

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



**NINJA**

SMART SCREEN  
KITCHEN SYSTEM WITH

FRESHVAC™ TECHNOLOGY

**LET'S BREAK IT DOWN**

Quick & Easy Recipes



# WE'VE CHANGED THE SMOOTHIE GAME, AGAIN.

With FreshVac™ Technology in your blender, you'll create fresh and tasty vitamin-rich drinks. But that's not all this kitchen system can do. From restaurant-style salsas and purees to frozen drinks and ice cream, this kitchen system will be your new partner in meal prep.



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# HELLO, FRESH & TASTY DRINKS. GOODBYE, OXYGEN.

Our FreshVac™ Pump makes it easy to enjoy a fresh, tasty, vitamin-rich drink in three easy steps.



## PLACE

After filling your cup or pitcher with ingredients, place the pump onto your vessel.



## VAC

Simply press the button on the FreshVac™ Pump to vacuum seal your cup.



## BLEND

Secure your vessel on the base and blend away.



# EXPERIENCE THE DIFFERENCE



✓ VISIBLY  
BRIGHTER

✓ SMOOTH  
TEXTURE &  
RICH TASTE

✓ LESS FOAM &  
SEPARATION

TRADITIONAL  
BLENDING MODE

OXYGEN REMOVAL  
BLENDING

**SEE**  
the bright,  
vibrant colours.

**FEEL**  
the silky-smooth  
textures with less foam.

**TASTE**  
the true flavours of  
your ingredients.

See your Instructions for more details..

# TO FRESHVAC™ OR NOT TO FRESHVAC™?

Pump out oxygen to give smoothies, dips, and dressings vibrant colours and smooth textures.



EXTRACTIONS



SMOOTHIES



DRESSINGS

Whipped desserts and frozen drinks benefit from traditional blending mode.



WHIPPED DESSERTS



FROZEN DRINKS



SMOOTHIES



SOUPS



DIPS



ICE CREAM



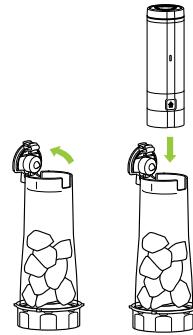
FROZEN DRINKS

Visit [ninjakitchen.eu](https://ninjakitchen.eu) to browse our library of signature recipes.

## VACUUM BLENDING WITH THE SINGLE-SERVE FRESHVAC™ CUP

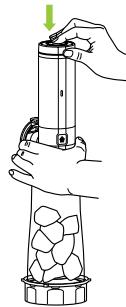


1 Fill the cup as desired and assemble the Pro Extractor Blades® Assembly on top of the cup.

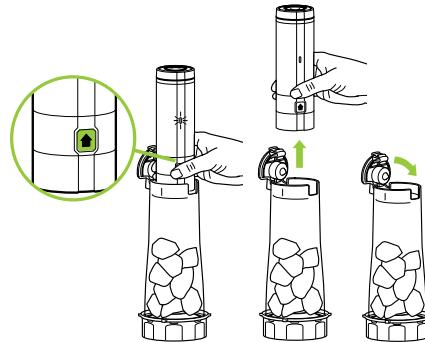


2 Turn cup upside down so the Flip & Seal Lid is on top and the bottom of the blade assembly is flat on the counter.

3 Open the Flip & Seal Lid by pressing and lifting the latch. Set the FreshVac™ Pump on top of the FreshVac™ Tab. The pump **DOES NOT** lock into place on the lid.



4 Press the power button on top of the pump to begin vacuum sealing. The pump will shut off automatically once vacuum sealing is complete.



5 To release the pump from the cup, press the pump release button on the bottom front of the pump and lift. Click the Flip & Seal Lid closed.

6 Lock cup in place on base and blend as desired. Once blending is complete, remove the cup from the base and place the cup flat on the counter.



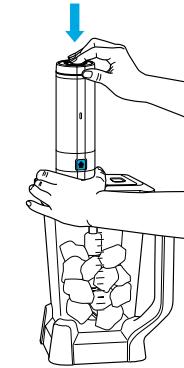
7 Gently pull on the FreshVac™ tab to release the vacuum seal, then close the Flip & Seal Lid.

8 Remove the Pro Extractor Blades Assembly and screw the spout lid clockwise onto the cup.

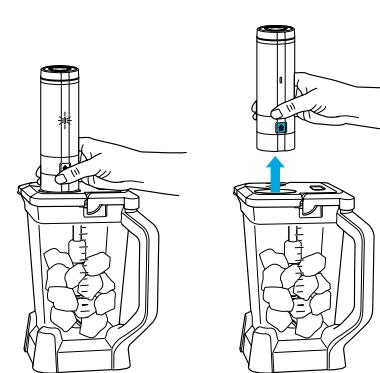
## VACUUM BLENDING WITH THE FRESHVAC™ PITCHER



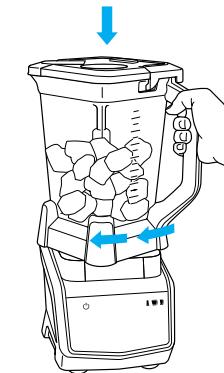
1 Fill the pitcher as desired and lock the lid in place. Then set the pitcher on a level surface and place the FreshVac™ Pump on top of the FreshVac™ Tab on the lid. The pump **DOES NOT** lock into place on the lid.



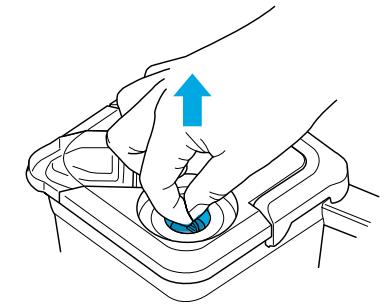
2 Press the power button on top of the pump to begin vacuum sealing. The pump will shut off automatically once vacuum sealing is complete.



