

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



NINJA
Foodi
8-in-1
Mini Oven
The oven that crisps and
flips up & away™

Cooking Charts
+ Irresistible Recipes



Your guide to cooking like a Foodi®

Welcome to the Ninja® Foodi® Mini Oven recipe book. From here, you're just a few pages away from recipes, tips and tricks and helpful hints that will give you the confidence to be creative in the kitchen without having to use numerous appliances or wait for your traditional oven to preheat.

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For more recipes and inspiration visit
ninjakitchen.co.uk

Crisp Control Technology

Precision-controlled temperature, heat source and air flow for ultimate versatility and optimum cooking performance.

KEY:



Maximum fan speed



Medium fan speed



No fan

Air Fry



+ High heat from top and bottom



Fast, extra-crispy results with little to no oil.

Best for chicken wings, French fries (frozen or hand cut) and vegetables

Use air fry basket with or without oven tray

Roast



+ Even heat from top and bottom



Crispy outside, juicy inside.

Best for tray meals, whole proteins and vegetables

Use oven tray

Grill



+ High heat from top



Top-down heat for a crispy finish.

Best for steaks, fish, nachos and for finishing casseroles and gratins.

Use oven tray

Bake



+ High, even heat from top and bottom



Overall even cooking with light browning.

Best for cakes, cookies, and frozen pizza

Use oven tray

Toast



+ Even heat from top and bottom



Quick, even browning on both sides.

Best for bread, tea cakes, English muffins and frozen waffles

Use wire rack

Bagel



+ Slightly lower heat from top than bottom



Quick, even browning.

Best for bagels and artisan breads

Use wire rack

Dehydrate



+ Low Heat



Removes moisture for jerky and dried fruit.

Best for dried fruit and jerky.

Use air fry basket with or without oven tray.

*Place ingredients in the air fry basket. If ingredients are fatty, oily, or marinated, place the oven tray under the basket first.

Tips & Tricks



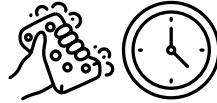
The unit preheats quickly, so prep all ingredients before preheating. Time will start counting down immediately after the unit is preheated. To add time simply turn the dial.



Food cooks faster with Roast so for traditional oven recipes, lower the cook time and temperature.



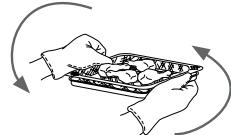
For greasy or battered items in the air fry basket, place the tray underneath it on the wire rack.



For deep cleaning, let accessories soak in warm, soapy water overnight and scrub with non-abrasive brush or sponge.



For marinades containing sugar, honey or other sweeteners, brush onto meat or fish halfway through grilling to avoid burning.



Halfway through cooking, rotate air fry basket 180° or flip ingredients for crispier results.



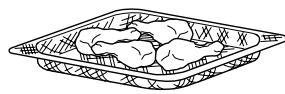
When using the Bagel function, place bagels cut-side up on the wire rack.



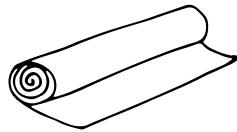
Spray air fry basket with non-stick cooking spray or brush with oil or butter to minimise sticking.



For tray bake meals, cut ingredients to the same size for optimal results.



Place ingredients in 1 layer when using the basket for air frying.



For best results with baked goods such as cookies, line the oven tray with baking paper. Do not use aluminium foil.



Master tray bake meal making

Cook a family-sized meal, full breakfast, lunch or dinner all on one tray in as little as 20 minutes.

Enjoy quick cooking and easy clean-up.



How to build a tray bake meal

Using the Roast function and some guidelines below, create your own masterpieces in the Foodi® Mini Oven.

Pick a Protein

4 uncooked bone-in chicken thighs
(150g-225g each)

6 uncooked salmon fillets, 2.5cm thick
(150g each)

450g uncooked prawns
(fresh or frozen, thawed)

4 uncooked boneless skinless chicken breasts,
cut in 2.5cm pieces

450g uncooked sirloin steak,
cut in 1-2cm thick strips

Pick a Vegetable/Starch

2 bunches asparagus (400-500g),
cut in 2.5cm pieces, ends trimmed

3 medium bell peppers, cut in 2.5cm pieces

2 medium heads (600g) broccoli, cut in 2.5cm florets

500-600g brussel sprouts, cut in half, ends trimmed

500-600g butternut squash, cut 5cm pieces

500-600g carrots, cut in 2.5cm pieces

400g King Edward or Maris Piper potatoes,
cut in 2.5cm pieces



Season/Marinate

Barbecue

Teriyaki

Hoisin

Cajun blend

Piri Piri blend

Rosemary lemon marinade

Olive oil

Your favourite marinade
or spice blend



Mix It Up

Mix ingredients with seasonings or marinade, then spread them evenly in 1 layer on the tray.



Cook

Roast at 200°C for 10-20 minutes for fish and 20-30 minutes for poultry and red meat or until proteins reach a food safe internal temperature of 75°C and your desired level of crispiness.

