

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



NINJA® Foodi® MAX PRO

Health Grill, Flat Plate
& Air Fryer

Quick Start & Recipe Guide



Your guide to grilling like a pro

Welcome to the Ninja® Foodi® Max Pro Health Grill, Flat Plate and Air Fryer recipe guide. From here, you're just a few pages away from recipes, tips and tricks and helpful hints. Now let's get cooking.



Contents

Grill plate	2	Lamb	
Using the control panel	4	Butterflied leg of lamb with parmentier potatoes	30
Customisable functions	5	Fish	
Quick start guide	6	Sriracha glazed salmon	31
Reducing smoke	7	Greek style prawn kebabs	32
Lid up & lid down cooking	8	Fish & chips	33
Using the probe	10	Vegetarian	
Marinades	14	Cheese family size omelette	34
Spice Rubs	15	Basil, mozzarella and tomato ciabatta panini	35
Kickstarter Recipes		Harissa halloumi burger	36
Grilled sirloin steaks & asparagus	16	Margherita pizza	37
Classic diner style burgers	18	Snacks & Sides	
Beef		Loaded veggie nachos	38
Roast beef and roast potatoes	21	Spicy sweet potato wedges	39
Steak sandwich	23	Twice baked cheesy potatoes	40
Chicken		Breaded mushrooms with lemony mayo	41
Roast chicken & caesar salad	24	Roasted vegetables with herbs	42
Cajun chicken with grilled salsa	25	Desserts	
Chicken fajitas with tomato salsa	26	Raspberry chocolate brownies	43
Pork		Chocolate chip cookie	44
Grilled breakfast	28	American pancakes	45
		Cooking charts	46

Recipe Key

We've tagged recipes with these icons to help find the right one for you.



Digital Cooking Probe



10 minutes or less



Frozen to charrilled



Child-friendly food



Gluten-free



Dairy-free



Keto



Vegetarian



Grill Plate



Flat Plate



Crisper Basket



Even Heat
EDGE-TO-EDGE

Grill Plate

Get ready for our best indoor grilling. With edge-to-edge direct heat, you get juicier results with better charring and grill marks.

Plus, use the new flat plate to cook delicate foods from fish to fajitas, chopped vegetables and more...



Steakhouse grilling & searing

Quick and easy meals
Steak & asparagus, page 16



Cooking on a flat plate

Ideal for sliced and chopped ingredients
Chicken fajitas, page 27



Perfect cooking

No guesswork
Cajun chicken, page 25



Grilled thrills

Make the unexpected
Margherita Pizza, page 37

Using the control panel



- A POWER:** To turn the unit on and off, press the **POWER** button.
- B DIAL:** To select a cooking function or setting, turn the dial.
- C TEMP:** To select temperature, press the **TEMP** button and turn the dial to adjust.
- D TIME:** To select a cook time, press the **TIME** button and turn the dial to adjust.
- E MANUAL:** Switches the display screen so you can manually set the internal outcome with the dial.
- F PRESET:** When probe is plugged in, the display screen will allow you to select your food type. Turn the dial to select your protein.
- G COOK LEVEL:** Cook to your preference, choose from rare to well done.
- H START/STOP:** Press the dial to start or stop the selected cooking function.
- I FUNCTION:** Press to clear all settings when programming unit or in probe "Rest" state (if cooking is not already in progress).
- J PREHEAT:** After you set function, time and temperature then press the dial, the unit will automatically begin preheating. If preheat button is selected after pressing dial, the unit will skip preheating (not recommended). Display will show ADD FOOD, lift and close lid to begin cooking.

Preheat for better results.

For best grilling results, let the unit fully preheat before adding the food. Adding food before preheating is complete may lead to overcooking, smoke and longer preheat time.

Customisable functions

Get to know the functions of your grill to get the best out of every meal.

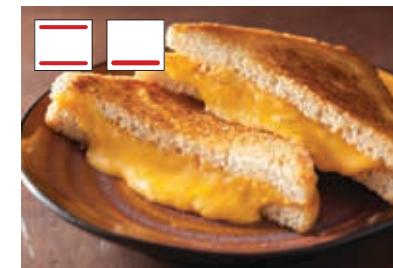
Grill



Closed-lid cooking: Top and bottom heat which is best for grilling large or thick cuts of meat, frozen food or for an all-around sear.

Open lid cooking: Ideal for grilling delicate foods or lean proteins to develop chargrilled textures without over-cooking.

Flat Plate



Cook with lid open or closed. Griddle, sauté or sear everything from onions, eggs, fish or fajitas.

Air Fry



For crispiness and crunch with little to no oil.

Bake

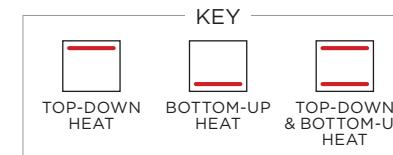


Bake cakes, treats, desserts and more with lower fan speeds.

Roast, Dehydrate & Reheat



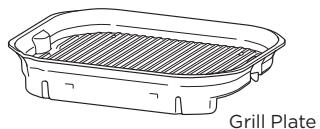
Extra versatility to roast or make dehydrated snacks.



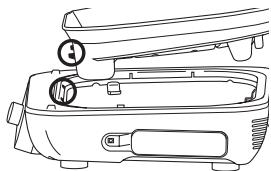
Quick Start Guide

STEP 1 Set Up

- To install the grill plate, position it into the front of the base so it hooks in, then press down on the back of the plate until it **clicks** in place.

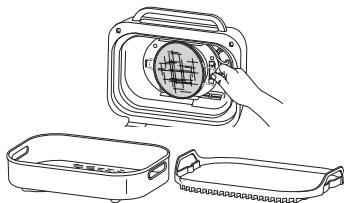


Grill Plate



OPTIONAL STEP 2 Add Accessories

- To install the splatter guard, hook the left side of the guard into place and then snap the right side into place, until you hear it click and it feels secure.
- Place any accessory required in unit. Reference functions chart on previous page to determine if an accessory is needed.



STEP 3 Select Cook Function

- Turn dial to select desired cooking function (e.g., Grill).
- The default temperature setting will display. To adjust temperature if desired, press TEMP button and turn dial.
- Press the TIME button and turn the dial to selected desired time.

NOTE: When set to Roast, Grill, Flat Plate and Air Fry, the unit will beep and display FLIP. Flipping is optional but recommended.

TIP: For a perfect outcome every time, use the Digital Cooking Probe in any mode (except dehydrate). Refer to pages 10-13.

STEP 4 Preheat

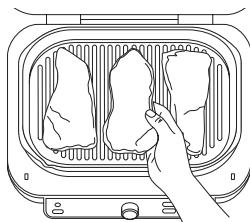
- Close the lid and press dial to begin preheating. The progress bar will begin illuminating.
- Reference the Instruction's for approximate preheat times for each function.



STEP 5 Add Food

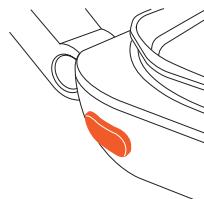
- Once unit has preheated, "ADD FOOD" will appear on the screen. Open the lid to add ingredients to unit.
- Lid should remain open for the Grill and Flat Plate functions (unless a recipe calls for the lid to be closed).

NOTE: If batch cooking meats, for best results, we recommend in between batches to close the lid and run the programmed function for 2-3 minutes before adding more food.



STEP 6 Complete Cooking

- When cook time is complete, the unit will beep and "END" will appear on the display. Remove food and accessories from unit.
- Remove the grill plate by pressing the orange release button on the left side of the unit. The plate will pop up from the back then lift up.



Reducing smoke during cooking

Always use the recommended grill settings

Our chef-designed temperature settings maximise grill flavours and textures while minimising smoke. Cooking food at a higher temperature than recommended will result in more smoke and food having a burnt, acrid flavour.

LO	MED	HI	MAX
Bacon	Frozen meats	Steaks	Veggies
Sausages	Marinated meats/ meats with sauce	Chicken	Fruit
When using thicker barbecue sauces	Burgers	Hot dogs	Pizzas
			Fresh/frozen seafood

Always use the recommended fat/oil



Recommended:

Vegetable, Sunflower, Rapeseed, Refined coconut, Avocado and Grapeseed oil.



Not recommended:

Olive oil, Butter, Margarine

Cleaning Instructions

Remove grill plate

To remove the grill plate after it cools, press the orange release button on the left side of the unit.

Soaking the grill plate

prior to cleaning will make cleaning easier. Soak the plate in hot, soapy water to help loosen baked-on foods.

Remove splatter guard

after it cools and clean after each use. Soak overnight to help remove baked-on grease from the frame and front tabs.

Deep clean the splatter guard

by putting it in a pan of water. Once water comes to a boil, leave inserted for 10 minutes. **All parts, except probe and main unit, are dishwasher safe.**

Cooking with the lid up

Harness the direct, edge-to-edge high heat searing from the grill plate or flat plate for even cooking, boosting flavours and our best chargrilled results.



Grill

Best for cooking delicate foods or lean proteins to develop chargrilled textures without overcooking.



Kebabs

Grilled vegetables



Flat Plate

Best for food that requires flipping and constant attention while cooking.



Sliced vegetables

Fried eggs, mushrooms or tomatoes

Cooking with the lid down

Combine the power of the high-heat grill plate or flat plate with cyclonic air for all-around searing, crisping, melting toppings and faster cooking.



Grill

Best for cooking thick cuts of meat or frozen protein.



Steak & asparagus

Frozen chicken breasts

Flat Plate

Best for no-flip grilling, melting cheese, crisping up toppings, and quickly cooking thicker foods.

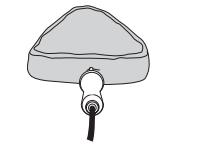
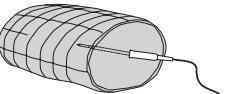
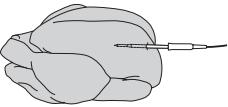


Burgers with melted cheese

Loaded nachos

Using the probe: Probe placement

Once you've selected your cooking function, cooking temperature, protein type, and desired level of outcome, **insert the Foodi® Digital Cooking Probe into the thickest part of your protein** while the grill is preheating.