4 To release the pump from the pitcher, press the pump release button on the bottom front of the pump and lift.



5 Lock pitcher onto base and blend as desired.



6 When blending is complete, the vacuum seal **MUST BE** released before opening the lid. To release the vacuum seal, gently lift the FreshVac™ Tab on the lid. Air will enter the pitcher, making it easy to remove the lid.

**WARNING:** Handle the blade assemblies with care when washing, as the blades are sharp.

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## SINGLE-SERVE FRESHVAC™ CUP



## FRESHVAC™ PITCHER



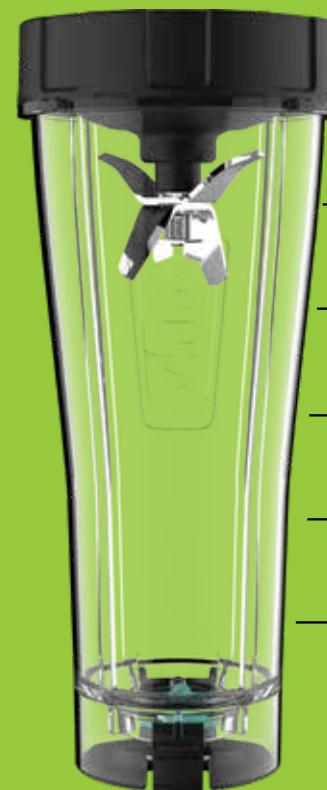
## PRECISION PROCESSOR™ BOWL



## TIPS FOR YOUR SINGLE-SERVE FRESHVAC™ CUP

### LOADING TIPS

Don't overfill the cup. If you feel resistance when attaching the Pro Extractor Blades® Assembly to the cup, remove some ingredients.



5



Top off with ice or frozen ingredients.

4



Next add any dry or sticky ingredients like seeds, powders, and nut butters.

3



Pour in liquid or yogurt next. For thinner results or a juice-like drink, add more liquid as desired.

2



Next add leafy greens and herbs.

1



Start by adding fresh fruits and vegetables.

### PREP TIPS

For best results, cut ingredients in 2.5cm chunks. Place frozen ingredients in the cup last.

Do not go past the max fill line when loading the cup.

**CAUTION:** Remove the Pro Extractor Blades® Assembly from the Single-Serve FreshVac™ Cup upon completion of blending. Do not store ingredients before or after blending in the cup with the blade assembly attached. Some foods may contain active ingredients or release gases that will expand if left in a sealed container, resulting in excessive pressure buildup that can pose a risk of injury. For ingredient storage in the cup, only use Spout Lid to cover.

## TIPS FOR YOUR FRESHVAC™ PITCHER



5



Top off with ice or frozen ingredients.

4



Next add any dry or sticky ingredients like seeds, powders, and nut butters.

3



Pour in liquid or yogurt next. For thinner results or a juice-like drink, add more liquid.

2



Next add leafy greens and herbs.

1



Start by adding fresh fruits and vegetables.

### PREP TIPS

For best results, cut ingredients in 2.5cm chunks. Do not place frozen ingredients first in the pitcher.

Do not go past the max fill line when loading the pitcher.

## TIPS FOR YOUR PRECISION PROCESSOR™ BOWL



3



Add liquid on top, as the last ingredient.

2



Place heavier ingredients, like chicken and root vegetables, on top of the greens and lettuces.

1



Place herbs, lettuces, and greens in the bowl first so they are at the bottom.

### PREP TIPS

Cut all ingredients to 2.5cm or as designated in each recipe.

Peel bell peppers with a vegetable peeler prior to cutting for best performance.

Do not go past the max fill line when loading the bowl.

# SMOOTHIES

## TROPICAL CHILL

**PREP:** 5 MINUTES

**CONTAINER:** 2.1L TOTAL CRUSHING® PITCHER

**MAKES:** 2-4 SERVINGS

### INGREDIENTS

1 ripe banana

120g honeydew melon chunks

1/4 lime, peeled, cut in half

350ml coconut water

240g frozen pineapple chunks

8 ice cubes

SMOOTHIES



### DIRECTIONS

- 1 Place all ingredients into the 2.1L Total Crushing Pitcher in the order listed.
- 2 Select SMOOTHIE.



# STRAWBERRY BANANA SMOOTHIE

**PREP:** 5 MINUTES

**CONTAINER:** 2.1L TOTAL CRUSHING® PITCHER

**MAKES:** 4 SERVINGS

## INGREDIENTS

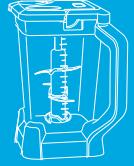
- 4 small ripe bananas, cut in half
- 470ml skimmed fat milk
- 87g agave nectar
- 600g frozen strawberries

## DIRECTIONS

- 1 Place all ingredients into the 2.1L Total Crushing Pitcher in the order listed.
- 2 Select SMOOTHIE.

SMOOTHIES





# GINGERED ACAI

**PREP:** 5 MINUTES

**CONTAINER:** 2.1L FRESHVAC™ PITCHER

**MAKES:** 6 SERVINGS

## INGREDIENTS

350g unsweetened acai berry puree, thawed

2 tablespoons fresh ginger, minced

830ml pomegranate juice

600g frozen strawberries

## DIRECTIONS

**1** Place all ingredients into the 2.1L FreshVac™ Pitcher in the order listed. If using the vacuum blending feature, see page 9 for instructions.

**2** Select SMOOTHIE.



### USE THE FRESHVAC™ PUMP

Enjoy visibly brighter drinks, with smooth textures, whilst designed to preserve nutrients.



