

Please make sure to read the enclosed Ninja® Use and Care Guide prior to using your unit.

NINJA
Foodi
ZEROSTICK

Zero chip, flake or peel!



Before First Use

Read all instructions carefully. Wash cookware in hot, soapy water, then rinse and dry thoroughly.

For Best Results

Preheat the pan for 2 to 3 minutes using the heat setting you intend to use when cooking.

Metal utensils including spatulas, spoons, whisks and tongs are safe for use.

Heat Settings



LOW

Use **low** heat to warm foods, simmer or prepare delicate sauces.



MEDIUM

Use **medium** heat for reducing liquids, making pancakes, sandwiches and omelets.



MEDIUM-HIGH

Use **medium-high** heat for sautéing, frying and stir-frying.



HIGH

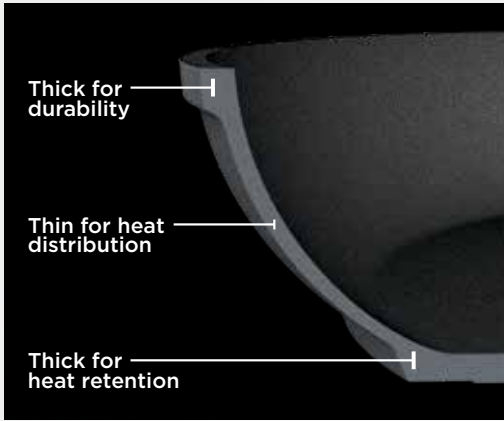
Use **high** heat for boiling liquids and searing.

Not Recommended

- Never use sharp instruments such as knives, forks or appliances such as electric mixers.
- Never use aerosol cooking spray.
- Do not cook in oven at temperatures above 200°C.
- Never leave an empty pan on high heat for more than 3 minutes.



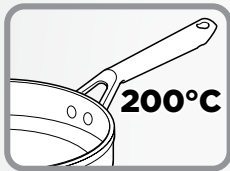
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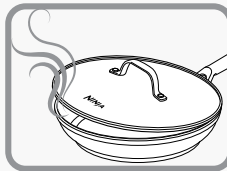
ZEROSTICK® cookware is not your typical cookware.

Our forged construction is designed for even heat distribution and control. The thicker gauge aluminum may lead to **longer preheat times** than you are used to but results in a forgiving pan that gives you consistent results again and again.

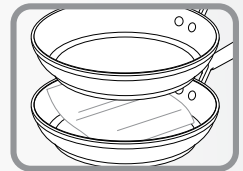
Tips & Tricks



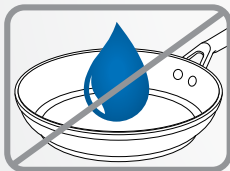
Our silicone handles, stainless-steel lids and cooking surfaces are designed to be oven safe up to 200°C.



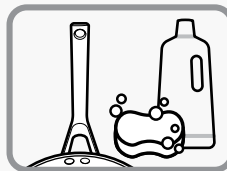
To allow steam to release when using your tempered glass lids for steaming or boiling, simply lift or angle the lid slightly to release steam.



When stacking your cookware to store, place a paper towel between each piece to protect the cooking surface.



Make sure your cookware and lids are dried thoroughly before using on the hob or in the oven.



If you notice grease or discolouring on the silicone handles, clean thoroughly with bicarbonate of soda and white vinegar and then scrub with a sponge or soft cloth.



If you have any questions that come up while using your cookware, turn to the use and care guide for more details.

Cleaning & Care Instructions

RECOMMENDED

- Let pans cool before cleaning.
- While our pans are 100% dishwasher safe, hand-washing with a mild washing up liquid is always best.

NOT RECOMMENDED

- Do not place hot pans in cold water.
- Do not use metallic or abrasive sponges.