Kickstarter Recipe

Chicken Stir Fry

PREP: 20 MINUTES | **ROAST:** 18-20 MINUTES | **MAKES:** 4 SERVINGS

INGREDIENTS

500g chicken breasts, cut into cubes	150ml stir fry sauce
1 red bell pepper, thinly sliced	200g broccoli, cut into florets
1 yellow bell pepper, thinly sliced	1 teaspoon sesame seeds, for garnish
1 orange bell pepper, thinly sliced	
2 carrots, thinly sliced	

DIRECTIONS



In a large bowl, toss chicken, peppers, and carrots with stir fry sauce until evenly coated.



Arrange chicken, peppers, and carrots on the oven tray in a single layer.



Select ROAST, set temperature to 200°C, and set time to 18 minutes. Press START/PAUSE to begin preheating.



When unit has preheated, place tray in oven.



After 10 minutes, press START/PAUSE to pause the unit. Add broccoli to tray, return tray to oven, and press START/PAUSE to resume cooking for 8 more minutes.



Cooking is complete when the chicken's internal temperature reaches 75°C. If necessary, return tray to oven and cook for 2 more minutes. When cooking is complete, remove tray from oven.



Garnish with sesame seeds and allow to cool for 2 minutes before serving.



TIP: Pork may be used instead of chicken

Kickstarter Recipe

Lemon & Herb Chicken Traybake

PREP: 10 MINUTES | **ROAST:** 30 MINUTES | **MAKES:** 4 SERVINGS

INGREDIENTS

1 tablespoon olive oil	1 teaspoon sea salt
6 garlic cloves, crushed	Freshly ground black pepper
½ lemon, zest and juice	800g red potatoes
2 sprigs of fresh rosemary, finely chopped	4 (250g each) chicken legs

DIRECTIONS



Place in bowl oil, garlic, rosemary, lemon zest and juice. Mix together and season to taste.



Cut potatoes into 1cm slices and add to bowl, making sure the potatoes are thoroughly coated.



Place potato slices in an even layer on the oven tray. Add chicken legs to oil mixture and making sure they are coated before placing on top of potato slices.



Turn unit ON. Select ROAST, set temperature to 190°C, and set time to 30 minutes. Select START/PAUSE to begin preheating.



Once unit has preheated, place tray in oven. After 15 minutes, re-arrange or turn potatoes over.



When cooking is complete, serve hot sprinkled with chopped rosemary and green vegetables.

SPICY TURKEY, SWEET POTATOES & BROCCOLI

PREP: 15 MINUTES | **ROAST:** 16-18 MINUTES | **MAKES:** 4 SERVINGS

INGREDIENTS

450g uncooked boneless, skinless turkey breasts, cut in 3cm cubes
3 tablespoons oil, divided
1 tablespoon Cajun seasoning
2 medium sweet potatoes, peeled, cut in 3cm cubes
300g broccoli, cut into 3cm florets
1 teaspoon salt
1 teaspoon ground black pepper

DIRECTIONS

- 1 In a large bowl, toss chicken with 1 tablespoon oil and Cajun seasoning.
- 2 Place turkey, sweet potatoes, and broccoli on the oven tray. Drizzle sweet potatoes and broccoli with remaining olive oil and season with salt and pepper.
- 3 Select ROAST, set temperature to 210°C, and set time to 16-18 minutes. Press START/PAUSE to begin preheating.
- 4 When unit has preheated, place tray in oven.
- 5 After 16 minutes, check turkey is cooked. Cooking is complete when internal temperature of turkey reaches 75°C and sweet potatoes are fork tender. If cooking is not complete, return tray to oven and cook for 2 more minutes.
- 6 When cooking is complete, remove tray from oven and allow to cool for 2 minutes before serving.



TIP: Save prep time by buying pre-cut vegetables.

CHEESY CHICKEN NACHOS

PREP: 15 MINUTES | **ROAST:** 25 MINUTES | **MAKES:** 4-6 SERVINGS

INGREDIENTS

450g boneless, skinless chicken breasts, cut in cubes
1 tablespoon olive oil
200g tortilla chips
1 can (400g) black beans
300g grated cheddar cheese
Avocado, sliced, for garnish
Sour cream, for garnish

NACHO SEASONING

1 tablespoon fresh lemon juice
1 tablespoon fresh lime juice
1 teaspoon ground cumin
25g fresh coriander, finely chopped
1 teaspoon onion powder
2 teaspoons chilli powder
1 teaspoon salt

DIRECTIONS

- 1 In a large bowl, toss chicken with olive oil and nacho seasoning ingredients until evenly coated.
- 2 Select ROAST, set temperature to 180°C, and set time to 15 minutes. Press START/PAUSE to begin preheating.
- 3 When unit has preheated, place tray in oven.
- 4 After 15 minutes, remove chicken from the tray; set aside.
- 5 Arrange tortilla chips on the tray in a single layer. Layer cooked chicken, black beans and cheeses on top of the chips.
- 6 Select ROAST, set temperature to 180°C, and set time to 10 minutes. Press START/PAUSE to begin preheating.
- 7 When unit has preheated, place tray in oven.
- 8 When cooking is complete, remove tray from oven. Garnish with avocado and sour cream. Serve immediately.



