

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



NINJA® ULTRA
PREP

FOOD & DRINK BLENDER

25 Delicious Recipes



MORE. MORE. AND MORE.

Get ready to bring creativity, fun and versatility to your kitchen. This mini kitchen system puts incredible culinary capabilities in the palm of your hand. Create everything from drinks and dips, to meals and desserts, all with a pulse of the Power Pod.

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GET TO KNOW YOUR BLADES



TOTAL CRUSHING® & POWER CHOPPING

Crush ice into delicious margaritas or chop veggies into salsa.



HIGH-SPEED BLENDING & NUTRIENT EXTRACTION*

Turn the toughest ingredients into your favorite smoothies, dips and dressings.



DOUGH & BATTER MIXING

Mix doughs and batters for main dishes and desserts.



LOADING YOUR JUG OR CUP

When loading the jug, use the Total Crushing® & Power Chopping Blade, High-Speed Blade or Dough Blade. If you feel resistance, remove some ingredients. Never fill past the Max Liquid line. When loading the cup, use the 600ml High-Speed Blade.

5 Top off with dry or sticky ingredients like seeds, powders and nut butters.

4 Pour in liquid or yoghurt next.

3 Next add leafy greens and herbs.

2 Add fresh fruits and vegetables.

1 Start with ice or frozen ingredients.



CAUTION: Remove the blade assembly from the jug or cup upon completion of blending. Do not store ingredients before or after blending in the jug or 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.

*Extract a drink containing vitamins and nutrients from fruits and vegetables.

MEET THE POWER POD

When it comes to blending, food processing, or mixing, you can't get any more hands-on than this. The Ninja® Ultra Prep™ gives you the power of one-touch pulsing, so you have complete control over the consistency of your ingredients.



PULSING WITH THE POD



COARSE & FINE CHOP
Use short pulses of 1/2 to 1 second.



ICE TO SNOW
Use 1-second pulses, then run continuously.



TEXTURED PUREE
Use 1-second pulses until desired consistency.



NUTRIENT EXTRACTION*
Use 1-second pulses, then run continuously.



SMOOTH PUREE
Use 1-second pulses, then run continuously.



DRESSINGS
Use 1-second pulses until desired consistency.



COOKIE DOUGH
Use 1-second pulses, then run continuously.



PIZZA DOUGH
Run continuously, pulsing if needed.



BROWNIE BATTER
Use 1-second pulses, then run continuously.

*Extract a drink containing vitamins and nutrients from fruits and vegetables.



