

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

NINJA®

AIR FRYER MAX

QUICK START GUIDE



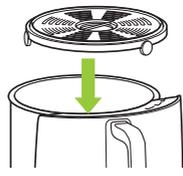
**+ COOKING CHARTS
+ 20 IRRESISTIBLE RECIPES**

AIR FRY



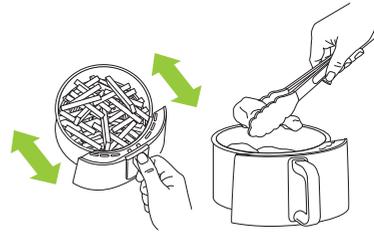
PREHEAT

For best cooking and crisping results, always preheat your Ninja® Air Fryer for 3 minutes.



CRISPER PLATE

The crisper plate promotes overall browning. We recommend using it every time you air fry.



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.

USING YOUR AIR FRYER'S FUNCTIONS

Pull crispy meals out of thin air.

The Ninja® Air Fryer Max circulates super-hot air around your food to remove moisture from its surface to give it that golden-brown, crispy finish.

PREHEAT RECOMMENDATION: Let the unit preheat for 3 minutes before adding ingredients.

FUNCTION	ACCESSORY REQUIRED	TEMP	TIME
MAX CRISP Add extra crispiness and crunch to your food.	Crisper Plate	There is no temp adjustment available or necessary when using the Max Crisp function	Set time, in minutes and press START/STOP to begin
AIR FRY Crisp without the guilt of deep-fried food.	Crisper Plate	Adjust temp as needed	Set time, in minutes and press START/STOP to begin

FUNCTION	ACCESSORY REQUIRED	TEMP	TIME
ROAST Roast foods traditionally made in an oven without the crisper plate.		Adjust temp as needed	Set time, in minutes and press START/STOP to begin
BAKE Bake your favourite foods traditionally made in an oven.	Crisper Plate	Adjust temp as needed	Set time, in minutes and press START/STOP to begin
REHEAT Perfect for reviving your leftovers.	Crisper Plate	Adjust temp as needed	Set time, in minutes and press START/STOP to begin
DEHYDRATE Gently and slowly remove moisture from foods to create delicious homemade snacks.	Crisper Plate	Adjust temp as needed	Set time, in minutes and press START/STOP to begin

For inspiring recipes and cooking charts, visit ninjakitchen.eu.

AIR FRY TIPS & TRICKS



SHAKE, SHAKE, SHAKE

Check food and shake pan frequently for even browning.



AUTO-STOP AND START

The unit will automatically pause cooking when the pan is removed and will resume cooking when the pan is replaced.



CONVERT OVEN RECIPES

Convert oven recipes by using the Roast or Bake function and reducing the temperature by 10°C. Check food frequently to avoid overcooking.



FREESTYLING RECIPES

If you are cooking less food than the recipe calls for, remember to reduce the cook time. If you're cooking a bit more, increase the cook time. Check food frequently.



AIR FRYING FRESH INGREDIENTS

For best results with fresh vegetables, using at least 1 tablespoon of oil is a good rule of thumb, but you can use more or less to achieve your desired level of crispiness.



DON'T OVERCROWD

Evenly arrange and space ingredients out to ensure consistent browning.



SECURE YOUR FOOD

To keep lightweight foods from being blown around by the fan, secure them with cocktail sticks.



MORE EVEN BROWNING

Use an oil spritzer or cooking spray to evenly coat ingredients for more consistent browning.

DEHYDRATE TIPS & TRICKS



SLICING

Use a mandolin slicer to get consistent, thin fruit and vegetable slices. Fruits and veggies should be sliced as thinly as possible without falling apart.



PREVENT OXIDATION

Fruits like apples and pears quickly oxidise when cut. To delay oxidation, soak them in water with a squeeze of lemon juice for 5 minutes.



DRY BEFORE YOU DEHYDRATE

Pat fruits and vegetables as dry as possible before placing them in the pan.



DON'T OVERLAP

Lay ingredients flat and close together to optimise space. Individual pieces should not overlap or be stacked.



TRIM THE FAT

Before dehydrating beef or poultry, make sure to trim off all fat, as it does not dry out and could turn bad.



PASTEURISING JERKY

Finish off dehydrated meats and fish by using the Roast function at 160°C for 1 minute to fully pasteurise them.



HOW LONG TO DEHYDRATE?

Most fruits and veggies take 6-8 hours, while jerky takes 5-7 hours. The longer you dehydrate ingredients, the crispier they will become.



STORAGE

To maximise shelf-life, store dehydrated foods at room temperature in an airtight container up to 2 weeks.