STEAK KEBABS

PREP: 30 MINUTES | **MARINATE:** 2-12 HOURS | **GRILL:** 12 MINUTES | **MAKES:** 6 KEBABS

INGREDIENTS

2 tablespoons soy sauce
2 tablespoons sunflower oil
2 tablespoons brown sugar
2 tablespoons tomato ketchup
2 tablespoons Worcestershire sauce
1 garlic clove, crushed
1 teaspoon dried mixed herbs
Salt and pepper to taste
600g sirloin steak, cut in 2.5cm cubes
1 yellow pepper, deseeded and cut in 2.5cm pieces
1 red pepper, deseeded and cut in 2.5cm pieces
1 red onion, cut in 2.5cm pieces
1 small courgette, cut in 2.5cm pieces
100g baby button mushrooms
6 wooden kebab skewers, soaked in water for at least 1 hour or Ninja Skewers*

Serve with rice

DIRECTIONS

- 1** In a bowl, mix together soy sauce, oil, brown sugar, tomato ketchup, Worcestershire sauce, garlic, herbs and season to taste.
- 2** Add steak and marinate for at least 2 hours or overnight.
- 3** Remove the skewers from the water. Beginning with steak, skewer the meat and vegetables, alternating each.
- 4** Brush the kebabs with additional marinade. Place on oven tray and place tray in oven on wire rack.
- 5** Turn unit ON. Select GRILL, select HI and set time to 12 minutes. Select START/PAUSE to begin.
- 6** When cooking is complete, serve hot on a bed of rice.



*Ninja Skewers are available to purchase at ninjakitchen.co.uk

CROQUE MONSIEUR

PREP: 15 MINUTES | **TOAST:** 5 MINUTES | **MAKES:** 4 SERVINGS

INGREDIENTS

40g butter
40g plain flour
400ml milk
Salt and pepper
8 freshly cut slices white bread
2 tablespoons Dijon mustard
4 slices ham
200g cheddar or emmental cheese, grated

DIRECTIONS

- 1** Melt butter in a pan, add flour and mix until it becomes a smooth paste. Drizzle the milk in and stir continuously to avoid lumps. Slowly bring up to the boil, whisking continuously. Reduce the heat and simmer for 3-5 minutes, stirring occasionally, until the sauce has thickened, and the flour has cooked out. Remove from the heat, season with salt and pepper.
- 2** Place 4 slices of bread on wire rack from the oven on a chopping board. Spread each slice with a thin layer of mustard. Cover the sauce with grated cheese and a slice of ham. Top with remaining slices of bread to sandwich together, press gently together, then spread another thin layer of white sauce over the top and sprinkle with remaining grated cheese.
- 3** Slide wire rack with croques into oven. Turn unit ON. Select TOAST, set slice 4 and set to level 4 darkness. Select START/PAUSE to begin. Halfway through toasting, turn croques around.
- 4** When cooking has finished. Remove from oven and serve immediately.



MUSTARDY SAUSAGE, PEAR & VEGETABLE TRAYBAKE

PREP: 15 MINUTES | **ROAST:** 20-25 MINUTES | **MAKES:** 6 SERVINGS

INGREDIENTS

4 tablespoons olive oil
2 tablespoons cider vinegar
2 tablespoons wholegrain mustard
2 tablespoons demerara sugar
2 garlic cloves, crushed
3 bayleaves
1 teaspoons sea salt
Freshly ground black pepper
12 pork sausages
500g baby charlotte potatoes, cut into half if too big
2 small red onions, quartered
2 firm pears, cut in quarters and core removed
1 green pepper, deseeded and cut into strips
Chopped flat leaf parsley to garnish

DIRECTIONS

- 1 Put oil, vinegar, mustard, sugar, garlic, bay leaves and seasoning into a bowl and mix together.
- 2 Place sausages, vegetables and pears on the oven tray. Drizzle over oil mixture and mix gently to coat.
- 3 Turn unit ON. Select ROAST, set temperature to 190°C, and set time to 20-25 minutes. Select START/PAUSE to begin preheating.
- 4 Once unit has preheated, place tray in oven. Turn sausages over halfway through cooking if necessary.
- 5 When cooking is complete, serve hot sprinkled with chopped flat leaf parsley.



