

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

NINJA®

Foodi®

Dual Zone Air Fryer

QUICK START GUIDE



+ COOKING CHARTS
+ IRRESISTIBLE RECIPES

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Suitable for vegetarians.

USING YOUR NINJA® Foodi® DUAL ZONE AIR FRYER

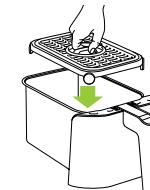
6 COOKING PROGRAMS

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

FOR BEST RESULTS

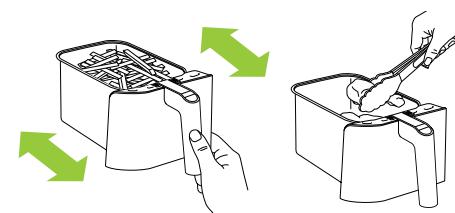
CRISPER PLATE

The crisper plate promotes overall browning. We recommend using it every time you air fry and for all recipes in this guide unless otherwise stated.



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 DualZone™ Technology

SYNC

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



STEP 1: Program Zone 1

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



STEP 2: Set Time & Temperature

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



STEP 3: Program Zone 2

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



STEP 4: Begin Cooking

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



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

MATCH

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



STEP 1: Program Zone 1

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



STEP 2: Set Time & Temperature

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



STEP 3: Begin Cooking

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



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

Using DualZone™ Technology cont.

Cooking in a single zone

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



STEP 1: Program Zone 1

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



STEP 2: Set Time & Temperature

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



STEP 3: Program Zone 2

Repeat steps 1 and 2 for Zone 2.



STEP 4: Begin Cooking

- Press START/STOP to begin cooking.



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

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



STEP 1: Program Zone 1

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



STEP 2: Set Time & Temperature

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



STEP 3: Begin Cooking

- Press START/STOP to begin cooking.



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

Air Fry Cooking Chart

INGREDIENT	AMOUNT	PREPARATION	TOSS IN OIL	TEMP	COOK TIME
VEGETABLES					
Asparagus	200g	Whole, stems trimmed	2 tsp	200°C	8-12 mins
Beetroot	6 small or 4 large (about 1kg)	Whole	None	200°C	35-45 mins
Bell peppers (for roasting)	2 peppers	Whole	None	200°C	16 mins
Broccoli	1 head (400g)	Cut in 2.5cm florets	1 Tbsp	200°C	9 mins
Brussel sprouts	500g	Cut in half, stem removed	1 Tbsp	200°C	15-20 mins
Butternut squash	500g-750g	Cut in 2.5cm pieces	1 Tbsp	200°C	20-25 mins
Carrots	500g	Peeled, cut in 1.5cm pieces	1 Tbsp	200°C	13-16 mins
Cauliflower	1 head (900g)	Cut in 2.5cm florets	2 Tbsp	200°C	15-20 mins
Corn on the cob	4 ears	Whole ears, husks removed	1 Tbsp	200°C	12-15 mins
Courgette	500g	Cut in quarters lengthwise, then cut in 2.5cm pieces	1 Tbsp	200°C	15-18 mins
Fine green beans	200g	Trimmed	1 Tbsp	200°C	8 mins
Kale (for crisps)	100g	Torn in pieces, stems removed	None	150°C	8 mins
Mushrooms	225g	Wiped, cut in quarters	1 Tbsp	200°C	7 mins
Potatoes, white e.g. King Edward, Maris Piper or Russet	750g	Cut in 2.5cm wedges	1 Tbsp	200°C	18-20 mins
	450g	Hand-cut chips*, thin	1/2-3 Tbsp, vegetable oil	200°C	20-24 mins
	450g	Hand-cut chips*, thick	1/2-3 Tbsp, vegetable oil	200°C	23-26 mins
	4 whole (200g each)	Pierced with fork 3 times	None	200°C	25 mins
Potatoes, sweet	750g	Cut in 2.5cm chunks	1 Tbsp	200°C	15-20 mins
	4 whole (225g each)	Pierced with fork 3 times	None	200°C	30-35 mins
POULTRY					
Chicken breasts	2 breasts (200g each)	None	Brushed with oil	190°C	22-25 mins
	4 breasts (150-175g each)	None	Brushed with oil	190°C	34 mins
Chicken thighs	4 thighs (200g each)	Bone in	Brushed with oil	200°C	22-28 mins
	4 thighs (100g each)	Boneless	Brushed with oil	200°C	18-22 mins
Chicken wings	1kg	Drumettes & flats	1 Tbsp	200°C	33 mins
FISH & SEAFOOD					
Fish cakes	2 cakes (145g each)	None	Brushed with oil	200°C	15 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	7-10 mins

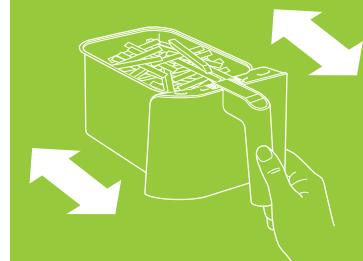
For best results, shake or toss often.