Air Fry Cooking Chart

INGREDIENT	AMOUNT	PREPARATION	TOSS IN OIL	TEMP	COOK TIME
VEGETABLES					
Asparagus	2 bunches	Whole, stems trimmed	2 tsp	200°C	11-13 mins
Beetroot	6 small or 4 large (1Kg)	Whole	None	200°C	45-60 mins
Bell peppers (for roasting)	4 peppers	Whole	None	200°C	26-30 mins
Broccoli	1 head	Cut in 2.5cm florets	1 Tbsp	200°C	13-16 mins
Brussel sprouts	900g	Cut in half, stem removed	1 Tbsp	200°C	18-22 mins
Butternut squash	900g	Cut in 2.5cm pieces	1 Tbsp	200°C	23-26 mins
Carrots	900g	Peeled, cut in 1.5cm pieces	1 Tbsp	200°C	20-24 mins
Cauliflower	2 heads	Cut in 2.5cm florets	2 Tbsp	200°C	20-24 mins
Corn on the cob	4	Whole ears, husks removed	1 Tbsp	200°C	12-15 mins
Green beans	700g	Trimmed	1 Tbsp	200°C	12-14 mins
Kale (for chips)	225g	Torn in pieces, stems removed	None	150°C	8-10 mins
Mushrooms	2 punnets (250g each)	Rinsed, cut in quarters	1 Tbsp	200°C	10-12 mins
Potatoes, russet	900g	Cut in 2.5cm wedges	1 Tbsp	200°C	20-25 mins
	450g	Hand-cut fries*, thin	1/2-3 Tbsp vegetable oil	200°C	20-24 mins
	900g	Hand-cut fries*, thick	1/2-3 Tbsp vegetable oil	200°C	23-26 mins
	4 whole 185-250g	Pierced with fork 3 times	None	200°C	30-35 mins
Potatoes, sweet	900g	Cut in 2.5cm chunks	1 Tbsp	200°C	20-24 mins
	185-250g	Pierced with fork 3 times	None	200°C	30-35 mins
Courgette	900g	Cut in quarters lengthwise, then cut in 2.5cm pieces	1 Tbsp	200°C	18-20 mins
POULTRY					
Chicken breasts	2 breasts	Bone in	Brushed with oil	190°C	25-35 mins
	2 breasts	Boneless	Brushed with oil	190°C	18-22 mins
Chicken thighs	4 thighs	Bone in	Brushed with oil	200°C	22-28 mins
	4 thighs	Boneless	Brushed with oil	200°C	18-22 mins
Chicken wings	1.4Kg	Drumettes & flats	1 Tbsp	200°C	22-26 mins
FISH & SEAFOOD					
Fish cakes	2 cakes	None	Brushed with oil	175°C	12-15 mins
Lobster tails	4 tails	Whole	None	190°C	5-8 mins
Salmon fillets	2 fillets	None	Brushed with oil	200°C	10-13 mins
Prawns	16 large	Whole, peeled, tails on	1 Tbsp	200°C	9-11 mins
BEEF					
Burgers	4 quarter-pounders	2.5cm thick	None	190°C	8-10 mins
Steaks	2 steaks (8 oz each)	Whole	None	200°C	10-20 mins

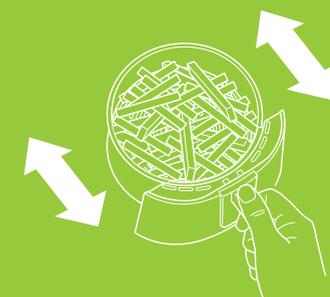
*After cutting potatoes, allow raw fries to soak in cold water for at least 30 minutes to remove unnecessary starch. Pat fries dry.

The drier the fries, 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.

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



Shake your food

OR



Toss with silicone-tipped tongs

Air Fry Cooking Chart, continued

INGREDIENT	AMOUNT	PREPARATION	TOSS IN OIL	TEMP	COOK TIME
PORK					
Bacon	4 strips, cut in half	None	None	175°C	8-10 mins
Pork chops	2 thick-cut, bone-in chops	Bone in	Brushed with oil	190°C	14 mins
	4 boneless chops	Boneless	Brushed with oil	190°C	14-17 mins
Pork tenderloins	2 tenderloins	Whole	Brushed with oil	190°C	25-30 mins
Sausages	6 sausages	Whole	None	200°C	8-10 mins
FROZEN FOODS					
Chicken cutlets	5 cutlets	None	None	200°C	18-21 mins
Chicken nuggets	1kg (approx 50 nuggets)	None	None	200°C	20-22 mins
Fish fillets	1 box (6 fillets)	None	None	200°C	14-16 mins
Fish Fingers	1 box (10 fingers)	None	None	200°C	12-14 mins
Chips	1 Kilo	None	None	190°C	20-22 mins
Chips	500g	None	None	180°C	20-22 mins
Breaded Mushrooms	300g, twelve mushrooms	None	None	170°C	15-18 mins
Stuffing Balls	310g, 12 balls	None	Spray with oil	160°C	18-20 mins
Sausage Rolls	400g, 24 rolls	Brush with egg wash	None	200°C	12-13 mins
Onion Rings	375g	None	None	180°C	12 mins
Sweet potato fries	450g	None	None	190°C	20-22 mins
Hash Browns	900g	None	None	180°C	20 mins

Max Crisp Cooking Chart

INGREDIENT	AMOUNT	PREPARATION	TOSS IN OIL	COOK TIME
FROZEN FOOD				
Chicken nuggets	350g (approx 15 nuggets)	None	None	9 mins
Popcorn Chicken	850g	None	None	6-8 mins
French fries	900g	None	None	25 mins
French fries	450g	None	None	15 mins
Chicken wings	900g	None	1 Tbsp	25 mins
Mozzarella sticks	700g	None	None	6-8 mins

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

For best results, shake or toss often.