AVOCADO TOAST

PREP: 10 MINUTES

BLADE: TOTAL CRUSHING® & POWER CHOPPING BLADE

MAKES: 4 SERVINGS

CONTAINER: JUG

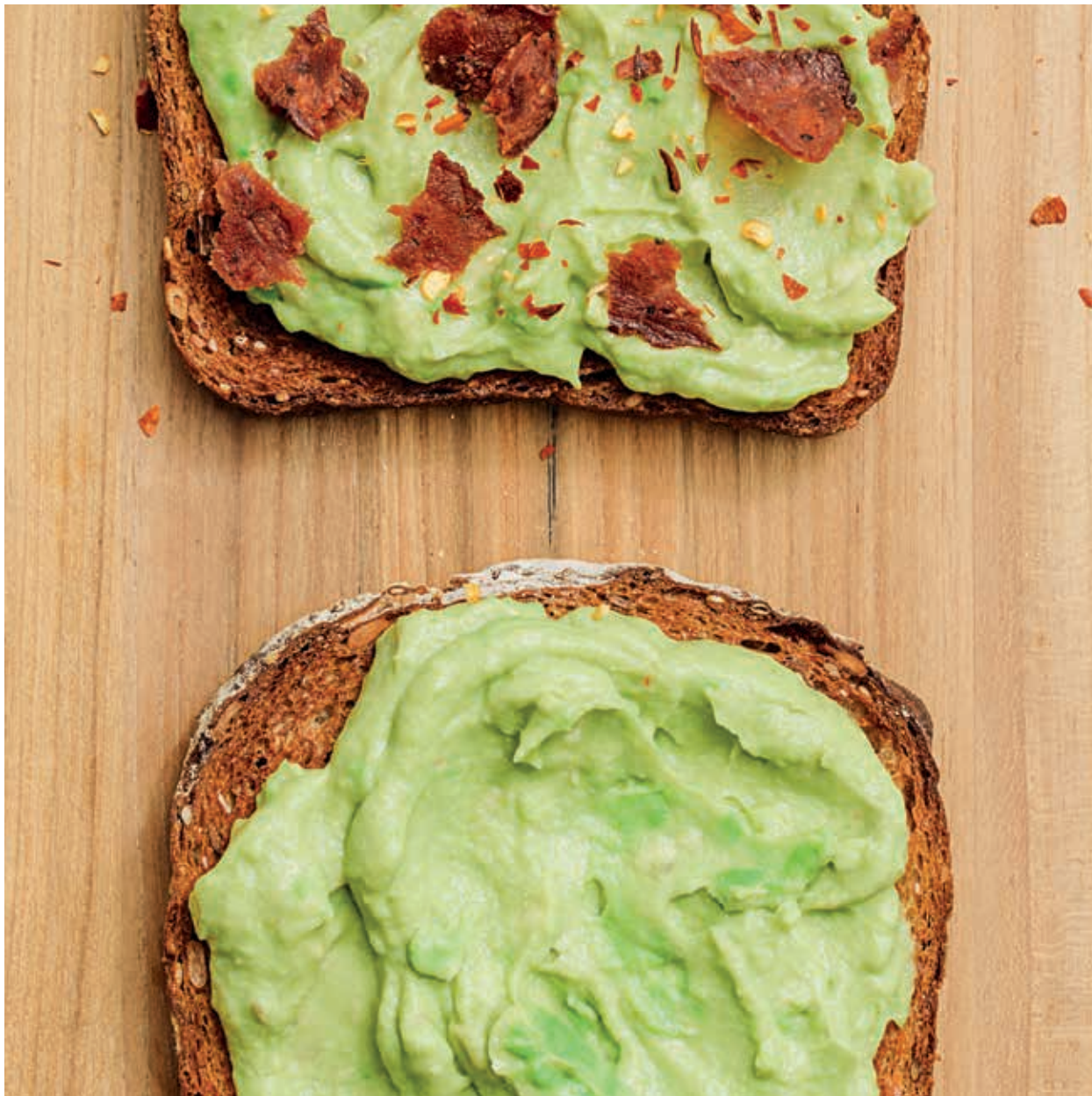
INGREDIENTS

- 4 slices bacon, cooked, cooled
- 2 ripe avocados, pit removed, peeled
- 1 tablespoon sriracha sauce
- 1 tablespoon fresh lime juice
- 1/4 teaspoon salt
- 1/4 teaspoon ground pepper
- 4 slices whole wheat bread, toasted

DIRECTIONS

- 1 Place the Total Crushing & Power Chopping Blade into the jug, then add cooled bacon.
- 2 Pulse 3 times, then transfer chopped bacon to a small bowl.
- 3 Add avocado, sriracha, lime juice, salt and pepper to the jug. Pulse 7 times, then run continuously for 20 seconds.
- 4 Top each slice of toasted bread with approximately 2 tablespoons avocado spread and chopped bacon.

DO NOT BLEND HOT INGREDIENTS.





STRAWBERRY BANANA SMOOTHIE

PREP: 5 MINUTES

BLADE: TOTAL CRUSHING* & POWER CHOPPING BLADE

MAKES: 3 SERVINGS

CONTAINER: JUG

INGREDIENTS

- 300g frozen strawberries
- 2 small ripe bananas, cut in half
- 500ml milk
- 60ml agave nectar

DIRECTIONS

- 1 Place the Total Crushing & Power Chopping Blade into the jug, then add all ingredients in the order listed.
- 2 Pulse 3 times, then run continuously for 45 seconds or until desired consistency is achieved.