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.

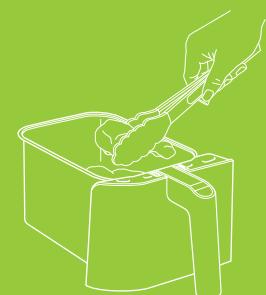
Shake your food

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



OR

Toss with silicone-tipped tongs



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

Air Fry Cooking Chart, continued

INGREDIENT	AMOUNT	PREPARATION	TOSS IN OIL	TEMP	COOK TIME
BEEF					
Burgers	4 quarter-pounders	2.5cm thick	None	190°C	12 mins
Steaks	2 steaks (230g each)	Whole	None	200°C	22 mins
PORK					
Bacon	4 strips, cut in half	None	None	180°C	9 mins
Pork chops	2 thick-cut, bone-in chops	Bone in	Brushed with oil	190°C	19 mins
	4 boneless chops	Boneless	Brushed with oil	190°C	18 mins
Pork loin steaks	2 steaks (400g)	Whole	Brushed with oil	180°C	17 mins
Sausages	4 sausages	Whole	None	200°C	16 mins
Gammon steaks	1 steak (225g)	Cut rind at 2cm, turn over after 5 mins	Brushed with oil	180°C	10 mins
LAMB					
Lamb chops	4 chops (340g)	None	Brushed with oil	200°C	12 mins
Lamb steaks	3 steaks (300g)	None	Brushed with oil	200°C	12 mins
FROZEN FOODS					
Chicken nuggets	1 box (397g)	None	None	200°C	16 mins
Breaded fish fillets	4 fillets (Total 500g)	None	None	200°C	14-16 mins
Fish fingers	10	None	None	200°C	15 mins
French fries	500g	None	None	180°C	20 mins
French fries	1kg	None	None	180°C	42 mins
Sweet potato chips	450g	None	None	190°C	20 mins
Hash browns	7	Single layer	None	200°C	15 mins
Fish fillets in batter	4	Turn halfway	None	180°C	18 mins
Scampi in breadcrumbs	280g	None	None	180°C	12 mins
Prawn tempura	8 prawns (total 140g)	Turn halfway	None	190°C	8-9 mins
Chunky oven chips	500g	None	None	180°C	20 mins
Potato wedges	500g	None	None	180°C	20 mins
Roast potatoes	700g	None	None	190°C	20 mins
Vegan burgers	4	Single layer	None	180°C	10 mins
Battered onion rings	300g	None	None	190°C	14 mins
Breaded garlic mushrooms	300g	None	None	190°C	10-12 mins
Chicken goujons	11	None	None	190°C	8 mins
Chicken Kiev	4	None	None	180°C	15 mins
Yorkshire pudding	8 (total 150g)	None	None	180°C	3-4 mins

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

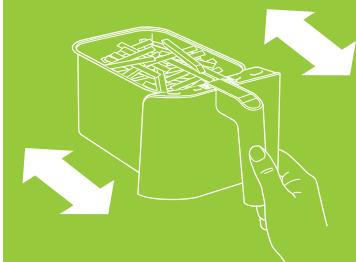
For best results,
shake or toss often.

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

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

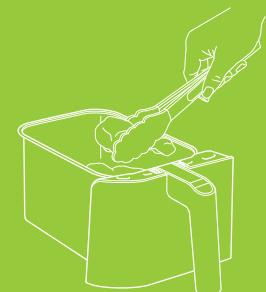
Shake your food

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



OR

Toss with silicone-tipped tongs



Max Crisp Cooking Chart

INGREDIENT	AMOUNT	PREPARATION	TOSS IN OIL	COOK TIME
FROZEN FOOD				
Chicken nuggets	350g (24 nuggets)	None	None	10 mins
Chicken wings	1kg	None	1 Tbsp	17 mins
Popcorn Chicken	850g	None	None	6-8 mins
Sweet potato fries	500g	None	1 Tbsp	17 mins
French fries	500g	None	None	
French fries	1kg	None	None	25 mins
Onion Rings	300g	None	None	9 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.