**USE THE  
FRESHVAC™ PUMP**

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# AUTUMN BALANCER

**PREP:** 10 MINUTES

**CONTAINER:** 2.1L FRESHVAC™ PITCHER

**MAKES:** 4 SERVINGS

## INGREDIENTS

2 sweet potatoes, steamed, cooled, peeled, cut into 2.5cm pieces

470ml unsweetened almond milk

60ml maple syrup

1/4 teaspoon ground nutmeg

1 teaspoon sea salt

12 ice cubes

## SMOOTHIES



## DIRECTIONS

- 1 Place all ingredients into the 2.1L FreshVac Pitcher in the order listed. If using the vacuum blending feature, see page 9 for instructions.
- 2 Select SMOOTHIE. DO NOT BLEND HOT INGREDIENTS.



## BERRY ALMOND SMOOTHIE

**PREP:** 5 MINUTES

**CONTAINER:** 600ml SINGLE-SERVE FRESHVAC™ CUP

**MAKES:** 2 SERVINGS

### INGREDIENTS

1/2 small ripe banana, peeled, cut in half

250ml almond milk

1 tablespoon almond butter

150g frozen mixed berries

FRESHVAC™



### DIRECTIONS

- 1 Place all ingredients into the 600ml Single-Serve FreshVac™ Cup in the order listed. If using the vacuum blending feature, see page 8 for blade assembly instructions.
- 2 Select SMOOTHIE.
- 3 Remove blades from cup after blending. Attach spout lid to enjoy on the go.

### USE THE FRESHVAC™ PUMP

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# CREAMY BANANA ORANGE PROTEIN SHAKE

**PREP:** 5 MINUTES

**CONTAINER:** 600ml SINGLE-SERVE CUP

**MAKES:** 2 X 280ml SERVINGS

## INGREDIENTS

- 1/2 small ripe banana, cut into 2.5cm pieces
- 1 small navel orange, peeled, cut in half, pith removed
- 160ml unsweetened almond milk
- 1/4 teaspoon ground cinnamon
- 1 scoop vanilla protein powder
- 100g frozen mango chunks
- 2 ice cubes

## DIRECTIONS

- 1 Place all ingredients into the 600ml Single-Serve Cup in the order listed. If using the vacuum blending feature, see page 5 for blade assembly instructions.
- 2 Select SMOOTHIE.
- 3 Remove blades from cup after blending. Attach Spout Lid to enjoy on the go. If storing contents in the cup, refer to page 7 for instructions.

FRESHVAC™





**USE THE  
FRESHVAC™ PUMP**

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## CITRUS REFRESHER

**PREP:** 5 MINUTES

**CONTAINER:** 600ml SINGLE-SERVE CUP

**MAKES:** 2 X 250ml SERVINGS

### INGREDIENTS

1/2 pear, peeled, cored, cut into 2.5cm pieces

1/2 small pink grapefruit, peeled, cut in quarters, pith and seeds removed

1 small orange, peeled, cut in quarters, pith and seeds removed

1/4 lemon, peeled, pith and seeds removed

4 ice cubes

FRESHVAC™



### DIRECTIONS

- 1** Place all ingredients into the 600ml Single-Serve Cup in the order listed. If using the vacuum blending feature, see page 6 for instructions.
- 2** Select EXTRACT.
- 3** Remove blades from cup after blending. Attach Spout Lid to enjoy on the go. If storing contents in the cup, refer to page 7 for instructions.



**USE THE  
FRESHVAC™ PUMP**

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# POMEGRANATE STRAWBERRY BLAST

**PREP:** 5 MINUTES

**CONTAINER:** 600ml SINGLE-SERVE CUP

**MAKES:** 2 X 280ml SERVINGS

## INGREDIENTS

2.5cm piece beetroot, peeled

50g cantaloupe chunks

1 small orange, peeled, cut in half, pith and seeds removed, cut in quarters

160ml pomegranate juice

145g frozen strawberries

FRESHVAC™



## DIRECTIONS

- 1** Place all ingredients into the 600ml Single-Serve Cup in the order listed. If using the vacuum blending feature, see page 6 for instructions.
- 2** Select EXTRACT.
- 3** Remove blades from cup after blending. Attach Spout Lid to enjoy on the go. If storing contents in the cup, refer to page 7 for instructions.