FOOD TYPE	PLACEMENT	CORRECT	INCORRECT
Steaks Pork chops Lamb chops Chicken breasts Burgers Tenderloins Fish fillets	<ul style="list-style-type: none"> Insert probe horizontally into the centre of the thickest part of the meat. Make sure the tip of the probe is inserted straight into the centre of the meat, not angled toward the bottom or top of it. This is critical for accurate temperature readings. Make sure the probe is close to (but not touching) the bone and away from any fat or gristle. <p><i>NOTE: The thickest part of the protein may not be the centre. It is important that the end of the probe hits the thickest part so desired results are achieved.</i></p>	   	  
Whole chicken	<ul style="list-style-type: none"> Insert probe horizontally into the thickest part of the breast, parallel to—but not touching—the bone. Make sure the top reaches the centre of the thickest part of the breast and doesn't go all the way through the breast into the cavity. 		

DO NOT USE the probe with frozen protein or cuts of meat 1.5cm thick or thinner.

Perfectly done with the Foodi® Digital Cooking Probe

How do you like your steak?

Everyone's perception of levels of cook differs from person to person. The below guide shows what each PRESET visually correlates to when selecting beef. We have provided a range of options to allow for more customisation based on your preference.



Carry-over cooking

Did you know that meat keeps cooking when you remove it from the grill?

To prevent overcooking, the unit will beep right before your food reaches the desired outcome, taking carry-over cooking into account. Transfer meat to a plate with the probe still inserted and allow protein to carry-over cook and rest for 3-5 minutes. **Skipping carry-over cooking and cutting into food right away may result in a rarer level of outcome.**

For complete probe instructions, see your Ninja® Instructions.

NOTE: Reference UK Food Standards Agency for food-safe temperature recommendations.

Cooking with the leave-in probe

STEP 1 Setup

- Remove probe from storage compartment on right side of the unit.
- Unwind cord and remove probe.
- Plug probe into jack on right side of the unit until it is fully inserted and clicks in place.



STEP 2 Select Cook Function

- Turn dial to select desired cooking function (e.g., Grill).
- The default temperature setting will display. To adjust temperature if desired, press TEMP button and turn dial. Setting a time is not necessary when using the probe.

STEP 3 Program Probe

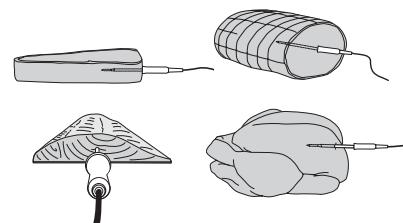
- Press the PRESET button.
- Turn the dial to choose your protein.
- Press the COOK LEVEL button.
- Turn the dial to choose the desired outcome.

NOTE: If selecting the MANUAL button, use the internal cook temperatures recommended in the Instructions.

The Foodi® Digital Cooking Probe continues to monitor temperature throughout the cooking process, unlike a traditional instant-read probe.

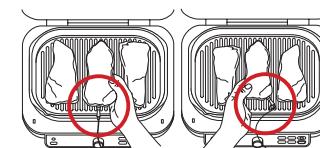
STEP 4 Place Probe

- Press the dial to begin preheating.
- Wait until unit is fully preheated before adding food.
- Insert probe in protein using the guide on page 10.

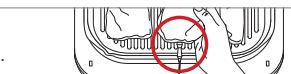


STEP 5 Add Food

- Once unit has preheated, ADD FOOD will appear on the screen.
- Add the food with probe grip fully inside the unit, and close lid over cord to begin cooking (images below).



NOTE: DO NOT close lid on probe grip, as this will prop open the lid and create inaccurate readings.



STEP 6 Track Progress

- The progress bar at the top of the display will track outcome.
- Flashing indicates progression to that outcome.

**WELL
MED WELL
MED
MED RARE
RARE**

NOTE: When using Roast, Grill, Flat Plate and Air Fry, the unit will beep and display FLIP. Flipping is optional but recommended.

Using the probe in different cooking scenarios

SAME PROTEINS, SAME SIZE DIFFERENT OUTCOME

- 1 Set the preset feature to the highest desired level of outcome.
- 2 Insert the probe in the protein with the highest desired level of outcome.
- 3 When the lowest desired level of outcome is reached (with solid LED on the progress bar), remove the protein without probe.
- 4 Continue cooking the remaining protein until the next level of outcome is reached.

SAME PROTEINS DIFFERENT SIZES

- 1 Set the Preset feature to the desired level of outcome for the smaller protein.
- 2 Insert probe in the smaller protein. Then refer to steps 5 and 6 on the following page.
- 3 Using oven gloves, as probe is hot, transfer probe to the larger protein, and use the arrows to the left of the display to choose the level of outcome.

2+ DIFFERENT PROTEINS

- 1 Insert probe in the protein with the lowest desired level of outcome.
- 2 Use the Manual feature to choose the desired internal temperature (refer to Instructions).
- 3 Using oven gloves, as probe is hot, transfer probe to the other protein, and use the Manual feature to choose the desired internal temperature.

STEP 7 Carry-Over Cook & Rest

- Unit will beep and show GET FOOD, indicating it's time to carry-over cook and rest food on a plate for 3-5 minutes.
- "Carry-over cooking" is when food retains heat after being removed from the source of the heat and continues to cook.

NOTE: Skipping carry-over cooking and cutting into food right away may result in a rarer level of outcome.

Did you know?

Meat keeps cooking when you remove it from the grill.

To prevent overcooking, the unit will beep right before your food reaches desired outcome, taking carry-over cooking into account.

Removing your food

**GET
FOOD**

Transfer meat to a plate using silicone-tipped tongs with the probe still inserted.

Carry-over cooking & resting

**REST
00:01**

Allow protein to carry-over cook and rest for 3-5 minutes. "REST" will appear and timer will count up.

WARNING: Probe and grip will be hot.

Questions? ninjakitchen.co.uk

Flavour-Building

Build your own marinades and zesty spice rubs.
Add all ingredients to a bowl and mix well.

TIP: These marinades and spice rubs require coarse sea salt not fine table salt.

TIP: When using marinated foods on the Grill function, we recommend using MED and when using thicker marinades/sauces use LO temperature setting.

TIP: To get the best textures and flavours from frozen meat, season it with your favourite spice rub before grilling and baste liberally during cooking.

Marinades

MAKES: APPROX. 250ml | **MARINATING TIME:** 2-12 HOURS | **STORE:** REFRIGERATE FOR UP TO 4 DAYS



Teriyaki Marinade

- 80ml soy sauce
- 80ml water
- 80g dark brown sugar
- 3 tablespoons rice wine vinegar
- 1 tablespoon honey
- 2 garlic cloves, peeled, minced



Garlic & Herb Marinade

- 60ml extra virgin olive oil
- 60ml apple cider vinegar
- 10g fresh herbs (like parsley, rosemary, oregano, thyme, or sage), chopped
- 5 garlic cloves, peeled, minced
- Juice of 1 lemon (about 3 tablespoons juice)
- 1 teaspoon ground black pepper
- 1 teaspoon sea salt



Simple Steak Marinade

- 60ml Worcestershire sauce
- 60ml soy sauce
- 60ml balsamic vinegar
- 2 tablespoons Dijon mustard
- 3 garlic cloves, peeled, minced
- 1 teaspoon ground black pepper
- 1 teaspoon sea salt

Spice Rubs

MAKES: APPROX. 240g | **SEASON:** GENEROUSLY
STORE: UP TO 6 MONTHS IN AN AIRTIGHT CONTAINER AWAY FROM LIGHT AND HEAT



Easy BBQ Spice Rub

Best for poultry, beef, prawns, cauliflower, broccoli, carrots

- 60g dark brown sugar
- 28g smoked paprika
- 3 tablespoons ground black pepper
- 2 tablespoons sea salt
- 2 teaspoons garlic powder
- 2 teaspoons onion powder



Everyday Spice Rub

Best for poultry, beef, pork, lamb, veal, seafood, vegetables

- 3 teaspoons chilli powder
- 2 tablespoons white sugar
- 1 tablespoon sea salt
- 1 tablespoon ground cumin
- 1 tablespoon ground black pepper
- 1 tablespoon dried oregano



Dry Herb Rub

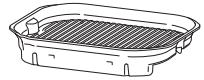
Best for poultry, pork, lamb, seafood, vegetables

- 1 tablespoon sea salt
- 1 tablespoon dried thyme
- 1 tablespoon dried rosemary
- 1 tablespoon dried oregano
- 1 tablespoon mustard powder
- 1 teaspoon ground black pepper
- 1 teaspoon crushed red pepper

Kickstarter Recipe

Grilled Sirloin Steaks with Asparagus

PREP: 5 MINUTES | **PREHEAT:** 6 MINUTES | **GRILL:** APPROX. 14-18 MINUTES | **MAKES:** 4 SERVINGS



INGREDIENTS

4 uncooked sirloin steaks
(280g each)

3 tablespoons vegetable oil, divided

Sea salt, as desired

Ground black pepper, as desired

400g asparagus, trimmed

DIRECTIONS



Plug probe into unit. To install the grill plate, slide it into the front of the base so it hooks in, then press down on the back until it clicks into place. Close the lid.



Select GRILL, set temperature to HI, then select PRESET. The unit will default to BEEF. Then select COOK LEVEL and use the dial to select desired outcome. Press the dial to begin preheating, (approximately 6 minutes).



While unit is preheating, brush each steak on all sides with 1/2 tablespoon vegetable oil, then season with salt and pepper, as desired. Toss asparagus with remaining vegetable oil, then season with salt and pepper, as desired.



Insert probe horizontally into the centre of one of the steaks (see probe placement instructions on page 10).

Due to continuing design and quality improvements, the unit may differ slightly from what is depicted in these images.



When unit beeps to signify it has preheated, place steaks on grill plate, gently pressing them down to maximise grill marks. **Close lid over the probe cord.** When unit beeps and the display reads FLIP, use silicone-tipped tongs to flip the steaks. **Close lid to continue cooking.**



When unit beeps to signal the steaks are almost done cooking, transfer steaks to a plate or cutting board and allow to rest for 5 minutes.



While steaks are resting, place asparagus on grill plate and **close the lid.** Set time to 4 minutes. Press the dial to begin cooking. Skip preheat by pressing the PREHEAT button. Display will show ADD FOOD, lift and close lid to begin cooking.