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

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



Shake your food

OR



Toss with silicone-tipped tongs

Dehydrate Chart

INGREDIENTS	PREPARATION	TEMP	DEHYDRATE TIME
FRUITS & VEGETABLES			
Apples	Core removed, cut in 3mm slices, rinsed in lemon water, patted dry	60°C	7-8 hours
Asparagus	Cut in 2.5cm pieces, blanched	60°C	6-8 hours
Bananas	Peeled, cut in 3mm slices	60°C	8-10 hours
Beetroot	Peeled, cut in 3mm slices	60°C	6-8 hours
Aubergine	Peeled, cut in 3mm slices, blanched	60°C	6-8 hours
Fresh herbs	Rinsed, patted dry, stems removed	60°C	4 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
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
Turkey jerky	Cut in 6mm slices, marinated overnight	70°C	5-7 hours
Salmon jerky	Cut in 6mm slices, marinated overnight	70°C	3-5 hours

GREEK-STYLE POTATOES

PREP: 10 MINUTES | **COOK:** 18 MINUTES | **MAKES:** 4 SERVINGS
PROGRAM: AIR FRY

INGREDIENTS

450g red potatoes,
cut in quarters
2 tablespoons olive oil
1 tablespoon salt
2 teaspoons dried oregano
2 teaspoons black pepper
1 teaspoon paprika
60g red onion, diced
120g crumbled feta cheese
1 tomato, diced
30g sliced black olives
2 tablespoons lemon juice
Fresh dill, for serving

DIRECTIONS

- 1 Insert crisper plate in pan and pan in unit. Preheat unit by selecting AIR FRY, setting temperature to 200°C and setting time to 3 minutes. Select START/STOP to begin.
- 2 In a large bowl, toss the potatoes with olive oil, salt, oregano, pepper and paprika.
- 3 Place potatoes in the pan; reinsert pan.
- 4 Select AIR FRY, set temperature to 200°C and set time to 18 minutes. Select START/STOP to begin. Shake pan halfway through cooking.
- 5 After 13 minutes, remove pan and add red onion. Shake to incorporate. Reinsert pan to resume cooking.
- 6 When cooking is complete, transfer potatoes to a bowl. Add feta, tomato, olives and lemon juice and toss to combine. Top with fresh dill and serve.

ROASTED CARROTS & PEAS WITH BUTTER, HONEY AND HERBS

PREP: 10 MINUTES | **COOK:** 20 MINUTES | **MAKES:** 4 SERVINGS
PROGRAM: AIR FRY

INGREDIENTS

8 carrots, cut in half and then
sliced in half moons
1 tablespoon olive oil
Flaked sea salt, to taste
Fresh cracked black pepper,
to taste
200g frozen garden peas
1 tablespoon butter
1 tablespoon honey
1 red chilli, seeds removed
and finely diced
5g parsley, roughly chopped

DIRECTIONS

- 1 Insert crisper plate in pan and place pan in unit. Preheat unit by selecting AIR FRY, set temperature to 180°C, and set time to 3 minutes. Select START/STOP to begin.
- 2 In a large bowl, toss carrots with oil, salt and pepper.
- 3 Once unit has preheated, remove pan add carrots to crisper plate. Place pan in unit, select AIR FRY, set temperature to 180°C, and set time to 20 minutes. Select START/STOP to begin.
- 4 After 15 minutes, remove pan and add peas, butter and honey. Shake pan well, then place pan back into unit and cook for 5 additional minutes.
- 5 When cooking is complete, sprinkle carrots with parsley. Season as desired and serve.

MIXED MEDITERRANEAN VEGGIES WITH VINAIGRETTE

PREP: 10 MINUTES | **COOK:** 15 MINUTES | **MAKES:** 4 SERVINGS
PROGRAM: AIR FRY

INGREDIENTS

1 red pepper, cut in 3cm slices
1 yellow pepper, cut in 3cm slices
2 medium courgettes, cut in 2cm slices
1 medium red onion, peeled and petals cut in 5cm pieces
5 garlic cloves, peeled and minced
2 tablespoons olive oil, divided
Flaked sea salt, to taste
Fresh cracked black pepper, to taste
1 teaspoon red wine vinegar
1 tablespoon capers
1/4 teaspoon chilli flakes
Fresh torn basil

DIRECTIONS

- 1 Insert crisper plate in pan and place pan in unit. Preheat unit by selecting AIR FRY, set temperature to 180°C and set time to 3 minutes. Select START/STOP to begin.
- 2 In a large bowl, combine red pepper, yellow pepper, courgettes, red onion, garlic, 1 tablespoon olive oil, sea salt and black pepper. Mix well.
- 3 Once unit has preheated, remove pan and add vegetables to crisping plate. Place pan back in unit and select AIR FRY. Set temperature to 180°C, set time for 15 minutes and select START/STOP to begin.
- 4 When cooking is complete, remove pan and place cooked vegetables in a large bowl with vinegar, remaining oil, capers, chilli flakes and basil. Mix well to combine, adjusting seasoning as desired.

CHICKEN NUGGETS WITH HONEY MUSTARD DIPPING SAUCE

PREP: 30 MINUTES | **COOK:** 21 MINUTES | **MAKES:** 4 SERVINGS
PROGRAM: AIR FRY

INGREDIENTS

2 eggs, whisked
2 teaspoons yellow mustard
1 tablespoon hot sauce
Flaked sea salt, to taste
Fresh cracked pepper, to taste
60g plain flour
2 tablespoons BBQ powder
500g chicken breast, cut into 3-4cm bite-sized chunks
200g golden breadcrumbs
Cooking spray

DIPPING SAUCE

50g mayonnaise
50g Greek yogurt
3 tablespoons honey Dijon mustard
Dash of hot sauce

DIRECTIONS

- 1 In a shallow bowl, mix the eggs, mustard, sea salt and pepper to taste and hot sauce. In a separate bowl, mix flour with BBQ powder and season with salt and pepper, as desired. Place breadcrumbs in third shallow bowl.
- 2 Working in batches, place chicken pieces in flour mixture. Tap chicken gently to remove excess flour, then place chicken in egg mixture and evenly coat. Finally, place chicken in breadcrumbs and toss until chicken is evenly coated.
- 3 Repeat step 2 until all nuggets are coated, then spray chicken liberally on all sides with cooking spray.
- 4 Insert crisper plate in pan and place pan in unit. Preheat unit by selecting AIR FRY, set temperature to 180°C, and set time to 3 minutes. Select START/STOP to begin.
- 5 Once unit has preheated, remove pan and add 1/3 of the chicken nuggets to crisper plate. Reinsert pan, select AIR FRY, set temperature to 180°C, and set time to 21 minutes. Select START/STOP to begin.
- 6 Cook chicken for 7 minutes, shaking occasionally.
- 7 Repeat steps 5 and 6 with remaining chicken.
- 8 While chicken is cooking, combine dipping sauce ingredients. When cooking is complete, serve nuggets with dipping sauce.

