Select ZONE 1, select AIR FRY, set temperature to 200°C and set time to 15 minutes. Select MATCH COOK and select START/STOP to begin cooking.
- 7 Meanwhile make the yoghurt sauce by mixing the yoghurt, lemon, dill and garlic together and seasoning with black pepper and salt.
- 8 When cooking is complete serve croquettes with the yoghurt sauce and lemon wedges.



MISO SOY SALMON AND CAULIFLOWER RICE



PREP: 10 MINUTES | **MARINADE:** 20 MINUTES | **TOTAL COOK TIME:** 16 MINUTES
MAKES: 4 SERVINGS

INGREDIENTS

MISO SOY SALMON

2 tablespoons brown miso
2 tablespoons soy sauce
1 lime, zest and juice
1 tablespoon maple
2 tablespoon olive oil
4 salmon fillets (125g each)

CAULIFLOWER RICE

1 onion, peeled and diced
1 green pepper, diced
1/2 teaspoon garlic powder
2 tablespoons sesame oil
350g cauliflower rice
4 spring onions, finely sliced
25g fresh coriander, stems removed, for garnish
75g roasted and salted peanuts, chopped, for garnish

DIRECTIONS

- 1 Insert Crisper Plate in one drawer.
- 2 In a medium bowl, combine miso, soy, lime zest and juice, maple and oil. Coat the fish in the mixture and marinate for 20 minutes.
- 3 In a small bowl, gently toss diced onion, pepper and garlic powder with the sesame oil and place in drawer without crisper plate. Insert drawer into ZONE 2.
- 4 Remove salmon from marinade and place on crisper plate. Insert drawer into ZONE 1.
- 5 Select ZONE 1, select ROAST, set temperature to 190°C and set time to 13 minutes. Select ZONE 2, select ROAST, set temperature to 160°C and set time to 16 minutes. Select SYNC and select START/STOP to begin cooking.
- 6 When 6 minutes remain on timer, remove drawer from unit, add cauliflower rice to the onion and stir to combine. Reinsert drawer to resume cooking.
- 7 When cooking is complete, toss the spring onion, half the coriander and peanuts through the cauliflower rice. Serve the cauliflower rice in a bowl, gently placing salmon fillets on top. Garnish with fresh coriander and chopped peanuts.

CHEESY STUFFED MUSHROOMS WITH CHILLI CORN



PREP: 15 MINUTES | **TOTAL COOK TIME:** 20 MINUTES | **MAKES:** 4 SERVINGS

INGREDIENTS

MUSHROOMS

150g frozen chopped spinach, thawed
50g cream cheese
15g grated Parmesan cheese (or vegetarian equivalent)
60g mozzarella cheese, divided
1 garlic clove, minced
1/2 teaspoon nutmeg
1/2 teaspoon salt
1/2 teaspoon black pepper
2 large portobello mushrooms, cleaned, stems removed

CHILLI CORN ON THE COB

50g butter, softened
2 teaspoons tomato ketchup
1 teaspoon honey
1 teaspoon harissa paste
4 sweetcorn cobs

DIRECTIONS

- 1 Insert Crisper Plate in one drawer.
- 2 Wrap spinach in a cotton towel or paper towels and squeeze out excess liquid. In a bowl, mix cream cheese, parmesan cheese, 30g mozzarella cheese, garlic, nutmeg, salt and pepper. Add spinach and mix well.
- 3 Fill the mushrooms with the spinach and cheese mixture. Place prepared mushrooms in drawer without crisper plate and insert into ZONE 1.
- 4 For the corn, make the chilli butter: In a bowl, place butter, tomato ketchup, honey and harissa, beat together till smooth. Using a pastry brush, or back of a teaspoon, brush each cob with butter. Reserve remaining butter by placing in clingfilm, form into a sausage shape, wrap and chill whilst corn is cooking. Place corn onto crisper plate and insert drawer into ZONE 2.
- 5 Select ZONE 1, select ROAST, set temperature to 180°C and set time to 20 minutes. Select MATCH COOK and select START/STOP to begin cooking.
- 6 When 5 minutes remain on timer, top mushrooms with remaining mozzarella cheese, and flip the corn. Reinsert drawers to resume cooking.
- 7 When cooking is complete, cut chilli butter into 4 and place on top of corn and serve with the mushrooms.