When cooking and resting are complete, remove probe from steaks. Slice steaks and serve with asparagus.

Kickstarter Recipe

Classic Diner Style Burgers

PREP: 10 MINUTES | **PREHEAT:** 9 MINUTES | **FLAT PLATE:** 14 MINUTES | **MAKES:** 4 SERVINGS



INGREDIENTS

500g good quality minced beef
Sea salt and freshly ground black pepper to taste
Garlic powder, as desired, optional

Onion powder, as desired, optional
4 slices Cheddar cheese
4 burger buns

TOPPINGS (optional)
Tomato, sliced
Red onion, peeled, thinly sliced
Iceberg lettuce
Ketchup
Yellow mustard

DIRECTIONS



To install the grill plate, slide it into the front of the base so it hooks in, then press down on the back until it clicks into place. Place flat plate on top of grill plate so it sits flat.



Select **FLAT PLATE**, set temperature to 200°C and set time to 14 minutes. Close lid and Press the dial to begin preheating, (approximately 9 minutes).



Separate minced beef into 4 equal portions. Roughly shape the beef into flat, thin patties, approximately 12cm wide and 1cm thick.



Season the patties on both sides with salt, pepper, garlic powder, and onion powder, if using.

TIP To achieve the perfect classic diner style burger, place one portion of minced beef between two pieces of baking parchment. Then using a plate, gently press until 1cm thick.



When unit beeps to signify it has preheated, open lid and use a non-metal spatula to add the burgers to the flat plate. Firmly press each burger down for 5 seconds. Leave lid open while cooking.



When unit beeps and the display reads **FLIP**, open lid and use a non-metal spatula to add the burgers to the flat plate. Firmly press each burger down for 5 seconds. Leave lid open while cooking.



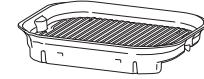
If a more well-done burger is desired, add an additional 2-3 minutes. Add the cheese, close the lid, and cook until melted, about 2 minutes.



When cooking is done, remove the burgers. Add the burger buns to the flat plate and toast for 2-3 minutes. Once toasted, remove the buns and build burgers with desired toppings.



ROAST BEEF AND ROAST POTATOES



PREP: 10 MINUTES | **PREHEAT:** 2 MINUTES | **COOK:** APPROX. 35 MINUTES | **MAKES:** 4 SERVINGS

INGREDIENTS

1kg topside of beef
Salt and pepper, to taste
2 tablespoons oil, divided
Salt and freshly ground black pepper
1 teaspoon mustard powder
600g roasting potatoes, cut in half or quarters if large

TIP For extra tasty potatoes, brush with beef fat from grease catcher.

DIRECTIONS

- 1 Plug probe into unit. To install the grill plate, slide it into the front of the base so it hooks in, then press down on the back until it clicks into place. Close the lid. Select ROAST and set temperature to 180°C, then select PRESET. The unit will default to BEEF. Then select COOK LEVEL and use dial to set desired outcome. Press the dial to begin preheating, (approximately 2 minutes).
- 2 While unit is preheating, brush beef with 1 tablespoon oil, season with salt and pepper and mustard powder if desired.
- 3 When the unit beeps to signify it has preheated, put beef on grill plate. Insert probe horizontally into thickest part of beef, (see probe placement instructions on page 10). Close lid.
- 4 Brush potatoes with remaining oil and season to taste.
- 5 When the unit tells you to flip, turn beef over and add potatoes around beef. Close lid.
- 6 When unit beeps to signal cooking is complete. Use oven gloves to remove probe from beef, remove the beef and leave to rest, tented in foil for 10 minutes.
- 7 Check if the potatoes are brown enough, if not, select ROAST, set temperature to 180°C and set time to 10 minutes. Skip preheat by pressing the PREHEAT button. Display will show ADD FOOD, lift and close lid to begin cooking.
- 8 Serve potatoes with beef.



STEAK SANDWICH



PREP: 10 MINUTES | **PREHEAT:** 6 MINUTES | **GRILL:** 20 MINUTES | **MAKES:** 3 SERVINGS

INGREDIENTS

- 2 225g sirloin steaks
- 1 tablespoon oil
- Salt and freshly ground black pepper
- 3 small baguettes, halved horizontally
- 6 tablespoons caramelised onion chutney
- 3 tablespoons horseradish sauce
- 6 slices Cheddar cheese
- 3 handfuls of rocket
- 1½ tablespoons balsamic vinegar

DIRECTIONS

- 1 Plug probe into unit. To install the grill plate, slide it into the front of the base so it hooks in, then press down on the back until it clicks into place. Close the lid. Select GRILL, set temperature to HI, then select PRESET. The unit will default to BEEF. Then select COOK LEVEL and use dial to set desired outcome. Press the dial to begin preheating, (approximately 6 minutes).
- 2 While unit is preheating, brush each steak on all sides with the oil, then season with salt and pepper.
- 3 Insert probe horizontally into the centre of the thickest part of the largest steak, (see probe placement instructions on page 10).
- 4 When unit beeps to signify it has preheated, open lid and place steaks on grill plate, gently pressing them down to maximise grill marks. Leave lid open while cooking. When unit beeps and the display reads FLIP, use silicone-tipped tongs to flip the steaks.

- 5 When unit beeps to signal the steaks are done transfer to a plate or cutting board and allow to rest for 5 minutes, then slice.
- 6 While the steaks are resting, place baguettes cut-side down on the grill plate and close the lid. Select GRILL, set temperature to HI, set time to 7 minutes. Press the dial to begin cooking. Since the grill will already be hot, Skip preheat by pressing the PREHEAT button. Display will show ADD FOOD, lift and close lid to begin cooking.
- 7 Cook for 3-5 minutes, then open the lid. Spread the cut-side bottoms of each baguette with the caramelised onion chutney and the tops with the horseradish. Layer the sliced steak onto the bottom of each baguette. Place on the Cheddar cheese slices. Close lid and continue to cook for 1-2 minutes until the cheese is melted.
- 8 Toss the rocket with the balsamic vinegar, pile on top of the steak the sandwich together and top with second half of baguette to serve.

TIP For a variation in flavour, substitute mustard for horseradish and use 60g crumbled blue cheese rather than the Cheddar slices.

ROAST CHICKEN & CAESAR SALAD



PREP: 15 MINUTES | **PREHEAT:** 2 MINUTES | **ROAST:** WELL DONE | **GRILL:** 3 MINUTES | **MAKES:** 4-6 SERVINGS

INGREDIENTS

ROAST CHICKEN

- 1 teaspoon sea salt flakes
- ½ teaspoon cracked fresh black pepper
- 2 tablespoons lemon juice
- 2 garlic cloves, crushed
- 1 tablespoon oil
- 1.5kg spatchcock chicken

CAESAR DRESSING

- 1 teaspoon Worcestershire Sauce
- 1 garlic clove, minced
- ½ teaspoon sea salt flakes
- Pinch of ground black pepper
- 4 tablespoons mayonnaise
- 1 tablespoon oil
- ½ tablespoon freshly squeezed lemon juice
- 30g finely grated Parmesan

CAESAR SALAD

- 2 large or 4 small heads Romaine lettuce, washed keeping whole heads intact
- 75g croutons
- 40g shaved Parmesan cheese

TIP Grill thin slices of baguette brushed with olive oil for two minutes on each side for big rustic croutons.

DIRECTIONS

- 1 Plug probe into unit. To install the grill plate, slide it into the front of the base so it hooks in, then press down on the back until it clicks into place. Close the lid then select ROAST and set temperature to 180°C, then select PRESET. Use the dial to select CHICKEN. Press the dial to begin preheating, (approximately 2 minutes).
- 2 While the unit is preheating, in a large bowl, mix the first 5 chicken ingredients and rub over your spatchcock chicken. Insert probe horizontally into the centre of the thickest part of the chicken, (see probe placement instructions on page 10).
- 3 When unit beeps to signify it has preheated, open lid and place chicken onto the grill plate and close the lid.
- 4 While the chicken roasts, make the dressing; in a bowl, mix all dressing ingredients well and set aside. Slice heads of lettuces in half lengthwise and brush with oil. Set aside.
- 5 When cooking is complete, remove chicken from grill and let it rest.
- 6 While chicken is resting, place romaine cut-side down on grill plate. Select GRILL and set temperature to HI. Set time to 3 minutes. Close the lid and press the dial to begin cooking. Skip preheat by pressing the PREHEAT button. At this stage you could also grill your croutons (see Tip). Display will show ADD FOOD, simply lift and close lid to begin cooking.
- 7 Build salad by layering your grilled halves of Romaine with shavings of Parmesan cheese and croutons and pour over your dressing. Lay whole chicken on bed of salad for a showstopping dish.

CAJUN CHICKEN WITH GRILLED SALSA



PREP: 10 MINUTES | **PREHEAT:** 5 MINUTES | **GRILL:** 25 MINUTES | **MAKES:** 4 SERVINGS

INGREDIENTS

- 1 tablespoon oil, divided
- 4 150g chicken breasts
- Salt and freshly ground black pepper
- 2 tablespoons Cajun seasoning
- 6 large vine tomatoes
- 1 red chilli
- 1 red onion, quartered
- 2 garlic cloves, peeled
- Small bunch of coriander leaves
- 2 limes, juiced

DIRECTIONS

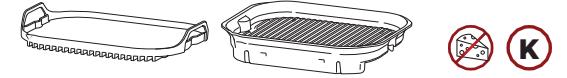
- 1 Plug probe into unit. To install the grill plate, slide it into the front of the base so it hooks in, then press down on the back until it clicks into place. Close the lid. Select GRILL, set temperature to MED, then select PRESET. Use the dial to select CHICKEN. Press the dial to begin preheating, (approximately 5 minutes).
- 2 While unit is preheating, drizzle ½ tablespoon oil over the chicken breasts and season well with salt and pepper then toss with the Cajun seasoning until completely coated.