PORK SCHNITZELS WITH APPLE

PREP: 10 MINUTES | **AIR FRY:** 12 MINUTES | **MAKES:** 2-4 SERVINGS

INGREDIENTS

4 boneless pork loin medallions
2 gala apples, cored and cut into 5mm thick slices
25g plain flour
½ teaspoon paprika
½ teaspoon garlic salt
Salt and freshly ground black pepper
1 large egg, beaten
60g panko breadcrumbs
Oil for brushing
Cooking spray
Serve with lemon wedges and salad

DIRECTIONS

- 1 Place pork medallions between cling film and bash with a rolling pin until they are 5mm thick.
- 2 Set up 3 bowls, one with flour, paprika, salt and seasoning mixed together. One with egg and one with breadcrumbs. Firstly, dip apple slices into egg and then breadcrumbs. Then dip pork into flour, then egg and finally into breadcrumbs. Repeat with remaining medallions. Place onto air fry basket. Spray pork schnitzels with cooking spray on both sides, spray apples.
- 3 Turn unit on. Select AIR FRY, set temperature to 200°C and set time to 12 minutes. Select START/PAUSE to begin preheating.
- 4 When unit has preheated, slide basket into oven.
- 5 After 5 minutes, rotate basket 180° and return to oven and cook for an additional 7 minutes.
- 6 When cooking is complete the pork should reach a temperature of 75°C, serve hot with apple, lemon wedges and salad.



TIP: Make your own panko breadcrumbs, refer to page 18

HOMEMADE PANKO BREADCRUMBS



PREP: 5 MINUTES | **BAKE:** 12 MINUTES | **MAKES:** 4 SERVINGS

INGREDIENTS

1 small white loaf (400g)

DIRECTIONS

- 1 Cut crusts off bread. Grate or place into a food processor or blender and pulse until broken into chunky breadcrumbs.
- 2 Line oven tray with baking parchment. Arrange breadcrumbs in a single layer on parchment. Turn unit ON. Select BAKE, set temperature to 140°C and set time to 12 minutes. Select START/PAUSE to begin preheating.
- 3 Once unit has preheated, place tray in oven. Bake for 12 minutes, stirring breadcrumbs once or twice. Ensure the breadcrumbs are dry otherwise bake for a few more minutes.
- 4 Once fully cooled, store in an airtight container for up to 1 month.

TIP: This is a good way to use up stale bread.

HOMEMADE PIZZA



PREP: 15 MINUTES | **REST:** 10 MINUTES | **ROAST:** 5-6 MINUTES | **MAKES:** 4-6 SERVINGS

INGREDIENTS

DOUGH

2 teaspoons dried active yeast
250ml warm water
300g strong white flour,
plus more for rolling
2 tablespoons olive oil
1 teaspoon sugar
1 teaspoon salt

TOPPINGS

175-200g Pizza sauce
200g grated mozzarella cheese
1 tablespoon olive oil
Fresh basil, chopped, for garnish

DIRECTIONS

- 1 In a medium bowl, stir together yeast and warm water until dissolved. Add remaining dough ingredients and stir vigorously to combine, then allow to rest for 10 minutes.
- 2 Lightly coat a rolling pin with flour, then roll dough into a 28 x 29cm square – almost fitting the tray.
- 3 Lightly grease the oven tray. Press rolled dough onto the tray and top with pizza sauce and cheese. Using a brush or your fingers, gently rub olive oil onto outer edge of crust.
- 4 Turn unit on. Select ROAST, set temperature to 220°C, and set time to 5-6 minutes. Press START/PAUSE to begin preheating.
- 5 When unit has preheated, place tray in oven.
- 6 When cooking is complete, remove tray from oven and let cool for 5 minutes before serving. Garnish with fresh basil.



TIP: No time to make your own dough? Buy it pre-made at the supermarket for a fast weeknight meal.

TIP: Add your favourite topping like pepperoni.

GREEK-STYLE POTATOES



PREP: 15 MINUTES | AIR FRY: 30 MINUTES | MAKES: 4-6 SERVINGS

INGREDIENTS

POTATOES

1kg new potatoes
2 tablespoons olive oil
Salt and pepper to taste
200g crumbled feta cheese
4 tomatoes, de-seeded and diced
1 small red onion, diced
75g black olives, sliced
Fresh dill, for garnish

TZATZIKI SAUCE

250ml Greek whole milk yogurt
1 cucumber, grated
1 garlic clove, minced
2 tablespoons fresh lemon juice
3 tablespoons fresh dill, chopped, plus more for garnish
½ teaspoon salt
½ teaspoon freshly ground black pepper



DIRECTIONS

- 1 Cut new potatoes into quarters (around 2.5cm in size). In a large bowl, place the oil and seasoning. Add potatoes and toss together until well coated.
- 2 Select AIR FRY, set temperature to 200°C and set time to 35-40 minutes. Press START/PAUSE to begin preheating.
- 3 Place potatoes in a single layer in the air fry basket.
- 4 When unit has preheated, slide basket into the upper rails of the oven, with the oven tray underneath. After 15 minutes, remove basket from oven and gently turn potatoes. Return to oven for 15-20 more minutes, checking whether the potatoes are browning enough.
- 5 Press START/PAUSE to pause the unit. Remove basket and tray from oven and transfer potatoes to a large bowl. Toss with feta cheese, tomatoes, red onion and olives. Spread mixture out on the oven tray. Place tray in oven, and press START/PAUSE to resume cooking for 8 more minutes.
- 6 While potatoes are cooking, whisk together all Tzatziki sauce ingredients in a medium bowl. Set aside.
- 7 When cooking is complete, remove tray from oven and transfer potatoes to a serving bowl. Top with Tzatziki sauce and garnish with fresh dill.