CHIPOTLE PORK WITH BUTTER BEANS AND PEPPERS



PREP: 15 MINUTES | **TOTAL COOK TIME:** 18 MINUTES | **MAKES:** 4 SERVINGS

INGREDIENTS

2 tablespoons chipotle paste
1 pork tenderloin (500g), cut in half widthways
2 tablespoon olive oil, divided
2 limes, zest
1 tablespoon paprika
2 garlic cloves, finely grated
Sea salt and ground black pepper, as desired
2 x 400g tins of butter beans, drained
2 red peppers, cut in ½ cm slices
1 yellow pepper, cut in ½ cm slices
2 tablespoons parsley stalks, finely chopped
2 tablespoons chopped parsley, to serve

DIRECTIONS

- 1 Insert Crisper Plate into both drawers.
- 2 Rub the chipotle paste over pork tenderloin, evenly coating all sides, season with salt and pepper. Add to crisper plate and insert into ZONE 1.
- 3 In a large bowl, mix 1 tablespoon oil, lime zest, paprika, garlic, salt and pepper, butterbeans, peppers and parsley stalks together. Tip onto second crisper plate and insert into ZONE 2.
- 4 Select ZONE 1, select ROAST, set temperature to 190C and set time to 18 minutes. Select MATCH and select START/STOP to begin cooking.
- 5 When 10 minutes remain on the timer, flip pork and toss the vegetables. Reinsert drawers to resume cooking.
- 6 When cooking is complete, remove pork to a chopping board and cover with foil to rest before slicing. Stir half of the parsley through bean mixture and remove to a serving dish with the pork. Garnish with remaining parsley.

PEANUT BUTTER CHOCOLATE BROWNIES



PREP: 15 MINUTES | **TOTAL COOK TIME:** 35-40 MINUTES | **MAKES:** 8-10 SERVINGS

INGREDIENTS

Oil spray, as desired
80g peanut butter, divided
40g butter
120g dark chocolate, divided
175g golden caster sugar
2 large eggs, beaten
60g self-raising flour
30g cocoa powder

DIRECTIONS

- 1 Spray ZONE 1 drawer (without a crisping plate inserted) with cooking spray or oil, and line base with a piece of baking parchment.
- 2 Reserve 40g peanut butter and 30g chocolate. Break up the dark chocolate into pieces, add into a saucepan with 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 drawer. Melt peanut butter in a microwave for 40 seconds. Drizzle over the top of brownie.
- 4 Insert ZONE 1 drawer in unit. Select ZONE 1, select BAKE, set temperature to 160°C and set time to 35-40 minutes. Press the START/STOP button to begin cooking.
- 5 When 5 minutes remain, check if brownie is cooked through. Cooking is complete when the brownie is soft to touch in centre.
- 6 Melt remaining chocolate in microwave for 20 seconds, stir then 20 seconds and stir. Drizzle melted chocolate over the top of brownie. Leave to cool in drawer.
- 7 When ready to lift out, use the lining paper as a sling. Cut into squares.