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
Salmon jerky	Cut in 6mm slices, marinated overnight	70°C	3-5 hours
Turkey jerky	Cut in 6mm slices, marinated overnight	70°C	5-7 hours

Using DualZone™ Technology: SYNC

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

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

CHOOSE ANY TWO	ADD ONE RECIPE PER ZONE	MIX OR COMBINE THESE INGREDIENTS	FUNCTION	SET BOTH ZONES AND USE SYNC TEMP/TIME
RECIPE	AMOUNT			
Fish Cakes	2 fish cakes	Brush with melted butter	Air Fry	200°C 15 minutes
Balsamic Roasted Tomatoes	500g cherry tomatoes	60ml balsamic vinegar 1 Tbsp vegetable oil	Roast	200°C 15 minutes
Honey Sage Pork Chops	2-3 boneless pork chops (120g each)	1 Tbsp vegetable oil 1 Tbsp honey	Roast	200°C 17-20 minutes
Cajun Russet Potatoes	4 medium potatoes, diced	2 Tbsp vegetable oil 2 Tbsp Cajun seasoning	Air Fry	200°C 30 minutes
Green Beans with Almonds	500g green beans, ends trimmed	2 Tbsp vegetable oil 60g sliced almonds	Air Fry	200°C 8-10 minutes
Miso Glazed Salmon	3 salmon fillets (170g each)	2 Tbsp miso paste, 1 teaspoon vegetable oil Rub onto salmon	Air Fry	200°C 15 minutes
Honey Hazelnut Brussel Sprouts	500g Brussel sprouts, cut in half	2 Tbsp vegetable oil, 60ml honey, 60g chopped hazelnuts	Air Fry	200°C 23 minutes
Buffalo Chicken Thighs	4 boneless skin-on chicken thighs (110-140g each)	240ml buffalo sauce, toss with chicken	Air Fry	200°C 27 minute
Plant Based "Meat" Burger	500g plant-based ground "meat" (4 125g burgers)	1 Tbsp minced garlic, 1 Tbsp minced onion	Air Fry	190°C 20 minute
Mediterranean Cauliflower	1 head cauliflower, cut in 1.5cm florets	120ml tahini, 2 Tbsp vegetable oil	Air Fry	200°C 35 minutes
French Fries	500g French fries	Season as desired	Air Fry	200°C 20 minutes
Corn on the cob	4 Cobettes	Brush with melted butter	Roast	180°C 15 minutes

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

HUNTERS BBQ CHICKEN & CHIPS

PREP: 10 MINUTES | **ROAST:** 25 MINUTES | **AIR FRY:** 25 MINUTES | **MAKES:** 4 SERVINGS



INGREDIENTS

600g potatoes e.g. Maris Piper or King Edwards or Rooster, cut in 1cm thick sticks
3 tablespoons oil
4 rashers of smoked back bacon
4 chicken breasts (170g each)
50g grated cheddar cheese
4 tablespoons BBQ sauce
Sea Salt

DIRECTIONS

- 1 Soak cut potatoes in cold water for 30 minutes to remove excess starch. Drain well, then pat with a paper towel until very dry.
- 2 Meanwhile, roll chicken breasts into a neat shape and wrap with bacon. Secure in place with a cocktail stick.
- 3 Place chips with oil into a large mixing bowl; toss to combine with at least $\frac{1}{2}$ tablespoon oil. For crispier results, use up to 3 tablespoons oil.
- 4 Insert a crisper plate in both drawers. Place chicken breasts in zone 1, then insert drawer in unit. Place fries in zone 2, then insert drawer in unit.
- 5 Select zone 1, select ROAST, set temperature to 180°C and set time to 25 minutes. Select zone 2, select AIR FRY, set temperature to 200°C, and set time to 25 minutes. Select SYNC. Select START/STOP to begin.
- 6 When zone 1 time reaches 10 minutes, remove drawer from unit and top chicken with cheese. Reinsert drawer to continue cooking.
- 7 When zone 2 time reaches 10 minutes, remove drawer from unit and shake drawer for 10 seconds. Reinsert drawer to continue cooking.
- 8 When zone 2 time reaches 20 minutes, shake for 10 seconds. Re-insert drawer to continue cooking for another 5 minutes if necessary. Sprinkle with sea salt to serve.
- 9 When zone 1 time reaches 0 check chicken is cooked. Cooking is complete when their internal temperature reaches at least 75°C on an instant-read thermometer. Serve chicken drizzled with BBQ sauce and chips.



CHICKEN FAJITAS & SPICY ROAST POTATOES

PREP: 10 MINUTES | **ROAST:** 25 MINUTES | **AIR FRY:** 20 MINUTES

MAKES: 4 SERVINGS

INGREDIENTS

FAJITAS

3 chicken breasts
1 tablespoon smoked paprika
1 tablespoon ground coriander
1 teaspoon ground cumin
1 teaspoon garlic powder
1/2 teaspoon dried chilli flakes
1 teaspoon dried oregano
4 tablespoon olive oil
Juice of 1 lime
Salt and freshly ground black pepper
1 onion, peeled and sliced
1 red pepper, de-seeded and sliced
1 yellow pepper, de-seeded and sliced
8 medium tortillas