TIP: In a rush? Swap out new potatoes for French fries or hash browns and cook for 5-10 minutes less.

SMOKEY POTATO WEDGES



PREP: 15 MINUTES | AIR FRY: 25-30 MINUTES | MAKES: 6 SERVINGS

INGREDIENTS

700g potatoes
3 tablespoons sunflower oil
1 tablespoon fresh thyme, chopped
1 teaspoon smoked paprika
1 teaspoon garlic powder
Sea salt and ground black pepper to taste
Chopped thyme for garnish
Salsa to serve

DIRECTIONS

- 1 Scrub potatoes and cut into wedges around 1.5cm thick. Place cut potatoes in a large bowl and cover with water. Leave to soak for 30 minutes.
- 2 Drain and dry potatoes before placing in a large bowl with the oil, thyme, paprika, garlic, salt and black pepper and mix together until the potatoes are coated in oil mixture.
- 3 Place in a single layer in the air fry basket on oven tray.
- 4 Turn unit on. Select AIR FRY, set temperature to 200°C and set time 30 minutes. Select START/PAUSE to begin preheating.
- 5 When unit has preheated, slide basket into oven with oven tray underneath.
- 6 Halfway through cooking. Re-arrange potato wedges. Rotate tray 180° and return basket to oven and cook for 10-15 minutes until brown.
- 7 When cooking is complete, serve garnished with thyme and a salsa dip.



ROASTED VEGETABLES



PREP: 10 MINUTES | **ROAST:** 30 MINUTES | **MAKES:** 6 SERVINGS

INGREDIENTS

350g sweet potato cut into 3cm chunks
250g courgettes, cut on slant 1cm thick
2-3 red or yellow peppers, deseeded and cut into thick slices
2 small red onions, peeled and halved
2 garlic cloves, peeled and crushed
1 bunch cherry vine tomatoes, split into 3
3 tablespoons olive oil
2 tablespoons fresh thyme, chopped
1 tablespoon fresh rosemary, chopped
Salt and freshly ground black pepper to taste
Fresh rosemary sprigs to garnish

DIRECTIONS

- 1 In a bowl, stir together butternut squash, sweet potato, courgettes, asparagus, peppers, onions, garlic, olive oil, herbs and seasoning. Toss to combine.
- 2 Turn unit ON. Select ROAST, set temperature to 190°C, and set time to 30 minutes. Select START/STOP to begin preheating.
- 3 Place vegetables on the oven tray in an even layer.
- 4 Once unit has preheated, place tray in oven and cook for 25-30 minutes. After 20 minutes add in the tomatoes and re-arrange vegetables if necessary.
- 5 When cooking is complete, serve sprinkled with fresh herbs.



CHEESY VEGETABLE NACHOS



PREP: 15 MINUTES | **ROAST:** 17 MINUTES | **MAKES:** 4-6 SERVINGS

INGREDIENTS

225g aubergine, cut into 3cm cubes
225g courgettes, cut into 3cm cubes
1 tablespoon olive oil
1 recipe Nacho Seasoning (recipe below or use store bought)
200g tortilla chips
1 can (400g) black beans
300g grated cheddar cheese
Avocado, sliced, for garnish
Sour cream, for garnish

NACHO SEASONING

1 tablespoon fresh lemon juice
1 tablespoon fresh lime juice
25g fresh coriander, finely chopped
2 teaspoons chilli powder
1 teaspoon ground cumin
1 teaspoon onion powder
1 teaspoon salt

DIRECTIONS

- 1 In a large bowl, toss vegetables with olive oil and nacho seasoning ingredients until evenly coated. Place on tray and evenly spread out.
- 2 Turn unit ON. Select ROAST, set temperature to 180°C and set time to 12 minutes. Press START/PAUSE to begin preheating.
- 3 When unit has preheated, place tray in oven.
- 4 After 12 minutes, remove vegetables from the tray; set aside.
- 5 Arrange tortilla chips on the tray in a single layer. Layer cooked vegetables, black beans and cheese on top of the chips.
- 6 Select ROAST, set temperature to 180°C and set time to 5 minutes. Press START/PAUSE to begin preheating.
- 7 When unit has preheated, place tray in oven.
- 8 When cooking is complete, remove tray from oven. Garnish with avocado and sour cream. Serve immediately.