FOR A SMALLER SERVING



PREP: 5 MINUTES

BLADE: HIGH-SPEED BLADE

MAKES: 1-2 SERVINGS

CONTAINER: CUP

INGREDIENTS

- 150g frozen strawberries
- 1 small ripe banana, cut in half
- 250ml milk
- 2 tablespoons agave nectar

DIRECTIONS

- 1 Place the High-Speed Blade into the cup, then add all ingredients in the order listed.
- 2 Pulse 3 times, then run continuously for 45 seconds or until desired consistency is achieved.
- 3 Remove blades from cup after blending.

COCONUT MANGO QUENCHER

PREP: 15 MINUTES

BLADE: HIGH-SPEED BLADE

MAKES: 4 SERVINGS

CONTAINER: JUG

INGREDIENTS

- 65g ice
- 210g frozen mango chunks
- 8 fresh mint leaves
- 1L coconut water

DIRECTIONS

- 1 Place the High-Speed Blade into the jug, then add all ingredients in the order listed.
- 2 Pulse 3 times, then run continuously for 45 seconds or until desired consistency is achieved.

FOR A SMALLER SERVING



PREP: 5 MINUTES

BLADE: HIGH-SPEED BLADE

MAKES: 2 SERVINGS

CONTAINER: CUP

INGREDIENTS

- 32g ice
- 105g frozen mango chunks
- 4 fresh mint leaves
- 500ml coconut water

DIRECTIONS

- 1 Place the High-Speed Blade into the cup, then add all ingredients in the order listed.
- 2 Pulse 3 times, then run continuously for 45 seconds or until desired consistency is achieved.
- 3 Remove blades from cup after blending.





BERRY TROPICAL SMOOTHIE

PREP: 10 MINUTES
BLADE: HIGH-SPEED BLADE
MAKES: 4 SERVINGS
CONTAINER: JUG

INGREDIENTS

130g ice
280g mango chunks
150g strawberries, hulled
140g blueberries
20g baby spinach
250ml water

DIRECTIONS

- 1 Place the High-Speed Blade into the jug, then add all ingredients in the order listed.
- 2 Pulse 3 times, then run continuously for 60 seconds or until desired consistency is achieved.

PREP: 5 MINUTES
BLADE: HIGH-SPEED BLADE
MAKES: 2 SERVINGS
CONTAINER: CUP

INGREDIENTS

65g ice
140g mango chunks
75g strawberries, hulled
70g blueberries
10g baby spinach
125ml water

DIRECTIONS

- 1 Place the High-Speed Blade into the cup, then add all ingredients in the order listed.
- 2 Pulse 3 times, then run continuously for 45 seconds or until desired consistency is achieved.
- 3 Remove blades from cup after blending.

FOR A SMALLER SERVING





FRESH CITRUS MARGARITA

PREP: 10 MINUTES

BLADE: TOTAL CRUSHING* & POWER CHOPPING BLADE

MAKES: 4 SERVINGS

CONTAINER: JUG

INGREDIENTS

- 520g ice
- 250ml tequila
- 250ml orange liqueur
- 250ml fresh lime juice
- 60ml fresh lemon juice
- 60ml fresh orange juice
- 2 tablespoons sugar or agave nectar (optional)

DIRECTIONS

- 1 Place the Total Crushing & Power Chopping Blade into the jug, then add all ingredients in the order listed.
- 2 Pulse 5 to 7 times, then run continuously for 45 seconds or until desired consistency is achieved.





FROSÉ

PREP: 5 MINUTES

FREEZE: 8 HOURS

BLADE: TOTAL CRUSHING* & POWER CHOPPING BLADE

MAKES: 4 SERVINGS

CONTAINER: JUG

INGREDIENTS

1/2 bottle (375ml) dry rosé
300g strawberries, hulled
75ml fresh lime juice
70g granulated sugar

DIRECTIONS

- 1 Pour rosé into ice cube trays and freeze for 8 hours or overnight.
- 2 Place the Total Crushing & Power Chopping Blade into the jug, then add frozen wine cubes and remaining ingredients.
- 3 Pulse 3 times, then run continuously for 10 seconds or until desired consistency is achieved.