**USE THE  
FRESHVAC™ PUMP**

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# CUCUMBER GINGER MELON

**PREP:** 5 MINUTES

**CONTAINER:** 600ml SINGLE-SERVE CUP

**MAKES:** 1 X 220ml SERVING

## INGREDIENTS

1/4 cucumber, cut in 2.5cm pieces

6mm piece fresh ginger, peeled

10g baby spinach

1/4 fresh lime, peeled, pith and seeds removed

160g honeydew melon chunks

60ml water

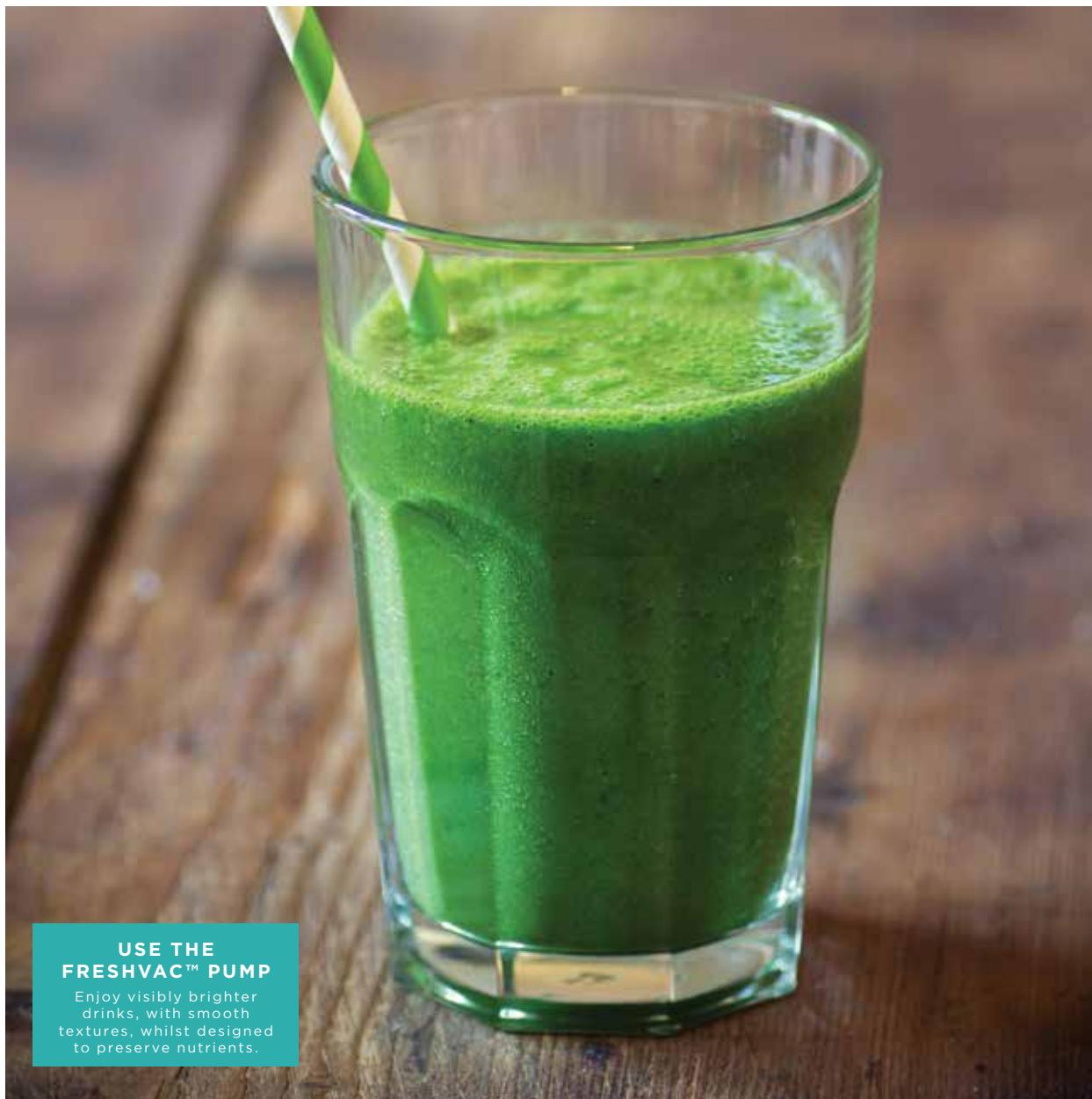
4 ice cubes

FRESHVAC™



## DIRECTIONS

- 1** Place all ingredients into the 600ml Single-Serve Cup in the order listed. If using the vacuum blending feature, see page 6 for instructions.
- 2** Select EXTRACT.
- 3** Remove blades from cup after blending. Attach Spout Lid to enjoy on the go. If storing contents in the cup, refer to page 7 for instructions.



**USE THE  
FRESHVAC™ PUMP**

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SMOOTHIES



## TROPICAL GREEN MACHINE

**PREP:** 5 MINUTES

**CONTAINER:** 600ML SINGLE-SERVE CUP

**MAKES:** 2 SERVINGS

### INGREDIENTS

- 1/2 small ripe banana, peeled
- 60g mango chunks
- 60g pineapple chunks
- 60g spinach leaves
- 60g kale leaves
- 120ml water
- 1 teaspoon flaxseed
- 4 ice cubes

### DIRECTIONS

- 1 Place all ingredients into the 600ml Single-Serve Cup in the order listed.
- 2 Select EXTRACT.
- 3 Remove blades from cup after blending.

# DIPS, SAUCES & DRESSINGS

## FRESH HERB RANCH DRESSING

**PREP:** 10 MINUTES

**CHILL:** 1 HOUR

**CONTAINER:** 600ML SINGLE-SERVE CUP

**MAKES:** 2 X 240ML

### INGREDIENTS

1 clove garlic, peeled

15g fresh parsley leaves

12 sprigs fresh chives, cut in 5cm pieces

2 tablespoons fresh tarragon leaves

120ml buttermilk

200g mayonnaise

1 tablespoon lemon juice

1/2 teaspoon sea salt

1 teaspoon ground black pepper

DIPS, SAUCES &  
DRESSINGS



### DIRECTIONS

- 1** Place all ingredients into the 600ml Single-Serve Cup in the order listed.
- 2** Select LOW for 30 seconds, or until desired consistency is reached.
- 3** Remove blades from cup after blending.
- 4** Chill 1 hour before serving.



# CLASSIC HUMMUS

**PREP:** 6 MINUTES

**CONTAINER:** 1.1L PRECISION PROCESSOR BOWL

**MAKES:** 4 SERVINGS

## INGREDIENTS

- 2 cans (400 g each) chickpeas, drained, liquid reserved
- 175 ml chickpea liquid
- 60 ml lemon juice
- 60 ml olive oil
- 2 cloves garlic, peeled
- 2 tablespoons tahini
- 1 teaspoon sea salt

## DIRECTIONS

- 1 Place all ingredients into the 1.1L Precision Processor Bowl in the order listed.
- 2 Select "START/STOP" and blend for 30 seconds, or until desired consistency is achieved.
- 3 Remove blades from cup after blending.