SPICY POTATOES

1kg baby potatoes, cut in quarters
3 tablespoons olive oil
2 teaspoons hot paprika
1 tablespoon garlic powder
1 tablespoon smoked paprika
1 teaspoon sea salt

DIRECTIONS

- 1 Slice chicken breasts into thin strips.
- 2 Add spices, herbs, lime juice and oil into a large bowl, season to taste and mix together.
- 3 Stir in chicken pieces, onion and peppers, mix all together until everything is coated in the marinade.
- 4 In another bowl, toss potatoes in oil and spices.
- 5 Insert a crisper plate in both drawers. Add chicken and vegetables to zone 1 drawer and potatoes to zone 2 drawer and insert into unit.
- 6 Select zone 1, select AIR FRY, set temperature to 200°C and set time to 20 minutes. Select zone 2 and select ROAST, set temperature to 180°C and set time to 25 minutes. Select SYNC. Select START/STOP to begin.
- 7 After 10 minutes, give both drawers a shake or stir. Repeat again after 15 minutes.
- 8 When zone 1 time reaches 0, check chicken is cooked. Cooking is complete when the internal temperature reaches at least 75°C on an instant read thermometer.
- 9 Serve chicken and vegetables wrapped in the tortillas with the potatoes on the side.

SPICY ITALIAN HOT DOGS WITH PEPPERS & ONIONS

PREP: 10 MINUTES | **AIR FRY:** 16 MINUTES | **MAKES:** 5 SERVINGS

INGREDIENTS

1/2 onion, peeled, thinly sliced
1 red pepper, thinly sliced
1 green pepper, thinly sliced
1/2 teaspoon salt
1/4 teaspoon ground black pepper
1 tablespoon olive oil
5 uncooked spicy Italian sausages
5 sub rolls

DIRECTIONS

- 1 Toss together onions, bell peppers, salt, black pepper and olive oil in a bowl.
- 2 Insert a crisping plate in both drawers. Place sausages in zone 1 drawer, then insert drawer in unit. Place onion and bell peppers in zone 2 drawer, then insert drawer in unit.
- 3 Select zone 1, select AIR FRY, set temperature to 200°C and set time to 16 minutes. Select MATCH to duplicate settings across both zones. Press the START/STOP button to begin cooking. When zone 1 time reaches 7 minutes, remove drawer from unit and shake drawer for 10 seconds. Reinsert drawer to continue cooking. Repeat at 11 minutes.
- 4 When cooking is complete, remove drawers from unit. Divide the onion and bell peppers between the buns, then place sausages in buns and serve.



SWEET POTATO SAUSAGE HASH

PREP: 20 MINUTES | **AIR FRY:** 25 MINUTES | **ROAST:** 15 MINUTES

MAKES: 4 SERVINGS

INGREDIENTS

675g sweet potatoes, peeled, diced into 1.5cm pieces
2 tablespoons rapeseed oil
1 tablespoon minced garlic
1 teaspoon sea salt plus more, for taste with potatoes
Ground black pepper, to taste
3 teaspoons dried sage, divided
450g sausage meat
1/2 large onion, peeled, diced
4 large eggs, poached or fried (optional)
1 teaspoon ground cinnamon
1 teaspoon ground nutmeg
2 teaspoon chilli powder

DIRECTIONS

- 1 In a bowl, toss sweet potatoes with oil, garlic, salt and pepper.
- 2 Insert a crisper plate into zone 1. Place potatoes in zone 1 drawer, then insert drawer in unit. Spread out the sausage meat in zone 2 drawer (without the crisper plate inserted), then insert drawer in unit.
- 3 Select AIR FRY, set temperature to 200°C, and set time to 25 minutes. Select zone 2, select ROAST, set temperature to 200°C, and set time to 35 minutes. Press the START/STOP button to begin cooking.
- 4 When zone 2 time reaches 17 minutes, remove drawer from unit and stir sausage with a wooden spoon. Add onion and stir to combine. Reinsert drawer to continue cooking.
- 5 When zone 1 time reaches 12 minutes, remove drawer from unit and shake drawer for 10 seconds. Stir in half the sage. Reinsert drawer to continue cooking.
- 6 When cooking is complete, remove both drawers from the unit and add potatoes to the sausage mixture. Add cinnamon, nutmeg, sage, chilli powder, 1 teaspoon salt and mix thoroughly.
- 7 Serve immediately with a poached or fried egg on top, if desired.