SPICY MEDITERRANEAN FETA DIP

PREP: 5 MINUTES

BLADE: HIGH-SPEED BLADE

MAKES: 12 SERVINGS

CONTAINER: JUG

INGREDIENTS

65g pepperoncini peppers, tops removed
1 tablespoon fresh oregano leaves
1 tablespoon olive oil
1 tablespoon lemon juice
1 teaspoon tabasco pepper sauce
1/4 teaspoon salt
1/4 teaspoon ground black pepper
240g crumbled feta
120g sour cream

DIRECTIONS

- 1 Place the High-Speed Blade into the jug, then add all ingredients in the order listed.
- 2 Pulse 3 times, then run continuously for 30 seconds, or until ingredients are well combined.
- 3 Serve with Pitta Bread (page 26).





TZATZIKI SAUCE

PREP: 10 MINUTES

BLADE: TOTAL CRUSHING* & POWER CHOPPING BLADE

MAKES: 8 SERVINGS

CONTAINER: JUG

INGREDIENTS

1 seedless cucumber, cut in quarters, ends trimmed

2 cloves garlic, peeled

12 fresh mint leaves

230g Greek yoghurt

1 tablespoon lemon zest

1 tablespoon lemon juice

1 tablespoon extra virgin olive oil

1 1/4 teaspoons salt, divided

Freshly ground black pepper, to taste

Fresh dill, for garnish

DIRECTIONS

1 Place the Total Crushing & Power Chopping Blade into the jug, then add cucumber, garlic and mint. Pulse 5 times, or until coarsely chopped.

2 Transfer mixture to a colander and sprinkle with 1/4 teaspoon salt. Press mixture to drain excess liquid.

3 Transfer mixture to a small bowl and add remaining ingredients, except dill and stir to combine.

Serve with Greek Meatballs (page 34) and Pitta Bread (page 26). Garnish with dill.





CARROT HOUMOUS

PREP: 30 MINUTES

COOK: 20 MINUTES

COOL: 20 MINUTES

BLADE: HIGH-SPEED BLADE

MAKES: 8 SERVINGS

CONTAINER: JUG

INGREDIENTS

230g carrots, peeled, cut in 2.5cm pieces

3 cloves garlic, peeled

60ml extra virgin olive oil

1½ teaspoons salt, divided

160g canned chickpeas, drained

125ml vegetable stock

60ml fresh lemon juice

½ teaspoon cayenne pepper

1 teaspoon paprika

DIRECTIONS

- 1 Preheat oven to 220°C .
- 2 Place carrots and garlic in a bowl and toss with olive oil and ½ teaspoon salt. Roast for 20 minutes. Remove from oven and let cool 20 minutes.
- 3 Place the High-Speed Blade into the jug, then add all ingredients in the order listed.
- 4 Pulse 6 to 10 times, then run continuously for 60 seconds, or until ingredients are well combined.
- 5 Serve houmous with Pitta Bread (page 26).

DO NOT BLEND HOT INGREDIENTS.

TIP

Feel like switching up your houmous? Swap in edamame or cooked beetroot for the roasted carrots.



PEANUT DRESSING

PREP: 10 MINUTES

CONTAINER: CUP

MAKES: 375ML

INGREDIENTS

4 cloves garlic, peeled
60ml agave nectar
60ml soy sauce
60ml rice wine vinegar
135g peanut butter

DIRECTIONS

- 1 Place the High-Speed Blade into the cup, then add all ingredients in the order listed.
- 2 Pulse 5 times, then run continuously for 60 seconds or until desired consistency is achieved.
- 3 Remove blades from cup after blending.
- 4 Served with Spicy Peanut Chopped Salad (page 37).