DIPS, SAUCES &  
DRESSINGS





# AVOCADO CAESAR DRESSING

**PREP:** 6 MINUTES

**CONTAINER:** 600ML SINGLE-SERVE CUP

**MAKES:** 4 SERVINGS

## INGREDIENTS

- 1 ripe avocado, quartered
- 3 garlic cloves, peeled
- 40g Parmesan cheese, cut into 2.5cm pieces
- 30g oil cured anchovy fillets
- 1/2 teaspoon ground black pepper
- 2 tablespoons freshly squeezed lemon juice
- 2 tablespoons apple cider vinegar
- 240ml cold water

## DIRECTIONS

- 1 Place all ingredients into the 600ml Single-Serve Cup in the order listed.
- 2 Select "START/STOP" and blend for 30 seconds, or until desired consistency is achieved.
- 3 Remove blades from cup after blending.

DIPS, SAUCES &  
DRESSINGS





## WALNUT & RED PEPPER DIP

**PREP:** 10 MINUTES

**CONTAINER:** 600ML SINGLE-SERVE CUP

**MAKES:** 6-8 SERVINGS

### INGREDIENTS

200g roasted red peppers  
1/4 large (15cm round) pita  
125g toasted walnuts  
2 tablespoons fresh lemon juice  
2 tablespoons tomato paste  
1/4 teaspoon red pepper flakes  
1 teaspoon ground cumin  
60ml olive oil  
1/8 teaspoon salt  
Pinch ground black pepper  
Cut vegetables and pita chips for dipping

### DIRECTIONS

- 1** Drain peppers and reserve liquid in a small bowl. Tear pita into 2.5cm pieces and place in the bowl of liquid to soften, about 3 minutes.
- 2** Place softened pita and the remaining ingredients, except cut vegetables and pita chips, into the 600ml Single-Serve Cup.
- 3** PULSE 3 times, then select START/STOP and blend for 35 to 40 seconds, or until smooth. Remove blades from cup after blending.
- 4** Place mixture into a serving bowl. Serve with cut vegetables and pita chips.



## CHIPOTLE SALSA

**PREP:** 15 MINUTES

**CHILL:** 1 HOUR

**CONTAINER:** 1.1L PRECISION PROCESSOR BOWL

**MAKES:** 4 SERVINGS

### INGREDIENTS

2 cans whole peeled tomatoes, drained  
1 small white onion, peeled, cut in quarters  
1 lime, peeled, cut in quarters, seeds removed  
1 jalapeño pepper, cut in quarters, seeds removed  
1 canned chipotle pepper in adobo sauce  
2 tablespoons adobo sauce  
60g fresh coriander, stems removed  
sea salt and pepper, to taste

### DIRECTIONS

- 1** Place all ingredients into the 1.1L Precision Processor Bowl in the order listed.
- 2** PULSE until desired consistency is reached.
- 3** Cover and chill at least 1 hour before serving.

# COCKTAILS

## FRESH CITRUS MARGARITA

**PREP:** 5 MINUTES

**CONTAINER:** 2.1L TOTAL CRUSHING® PITCHER

**MAKES:** 2-3 SERVINGS

### INGREDIENTS

1 lemon, peeled, cut in quarters, seeds removed

1 lime, peeled, cut in half, seeds removed

Juice of 1 orange

160ml tequila

60ml triple sec

32 ice cubes

### DIRECTIONS

- 1 Place all ingredients into the 2.1L Total Crushing Pitcher in the order listed.
- 2 Select FROZEN DRINK.

COCKTAILS





# STRAWBERRY DAIQUIRI

**PREP:** 5 MINUTES

**CONTAINER:** 2.1L TOTAL CRUSHING® PITCHER

**MAKES:** 5 SERVINGS

## INGREDIENTS

240ml lime juice

240ml light rum

600g frozen strawberries

## DIRECTIONS

**1** Place all ingredients into the 2.1L Total Crushing Pitcher in the order listed.

**2** Select FROZEN DRINK.

COCKTAILS





# TROPICAL COOLER

**PREP:** 10 MINUTES

**CONTAINER:** 2.1L TOTAL CRUSHING® PITCHER

**MAKES:** 8 SERVINGS

## INGREDIENTS

240ml pineapple chunks

1/2 jalapeño pepper, seeds removed

1cm piece fresh ginger, peeled

1/3 cucumber, peeled, cut in quarters

350ml coconut water

Juice of 1 1/2 limes

120ml silver tequila

3 tablespoons agave nectar

1/4 teaspoon ground coriander

420g frozen mango chunks

12 ice cubes

8 cucumber slices, for garnish

COCKTAILS



## DIRECTIONS

- 1** Place all ingredients into the 2.1L Total Crushing Pitcher in the order listed.
- 2** Select FROZEN DRINK.
- 3** Pour into chilled glasses and garnish with cucumber slices.

# SOUPS

## ROASTED GARLIC & ROMA TOMATO SOUP

**PREP:** 10 MINUTES

**COOK:** 15 MINUTES

**CONTAINER:** 2.1L TOTAL CRUSHING® PITCHER

**MAKES:** 6 SERVINGS

### INGREDIENTS

4 cloves garlic, peeled, roasted  
1 can peeled whole Roma tomatoes  
1 tablespoon fresh basil leaves  
240ml vegetable broth  
90g silken tofu  
3 tablespoons tomato paste  
3 tablespoons extra virgin olive oil  
1/2 teaspoon sea salt  
1/4 teaspoon ground black pepper

### DIRECTIONS

- 1** Place all ingredients into the 2.1L Total Crushing Pitcher in the order listed.
- 2** Select HIGH until desired consistency is reached.
- 3** Transfer mixture to a large saucepan and simmer over medium-low heat for 15 minutes, or until heated through.