FRIED PORK & SWEET POTATO FRIES

PREP: 20 MINUTES | **ROAST:** 15 MINUTES | **AIR FRY:** 20 MINUTES

MAKES: 2-4 SERVINGS

INGREDIENTS

PORK & SWEET POTATO FRIES

240g plain flour
1 teaspoon smoked paprika
1 teaspoon garlic powder
1 teaspoon sea salt
1 teaspoon ground black pepper
½ teaspoon chilli powder
2 large eggs
2-4 boneless pork chops, cut in half lengthwise, pounded 1cm thick
450g frozen sweet potato fries

COLESLAW

120g mayonnaise
120g honey mustard dressing
60g granulated sugar
60ml apple cider vinegar
1 tablespoon poppy seeds
1 tablespoon celery seeds
280g finely sliced red cabbage

DIRECTIONS

- 1 Place flour, paprika, garlic powder, salt, pepper and chilli powder in a bowl and mix well.
- 2 Place eggs in a shallow bowl and whisk thoroughly for 60 seconds. Place seasoned flour in a second shallow bowl.
- 3 Working one at a time, dip the pork chops in egg, then in seasoned flour, then again in egg, then again in flour. Set aside.
- 4 Place pork chops in zone 1 drawer, then insert drawer in unit. Place sweet potato fries in zone 2 drawer, then insert drawer in unit.
- 5 Select Zone 1, select ROAST (with crisper plate inserted), set temperature to 200°C, and set time to 15 minutes. Select zone 2, select AIR FRY, set temperature to 180°C and set time to 20 minutes. Select SYNC. Press the START/STOP button to begin cooking.
- 6 When zone 2 time reaches 10 minutes, remove drawer from unit and shake drawer for 10 seconds. Reinsert drawer to continue cooking.
- 7 When zone 1 time reaches 7 minutes, remove drawer from unit and flip pork chops using silicone-tipped tongs. Reinsert drawer to continue cooking.
- 8 In a large bowl, whisk together mayonnaise, honey mustard dressing, sugar, vinegar, poppy seeds and celery seeds. Add cabbage to the bowl and toss with dressing until evenly coated.
- 9 When cooking is complete, transfer pork chops to a plate and top with coleslaw. Serve with sweet potato fries.

HADDOCK CROQUETTES

PREP: 30 MINUTES | **AIR FRY:** 10 MINUTES | **MAKES:** 4 SERVINGS

INGREDIENTS

75g fresh breadcrumbs
2 teaspoons Sherry
500g uncooked haddock fillets, flaked
3 eggs
1 bunch fresh parsley, finely chopped
1 ½ teaspoons dried coriander
½ teaspoon salt
¼ teaspoon white pepper
Zest of 1 lemon
100g plain flour
150g dried breadcrumbs
Rapeseed oil for spraying
Serve with green salad, tartar sauce, lemon wedges

DIRECTIONS

- 1 In a bowl, add fresh breadcrumbs, flaked fish fillets and Sherry. Mash well to combine, beat one egg and add in with chopped parsley, coriander, pepper, salt and lemon zest. Mix well.
- 2 Prepare three shallow dishes for dipping the fish. One dish with flour, one dish with breadcrumbs and one dish with the remaining 2 eggs, beaten well. Line a baking tray with baking parchment.
- 3 Flour your hands and form croquettes from the mixture that are about 5-7cm in length. Roll the croquettes first in flour, then in egg, and finally in the breadcrumbs and place them on the tray.
- 4 Insert the crisper plates in zone 1 and 2 drawers. Spray plate with rapeseed oil. Place croquettes on crisper plate and spray croquettes with oil. Select AIR FRY, set temperature to 200°C and set time to 10 minutes. Select MATCH. Press START/STOP to begin.
- 5 When cook time is finished, use silicone coated tongs to remove the croquettes to a serving dish.
- 6 Serve immediately with a salad, tartar sauce and lemon.



TIP: Double cream can be used if you don't have cooking Sherry on hand.

ROASTED SALMON & PARMESAN ASPARAGUS

PREP: 15 MINUTES | **ROAST:** 15 MINUTES | **MAKES:** 2-4 SERVINGS

INGREDIENTS

3 tablespoons steak seasoning
3 tablespoons brown sugar
3 salmon fillets (170g each)
4 tablespoons olive oil
450g asparagus, ends trimmed
30g grated Parmesan cheese
Salt and pepper to taste

DIRECTIONS

- In a small bowl, mix together steak seasoning and brown sugar.
- Rub the top of each salmon fillet with 1 tablespoon oil, then cover fillets generously with sugar mixture. Set aside.
- In a bowl, toss asparagus with remaining 1 tablespoon oil, salt and pepper.
- Place the fillets in zone 1 drawer, skin side down, then insert drawer in unit. Place the asparagus in zone 2 drawer, then insert drawer in unit.
- Insert crisper plates in both drawers. Select ROAST, set temperature to 200°C and set time to 15 minutes. Select MATCH. Press the START/STOP button to begin cooking.
- When zone 2 time reaches 7 minutes, remove drawer from unit and flip asparagus using silicone-tipped tongs. Reinsert drawer to continue cooking.
- When zone 2 time reaches 2 minutes, remove drawer from unit and sprinkle half the Parmesan cheese over the asparagus and give the drawer a light toss. Reinsert drawer to continue cooking.
- When cooking is complete, transfer fillets and asparagus to a serving plate. Sprinkle the remaining Parmesan cheese over the asparagus and serve.