TOMATO, RICOTTA & BASIL TART



PREP: 15 MINUTES | **BAKE:** 20 MINUTES | **MAKES:** 4-6 SERVINGS

INGREDIENTS

250g ricotta cheese
320g ready rolled puff pastry
50g Parmesan cheese (or vegetarian equivalent)
2-3 large vine tomatoes, cut into thin slices
10 basil leaves, finely chopped
Salt and freshly ground black pepper
Basil leaves and extra virgin olive oil to garnish

DIRECTIONS

- 1 Drain off any liquid from ricotta cheese in a sieve over a bowl.
- 2 Unroll the pastry and paper onto oven tray. Trim to fit tray and prick pastry all over with a fork.
- 3 Mix ricotta, parmesan, basil leaves and seasoning together and then evenly spread onto pastry, leaving a border of roughly 2cm around the edge. Arrange tomato slices on top.
- 4 Turn unit ON. Select BAKE, set temperature to 190°C and set time to 20 minutes. Select START/PAUSE to begin preheating.
- 5 When the unit has preheated, place tray in oven.
- 6 When cooking is complete, remove tray from oven and let cool for 5 minutes before serving hot garnished with torn basil leaves and drizzled with olive oil.



SPICY ROASTED CAULIFLOWER & LENTILS



PREP: 15 MINUTES | **ROAST:** 14 MINUTES | **MAKES:** 4-6 SERVINGS

INGREDIENTS

1 teaspoon ground cumin
1 teaspoon mustard seeds
1 teaspoon ground coriander
1 teaspoon onion salt
½ teaspoon ground turmeric
½ teaspoon crushed chillies
1 tablespoon lemon juice
4 tablespoons olive oil
600g cauliflower florets, cut into 5cm florets
1 can (400g) green lentils, drained
10g fresh coriander leaves to garnish
Naan breads to serve

DIRECTIONS

- 1 In a large bowl place all the spices, lemon juice and oil, mix together. Add cauliflower and toss to make sure the cauliflower is well coated with mixture. Turn out onto oven tray.
- 2 Turn unit on. Select ROAST, set temperature to 200°C and set time to 14 minutes. Press START/PAUSE to begin preheating.
- 3 When unit has preheated, place tray in oven. After 7 minutes, add lentils and stir. Return tray to oven.
- 4 When cooking is complete, remove tray from oven, garnish with fresh coriander leaves and serve with naan bread.



MEDITERRANEAN COD

PREP: 15 MINUTES | **GRILL:** 18 MINUTES | **MAKES:** 4 SERVINGS

INGREDIENTS

1 jar (150g) black olives, drained
1 bunch asparagus, (250g), trimmed and cut in 5cm pieces
200g cherry tomatoes on the vine
1 tablespoon Dijon mustard
1 clove of garlic, minced
1 teaspoon dried oregano
4 cod fillets (140g each)
1 tablespoon olive oil
Salt and pepper, to season

DIRECTIONS

- 1** In a bowl, stir together olives, asparagus, cherry tomatoes, Dijon, garlic, oregano and salt. Toss to combine. Turn unit ON. Select ROAST, set temperature to 190°C and set time to 10 minutes. Select START/ STOP to begin preheating.
- 2** Place mixture on the oven tray.
- 3** Once unit has preheated, place tray in oven and cook for 10 minutes.
- 4** After 10 minutes, remove tray from oven. Place cod fillets on top of olive mixture. Season with salt and place lemon slices on top. Drizzle with 1 tablespoon of olive oil.
- 5** Return tray to oven. Select GRILL-HI and set time to 8 minutes. Select START/PAUSE to begin.
- 6** After 8 minutes, remove tray from oven. Sprinkle with capers and feta before serving.



SALMON & ASPARAGUS

PREP: 5 MINUTES | **BAKE:** 10-12 MINUTES | **MAKES:** 2 SERVINGS

INGREDIENTS

1 bunch asparagus, (250g) ends trimmed
1 tablespoon olive oil
1 teaspoon sea salt
1 teaspoon pepper
2 salmon fillets, (150g each), skin removed

DIRECTIONS

- 1** Turn unit ON. Select BAKE and preheat oven to 180°C. Set timer to 12 minutes. Select START/ PAUSE to begin.
- 2** In a large bowl, toss asparagus with oil, salt and pepper.
- 3** Place salmon and asparagus onto the oven tray.
- 4** Once unit is preheated, insert tray into oven. After 10 minutes, check if fish is cooked (it should be opaque and easily flaked with a fork). Cooking is complete when internal temperature reaches 63°C. If it is not ready, reinsert tray and continue cooking for another 2 minutes.
- 5** When cooked, remove pan from oven and allow to cool for 2 minutes prior to serving.