**DO NOT BLEND HOT INGREDIENTS.**

SOUPS





# BUTTERNUT SQUASH SOUP

**PREP:** 20 MINUTES  
**COOK:** 40-45 MINUTES  
**CONTAINER:** 2.1L TOTAL CRUSHING® PITCHER  
**MAKES:** 8 SERVINGS

## INGREDIENTS

3 tablespoons olive oil  
1 large yellow onion, peeled, chopped  
150g cashew nuts  
1 large apple, peeled, cored, chopped  
1 large carrot, peeled, chopped  
900g butternut squash, peeled, cubed  
1 teaspoon fresh thyme leaves  
1 bay leaf  
950ml vegetable stock  
Sea Salt and black pepper, to taste

## DIRECTIONS

- 1** Heat oil in a large saucepan over medium heat. Add onion, cooking until it begins to soften, about 5 minutes. Add cashews and cook, stirring, for about 5 minutes.
- 2** Add apple, carrot, squash, thyme, and bay leaf to the saucepan and cook for 5 minutes. Add stock, salt, and pepper and stir to combine. Bring the mixture to a boil, then reduce heat to medium-low. Simmer until the squash is easily pierced with a knife, 20 to 25 minutes. Remove and discard bay leaf.
- 3** Allow the soup to cool to room temperature.
- 4** Working in two batches, ladle half the cooled mixture into the 2.1L Total Crushing Pitcher. Select PUREE and blend until desired consistency is reached. Repeat with remaining mixture.
- 5** Return soup to saucepan and simmer until heated through.

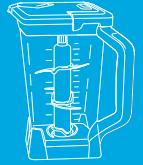
**DO NOT BLEND HOT INGREDIENTS.**

SOUPS





## SOUPS



# PEP IN YOUR STEP SOUP

**PREP:** 10 MINUTES

**COOK:** 10-15 MINUTES

**CONTAINER:** 2.1L TOTAL CRUSHING® PITCHER

**MAKES:** 3 SERVINGS

### INGREDIENTS

2 cloves garlic, peeled  
3 red bell peppers, roasted, peeled, cooled  
60ml sundried tomatoes  
60ml bunch Italian parsley, trimmed  
240ml vegetable broth  
60ml white wine  
Sea Salt and black pepper, to taste  
Balsamic vinegar, for garnish

### DIRECTIONS

- 1** Place all ingredients, except balsamic vinegar, into the 2.1L Total Crushing Pitcher in the order listed.
- 2** Select HIGH until desired consistency is reached.
- 3** Transfer soup to a medium saucepan and simmer until heated through, about 10 minutes. Serve in bowls garnished with a splash of balsamic vinegar.

**DO NOT BLEND HOT INGREDIENTS.**

# DESSERTS

## STRAWBERRY MINT SORBET

**PREP:** 5 MINUTES

**FREEZE:** 15 MINUTES-3 HOURS

**CONTAINER:** 2.1L TOTAL CRUSHING® PITCHER

**MAKES:** 4 SERVINGS

### INGREDIENTS

600g frozen strawberries

6 fresh mint leaves

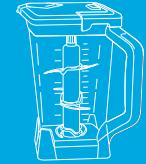
240ml pomegranate juice

2 tablespoons coconut sugar

### DIRECTIONS

- 1** Place all ingredients into the 2.1L Total Crushing Pitcher in the order listed.
- 2** Select ICE CREAM.
- 3** Remove mixture from the pitcher and place in the freezer for at least 15 minutes before serving. If you prefer a hard ice cream consistency, pour mixture into a loaf pan and freeze for 2 to 3 hours, or until hardened.

DESSERTS





# COCONUT PINEAPPLE SORBET

**PREP:** 10 MINUTES

**FREEZE:** 15 MINUTES-3 HOURS

**CONTAINER:** 2.1L TOTAL CRUSHING\* PITCHER

**MAKES:** 4 SERVINGS

## INGREDIENTS

- 200g frozen pineapple chunks
- 2 small frozen ripe bananas
- 2 tablespoons fresh lime juice
- 340ml unsweetened coconut milk
- 2 tablespoons agave nectar
- 1 teaspoon grated fresh ginger

## DIRECTIONS

- 1 Place all ingredients into the 2.1L Total Crushing Pitcher in the order listed.
- 2 Select ICE CREAM.
- 3 Remove mixture from the pitcher and place in the freezer for at least 15 minutes before serving. If you prefer a hard ice cream consistency, pour mixture into a loaf pan and freeze for 2 to 3 hours, or until hardened.

DESSERTS





### SERVING SUGGESTION

Create a delicious sundae by topping with crushed walnuts, almonds, or granola.

# BLUEBERRY VANILLA CHIP FREEZE

**PREP:** 10 MINUTES

**FREEZE:** 15 MINUTES-3 HOURS

**CONTAINER:** 2.1L TOTAL CRUSHING\* PITCHER

**MAKES:** 6 SERVINGS

## INGREDIENTS

100g white chocolate chips

180ml light cream

2 tablespoons lemon juice

1 teaspoon vanilla extract

600g frozen blueberries

## DESSERTS



## DIRECTIONS

- 1** Place all ingredients into the 2.1L Total Crushing Pitcher in the order listed.
- 2** Select ICE CREAM.
- 3** Remove mixture from the pitcher and place in the freezer for at least 15 minutes before serving. If you prefer a hard ice cream consistency, pour mixture into a loaf pan and freeze for 2 to 3 hours, or until hardened.