GARLIC PRAWNS & BLISTERED ROSEMARY TOMATOES

PREP: 10 MINUTES | **AIR FRY:** 15 MINUTES | **MAKES:** 2-4 SERVINGS

INGREDIENTS

450g uncooked large prawns, peeled, de-veined
2 garlic cloves, peeled, finely chopped
1 tablespoon fresh thyme
1/2 teaspoon chilli powder
60ml plus 1 tablespoon vegetable oil, divided
Sea salt, as desired
Ground black pepper, as desired
300g cherry tomatoes
1 tablespoon fresh rosemary

DIRECTIONS

- In a bowl, toss prawns with garlic, thyme, chilli powder, 60ml oil, salt and pepper.
- In a separate bowl, toss tomatoes with 1 tablespoon oil, rosemary, salt and pepper.
- Insert crisper plates in both drawers. Place prawns in zone 1 drawer, then insert drawer in unit. Place tomatoes in zone 2 drawer, then insert drawer in unit.
- Select AIR FRY, set temperature to 200°C and set time to 15 minutes. Select zone 2, AIR FRY, set temperature to 200°C and set time to 10 minutes. Select SYNC. Press the START/STOP button to begin cooking.
- When zone 1 time reaches 7 minutes, remove drawer from unit and shake drawer for 10 seconds. Reinsert drawer to continue cooking.
- When zone 2 time reaches 5 minutes, remove drawer from unit and shake drawer for 10 seconds. Reinsert drawer to continue cooking.
- When cooking is complete, serve immediately.



COCONUT-LIME COD & CAULIFLOWER RICE



PREP: 10 MINUTES | **MARINATE:** 20 MINUTES | **ROAST:** 20 MINUTES
MAKES: 4 SERVINGS

INGREDIENTS

1 can (400ml) unsweetened coconut milk
1 lime, zest and juice
4 cod fillets (170g each)
3 teaspoons sea salt, divided
1/2 onion, peeled diced
1/2 teaspoon garlic powder
4 teaspoons rapeseed oil, divided
350g cauliflower rice
1/2 green pepper, chopped
25g fresh coriander, stems removed, for garnish
75g roasted and salted cashews, chopped, for garnish



DIRECTIONS

- In a medium bowl, combine coconut milk and lime zest and juice. Season each fillet with 1/2 teaspoon salt, then place them in coconut milk mixture and marinate for 20 minutes.
- In a small bowl, gently toss diced onion and garlic powder with 1 teaspoon rapeseed oil and place in zone 2 drawer (with no crisper plate inserted).
- Insert a crisper plate into zone 1. Remove cod from marinade and place on crisper plate. Select zone 1, select ROAST, set temperature to 190°C and set time to 20 minutes. Select zone 2, select ROAST, set temperature to 160°C and set time to 12 minutes. Select SYNC. Press the START/STOP button to begin cooking.
- In a separate medium bowl, gently toss cauliflower rice, pepper, remaining salt and remaining rapeseed oil.
- When zone 2 time reaches 6 minutes, remove drawer from unit and add cauliflower rice mixture to the onion and stir to combine. Reinsert drawer to continue cooking.
- When cooking is complete, serve cauliflower rice in a bowl, gently placing cod fillets on top. Garnish with fresh coriander and chopped cashews, if desired.

SPICY HALLOUMI FRIES & CHILLI CORN ON THE COB

PREP: 20 MINUTES | **AIR FRY:** 18 MINUTES | **ROAST:** 15 MINUTES
MAKES: 4 SERVINGS

INGREDIENTS

HALLOUMI FRIES
2 blocks halloumi (225g each)
75g plain flour
1 teaspoon sumac
1 teaspoon za'atar
1 lemon
150g natural Greek yogurt
2 tablespoon coriander, chopped
Cooking spray or oil

CHILLI CORN ON THE COB
50g butter, softened
2 teaspoons tomato ketchup
1 teaspoon honey
1/2 teaspoon rose harissa
4 sweetcorn cobettes



DIRECTIONS

- Drain halloumi and pat dry. Cut into thick fries.
- In a bowl, mix the flour, sumac and za'atar. Dip halloumi into the mix to lightly coat.
- Insert crisper plates into both drawers. Liberally spray drawer 1 with cooking spray or oil, add halloumi and spray with oil. Insert drawer into unit.
- Make chilli butter: In a bowl, place butter, tomato ketchup, honey and harissa, beat together till smooth. Using a pastry brush, or back of a teaspoon, brush each cobette with butter. Reserve remaining butter by placing in cling film, form into a sausage shape, wrap and chill whilst corn is cooking. Place corn onto crisper plate in zone 2 drawer. Insert drawer into unit.
- Select zone 1, select AIR FRY, set temperature to 200°C and time for 18 minutes. Select zone 2, select ROAST, set temperature to 180°C and time to 15 minutes. Select SYNC. START/STOP to begin.
- When zone 1 reaches 10 minutes, rearrange halloumi fries and sweetcorn. Repeat when zone 1 reaches 6 minutes.
- Cut chilli butter into 4 and place on top of corn. Serve with halloumi topped with Greek yogurt swirled with chopped coriander.