GIANT CHOCOLATE CHIP COOKIE



PREP: 15 MINUTES | **BAKE:** 12 MINUTES | **MAKES:** 6 SERVINGS

INGREDIENTS

75g butter, softened
75g caster sugar
75g soft light brown sugar
1 large egg, beaten
1 teaspoon vanilla extract
175g self raising flour
1 teaspoon baking powder
100g chocolate chips

DIRECTIONS

- 1** In a medium bowl, cream together the butter and sugars until light and fluffy. Beat in the egg a little at a time and stir in the vanilla. Sieve flour and raising agent together into bowl and fold in with chocolate chips.
- 2** Line the oven tray with baking parchment. Spoon cookie mixture onto centre of parchment. Press down gently to flatten to a circular shape around 24cm in diameter.
- 3** Turn unit ON. Select BAKE, set temperature to 170°C and set time to 12 minutes. Select START/ PAUSE to begin preheating.
- 4** Once unit has preheated, place tray in oven.
- 5** After 12 minutes, check if ready. It should be soft in middle.
- 6** Remove tray from oven and allow to cool on tray for several minutes before serving.



APPLE & PLUM GALETTE



PREP: 15 MINUTES | **BAKE:** 25 MINUTES | **MAKES:** 4-6 SERVINGS

INGREDIENTS

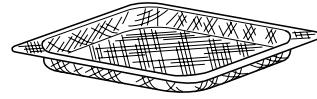
500g cooking or eating apples
3 red plums
50-75g soft brown sugar, depending on sweetness of fruit
1 teaspoon cinnamon
375g ready rolled shortcrust pastry
1 egg, beaten with 1 tablespoon milk
2 tablespoons demerara sugar
Serve with cream

DIRECTIONS

- 1** Peel and core apples. Remove stones from plums. Cut fruit into thin slices.
- 2** Place sugar and cinnamon into a bowl and stir together. Add apple and plum slices, stir until the fruit is coated with sugar and cinnamon.
- 3** Unroll pastry with paper and place on the oven tray. Drain off any juice and arrange fruit, in centre of pastry leaving a border of 4cm all around. Spread fruit out into corners. Fold pastry towards the centre all around the galette. Brush pastry top with egg wash and sprinkle pastry top with demerara sugar.
- 4** Select BAKE, set temperature to 200°C and set time to 25 minutes. Select START/ PAUSE to begin preheating.
- 5** Once unit has preheated, place in oven. Bake for 25 minutes.
- 6** When cooking is complete, remove galette from oven and let it cool slightly before serving with cream.



Air Fry Cooking Chart



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

INGREDIENT	AMOUNT	PREPARATION	OIL	TEMP	COOK TIME
FROZEN FOOD					
Chicken Nuggets	24 (380g)	None	None	200°C	18-20 mins
Chunky Chips	500g	None	None	200°C	19-21 mins
Fish Fillets (battered)	4 fillets (440g)	None	None	200°C	13-14 mins
Fish Fingers (breaded)	20 fingers (560g)	None	None	200°C	12-13 mins
French Fries	500g	None	None	200°C	20-24 mins
Garlic Slices	10 slices (260g)	None	None	200°C	5 mins
Hash Browns	700g	None	None	200°C	14 mins
Mozzarella Sticks	2 boxes (360g)	None	None	200°C	7-8 mins
Onion Rings	400g	None	None	200°C	12 mins
Pizza	1 (480g)	None	None	180°C	14-15 mins
Potato Waffles	9 waffles (500g)	None	None	200°C	10 mins
Potato Wedges	650g	None	None	200°C	13-15 mins
Roast Potatoes	700g	None	None	200°C	22 mins
Scampi	18 jumbo pieces (460g)	None	None	200°C	14 mins
Sweet Potato Fries	500g	None	None	200°C	15-18 mins
Veggie Burgers	4 burgers (350g)	None	None	200°C	13-15 mins
Veggie Sausages	12 sausages (540g)	None	None	200°C	12 mins

For best results, shake, flip or rotate often

Shake your food



OR

Toss or flip with silicone-tipped tongs



Remove food immediately after cook time is complete and your desired level of cook is achieved. We recommend using an instant-read thermometer to monitor the internal temperature of proteins.

Air Fry Cooking Chart – Continued

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

INGREDIENT	AMOUNT	PREPARATION	OIL	TEMP	COOK TIME
FRESH MEAT					
Bacon	6 rashers (225g)	None	None	200°C	5-6 mins
Bacon Loin Steaks	4 steaks (125g each)	None	None	200°C	8-10 mins
Burgers	8 patties (125g each)	None	None	190°C	10-12 mins
Chicken Thighs	6 thighs (1kg)	Pat dry	Brush with oil	200°C	18-20 mins
Chicken Legs	5 legs (1kg)	Pat dry	Brush with oil	200°C	22-35 mins
Chicken Wings	1kg	Pat dry	Brush with oil	200°C	18-20 mins
Gammon Steaks	2 steaks (225g each)	None	None	200°C	10-12 mins
Lamb Chops	8 chops (680g)	None	Brush with oil	200°C	12 mins
Pork Chops	4 chops (260g each)	None	Brush with oil	200°C	12 mins
Pork Steaks	4 steaks (480g)	None	Brush with oil	200°C	9-10 mins
Sausages	12 sausages	None	None	200°C	10-12 mins
Sirloin Steak	4 steaks (225g each)	None	Brush with oil	200°C	10 mins
FRESH FISH					
Cod Fillets	6 fillets	None	Brush with oil	200°C	7-8 mins
Crab Cakes	6 cakes (150g each)	None	Brush with oil	200°C	15-18 mins
Fish Cakes	6 cakes (150g each)	None	Brush with oil	200°C	15 mins
Red Bream	3-4 fillets (400g)	Wash, pat dry	Brush with oil	200°C	10-12 mins
Salmon Fillets	6 fillets (120g each)	Pat dry	Brush with oil	200°C	8-9 mins
Sea bass Fillets	4 fillets (360g)	Pat Dry	Brush with oil	200°C	5 mins
VEGETARIAN/ VEGAN					
Tofu	400g block	Press dry and cut into 1,5 cm cubes	Toss in 1 tbsp oil	200°C	20 mins