## KIWI, MELON & COCONUT ICE POPS

**PREP:** 10 MINUTES

**FREEZE:** 8 HOURS

**CONTAINER:** 600ML SINGLE-SERVE CUP

**MAKES:** 4 ICE POPS

### INGREDIENTS

1 kiwi, peeled, cut in quarters  
150g honeydew melon chunks  
240ml coconut milk  
Juice of 1/2 lime  
2 tablespoons agave nectar  
Pinch sea salt

### DIRECTIONS

- 1** Place all ingredients into the 600ml Single-Serve Cup in the order listed.
- 2** Select HIGH until desired consistency is reached.
- 3** Remove blades from cup after blending.
- 4** Pour mixture into ice pop molds and freeze for 8 hours or overnight.

DESSERTS



# MAINS & SIDES

## BUFFALO CHICKEN BURGERS

**PREP:** 15 MINUTES

**COOK:** 10 MINUTES

**CONTAINER:** 1.1L PRECISION PROCESSOR™ BOWL

**MAKES:** 4 BURGERS

### INGREDIENTS

#### Burgers

375g uncooked boneless skinless chicken breasts, cut into 2.5cm pieces

1 small carrot, peeled, cut into 2.5cm pieces

1 small stalk celery, cut into 2.5cm pieces

25g crumbled blue cheese

2 tablespoons cayenne pepper sauce, plus more for drizzling

30g bread crumbs

1 egg

2 tablespoons olive oil

#### For Serving

4 potato buns, toasted

Mixed greens or romaine lettuce

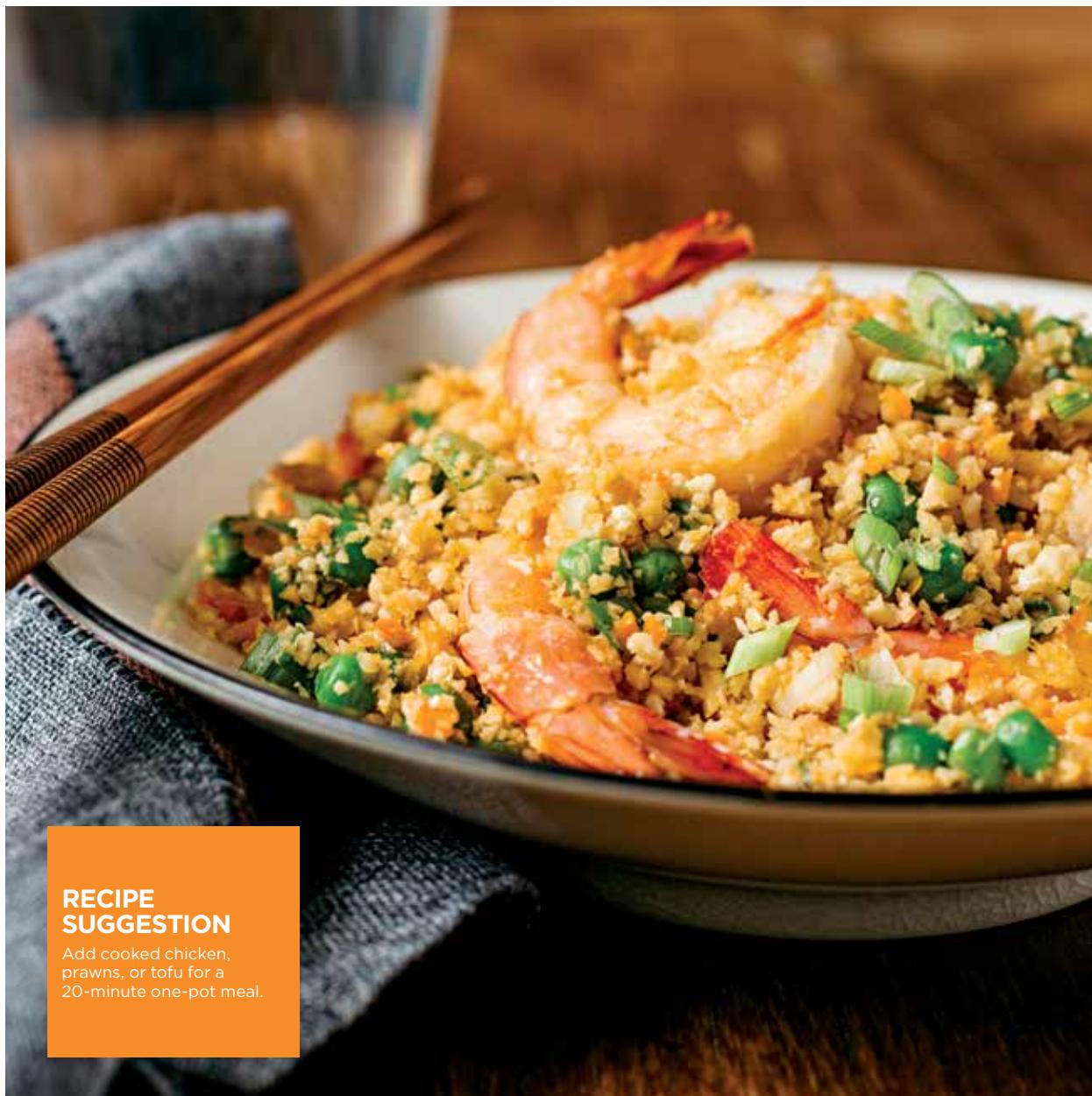
Chunky blue cheese dressing

### MAINS & SIDES



### DIRECTIONS

- 1 Place all burger ingredients, except olive oil, into the 1.1L Precision Processor Bowl in the order listed.
- 2 Select CHOP until ingredients are finely ground.
- 3 Heat olive oil in a large skillet over medium-high heat. Form meat mixture into 4 patties and place them in the skillet. Cook 5 minutes per side, or until internal temperature reaches 75°C.
- 4 Serve burgers on buns and top with lettuce, blue cheese dressing, and an extra drizzle of cayenne pepper sauce.