CHEESY STUFFED MUSHROOMS & VEGETABLE MEDLEY



PREP: 25 MINUTES | **ROAST:** 17-20 MINUTES | **MAKES:** 4 SERVINGS



INGREDIENTS

MUSHROOMS

300g frozen chopped spinach, thawed
60g cream cheese
30g grated Parmesan cheese
120g mozzarella cheese, divided
1 teaspoon finely chopped garlic
1 teaspoon nutmeg
1/2 teaspoon salt
1/2 teaspoon black pepper
2 large portobello mushrooms, cleaned, stems removed

VEGETABLE MEDLEY

350g courgettes, medium diced
1 red pepper, medium diced
1 orange pepper, large diced
300g aubergine, medium diced
4 thick asparagus spears, ends trimmed, cut into 1cm pieces
1 tablespoon fresh thyme
2 tablespoons vegetable oil
1 teaspoon salt
1 teaspoon black pepper

DIRECTIONS

- 1 Wrap spinach in a cotton towel or paper towels and squeeze out excess liquid.
- 2 In a bowl, mix together cream cheese, parmesan cheese, 60g mozzarella cheese, garlic, nutmeg, salt and pepper. Add spinach and mix well.
- 3 Fill the mushrooms with the spinach and cheese mixture.
- 4 In a separate bowl, combine all vegetable medley ingredients and toss well.
- 5 Place prepared mushrooms in zone 1 drawer, without a crisper plate inserted then insert drawer in unit. Place vegetables without a crisper plate inserted in zone 2 drawer, then insert drawer in unit.
- 6 Select ROAST, set temperature to 180°C and set time to 15 minutes. Select zone 2, select ROAST, set temperature to 180°C, and set time to 17-20 minutes. Select SYNC. Press the START/STOP button to begin cooking.
- 7 When zone 1 time reaches 10 minutes, remove drawer from unit and top mushrooms with remaining mozzarella cheese. Reinsert drawer to continue cooking.
- 8 When zone 2 time reaches 10 minutes, remove drawer from unit and stir vegetables. Reinsert drawer to continue cooking.
- 9 When cooking is complete, serve immediately.

TIP: Parmesan cheese contains animal rennet however vegetarian substitutes are widely available.

SWEET & SOUR TOFU & ASIAN-STYLE VEGETABLES

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



INGREDIENTS

400g firm tofu, pat dry and cut into 2.5cm cubes
2 tablespoons corn flour
650g frozen stir fry vegetables
1 tablespoon vegetable oil
120g sweet & sour sauce (shop bought)
1 teaspoon garlic powder
Sea salt, to taste
Ground black pepper, to taste

DIRECTIONS

- 1 In a bowl, toss tofu with corn flour until coated.
- 2 Insert a crisper plate into both drawers. Place tofu in zone 1 drawer, then insert drawer in unit. Place frozen vegetables and oil in zone 2 drawer, then insert drawer in unit.
- 3 Select zone 1, select AIR FRY, set temperature to 200°C, and set time to 20 minutes. Select zone 2, select ROAST, set temperature to 200°C and set time to 15 minutes. Select SYNC. Press the START/STOP button to begin cooking.
- 4 When zone 1 time reaches 15 minutes, drawer from unit and shake drawer for 10 seconds. Reinsert drawer to continue cooking. Repeat when zone 1 time reaches 7 minutes.
- 5 When zone 2 time reaches 5 minutes, remove from unit and shake drawer for 10 seconds. Reinsert drawer to continue cooking.
- 6 When cooking is complete, transfer tofu to a bowl and toss with sweet & sour sauce until coated. Transfer vegetables to another bowl and toss with garlic powder, salt and pepper. Serve immediately.