TOMATO BASIL SOUP

PREP: 10 MINUTES

COOK: 40 MINUTES

COOL: 15-20 MINUTES

BLADE: HIGH-SPEED BLADE

MAKES: 2 SERVINGS

CONTAINER: JUG

INGREDIENTS

8 tomatoes, cored, cut in half
2 small yellow onions, peeled, cut in quarters
12 cloves garlic, peeled
60ml olive oil
1½ teaspoons salt, divided
180ml chicken stock
5 fresh basil leaves
½ teaspoon dried oregano

DIRECTIONS

- 1 Preheat oven to 200°C.
- 2 Place tomatoes (cut-side down), onions and garlic onto baking sheet. Drizzle with olive oil and 1 teaspoon salt. Toss to evenly coat.
- 3 Roast for 30 minutes, or until tomatoes and onions have released moisture and are extremely soft.
- 4 Remove mixture from oven and let cool 15 to 20 minutes.
- 5 Place the High-Speed Blade into the jug, then add cooled vegetables, chicken stock, ½ teaspoon salt, basil and oregano.
- 6 Pulse 3 times, then run continuously for 60 seconds or until desired consistency is achieved.
- 7 Transfer soup to medium pot over medium-high heat and cook for 10 minutes, or until heated through.

DO NOT BLEND HOT INGREDIENTS.





ROASTED BUTTERNUT SQUASH & APPLE SOUP

PREP: 10 MINUTES

COOK: 55 MINUTES

COOL: 15-20 MINUTES

BLADE: HIGH-SPEED BLADE

MAKES: 4 SERVINGS

CONTAINER: JUG

INGREDIENTS

230g small butternut squash, peeled, cut in 2.5cm pieces

1 green apple, cut in quarters, sliced

2 cloves garlic, peeled

2 tablespoons olive oil

1 teaspoon salt, divided

¼ teaspoon paprika

500ml chicken or vegetable stock

Pinch ground black pepper

DIRECTIONS

- 1** Preheat oven to 200°C.
- 2** Place butternut squash, apple and garlic onto baking sheet. Drizzle with olive oil and ½ teaspoon salt. Toss to evenly coat. Roast for 40 minutes.
- 3** After 40 minutes, sprinkle mixture with paprika, then place back in oven and roast for another 5 minutes.
- 4** Remove mixture from oven and let cool for 15 to 20 minutes.
- 5** Place the High-Speed Blade into the jug, then add cooled squash mixture, stock, ½ teaspoon salt and pepper.
- 6** PULSE 3 times, then run continuously for 60 seconds or until desired consistency is achieved.
- 7** Transfer soup to medium pot over medium-high heat and cook for 10 minutes, or until heated through.

DO NOT BLEND HOT INGREDIENTS.





MARGHERITA PIZZA

PREP: 20 MINUTES

RISE: 1 HOUR

COOK: 20-25 MINUTES

BLADE: DOUGH BLADE

MAKES: 2 (25CM) PIZZAS

CONTAINER: JUG

INGREDIENTS

Dough

1 packet (2 1/4 teaspoons) active dry yeast

1 1/2 teaspoons sugar

150ml warm water

320g all-purpose flour

1/2 teaspoon salt

60ml extra virgin olive oil

Toppings

125ml pizza sauce

220g shredded mozzarella

250g salad tomatoes, sliced

Salt and black pepper, to taste

10g fresh basil leaves, for garnish

DIRECTIONS

- 1 Place the Dough Blade into the jug, then add yeast, sugar and warm water and let sit until foamy, about 5 minutes.
- 2 Add flour, salt and olive oil to the jug. Run continuously for 30 seconds, or until a dough ball forms.
- 3 Place dough ball in a lightly oiled bowl and cover loosely with plastic wrap. Let rise in a warm place for 1 hour, or until dough ball doubles in size.
- 4 Once dough has risen, preheat oven to 200°C.
- 5 Cut dough ball in half. Roll out one half into a 25cm disc and place on a lightly oiled baking pan. Repeat with other half.
- 6 Top each rolled-out dough with 60ml pizza sauce, spreading it out in a thin and even layer. Sprinkle on mozzarella and top with tomatoes. Season with salt and pepper to taste.
- 7 Bake 20 to 25 minutes, or until crust is golden brown and cooked through. Garnish with fresh basil.