TIP For a different crust on the nuggets, substitute golden crumbs for crushed cornflakes in step 1.

CRISPY ASPARAGUS FINGERS

PREP: 15 MINUTES | **COOK:** 8 MINUTES | **MAKES:** 2-4 SERVINGS
PROGRAM: AIR FRY

INGREDIENTS

60ml all purpose flour
1 1/2 teaspoons sea salt
2 eggs, lightly beaten
120ml seasoned bread crumbs
60ml grated Parmesan cheese
1 bunch jumbo asparagus,
trimmed
Cooking spray

SRI-RANCH-A DIPPING SAUCE

2 tablespoons sriracha
60ml ranch dressing
1 teaspoon lime juice

DIRECTIONS

- 1 Place flour and salt in a shallow bowl or on a plate; stirring to combine. Add eggs to another bowl. Place bread crumbs and Parmesan cheese into a third bowl; stirring to combine.
- 2 Working in small batches, coat asparagus with cooking spray. Toss in flour. Tap off excess flour, then coat asparagus in egg. Transfer asparagus to bread crumb mixture, tossing well to evenly coat. Place the coated asparagus on a tray or plate.
- 3 Insert crisper plate in pan and pan in unit. Preheat unit by selecting AIR FRY, setting temperature to 200°C and setting time to 3 minutes. Select START/STOP to begin.
- 4 Once unit is preheated, place asparagus on the crisper plate in a single layer (if all spears won't fit, set additional ones aside). Spray with cooking spray; reinsert pan.
- 5 Select AIR FRY, set temperature to 200°C and set time to 8 minutes. Select START/STOP to begin.
- 6 After 4 minutes, remove pan and shake asparagus or toss with silicone-tipped tongs. Reinsert pan to resume cooking.
- 7 While asparagus is cooking, stir together all dipping sauce ingredients in a bowl. If there are additional spears, repeat steps 4-6.
- 8 When cooking is complete, serve asparagus immediately with dipping sauce.

CRISPY CHICKEN WINGS

PREP: 5 MINUTES | **COOK:** 24 MINUTES | **MAKES:** 2-4 SERVINGS
PROGRAM: MAX CRISP

INGREDIENTS

1kg uncooked frozen
chicken wings
1 tablespoon vegetable oil
1 tablespoon sea salt
1 teaspoon black pepper

DIRECTIONS

- 1 Insert crisper plate in pan and pan in unit. Preheat unit by selecting MAX CRISP and setting time to 3 minutes. Select START/STOP to begin.
- 2 In a bowl, toss wings with oil, salt, and pepper. Once unit is preheated, place wings on crisper plate; reinsert pan.
- 3 Select MAX CRISP and set time to 24 minutes. Select START/STOP to begin.
- 4 After 12 minutes, toss wings with silicone-tipped tongs. Reinsert pan to resume cooking.
- 5 When cooking is complete, toss wings with desired flavorings and serve.

FLAVOURINGS

Dijon Honey Mustard: Whisk together 60ml Dijon mustard, 60ml mayonnaise, and 2 tablespoons honey. Serve with wings after cooking.

Lemon Pepper: Before cooking the wings, toss with 2 tablespoons dried lemon and pepper seasoning along with the oil, salt and pepper. Cook the wings as directed.

Buffalo: Whisk together 60ml hot sauce with 2 tablespoons melted butter. Toss wings in sauce after cooking and serve with blue cheese dressing.

Soy & Sesame Ginger: Whisk together 60ml soy sauce, 60ml rice wine vinegar, 2 tablespoons brown sugar, 2 tablespoons ground ginger, 1 tablespoon toasted sesame seeds and 1 tablespoon cornstarch. Toss wings in sauce after cooking.

Honey, Sriracha & Lime: Whisk together 2 tablespoons Sriracha, 2 tablespoons fresh lime juice, 2 tablespoons honey, 2 tablespoons rice wine vinegar and 1 tablespoon sugar. Toss wings in sauce after cooking.

TOASTED PLOUGHMAN'S SANDWICH

PREP: 10 MINUTES | **COOK:** 5 MINUTES | **MAKES:** 1 SANDWICH
PROGRAM: AIR FRY

INGREDIENTS

1 tablespoon softened butter
2 slices whole grain or white bread, 2cm thick
1 1/2 tablespoons fine pickle
60g cheddar cheese, grated

DIRECTIONS

- 1 Insert crisper plate in pan and place pan in unit. Preheat unit by selecting AIR FRY, set temperature to 200°C and set time to 3 minutes. Select START/STOP to begin.
- 2 Evenly butter both sides of bread. Spread pickle on one side of bread, top with cheese, then top cheese with remaining piece of bread. Place cocktail stick in center to hold.
- 3 Once unit has preheated, remove pan and add sandwich. Place pan back in unit, select AIR FRY, set temperature to 200°C and set time for 5 minutes. Select START/STOP to begin.
- 4 After 3 minutes, remove pan and flip sandwich using rubber-tipped tongs or a rubber spatula. Place pan back in unit and cook for remaining 2 minutes.
- 5 When cooking is complete, remove sandwich from pan and serve.