CAULIFLOWER BITES & BAKED SWEET POTATOES



PREP: 20 MINUTES | **AIR FRY:** 30 MINUTES | **MAKES:** 4 SERVINGS

INGREDIENTS

400g cauliflower
150g plain flour
1 teaspoon onion powder
1 teaspoon garlic powder
1 teaspoon ground cumin
1 teaspoon paprika
Salt and freshly ground black pepper to taste
300ml milk
100g panko breadcrumbs
30ml sunflower oil
90ml Buffalo hot sauce

SWEET POTATOES

4 x 175g sweet potatoes
1 tablespoon olive oil
1 teaspoon sea salt flakes

RANCH SLAW

120g mayonnaise
60g ranch dressing
1 tablespoon cider vinegar
1 tablespoon poppy seeds
Salt and pepper to taste
200g finely sliced red or white cabbage
1 red skinned apple, cored and finely sliced
1 stick celery, finely sliced
1 tablespoon flat leaf parsley, chopped
1 tablespoon chives, chopped

DIRECTIONS

- 1 Cut the cauliflower into 2.5cm florets.
- 2 Put flour, onion, garlic, cumin, paprika into a bowl and season to taste. Gradually whisk in milk until a smooth batter is formed.
- 3 Put panko breadcrumbs into another bowl.
- 4 Dip cauliflower florets into batter to coat and then toss in breadcrumbs until well coated.
- 5 Prick sweet potatoes with a fork several times. Rub olive oil into potato skin and sprinkle sea salt over.
- 6 Insert crisper plate in both drawers. Add cauliflower bites to zone 1 drawer and sweet potatoes to zone 2 drawer and insert into unit. Select zone 1, select AIR FRY, set temperature to 180°C and set time to 25 minutes. Select zone 2 and select AIR FRY, set temperature to 200°C and set time to 30 minutes. Select SYNC. Select START/STOP to begin.
- 7 Meanwhile mix the oil and buffalo sauce together. When zone 1 reaches 15 minutes, remove drawer and baste cauliflower in buffalo sauce mix. Turn sweet potatoes at the same time. Reinsert drawers to resume cooking.
- 8 In a large bowl, whisk together mayonnaise, ranch dressing, vinegar, poppy seeds and seasoning. Add cabbage, apple, celery and herbs to the bowl and toss with dressing until evenly coated.
- 9 Serve cauliflower bites with sweet potato and coleslaw.



PEANUT BUTTER CHOCOLATE BROWNIES



PREP: 15 MINUTES | **BAKE:** 35-40 MINUTES | **MAKES:** 8-10 SERVINGS

INGREDIENTS

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

DIRECTIONS

- 1 Spray zone 1 drawer (without a crisping plate inserted) with cooking spray or oil, and line base with a piece of baking parchment.
- 2 Reserve 40g peanut butter and 30g chocolate. Break up the dark chocolate into pieces, add into a saucepan with peanut butter and butter. Gently melt, and leave to cool. Meanwhile in a large bowl, whisk together the sugar and eggs until thick and creamy like salad cream. Add in chocolate mixture and whisk together.
- 3 Sieve flour and cocoa powder together into bowl and fold in with a large metal spoon. Spoon brownie mixture into prepared lined drawer. Melt peanut butter in a microwave for 40 seconds. Drizzle over the top of brownie.
- 4 Insert zone 1 drawer in unit. Select zone 1, select BAKE, set temperature to 160°C, and set time to 35-40 minutes. Press the START/STOP button to begin cooking.
- 5 When zone 1 reaches 5 minutes, check whether brownie is cooked through. Cooking is complete when the brownie is soft to touch in centre.
- 6 Melt remaining chocolate in microwave for 20s, stir then 20s and stir. Drizzle melted chocolate over the top of brownie. Leave to cool in drawer.
- 7 Leave to cool before lifting out, using the lining paper as a sling. Cut into squares.



BANOFFEE MUFFINS



PREP: 15 MINUTES | **BAKE:** 15-20 MINUTES | **MAKES:** 12 MUFFINS

INGREDIENTS

200g self-raising flour
1 teaspoon mixed spice
1/2 teaspoon salt
2 ripe bananas, approx. 320g with skins on
200g light brown sugar
100g vegetable oil
2 large eggs, beaten
1 teaspoon vanilla essence
50g chocolate chips
100g thick caramel or dulce de leche
12 dried banana chips to decorate

DIRECTIONS

- 1 Sift the flour, mixed spice and salt into bowl.
- 2 In a large mixing bowl, peel and mash the bananas until smooth. Mix in sugar, oil, eggs, vanilla essence and whisk together until the oil is incorporated.
- 3 Slowly add the dry ingredients to bananas and whisk continually to combine, stir in chocolate chips.
- 4 Without a crisper plate inserted. Place 6 double thickness muffin cases in each drawer, spoon mixture between the muffin cases filling 3/4 full. Select zone 1, select BAKE, set temperature to 160°C, and set time to 15 minutes. Select MATCH. Press the START/STOP button to begin cooking.
- 5 When zone 1 time reaches 5 minutes, , check whether muffins are cooked through. Cooking is complete when a wooden skewer inserted in the centre comes out clean. Remove muffins from drawer and let cool on a wire rack for 5 minutes before serving. Top each muffin with a spoonful of caramel and a banana chip.



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