PITTA BREAD

PREP: 30 MINUTES

REST: 1-2 HOURS

COOK: 24 MINUTES

BLADE: DOUGH BLADE

MAKES: 12 PITTAS

CONTAINER: JUG

INGREDIENTS

250ml warm water

2 teaspoons active dry or instant yeast

400g all-purpose flour, plus
up to 80g more if needed

1 teaspoon salt

1 teaspoon extra virgin olive oil

DIRECTIONS

- 1** Place the Dough Blade into the jug, then add warm water and yeast. Let sit for about 5 minutes, or until yeast is dissolved.
- 2** Add 400g flour, salt and olive oil to the jug. Run continuously for 30 seconds, or until a dough ball forms.
- 3** Turn dough out onto a floured surface. Knead dough for about 5 to 7 minutes, or until smooth and elastic.
- 4** Lightly coat a bowl with olive oil. Place dough in bowl and cover with plastic wrap. Let rest for 1 to 2 hours, or until doubled in size.
- 5** Gently turn out the dough onto a clean, lightly floured surface. Divide into 12 equal pieces.
- 6** Using a floured rolling pin, roll out each piece into a circle about 3mm thick.
- 7** Warm a cast iron skillet over medium heat. Place dough circles one at a time into the skillet and cook for 1 minute, or until bubbles start to form. Then flip and cook for an additional 1 minute.
- 8** Serve pittas with Greek Meatballs (page 34) and Tzatziki Sauce (page 16).



TIP

Add up to 40g flour if dough is too wet or up to a tablespoon of water if dough is too dry.



SPICY BURRITO BOWL

PREP: 30 MINUTES

COOK: 10 MINUTES

BLADE: TOTAL CRUSHING* & POWER CHOPPING BLADE

MAKES: 4 SERVINGS

CONTAINER: JUG

INGREDIENTS

Filling

500g uncooked pork chops,
cut in 2.5cm pieces

2 cloves garlic, peeled

½ large red bell pepper, cut in 2.5cm pieces

½ red onion, peeled, cut in 2.5cm pieces

1 chipotle pepper in adobo sauce

Zest and juice from 1 large lime
(1 teaspoon zest and 1 tablespoon
plus 1 teaspoon juice)

1 tablespoon honey

1 teaspoon salt

1 tablespoon olive oil

½ can (200g) black beans or
pinto beans, rinsed, drained

125g hot cooked rice

Toppings

40g cooked corn kernels

5g fresh coriander leaves

DIRECTIONS

- 1 Place the Total Crushing & Power Chopping Blade into the jug, then add pork, garlic, red pepper, red onion, chipotle pepper, lime zest and juice, honey and salt.
- 2 Pulse 5 times, or until ingredients are finely ground.
- 3 Heat oil in a large skillet over medium-high heat. Add meat mixture and cook about 10 minutes, stirring occasionally, or until pork is cooked through and most liquid has evaporated. Stir in the beans and cooked rice.
- 4 Serve in 4 bowls, topped with corn and coriander.





BACON & BROCCOLI CHOPPED SALAD

PREP: 20 MINUTES

BLADE: TOTAL CRUSHING* & POWER CHOPPING BLADE

MAKES: 4 SERVINGS

CONTAINER: JUG

INGREDIENTS

Dressing

- 200g mayonnaise
- 60ml white vinegar
- 2 tablespoons sugar
- 1 teaspoon salt
- ¼ teaspoon black pepper

Salad

- 450g broccoli florets, cut in 3.75cm pieces
- ¼ small red onion, peeled, cut in half
- 35g dried cranberries
- 5 slices cooked bacon, cooled, cut in half
- 110g grated cheddar cheese
- 2 tablespoons roasted sunflower seeds

DIRECTIONS

- 1** Place all dressing ingredients into a small bowl. Whisk until smooth; set aside.
- 2** Place the Total Crushing & Power Chopping Blade into the jug, then add broccoli, onion, dried cranberries and cooled bacon. Pulse 5 times, or until well chopped.
- 3** Transfer broccoli mixture to a bowl. Add remaining ingredients and toss with half the dressing, adding more if desired.