### RECIPE SUGGESTION

Add cooked chicken, prawns, or tofu for a 20-minute one-pot meal.

# CAULIFLOWER FRIED RICE

**PREP:** 15 MINUTES

**COOK:** 8 MINUTES

**CONTAINER:** 1.1L PRECISION PROCESSOR™ BOWL

**MAKES:** 2-4 SERVINGS

## INGREDIENTS

2.5cm piece fresh ginger, peeled

200g cauliflower florets

1 small carrot, peeled, cut into 2.5cm pieces

2 tablespoons sesame oil

2 spring onions, chopped

75g peas

2 tablespoons soy sauce

1/4 teaspoon ground black pepper

MAINS & SIDES



## DIRECTIONS

- 1** Place ginger into the 1.1L Precision Processor Bowl. Select CHOP.
- 2** Place cauliflower and carrot into the bowl. Select CHOP.
- 3** Add sesame oil to a medium sauté pan over medium-high heat. Allow pan to heat for 1 minute, then add cauliflower and carrot/ginger mixture. Cook for 5 minutes or until cauliflower is tender, stirring occasionally. Add green onions, peas, soy sauce, and pepper. Cook for 2 minutes or until heated through.



# COURGETTE QUINOA LATKES

**PREP:** 20 MINUTES

**COOK:** 10 MINUTES

**CONTAINER:** 1.1L PRECISION PROCESSOR™ BOWL WITH SHREDDER DISC

**MAKES:** 4 SERVINGS

## INGREDIENTS

2 medium courgette, ends cut off, trimmed

2 large eggs

1/2 teaspoon sea salt

1/2 teaspoon ground black pepper

30g breadcrumbs

90g quinoa, cooked

3 tablespoons olive oil

120g sour cream

2 tablespoons chives

MAINS & SIDES



## DIRECTIONS

**1** Place the Shredder Disc onto the spindle in the 1.1L Precision Processor Bowl and attach lid.

Select LOW. Using the food pusher, push zucchini through the feed chute.

**2** Transfer shredded courgette to a medium mixing bowl and add eggs, salt, black pepper, matzo meal, and cooked quinoa; stir to combine.

**3** In a nonstick skillet pan over medium heat, heat 1 tablespoon of olive oil at a time. Drop a spoonful of batter into oil and press lightly to flatten. Cook for 2 minutes per side, or until golden brown. Repeat with remaining batter.

**4** To serve, top each latke with sour cream and chives.



# TURKEY APPLE SAUSAGE PATTIES

**PREP:** 10 MINUTES

**COOK:** 10-15 MINUTES

**CONTAINER:** 1.1L PRECISION PROCESSOR™ BOWL

**MAKES:** 8 PATTIES

## INGREDIENTS

- 1 small onion, peeled, cut in quarters
- 2 apples, peeled, cored, cut in quarters
- 7g fresh sage leaves
- 1 tbsp olive oil
- 500g raw turkey breast, cut in 5cm cubes
- Pinch cinnamon
- $\frac{3}{4}$  tsp salt
- $\frac{3}{4}$  tsp fresh ground pepper

## DIRECTIONS

- 1 Preheat oven to 175°C. Line a baking tray with greaseproof paper; set aside.
- 2 Place the onion, apples and sage leaves into the 1.1L Precision Processor Bowl. Select CHOP.
- 3 Heat the olive oil in a medium skillet. Add the chopped onion mixture and saute 3 to 5 minutes, until soft. Remove from heat and place in a large bowl to cool slightly.
- 4 Place the cubed turkey into the 1.2L Blend & Prep Bowl. Select CHOP.  
Add the ground turkey to the bowl with the chopped onion mixture mix. Add the cinnamon, salt and pepper. Mix well, using your hands.
- 5 Form mixture into 8 patties and place on prepared baking tray. Bake 10 to 12 minutes, or until fully cooked.

**DO NOT BLEND HOT INGREDIENTS.**

MAINS & SIDES





## SPINACH & FETA EGG STRATA

**PREP:** 15 MINUTES + 4 HOURS REST

**COOK:** 20-25 MINUTES

**CONTAINER:** 1.1L PRECISION PROCESSOR™ BOWL

**MAKES:** 8 SERVINGS

### INGREDIENTS

- 1 loaf day-old French bread, crusts removed, torn into bite-sized pieces
- 5 large eggs
- 250ml single cream
- 55g Monterey Jack cheese, cubed
- 80g feta cheese, cubed
- 1/4 tsp ground nutmeg
- 1/2 teaspoon salt
- 1/4 teaspoon black pepper
- 80g cooked spinach, well drained

### DIRECTIONS

- 1 Coat a 23cm round baking pan with cooking oil spray. Place the torn bread into the pan and set aside.
- 2 Add the eggs, single cream, Monterey Jack cheese, feta cheese, nutmeg, salt, and pepper to the 1.1L Precision Processor Bowl.
- 3 Select CHOP and process until eggs are combined. Remove the lid and add the well-drained spinach. Select CHOP and process just until combined; be careful not to over-mix the spinach.
- 4 Pour the egg mixture over the bread. Cover and refrigerate for 4 hours to allow the egg mixture to soak into the bread.
- 5 Preheat oven to 175°C. Bake for 20 to 25 minutes, until puffed and golden brown.

MAINS & SIDES





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