CHEESY QUESADILLAS WITH SALSA

PREP: 15 MINUTES | **COOK:** 20 MINUTES | **MAKES:** 4 SERVINGS
PROGRAM: AIR FRY

INGREDIENTS

150g cheddar cheese, grated
150g smoked gouda, rind removed and grated
2 spring onions, sliced thinly
40g sliced black olives
5g fresh coriander, roughly chopped
10 (16cm) flour tortillas
1 container (180g) cream cheese
Cooking spray
Ready-made salsa, for serving
Guacamole, for serving
Sour cream, for serving
Hot sauce, for serving

DIRECTIONS

- 1 In a large mixing bowl, combine cheddar, gouda, onions, olives, and coriander and mix well.
- 2 Insert crisper plate in pan and place pan in unit. Preheat unit by selecting AIR FRY, set temperature to 180°C and set time to 3 minutes. Select START/STOP to begin.
- 3 While unit is preheating, spread tortillas out on clean work surface. Spray oil on one side of each tortilla, then flip tortillas over. Evenly spread 1 tablespoon cream cheese on each tortilla.
- 4 Evenly place cheese mixture on five tortillas, then cover cheese with remaining 5 tortillas. On top tortilla, cream cheese spread should be facing inwards and oiled surface should be facing outwards.
- 5 Once unit has preheated, remove pan and place one quesadilla on crisper plate. Place pan back in unit and select AIR FRY. Set temperature to 180°C and set time to 20 minutes. Select START/STOP to begin.
- 6 After 2 minutes, remove pan and flip quesadilla using rubber-tipped tongs. Place pan back in unit and cook for 2 additional minutes.
- 7 After 4 total minutes, remove pan from unit and remove quesadilla from crisping plate using rubber-tipped tongs.
- 8 Repeat process with remaining 4 quesadillas.
- 9 When cooking is complete, slice quesadillas into wedges and serve with salsa, guacamole, sour cream and hot sauce.

TIP For an extra spicy kick - replace plain cheddar with spicy chilli cheddar cheese in step 1..

FISH FINGER SANDWICH

PREP: 15 MINUTES | **COOK:** 16 MINUTES | **MAKES:** 4 SERVINGS
PROGRAM: AIR FRY

INGREDIENTS

50g flour
2 teaspoons Dijon mustard
2 egg, whisked
Flaked sea salt, as desired
Fresh cracked black pepper, as desired
75g golden breadcrumbs
500g uncooked cod, cut into 12 finger-sized portions (2.5cm by 10cm)
Cooking spray
8 slices white bread
Tartar sauce, for serving
Ketchup, for serving
Iceberg lettuce, shredded, for serving

DIRECTIONS

- 1 Place flour in a shallow bowl. In a separate bowl, whisk together mustard and eggs. Season with salt and pepper as desired. Place breadcrumbs in a third bowl.
- 2 Working in batches, place fish in flour. Tap fish gently to remove excess flour, then place fish in egg mixture and evenly coat. Finally, place fish in golden crumbs and toss until fish is evenly coated.
- 3 Repeat step 2 until all fish pieces are coated, then spray fish liberally on all sides with cooking spray.
- 4 Insert crisper plate in pan and place pan in unit. Preheat unit by selecting AIR FRY, set temperature to 180°C and set time to 3 minutes. Press START/STOP to begin.
- 5 Once unit has preheated, remove pan and place half the fish fingers on crisper plate. Place pan back into unit.
- 6 Select AIR FRY, set temperature to 180°C and set time to 8 minutes. Select START/STOP to begin.
- 7 After 4 minutes, remove pan and flip fish with rubber-tipped tongs. Cook fish for an additional 4 minutes. When cooking is complete, remove cooked fish from pan.
- 8 Add remaining raw fish to crisper plate and repeat steps 5 and 7.
- 9 While fish is cooking, spread tartar sauce or ketchup on bread and add lettuce. When all fish is cooked, assemble sandwiches using 3 fish fingers for each sandwich.

CAJUN PRAWNS WITH POTATO AND CORN

PREP: 10 MINUTES | **COOK:** 20-25 MINUTES | **MAKES:** 4 SERVINGS
PROGRAM: AIR FRY

INGREDIENTS

500g baby new potatoes
1 tablespoon olive oil
1 pack (250g) 4 corn on the cobs
300g king prawns, shell on
2 teaspoons Cajun spice
1 tablespoon fresh lemon juice
2 tablespoons unsalted butter
2 teaspoons Worcestershire sauce
Fresh cracked pepper, to taste
Flaked sea salt, to taste
Lemon wedges, for serving

OPTIONAL FOR SERVING

2 sprigs fresh thyme, leaves picked from stems and roughly chopped
4 sprigs parsley, chopped

DIRECTIONS

- 1 Insert crisper plate in pan and place pan in unit. Preheat unit by selecting AIR FRY, set temperature to 180°C and set time to 3 minutes. Select START/STOP to begin.
- 2 In a bowl, toss potatoes with oil. In a separate bowl, combine corn, prawns, cajun spice, lemon juice, butter, Worcestershire sauce, salt, and pepper. Toss to combine and reserve.
- 3 Once unit has preheated, remove pan and place potatoes on crisper plate. Reinsert pan, select AIR FRY, set temperature to 180°C and set time for 20 minutes. Select START/STOP to begin.
- 4 After 15 minutes, remove pan and add corn and prawn mixture. Shake well to combine, then reinsert pan to resume cooking for an additional 5 minutes.
- 5 After 20 total minutes, remove pan and place food on platter. Serve with lemon wedges and fresh herbs, if desired.