DO NOT BLEND HOT INGREDIENTS.





BAKED FALAFEL

PREP: 30 MINUTES

CHILL: 2 HOURS

COOK: 20 MINUTES

BLADE: TOTAL CRUSHING® & POWER CHOPPING BLADE

MAKES: 6 SERVINGS

CONTAINER: JUG

INGREDIENTS

- 1 can (400g) chickpeas, rinsed, drained
- 1 small white onion, peeled, cut in quarters
- 4 cloves garlic, peeled
- 15g fresh parsley
- 15g fresh coriander
- 1 teaspoon salt
- 2 tablespoons sriracha
- 2 teaspoons ground cumin
- 2 teaspoons baking powder
- 120g all-purpose flour

DIRECTIONS

- 1** Preheat oven to 220°C. Line a baking sheet with parchment paper or silicone baking mat.
- 2** Place the Total Crushing & Power Chopping Blade into the jug, then add all ingredients except baking powder and flour, in the order listed (chickpeas, onion, garlic, parsley, coriander, salt, sriracha and cumin).
- 3** Pulse 6 times, then use a spatula to scrape down the sides of the jug. Add baking powder and flour, then pulse 6 to 8 times, being careful to not to over-process.
- 4** Transfer mixture to a small bowl. Cover and refrigerate for 2 hours.
- 5** Using a 4cm ice cream scoop, scoop mixture into balls and place on prepared baking sheet.
- 6** Bake falafel for 20 minutes, flipping after 10 minutes.
- 7** Serve with Pitta Bread (page 26) and Tzatziki Sauce (page 16).





GREEK MEATBALLS

PREP: 20 MINUTES

COOK: 15 MINUTES

BLADE: TOTAL CRUSHING* & POWER CHOPPING BLADE

MAKES: 8 SERVINGS

CONTAINER: JUG

INGREDIENTS

500g top round beef, cut in 2.5cm pieces
 1/2 small white onion, peeled, cut in half
 25g panko bread crumbs
 5g fresh flat-leaf parsley, leaves only
 2 cloves garlic, peeled
 1 tablespoon lemon zest
 1 egg
 2 teaspoons dried oregano
 1 teaspoon ground coriander
 1 teaspoon ground cumin
 1/2 teaspoon ground cinnamon
 2 teaspoons salt
 45g feta cheese
 1 tablespoon olive oil

DIRECTIONS

- 1 Preheat oven to 200°C.
- 2 Place the Total Crushing & Power Chopping Blade into the jug, then add all ingredients, except olive oil, in the order listed. Pulse 3 times, then run continuously for 30 seconds or until desired consistency is achieved.
- 3 Shape mixture into 20 meatballs.
- 4 Heat olive oil in large skillet for 1 minute until shimmering. Sauté meatballs in batches for 1 minute, then flip and sauté an additional 30 seconds until browned on both sides.
- 5 Place meatballs on a lightly greased cookie sheet and bake 10 minutes.
- 6 Serve meatballs warm with Pitta Bread (page 26) and Tzatziki Sauce (page 16).





RAINBOW RICE

PREP: 15 MINUTES

COOK: 5 MINUTES

CONTAINER: JUG

BLADE: TOTAL CRUSHING® & POWER CHOPPING BLADE

MAKES: 3 SERVINGS

CONTAINER: JUG

INGREDIENTS

- 1 medium carrot, peeled, cut in 2.5cm pieces
- 2 cloves garlic, peeled
- 150g white cauliflower, cut in 2.5cm florets
- 150g purple sprouting broccoli, cut in 2.5cm pieces
- 2 tablespoons sesame oil
- 2 spring onions, chopped
- 75g peas
- 2 1/2 tablespoons soy sauce
- 1/2 teaspoon salt
- 1/4 teaspoon black pepper

DIRECTIONS

- 1** Place the Total Crushing & Power Chopping Blade into the jug, then add carrot, garlic, cauliflower and broccoli.
- 2** Pulse 4 to 6 times, or until evenly combined.
- 3** Add sesame oil to a medium sauté pan over medium-high heat. Allow pan to heat for 1 minute, then add cauliflower and broccoli mixture. Cook for 5 minutes, or until cauliflower and broccoli is tender, stirring occasionally. Add remaining ingredients and cook for 2 minutes, or until heated through.