- 3 Insert the probe horizontally into the centre of the thickest part of the largest piece of chicken, (see probe placement instructions on page 10).
- 4 When unit beeps to signify it has preheated, open lid and place chicken breasts on the grill plate. Close lid over the probe cord to begin cooking. When unit beeps and the display reads FLIP, use silicone-tipped tongs to flip the chicken breasts. Close lid to continue cooking.
- 5 While the chicken is cooking, toss the tomatoes, chilli, red onion and garlic cloves with the remaining ½ tablespoon oil, salt and pepper to taste and set aside.
- 6 When unit beeps to signal the chicken has reached outcome, transfer to a plate or cutting board to rest.
- 7 While the chicken is resting, place tomato mixture on grill plate and close the lid. Select GRILL, set temperature to HI, set time to 10 minutes. Since the grill will already be hot, skip preheating by pressing the PREHEAT button. Display will show ADD FOOD, simply lift and close lid to begin cooking.
- 8 When cooking is complete, put onto a board and finely chop vegetables, then place in a bowl with the coriander and lime juice, mix well. Serve warm with the Cajun chicken.

TIP If you prefer a vegetarian version, swap chicken for tofu and cook for 6 minutes.



CHICKEN FAJITAS WITH TOMATO SALSA



PREP: 10 MINUTES | **PREHEAT:** 9 MINUTES | **FLAT PLATE:** 26 MINUTES | **GRILL:** 4 MINUTES | **MAKES:** 2 SERVINGS

INGREDIENTS

- 2 150g chicken breasts, sliced thinly
- 1 red or yellow pepper, sliced
- 1 red onion, sliced
- 2 garlic cloves, crushed
- 2 teaspoons ground cumin
- 1 teaspoon smoked paprika
- 1 teaspoon dried oregano
- 2 limes, juiced
- Sea salt and freshly ground black pepper
- 2 tablespoons sunflower oil
- 3 medium tomatoes, chopped
- 2 tablespoons freshly chopped coriander
- 4 tortillas
- Sour cream for serving

TIP Variation: Add extra chilli if you prefer it a little spicier, and serve with chilli sauce and guacamole if preferred.

DIRECTIONS

- 1 To install the grill plate, slide it into the front of the base so it hooks in, then press down on the back until it clicks into place. Place flat plate on top of grill plate so it sits level. Select FLAT PLATE, set temperature to 200°C, and set time to 26 minutes. Press the dial to begin preheating, (approximately 9 minutes).
- 2 While unit is preheating, in a large bowl combine chicken, pepper, red onion with garlic, cumin, smoked paprika, oregano and juice of one lime, season with salt and pepper to taste. Mix until fully combined. Set aside.
- 3 In a separate bowl, combine chopped tomatoes, juice of one lime and chopped coriander, season with salt and pepper to taste. Place in fridge until required.
- 4 When unit beeps to signify it has preheated, open lid and place marinated chicken and vegetables on the flat plate. Cook with lid open, tossing chicken and vegetables regularly using silicon tongs.
- 5 When cooking is complete, remove chicken and vegetables and cover with foil to keep warm.
- 6 Remove flat plate, place tortillas on the grill plate, select GRILL, set temperature to HI, set time to 4 minutes. Press the dial to begin cooking. Since the grill will already be hot, skip preheating by pressing the PREHEAT button. Leave lid open and cook for 2 minutes.
- 7 Once cooking is complete serve warmed tortillas alongside chicken and vegetables, tomato-lime salsa and sour cream.



GRILLED BREAKFAST



PREP: 2 MINUTES | **PREHEAT:** 9 MINUTES | **FLAT PLATE:** 15 MINUTES | **MAKES:** 2 SERVINGS

INGREDIENTS

4 sausages
1 tablespoon oil, divided
200g chestnut mushrooms, thickly sliced
4 frozen hash browns
4 rashers of streaky bacon
200g cherry tomatoes on the vine
2 eggs
Brown sauce and/or ketchup, to serve

DIRECTIONS

- 1** To install the grill plate, slide it into the front of the base so it hooks in, then press down on the back until it clicks into place. Close the lid. Place flat plate on top of grill plate so it sits level. Close the lid. Select **FLAT PLATE** set temperature to 200°C and set time to 20 minutes. Press the dial to begin preheating, (approximately 9 minutes).
- 2** Drizzle the sausages with ½ tablespoon of oil and toss the mushrooms in a bowl with another ½ tablespoon of oil, some salt and pepper.
- 3** When unit beeps to signify it has preheated, open lid and add the sausages and hash browns. Close the lid and cook for 3 minutes, open lid, then add the mushrooms. Cook for a further 6-7 minutes with the lid down until the mushrooms are deep golden brown. Remove the mushrooms into a bowl and use the silicon-tipped tongs to flip the sausages and hash browns.
- 4** Add the bacon, and tomatoes to the flat plate. Close the lid and cook for another 3 minutes, flipping the bacon halfway until crisp.
- 5** Once everything is cooked divide between two plates, crack the eggs straight onto the flat plate and cook with the lid open for 1-2 minutes. Serve breakfast with chosen sauce.

BUTTERFLIED LEG OF LAMB WITH PARMENTIER POTATOES



PREP: 15 MINUTES | **PREHEAT:** 3 MINUTES | **COOK:** 50 MINUTES | **MAKES:** 4 SERVINGS

INGREDIENTS

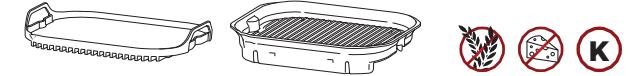
1 kg boned leg of lamb
2 garlic cloves, cut into slivers
Fresh rosemary sprigs
1 tablespoon sunflower oil
Salt and freshly ground black pepper to taste
900g potatoes, scrubbed



DIRECTIONS

- 1 Using cooking twine, tie lamb into a neat round shape for even cooking. Use the sharp point of knife to make deep slits into lamb skin and insert slivers of garlic and rosemary sprigs. Season to taste.
- 2 Plug probe into unit. To install the grill plate, slide it into the front of the base so it hooks in, then press down on the back until it clicks into place. Close the lid then select ROAST and set temperature to 180°C, then select PRESET. Use the dial to select LAMB. Press COOK LEVEL to select MED WELL. Press the dial to begin preheating, (approximately 3 minutes).
- 3 When the unit beeps to signify it has preheated, place in lamb. Insert probe horizontally into thickest part of lamb, (see probe placement instructions on page 10). Close lid.
- 4 Cut potatoes into 2cm cubes, rinse in water to remove starch, drain and pat dry. Toss potatoes, rosemary sprigs in oil, and seasoning.
- 5 After 25 minutes turn lamb over and add seasoned potatoes.
- 6 When unit beeps to signal cooking is complete. Use oven gloves to remove probe from lamb, remove the lamb and leave to rest for 10 minutes.
- 7 Check if the potatoes are brown enough, if not, select ROAST, set temperature to 180°C and set time to 10 minutes. Skip preheat by pressing the PREHEAT button. Display will show ADD FOOD, lift and close lid to begin cooking.
- 8 Serve potatoes with lamb.

SRIRACHA GLAZED SALMON



PREP: 5 MINUTES | **PREHEAT:** 9 MINUTES | **FLAT PLATE:** 8 MINUTES | **MAKES:** 4 SERVINGS

INGREDIENTS

4 tablespoons Sriracha
1 tablespoon honey
1 tablespoon rice vinegar
4 120g skin-on salmon fillets
1 tablespoon olive oil
Salt and pepper
Brown rice and salad to serve



DIRECTIONS

- 1 To install the grill plate, slide it into the front of the base so it hooks in, then press down on the back until it clicks into place. Place flat plate on top of grill plate so it sits level. Close the lid. Select FLAT PLATE, set temperature to 200°C, and set time to 8 minutes. Press the dial to begin preheating, (approximately 9 minutes).
- 2 While the flat plate is preheating mix together the Sriracha, honey and rice wine vinegar. Set aside. Drizzle the salmon fillets with the oil and season with salt and pepper.
- 3 When unit beeps to signify it has preheated, open lid and add the salmon fillets, skin side down. Cook salmon for 6 minutes, using silicone-tipped tongs to flip each fillet halfway through. Leave lid open while cooking.
- 4 After 6 minutes, spoon the Sriracha mixture over the salmon fillets, close the lid and cook for 2 minutes until the salmon is cooked through and glazed.
- 5 When cooking is complete, remove from grill and serve with brown rice and salad

TIP If you don't like things too spicy, substitute the Sriracha and honey for sweet chilli sauce instead.

GREEK STYLE PRAWN KEBABS



PREP: 15 MINUTES | **PREHEAT:** 6 MINUTES | **GRILL:** 3-5 MINUTES | **MAKES:** 4 SERVINGS

INGREDIENTS

2 tablespoons lemon juice
2 cloves garlic, crushed
1 tablespoon oil
1 fresh red chilli, finely chopped (reserve half for garnish)
½ teaspoon sea salt flakes
330g fresh king prawns
8 pitta breads
200g fresh tzatziki

12 wooden skewers, no longer than 20cm, soaked in water for 30 minutes



DIRECTIONS

- 1 To install the grill plate, slide it into the front of the base so it hooks in, then press down on the back until it clicks into place. Close the lid.
- 2 Select GRILL, set temperature to HI, and set time to 5 minutes. Press the dial to begin preheating, (approximately 6 minutes).
- 3 Mix lemon juice, garlic, oil, salt and chilli. Pat prawns dry and toss well in the marinade.
- 4 Thread prawns evenly onto 12 wooden skewers.
- 5 When the unit has beeped to signify it has preheated, open lid and place the skewers on the grill plate. Close the lid and cook for 5 minutes. Depending on the size of the prawns, they may be cooked in less than five minutes. Use silicone-tipped tongs to flip halfway through cooking.
- 6 Arrange 4 plates with a quarter of the tzatziki spooned onto each. Place 3 skewers on each plate and serve immediately with warmed pita breads.

TIP For a colourful vegetarian version substitute prawns for 3cm cubes of halloumi and bell peppers.