Air Fry Cooking Chart

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

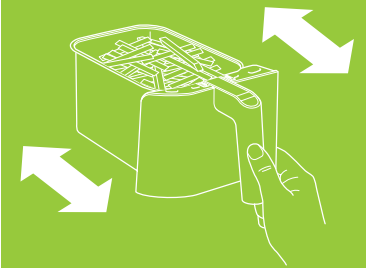
INGREDIENT	AMOUNT	PREPARATION	TOSS IN OIL	TEMP	COOK TIME	INTERACTION
FRESH VEGETABLES						
Asparagus	1 bunch (200g)	Whole, stems trimmed	1 Tbsp oil	200°C	8-12 mins	
Bell peppers	2 peppers	Whole	1 Tbsp oil	200°C	16 mins	
Broccoli	400g	Cut in 2.5cm florets	1 Tbsp oil	200°C	9 mins	
Butternut squash	500-750g	Cut in 2.5cm pieces	1 Tbsp oil	200°C	20-25 mins	
Carrots	500g	Peeled, cut in 1.5cm pieces	1 Tbsp oil	200°C	13-16 mins	
Cauliflower	600g	Cut in 2.5cm florets	1 Tbsp oil	200°C	15-20 mins	
Corn on the cob	4 ears	Whole ears, husks removed	1 Tbsp oil	200°C	12-15 mins	
Courgette	500g	Cut in 2cm rounds	1 Tbsp oil	200°C	15-18 mins	
Fine green beans	200g	Trimmed	1 Tbsp oil	200°C	8 mins	
Kale (for crisps)	100g	Torn in pieces, stems removed	1 Tbsp oil	150°C	8 mins	
Mushrooms	225g	Rinsed, cut in quarters	1 Tbsp oil	200°C	7 mins	
Potatoes, white e.g. King Edward, Maris Piper or Russet	450g	Hand-cut chips*, thin	2 Tbsp, vegetable oil	200°C	20-24 mins	
	450g	Hand-cut chips*, thick	2 Tbsp, vegetable oil	200°C	23-26 mins	
	4 whole (200g each)	Pierced with fork 3 times	None	200°C	25 mins	
Potatoes, sweet	750g	Cut in 2.5cm pieces	1 Tbsp oil	200°C	15-20 mins	
	4 whole (225g each)	Pierced with fork 3 times	None	200°C	30-35 mins	
FRESH POULTRY						
Chicken breasts	2 breasts (175g each)	None	Brushed with oil	200°C	15-18 mins	
Chicken thighs	4 thighs (150-170g each)	Bone in	Brushed with oil	200°C	22-28 mins	
	4 thighs (100-120g each)	Boneless	Brushed with oil	200°C	18-22 mins	
Chicken wings	1kg	Drumettes & flats	1 Tbsp oil	200°C	30-33 mins	
FRESH FISH & SEAFOOD						
Cod fillets	2 fillets (120g each)	None	Brushed with oil	200°C	8-10 mins	
Prawns	200g	Whole, peeled, tails on	1 Tbsp oil	200°C	3-4 mins	
Salmon fillets	2 fillets (120g each)	None	Brushed with oil	200°C	8-10 mins	

*After cutting potatoes, allow uncooked chips to soak in cold water for at least 30 minutes to remove unnecessary starch. Pat chips dry. The drier the chips, the better the results.

**For best results,
shake or toss often.**

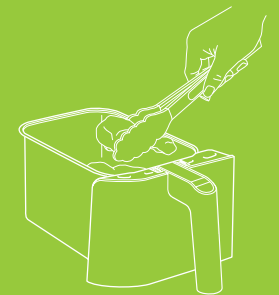
We recommend frequently checking your food and shaking or tossing it to ensure desired results.

Shake your food
We recommend shaking your food at least twice during the cooking cycle for best results.



OR

**Toss with
silicone-tipped tongs**



Air Fry Cooking Chart, continued

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

INGREDIENT	AMOUNT	PREPARATION	TOSS IN OIL	TEMP	COOK TIME	INTERACTION
FRESH BEEF						
Burgers	4 patties (125g each)	2.5cm thick	None	190°C	12 mins	
Steaks	2 steaks (230g each)	Whole	Brushed with oil	200°C	8-12 mins	
FRESH PORK						
Bacon	Back Bacon	None	None	180°C	9 mins	
Pork chops	2 thick-cut, bone-in chops (250g each)	None	Brushed with oil	200°C	18-19 mins	
	4 boneless chops (100g each)	None	Brushed with oil	200°C	12-15 mins	
	2 Pork Tenderloins (500g each)	None	Brushed with oil	190°C	20-27 mins	
Sausages	6 sausages	Whole	None	200°C	7-9 mins	
FRESH LAMB						
Lamb chops	4 chops (80g each)	None	Brushed with oil	180°C	12 mins	
FROZEN FOODS						
Burgers	2 patties (80g each)	None	None	200°C	20-22 mins	
Chicken nuggets	350g	None	None	190°C	8 mins	
Chicken Kiev	2	None	None	180°C	15 mins	
Chunky oven chips	500g	None	None	200°C	22 mins	
Fish fillets in batter	4 (440g)	None	None	180°C	18 mins	
Fish fingers	10 (280g)	None	None	200°C	15 mins	
Hash browns	7 (390g)	None	None	200°C	15 mins	
Potato wedges	500g	None	None	180°C	20 mins	
Roast potatoes	700g	None	None	190°C	20 mins	
Scampi in breadcrumbs	280g	None	None	180°C	12 mins	
Sweet potato chips	500g	None	None	190°C	20-24 mins	
Vegan nuggets	14 (320g)	None	None	180°C	12 mins	
Vegan sausages	6 (300g)	None	None	180°C	8 mins	
French Fries	500g	None	None	200°C	18-20 mins	

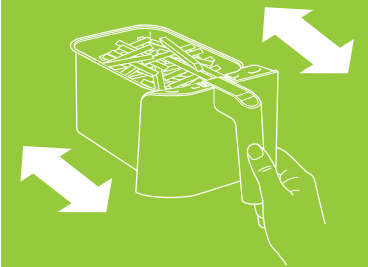
NOTE Don't see the food you are looking for in the charts? Decrease the cook time on the packaging by 25%. For best results, check food often and increase cook time if necessary.