SPICY PEANUT CHOPPED SALAD

PREP: 15 MINUTES

CHILL: 1-2 HOURS

BLADE: TOTAL CRUSHING® & POWER CHOPPING BLADE

MAKES: 2 SERVINGS

INGREDIENTS

- 2 tablespoons roasted peanuts, plus more for serving
- 1 carrot, peeled, cut in 2.5cm pieces
- 1 bunch asparagus, ends trimmed, cut in 2.5cm pieces
- 10g fresh coriander leaves, plus more for serving
- 130g frozen peas, thawed
- 75ml Peanut Dressing (page 20)
- 1 1/2 teaspoons crushed red pepper

DIRECTIONS

- 1** Place the Total Crushing & Power Chopping Blade into the jug, then add peanuts, carrot, asparagus and coriander.
- 2** Pulse 4 to 5 times, or until ingredients are evenly chopped.
- 3** Transfer mixture to a large bowl. Add peas, Peanut Dressing, and crushed red pepper and stir to combine.
- 4** Chill salad in refrigerator for 1 to 2 hours before serving.
- 5** When ready to serve, garnish with additional coriander and peanuts.





CHOCOLATE CHIP COOKIES

PREP: 10 MINUTES

COOK: 10-12 MINUTES

COOL: 20 MINUTES

BLADE: DOUGH BLADE

MAKES: 20 COOKIES

CONTAINER: JUG

INGREDIENTS

- 1 egg
- 50g plus 2 tablespoons sugar
- 60g plus 2 tablespoons brown sugar
- 230g butter, softened
- 1/2 teaspoon vanilla extract
- 160g plus 2 tablespoons flour
- 1/2 teaspoon salt
- 1/2 teaspoon baking soda
- 185g chocolate chips

DIRECTIONS

- 1 Preheat oven to 190°C.
- 2 Place the Dough Blade into the jug, then add egg, sugars, butter and vanilla.
- 3 Run continuously for 30 seconds.
- 4 Add flour, salt and baking soda to the jug. Pulse 5 times, then run continuously for 45 seconds or until well combined.
- 5 Carefully remove Dough Blade from the jug. Using a spoon, stir in chocolate chips.
- 6 Scoop heaped teaspoons of dough onto an ungreased cookie sheet about 5cm apart.
- 7 Bake 10 to 12 minutes, or until golden brown on bottom. Place cookies on a rack to cool before serving.

RECIPE SUGGESTION

You can toast your own shredded coconut. Just bake at 190°C for 4 minutes, or until light golden brown.





EDIBLE BROWNIE BATTER

PREP: 30 MINUTES

COOK: 10 MINUTES

BLADE: DOUGH BLADE

MAKES: 22 SERVINGS

CONTAINER: JUG

INGREDIENTS

160g all-purpose flour

60ml milk

1 teaspoon vanilla extract

1 stick (230g) unsalted butter,
room temperature, cubed

210g granulated sugar

230g light brown sugar, packed

25g cocoa powder

1/2 teaspoon baking soda

1/2 teaspoon salt

90g semi-sweet chocolate chips

DIRECTIONS

- 1** Preheat oven to 175°C. Spread flour on a baking sheet and bake for 10 minutes. Remove from oven and let cool at least 20 minutes.
- 2** Place the Dough Blade into the jug, then add milk, vanilla, butter and sugars. Pulse 3 times, then run continuously for 45 seconds.
- 3** Add cocoa powder, baking soda and salt. Run continuously for 15 seconds.
- 4** Add flour. Pulse 5 to 7 times, then run continuously for 30 seconds, or until well combined.
- 5** Remove Dough Blade and fold chocolate chips into the batter with a spatula.

DO NOT BLEND HOT INGREDIENTS.



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PREP[™]

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