FISH & CHIPS



PREP: 15 MINUTES | **SOAK:** 1 HOUR | **PREHEAT:** 3 MINUTES | **AIR FRY:** 30 MINUTES | **MAKES:** 4 SERVINGS

INGREDIENTS

1 kg Maris Piper Potatoes, cut into chips and soak for at least 1 hour
4 150-200g fillets of cod
1 egg, beaten
50g plain flour
50g dried breadcrumbs
Oil spray

DIRECTIONS

- 1 To install the grill plate, slide it into the front of the base so it hooks in, then press down on the back until it clicks into place. Place the crisper basket on the grill plate. Close the lid. Select AIR FRY, set temperature to 200°C and set time to 25 minutes. Press the dial to begin preheating, (approximately 3 minutes).
- 2 While unit is preheating, pat potatoes completely dry and toss in ½ tablespoons of oil.
- 3 When the unit beeps to signify it has preheated, open lid and place chips in the basket. Close lid to begin cooking.
- 4 While the chips are cooking, prepare to breadcrumb cod. Place egg, flour and breadcrumbs into three separate dishes. Pat the fillets dry and start by dusting them with flour, then dipping them in egg, and finally coating them in the breadcrumbs. Spray each fillet with cooking oil.
- 5 When the chips are cooked, set them aside on paper towel and place breaded fillets in the crisper basket. Select AIR FRY, set temperature to 200°C and set time to 10 minutes. Close lid and press the dial to begin cooking. Since the grill will already be hot, skip preheat by pressing the PREHEAT button. Display will show ADD FOOD, lift and close lid to begin cooking.
- 6 When cooking is complete serve immediately.

TIP Serve with mushy peas, tartar sauce and malt vinegar for a chip shop style experience!



FAMILY-SIZE CHEESE OMELETTE



PREP: 5 MINUTES | **PREHEAT:** 8 MINUTES | **COOK:** 7 MINUTES | **MAKES:** 4 SERVINGS

INGREDIENTS

8 large eggs
150g grated mature Cheddar cheese, divided
2 tablespoons finely chopped chives, optional
Salt and freshly ground black pepper
20g butter



DIRECTIONS

- 1** To install the grill plate, slide it into the front of the base so it hooks in, then press down on the back until it clicks into place. Place flat plate on top of grill plate so it sits level. Select FLAT PLATE, set temperature to 180°C and set time to 7 minutes. Close the lid and press dial to begin, (approximately 8 minutes).
- 2** While unit is preheating, in a bowl, beat eggs, half of the cheese, chives, (if using) and seasoning together.
- 3** When unit beeps to signify it has preheated, open lid and melt butter onto the flat plate. Use a silicone spatula to evenly spread the butter across the surface.
- 4** Add egg mixture and leave lid open to cook. Cook for about 2 minutes, stir the edges of omelette into the centre. The omelette should still be runny in the centre, sprinkle over remaining cheese and cook with lid down for another 5 minutes.
- 5** When cooking is complete, divide into four and serve with crusty bread and a green salad.

BASIL, MOZZARELLA AND TOMATO CIABATTA PANINI



PREP: 5 MINUTES | **PREHEAT:** 6 MINUTES | **GRILL:** 7-8 MINUTES | **MAKES:** 2 SERVINGS

INGREDIENTS

1 ciabatta or 2 ciabatta rolls
3-4 teaspoons pesto
8 thin slices of mozzarella cheese
2 medium tomatoes, sliced
Salt and pepper
1 tablespoon olive oil



DIRECTIONS

- 1** To install the grill plate, slide it into the front of the base so it hooks in, then press down on the back until it clicks into place. Close the lid. Select GRILL, set temperature to HI and time to 8 minutes. Press the dial to begin preheating, (approximately 6 minutes).
- 2** While unit is preheating, slice ciabatta in half horizontally. Spread the pesto over the cut side of one half. Arrange cheese and tomato slices on top. Season to taste. Top with remaining bread. Brush bread over with a little oil.
- 3** When unit beeps to signify it has preheated, open lid and place ciabatta on grill plate gently pressing them down to maximise grill marks. Close lid and cook for 4 minutes, open lid, turn over and press panini down onto grill plate. Close lid and cook for another 3-4 minutes.
- 4** Serve hot with salad on the side.

HARISSA HALLOUMI BURGER



PREP: 5 MINUTES | **PREHEAT:** 6 MINUTES | **GRILL:** 14 MINUTES | **MAKES:** 4 SERVINGS

INGREDIENTS

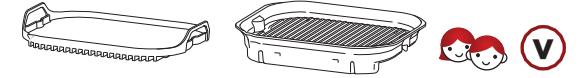
- 1 courgette, sliced into rounds
- 2 tablespoons oil, divided
- Salt and pepper
- 1 tablespoon harissa
- 2 225g packets halloumi, sliced
- 4 brioche buns, halved
- 4 tablespoons hummus
- 2 vine tomatoes, sliced
- 1 baby gem, leaves separated



DIRECTIONS

- 1 To install the grill plate, slide it into the front of the base so it hooks in, then press down on the back until it clicks into place. Close the lid. Select GRILL, set temperature to HI, set time for 20 minutes. Press the dial to begin preheating, (approximately 6 minutes).
- 2 Toss the courgette slices in 1 tablespoon of oil and season with salt and pepper. Lay the slices onto the grill and cook for 4 minutes on each side, flipping with silicone tipped tongs. Leave lid open while cooking.
- 3 Meanwhile mix the remaining 1 tablespoon of oil with the harissa in a bowl. Add the sliced halloumi and toss to coat.
- 4 Transfer the courgette from the grill onto a plate. Add the halloumi to the grill, cook for 5 minutes until nicely charred, flipping with silicone tipped tongs halfway. Leave lid open while cooking. Transfer to a plate.
- 5 Place the brioche bun bottoms cut side down onto the grill and cook with the lid up for 1 minute until lightly toasted then toast the brioche tops in the same way.
- 6 Spread the hummus across the bottom of each brioche bun, top with the courgette, halloumi, tomatoes and baby gem and brioche top to serve.

MARGHERITA PIZZA



PREP: 15 MINUTES plus proving | **PREHEAT:** 9 MINUTES | **FLAT PLATE:** 15 MINUTES | **MAKES:** 1 PIZZA (1-2 SERVINGS)

INGREDIENTS

- 200g strong white flour, plus extra for dusting
- 1 teaspoon dried active yeast
- 1 tablespoon olive oil, plus a drizzle to serve
- ½ teaspoon fine sea salt
- 150g passata
- 1 garlic clove, crushed
- Big pinch of chilli flakes
- 125g ball of mozzarella, torn
- Handful of basil leaves

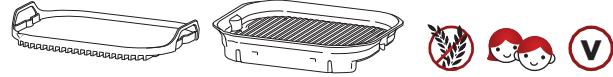


DIRECTIONS

- 1 Place the flour into a large bowl along with the yeast, olive oil and salt. Pour in 125ml of lukewarm water and use clean hands to mix together into a rough dough. Lightly flour the work surface, tip the dough out of the bowl and knead for 5 minutes until smooth and elastic. Put back into the bowl, cover with a clean tea towel and leave to prove for 1 hour or until doubled in size.
- 2 To install the grill plate, slide it into the front of the base so it hooks in, then press down on the back until it clicks into place. Place flat plate on top of grill plate so it sits flat. Close the lid. Select FLAT PLATE, set temperature to 200°C, and set time to 20 minutes. Press the dial to begin preheating, (approximately 9 minutes).
- 3 While the flat plate is preheating, shape the dough into a roughly 28cm x 22 cm oval. Press the dough from the centre outwards, stopping just before the edge. This will ensure the pizza has a crust.
- 4 In a bowl, add the passata, garlic, chilli flakes, season with salt and pepper, stir together.
- 5 When unit beeps to signify it has preheated, open lid and carefully slide on the pizza dough. Spoon on the passata to cover the centre of the pizza, leaving a 3cm gap around the edge. Top with torn mozzarella. Close the lid and cook for 12-15 minutes, until the pizza is puffed, golden and cooked through.
- 6 Carefully remove the pizza using a silicone spatula, scatter with basil leaves and drizzle with more olive oil to serve.

TIP Add toppings of choice, including pepperoni, salami, anchovies, olives and roasted vegetable antipasti before cooking the pizza with the lid down.

LOADED VEGGIE NACHOS



PREP: 5 MINUTES | **PREHEAT:** 9 MINUTES | **FLAT PLATE:** 8 MINUTES | **MAKES:** 2-4 SERVINGS

INGREDIENTS

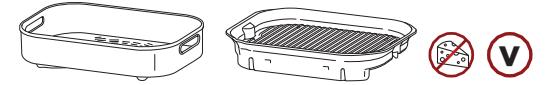
- 1 red onion, sliced
- 2 mixed peppers, sliced
- 2 tablespoons olive oil
- 250g cherry tomatoes
- 4 teaspoons chipotle paste
- 1 can (400g) kidney beans, drained and rinsed
- 200g tortilla chips
- 100g grated mozzarella
- Handful of coriander, roughly chopped
- Sour cream, to serve



DIRECTIONS

- 1 To install the grill plate, slide it into the front of the base so it hooks in, then press down on the back until it clicks into place. Place flat plate on top of grill plate so it sits flat. Close the lid. Select **FLAT PLATE**, set temperature to 200°C, and set time to 20 minutes. Press the dial to begin preheating, (approximately 9 minutes).
- 2 While unit is preheating, toss the onion and peppers in the oil and season with salt and pepper. When unit beeps to signify it has preheated, open lid and place vegetables on the flat plate. Close lid and cook for 10 minutes, using silicone-tipped tongs to toss the vegetables halfway through.
- 3 After 10 minutes, add the cherry tomatoes to the flat plate. Close lid and cook for 3 minutes, then open lid to add the chipotle paste and kidney beans. Use the silicone-tipped tongs to mix everything together.
- 4 Close lid and cook for a further 4-5 minutes until the tomatoes are beginning to burst then transfer the vegetable topping to a bowl.
- 5 Lay the tortilla chips across the flat plate. Spoon over the topping then scatter over the cheese. Close lid and cook for 2-3 minutes until the cheese has melted.
- 6 Pile the loaded nachos into a bowl. Top with the coriander and sour cream to serve.