TIP For even more flavour, pour any leftover butter or juices from cooking over the finished dish.

SALMON FILLETS WITH FRESH TOMATO AND CUCUMBER SALSA

PREP: 5 MINUTES | **COOK:** 7-10 MINUTES | **MAKES:** 2 SERVINGS
PROGRAM: AIR FRY

INGREDIENTS

4 salmon fillets, center cut
1 tablespoon olive oil
Flaked sea salt, as desired

TOMATO AND CUCUMBER SALSA

150g cherry tomatoes, quartered
1/2 large cucumber, cut in 1cm pieces
1/2 small red onion, finely diced
5g parsley, chopped
5g dill, chopped
1 tablespoon red wine vinegar
2 tablespoons olive oil

DIRECTIONS

- 1 Insert crisper plate in pan and place pan in unit. Preheat unit by selecting Air FRY, set temperature to 200°C and set time to 3 minutes. Select START/STOP to begin.
- 2 While unit is preheating, brush salmon with olive oil and season with flaked sea salt, as desired.
- 3 Once unit has preheated, remove pan and place salmon fillets on crisper plate. Place pan in unit, select AIR FRY, set temperature to 200°C and set time to 10 minutes. Select START/STOP to begin.
- 4 While salmon is cooking, combine all salsa ingredients and mix well.
- 5 After 7 minutes, check the salmon is cooked. If needed, cook for up to an additional 3 minutes until salmon is cooked through.
- 6 When cooking is complete, remove salmon from pan and top each piece with salsa. Serve.

TOULOUSE SAUSAGE AND SWEET ONIONS IN ROLLS

PREP: 10 MINUTES | **COOK:** 20 MINUTES | **MAKES:** 6 SERVINGS
PROGRAM: AIR FRY

INGREDIENTS

2 medium sweet onions, peeled and sliced into 2cm rings
1 tablespoon vegetable oil
Flaked sea salt, to taste
Fresh cracked black pepper, to taste
1 tablespoon balsamic vinegar
6 (400g) Toulouse-inspired sausages
6 buns
Dijon mustard, for serving

DIRECTIONS

- 1 Insert crisper plate in pan and place pan in unit. Preheat unit by selecting AIR FRY, set temperature to 200°C and set time to 3 minutes. Select START/STOP to begin.
- 2 In a large bowl, toss the onions with oil and salt and pepper, as desired.
- 3 Once unit has preheated, open pan and add onions to crisping plate. Place pan back into unit, select AIR FRY, set temperature to 200°C and set time to 10 minutes. Select START/STOP to begin.
- 4 Shake onions consistently during cooking. After 9 minutes, open pan and pour vinegar over onions. Shake to mix well, then place pan back into unit to continue cooking.
- 5 When cooking is complete, open pan and remove onions. Cover onions and reserve.
- 6 Clean pan and plate by wiping out with a paper towel. Place pan back in unit. Preheat by selecting AIR FRY, set temperature to 180°C and set time to 3 minutes. Select START/STOP to begin.
- 7 When preheat is complete, open pan and add sausages to crisping plate. Place pan back into unit, select AIR FRY, set temperature to 180C and set time to 12 minutes.
- 8 After 6 minutes, open pan and flip sausages with rubber-tipped tongs. Place pan back in unit to continue cooking.
- 9 Split buns and spread mustard inside buns. Top with onions and serve.

TIP For toasted buns, place buns on crisper plate after step 8 and toast for 2 additional minutes at 180C.

ROASTED BBQ CHICKEN

PREP: 5 MINUTES | **COOK:** 30-35 MINUTES | **MAKES:** 2-4 SERVINGS
PROGRAM: ROAST

INGREDIENTS

1 (1.2kg) whole chicken
1 tablespoon olive oil
Flaked Sea salt, as desired
Fresh cracked black pepper,
as desired
75g BBQ sauce

DIRECTIONS

- 1 Tie legs and wings with cooking twine, brush with oil and season with salt and pepper as desired.
- 2 Insert crisper plate in pan and place pan in unit. Preheat unit by selecting ROAST, set temperature to 170°C and set time to 3 minutes. Select START/STOP to begin.
- 3 Once unit has preheated, remove pan and place chicken on crisper plate breast-side up. Place pan back in unit.
- 4 Select ROAST, set temperature to 170°C and set time for 30 minutes. Select START/STOP to begin.
- 5 After 20 minutes, open pan and begin brushing chicken with BBQ sauce every 5 minutes, until cooking is complete and a thermometer reads 75°C.
- 6 When cooking is complete, remove chicken from pan. Carve chicken and serve.

SAUSAGE AND HASH BROWN OMELETTE

PREP: 10 MINUTES | **COOK:** 25 MINUTES | **MAKES:** 4-6 SERVINGS
PROGRAM: BAKE

INGREDIENTS

5 eggs
60ml whole milk
Flaked sea salt, as desired
Fresh cracked black pepper,
as desired
Cooking spray
170g pre-cooked, smoked
sausage, sliced thin
115g grated cheddar cheese
450g frozen hash browns,
roughly chopped
Fresh spring onions, sliced,
for serving

DIRECTIONS

- 1 Remove crisper plate from pan. Preheat unit by selecting BAKE, set temperature to 200°C and set time to 3 minutes. Select START/STOP to begin.
- 2 In a bowl, whisk together the eggs, milk, salt and pepper.
- 3 After unit has preheated, remove pan from unit and with cooking spray. Pour the egg mixture into the pan.
- 4 Reinsert pan and cook for 5 minutes. After 5 minutes, remove pan and place sliced sausage evenly on top of eggs, then sprinkle cheese on top. Place frozen chopped hash browns in an even layer on top; reinsert pan.
- 5 Select BAKE, set temperature to 200°C and set time to 20 minutes. Select START/STOP to begin.
- 6 When cooking is complete, let rest for 2 minutes. Top with spring onions and serve.