For best results, shake or toss often.

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

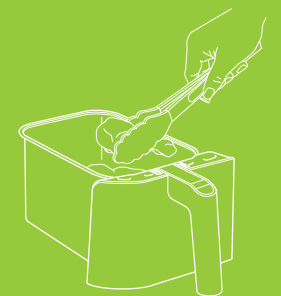
Shake your food

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



OR

Toss with silicone-tipped tongs



Dehydrate Chart

INGREDIENTS	PREPARATION	TEMP	DEHYDRATE TIME	INTERACTION
FRESH FRUITS & VEGETABLES				
Apples	Core removed, cut in 3mm slices, rinsed in lemon water, patted dry	60°C	7-8 hours	
Bananas	Peeled, cut in 3mm slices	60°C	8-10 hours	
Ginger root	Cut in 3mm slices	60°C	6 hours	
Mangoes	Peeled, cut in 3mm slices, pit removed	60°C	6-8 hours	
Mushrooms	Cleaned with soft brush (do not wash)	60°C	6-8 hours	
Pineapple	Peeled, cored, cut in 3mm - 1.25cm slices	60°C	6-8 hours	
Strawberries	Cut in half or in 1.25cm slices	60°C	6-8 hours	
Tomatoes	Cut in 3mm slices or grated; steam if planning to rehydrate	60°C	6-8 hours	
FRESH MEAT, POULTRY, FISH				
Beef jerky	Cut in 6mm slices, marinated overnight	70°C	5-7 hours	
Chicken jerky	Cut in 6mm slices, marinated overnight	70°C	5-7 hours	

Using DualZone Technology: SYNC

Now you can cook two different foods with two different cook times, and watch as they finish at the same time. Simply program each zone and let the **SYNC** feature do the rest.

NOTE: For all recipes in this chart, season with salt and pepper as desired.

CHOOSE ANY TWO	ADD ONE RECIPE PER ZONE	SET BOTH ZONES AND USE SYNC		
RECIPE	AMOUNT	MIX OR COMBINE THESE INGREDIENTS	FUNCTION	TEMP/TIME
Fish Cakes	2 fish cakes	Brush with melted butter	Air Fry	200°C 15-20 minutes
Balsamic Roasted Tomatoes	500g cherry tomatoes	60ml balsamic vinegar 1 Tbsp vegetable oil	Roast	200°C 12-15 minutes
Honey Sage Pork Chops	2-3 boneless pork chops (120g each)	1 Tbsp vegetable oil 1 Tbsp honey, 1/2 teaspoon dried sage	Roast	200°C 12-15 minutes
Cajun Potatoes	4 medium potatoes, diced	2 Tbsp vegetable oil 2 Tbsp Cajun seasoning	Air Fry	200°C 20-25 minutes
Green Beans with Almonds	500g green beans, ends trimmed	2 Tbsp vegetable oil 60g sliced almonds	Air Fry	200°C 10-12 minutes
Miso Glazed Salmon	3 salmon fillets (170g each)	2 Tbsp miso paste, 1 teaspoon vegetable oil Rub onto salmon	Air Fry	200°C 10 minutes
Buffalo Chicken Thighs	4 boneless skin-on chicken thighs (100-110g each)	150ml buffalo sauce, toss with chicken	Air Fry	200°C 18-22 minutes
Plant Based "Meat" Burger	500g plant-based ground "meat" (4 125g burgers)	1 Tbsp minced garlic, 1 Tbsp minced onion	Air Fry	190°C 15-18 minutes
Mediterranean Cauliflower	1 head cauliflower, cut in 1.5cm florets	120ml tahini, 2 Tbsp vegetable oil	Air Fry	200°C 15-20 minutes
French Fries	500g French fries	Season as desired	Air Fry	200°C 18-20 minutes
Corn on the cob	4 Cobettes	Brush with melted butter	Roast	180°C 15 minutes

NOTE: For best results, start checking food 2 minutes before cook time is complete. Stop cooking at any time if the desired level of crispiness has been achieved, but make sure any foods have reached a food-safe temperature.

NINJA

Dual Zone
7.6L Air Fryer

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