SPICY SWEET POTATO WEDGES



PREP: 15 MINUTES | **PREHEAT:** 3 MINUTES | **AIR FRY:** 20 MINUTES | **MAKES:** 6 SERVINGS

INGREDIENTS

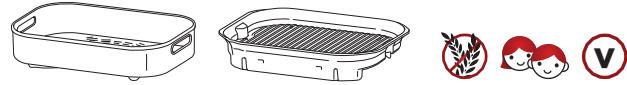
- 600g sweet potatoes
- 2 tablespoons cornflour
- 3 tablespoons olive oil
- 1 tablespoon fresh rosemary, chopped
- 1 teaspoon sweet paprika
- ¼ teaspoon cayenne pepper
- 1 garlic clove, crushed
- Salt and ground black pepper to taste
- Chopped parsley for garnish



DIRECTIONS

- 1 Scrub potatoes and cut into wedge shapes around 1cm thick.
- 2 To install the grill plate, slide it into the front of the base so it hooks in, then press down on the back until it clicks into place. Place the crisper basket on the grill plate. Close the lid. Select **AIR FRY**, set temperature to 200°C and set time to 20 minutes. Press the dial to begin preheating, (approximately 3 minutes).
- 3 While unit is preheating. Place cut sweet potatoes in a large bowl, dust with cornflour, as thin a coating as possible. Shake or brush off extra cornflour and place on plate. Discard any extra cornflour out of bowl too. Add the olive oil, rosemary, paprika, cayenne pepper, garlic, salt and black pepper into bowl and mix together. Place potatoes back in bowl and toss potatoes in oil together.
- 4 When the unit beeps to signify it has preheated, open the lid and place the wedges in the basket. Close lid and cook for 20 minutes.
- 5 When cooking is complete, serve hot garnished with parsley.

TWICE BAKED CHEESY POTATOES



PREP: 5 MINUTES | **PREHEAT:** 2 MINUTES | **COOK:** 42-47 MINUTES | **MAKES:** 4 SERVINGS

INGREDIENTS

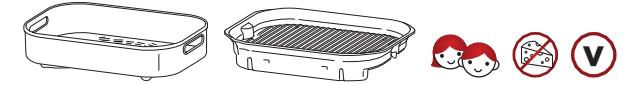
4 200g whole baking potatoes
Oil
Sea salt flakes
25g butter
50g grated mature Cheddar cheese, divided
2 tablespoons fresh chopped parsley
Salt and pepper



DIRECTIONS

- 1 To install the grill plate, slide it into the front of the base so it hooks in, then press down on the back until it clicks into place. Place crisper basket on top of grill plate so it sits level. Select ROAST, set temperature to 200°C and set time to 35-40 minutes. Close the lid and press dial to begin, (approximately 2 minutes).
- 2 While unit is preheating, wash potatoes, dry and pierce skin with a fork several times. Massage oil into skin of potato and sprinkle with sea salt.
- 3 When unit beeps to signify it has preheated, open lid and place potatoes into crisper basket. Turn potatoes when instructed.
- 4 When cooking is complete, check the potatoes are tender by sticking a tip of a knife into them. Allow potatoes to cool slightly, then cut in half and scoop potato out with a spoon.
- 5 In a bowl, mash the potato filling, butter, half the grated cheddar, parsley, salt and pepper. Stuff the potato skins with mixture. Fold together. Use the remaining cheddar to top each stuffed potato.
- 6 Select ROAST, set temperature to 220°C and set time to 7 minutes. Close the lid and press dial to begin. When unit beeps to signify it has preheated, open lid and place potatoes into crisper basket.
- 7 The potatoes should be golden brown, serve hot with salad.

BREADED MUSHROOMS WITH LEMONY MAYO



PREP: 25 MINUTES | **PREHEAT:** 3 MINUTES | **AIR FRY:** 20 MINUTES | **MAKES:** 4 SERVINGS

INGREDIENTS

50g plain flour
2 tablespoons fajita seasoning, divided
2 eggs, beaten
100g dried breadcrumbs
400g button mushrooms
1 lemon, zested
4 tablespoons mayonnaise



DIRECTIONS

- 1 In a small bowl, place flour and stir in 1 tablespoon of the fajita seasoning. In another bowl add the beaten eggs. In another separate bowl, mix the breadcrumbs with the remaining 1 tablespoon of seasoning.
- 2 Working in batches, coat the mushrooms first in the flour, then the egg and lastly in the breadcrumbs until every mushroom is completely breaded.
- 3 To install the grill plate, slide it into the front of the base so it hooks in, then press down on the back until it clicks into place. Place the crisper basket on the grill plate. Close the lid. Select AIR FRY, set temperature to 180°C and set time to 20 minutes. Press the dial to begin preheating, (approximately 3 minutes).
- 4 When unit beeps to signify it has preheated, open lid and place the breaded mushrooms in the basket. Close lid to begin cooking. Use silicone tipped-tongs to toss the mushrooms when signalled and continue cooking.
- 5 While the mushrooms are cooking, add the lemon zest and a squeeze of juice to the mayonnaise in a small bowl and stir until well combined.
- 6 When cooking is complete, remove the breaded mushrooms and serve with the lemony mayo.

ROASTED VEGETABLES WITH HERBS



PREP: 10 MINUTES | **PREHEAT:** 3 MINUTES | **ROAST:** 20 MINUTES | **MAKES:** 6 SERVINGS

INGREDIENTS

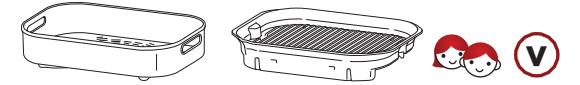
300g butternut squash, cut into 3cm chunks
300g courgettes, cut on slant into 1.5cm slices
100g thick asparagus tips
2 red peppers, thickly sliced
2 small red onions, halved
2 garlic cloves, crushed
2 tablespoons olive oil
2 tablespoons fresh thyme, chopped
1 tablespoon fresh rosemary, chopped
Salt and freshly ground black pepper to taste
4 tomatoes



DIRECTIONS

- 1** To install the grill plate, slide it into the front of the base so it hooks in, then press down on the back until it clicks into place. Close the lid then select ROAST and set temperature to 180°C, and set time to 20 minutes, press the dial to begin preheating, (approximately 3 minutes).
- 2** While unit is preheating, place all vegetables, except tomatoes into a large bowl. Add oil, herbs and garlic. Then season with salt and pepper, as desired. Toss together until all vegetables are coated.
- 3** When the unit beeps to signify it has preheated, place coated vegetables on grill plate. Close lid and cook for 20 minutes.
- 4** After 10 minutes, flip vegetables and tomatoes. Close lid to continue cooking for 10 minutes.
- 5** When cooking is complete, serve immediately.

RASPBERRY CHOCOLATE BROWNIES



PREP: 15 MINUTES | **PREHEAT:** 3 MINUTES | **BAKE:** 20-25 MINUTES | **MAKES:** 12 BROWNIES

INGREDIENTS

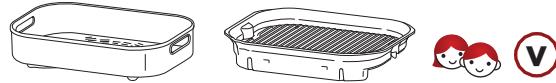
180g dark chocolate, broken into pieces
180g butter, cubed
260g caster sugar
3 large eggs
80g plain flour
50g cocoa powder
100g milk chocolate, roughly chopped into small chunks
200g raspberries
Ice cream to serve



DIRECTIONS

- 1** To install the grill plate, slide it into the front of the base so it hooks in, then press down on the back until it clicks into place. Close the lid, select BAKE, set temperature to 170°C and time to 25 minutes. Press the dial to begin preheating, (approximately 3 minutes).
- 2** Line crisper basket with a whole piece of baking parchment. Cut paper in corners to ensure it fits.
- 3** Place chocolate and butter in a small saucepan. Gently melt over a low heat, stir until smooth. Allow to cool slightly.
- 4** In a large bowl, beat the sugar and eggs with a whisk until thick and creamy, then gently fold in melted chocolate mixture. Sift the flour and cocoa over mixture and fold in with a spoon. Finally fold in the chopped up chocolate and raspberries. Pour mixture into lined crisper basket.
- 5** When the unit beeps to signify it has preheated, place crisper basket on grill plate. Close lid and cook for 20-25 minutes. The brownies should be soft.
- 6** Leave to cool in crisper basket before lifting out, using the baking parchment like a sling. Cut into squares, serve warm with ice cream or allow to fully cool.

CHOCOLATE CHIP COOKIE



PREP: 5 MINUTES | **PREHEAT:** 3 MINUTES | **BAKE:** 12 MINUTES | **MAKES:** APPROX 15 COOKIES

INGREDIENTS

- 120g butter, softened
- 75g soft light brown sugar
- 75g caster sugar
- 1 egg
- 1 teaspoon vanilla bean paste or essence
- 180g self-raising flour
- Large pinch of salt
- 100g dark chocolate chips

DIRECTIONS

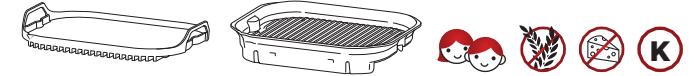
- 1 To install the grill plate, slide it into the front of the base so it hooks in, then press down on the back until it clicks into place. Close lid, select **BAKE**, set temperature to 170°C and set time to 12 minutes. Press the dial to begin preheating, (approximately 3 minutes).
- 2 While unit is preheating, beat butter and sugars together. Add the egg, vanilla and mix until completely combined.
- 3 Stir in flour, salt and chocolate chips to form a soft dough.
- 4 Line the crisper basket with baking parchment coming about 5cm up the sides.
- 5 Gently press or roll cookie dough evenly into the base of the lined crisper basket.
- 6 When the unit beeps to signify it has preheated, place the crisper basket on the grill plate. Close lid to begin cooking.
- 7 When done, remove basket and allow cookie to cool a little in basket, ensuring a crisp edge and soft interior. Allow to cool and cut into squares, serve warm with ice cream if desired.

TIP If you'd like to make individual cookies, bake on flat plate by setting the temperature to 170°C and baking for 8-10 minutes.

TIP Substitute chocolate chips for other mix ins such as different types of hard coated chocolate.