TIP Substitute any desired cooked sausage in step 3.

MAINS
MEAT

ITALIAN PORK LOIN & ROASTED VEGETABLES

PREP: 20 MINUTES | **MARINATE:** 2-4 HOURS | **COOK:** 20 MINUTES | **MAKES:** 4-6 SERVINGS
PROGRAM: ROAST

INGREDIENTS

1 uncooked boneless pork tenderloin (675-900g), cut in half widthwise
120ml Italian dressing
1 aubergine, peeled, cut in 2.5cm pieces
2 plum tomatoes, diced
1 courgette, sliced in half moons
1 medium red onion, peeled and cut in 2.5cm pieces
1 red bell pepper, diced
3 cloves garlic, peeled, minced
2 tablespoons extra virgin olive oil
30g fresh basil, torn
2 tablespoons salt, divided

DIRECTIONS

- 1 Place pork loin into a bowl. Coat pork with Italian dressing. Cover and refrigerate for 2 to 4 hours.
- 2 In a large bowl, toss aubergine, tomatoes, courgette, red onion and garlic with oil, basil, and 1 tablespoon salt.
- 3 Insert crisper plate in pan and pan in unit. Preheat unit by selecting ROAST, setting temperature to 190°C and setting time to 3 minutes. Select START/STOP to begin.
- 4 While unit is preheating, remove pork from marinade and season with remaining 1 tablespoon salt.
- 5 Once the unit is preheated, place vegetable mixture on the crisper plate. Place pork on top of vegetables.
- 6 Select ROAST, set temperature to 190°C, and set time to 20 minutes. Select START/STOP to begin.
- 7 After 10 minutes, remove pan. Stir vegetables and flip the pork. Reinsert pan to resume cooking.
- 8 When cooking is complete, let pork rest for 5 minutes before slicing.

STEAK WITH AN OLIVE MARINADE

PREP: 5 MINUTES | **COOK:** 6 MINUTES | **MAKES:** 2 SERVINGS
PROGRAM: MAX CRISP

INGREDIENTS

2 sirloin steaks, 2cm thick
2 teaspoons olive oil
Flaked sea salt, as desired
Fresh cracked black pepper, as desired

MARINADE

1 tablespoon red wine vinegar
2 garlic cloves, finely minced
3 tablespoons extra virgin olive oil
2 sprigs fresh thyme leaves, picked and roughly chopped
1 sprig fresh rosemary leaves, chopped finely
40g Nocellara olives, pitted and roughly chopped
90g rocket, for serving

DIRECTIONS

- 1 Insert crisper plate in pan and place pan in unit. Preheat unit by selecting MAX CRISP and set time to 3 minutes. Select START/STOP to begin.
- 2 While unit is preheating, brush steaks with oil and season with salt and peppered, as desired.
- 3 Once unit has preheated, remove pan and place steaks on crisping plate. Place pan in unit, select MAX CRISP and set time to 6 minutes. Select START/STOP to begin.
- 4 After 3 minutes, remove pan and flip steaks using rubber-tipped tongs. Place pan back in unit to resume cooking.
- 5 When cooking is complete, remove steak from pan and allow to rest for 5 minutes. After resting, pour half of marinade over steak.
- 6 Slice steak and serve with remaining marinade and rocket.

TIP This is a very trendy thing now, putting the marinade on the meat after cooking it.

MAINS
MEAT

PROSCIUTTO-STUFFED CHEESY CHICKEN BREASTS

PREP: 20 MINUTES | **COOK:** 26 MINUTES | **MAKES:** 4-6 SERVINGS
PROGRAM: AIR FRY

INGREDIENTS

3 uncooked boneless,
skinless chicken breasts
(170-225g) butterflied
6 slices prosciutto
1 bunch asparagus, trimmed
30g sundried tomatoes in oil
150g grated mozzarella, divided
1 tablespoon salt
1 teaspoon ground black pepper
Cooking spray

DIRECTIONS

- 1 Start by laying out your butterflied chicken breasts on a large work area. With the inside facing up, lay 2 slices prosciutto on each chicken breast. Take a small bundle of asparagus (about 5 standard asparagus or 3 jumbo asparagus) and place on top of the prosciutto, towards one side of the chicken breasts. Place sundried tomatoes on the 3 chicken breasts. Divide mozzarella (75g) between the 3 breasts. Season each with salt and pepper.
- 2 Working one at a time, hold the asparagus in place with your fingers, then roll the chicken over the asparagus and other fillings. Repeat with remaining chicken breasts. Use cocktail sticks to secure the stuffed breasts.
- 3 Insert crisper plate in pan and pan in unit. Preheat unit by selecting AIR FRY, setting temperature to 200°C and setting time to 3 minutes. Select START/STOP to begin.
- 4 Once unit is preheated, add stuffed chicken to the crisper plate. Spray each with cooking spray.
- 5 Select AIR FRY, set temperature to 200°C and set time to 26 minutes. Select START/STOP to begin.
- 6 After 12 minutes, remove pan and rotate chicken. Reinsert pan to resume cooking.
- 7 In the last 2 minutes, remove pan and top chicken with remaining mozzarella. Reinsert pan to resume cooking.
- 8 When cooking is complete, allow chicken to rest for 5 minutes before serving.

