

How to build a tray bake meal

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

1. 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 skirt steak, cut in 1.25cm thick strips

2. Pick a vegetable/starch

400-500g asparagus, cut in 2.5cm pieces, ends trimmed

3 medium bell peppers, cut in 2.5cm pieces

600g broccoli, cut in 2.5cm florets

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

500-600g butternut squash, cut in 5cm pieces

500-600g carrots, cut in 2.5cm pieces

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

3. Season/marinate

Barbecue

Teriyaki

Hoisin

Cajun blend

Piri Piri blend

Rosemary lemon marinade

Olive oil

Your favourite spice blend or marinade

4. Toss it up



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



5. 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.

NINJA
Foodi
8-in-1
Mini Oven

Let's get cooking

Here's what's in the box



Reclaim your counter space
Flip up to store and clean



Foodi® Mini Oven
2 rail heights for perfect crisping and cooking

①



Air Fry Basket
Slide into top rails when air frying or dehydrating.
Hand-wash recommended.

②



Oven Tray
Place on top of the wire rack.
Hand-wash recommended.

③

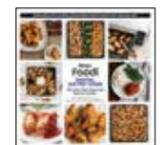


Wire Rack
Keep installed in bottom rails.
Hand-wash only.

④



Crumb Tray
Must always stay under the bottom elements.
Hand-wash only.



Recipe Inspiration Guide



Instruction Booklet



Get to know the control panel

See Instruction Booklet for complete instructions

- ① To turn on the unit, press the **POWER** button.
 - ② To select a cooking function, turn the **START/PAUSE** dial.
 - ③ To select cook time or number of slices, press **TIME/SLICE** button and use the dial to adjust.
 - ④ To select temperature or darkness level, press the **TEMP/DARKNESS** button and use the dial to adjust.
 - ⑤ To begin cooking, press the **START/PAUSE** button. While cooking, turn the dial to add more time, or press the button to pause time.
 - ⑥ Press the **LIGHT** button to turn the interior light on or off while cooking. The light will automatically turn on 30 seconds before the cook time ends.
- A Time and temperature display**
B SLICE and DARK will illuminate here when the TOAST or BAGEL function is selected.
C PRE will pulse when oven is preheating.
D HOT will appear when the unit is hot.
E FLIP will appear when unit is ready to be flipped up for storage.

Crisp Control Technology

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

PREHEAT

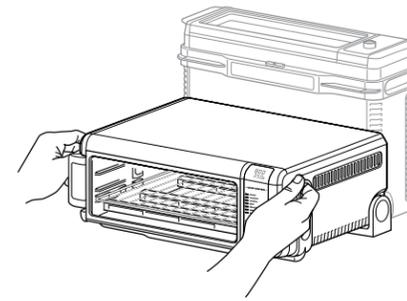
The unit preheats quickly, so prep all ingredients before preheating. Time will start counting down immediately after the unit is preheated. To add time simply turn the dial.

KEY

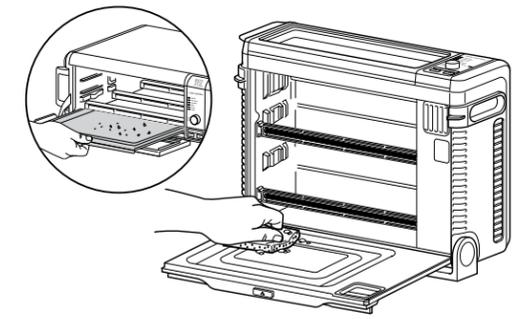
 Maximum fan speed

 Medium fan speed

 No fan



Flip up and away to store and save space on your worktop.



Removable crumb tray and hinged back panel allow you to easily access the interior for deep cleaning.

FUNCTION

Air Fry



 + High heat from top and bottom

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

Chips or fries (frozen or hand cut)
Chicken wings or nuggets
Vegetables

BEST FOR

Roast



 + Even heat from top and bottom

Crispy outside, juicy inside.

Tray meals
Meat & Fish
Vegetables

ACCESSORIES

Grill



 + High heat from top

Top-down heat for a crispy finish.

Steaks
Fish
Nachos
Casseroles and gratins

BEST PRACTICES

Bake



 + High, even heat from top and bottom

Overall even cooking with light browning.

Cakes
Cookies
Frozen pizza

Toast



 + Even heat from top and bottom

Quick and even browning.

Bread
Tea cakes and English muffins
Frozen waffles

Bagel



 + Slightly lower heat from top than bottom

Quick, even browning on both sides.

Bagels
Artisan breads

Dehydrate



 + Low heat

Removes moisture to make jerky and dried fruit.

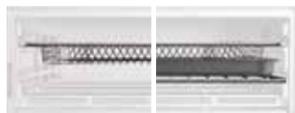
Jerky
Dried fruit

Keep Warm



 + Low heat

Keeps food warm up to 2 hours.



Air fry basket with or without oven tray*



Oven tray on wire rack



Oven tray on wire rack



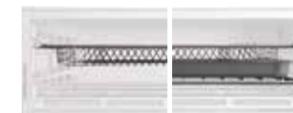
Oven tray on wire rack



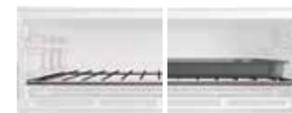
Wire rack



Wire rack



Air fry basket with or without oven tray*



Wire rack with or without oven tray



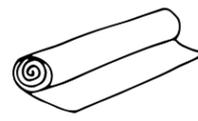
Spray basket with a non-stick cooking spray to minimise sticking.



Food cooks faster with **Roast**, so for traditional oven recipes, lower cook time by 30% and temperature by 10°C.



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



For best results with baked goods such as cookies, line the oven tray with baking paper.



Select the exact number of bread slices.



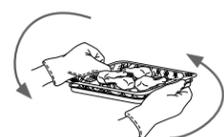
Place bagels cut-side up on the rack.



Place ingredients in 1 layer.



Always use oven-safe pans or containers.



Rotate air fry basket 180° or flip ingredients halfway through cooking.



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



Space ingredients, like spoonfuls of cookie dough, equally apart on the oven tray.



Select the exact number of bagel slices.

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

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