AMERICAN PANCAKES



PREP: 5 MINUTES | **PREHEAT:** 9 MINUTES | **FLAT PLATE:** 20 MINUTES | **MAKES:** 2-3 SERVINGS

INGREDIENTS

- 200g self-raising flour
- 1 teaspoon baking powder
- 2 tablespoons caster sugar
- ¼ teaspoon salt
- 30g melted butter plus a knob for cooking
- 2 eggs
- 250ml whole milk
- Maple syrup, yogurt and mixed berries, to serve

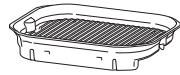
DIRECTIONS

- 1 To install the grill plate, slide it into the front of the base so it hooks in, then press down on the back until it clicks into place. Place flat plate on top of grill plate so it sits level. Select **FLAT PLATE**, set temperature to 200°C and set time to 20 minutes. Close the lid and press the dial to begin preheating, (approximately 9 minutes).
- 2 While the unit is preheating, in a large bowl whisk together the flour, baking powder, caster sugar and a pinch of salt. Make a well in the centre of the dry ingredients, crack in the eggs, pour in the melted butter and milk. Whisk until a smooth pancake batter.
- 3 When unit beeps to signify it has preheated, open lid and melt a knob of butter onto the flat plate. Use a piece of kitchen paper to evenly spread the butter across the surface.
- 4 Spoon 4 ladlefuls of the mixture onto the flat plate. Leave lid open to cook. Cook pancakes for 2-3 minutes until small bubbles form on top and the underside is golden. Flip with a silicone spatula and cook for 2-3 minutes on the remaining side until cooked through.
- 5 Once the first batch of pancakes are cooked, transfer to a plate and repeat with the remaining mixture, using a little more butter to coat the flat plate each time. The batter will make 8-9 pancakes.
- 6 When cooking is complete, serve the pancakes with maple syrup, yogurt and berries.

TIP If you'd like to make blueberry pancakes, stir through 2 handfuls of blueberries into your mixture before cooking.



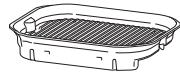
Grill Chart (Closed-Lid Cooking)



TIP For less smoke, we recommend cleaning splatter shield after every use.

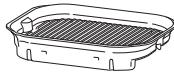
Season as desired	AMOUNT	PREPARATION	TEMP	COOK TIME	INSTRUCTIONS
CHICKEN					
Chicken breast, boneless	6 (150-200g)	Season as desired	HI	16-20 mins	Flip 2 or 3 times during cooking
Chicken, leg quarters	3 bone-in	Season as desired	HI	26-31 mins	Flip 2 or 3 times during cooking
Chicken sausages	12 sausages	Season as desired	HI	6-8 mins	Flip 2 or 3 times during cooking
Chicken mini fillets	9	Season as desired	HI	8-11 mins	Flip 2 or 3 times during cooking
Chicken thighs, boneless	1kg	Season as desired	HI	10-12 mins	Flip 2 or 3 times during cooking
Chicken thighs, bone in	6 (125g-200g each)	Season as desired	HI	28-30 mins	Flip 2 or 3 times during cooking
Chicken wings	1kg	Season as desired	HI	15-19 mins	Flip 2 or 3 times during cooking
Chicken or turkey burgers	6 patties	Season as desired	HI	11-14 mins	Flip halfway through cooking
BEEF					
Beef burgers	6 (113g each)	Season as desired	HI	10-13 mins	Flip halfway through cooking
Fillet steak	6 steaks (175-225g each), 3-4cm thick	Season as desired	HI	4-6 mins	Flip halfway through cooking
Sirloin steak	4 steaks (280-340g each), 3-4cm thick	Season as desired	HI	7-8 mins	Flip halfway through cooking
Ribeye	3 steaks (400-450g each), 3cm thick	Season as desired	HI	7-9 mins	Flip halfway through cooking
PORK					
Ribs	1 rack, divided in half	Season as desired	HI	1 hour+	Turn frequently during cooking
Pork chops, boneless	4 (225g each)	Season as desired	HI	10 mins	Flip halfway through cooking
Pork chops, bone in	4 thick-cut (280-330g each)	Season as desired	HI	15 mins	Flip halfway through cooking
Pork fillets	2 whole (350-500g each)	Season as desired	HI	17-25 mins	Turn frequently during cooking
Sausages	10	N/A	LO	11-16 mins	Turn frequently during cooking
LAMB					
Lamb rack	1 full rack (8 bones)	Cook fat side down, season as desired	HI	18 mins	Turn frequently during cooking
BREAD & CHEESE					
Bread (baguette or ciabatta)	30-40cm loaf	Hand-cut, 4cm slices, brush with vegetable oil	MAX	4-8 mins	Flip halfway through cooking
Halloumi cheese	675g	Cut in 3cm slices, brush with oil	MAX	3-6 mins	Flip halfway through cooking

Grill Chart (Open-Lid Cooking)



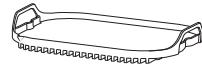
Season as desired	AMOUNT	PREPARATION	TEMP	COOK TIME	INSTRUCTIONS
CHICKEN					
Chicken breast, boneless	6 (200g each)	Season as desired	HI	25-30 mins	Flip 2 or 3 times during cooking
Chicken, leg quarters	3 bone-in	Season as desired	HI	40-45 mins	Flip 2 or 3 times during cooking
Chicken sausages, prepared	12 sausages	Season as desired	HI	20-25 mins	Flip 2 or 3 times during cooking
Chicken fillets	9	Season as desired	HI	8-11 mins	Flip halfway through cooking
Chicken thighs, boneless	1kg	Season as desired	HI	12-17 mins	Flip 2 or 3 times during cooking
Chicken thighs, bone in	6 (125-175g each)	Season as desired	HI	20-25 mins	Flip 2 or 3 times during cooking
Chicken wings	1kg	Season as desired	HI	25-30 mins	Flip 2 or 3 times during cooking
Chicken or turkey burgers	6 patties	Season as desired	HI	11-13 mins	Flip halfway through cooking
BEEF					
Beef burgers	6 (113g each)	Season as desired	MED	11-15 mins	Flip halfway through cooking
Fillet steak	6 steaks (175-225g each), 3-4cm thick	Season as desired	HI	5-8 mins	Flip halfway through cooking
Sirloin steak	1 steak (510-640g each) 3cm thick	Season as desired	HI	7-8 mins	Flip halfway through cooking
PORK					
Bacon	6 strips, thick cut	N/A	LO	10-15 mins	Turn frequently during cooking
Pork chops, boneless	4 (225g each)	Season as desired	HI	14-18 mins	Flip halfway through cooking
Sausages	10 sausages	N/A	LO	30-32 mins	Turn frequently during cooking
SEAFOOD					
Salmon	6 fillets (120-170g each)	Coat lightly with oil, season as desired	HI	7-10 mins	Flip halfway through cooking
Scallops	18 scallops	Coat lightly with oil, season as desired	MAX	4-5 mins	Flip halfway through cooking
Prawns (large or king size)	600g	Coat lightly with oil, season as desired	MAX	5-6 mins	Flip halfway through cooking
Tuna	4 steaks (120-170g each)	Coat lightly with oil, season as desired	MAX	3-5 mins	Flip halfway through cooking

Grill Chart (Open-Lid Cooking), continued



INGREDIENT	AMOUNT	PREPARATION	TEMP	COOK TIME	INSTRUCTIONS
VEGETABLES					
Asparagus	400g	Coat lightly with oil, season as desired	MAX	9 mins	Toss frequently during cooking
Aubergine	800g	Cut in 2.5cm slices, coat lightly with oil, season as desired	MAX	8-11 mins	Flip halfway through cooking
Baby pak choi	2	Coat lightly with oil, season as desired	MAX	9-13 mins	Toss frequently during cooking
Bell peppers	2	Slice and coat lightly with oil, season as desired	MAX	9-12 mins	Toss frequently during cooking
Broccoli	500g	Cut in 2.5cm pieces, coat lightly with oil, season as desired	MAX	15 mins	Toss frequently during cooking
Brussels sprouts	1kg	Trim, cut in half, coat lightly with oil, season as desired	MAX	12-16 mins	Toss frequently during cooking
Carrots	1kg	Cut in 2.5cm pieces, coat lightly with oil, season as desired	MAX	25-30 mins	Toss frequently during cooking
Corn on the cob	4 cobs	Coat lightly with oil, season as desired	MAX	25 mins	Toss frequently during cooking
Courgettes	500g	Cut in quarters lengthwise, coat lightly with oil, season as desired	MAX	10 mins	Flip halfway through cooking
Chestnut or button mushrooms	500g	Coat lightly with oil, season as desired	MAX	5-7 mins	Toss frequently during cooking
Green beans	500g	Trim, coat lightly with oil, season as desired	MAX	12-15 mins	Flip halfway through cooking
Onions, white or red (cut in half)	6	Peel, cut in half, coat lightly with oil, season as desired	MAX	10-12 mins	Flip halfway through cooking
Onions, white or red (sliced)	3	Peel, slice, coat lightly with oil, season as desired	MAX	4-6 mins	Flip halfway through cooking
Portobello mushrooms	6	Wipe, coat lightly with oil, season as desired	MAX	5-7 mins	Flipping not necessary
Tomatoes	6	Cut in half, coat lightly with oil, season as desired	MAX	8-10 mins	Flip halfway through cooking
FRUIT					
Avocado	Up to 4	Cut in half, remove stones	MAX	5-7 mins	Flipping not necessary
Bananas	4	Peel, cut in half lengthwise	MAX	8 mins	Flip halfway through cooking
Lemons & limes	5	Cut in half lengthwise	MAX	3 mins	Flip halfway through cooking
Mango	4	Cut in half, remove skins and stones	MAX	6-8 mins	Flip halfway through cooking
Melon	6-8 spears	N/A	MAX	4-6 mins	Flip halfway through cooking
Pineapple	6-8 slices or spears	Cut in 5cm pieces	MAX	5-8 mins	Flip halfway through cooking
Stone fruit	3-4	Cut in half, remove stones, press cut-side down on grill plate	MAX	5-7 mins	Flipping not necessary

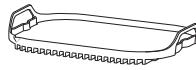
Flat Plate Chart (Open-Lid Cooking)



TIP Food loads are written for Flat Plate with open-lid cooking. If melted cheese or a crispier output is desired, close the lid and cook for 2-5 minutes or until desired output is reached.