**For best results,
shake, flip
or rotate often**

Shake your food



OR

Toss or flip with
silicone-tipped tongs



Remove food immediately after cook time is complete and your desired level of cook is achieved. We recommend using an instant-read thermometer to monitor the internal temperature of proteins.

Air Fry Cooking Chart – Continued

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

INGREDIENT	AMOUNT	PREPARATION	OIL	TEMP	COOK TIME
FRESH VEGETABLES					
Asparagus	2 bunches (450-500g)	Trim stems	Brush with oil	200°C	8-9 mins
Aubergine	500g	Cut in 3cm chunks	Brush with oil	200°C	12-14 mins
Beetroot	675g	Peel, cut in 1.25cm cubes	1 Tbsp	200°C	18-20 mins
Bell Peppers	4 peppers	Cut in quarters, remove seeds	1 Tbsp	200°C	12-15 mins
Butternut Squash	1kg	Peel, deseed and cut into 3cm chunks	1 Tbsp	200°C	13-15 mins
Carrots	450g	Peel, cut in 1.25cm rounds	1 Tbsp	200°C	10-15 mins
Cauliflower	1 head (400g)	Cut in 2.5-5cm florets	1 Tbsp	200°C	17-18 mins
Celeriac	1 head (600g)	Cut in 3cm chunks	1 Tbsp	200°C	20 mins
Courgette	500g	Cut in eighths lengthwise, then cut in half	1 Tbsp	200°C	12-15 mins
Mushrooms	450g	Rinse, slice thinly	1 Tbsp	200°C	12 mins
Parsnip	500g	Peel, cut into ½, approx 9cm lengths	1 Tbsp	200°C	14-16 mins
Turnip	500g	Peel and cut into quarters	1 Tbsp	200°C	14-15 mins
POTATOES					
Potatoes, King Edward/Maris Piper	675g	Cut in 2.5cm wedges	1 Tbsp	200°C	19-25 mins
Potatoes, King Edward/Maris Piper	450g	Hand-cut fries, soak 30 mins in cold water, then pat dry	½-3 Tbsp	200°C	19-25 mins
Potatoes, Sweet	500g	Hand-cut fries, soak 30 mins in cold water, then pat dry	1 Tbsp	200°C	18-25 mins

**For best results,
shake, flip
or rotate often**

Shake your food



OR

Toss or flip with
silicone-tipped tongs



Remove food immediately after cook time is complete and your desired level of cook is achieved. We recommend using an instant-read thermometer to monitor the internal temperature of proteins.

Dehydrate Chart

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

INGREDIENTS	PREPARATION	TEMP	DEHYDRATE TIME
FRUITS & VEGETABLES			
Apples	Cut in 3mm slices, remove core, rinse in lemon water, pat dry	60°C	7-8 hrs
Asparagus	Cut in 2.5cm pieces, blanch	60°C	6-8 hrs
Aubergine	Peel, cut in 3mm slices, blanch	60°C	6-8 hrs
Bananas	Peel, cut in 1cm slices	60°C	8-10 hrs
Beetroot	Peel, cut in 3mm slices	60°C	7-8 hrs
Fresh Herbs	Rinse, pat dry, remove stems	60°C	4-6 hrs
Ginger Root	Cut in 3mm slices	60°C	6 hrs
Mangoes	Peel, cut in 3mm slices, remove pit	60°C	6-8 hrs
Mushrooms	Cleaned with soft brush (do not wash)	60°C	6-8 hrs
Pineapple	Peel, cut in 3mm-6mm slices, remove core	60°C	6-8 hrs
Strawberries	Cut in half or in 3mm slices	60°C	6-8 hrs
Tomatoes	Cut in 3mm slices or grate; steam if planning to rehydrate	60°C	6-8 hrs
MEAT, POULTRY, FISH			
Beef Jerky	Cut in 4mm slices, remove all fat, marinate 8-24 hours	70°C	5-7 hrs
Chicken Jerky	Cut in 4mm slices, marinate overnight	70°C	5-7 hrs
Salmon Jerky	Cut in 4mm slices, marinate overnight	70°C	5-7 hrs
Turkey Jerky	Cut in 4mm slices, marinate overnight	70°C	5-8 hrs

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