TIP If you do not know how to butterfly chicken yourself, you can ask your butcher to do it for you.

MAINS
MEAT

WARM ROASTED POTATO AND BACON SALAD

PREP: 10 MINUTES | **COOK:** 20-25 MINUTES | **MAKES:** 4 SERVINGS
PROGRAM: AIR FRY

INGREDIENTS

750g baby new potatoes, cut in
half if large
1 tablespoon olive oil
1 tablespoon flaked sea salt
fresh cracked pepper, as desired
3 slices smoked bacon, cut into 1
cm pieces
2 celery stalks, cut into 1 cm
slices
3 spring onions, sliced thin
40g mayonnaise
50g sour cream
2 teaspoons white vinegar

DIRECTIONS

- 1 Insert crisper plate in pan and place pan in unit. Preheat unit by selecting AIR FRY, set temperature to 180°C and set time to 3 minutes. Select START/STOP to begin.
- 2 Toss potatoes with oil, salt and pepper as desired.
- 3 Once unit has preheated, add potatoes to pan. Select AIR FRY, set temperature to 180°C and set time for 25 minutes. Select START/STOP to begin.
- 4 After 10 minutes, remove pan, add bacon to potatoes and shake pan liberally to mix ingredients. Reinsert pan to resume cooking.
- 5 After 20 minutes, remove pan and check potatoes are cooked. If desired, cook for up to an additional 5 minutes to crisp the potatoes.
- 6 When cooking is complete, remove pan and add potatoes to large bowl with remaining ingredients. Mix well and serve warm.

TIP For extra flavour, add 5g chopped fresh dill and 1/2 teaspoon celery seed to step 6.

BLUEBERRY TARTS

PREP: 15 MINUTES | **COOK:** 40 MINUTES | **MAKES:** 4 TARTS
PROGRAM: BAKE

INGREDIENTS

1 (320g) pack pre-rolled pastry
 120g blueberry preserves
 1 tablespoon corn flour
 Plain flour for dusting
 100's and 1,000's sprinkles,
 for optional garnish

ICING

75g icing sugar
 1 tablespoon water

DIRECTIONS

- 1 Unroll the pastry sheet, lightly dust with plain flour, and cut into 8 even rectangles (approximately 9cm by 11cm).
- 2 Mix preserves and corn flour, then place 2 tablespoons each in the center of 4 pastry rectangles. Spread evenly, leaving a border around the edge of pastry. Place the remaining 4 rectangles over the filling and press down lightly with fingers. Dock the edges all the way around each tart with a fork. It may be necessary to dip the fork into flour to prevent sticking. Be sure to seal well.
- 3 Insert crisper plate in pan and place pan in unit. Preheat unit by selecting BAKE, set temperature to 160°C and set time to 3 minutes. Select START/STOP to begin.
- 4 Once unit has preheated, remove pan and place 2 tarts on crisping plate. Place pan back in unit.
- 5 Select BAKE, set temperature to 160°C and set time to 40 minutes. Select START/STOP to begin.
- 6 After 10 minutes, remove pan and flip tarts using rubber-tipped tongs. Reinsert pan and cook for additional 10 minutes, until tarts are golden on both sides.
- 7 After 20 minutes, remove cooked tarts from pan and place remaining 2 uncooked tarts in pan. Repeat step 6.
- 8 While tarts are cooking, mix icing sugar and water. Once all tarts are completely cooled, drizzle with glaze and sprinkles.

TIP Substitute the blueberry preserves in step 2 with strawberry or blackcurrant preserves.

BANANA CAKE WITH CREAM CHEESE AND MASCARPONE FROSTING

PREP: 15 MINUTES | **COOK:** 30-35 MINUTES | **MAKES:** 8 SERVINGS
PROGRAM: BAKE

INGREDIENTS

200g self-rising flour
 1 teaspoon mixed spices
 1/2 teaspoon salt
 2 large, very ripe bananas
 (320g in peel)
 200g light brown sugar
 100g vegetable oil
 2 large eggs
 1 teaspoon vanilla essence
 Cooking spray

FROSTING

100g cream cheese
 100g mascarpone cheese
 75g icing sugar

DIRECTIONS

- 1 In a bowl, mix the flour, spices and salt.
- 2 Peel and mash bananas in a large mixing bowl with a fork until bananas are completely mashed. Add sugar, oil, eggs and essence to bananas, using a whisk to incorporate.
- 3 Slowly add dry ingredients to bananas and whisk continually to combine.
- 4 Remove the crisper plate from pan. Preheat unit by selecting BAKE, set temperature to 160°C and set time to 3 minutes. Select START/STOP to begin.
- 5 Once unit has preheated, remove pan and spray liberally with cooking spray. Place a 20cm circle of paper in bottom of pan, add batter to pan on top of paper and close pan drawer.
- 6 Select BAKE, set temperature to 160°C and set time to 35 minutes.
- 7 After 30 minutes, check cake is cooked. If needed, cook for up to an additional 5 minutes, until center of cake is completely cooked through.
- 8 When cooking is complete, remove pan and place on cooling rack for 5 minutes. After 5 minutes, carefully turn out cake and allow to cool completely.
- 9 In a bowl, mix together frosting ingredients and spread evenly on top of cake. Slice and serve.

TIP Top with chopped walnuts to decorate.

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