INGREDIENT	AMOUNT	PREPARATION	TEMP	COOK TIME	INSTRUCTIONS
FLAT PLATE BASICS					
Bacon	12 rashers	N/A	190°C	10-15 mins	Flip at least once during cooking
Eggs	6 eggs	As desired (fried, scrambled, sunnyside up, etc.)	200°C	2 mins	(Depends on preparation)
French toast	4-6 slices	Dip in egg batter	190°C	8 mins per side	Flip halfway through cooking
Cheese toastie	4 sandwiches	As desired	200°C	6 mins per side	Flip halfway through cooking
Pancakes	4 (10cm wide) or 6 (7.5cm wide)	Follow pancake mix instructions	200°C	2-3 mins per side	Flip halfway through cooking
SEAFOOD					
Scallops	15-20	1 Tbsp oil on flat plate	200°C	4-8 mins	Flip halfway through cooking
Raw king prawns	16-20	1 Tbsp oil on flat plate	200°C	3-5 mins	Flip halfway through cooking
POULTRY					
Chicken mini filets	500g	1 Tbsp oil on flat plate	200°C	15-20 mins	Flip halfway through cooking
Minced chicken/turkey	500g	N/A	200°C	5-10 mins	Toss frequently
Turkey/chicken burgers	4 patties	N/A	200°C	10 mins	Flip halfway through cooking
BEEF/PORK					
Beef burgers	6 (85-113g each)	N/A	200°C	10-15 mins	Flip halfway through cooking
Minced beef	500g	1 Tbsp oil on flat plate	200°C	5-10 mins	Toss frequently
Minced pork	500g	1 Tbsp oil on flat plate	200°C	7-9 mins	Toss frequently
Gammon steaks	2 (225g each)	N/A	200°C	7-9 mins	Flip halfway through cooking

Flat Plate Chart (Open-Lid Cooking), continued



TIP Food loads are written for Flat Plate with open-lid cooking. If melted cheese or a crispier output is desired, close the lid and cook for 2-5 minutes or until desired output is reached.

INGREDIENT	AMOUNT	PREPARATION	TEMP	COOK TIME	INSTRUCTIONS
VEGETABLE					
Asparagus	400g	Trim ends; 1 Tbsp oil on flat plate	200°C	17-20 mins	Flip 2 or 3 times during cooking
Bell peppers	2 peppers	Slice thinly; 1 Tbsp oil on flat plate	200°C	9-12 mins	Toss frequently
Onions	2 onions	Slice thinly; 1 Tbsp oil on flat plate	200°C	9-12 mins	Toss frequently
Frozen hash brown potatoes	500g	2 Tbsp oil on flat plate	200°C	12-15 mins	Toss frequently
Tenderstem® Broccoli	500g	1 Tbsp oil on flat plate	200°C	17-20 mins	Flip 2 or 3 times during cooking
Fresh diced sweet potatoes	500g	Cut in 1 cm pieces; 2 Tbsp oil on flat plate	200°C	20-25 mins	Toss frequently
Courgette	650g	Slice; 1 Tbsp oil on flat plate	200°C	17-20 mins	Flip 2 or 3 times during cooking
FRUIT					
Bananas	3	Cut in half lengthwise	200°C	7-10 mins	Flip halfway through cooking
Peaches	4	Cut in quarters, remove stones	180°C	12-16 mins	Flip at least once during cooking
Pineapple	6 rings	Cut 2.5-4cm thick	200°C	12-16 mins	Flip at least once during cooking
Apples	2	Cut in 7mm slices	200°C	5-8 mins	Flip at least once during cooking

Air Fry Chart



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

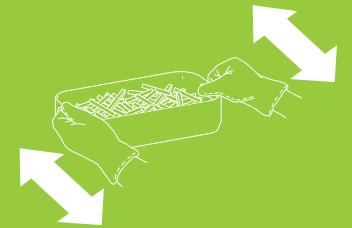
INGREDIENT	AMOUNT	PREPARATION	TOSS IN OIL	TEMP	COOK TIME
VEGETABLES					
Asparagus	400g	Whole, trim stems	2 Tsp	200°C	5-7 mins
Beetroot	8 small or 6 large (1kg)	Whole	2 Tsp	200°C	30-35 mins
Bell peppers	5 (750g)	Cut in quarters deseeded, season	1 Tbsp	200°C	14-16 mins
Brussel sprouts	700g	Cut in half, remove stems	1 Tbsp	200°C	8-10 mins
Broccoli	800g	Cut into 5cm florets	2 Tbsp	200°C	8-10 mins
Butternut squash	1kg	Cut in 5cm pieces	1 1/2 Tbsp	200°C	18-22 mins
Carrots	1kg	Peel, cut lengthwise into halves or quarters and into 5cm lengths	1 Tbsp	200°C	15-18 mins
Cauliflower	1kg	Cut in 4cm florets	2 Tbsp	200°C	12-15 mins
Celeriac	600g	Peel and cut into 1.5cm cubes	2 Tbsp	200°C	12-14 mins
Corn on the cob	6	Whole ears, remove husks	1 Tbsp	200°C	10 mins
Courgette	1kg	Cut in half, then cut into quarters lengthwise and pat dry	1 1/2 Tbsp	200°C	15-18 mins
Green beans (fine)	680g	Trim	1 Tbsp	200°C	6-8 mins
Kale (for crisps)	400g	Tear in pieces, remove stems	1 Tbsp	150°C	10 mins
Mushrooms	450g	Keep whole or cut in quarters if large	2 Tbsp	200°C	8-10 mins
Parsnip	500g	Peel and cut into 5cm lengths	1 Tbsp	200°C	10-12 mins
Sweet potato	750g	Cut in 2.5cm wedges	2 Tbsp	200°C	18-20 mins
	6 whole (185-250g each)	Pierce with fork 3 times	None	200°C	30-35 mins
POTATOES, KING EDWARD, MARIS PIPER OR RUSSET					
Wedges	750g	Cut in 2.5cm wedges*	1 1/2 Tbsp	200°C	22-25 mins
Thin fries	1.5kg	Hand-cut fries*, thin	1/2-3 Tbsp, vegetable oil	200°C	22-26 mins
Chunky fries	1kg	Hand-cut fries*, thick	1/2-3 Tbsp, vegetable oil	200°C	20-24 mins
Whole potatoes	6 whole (185-250g each)	Pierce with fork 3 times	None	200°C	32-38 mins
POULTRY					
Chicken breasts	4 (200g each)	None	Brushed with oil	190°C	18-22 mins
Chicken thighs	8 bone in (1kg)	None	Brushed with oil	200°C	18-22 mins
	8 boneless (650-850g)	None	Brushed with oil	200°C	16-18 mins
Chicken wings	1kg	None	1 Tbsp	200°C	18-22 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.

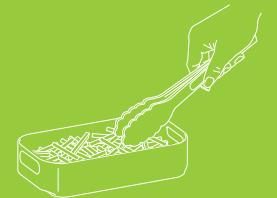
We recommend frequently checking your food and shaking or tossing it to ensure desired results.

Shake your food



OR

Toss with silicone-tipped tongs



Air Fry Chart, continued



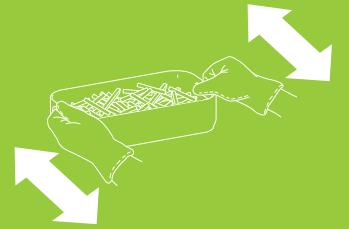
Use these cook times as a guide, adjusting to your preference.

INGREDIENT	AMOUNT	PREPARATION	TOSS IN OIL	TEMP	COOK TIME
PORK					
Bacon	6 thick cut rashers (220g)	None	None	180°C	6-7 mins
Pork chops	4 bone in (200g each)	None	Brush with oil	200°C	14-17 mins
	4 boneless (630g)	None	Brush with oil	190°C	14-17 mins
Pork fillets	2 (350-500g each)	Whole	Brush with oil	190°C	18-20 mins
Sausages	6 (400g)	None	None	200°C	8-10 mins
FISH					
Fish cakes	4, 580g	None	None	200°C	10-12 mins
FROZEN FOODS					
Breaded Mushrooms	17 (300g)	None	None	170°C	12-14 mins
Chicken burgers	6 (125g each)	None	None	200°C	14-15 mins
Chicken cutlets/steaks	4 (500g)	None	None	200°C	16-18 mins
Chicken goujons	19 (475g)	None	None	200°C	8-10 mins
Chicken Kiev	4 (600g)	None	None	190°C	16-18 mins
Chicken nuggets	900g (approx 60)	None	None	200°C	13-15 mins
Chips (French fries)	500g	None	None	190°C	13-16 mins
Chips (French fries)	1kg	None	None	200°C	15 mins
Chips (chunky)	500g	None	None	180°C	15-18 mins
Fish fillets (in batter)	4 (440g)	None	None	200°C	10-12 mins
Fish Fingers	20 (560g)	None	None	200°C	7-10 mins
Hash Browns	450g	None	None	190°C	18-22 mins
Onion Rings	375g	None	None	200°C	8-9 mins
Potato wedges	650g	None	None	180°C	15-18 mins
Prawn tempura	16 (280g)	None	None	190°C	9-10 mins
Roast potatoes	700g	None	None	200°C	15-18 mins
Scampi in breadcrumbs	560g	None	None	200°C	9-11 mins
Sweet potato fries	500g	None	None	190°C	12-15 mins
Vegan nuggets	26 (476g)	None	None	200°C	10 mins
Vegan sausages	12 (540g)	None	None	180°C	8 mins
Veggie burgers	4 (350g)	None	None	200°C	12 mins

For best results, shake or toss often.

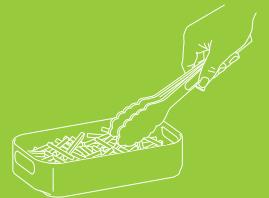
We recommend frequently checking your food and shaking or tossing it to ensure desired results.

Shake your food



OR

Toss with silicone-tipped tongs



Dehydrate Chart



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

INGREDIENTS	PREPARATION	TEMP	DEHYDRATE TIME
FRUITS & VEGETABLES			
Apples	Core removed, cut in 3mm slices, rinsed in lemon water, patted dry	60°C	6-8 hours
Asparagus	Cut in 2.5cm pieces, blanched	60°C	6-8 hours
Aubergine	Peeled, cut in 3mm slices, blanched	60°C	6-8 hours
Bananas	Peeled, cut in 3mm slices	60°C	6-8 hours
Beetroot	Peeled, cut in 3mm slices	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, stone 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

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